



**Team Trip
Guide**
2023

Connecting people to the hope and
freedom found in Jesus.

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Introduction

You are invited into the incredible story God is writing in Poland. We are excited for you to join us in ministry this year in Poland! Take a moment to read through some important information from Proem. While in Poland, you will be challenged and encouraged in your relationship with Christ, by focusing on our ministry vision to connect people to the hope and freedom found in Jesus; through camps, Christian education, church planting and community help initiatives. Volunteers bring their experience home and, in turn, affect their friends, family, and coworkers. Thank you for being a part of a team trip with Proem.

WHAT TO EXPECT

- Introduce teams to the ministry in Poland
- Give teams the opportunity to serve through sharing the Gospel, service projects, building relationships with children/teens (and their families) and acts of compassion
- Come alongside the Poland team in community ministries
- Show team members the needs and hope of Poland's people
- Partner together to allow God to work in people's lives

ACTIVITIES

- Trips can look different depending on the team composition as well as collaboration between the team leader and Proem staff in the U.S. and Poland. Below are some of the activities that most teams will participate in:
 - Attend church at one of Proem's church campuses
 - Tour Auschwitz-Birkenau, city tours, salt mines, etc.
 - Participate in camp programs with kids and teens
 - Visit Proem's Christian School / teach ESL
 - Visit communities where Proem works
 - Build relationships with campers, church family, local community and staff/missionaries/other volunteers

ORIENTATION

All teams will participate in an orientation meeting upon arrival to Poland. A Proem staff member will introduce the ministry, cultural expectations, policies and other important details.

DEVOTIONS

We encourage teams to participate in camp/program devotions daily. We also encourage teams to come prepared with materials for their team to do together each day (debriefing).



Housing and Meals

HOUSING

- Most teams will be staying at Proem's Camp in Zakosciele. Teams participating in Kontakt Festival will be staying at Proem's Camp or at a local hotel.

WHAT TO EXPECT

- Twin or Bunk beds, bathroom (most travelers share a room with someone from their team). We do our best to get couples their own room and keep families together.
- Beds with full linens
- Bathrooms with showers
- Electricity- 220 voltage outlets
- Wi-Fi Internet
- Communal resting and dining spaces
- Protected and fenced property
- Laundry is NOT provided/available (unless an emergency)

MEALS

Most teams eat their meals (breakfast, lunch and dinner) at Proem's Camp (or hotel – Kontakt teams). Many lunches & dinners include traditional Polish foods of soups, meats, potatoes, pastas, and fresh veggies. Depending on a team's itinerary, sack lunches may be provided. Please indicate any food allergies and dietary restrictions to our U.S. staff before departure to Poland. Upon arrival in Poland, please identify yourself to the camp director/kitchen director. They will help to accommodate your needs. Each morning coffee, tea and breakfast will be available.

Next Steps

PASSPORTS

A passport is required to travel to Poland and must be valid for 6 months after the date of return to the U.S. at the completion of your trip. For example, if your return to America is on July 15, your passport must not expire until after January 15.

MEDICAL & TRAVEL INSURANCE

You are required to carry trip medical and travel insurance while serving with Proem Ministries. This protects the volunteer to not have to pay high out of pocket costs while traveling abroad. Trip insurance usually includes medical coverage and covers trip interruptions, cancellations and changes. Be prepared to pay for any out of pocket medical costs while traveling abroad. We recommend Allianz Travel Insurance for all your insurance needs: <https://www.allianztravelinsurance.com/>

VACCINATIONS

We recommend that each team member be up to date on routine vaccinations such as measles, tetanus, etc.

AIRLINE TICKETS

You are responsible for booking your airline tickets, but within the parameters of Proem Ministries dates/times of arrival/departure policies (which are listed in the Team Leader Checklist (in the Appendix).

EXCURSION DAY

Proem staff can provide day trip recommendations based on your groups' interests. Options include: day trip to Auschwitz/Birkenau & Krakow, golf cart City tours, Salt Mines, visit Krakow, Wroclaw, Warsaw Old Towne, etc. Teams are responsible for all extra costs associated with excursions (hotel, food, museums, tours, hotel shuttles, etc.). A cost breakdown for excursion day options is listed on the Team Leader Checklist (in the appendix).

