

Ultimate Workout 25 - Panama

Location: Changuinola, Panama

Project Dates: July 22 – August 3, 2015

(Staff arrive on July 20)

Participation Fee: \$975



Flight to Panama City is not included in the participation fee

Information Packet

Welcome to the Ultimate Workout

Each of the 24 trips leading up to this year have been different and we are excited for another life-changing experience on UW 25! This year we expect more than 250 teens and staff members, from around the world, to come together to discover what it means to serve and grow spiritually. Whether this is your first UW or your third, prepare for a unique experience.

For the first time, Maranatha is offering two Ultimate Workout projects. One will be held in Panama and one in the United States. It's important to realize that you can experience the life-changing effect of a mission trip wherever you are. God will meet you wherever you serve.

While on UW you can expect to

- Want to go home when you get there and want to go back when you get home.
- Meet teenagers just like you but also different in so many ways.
- Work harder than you may have ever worked.
- Sleep in accommodations very different from your comfortable bed at home.
- Wish you spoke Spanish.
- Taste new and unusual foods.
- Meet a group of adults who truly care about you.
- Connect with Christ.

We have plans to make a big difference in Changuinola, Panama and at Milo Adventist Academy in Oregon. Our days will be carefully scheduled to maximize our time. However, mission trips are full of surprises, so keep in mind that the best thing you can do is be flexible!

Project Schedule

Monday, July 20

Staff arrival in Panama City (PTY)

Tuesday, July 21

Staff orientation/training

Wednesday, July 22

Participant arrival in Panama City (PTY)

Thursday, July 23

Orientation and travel to site

Friday, July 24

Construction orientation and first work day

Saturday, July 25

Worship with the local congregations

Sunday, July 26 – Friday, July 31

Work days with midweek local excursion at the beach

Saturday, August 1

Worship with the local congregations

Sunday, August 2

Return to Panama City, Panama Canal excursion, final worship

Monday, August 3

Departures from Panama City (PTY)

PANAMA PROJECT OVERVIEW

The ultimate goal of the Ultimate Workout is to create an experience where participants can **connect with Christ** through the act of service.

This year, there are three main areas of service:

1. Construct a church and paint existing church buildings
2. Join outreach activities to supplement the local church's ministry efforts
3. Be Christ's healing hands at medical, dental, and veterinary clinics

For UW25, volunteers will fly into Panama City, Panama. Once you arrive, you'll be met by UW staff, spend the first night in Panama City, and the following morning travel on private buses to Changuinola, a small community in the northwest corner of the country. We're looking forward to meeting you!

Service Activities and Locations

For UW 25, volunteers will be working in communities surrounding Changuinola. The large group will be divided daily into teams that will separate for the work day. Although you will have plenty of interaction with volunteers outside of your team, you will spend the most time with your fellow team members. At the beginning, you probably won't know most of the people, but by the end of the mission trip, you'll be like family!



Each of these teams will "adopt" several communities throughout the Changuinola region. Depending on their team, volunteers will get to construct a church, paint buildings, complete renovation and construction projects, and serve the communities through outreach activities.

During the registration process, we'll ask you to give your preference for which team you would like to join. We can't guarantee that you'll get your first choice, but we'll do our best to match you to your preference. If you don't indicate a preference, we'll assign you a team. When selecting where you want to go, try to choose a different one from your friends and family. Remember, UW is about stepping out of your comfort zone in order to grow spiritually and socially.

Finca 6 Team

Volunteers in this group will construct a church for the Finca 6 congregation on the outskirts of the city of Changuinola. The members of this church have bounced from rented building to rented building throughout the years. They currently meet in a concrete room that echoes, making it difficult to teach Sabbath school because of the noise. The roof, although patched many times, leaks throughout the rainy season. The congregation will lose their lease in April. But in July, you and your fellow UW volunteers will make their dreams a reality by building them a church. In addition, volunteers will conduct a children's ministry program and other community outreach activities. A small group of the Finca 6 team will also assemble two One Day Church frames for the Finca 6 Sabbath School classrooms and another nearby congregation.



