

Ultimate Workout 25 - Milo

Location: Days Creek, Oregon, USA

Project Dates: June 17 – 28, 2015

(Staff arrive on June 15)

Participation Fee: \$475



Flight to Portland, Oregon, or personal transportation to Milo Adventist Academy 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.
- Meet a group of adults to truly care about you.
- Connect with Christ.

You should also be prepared to expect the unexpected!

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, June 15

Staff arrival in Portland (PDX) or at Milo Academy

Tuesday, June 16

Staff orientation/training

Wednesday, June 17

Participant arrival in Portland or at Milo Academy

Thursday and Friday, June 18 & 19

Orientation and work days

Saturday, June 20

Worship with the local congregation

Sunday, June 21 – Friday, June 26

Work days with midweek local excursion on the Rogue River.

Saturday, June 27

Group worship at Bandon Beach

Sunday, June 28

Afternoon departures from Portland (PDX)

Milo 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 two main areas of service:

1. Conduct renovations and improvements to the Milo Adventist Academy campus to help them better serve their students
2. Join outreach activities to supplement the local church's ministry efforts

Service Activities

Are you ready to meet a bunch of strangers and then get put into a group that works together, eats together, and worships together? It might be a shock at first, but this is part of what makes this mission trip "ultimate."

Each day, teams of 5-30 people will leave Camp Umqua where the group will be staying and participate in service activities at the Milo campus.

Construction and Renovation

Milo Adventist Academy was originally built in the 50's. Twenty years ago, the campus had some renovations. But with the campus being used every day by students and teachers, it is in need of repairs.

Gymnasium | One of the biggest projects that the volunteers will undertake is the re-siding and the painting of the gymnasium. The siding of this large building is faded and peeling. On this team, you'll tack up the new siding panels and roll on a fresh coat of paint to protect the building from decay.

Demolition | Because Milo is a boarding academy, the staff live on campus in residential housing. Many of these houses are in need of repair, so you will tear out the appliances, cupboards, carpeting, and bathroom features to provide room for the housing updates. In addition, you'll also demo a doublewide trailer and an old storage building on the property to create room for new construction.

Framing and Deck Building | A small crew of volunteers will learn how to frame a wood entrance to the cafeteria. This new entrance is located at the back of the building, which will help with traffic flow into the cafeteria as well as create space to build a staircase into the student center. Another crew of volunteers will demolish and rebuild several residential decks on the staff houses, creating a safer living environment for the leadership at Milo.

Painting | A group of volunteers will paint the exterior of the Umpqua Lodge, the main building where you'll be camping. We will also spruce up the campus by repainting the white lines and other markings throughout the parking lots.

Landscaping | A small group of volunteers will help with landscaping jobs around campus, including the pruning and planting of bushes and trees, general cleanup tasks, and power washing moss-covered sidewalks.

Outreach

In addition to renovation projects, our group will also reach out into the surrounding community.

Music in the Park | Fifteen minutes from Milo Academy is the town of Canyonville. On the first Saturday of the project, the group will put on a spiritual concert for the community of Canyonville. If you play an instrument, enjoy singing, or are interested in short drama skits, bring your instrument and start thinking of something you'd like to contribute to this event.

Retiree House Ministry | The surrounding community is composed of primarily retired individuals who may find it harder to get out and do the outdoor upkeep on their properties. Volunteers will take a couple of days to visit these elderly community members and help them with various projects such as leaf and debris cleanup, blackberry bush cleanup, and small repairs.

Accommodations and Group Organization

Volunteers will be staying at Camp Umpqua, a junior camp located a mile down a dirt road on Milo property. This camp has a lodge, campfire bowl, and two bathroom and shower buildings. The volunteers will pitch their tents on the beautiful property surrounding the central lodge.

There will be shower stalls, separated for girls and guys. However hot water may not be available. You will either use hose water, or you will need to bring a solar shower to warm up your water. If you can get used to cold showers, the hose or a bucket is easier to use than waiting for lukewarm water drips out of a solar shower bag. We will also bring in portable toilets to add to the regular toilets already at Camp Umpqua.

Please remember to bring your own tents, bed linens, towels, and washcloths. A complete packing list will be provided in your final mailing. Don't expect hot water, TV, air-conditioning, or WiFi. This trip is about eliminating distractions that prevent you from focusing on a connection with Christ.

Each day volunteers will separate into teams to work on various projects around campus. At night, everyone will return to eat and worship together.



Excursions

During the project, we'll get to see some of the local beauty of the Pacific Northwest. Volunteers will have a chance to take a jet boat tour up the Rogue River. This narrated trip zooms up the river on large passenger boats, provides gorgeous views of the scenery, and chances to see deer, river otter, bald eagles, and more! Life jackets are available upon request, but are not required by the tour agency. We are also planning a weekend excursion to Bandon Beach on the Pacific coast, which has beautiful views of the ocean from both sandy and rocky beaches.

Expenses

The participation fee covers the housing location for eleven nights, three vegetarian meals a day, ground transportation, an excursion, secondary accident insurance, a Maranatha t-shirt, a UW Bible and journal, a UW and Maranatha sticker, and luggage tags. It does not cover transportation to Portland, Oregon, or to Milo Academy, if you choose to drive to the project location.

Maranatha must receive all funds and forms by May 11, 2014, 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 Ultimate Workout 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 Portland: \$250-550

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.



