



4172 Ridgemoor Dr. N
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Sophia's Travel Presents

Ukraine Jewish Heritage fam trip

Heritage is what we are now, what we had earned from our ancestors, what we carry in our souls and minds.

**Travel with Sophia Kulich in a small group,
 Learn History and Jewish Heritage of Ukraine
 Eat delicious local food, enjoy scenery, friendly people, immerse in local culture
 and meet local Jewish community.**

**Ukraine June 6-16, 2018
 10 nights/11 days**

Information on Jewish Community of Ukraine

<http://www.eurojewcong.org/communities/ukraine.html>

Day 1, June 6, Wednesday, Lviv

Arrival Lviv.
 We recommend arriving no later than noon to participate in 4pm city tour (or day earlier).
For Participants arriving from Poland trip to continue to Ukraine, we recommend booking flight LOT 765 departing Warsaw at 12:55pm arriving Lviv 2:55pm.

Meet your guide and transfer to Hotel Astoria 4*.

4-7pm pm Introduction city tour with visit of Jewish sites.



Lviv is a city in western Ukraine, around 70 kilometers from the border with Poland. Founded in the 13th century, traces of its Polish and Austro-Hungarian heritage are evident in its architecture, which blends Central and Eastern European styles with those of Italy and Germany. Its ornate buildings and bustling street cafes are reminiscent of Vienna or Prague.

Until the early 20th century, a variety of ethnic groups including Poles, Ukrainians, Jews, and Germans lived side-by-side with relative ease. Jewish life flourished alongside Ukrainian culture and literature. The end of World War I and the resulting collapse of Austria-Hungary, of which



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Lviv had become a major hub, set off a dizzying string of events that culminated in the horrors of World War II.

Beginning in the late 1920s, a militant strain of Ukrainian nationalism rose partly in response to harsh Polish rule, sparking inter-ethnic violence. When the Soviet Union annexed this region in 1939, it deported hundreds of thousands of Jews and Poles east as part of its state-sponsored terror, which also targeted the local Ukrainian intelligentsia.

The Nazi invasion of the Soviet Union two years later virtually eradicated the Jewish community of at least 100,000 people, or a third of the local population.

Sensing an opportunity to secure long-awaited statehood, Ukrainian nationalists collaborated in varying degrees with the Nazi occupiers. Some elements staged mass pogroms against the Jewish and Polish communities, while their struggle later shifted against both Nazi and Soviet rule. The nationalists were persecuted after Soviet Union won the war.

It is still complicated history and relationship between Poles, Russians, Ukrainians, and Jews but the citizens are working on put the tragic history behind and commemorate its many victims.

An orientation tour of this charming city with its elegant Opera & Ballet Theatre, numerous Catholic & Orthodox churches, Jewish quarter, ancient Armenian Cathedral, Market Square – the hub of Lviv life from the 14th to 19th centuries.

Visiting former Jewish sector and Ghetto, a monument to victims of the Ghetto, the ruins of the former "Golden Rose" Synagogue.

Video about Lviv. <https://www.youtube.com/watch?v=-f1yGpU0zwQ>

Evening: Welcome dinner.

Overnight Lviv hotel Astoria 4* or similar.

Meals: D



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Day 2, June 7, Thursday, Lviv

Breakfast at hotel
 Continuation of city tour.

Klezmer festival will take place in Lviv next 2 days
 The schedule will be revised once the program of the festival will be released. We might just stay in Lviv or visit of Zhovkva, old fortress type synagogue.
<https://www.wmf.org/project/zhovkva-synagogue> about 40 km from Lviv.

Lunch.

Either Klezmer Festival or
 Visit local scansen open air museum of village architecture representing the style in the past of Galicia – Western Ukraine.



Overnight Lviv Hotel Astoria or Similar

Meals: B, L

Day 3, June 8, Friday, Lviv

Breakfast at hotel

8am check out and drive to Brody (105 km from Lviv). Brody is historic old Jewish Shtetl 100 km from the city.
 Subject to schedule of Klezmer festival. We might just stay in the city.

For a long time, Brody had been one of the greatest centers of commerce in the whole Austro-Hungarian Empire. The town has been known as Galician Jerusalem since the 12th century and soon after was almost entirely inhabited by the Jews. Because of its location, in 1779, Brody received the status of a "free city" and could trade with all the European countries. In the 19th century it was the second largest city on the territory of Galicia after Lemberg (Lviv) and was important center for Jewish trade and artisans. Besides its commercial importance, the city was of a great Talmudic and scholarly importance. In about 1720 it was a home to the founder of Hasidism Baal Shem Tov.