Changuinola School Team

Another group of volunteers will remain at the Changuinola School during the day to construct two classrooms, and a classroom addition, with masonry blocks. The school has had an empty area prepared for more classrooms, but has not had the manpower or finances to finish the building. So UW volunteers will help them to finally complete the classroom wing. On this team, you'll also help with other renovation projects on campus. Volunteers will also conduct visitation and children's ministry in the local area around the school.



Medical Team

A team of skilled doctors, nurses, dentists, pharmacists, and veterinarians will provide medical care to sick patients in six communities. Several teens will be assigned the medical team full-time. This opportunity is primarily for those interested in a medical career. On this team, you'll learn a variety of medical skills, such as taking vital signs (blood pressure, pulse, etc.), filling prescriptions, and possibly even taking a sonogram or extracting a tooth!



Each day, two volunteers from the other groups will get to “visit” the medical team for one day. If interested, you will need to request assignment to the medical team on the job preference form, which you will receive after being confirmed on the project.

Las Tablas Team

Another group of volunteers will adopt the village of Las Tablas, approximately 45 minutes from Changuinola and in the heart of the banana plantations. This congregation was meeting in a church that was literally falling down around them and was being supported by makeshift poles in the middle of the sanctuary. They just received a new church in January, thanks to another group of Maranatha volunteers, but it still needs to be painted. Volunteers will paint the interior and exterior of the church as well as reach out to the surrounding community through children's ministry programs, door-to-door evangelism, and health education programs.



Guabito Team

Another group of volunteers will adopt the community of Guabito, approximately 25 minutes from Changuinola. The Guabito congregation has a large church with several Sabbath school classrooms. But the church is in need of repairs, along with a new coat of paint. You'll fix up this church building, as well as reach out to the community through a children's ministry program, door-to-door evangelism, health education programs, and community clean-up efforts.



Accommodations and Group Organization

Volunteers will stay at the Changuinola Bilingual Seventh-day Adventist School, a campus built by Maranatha in 1996. Each team will be assigned to one or more of the 23 classrooms at the school. There will be makeshift bathrooms and showers set up along the edges of the campus.

Keep in mind that our housing does not provide bed linens, so please bring your own air mattress or bed, linens, towels, and washcloths to use during the project. A complete packing list will be provided in your final mailing. Don't expect hot water, TV, air-conditioning, or Wi-Fi. This trip is all about eliminating distractions that prevent you from focusing on a connection with Christ.

Excursions

During the project, we'll have time to tour parts of Panama. One day during the project, we'll take a break from work to visit a local beach in Bocas del Toro, islands off the Caribbean coast of Panama. On the last Sunday, when we return to Panama City, you'll have the chance to see Panamanian and American history when we visit the Panama Canal, which cuts across the Isthmus of Panama.

Completed in 1914, the canal enabled cargo ships to take a more direct route from the Atlantic Ocean to the Pacific, instead of traversing the dangerous waters of Cape Horn. The Panama Canal is considered one of the seven wonders of the modern world. This short excursion includes a stop at the Miraflores lookout tower, which gives a view of the working canal locks and a visit to the Panama Canal museum.

Then we'll stop by some artisan markets for you to pick up some treasures to remember Panama or to give to your friends and family who supported you on the project. The costs of the excursions are included in your participation fee, but any gift purchases will be your own responsibility.

Expenses

The participation fee covers housing for twelve nights, three vegetarian meals a day, ground transportation, local excursions, secondary accident insurance, a Maranatha t-shirt, a UW Bible and journal, a UW and Maranatha sticker, and luggage tags. It does NOT cover your airfare to and from Panama City, passport fees, or any vaccines.

