

Republic of Armenia



Armenia 2020

www.TheArnoldFoundation.org



A few years ago, The Arnold Foundation started down a path to try and ease the burdens of our fellow man. Our path has taken us to several places, and we try to help people when we can. The main purpose of going to Armenia will be to help a family move from a small freight container (picture above) that is currently their house, into a home that is safe, warm and dry.

The only difference in going to Armenia to help build a house for a family or walk across the street to help a neighbor is the distance. In both cases the people need help, you have a feeling that you need to help, and by answering the call to help, you establish lifelong friendships and memories

If you are interested in participating in this service trip, please consider joining us. The experience is something you will remember for a lifetime. You can start by contacting the Key Persons via email. They will send you the application form. And start the process with you.

If you want to support the project by donation, please visit our website: thearnoldfoundation.org

Donations are tax deductible in accordance with IRS publication: <https://www.irs.gov/pub/irs-pdf/p526.pdf>

Dates:

June 7-14, 2020

Group Size:

8 to 10 people (age 15 +)

Work:

Light Construction work building housing

Skills required:

General homeowner type of skills.

Accommodations:

Local Hotel <http://www.congresshotelyerevan.com>

Food:

Breakfast in the Hotel, Lunches at the work site (traditional Armenian food) and dinners at various restaurants. Ample food will be provided!

The people in Armenia are wonderful, the city is safe, the accommodations, food and transportation are first class. If you have never been, this is a trip that will not disappoint.

Cost:

\$1190 Landing Fee (not including airfare)

Additional Details inside this document.

Key persons:

Rick White: rick@thearnoldfoundation.org 240.888.9931

History of Arnold Foundation

The idea behind The Arnold Foundation began during a service project in Guatemala in 2010. A group of people, including several of the founding Board members were working on construction of school in a small village. The work was hard, but meaningful. A memorable symbol from that trip became that of a pig. There were many in the village, but one stood out. He wore a cumbersome yoke around his neck, which pre-vented him from wandering into the homes of the villagers to forage for food. A member of the group named him Arnold. Throughout the week, members of the team each had difficult moments from the work, the oppressive heat, the exposure to the type of poverty that is not encountered in the United States, and simply missing their families. In their low moments, Arnold always seemed to be nearby as though offering solace. A kindred spirit, recognizing what it is like to live life with a burden.

In the years since that service trip, many of the participants recognized a change in their outlook on life. While they often fail, they have a desire to be better people. They strive to do small things to make the world a better place, and to encourage others to join them.

Mission Statement

To make the world a better place by providing or improving education, economic, energy, and health conditions to those in need.

Key Personnel / Հիմնական անձնակազմ

This trip is being led by Rick White (bio included at the end of this document):

Rick White: rick@thearnoldfoundation.org Phone: 240.888.9931

Getting There / Հասնելով այնտեղ

Zvartnots International Airport in Yerevan serves most major airlines. Trip participants are responsible for booking and paying for their own air travel to Yerevan. Volunteers are encouraged to schedule flights that will...

- Arrive in Yerevan on June 7, most flights arrive at 4am, we will coordinate our arrival times as best we can
- Depart on June 14. Most flights arrive back in the USA the same day.

Contact your trip coordinator (Rick White) before booking any flights that are outside of these times.

Accommodations / Տեղավորում

Sleeping accommodations will be in a local hotel <https://www.congresshotelyerevan.com>. We have stayed at this hotel before and it is very nice with walking distance to the city center and local stores.

Food / Մուսուկ

Breakfast will be provided by the hotel. Lunch will be provided at the worksite prepared by local people. This is very good. Dinner will be at local restaurants. The selection ranges from traditional Armenian cuisine to pizza on the roof top.

Information about food allergies and preferences will be gathered during the application process. Food requirements regarding allergy, medical, or religious beliefs will be accommodated as best we can.

Ground Transportation / ցամաքային Տրանսպորտ

Transportation will be provided by a local driver. They will pick us up at the airport and shuttle us to the work site each day. They will also make arrangements for the local sightseeing.

Supplies / պարագաներ

All supplies will be provided by the local contact, you are welcome to bring your own hand tools if you wish, just make sure you understand your airlines rules for transporting tools.

Work / աշխատանք

The purpose of this trip is to help a family relocate from a freight container style house to a regular house.

The work may be pouring concrete, plastering wall, applying paint or building walls. We will know more about the work as we get closer to the trip dates.

Materials and tools will be provided but if you have favorite hand tools, feel free to bring them, just make certain they can be transported according to the airline regulations.

Excursion / Էքսկուրսիաներ

It is a tradition for Arnold Foundation trips to include an “excursion” of some sort. The options for excursions in Armenia range from shopping at the local markets to hiking Mt Aragats. There are several museums and monuments that are worth seeing, just let us know your preferences.

The hike to the top of Mt Aragats is planned for the end of the week. We have a local guide who is the best in Armenia. The hike itself is not a hard hike, but the southern peak at 12,700 ft and the northern peak at 13,400 ft above seal level makes it a challenge if you are not used to high altitudes.