Financial Policies

TRIP COST

Camp Trip cost is \$450/person. Kontakt trip cost: \$525 per person. This cost reflects a week-long stay and includes food, lodging, and in-country transportation. In addition, volunteers can expect to pay for airfare and personal spending money.

ADDITIONAL EXPENSES

Please keep in mind there will be extra expenses in addition to your fees due to Proem Ministries. You may incur expenses acquiring the following:

- Airfare
- Medical & Travel Insurance
- Excursion Day | Eating Out
- Auschwitz Tours (Guided), Golf Cart City Tours, Salt Mines, etc)
- Excursion Hotel Costs
- Excursion Taxi service to airport from Hotel
- Personal souvenirs
- Meals during travel

SCHEDULE OF PAYMENTS

- Payments are due **4 weeks prior to your departure date**. Send payments (with a note attached who the payment is for) to:
- Proem Ministries, 11601 Main St. Louisville, KY 40243

EXCHANGING MONEY

Team members should bring some cash on the trip with them. You can bring USD with you and exchange the money or withdraw money from a Polish ATM in Poland. Cash is the only method of payment on camp grounds (snack shack, etc.). Please prepare to use a debit or credit card throughout your time in Poland.

Team Trip Policies

FORMS & WAIVERS

- Form A (Minors & Adults) Medical/Photo Release –must be filled out by each individual on the team and scan/email to gina.wack@proem.pl prior to departure for your trip.
- Form B: Team Roster- team leader fills this out for the entire team, to include skills and interests of each team member. Scan/email to gina.wack@proem.pl, 4 weeks prior to departure for your trip.

AGE REQUIREMENTS

Volunteers must be 18 years old or older. Youth 15-17 years old and younger are able to serve, but must be accompanied by a church/school team leader. Youth 14 years old and younger must be accompanied by a parent.

About Poland

COUNTRY OVERVIEW

Poland is bordered by the Baltic Sea and a number of countries including Belarus, Germany, Ukraine, Slovakia and the Czechia. While Christianity has a history in Poland, dating back to AD 966, most Poles have only a nominal faith. Despite the fact that 90% of the country aligns themselves with the Catholic tradition and 40% attend church on a regular basis, less than 1% claim to be evangelical in their beliefs.

Over 30 years ago Maui Dwulat, a youth pastor in Poland, and his wife Ewa had a dream. Their vision was to begin a ministry that would reach across denominational and political barriers and reach young people and their families with the gospel. Proem Ministries was founded in post-communist Poland in 1990 by Maui & Ewa Dwulat soon after the first free democratic elections in Poland took place. After coming to America to continue his Bible education, they returned to Poland to begin Proem in cooperation with Polish and American Christian churches. Over the span of 30 years of ministry, Proem has grown from serving 150 kids at the first camp to nearly 3,500 annually from Poland, Belarus, Lithuania, Ukraine, Israel and Ireland.

Spiritual Preparation

PREPARING YOUR TESTIMONY

Everyone on your team should be prepared to share their testimony or story. Building relationships and sharing your story is important at our camps and ministry programs. Come prepared to share how Jesus has changed your life. Relationships First. It is foundational to the Christian faith that our lives reflect the love of Christ. We are called to care for children, the poor, and the broken. At Proem, we passionately believe in these principles of ministry, so we strive to love and serve our communities in Poland in the same way Jesus loved His community. Proem understands that relationships first are the best way to show the love of Jesus with people. We are excited that you will be joining us in that!

MINISTRY PROGRAMS

CAMPS

Emphasizing a healthy physical and spiritual lifestyle through sports and active recreation, Proem offers outreach programs for youth and families at our 15-acre Christian Center in Zakosciele. This area of ministry is focused on profiled-outreach camps, conferences, retreats, and school field trips throughout the year. Proem's belief in recreation joins a quality camping experience, a well-developed program, and one of Poland's most well-equipped campgrounds with clear teaching of the Gospel -- including the difference God makes in every area of one's life.