Maranatha must receive all funds and forms by June 1, 2015, due to mailing time for the final package. **Wait for confirmation of acceptance on the project before purchasing your airfare.**

If you receive donations to cover your participation fee, please have all money submitted to you. Maranatha does not process individual small checks. You can also work with your church treasurer for the church to collect funds and issue tax-deductible receipts to your sponsors. Then they can send the total payment to Maranatha. The participation fee can be paid online, over the phone, or by check in a maximum of three payments. For more information, speak with Rebekah Widmer at Maranatha at (916) 774-7700.

If you need help with fundraising, try looking at the creative suggestions from past UW participants by going to www.maranatha.org/resources. Remember to start early and focus your efforts on one or two good ideas.

Estimate of Additional Costs

Flight to Panama City \$700 - 1000

Passport \$130 or \$110 for renewal

Notarization of Minor Permission Forms: \$40 (depending on state)

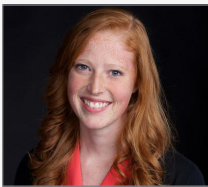
Leadership

David Lopez, Overall Project Coordinator | David will oversee all aspects of the trip as project coordinator.



David went on his first UW when he was only fourteen years old. Now, he is the director of volunteer projects at Maranatha Volunteers International. He lives in Rocklin, California, with his wife Alisa and two sons, Crosby and Carter. The whole family enjoys traveling together and has recently been to Ecuador, Zimbabwe, and Ghana on Maranatha projects. When not traveling the world, the Lopez family enjoys outdoor activities and spending time with friends and family.

Rebekah Widmer, Assistant Project Coordinator | Rebekah will handle the registration process for UW



volunteers and will help oversee the volunteer group on UW25. She first became involved with Maranatha when she was sixteen years old, as a UW participant. She soon became one of the UW leaders, and in 2012 she joined the Maranatha staff to help plan and coordinate volunteer projects. Rebekah loves providing opportunities for people to grow and experience change through service. In her free time she enjoys running, traveling, and cooking.

Loretta Spivey, Team Coordinator | Loretta will lead one of the painting and renovation groups on UW25.



Loretta has been involved with UW since 2003. Throughout the years she has served as an *Insight* magazine reporter, outreach coordinator, spiritual coordinator, and site coordinator for UW. In each role, she has focused on connecting participants with Christ. Although the Pittsburgh Steelers still hold her allegiance, her family now calls Kernersville, North Carolina, home. She and her husband have five amazing children, most of who have participated on UW. She looks forward to seeing how the Holy Spirit will work on this year's project.

Joe Osborn, Medical Team Coordinator | Joe will lead the medical and dental teams. He joins the Ultimate



Workout from San Antonio, Texas, where he lives with his wife Lee and their two children. Joe served in the US Army as medic, EMT, and helicopter pilot, and he spent six years coordinating humanitarian projects in Latin America and the Caribbean. Currently, he works with and manages Safety and Occupational Health Programs as a civilian employee for the Department of the Army. His wife Lee works as a substitute teacher at the local Adventist school. His entire family likes to travel, see new places, and meet new people. Their family first joined Maranatha on UW 23, in Ecuador, and returned last year as one of the medical team coordinators. They enjoy UW because of the people, the energy, the worship, and the opportunity to serve God by caring for others.

Brandon Westgate, Spiritual Life Coordinator | Brandon is currently serving as the pastor of a three-



church district in Arkansas. He has served as a full time pastor for ten years, and four of those were spent as the Youth Director for the Arkansas-Louisiana Conference and as the Camp Director for Camp Yorktown Bay. During his years as Youth Director, Brandon joined Maranatha to co-lead a project to Chiapas, Mexico. The trip had a positive and profound impact on him, his wife, and his daughter. Since then, Brandon has served as spiritual coordinator in Ecuador, led the Young Adult Project and led the participant life section of Ultimate Workout 24 in the Dominican Republic. He is looking forward to being a part of

UW25 and seeing the transformation that will take place in the communities that will be ministered to as well as in the participants, as they become actively engaged members of the body of Christ.