After the First World War, Brody was not anymore, a border city hub. The borders of new Poland moved further eastwards and with the Holocaust there was no more Jewish Brody, because Brody was 88% Jewish city. The following incorporation of Brody into the Soviet Ukraine and Ukrainization of the city, due to the influx of local Ukrainian peasantry from the rural areas basically emptied of urban Poles and Jews Galician cities, and after 1944 turned Brody into a provincial town. The changes that occurred within basically 50 years are dramatic. The deeply changing character of Brody reflects and exemplifies at its best the cross-cultural historic



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experience of East Galician past. History of the Jews in Brody provides a demonstration of Jewish commercial and intellectual rise and decline in Eastern Galicia.

Overnight Lviv hotel Astoria or similar.

Meals: B, L

Day 4, June 9, Saturday, Lviv - Chernivtsi

Breakfast at hotel.

Departure for Chernivtsi.

On the way visit town Kolomya.

<https://en.wikipedia.org/wiki/Kolomyia>

In Kolomya, visit local Hutsul (ethnic group) museum and (if interested "Museum of Easter Eggs). Hutsul - it's a type of people from the Carpathian Mountains. They dress up in ancient national outfit and have Trembita (longest wooden alpine horn).

The museum collection numbers about 50 thousand exhibits which represent all kinds of Hutsul and Pokuttya traditional folk art, beginning from the XVII century until the present moment. At the museum, the following kinds of folk art are represented: decorative woodworking (carving, encrustation, poker-work), decorative metal and leather working, pottery, carpet weaving, ornamental weaving, embroidery, and clothes.

Lunch.

Drive to Chernivtsi via Carpathian Mountains and places connected with the life and activity of Ba'al Shem Tov and Bykovynian local Hassidic dynasties.

Arrival Chernivtsi around 8pm, check into hotel

Overnight Hotel Magnat, 3*+ or similar.

Meals: B, L

Day 5, June 10, Sunday, Chernivtsi

Breakfast at hotel.

Full day city tour with visit of University (UNESCO heritage site)



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Just over six centuries old, Chernivtsi was once the chief city of Bukovyna (Beech Tree Land) in old Moldavia (now Moldova). It belonged to the Habsburg Empire in the 19th century, when much of the city's ornate architecture was built, and after WWI was temporarily drawn into Romania. Today the city remains the 'capital' of the unofficial Bukovyna region, but its past Jewish, Armenian, and German communities are now just ghostly presences.

Visit local cemetery Jewish museum, synagogue.

Overnight Chernivtsi hotel Magnat 3*+ or similar.

Meals: B, L

Day 6, June 11, Monday, Chernivtsi – Kamenets – Podolsky

Breakfast at hotel.

Check out and drive to Kamenets – Podolsky.





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Kamenets – Podolsky was first time mentioned in 1062. That time it was a fortress of the Kievan Rus state. Mongol Tatar forces destroyed the fortress in 1241. Polish state army captured the town in 1352. The town fortress was expanded and reconstructed to defend Polish state from the southwest. The fortress was continually rebuilt and, in the 17th century, it became the strongest fortress in the Polish-Lithuanian state.

In 1793, after the Second Partition of Poland, Kamenets - Podolsky became the part of the Russian Empire and the capital of Podolskaya Guberniya. Peter the Great, visited the fortress two times and was impressed by its fortifications. In 1915, Austria-Hungary army captured the city. After the October revolution of 1917, Kamenets Podolsky was a part of several short-lived Ukrainian states. After the Russian Civil War, it was joined to the Ukrainian SSR under the Soviet power.

In 1941, one of the first and largest mass murders of Holocaust (about 23,600 victims) occurred near the city.

Nowadays the city is popular with tourists. There are about 200 buildings and constructions of the 11th-19th centuries. Powerful fortifications of the "Old town", a fortress and a fortress bridge, a combination of cult constructions make an unforgettable impression. The greatest value of the city is preserved historical center.

Lunch.

Either return to Chernivtsi to Transfer to train station for overnight train to Kiev, or take train from Kamenets (schedule is not set yet).

1st class car (2 people in each compartment).
Departure 7:20pm from Chernivtsi arrival Kiev 8am.

Information on a sleeper train.

