

7 CHURCHES OF ASIA

Information Booklet



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CHECKLIST FOR MUST HAVES

- **Passport**
 - with **same name** used on ticket
 - expiry date **no later than 6 months beyond entry date to Turkey.**
- **Travel Medical Insurance** – a must and very inexpensive
 - coverage from the date you depart your country to the day you return
 - need your policy number or group coverage number
 - need the insurance company's contact numbers in case of need
 - may be provided by employer if not can be purchased at banks or travel agency or online
- **Credit Card/Debit Card**
- **2 Copies of all the above (except cash)**
 - leave one copy at home with someone you trust and can contact
 - put one copy in suitcase or someplace separate than the originals or in the cloud.
- **Electronic option for copies**
 - You can take a picture of these with your iPhone and send to a secure cloud location. E-mail is not secure. One Drive or Google Drive are more secure. It will then be available to you anywhere there is WiFi. Leave a copy at home with someone as well as backup.



TRAVEL TIPS

On the airplane:



- Wear **comfortable loose clothing!** You will be on the plane for a very long time. You want to be as comfortable as you can.
- Wear **shoes that you can slip off easily** and put back on easily to go to the bathroom.
- Ladies carry **sockies** for when you have shoes off. Your feet will get cold. Your feet will swell and you don't want them tight.
- Ladies wear hair in a style that you can lean your head back and rest.
- Drink **LOTS** of water on the plane. You will be dehydrated flying with the dry, stale air. Being in that state makes you more tired and also more susceptible to illnesses circulating. You can go to the galley and asked for water at anytime. They give small cups so ask for 2 or stand there and drink it and ask for another one. Bring a light weight water container with large opening so it can be refilled. **DRINK LOTS!!!** Staying hydrated helps with jet lag!
- Carry on a few **healthy snacks** like almonds or trail mix.
- Carry **reading material**. Don't bring heavy hardback books. Electronic optimal. Paperbacks or magazines are great as well. You can give away or exchange with others on the trip. Hardbacks become a burden unless you are Douglas Walker. Just saying.
- Bring a **neck pillow**. Try different ones out.
- Bring a **sweater or light coat** on the plane. Even with the small blanket they give you it is cold when you are sleeping. You can also use the extra layer in Turkey at night! This also saves room in your luggage!
- Use **mask** over your eyes to block out light and get sleep.
- Bring **anti-nausea pills** for motion sickness. Added bonus...they make you sleepy!
- **SLEEP!** It will be day when we arrive and you will need to stay awake until bed time Turkish time. We take **melatonin** on the plane after they serve supper so that we can sleep. We take it during our first few nights in Turkey. **It really does make a difference with the jet lag.**

PACKING TIPS:

- Like they say...put all your clothes out that you think you will need and then only **take half**. Usually it is less than half that you really need.
- Choose one basic color theme for your basic color needed for shoes and purse. Black, brown or blue are good colors that won't get as dirty as a light color. If you choose black bring clothes that match black shoes and purse. That way you only need one or two pair of shoes and one purse.
- You can wash out light weight tops and also your undergarments when you shower at night. Wring very well and spread out to dry.
- Layer clothing. Bring light weight pullovers, shirts or blouses. Pair them with a sweater that matches everything when cool... nights can be cool.
- Thin vests or a scarf can change an outfit easily and take little space.
- Choose tops or shirts that will coordinate with more than one skirt or pair of pants. Mix and match.
- Choose clothing that does not require ironing. Just hang items you are going to wear in the bathroom the night before so that steam will loosen the wrinkles when you shower.
- Bring a pair of stable, comfortable walking shoes. The areas that you will be walking on can be uneven and rough. Buy early to break in before leaving. You can bring another lightweight pair to change into for dinner for a change.
- See sample packing list provided for more information.



MONEY:



Turkey Lira is the accepted form of cash.

- **ATMs are in abundance.**

You can withdraw Turkish Liras from ATMs which in most places you visit. You can bring a starter stash with you, however, best not to have large amount of cash on you. Although there are fees with ATM withdrawals, cheap insurance against having too much cash on you.

Exchange rate for the Lira is 13.31 to 1 US dollar. (Jan 31, 2022 rate) That means you will be carrying more bills around in Lira than US.

CREDIT CARDS: Visa and MasterCard widely accepted. AMEX not as much, especially away from big cities.

Tip from THE POINTS GUY:

*While it may be enticing and convenient to choose that home currency then and there, you should **always choose local currency and not home currency**. The reason for that is that where the merchant or cash machine operator calculates a conversion rate to give you a home currency figure then and there to select, they will give you an awful rate, far below market exchange rates.*

Why? Because they can pocket the difference. They can offer you any rate you want and if you accept it, they can process it at that rate and the savings they make against the market exchange rate is easy profit for them

FOOD:

All Breakfast Buffets and 4 Dinners are PROVIDED with tour.

Lunches are not provided.

The hotels in Istanbul (2 nights) and Izmir (2 nights) do not provide dinner. You are free to explore the local places! Food is delicious and very reasonable in local places.