Maranatha will also rely on several experienced volunteers to lead out as construction superintendents, team leaders, cooks, medics, outreach team leaders, and numerous other leadership positions. If you are interested in joining the leadership team, contact Rebekah Widmer at Maranatha at (916) 774-7700 or uw@maranatha.org.

Travel Information

All confirmed volunteers are responsible for purchasing your own plane tickets to and from Panama City, Panama. After you are confirmed for the project, you will be given the specific flight guidelines on the confirmation page, as well as in a new packet, which you can download.

Once you purchase your flight, please forward your itinerary to Maranatha at uw@maranatha.org. This is important; we need this information so we can meet you at the airport. If you are unclear about any of the flight guidelines, please contact Maranatha BEFORE you book your ticket. It is much easier and cheaper to purchase the correct ticket the first time than changing it afterwards.

If you cannot book a flight that arrives and departs within the given time frame, there will be an extra charge of \$175 for arriving a day early or staying a day late. This fee covers extra transportation, supervision, food, and housing.

If you are over 18 years of age and plan to do additional traveling in Panama before or after UW, all reservations and arrangements outside of the Maranatha project dates will be your responsibility.

Arrival and Departure:

Specific flight guidelines will be given to you upon confirmation.

Meeting at the Airport

UW staff will meet you at the airport after you clear customs. After you pass through customs, where you will pass your bags through an x-ray machine, please use the door to the right. If you exit on the side near the rental car agencies, please turn around and go towards the other side of the airport where the staff will be waiting. You'll probably also hear us, since we are pretty excited to see you! Be sure to wear your UW25 t-shirt so that we can recognize you in a crowd.

After everyone arrives, we will spend a night in Panama City before boarding private buses and traveling 10-12 hours to Changuinola. The last four hours of the trip winds through a mountain range. If you are prone to motion sickness, we recommend that you bring Dramamine or an equivalent motion sickness medication.

Please note that Maranatha will **not** have a staff representative at each of the transit airports, such as Houston, Atlanta, or Miami. If you miss a flight or your flight is cancelled, you will need to work with the airline to arrange a new flight or accommodations for the night. If at anytime your flight number changes due to a delay or cancellation, please call Maranatha to let us know your new flight number and arrival time. Maranatha is always available to help you with this process by calling the main office at (916) 774-7700. You will receive an afterhours, emergency number, prior to your departure for the project.

If you do not feel comfortable traveling alone and making emergency arrangements, minors can purchase an airline escort. This service means an airline representative will escort you to each leg of your journey, and during layovers you will stay in a waiting room separate from the terminal. Some airlines require this service for passengers under the age of 15. For this service, you will need contact information for the person who will meet you at the airport. Please call Rebekah Widmer for this information or email uw@maranatha.org.

In June, you will be sent a final mailing that includes a UW25 t-shirt and a travel booklet to walk you through each step in of the travel process.

Here are a few tips for purchasing your international flight:

Fly with us | Follow our suggested guidelines to limit complications and possible extra charges.

Avoid multiple connections | Choose a flight with the fewest stops. The more connections you have, the more likely you are to have delays, lose your luggage, or miss a flight.

Cheaper isn't always better | Sometimes paying a little more for a better connection is well worth the money. It could mean arriving at your destination well rested and with all your luggage.

Travel Resources

Azumano Travel: 800-454-4099 or by email with Erle at edpenha@azumano.com

Butler Travel: 503-879-5005 or by email with Nathanael at nathan@butlertravel.com or with Ellen at with ellen@butlertravel.com.

Kayak: www.kayak.com

When contacting the Azumano or Butler travel agencies, make sure you mention Maranatha for the best fares.

Discount Codes

Maranatha has arranged group discounts on both Delta and United Airlines.