1st Class Sleeper

This is the best type of carriages in Ukraine. Every carriage has 9-10 cabins, 2 berths in each cabin. Beneath the lower berth(s) there is a box for luggage, which can accommodate 1-2 medium bags. Bigger storage for luggage is in the niche above the door. There is a small unfolding table by the window. .

There are two models of 1st class cabins:

- * with horizontal berths (two berths on the same level)
- * with vertical berths (one berth is above another),

Each carriage has WCs with wash-stands, 2 per each carriage at its ends. 1st class cabins are air-conditioned at the summer time. Air-conditioning is functioning while the train engine is working. Therefore, it might be rather hot in the first hour or so of the trip and when the train is making stopovers. One or two stewards serve every carriage.



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Toilet paper is recommended to have with you, it is not always in the restrooms.

Security - there are 4 policemen on the train. Every cabin has a door lock and can be locked from inside.

Each compartment has 3 different sorts of locks.

Each car is monitored by a video-camera located in the corridor.



Meals: B, L

Day 7, June 12, Tuesday, Kiev
 Arrival Kiev by train 8am.



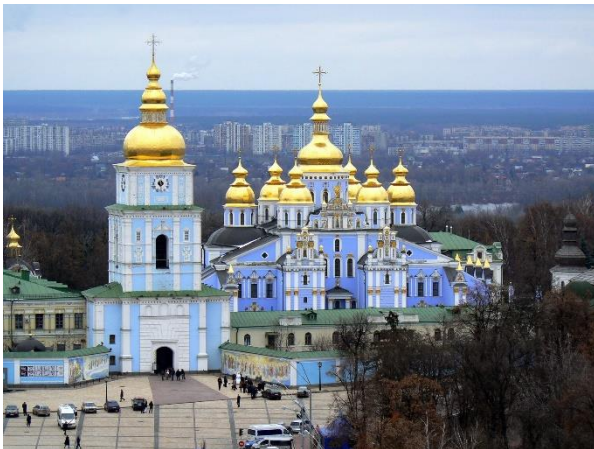
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Welcome to Kiev, Capital of Ukraine!

There has been an important Jewish community in Kiev for more than a thousand years. At the turn of the 20th Century, Kiev was one of the most important centers of Jewish culture in Eastern Europe. Jewish synagogues, schools, businesses, and markets were prominently represented in a city where Jewish businessmen, engineers, scientists, teachers, doctors, lawyers, writers, artists, and tailors all lived and prospered.

The history of Kiev is tightly connected with the history of Jewish community that goes back to the pre-Christian Rus time. Jewish people left bright tracks on every single sphere of the City life. Kiev used to have many synagogues, Jewish schools, and academies. Prominent Jewish manufacturers and merchants, engineers and lawyers, poets and artists worked here. Among them there is famous writer Shalom Aleichem, Isaak Babel, Joseph Mandelstam, and Ilia Erenburg. Political leaders of Israel – Golda Meir and Yefraim Katsir – were born in Kiev.

Breakfast at restaurant and start city tour at 10:00am.



The cradle of the ancient Kyiv Rus civilization, Kiev today is the capital of Ukraine, the city with the history that spans over 1500 years. There is no older city in Ukraine, Russia, Belarus. There is the same topography as it was millennia ago. Historical and cultural heritage of Kyiv is unique; there are about 2000 archeological, architectural, historical, cultural and nature monuments here.

Starting with Old Kiev settlement, Acropolis of Slavs, you will go along the most Kyivan street, St. Andrew's Descent. Among old hills, from St. Andrew's Church, the masterpiece of Baroque genius Bartholomew Rastrelli, Richard the Lion Heart Castle, you'll descent to Podil, the old trade

district, the center of Medieval town.



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St. Sophia Cathedral, was built in 1037, is the world famous historical and architectural monument of the first half of the 11th century. Built in the times of Yaroslav Mudry (The Wise), the cathedral served as a social, political, and cultural center of Kievan Rus, where foreign ambassadors were received, chronicles were recorded and the first Russian library, founded by Yaroslav Mudry himself, functioned.



Yaroslav Mudry's ruling was the time when art, education and culture prospered. As of Kiev, it became one of the most beautiful cities in Europe and Asia.

The tour will also offer an opportunity to explore in depth the history of the Jewish community in Kiev, and specifically learn about those Jewish people who have contributed significantly to local history. Visit the Jewish Quarter, include a stop at the city's synagogue, and pass the house of Golda Meir, one of Kiev's most famous Jewish residents and the monument to Sholom Aleichem.