HINT: The 4 breakfast buffets in Istanbul and Izmir are absolutely amazing! You don't want to sleep in for those!

TIPPING

Tips for guide, driver, waiters at hotel dining room, luggage transfer to room
ARE ALL INCLUDED WITH YOUR TOUR PACKAGE.

- **TIPS FROM TURKEY TRAVEL PLANNER:** <https://turkeytravelplanner.com/details/money/tipping.html>

Tips (gratuities, bahşiş in Turkish) are generally modest in Turkey (a small percent of the price paid). Because Americans tend to tip big, leading Turkish tourism industry workers have been led to expect big tips from Americans who travel to Turkey.
- In most cases, you **cannot include the tip on a credit card charge**. You should **tip in cash** and, in most cases, **hand the tip directly to the person who has served you**. (In some establishments, any tip you leave on the table will end up in the owner's cash register, not in the server's pocket.)
- Although the person you tip would probably prefer Turkish liras, you may tip in any currency so long as you give notes/bills (paper money). Don't give non-Turkish coins as these cannot easily be exchanged for Turkish liras.
- For **taxi drivers**, don't tip, just round the fare upwards to a convenient amount. For example, if the fare is TL19.70, round it up to TL20. (If the fare is TL20.30, the driver may accept just TL20.)
- For **private transfer services**, no tip is required, though if you wish to tip—if the driver has been particularly obliging—5% to 10% of the fare is appropriate.
- **Hotels:** Housekeeping staff are hard-working and deserving of your generosity. In moderately-priced hotels, \$1 to \$2 per day is well-deserved and greatly appreciated.
- In some hotel breakfast rooms, restaurants, and/or at the reception desk you may see a Tip Box. *(You do NOT need to tip here FOR MEALS INCLUDED IN TOUR PACKAGE. Premier Bibleland Tours will tip for those meals. If you have meal on your own you are free to leave tip)*
- **Restaurants:** In inexpensive establishments, small tips (5% or so) are not necessary, but are appreciated. In luxury restaurants, tip 10% to 15%.

LUGGAGE

Check with ALL the airlines on your itinerary to insure your carry on and/or checked bag is an acceptable size.

We always travel with **one carry on** and **one large personal bag such as daypack**. We have done this for trips that lasted 6 weeks. We have seen too many people get to their destination and their luggage does not arrive until a few days after or in some cases at the end of their trip.

Also, it is so much easier not to lug around a bunch of stuff that you don't need. You will NEVER regret going light and you must likely will ALWAYS regret going heavy! We change hotels many times on this trip.

For the return trip home if you have purchased souvenirs and need extra luggage you can purchase luggage cheaply.

Another idea is to fold a duffle bag flat in the bottom of your carry on and use it to stuff clothes in to send as a checked bag on the way home. You can put the more delicate things you bought in your carry on.

If you want to check a bag you can. If you do be sure to pack a few days items in your carry on so that you are not stuck if your checked bag does not arrive with you.

CARRY ON LIQUIDS:

- All liquids, gels and aerosols must be in **100 mml / 3.4 oz or smaller containers**. Not all aerosols can be carried in carry on. Hairspray is allowed.
- Larger containers that are half-full or toothpaste tubes rolled up are not allowed.
- All liquids, gels and aerosols **must be placed in a single**, quart-size, zip-top, clear plastic bag. (*Gallon size bags or bags that are not zip-top such as fold-over sandwich bags are not allowed.*) **Medium freezer ziplock bags work well.**
- Each traveler can use only one, **quart-size**, zip-top, clear plastic bag.

SPECIAL MEDICAL NEEDS:

To ensure the health and welfare of certain air travelers there are no limits on the amounts of the following liquids, gels and aerosols you may carry through a security checkpoint:

- All prescription and over-the-counter medications (liquids, gels, and aerosols) including eye drops and saline solution for medical purposes;
- Liquids including water, juice, or liquid nutrition or gels for passengers with a disability or medical condition;
- Life-support and life-sustaining liquids such as bone marrow, blood products, and transplant organs;
- Items used to augment the body for medical or cosmetic reasons such as mastectomy products, prosthetic breasts, bras or shells containing gels, saline solution, or other liquids; and,
- Gels or frozen liquids needed to cool disability or medically related items used by persons with disabilities or medical conditions.

You are not limited in the amount or volume of these above items you may bring in your carry-on baggage. However, if these items are in containers larger than three ounces, please perform the following:

- Separate these items from the liquids, gels, and aerosols in your quart-size and zip-top bag.
- Declare you have the items to one of our Security Officers at the security checkpoint.