United Airlines 2% Discount: In order to use this discount, enter the offer code ZUJ8977621 in the offer code box when searching for your flights at www.united.com. The flight prices listed will already reflect the discount.

Delta Airlines 3-5% Discount: In order to use this discount, go to www.delta.com and click on advanced search. Enter the code NML42 in the meeting event code box. The flight prices listed will already reflect the discount.

Luggage Allowances

Your luggage allowance will depend on your airline. Most airlines allow one bag at 50 lbs. You are usually allowed a second bag as well, but you will probably have to pay an extra fee. You can also take a carry-on bag, such as a small suitcase or backpack, along with a personal item like a purse. Spirit Airlines has started charging for carry-on bags. Please be sure to speak with your airline prior to arriving at the airport so you will not be surprised by additional charges.

Carry-On | Sometimes airlines will ask you to give up your carry-on, prior to boarding. Please do not give up your bags at boarding; sometimes these end up getting placed on a later flight.

Delayed or Lost Luggage | In case of delays or lost luggage, we recommend you include your passport and flight itinerary, a change of clothes, small toiletries, and medications in your carry-on bag.

Entry Requirements

All passports must be valid for at least six months from the dates of intended travel (February 4, 2016). If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at travel.state.gov. Canadian citizens can apply online at www.passport.gc.ca. It can take up to two months to complete the entire process, so plan to give yourself enough time to receive your passport.

No entrance visa or tax is required for U.S. or Canadian travelers. If you are not a U.S. or Canadian citizen, please consult the Panamanian embassy or consulate in your home country for entrance requirements.

Permission for a Minor to Travel

Maranatha requires special paperwork for volunteers under the age of 18. If you are not yet 18 on the day your travel begins, you will need to have your legal parents or guardians complete a permission form (twice) and have it notarized. You can find a notary at a bank or other public institution. You need two permission forms as you will keep one original and mail the other original to Maranatha.

This form provides evidence to government entities that both parents have consented to their child leaving the country. If a parent is divorced, the missing parent must sign the form unless the parent traveling with the minor has sole legal custody. In that case, a copy of the divorce paperwork indicating sole custody must be included. If a parent has died, a copy of the death certificate must be included.

You will receive this permission form once you are confirmed.

Communication During the Trip

Phones and Other Devices

Cell phones and other electronic devices will be permitted during travel to and from Panama*. However, once you arrive in Panama, Ultimate Workout volunteers will not be allowed to use electronic devices (iPods, iPads, PSPs), including your phone.

Electronic devices tend to be a distraction from the mission trip experience, and we want you to be fully present during the activities. So for two weeks, we will disconnect from the distraction. If a staff member sees that electronic devices are being used, he or she may choose to keep your phone or device for the duration of the trip. They will be returned to you at the close of the project.

Please note: Your parents will not have the luxury of picking up the phone to call you. International calling plans can be very expensive, and phone usage is up to the staff to decide, so don't plan on purchasing a calling plan for the trip.

**Phone usage is permitted on travel days, and we strongly encourage you to use your cell phone to tell Maranatha if you get lost or delayed.*

Updates from the Field

Once ALL the flights have arrived in Panama, Maranatha will post the news on the UW Alumni Facebook page as well as the UW website. An email list, consisting of email addresses of participants, parents, and mentors who fill out the recommendation forms, will also receive a notification via email. We'll continue to post updates on Facebook as we receive them from the project staff. After that, we operate on the mantra of "no news is good news." Please be assured that this system has worked well in the past 24 years of UW history.

About Panama

Panama is approximately the size of Mississippi. Early inhabitants of Panama tended to reside on both sides of the country near oceans, swamps, and rivers. It is no wonder that the country was named Panama, meaning "Abundance of Fish." As an illustration of its moniker, Panama is full of fish markets.