Shane Anderson, Construction Superintendent | Shane will oversee all the construction teams that will be working on the Milo campus. Shane and his wife Lisa join the project from the state of Washington. Shane has worked for many years as a general contractor and rental property manager, but since 2006, their lives have also included many Maranatha trips. They are both dedicated to service and especially youth ministries. Shane brings worship into every aspect of a project—even while laying a block or planting a tree. Shane and Lisa will also bring their five-year-old son Kolton to experience his second Ultimate Workout.



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

Travel Information

All confirmed volunteers are responsible for arranging their own flight to and from Portland, Oregon or personal transportation directly to and from Milo Adventist Academy. After you are confirmed for the project, you will be given the specific arrival and departure guidelines on the confirmation page and in a new packet, which you can download.

If you are unclear about any of the travel guidelines, contact Maranatha BEFORE you book your ticket. It is much easier and cheaper to purchase the correct ticket the first time rather than changing it afterwards. 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 cannot book a flight that arrives and departs within the time frame given, there will be an extra charge of \$125 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 the Pacific Northwest, all reservations and arrangements outside of the Maranatha project dates will be your responsibility.

Arrival and Departure:

Specific arrival and departure guidelines will be given to you upon confirmation.

Meeting up with the Ultimate Workout

Once you land in Portland, UW staff will meet you in the baggage claim area. Be sure to wear your UW25 t-shirt so that we can recognize you in a crowd. After everyone arrives and gathers their bags, you will travel by bus to Milo Academy, which is a four-hour drive. If you plan to drive to Milo, please stay to your right at the fork by the Milo Academy sign and proceed up the hill to the main parking lot. There will be signs directing you to where you can head from there.

Please note that Maranatha will **not** have a staff representative at transit airports. 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 tell us 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 provides an airline representative to escort you to each leg of your journey. 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 May, you will be sent a final mailing that includes a UW25 t-shirt and a travel booklet to walk you through each step of the travel process.

Here are a few tips for purchasing your 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 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 ellen@butlertravel.com.

Kayak: www.kayak.com

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

Luggage Allowances

Your luggage allowance will depend on your airline and the booking class. Most airlines now charge for checked bags, so be sure to account for that charge, coming and going from the project. 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. We encourage you to not relinquish your bags at boarding because 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 official ID, a change of clothes, small toiletries, any cash and valuables, and medications in your carry-on bag.

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 traveling alone. 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 the Milo campus*. However, once you arrive, volunteers will not be allowed to use electronic devices (iPods, iPads, PSP, etc.), 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 a week and a half, 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: There is no cell reception or WiFi at Milo, so your parents will not have the luxury of picking up the phone to call you or for you to call them.

**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 Project

Once ALL the volunteers have arrived at Milo, Maranatha will post the news on the UW Alumni Facebook page as well as the UW website. An email list consisting of the 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.

Life on the Ultimate Workout

Spending Money

There won't be a lot of opportunities for volunteers to purchase food or souvenirs. However, you may want to bring money for souvenirs and snacks during the excursion day and at the airport. How much money you bring depends on how much you plan to spend.

Electricity

There is electricity available on the school campus, but not necessarily at Camp Umpqua where the group is staying. Also keep in mind that any available outlets will be shared amongst 100 participants. It would be wise to leave hair dryers and straighteners at home. You can go two weeks without it. We promise!

Weather

Oregon is known for its damp weather. While we won't be at the coast, you can expect to see a couple of rain showers or damp mornings during our time at Milo. Average temperatures are in the low 80's, but evening temperatures can dip into the 50's, so bring layers and a warm blanket for in your tents. Also, plan to bring plenty of sunscreen for working outside in the sun.

Time Zone

Oregon is on Pacific Daylight Savings Time.

Religious Differences

The Ultimate Workout is open to individuals of all faiths and backgrounds. You do not need to be a Seventh-day 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

Sometimes people get a bad reputation by 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. While most of the time we think about this when we travel outside our home country, different regions of a large country like the United States can be culturally different as well. It's important to enter another culture with respect.

We will also expect volunteers to respect Adventist culture in the community surrounding Milo. During the project, we will try to be sensitive to this by not wearing short shorts, tank tops, 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 the Adventist culture.

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 protective gear at all times. Please bring flexible work gloves, 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 traveled to Milo in November 2014, and they felt extremely safe throughout their visit. While there are precautions we can take, 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.
- Watch your wallet and don't leave any valuables unattended in open sight.

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 Precautions

Vaccines

Maranatha requires that every volunteer have a current **tetanus** vaccine (within the last 10 years). It is also recommended that every volunteer be up to date with the normal vaccines suggested for high school-aged teenagers.

Mosquitoes and Insects

Since we will be camping, we recommend that you take personal precautions to avoid being bitten by mosquitoes and other insects, such as wearing long pants and a bug repellent with 30-50% DEET.

Sunburn and Dehydration

We ask that you protect yourself from sunburn by using plenty of sunscreen and wearing a hat. When working hard, it is important that you stay well hydrated. Maranatha will provide water for you, but please bring a reusable, wide-mouth water bottle to refill during the trip. You may also consider bringing powdered 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

May 11: Final deadline for:

- Full payment
- Copy of complete flight itinerary or travel arrangements
- 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 autospout 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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