



Ultimate Workout 26 Dominican Republic

Information Packet



Location: San Cristobal, DR

Project Dates: July 13-24, 2016 (Staff arrive on July 11)

Participation Fee: \$850

Flight to Santo Domingo, Dominican Republic, is not included in the participation fee

Welcome to the Ultimate Workout

This is Maranatha's 26th annual Ultimate Workout, a project for teens in high school. This year we expect more than 150 teenagers 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 Ultimate Workout or your third, prepare for a unique experience.

Maranatha is once again offering it's two Ultimate Workout projects. One will be held in the Dominican Republic 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 Ultimate Workout 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 every worked.
- Sleep in accommodations very different from your comfortable bed.
- Wish you spoke Spanish.
- Taste new and unusual foods.
- 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 the communities surrounding San Cristobal, and 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 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 or renovate existing church buildings.
2. Join outreach activities to supplement the local church's ministry efforts.
3. Be Christ's healing hands at medical and dental clinics.

Service Activities and Locations

For UW 26 DR, volunteers will be working in communities surrounding San Cristobal, Dominican Republic. The large group will be divided into teams and assigned to various projects. You will have plenty of interaction with volunteers outside of your team, but you will spend most of your time with your fellow teammates. At the beginning, you probably won't know the majority of the volunteers, but by the end of the mission trip, you'll be like family.

Each of these teams will "adopt" a community, and depending on their team, the volunteers will get to construct a church, prepare a church foundation, paint buildings, or lead children's ministry programs and join outreach projects.

During the registration process you will get the chance to give your preference for a team. 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 choose a team for you. When selecting a team, base your decision on how you want to serve. If you're serving with people you know, try to choose a team different from your friends or family. Remember, UW is about stepping outside your comfort zone in order to grow spiritually and socially. If we notice that you've asked to join a site with everyone from your church, we may separate you to help you branch out. The goal is to meet new people—so be prepared! That's the spirit of Ultimate Workout.

The project teams:

Voz de Salvación | Volunteers on this team will construct a church for the Voz de Salvación congregation. Every year we ask what will make this year "ultimate," and for this group it will be the travel time. Each day the group will travel for more than an hour to the construction site, where they will be laying the block walls for the building. Right now this church meets in a small building, pieced together with metal roofing sheets. There are holes everywhere, and water leaks through during the rainstorms. In addition to answering the prayers of the congregation, the volunteers will conduct a children's ministry program and other community outreach activities.

Sainagua | There is a lot of work that goes into preparing a property for a new church. The ground must be leveled and cleared of debris, footings must be set, and concrete must be poured and leveled so that the blocks will have

Project Schedule

Monday, July 11
Staff arrivals in Santo Domingo (SDQ)

Tuesday, July 12
Staff orientation/training

Wednesday, July 13
Participant arrivals in Santo Domingo (SDQ)

Thursday & Friday, July 14 & 15
Orientation and work days

Saturday, July 16
Worship with the local congregations

Sunday, July 17 – Tuesday, July 19
Work days

Wednesday, July 20
Excursion to Catalina Island

Thursday & Friday, July 21 & 22
Work days

Saturday, July 23
Worship with the local congregations

Sunday, June 24
Departure from Santo Domingo (SDQ)



a strong foundation. Volunteers on this site will be doing all this for the Sainagua congregation. The 70-members of the Sainagua congregation meet in a very small rented building. Most of the time, the congregation spills onto the street because there is not enough space inside. Next door, there is a loud tire shop on one side and a veterinary and feed store on the other. Overall, it's a tough situation for worship, and a new church will make a huge difference to this community. In addition to the pouring of the foundation, this team will also hold children's ministry programs, women's ministry programs, health education, and visit local community members to distribute food, clothes, hygiene kits, etc.

Los Aguacates | Have you ever experienced need? Real need? Well this site is going to see the difference between need and real need. This group of volunteers will be painting two churches about an hour and twenty minutes from camp. Yes, this team will also experience "ultimate." One of the congregations is called Ciudad Satelite, and their church building needs a new coat of paint. Then the team will head to the Luz de Redención church—a church with real need. This wooden church is riddled with holes from termites. We'll be building new walls as needed and painting the building to deter the termites. Volunteers will also lead a children's ministry program in the town of Aguacates and conduct other community outreach projects.