Panama is perhaps best known for its canal, a thoroughway connecting the Atlantic Ocean to the Pacific. Constructed by the United States after a failed attempt by the French, the canal opened on August 15, 1914. It was a historical moment for the world and the United States, as the country's sovereignty over the "Canal Zone" marked America's rise as a superpower. Nearly a century later, the canal is now under the control of Panama's government, and it remains an important link in world trade. It has seen the passage of more than 800,000 vessels so far.

Aside from the canal, Panama is a fast-growing country with 3.2 million people. Great progress has been made in education, as access has been broadened to reach rural areas, and the literacy rate is 93%. Interestingly, female enrollment at secondary schools is dominant, and in 1999, Panama elected its first female president. Unfortunately, Panama still struggles with socioeconomic disparities. Poverty is great, particularly among the indigenous people. While the government has implemented social programs, the problem is still widespread.

Weather in Panama is fairly tropical. Temperatures average in the 70's and 80's year round. The rainy season lasts from May to January, and in June, visitors can expect anywhere from 10-20 inches of rain. This weather provides an excellent environment for tropical animals. Panama boasts a vast biodiversity with 218 different mammal species and the largest number of avian species in Central America, including large populations of macaws, quetzals, parrots, and toucans.

Maranatha In Panama

Maranatha's first major initiative in Panama was nearly twenty years ago. Starting in the mid-1990s, Maranatha constructed 31 new churches, refurbished 16 churches, and built five Education and Evangelism Centers. Since then, those schools and churches have helped Adventist membership to grow.

In 2013, Maranatha returned to Panama in response to Adventist Church's request for additional churches and schools in hopes that the buildings will have the same, positive impact.



Facts and Figures

Capital:
Panama City

Population:
3,510,045

Language:
Spanish and some English

Climate:
Tropical, hot and humid. Long rainy season from May to January

Religion:
Roman Catholic 85%,
Protestant 15%

Currency:
U.S. Dollar

Life On The Ultimate Workout

Foreign Cash

Panama uses the U.S. Dollar. Near the project location, ATMs are difficult to find, and you can expect a charge for using your debit card internationally. The best place for you to withdraw cash is at the airport in Panama City. Any cash you bring should be in new, clean, unmarked bills. If you use a credit or debit card, expect a 5-12 percent surcharge for international use and be very careful when using it in public.

Typically participants on UW bring \$20-150 for spending money to buy souvenirs and snacks. It all depends on how much you plan to spend.

Electricity

The standard current in Panama is 110-120 volt AC (Same as the United States and Canada). The standard outlets have two vertical prongs of the same height (type A). Three prong plugs, with the ground prong, are uncommon. Plug adapters from three-prong to two-prong can be found at many stores like Walmart or Home Depot for about one dollar.



There will be electricity available where the group is staying; but keep in mind that outlets will be spread out among 150 participants; electricity can come and go, depending on weather. It would be wise to leave hair dryers and straighteners at home. You can go two weeks without it. We promise!

Weather

Even though Panama is in the Northern Hemisphere, its tropical location keeps temperatures from varying as much as they do during North American winters. In July, temperatures average around 80 degrees Fahrenheit, and Panama will still be in its rainy season, so you can expect rain showers throughout the project. Also, plan to bring plenty of sunscreen for working outside in the sun.

Time

When the United States is on Daylight Savings Time, Panama is two hours ahead of Pacific Standard Time.

Bathrooms and Showers

In most Latin American countries, you cannot flush toilet paper in the toilet. Yes, it's disgusting, but you'll get used to throwing your paper into a garbage can next to the toilet. Flushing toilet paper can cause the toilet to plug up and overflow. So everyone discards the toilet paper into the trash. Remember that 150 volunteers will be using the same bathrooms, so a plugged toilet will be bad for everyone.

There will be private shower stalls separated for girls and guys. However hot water is not available. You will either use cold hose water, or you will need to bring a solar shower to warm your water. If you can get used to cold showers, the hose or a bucket is easier than waiting for lukewarm water drips out of a solar shower bag.

