



Ultimate Workout Reunion

Information Packet

Location: Corozo, Panama

Project Dates: Dec. 28, 2015 – Jan. 2, 2016

Optional Costa Rica Excursion Dates: Jan. 3-6, 2016

UW Alumni Participation Fee: \$200

Non Alumni Participation Fee: \$350

Optional Costa Rica Excursion: \$360

International flights are not included in the participation fee.

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 Seventh-day Adventist membership to grow in Panama. In 2013, Maranatha responded to the country's request for additional churches and schools in hopes that the projects will have the same, positive impact.

Project Overview

In 1996, volunteers on Maranatha's teen project, the Ultimate Workout (UW), constructed the Corozo church in Panama. Now, former UW volunteers are returning to reconnect with members of the Corozo congregation. The Ultimate Workout Alumni Association has put together a short project over the New Year's holiday, inviting alumni from past projects to serve.

The Corozo church has been well used. The building has been the gathering place for evangelistic meetings, medical clinics, and even emergency shelter. The motivated members of Corozo have also managed to start four sister churches in the area!

Now, after two decades, the Corozo church building needs a facelift. Time and weather have taken its toll, and the church needs a new coat of paint.

Volunteers on the UW Reunion Project will paint the interior and exterior of the building. The team will also rebuild a house for a local church member's family, whose current home is beyond repair and completely run down. This will be a much-needed blessing in their lives. Volunteers will also reach out into the community through evangelistic meetings and children's ministry programs.



Project Schedule

Monday, December 28

Arrival in David, Panama and travel to Corozo

Tuesday, December 29 – Friday, January 1

Work days

Saturday, January 2

Worship with local congregation and either depart in the evening from David, Panama or join the optional excursion and travel to Quepos, Costa Rica.

Sunday, January 3

Optional Costa Rica Excursion

Monday, January 4

Optional Costa Rica Excursion

Tuesday, January 5

Travel to San Jose, Costa Rica (afternoon)

Wednesday, January 6

Departure from San Jose, Costa Rica

This project specifically targets UW veterans from the past 25 years. However, those who have had a connection to the UW through family and friends are also invited, as well as those who feel called to serve in this ministry. We are expecting a small group of 15-30 volunteers to join this project. You're invited to be a part of it!

Accommodations

In Corozo, volunteers will relive some of the conditions from UW experiences past! Volunteers will camp at the same school used by UW6. The school has classrooms with partial block walls, allowing for open-air circulation at the top. Tents (or mosquito nets at a minimum) are highly recommended since mosquitos are common at night. Showers are available at the school but be prepared for cold water. Be sure to bring a tent, bedding, and towels to use during the project.

Excursion

At the end of the project, volunteers can choose to join the optional excursion and travel to Quepos, Costa Rica, about four hours from Corozo. There the group will stay at the Costa Verde Hotel on the beach of the Pacific Ocean. The group will stay in a variety of large studio rooms as well as a bungalow house. The hotel has air conditioning, a pool, and beach access. During the time in Costa Rica, the group will take two excursions including a visit to Manuel Antonio National Park and a boat ride through the mangroves, where monkeys bound from the tress to the guide's shoulders. The final night will be spent at the Holiday Inn in San Jose, Costa Rica, before departing in the morning.

Expenses

The participation fee for this project covers housing, three vegetarian meals a day, ground transportation to and from the airport and project site, secondary accident insurance, a Maranatha t-shirt, and luggage tags.

Because this project is designed for UW alumni, the UW Alumni Association is helping to subsidize the participation fee for alumni who wish to join the project. The participation fee for alumni is \$200 and the participation fee for non-alumni is \$350.

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

If you are fundraising or receiving donations, please have donors send money directly to you or work with your local church treasurer to collect funds and issue tax-deductible receipts, since it is difficult for Maranatha to track individual small checks. If your church will not work with you, please wait until you have collected the full amount of your participation fee before submitting your participation fee to Maranatha.

Estimate of Additional Costs

Flight to David, Panama: \$850 - \$1,200

Passport: \$130 or \$110 for renewal



Leadership

Dan Skau | Project Coordinator Dan's passion for UW kept him returning year after year. But he began to see a need for something that would last longer than just two weeks each summer. He initiated the UW Alumni Association to keep UW veterans connected to missions and each other, as well as recruit new participants and raise funds to support current volunteers. Dan will bring his vast UW experience and coordinate this unique UW Reunion project.



Daniel Medrano | Co-Construction Superintendent Daniel joined the UW in 2009 and has gone on to lead volunteer construction sites for Maranatha projects with church teams, UW, and a variety of open teams. He currently studies engineering at Victoria College in Texas. Daniel is bilingual, which definitely comes in handy when working with the local church members or just playing a game of "futbol" with the local kids.



Jose Luis Diaz | Co-Construction Superintendent Jose joins the group from Puerto Rico, where he is studying engineering and construction management at the Polytechnic University of Puerto Rico. He first joined Maranatha in 2008 on UW18 in Chile. He has since proved his expertise in construction leadership, coordination, and translation. Jose knows how to have a good time and will undoubtedly brighten your day.