End the tour and check into hotel Premier Palace 5*
Free time in the afternoon.

Meals: B, L

Day 8, June 13, Wednesday, Kiev

Breakfast at hotel.

Visit to Pecherska Lavra (monastery).

As one of the seven wonders of Ukraine the Kiev Pechersk Lavra is a significant sacred and historical site. Kiev Pechersk Lavra has many names, the Monastery of the Kiev Caves being one, and is a UNESCO World Heritage Site along with Saint Sophia Cathedral.



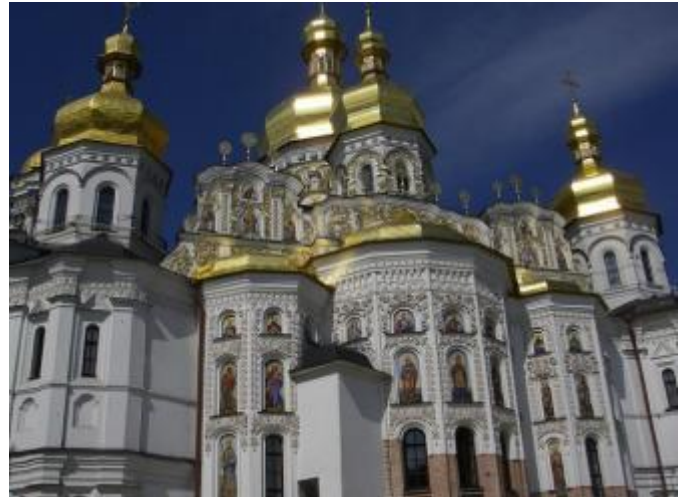
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Set on 28 hectares of grassy hills above the Dnipro River, the monastery's cluster of gold-domed churches is a feast for the eyes, the hoard of Scythian gold rivals that of the Hermitage in St Petersburg, and the underground labyrinths lined with mummified monks are exotic and intriguing.

That's from a tourist's perspective, but for pilgrims this is simply the holiest ground in three East Slavic countries – Ukraine, Russia, and Belarus.

Jewish visitors find interesting museum on Lavra's territory with silver ritual objects.

Lunch



Afternoon visit Baby Yar.

Continue to Baby Yar, that is known to humanity as the scene of one of the bloodiest crimes committed by fascism in September 1941.

You will be able to see the monuments created to commemorate those thousands of Jewish & Ukrainian people who perished during the Nazi occupation of Kyiv.

Overnight Kiev.

Meals: B, L

Day 9, June 14, Thursday, Kiev – Odessa

Breakfast at hotel and check out.
 Flight to Odessa leaves Kiev 9:45am arrives Odessa 10:50am (not included)
 Arrival Odessa, meet your guide for tour of Odessa.

Odessa can be considered a proud descendant of those who suffered through Pogroms and Holocaust and Communist repressions, who built this city, who immortalized it in songs poems and architecture.



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Since its foundation, Odessa has been a cosmopolitan city. Big communities of Greeks, French, Polish, Italians, Jews, Russians, and other people have existed here.

It became the first city of the Russian Empire, where Jews could settle.



You'll visit almost all-important sites of Odessa and learn the history of the Odessa Jewish community, dark days of Holocaust, and get acquainted with modern Jewish Odessa.

Visit of synagogue, Holocaust memorial, places connected with the life and activity of famous Jewish people who lived there. This Jewish Heritage tour outlines the development of the Jewish Ethnic Community along with the development of the city itself. Comprehensive tour reveals all the sides of life of the Jewish community of Odessa, its Golden Age

and dramatic moments of Pogroms and Holocaust. Prominent people who lived here are Vladimir Zhabotinsky, Emil Gilels, Sholom Aleichem, Mendele Moyher Shorim, Leo Trotsky.

2pm check in the hotel, the rest of the afternoon is free for personal discoveries of the city.

Hotel Londonskaia 4* or similar

Afternoon free time for personal discoveries.

Overnight Odessa hotel Londonskaia or similar 4*+ historic hotel

Meals: B, L

Day 10, June 15, Friday, Odessa

Breakfast at hotel

10:00 full day tour - Continuation of the city tour, visit of the Holocaust Museum, Jewish Museum of Odessa, Catacombs, and Privoz Market.