Religious Differences

UW is open to individuals of all faiths and backgrounds. You do not need to be an Adventist to join the project. However, all volunteers will be expected to join the group for daily worships and worship services on Saturday. But this project is about connecting with Christ, not converting to a specific religion. All are welcome to join us in this growth experience!

Laundry

You won't have access to a washing machine during the project, but you will have elbow grease! We will provide water and biodegradable laundry soap for you to hand wash your clothes and dry them in the sun.

What to Bring

We will email you a packing list soon. We'll also include a printed copy in your final package.

Cultural Sensitivity

Some North Americans get a bad reputation for thinking that any culture outside of their own is weird or even wrong. This is called being “ethnocentric,” and we’d like for you to avoid it while on the project. It’s important to enter another culture with respect and to understand their traditions and way of life.

We will also expect volunteers to respect Adventist culture in Panama. Adventists in Panama tend to be more conservative than members in the U.S. or Canada. During the project, we will try to be sensitive to this by not wearing short shorts, tank tops, muscle shirts, spaghetti straps, shirts with violent graphics, bikinis, or jewelry. This is not because we think these things are inherently wrong; it is because we are being respectful of another culture. For the same reason, we will be careful about listening to current popular music and playing card games. Also, Adventists stay in their church clothes all day on Sabbath. So if we join the local church on Sabbath afternoon activities, we will also remain in our church clothes.

Safety

While Maranatha does everything in our power to ensure the safety of our volunteers, it is also advisable to do your own research when it comes to safety precautions.

Worksite Safety

Maranatha has a very high safety record on the worksite. This is, in part, because we require everyone on the construction site to wear a hard hat and gloves at all times. Please bring flexible work gloves, a well-fitting hard hat, plenty of sunscreen, and safety glasses. Please exercise caution while working on the construction site and be extra careful when working on or around scaffolding.

Travel Safety

Many people want to know about travel safety. The bottom line is that there are always risks when you travel. We do our best to examine each project location, and if we have any doubts, we do not send volunteers there. Our leadership team visited Changuinola in January 2015, and they felt extremely safe throughout their visit. However, even with all of our precautions, there is nothing we can do to guarantee safety. We can only place our trust in God’s hands.

Some safety guidelines to remember:

- The staff is there to help you. Follow their rules and suggestions.
- Don’t ever leave the group by yourself, and always tell your team leader where you are going.
- Leave valuables (expensive or sentimental) at home.
- Dress conservatively. A flashy wardrobe attracts attention. Even fake jewelry can increase the risk for theft.
- Use a money belt or concealed pouch for passports and cash. Watch your wallet and don’t leave any valuables unattended in open sight.
- Carry extra photocopies of your passport in your luggage, in case you lose your passport.
- Seek shelter if you find yourself in a lightening storm.

Chartis World Wide Insurance

All volunteers will be covered by accident insurance from the time they arrive at the project until their departure. This is a secondary policy, which means all claims will first be processed through your primary policy. This policy does not include diseases such as malaria, hepatitis, or AIDS. It also does not include hospital bills for illness.

Also included in the policy is Travel Assistance Services (Pre-departure Services, Lost Baggage/Passport, Travel Agency, Insurance Coordination, Evacuation and Repatriation, Travel Medical Emergency Services, Legal Assistance, and Emergency Cash).

You will receive a brochure with more information, phone numbers, and the policy number in your final mailing.

Medical Recommendations & Precautions

Vaccines

The only vaccine required by Maranatha is a current **tetanus** vaccine. The Centers of Disease Control and Prevention (CDC) also recommend vaccinations for hepatitis A and B, typhoid, and an oral antimalarial drug other than chloroquine. More information is available at www.cdc.gov. Because Maranatha is not a medical organization, we recommend that you schedule a consultation with a travel clinic doctor, prior to travel, to talk about medical precautions for your trip to Panama.