Money / փող

There are several costs for this trip.

1. Airfare. Each participant will make these arrangements and payments themselves. Round trip airline tickets to Yerevan from Washington DC starts around \$1600 per person. Fares may be cheaper depending on chosen airline. Some airlines will hit you with additional fees for baggage. Please plan accordingly.
2. “Landing” fees. There are costs associated with our being there. These include food, ground transportation, lodging and other miscellaneous costs. For this trip the landing fee is \$1190 per.
3. Optional Excursion. Each person will be responsible for the excursion they engage in.
4. Miscellaneous travel costs. There are other costs related to travel that should be considered.
 - Vaccinations. The CDC recommends some vaccinations for travel to Nicaragua. As with all medical decisions, consult your own medical providers.
<https://wwwnc.cdc.gov/travel/destinations/traveler/none/Nicaragua>
 - Insect Repellent. The most powerful tool against Zika and other mosquito transmitted illness is the use of EPA registered insect repellent.
 - SunScreen. It’s going to be summer and there is a beach.... ‘nuf said.
 - Pillow, if you need your favorite.
 - Spending money. You probably won’t need much, but you never know when the driver is going to pull over because he sees an ice cream store along the way!

A note on taxes... this volunteer effort on your part will cost you some money. You should deduct whatever portion of those costs that you are permitted to by IRS regulation. The Arnold Foundation is a qualified to receive deductible donations, but we cannot offer tax advice. The appropriate tax information can be found at <https://www.irs.gov/pub/irs-pdf/p526.pdf> The following sections of this IRS document might pertain as follows...

- Airfare and out of pocket expenses... bottom of page 4 / top of page 5
- Landing Fees... page 3 (contributions from which you benefit); page 7 (personal expenses... “The cost of meals you eat while you perform services for a qualified organization, unless it is necessary for you to be away from home overnight while performing the services”).
- Material Donation... page 3 (contributions you can deduct).

Down Time / ցած ժամանակ

Trip participants are encouraged to bring books, card games or other activities to share with the group.

There will be time after dinner to relax around the city center fountain or return to the hotel and play cards or just read a book.

Medical Care / բժշկական օգնություն

While we hope that there are no medical issues during this trip, we will plan for the possibility. Participants are required to have their own health insurance coverage and have evidence of such with them. The Arnold Foundation does not carry any supplemental insurance for participants or their medical needs. For small medical needs, first aid kits will be available.

Information about the Destination /

տեղեկատվություն նպատակակետի մասին

Officially the Republic of Armenia is located in the South Caucasus region of Eurasia. Located in Western Asia on the Armenian Highlands, it is bordered by Turkey to the west, Georgia to the north, the de facto independent Republic of Artsakh and Azerbaijan to the east, and Iran and Azerbaijan's exclave of Nakhchivan to the south.

Armenia became the first state in the world to adopt Christianity as its official religion in the late 3rd or early 4th century AD. The official date of state adoption of Christianity is 301AD.

Armenia has a territorial area of 11,484 sq mi. The terrain is mostly mountainous, with fast flowing rivers, and few forests. The land rises to 13,419 feet above sea level at Mount Aragats, and no point is below 1,280 ft above sea level. Average elevation of the country area is 10th highest in the world and it has 85.9% mountain area, more than Switzerland or Nepal.

Capital and largest city: Yerevan

40°11'N 44°31'E

Official language: Armenian

Ethnic groups (2011)

98.1% Armenians

1.2% Yazidis

0.4% Russians

0.3% other[2][3]

Religion Christianity

Government Unitary parliamentary republic

Population: 2.9 million

Currency: Dram

Time Zone: AMT (UTC +4)

Electricity: 230VAC; 50Hz (Standard "Euro" Plug)

What to Bring / ήλς ρεηηή

Bring whatever you feel will make your trip comfortable for you. The following are suggestions.

Personal Care

- Standard Toiletries
- Towel(s)
- Hairdryer, etc.
- Prescriptions
- Eye glasses / contacts
- Sunscreen
- Insect repellent

Sleep Items:

- Pillow (if favorite is preferred)
- Ear Plugs
- Sleepwear

Work:

- Work gloves
- Safety Glasses
- Sturdy work footwear
- Long Pants

Clothing:

- Comfortable clothing for one week (no laundry available)
- Comfortable footwear
- Headwear to protect from sun.

Other

- Snacks, Cards / Games, Book
- Sunglasses

Application Process / Proceso de solicitud

If you are interested in participating in this service trip, please go to the Fuller Center website and register there:
<https://fullercenter.org/register/>

You can also start by contacting the trip leader via email or phone and he will point you in right direction.

Trip Leader Biography / Biografía de Líderes de viaje

Rick White is a member of the Arnold Foundation and has participated in various projects. Rick started in 2009 with a small project in Guatemala and realized that the smallest of our efforts can make the biggest difference in the life of those around us. Rick currently lives in Lumberton, Texas.

Rick works as a Control Systems Specialist in Beaumont with a background in project management and has planned and led trips that included Ghana, Sri Lanka, Nicaragua, Peru and Houston, Tx.