WHAT TO PACK

Clothes

- **Shirts or Tops**
 - Bring up to four or five shirts in a cotton/polyester blend or lightweight wool. Arrange mix according to season.
- **Sweater or Lightweight Fleece**
 - Warm and dark is best — for layering and dressing up. Dark colors don't show wrinkles or stains. Wear on plane.
- **Skirts or Pants**
 - Bring two to three pairs that will work mix/match with the shirts: Button-down wallet pockets are safest (though still not as thief-proof as a money belt, described below). If you take jeans or jean skirt wear on the plane...they weigh a lot and take up your allowance
- **Underwear and Socks**
 - Bring a few sets and one light weight night clothing item (lighter weight dries quicker) We wash out on the first day of a place we will be for a couple of night so they have time to dry before heading to next place. You don't want to pack wet clothes.
- **One to Two Pair of Shoes**
 - Take a well-used, light, and cool pair, with good traction. Some people bring along an extra pair of lightweight shoes in case the shoes get wet or to give a change for the feet.
- **Jacket**
 - Bring a light and water-resistant windbreaker that has a hood. Rain proof is a bonus. You can wear this on plane as well to leave more room in your carry on.
- **Scarf**
 - Anything lightweight that can change up your outfits. Also provides warmth when it is windy and cool.

Toiletries

- **Toiletries Kit**
 - We always travel with travel size toiletries. Hotels supply shampoo and conditioner. There is no need to pack those. Stick deodorant is not counted a liquid. You can buy anything you need there if you run out!

- **Soap**
 - We use hotel soap bar for washing clothes. If you prefer you can find powder clothes detergent for travel. Better than carrying heavy liquids and safer not to spill.
- **Clothesline**
 - Travel ones are handy but not necessary if no room... we hung on hangers and over shower rod and everywhere else we could find!
- **Sewing kit**
 - Take along a few safety pins and buttons.
- **Earplugs**
 - Good set of expandable foam plugs.
- **First-aid Kit**
 - Band-Aids and Polysporin (Anti bacterial cream)
- **Extras**
 - ... eyeglasses, contact lenses, and prescriptions. If bringing contacts, bring your glasses just in case. If you wear glasses, bring prescription or bring extra pair in case you break them.
- **Medicine and Vitamins**
 - Keep prescribed medicine in original containers, if possible, with legible prescriptions. Prescription medication recommended for overseas travel: Azithromycin - for bacterial sickness from food.

Non prescription good to bring: Pepto Bismo Tablets, Immodium, Anti-Nausea, Antihistamine, Azithromizin for food related illness., etc.)

Important Papers & Money Safety

- **Money Belt**
 - or some type of travel money and document carrier that can be worn under your clothes. It's essential for the peace of mind it brings. You could lose everything except your money belt, and the trip could still go on. Lightweight and low-profile beige is best. We use the ones that attach to your belt and flip over inside your pant or skirt front.

Day Trip Bring-Alongs:

- **Small daypack or smaller purse that will go over your shoulder**
 - This is great for carrying anything you want to go outside the bus with such a camera while you leave your large personal bag in the bus. Whatever you leave on the bus is safe. We have never had an issue with valuables left on the bus.
- **Water Bottle**
 - Bring an empty water bottle to refill in airport and for bus.
- **Camera**
 - A digital camera and a high-capacity memory card. A mini-tripod allows you to take crisp shots in low light with no flash. We used our iPhone camera and are satisfied.
- **Wristwatch**
 - A built-in alarm is handy. Otherwise, pack a small *travel alarm clock. **Hotel wake-up calls are unreliable-DO NOT rely on them.** iPhone works well for this as well.
- **Sunglasses**
- **Sealable Plastic Baggies-Ziplocks**
 - Get a variety of sizes. In addition to holding your carry-on liquids, they're ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. Bring extras for the flight home, as they can be hard to find overseas.
- **Journal / Small Notepad & Pen**
 - This is a nice for jotting notes on travel. An empty book or electronic journal to be filled with the experiences of your trip. It is so nice to go back and review in years to come and to share with others. Wish we had done that last year. A friend of mine did it on first trip and typed up later for us.

Optional Bring-Alongs:

- Snacks. Don't bring too many snacks. You will be provided meals on the flights and breakfast and supper are included on the tour. Nuts and dried fruit are the best.
- Packing cubes or Large Ziplock bags. These see-through, zip-up mesh containers keep your clothes tightly packed and well-organized.
- Bring Spot Remover wipes or sticks. They don't count as a liquid.
- Waterproof flip-flops or Croc style clogs. Nice for showers and house slippers.
- Neck pillow and eye mask.
- Tiny lock. Use it to lock your luggage zippers shut.
- Small flashlight. In case of power outage in hotel. Or use flashlight on smart phone.
- Audible Books or Music. Partners can bring a Y-jack for two sets of earphones. Some travelers use digital recorders to capture sounds, tours, or to record their own journal entries.
- Adapters. Make sure you have an adapter or a converter on your electrical items. You **must switch to 220 V** or you will fry your items. Best to limit electrical items. You will need charger for phone etc. Most of these already have a converter built in but make sure. Also they will need the adapter to plug in. **Type F (works with C & E plugs) is used in Turkey.**
- A universal adapter is the BEST to travel with. It is good in every country. 
- A good paperback or magazines for plane or download on your electronic device to read or listen to.
- Collapsible umbrella. I like one that's small and compact, but still sturdy and well-constructed enough to withstand strong winds.