Dwain Esmond | Spiritual Coordinator Dwain joins the group from Maryland where he lives with his wife, Kemba, and their six year old son, DJ. He first joined Maranatha in 2006 when his job as editor of Insight Magazine presented him the opportunity to join the Ultimate Workout in Peru. Since then, he has joined several UW projects and has served as Spiritual Coordinator on several of them. Dwain enjoys seeing new places and he looks forward to seeing God in everything that happens on the project.



Shauna Finley | Team Medic Shauna read the Insight Magazine featuring UW7 and according to her, "her family has never been the same!" Shauna, her sister, and her father have all participated in numerous volunteer projects and she says that mission trips are definitely her hobby. She currently lives in California where she works as a registered nurse. She loves meeting new people and seeing what God has planned for everyone on the project.



Giving Opportunity

The Corozo Church is in desperate need of a new coat of paint, and this is one of the main jobs that we hope to accomplish during the trip. However, in an attempt to keep the costs reasonable, the cost of paint and supplies is not included in the participation fee. We are also hoping to provide a new septic tank for the church, which they also need desperately. In addition, the church member's home is in need of major renovations, which are not included in the fee.

Would you be willing to make a donation so we can complete these renovations? Please consider making a donation, asking your pastor to dedicate an offering toward the project, or asking your family to donate in lieu of giving you a Christmas gift. You can donate directly to Maranatha by sending a check or by calling (916) 774-7700 and making a debit or credit card donation. Please indicate to Maranatha that the donation is for the UW Reunion painting supplies. You will receive a tax-deductible receipt, and the money will go directly to this project.

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.

Travel Information

Volunteers who are participating in the project only, will need to purchase tickets in to and out of the city of David, Panama. Volunteers who will also be joining the optional excursion should plan to depart from San Jose, Costa Rica instead of David. See below for more details. Please wait for confirmation from Maranatha before purchasing your airfare to ensure there is still space on the project. Volunteers will meet Maranatha representatives upon arrival in David.

Flight Information

Arrival:

Please plan to arrive in David, Panama (airport code DAV) in the afternoon or evening of Monday, December 28, 2015.

Departure (Optional Costa Rica Excursion):

Please plan to depart from San Jose, Costa Rica (SJO) in the morning of Wednesday, January 6, 2016

There are very few flights that go directly to David, so you will most likely have to transfer in Panama City, Panama. Please note that Copa Airlines is the only airline that transfers directly from the international airport (PTY – Tocumen). Most other airlines require you to take a flight out of the domestic airport (PAC – Albrook). Maranatha recommends flying with Copa and transferring in the international airport. If you take a flight into Tocumen and out of Albrook, you will need to get your bags, leave the airport, and take a taxi or other form of transportation to the domestic airport across the city. If transferring from Albrook, please allow for at least four hours to make this connection.

If you will not be joining the optional excursion, you will need to depart from David, Panama on Saturday evening. Your return trip will most likely require an overnight layover in Panama City. Please make your own reservations for that night’s accommodations and transportation to the airport. Two recommended hotels include the Hotel Riande Areopuerto and the Crowne Plaza Airport in Panama City.



Facts and Figures

Capital:
Panama City

Population:
3.5 million

Language:
Spanish and some English

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

Religion:
Roman Catholic 85%,
Protestant 15%

Currency:
U.S. Dollar

Travel Resources

Azumano Travel: 800-454-4099 or by email with Erle at edpenha@ciazumano.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, be sure to mention Maranatha for the best fares.

Entry Requirements

All passports must be valid for at least six months from the dates of intended travel (July 7, 2015). If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at <http://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 accordingly to give yourself enough time to receive your passport.

Tourists are permitted to travel in Panama for up to 180 days without a visa. Citizens of other countries, please consult the Panamanian embassy or consulate in your home country for entrance requirements.

Medical Requirements and Precautions

Maranatha requires that every volunteer have a current **tetanus** vaccine (within the last 10 years). The Centers of Disease Control and Prevention (CDC) also recommend vaccinations for hepatitis A and typhoid and antimalarial medication.

Some of these vaccines you may already have and some you may deem unnecessary for this trip. Because Maranatha is not a medical organization, we recommend that you schedule a consultation with a travel clinic doctor to talk about the medical risks in Panama and the ways to minimize them.

How to Register

To register, please complete the online registration and pay the full participation fee or an initial deposit of at least half the total participation fee. You can make this payment by credit card online or 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, Maranatha will do their best to refund your deposit 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.

Register online at Maranatha.org or over the phone.

CONTACT INFORMATION

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: volunteer@maranatha.org

Website: <http://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

THE MARANATHA

STORE

BUY MARANATHA MERCHANDISE!

Share the spirit of service with Maranatha-themed apparel and accessories.

NIKE CLASSIC POLO \$45



This classic golf polo has stitch-trimmed shoulder panels, flat knit collar, three-button placket and open hem sleeves—with Dri-FIT fabric technology to keep you dry on those hot days.

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.

MARANATHA.ORG

MARANATHA
VOLUNTEERS INTERNATIONAL