Odessa's Catacombs is really a Hidden Jewel in Ukraine. The 1,500-mile-long tangle of corridors and rooms under Odessa wraps under and over and in upon itself. Tunnels and rooms has the 1 square kilometers. If it were laid out in a straight line, the labyrinth would stretch five times



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longer than the world's second largest catacombs, underneath Paris. No one knows how old Odessa's network is, but the **catacombs** were greatly expanded in 1794, when Catherine the Great sought limestone to build her city by the sea.

Odessa, from the moment of a birth, was under construction on a stone of a shell rock which was extracted from the underground. Therefore, under the city underground labyrinths were formed. They store secrets of the past: Criminal Odessa and heroic Odessa the guerrilla of the period of occupation of Odessa during WWII.

The temperature in the Catacombs is +15C all-around the year so bring some warmer layers.

Whether you enjoy shopping or not, a trip to the Odessa **Privoz** Market is necessary. This massive farmer's market is one of the biggest markets in the world. It is filled with both new and old items – cheap bargains and extravagant luxuries. Even if you do not want to spend much money shopping, a visit to the Privoz Market is recommended since it is an excellent way to experience the local culture.



Evening Farewell dinner.

Overnight Odessa.

Meals: B, L, D

Day 11, June 16, Saturday, Odessa – departure

Breakfast at hotel,

Check out, individual transfers to the airport

**Price per person, double occupancy: \$2970 based on minimum 8 people.
 Single supplement: \$800 USD**

END OF SERVICES

Price includes:

- Accommodations in centrally located hotels, tax and breakfast included (or similar)
 - Lviv 4* Astoria or similar
 - Chernivtsi Hotel Magnat 3* + or similar
 - Kiev Premier Palace 5* or similar
 - Odessa Londonskaia 4*+ or similiar
- Sightseeing per itinerary with private guide and transportation where specified



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- Airport transfers
- Train tickets
- Entrance fees per itinerary
- 8 Lunches (drinks are not included)
- Breakfast on arrival to Kiev by train
- 2 dinners – Welcome and Farewell (drinks are not included)
- Gratuities

Extra:

- Airfare
- Other sightseeing not specified above
- Meals except specified above
- Drinks with meals

Note: if you do not have time for 11 days tour, it is possible to only take Lviv – Kiev part of the trip and leave on day 7 or arrive Kiev on Day 4 on your own and join group on day 5 for Kiev-Odessa part. Please inquire for cost.

Payment:

Nonrefundable **deposit** required \$250 per person to register.

Once minimum **8 people number** will be reached, the tour will be guaranteed. After that, we advise participants to book airfare. **Please do not buy airfare until we will have tour confirmed with minimum number of people. If no minimum reached, the tour will be cancelled and deposit returned.**

Once tour confirmed, 60 days prior full prepayment is required.

Credit cards: please fill in credit card form

<http://www.sophiastravel.com/creditcard-authorization-form>

Terms and conditions

<http://www.sophiastravel.com/page/terms-and-conditions>

CANCELLATIONS & REFUND POLICY (All cancellations must be received in writing)

- After booking deposit \$250 per person
- 60-0 days before departure, 100%

Since it is a small group and price depends on minimum number of people, deposit and full payment are non-refundable. Travel insurance is strongly recommended.



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Important info

1. Times are approximate just for guideline
2. Itinerary might be changed due to appointments, festival schedule and opening/closing times.
3. Later we might add on some optional entertainment or more experiences with extra cost
4. Visa to Ukraine is not required for US citizens. Valid passport is required with expiration date no less than 6 months of date of travel. For citizens of other countries, please check with consulate of Ukraine in your country.
5. Luggage is restricted to 1 reasonably large suitcase weight under 20 kg, and 1 carryon per person. If the travelers will bring more luggage, they will be responsible for extra cost of transporting this luggage.
6. Is this trip right for you?

This trip is designed for adventurous traveler.

Accommodations will vary from 5* hotels in the capital to best available in the countryside (Some hotels even with official 4* rating but, by western standards, we've listed them as 3*+).

Services are improving in the region; however, you may encounter problems with plumbing, bureaucratic service, road conditions, unpaved sidewalks, uneven surfaces and steps, and availability of public restrooms.

You are traveling in areas which, relatively speaking, have seen very few travelers, and the infrastructure is not fully developed.

Air-conditioning is available in all hotels. Sometimes air conditioning at hotels is not what we are used to in USA.