WHAT TO EXPECT

With a capacity of 250 people, the campground is ideal for both groups and individuals. The camp features dorms, a hotel, a dining hall, gym, campfire pit, conference rooms, basketball/soccer/volleyball courts, playground, horse ranch and a 120-year-old Villa. The area surrounding the camp is rich in plant life, with tree-lined river views, a church built in AD 1082 and recently reopened castle. Situated in central Poland, the beautiful surroundings and historical sights are a draw for tourists, weekend fishermen and canoeists from all over the country.

GENERAL SCHEDULE

Saturday- Teams arrive Poland, Afternoon in Warsaw (Exchange Money, lunch), Go to Camp

Sunday- Church, Lunch @ Camp, 3:00 Integration Game

Monday-Friday:

- 7:30 Staff/Counselors Morning Devos (We would appreciate your teams' involvement. Consider preparing something encouraging to help counselors/staff get ready for the day.**
- 8:00 Wake up | Staff and team breakfast**
- 8:30 Breakfast**
- 9:15 Morning Meeting/Worship**
- 10:00 Quiet time w/groups**
- 11:00 Games, workshops, group activities**
- 1:00 Lunch**
- 1:30 Rest time after lunch**
- 3:00 Clubs, arts, language workshops**
- 4:00 Afternoon snack**
- 5:00 Walks, trips, games**
- 6:30 Dinner**
- 7:00 Evening Meeting/Worship**
- 8:00 Get ready for bed**
- 10:00 Lights out!**

Final Saturday: Depart Camp for Excursion Day

Final Sunday: Depart Poland for USA



KONTAKT INTERNATIONAL VOLUNTEER FESTIVAL

Kontakt Festival is an integral part of church planting and investing in local communities. Kontakt is defined as a city-wide outreach involving the critical mass of hundreds of international volunteers who are out to share God's love in practical ways. Kontakt provides an immediate context for short-term teams and individuals wanting to participate in service projects and reshape reality for some of Poland's most needy families.

Kontakt is an annual event with participation of volunteers from the local community and abroad. Our aim is to spread the spirit of volunteerism, by demonstrating a positive impact on our surrounding communities. The festival is organized by Proem Ministries and our church plant, Tomy Christian Fellowship. The city offices of Lodz & Piotrkow are co-organizers of the festival. Over the past 10 years, more than 1,600 volunteers have served with the Kontakt Festival; traveling from Poland, USA, Northern Ireland, Belarus, Germany, China and Ukraine.

WHAT TO EXPECT

We divide volunteers into groups focusing on service projects, music/art, sports and teams serve in different ways throughout each city during the week.

GENERAL SCHEDULE

Saturday- Teams arrive Poland, Afternoon in Warsaw (exchange money, lunch), Go to Piotrkow

Sunday- Church, Lunch, Orientation, Worship

Monday-Friday:

8:00	Breakfast
9:15	Group Devos
10:00	Work Projects (lunch on site)
3:00	Return from projects
5:00	Dinner
6:00	Concerts, worship, free time, tours in city
10:00p-7am	Quiet hours in hotel

Final Saturday: Depart Hotel for Excursion Day

Final Sunday: Depart Poland for USA

Appendices

✓ TEAM LEADER CHECKLIST

• Research/Book Air Travel

- Coordinate arrival/departure (dates & times) with Proem U.S. Office before purchasing plane tickets.
- Required travel days:
 - Depart USA Friday before camp/Kontakt begins (arrive Poland Saturday).
 - Depart Poland on Sunday after camp ends/Excursion day. *Preferred departure city is from Excursion day, local city airport- i.e. Krakow)
- Email travel itinerary to gina.wells@proem.pl, once flights are purchased

• Plan Excursion Day (with U.S. Office)—*preferably BEFORE booking airline tickets.*

- Decide & Confirm desired Excursion day destination, hotel booking, and tour options before purchasing flights.
- Once we receive confirmation of desired tours for your team, Proem will reserve tour tickets in Poland.
- Tour fees will be invoiced before the trip.
- Teams are responsible to reserve hotel rooms for the end of trip, Saturday excursion day. We recommend reserving hotels for excursions as soon as possible (recommended hotel list is available).
- Estimate of costs:
 - Tours (Auschwitz, City Tours)- \$32.40/person
 - Food- \$20 /person
 - Hotel- \$50 /person
 - Taxi \$10/person
 - Personal souvenirs/travel meals: \$50-\$100/per person (based on individual)