Mosquitoes

When many people think of Panama, they recall stories of malaria and yellow fever deaths during the construction of the Panama Canal, 100 years ago. And while mosquitoes are still common in Panama, most of the disease-carrying mosquitoes have been eradicated through aggressive interventions.

Our group will be headed west of Panama City. Currently the CDC does not have any advisories for malaria or yellow fever in the regions west of the capital. Maranatha recommends that you speak with a travel clinic doctor and follow his or her recommendations regarding malaria prevention. If you choose to take malaria preventative medication, keep in mind that chloroquine is not effective against the strain of malaria present in Panama.

Although these mosquitoes are not widely known for carrying malaria, they can carry dengue, and unfortunately there is no prescription medication you can take to prevent dengue. So it is important that you take personal precautions to avoid being bitten, such as wearing long pants, wearing a bug repellent with 30-50% DEET, and avoiding the outdoors around dusk or dawn.



Food and Water

Since food safety standards vary greatly from country to country, and the water can be unsafe to consume in other countries, we recommend that you exercise caution with the food and water you consume while abroad. The food that the Maranatha group provides will be prepared in a safe manner. If you choose to purchase your own food during the project, buy commercially packaged snacks. Food from street stands can cause you to get very sick. Drink only purified water or sealed juices and sodas. Do not drink unpurified water or ice cubes, and do not use tap water to brush your teeth or wash vegetables and fruits. Maranatha will provide all the purified water you can drink in large 5-gallon containers. Please bring a reusable wide-mouth water bottle to refill during the project.

Sunburn and Dehydration

Panama is located in the tropics, which means hot weather and plenty of sun. Even on cloudy days, you are closer to the equator, and the sun can be stronger. You'll want to protect yourself from sunburn and dehydration by using plenty of sunscreen, wearing a hat, and drinking Gatorade or another electrolyte replacement.

If at any time during the project you start to feel sick, speak with the team medics and your team leader as soon as possible.

How to Register

To register, please complete the online registration and pay the participation deposit, full participation fee, or half participation fee. You can make this payment by credit card online, over the phone, or with a check made out to Maranatha Volunteers International and sent to the address below. If for any reason you need to cancel your participation, the participation fee deposit is nonrefundable, but Maranatha will do their best to refund the rest of your payment up until one month before travel. After that point, \$150 is non-refundable and the remainder will depend on the reservations and the project arrangements already made.

Important Dates to Remember:

May 1: Application and Participation Fee Deposit

June 1: Final Deadline For:

- Full payment
- Copy of complete flight itinerary
- Copy of passport
- Minor consent form
- Three recommendation forms (online)

CONTACT INFORMATION

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: volunteer@maranatha.org

Website: www.maranatha.org

Mailing Address:

Maranatha Volunteers International
990 Reserve Drive
Suite 100
Roseville, CA 95678

Canadian Payments Only:

Maranatha Volunteers International Association
c/o V06494C
PO Box 6494, Station Terminal
Vancouver, BC V6B 6R3
CANADA

THE MARANATHA

STORE

BUY ADDITIONAL MARANATHA MERCHANDISE!

An Ultimate Workout T-shirt is included in your participation fee, but you can continue sharing the spirit of service with additional Maranatha-themed accessories.

UW ALUMNI T-SHIRT \$10



Cotton T-shirt with official Ultimate Workout Alumni logo.

HARD HAT \$11



This MSA V-Gard hard hat, with Staz-On suspension, ensures excellent shock absorption on the job site.



TO ORDER, VISIT MARANATHA.ORG/STORE OR CALL (916) 774-7700

All prices are excluding sales tax and shipping.

CAP \$12



All cotton and easy to pack, this cap is sure to keep the sun off your face on a mission project and at home.

WATER BOTTLE \$15



The autosport water bottle by Contigo features a one-touch-button spout for convenient one-handed drinking. It also has a spout shield to protect the spout from debris and dirt when not in use—perfect for the project site.

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