All participants must be reasonably fit, and able to walk on cobblestone streets, walk up and down the hills and stairs. Unfortunately, this trip is not suitable for participants in wheelchairs, motorized scooters, walkers or with limited mobility.

Flexibility, a sense of humor, and ability to manage your own baggage, when required, and a willingness to accept local standards of amenities and services are essential components to the enjoyment of this trip.



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Some Orthodox churches enforce strict dress codes. Women may need to have head coverings (scarves) with them, and men and women may need to have their arms and legs modestly covered. Your guides will advise you when this is the case.

2 bottles of water will be provided per person per day for touring.

Every effort has been made to make the information in this schedule accurate. However, trip itineraries are always subject to change. We will do our best to inform you in advance of any changes, but due to the nature of travel in Caucasus, this may not always be possible. This tour maintains a focus on cultural interaction and the natural beauty of the Caucasus.

Information about Ukraine

FOOD

1 BORSCH

This traditional soup, made from beet root and up to 20 other ingredients, is a staple dish in every Ukrainian family. Borsch can be served hot and cold, fresh, and stale, for lunch or for



breakfast, as a meal or even as a healing medicine against the winter colds. Every housewife has its own secret version of borsch, and no restaurant can ever compete with the real, steaming hot home-made borsch.

Traditionally borsch recipe is a basic stir-fry of grated beet root with tomatoes, added to a generous soup of vegetables – onions, carrots, fresh or pickled cabbage, peppers, and whatever else is available from our house garden. For the true state-of-art samples of this dish you must head to the hidden-away villages of Carpathian Mountains, where borsch is cooked not on the gas stove, but is left to simmer for hours in the coziness of wooden oven. Pour it in the clay pot, drip in a spoon of fresh sour cream, snack up on a garlic-sprinkled pampushky and you'll be able to understand what the true Ukrainian heaven looks like!

2 VARENYKY



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Just like borsch, traditional dumplings spearheaded the voyage of Ukrainian cuisine across the globe. Quite a common site in many supermarkets, varenyky or more commonly known as pierogis are what bread is to most other nations.

Combined with the piping-hot plate of borsch, those two are Ukrainians' food of choice in sickness and in health.

Conveniently varenyky can be made from the cheapest ingredients available. Dough is a simple mix of flour, water, and salt. And stuffing can be anything: from mashed potatoes with mushrooms and fried onions, pickled cabbage, minced meat and even cherries! The sweet version of varenyky is usually served with sour cream and honey, and is a delicious and healthy substitute for the calorie-counting sweets lovers.

3 SYRNIKI

Syrniki are fried cottage cheese pancakes, garnished with sour cream, varenye (jam), honey or apple sauce. The cheese mixture may contain raisins for extra flavor.



Syrniki are made from creamy cottage cheese, mixed with flour, eggs, and sugar, sometimes adding vanilla extract. The soft mixture is shaped into cakes, which are fried, generally in vegetable oil. The outside becomes crisp, and the center is warm and creamy. They are sweet and served for breakfast or dessert. Their simplicity and delicious taste have made them very popular in Eastern Europe.

4 UZVAR



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Uzvar is traditional Ukrainian drink of choice! It's typically served during Christmas Dinner, and is regularly cooked in the local households. This refreshing beverage is a compote, made from dried fruits.

Most popular ingredients are dried apples, pears, and apricots, with some grandmas adding prunes, raising and honey to sweeten the already savory drink.

WEATHER

The country experiences a temperate continental climate, with significant differences between winter and summer temperatures. Between April and October, the warm season gives pleasant temperatures, with peaks at 30 ° C in July and August.

ELECTRICITY

Electrical current runs on 220v/60Hz in Ukraine, whereas American current is 110v/50Hz. American computer users can choose from these options:

Purchase a converter to transform the voltage.

Purchase equipment that adjusts internally to either current. Almost all laptop computers are designed to run off either 110v or 220v current. The sticker on the bottom of your laptop should indicate whether it is dual voltage or not. Adapter plugs will be necessary to fit into standard European sockets, and a surge protector should always be used.

ELECTRICAL SUPPLIES:

- Converters
- 3-prong to 2-prong adapters
- Adapter plugs

Health requirements from CDC

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/ukraine>

MONEY AND EXCHANGE

The monetary unit of the present-day Ukraine is hryvnia (UAH)



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Money can be exchanged at banks, exchange desks at hotels, shops, or licensed exchange windows. Passport is not required for exchange operations. Exchange rate might differ from the official National Bank of Ukraine rate.