• Forms

- Form A (Minors & Adults) Medical/Photo Release –must be filled out by each individual on the team and scan/email to gina.wells@proem.pl prior to departure for your trip.
- Form B: Team Roster- team leader fills this out for the entire team, to include skills and interests of each team member. Scan/email to gina.wack@proem.pl, 4 weeks prior to departure for your trip.

• Fees & Invoice

- Invoices will be emailed to the team leader (or individual), once team numbers are confirmed with the Proem U.S. Office.
- Please remit payment for team fees 4 weeks prior to departure for Poland and send to:

Proem Support Ministries
11601 Main St.
Louisville, KY 40243



Emergency Contact

Proem Ministries U.S. Office

Gina Wack- Director of Operations

Office: 502-254-5550 / Cell: 830-776-9144 / Email: gina.wack@proem.pl

Proem Ministries Poland Office (if luggage is delayed, give this address for delivery)

Fundacja Proem

Zakosciele 80

97.215 Inowlodz, Poland

*GPS: 51.529171, 20.247992

Proem Ministries Camp (housing)

*011 is to dial out of the United States- 48 is the country code for Poland

Daniel Wawrzyniak- Camp Director

Cell: +48 602 702 429

Rafal Piekarski- Kontakt Director / Lead Pastor Tomy Church

Cell: +48 503 173 102

John Crozier- Education Director

Cell: +48 790 650 268

Map of Poland



ZAKOŚCIELE
ŁÓDŹ
TOMASZÓW
PIOTRKÓW
WARSAW

where we exist.

Pack list

✓ CHECK LUGGAGE

- Bible
- Journal
- Contacts | Glasses
- Sunscreen
- Small Umbrella
- Small Laundry Bag
- Notebook | Journal
- Watch | Alarm
- Polish Phrase Book
- Kleenex
- Flashlight
- Deodorant
- Soap
- Razor | Shaving Cream
- Toothbrush | Paste | Floss
- Shampoo
- Brush
- Hair Products
- Washcloth
- Bath Towel
- Beach Towel

✓ CARRY ON BACKPACK | PURSE

- Passport
- Phone Charger
- Sunglasses
- Extra Clothes
- Plane Toiletries
- Book | Magazine
- Travel Adapter (220 Volts)
- Headphones | Ear Plugs
- Eye Mask
- Medications
- Snacks for Plan
- Empty Watter Bottle
- Travel Pillow
- Cash

✓ CLOTHES SUMMER: MID 50S-80S WINTER: TEENS-40S

- Pajamas
- Shorts
- Jeans
- Pants
- T-shirts
- Athletic Clothes
- Casual Tops
- Work Clothes
- Rain Jackets
- Socks
- Hat
- Sandals | Slides
- Tennis Shoes
- Swimsuit (One Piece)
- Coat
- Boots (Winter)



Polish phrases

English	Polish	Pronunciation
Hello	cześć	Cheshch
Good Morning/Afternoon	dzień dobry	Jyen doh Bry
How are you?	jak się masz?	Yak shyeh mash
Thank You	Dziękuję	Jyen Koo yay
Goodbye	do widzenia	Do vee dze nya
Yes	Tak	Tak
No	Nie	Nye
What's your name?	jak masz na imię?	Yak mash na imie
My name is _____	Nazywam się	Nah zy vam shee
Nice to meet you	miło cię poznać	Mee wo chye poznach
Have a good day	miłego dnia	Me way go dnya
How much is it?	ile to kosztuje?	Ee le to kosh too ye
Excuse me	Przepraszam	Pshe pra sham
Polish	Polskie	Polskie
Where's the bathroom?	gdzie jest łazienka?	Gdjay yest wa zhyen ka
God loves you!	Bóg cię kocha!	Boog chye Ko khach

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www.proeministries.org