As of August 2017, 1 dollar= 25.50 hryvnia. Check current exchange at www.xe.com

USD and EURO are the most popular currencies in exchange booths. Other currencies are more difficult to exchange and have lower rates due to minor circulation in Ukraine.

VISA, MasterCard are accepted in major hotels, restaurants, casinos, stores, ATM's.

Owners of American Express will experience problems when using their cards even in regional centers.

Traveler's checks are not recommended.

ETIQUETTE:

These rules of etiquette may be useful:

- If invited into a family home, it is traditional to bring a gift. A bottle of wine, a cake, or a bouquet of flowers are customary.
- If there is a child in the house, it is appropriate to provide him/her with a small gift as well.
- If you bring flowers, make sure the number of flowers is uneven (3,5, etc.).
- Do not whistle; some believe it will "blow your money away."
- Do not shake hands across the threshold of a door. It is considered bad luck.
- Be prepared to remove your shoes upon entering a home. To keep apartments clean, most hosts will provide you with a pair of slippers.
- On public transportation, give up your seat to mothers with children, the elderly, or the infirm.
- Be ready to give toasts at dinner, for guests are often asked to do so.
- Offer to share your snacks and cigarettes with those around you.
- Be prepared to accept all food and drink offered when visiting friends. Turning down food may be considered rude. (If you find you cannot eat it all, keep something on your plate to avoid having it replenished!)
- In Orthodox churches, women should wear scarves or hats, and men should take off their hats.
- Be careful when complimenting a host's belongings, he or she may offer them to you.
- Don't put your thumb between your first two fingers; this is a very rude gesture.

PUBLIC RESTROOMS:



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It is recommended to have a packet of tissues on hand because public restrooms rarely supply toilet paper. Public restaurants also may charge a small fee (approx. \$.25). While any public restroom can be unsanitary, clean bathrooms can be found in most modern restaurants and hotels.

TIPS:

10% tips can be added to the bill in cash at restaurants.

DISCLAIMERS

Sophia's Travel, division of EMCO Travel, LLC and any of its affiliated clubs or organizations (collectively, the "Company") act as intermediary and agents for suppliers (The "Principals") in selling services which are not directly supplied by the Company, such as air carriage, hotel accommodations, ground transportation, meals, tours, cruises, and other related services. The Company assumes no liability for breach of contract or any intentional or negligent actions or omissions on the part of the Principals which results in any loss, accident, delay, irregularity, damage, or injury to you or your traveling companions or group members either by reason of any defect in any mode of transportation, or for any reason whatsoever, or through the acts or defaults of any company or person engaged in conveying you or your traveling companions or group members or carrying out the arrangements of the tour. Further, the Company assumes no liability for any injury, damage, loss, accident, delay, or irregularity which is caused by any terrorist activities, social or labor unrest, mechanical or construction difficulties, diseases, local laws, climactic conditions, abnormal conditions, or unforeseen developments. The Company assumes no responsibility or ascertaining and/or evaluating local conditions along the itinerary, determining whether advisories or warnings exist for any part of the itinerary or communicating to you a statement of same, and in fact has not done so and will not do so. Before departure, the travelers must check the following websites for current health and travel information and travel advisory.

<http://www.cdc.gov/travel/> - Center for disease control and prevention

<http://www.who.int/en/> - World Health Organization

<http://www.state.gov/travel/> - Department of State Travel (USA)

The prices quoted are based on U.S. dollar valuation and foreign exchange values and tariffs at the time of printing. In case of appreciable variations in such values, the Company retains the right to make such adjustments in prices as are necessary.

You should consider and in your discretion, obtain appropriate insurance coverage to the extent available with respect to risks associated with your travel.

Your retention of tickets, reservations or bookings after issuance shall constitute an acceptance of and consent to the above terms and conditions and an agreement on your part to convey the contents hereto to your travel companions or group members.



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If the client is dissatisfied with any part of the package, the ultimate supplier (hotel, tour company, etc.) is solely in the position and the only one with any authority to make any adjustments.

The Company cannot be responsible for any arrangements not made through our agency.

All rates pertaining to independent hotels and services are agency's negotiated rates and include handling fees consisting of communications expenses incurred to obtain reservations. The Company will not be held responsible for any differences between rates paid prior to departure and locally posted rates, and absolutely no refunds will be made for such possible differences.

Thank you for your business,

Sophia Kulich, CTC