Baní | Another group of volunteers will head to Baní, a town located about 45 minutes from camp. Volunteers will work with two different churches, one of which was previously built by UW volunteers! Both churches will receive a fresh coat of paint, and there may be some block work as the group constructs a fence for one of the churches. In addition, the volunteers will conduct children's ministry programs and other community outreach projects.



Medical and Dental Team | A team of skilled doctors, nurses, and dentists will provide free medical care to people in the poorer communities. About ten teens will be assigned to 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, filling prescriptions, and maybe even extracting a tooth!



Each day, two volunteers from the other groups will rotate through the medical team. If interested, you will need to request assignment to the medical team on the job preference form.

Accommodations

Volunteers will be staying at the Seventh-day Adventist Camp at Najayo Beach, just south of San Cristobal, Dominican Republic. The group will be divided into dorm rooms by gender and team assignments. Each dorm room has six twin beds and is connected with a bathroom. The rooms do not have AC, but fans are provided. The group will meet in the auditorium for worships and in the dining room for meals.

You must bring your own bed linens, towels, and washcloths on the project. Please note that it is expected to be quite warm while we are in the Dominican Republic. A complete packing list will be provided in your final mailing. Don't expect hot water, TV, air conditioning, or Wi-Fi, but this trip is about eliminating distractions that prevent you from focusing on a connection with Christ.

Each day volunteers will divide into their teams for work, and each night, everyone will come back together for dinner and worship.

Excursions

During the project, we'll get a chance to visit some touristy parts of the Dominican Republic. The island is known for white sand beaches and beautiful Caribbean weather. We will take a bus to La Romana and board boats that will take us to a smaller island called Isla Catalina. On the island there is a beautiful sandy beach, warm water, and palm trees. The tour includes snorkeling equipment, although there isn't a whole lot to see besides sand. Lunch will be served on the island, and there will also be opportunities to purchase local area souvenirs on the island.

Expenses

The participation fee covers housing at the Adventist camp, three vegetarian meals a day, ground transportation, a local excursion, secondary accident insurance, a Maranatha t-shirt, an Ultimate Workout Bible, an Ultimate Workout and Maranatha sticker, and luggage tags. It does not cover the transportation to Santo Domingo, Dominican Republic

Maranatha must receive all funds and forms by June 1, 2016, 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 personally. 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, call Rebekah Widmer at Maranatha.

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 Santo Domingo: \$500-900

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

Dominican Republic Entrance Tax: \$10

Passport - Renewal: \$110

Passport - New: \$130

Leadership

Rebekah Widmer, Overall Project Coordinator | Rebekah first became involved with Maranatha when she joined the Ultimate Workout at 16 years of age. She started joining the projects as leadership, and in 2012 she joined the Maranatha staff to help plan and coordinate volunteer projects. Rebekah loves being able to provide opportunities for people to grow and experience change through service. In her free time she enjoys running, traveling, and cooking. She will be handling the registration for all Ultimate Workout volunteers and will coordinate the overall project of the group in the Dominican Republic.



Loretta Spivey, Team Coordinator and Spiritual | Loretta will lead the spiritual experience as well as lead one of the work teams. 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 Pittsburg 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 and Lee Osborn, Medical Team Coordinators | Joe and Lee will lead the medical and dental teams. The couple and their two children live in San Antonio, Texas. Joe served in the U.S. 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. Lee works as an art teacher and substitute teacher at the local Adventist school. The Osborn family likes to travel, see new places, and meet new people. Their family first joined Maranatha on UW 23, in Ecuador and has returned the last two years as 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, Team 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 on the Ultimate Workout in various roles. He is looking forward to being a part of UW26 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.



Angela Boothby, Team Coordinator | Angela grew up on a small farm in Michigan with her parents and two brothers. She is an elementary school teacher who taught K-2 for the last three years. Recently she has been teaching at an Adventist Camp, running the Outdoor Education program for 5th and 6th graders, which combines her love of teaching and her love of the outdoors. She first joined Maranatha in 2006 as a participant on the Ultimate Workout and last year she rejoined the Ultimate Workout as a project coordinator and stayed on for the Young Adult Project to help lead the outreach and spiritual elements of the trip. She is very close to her family and loves to spend time with them when not traveling the world. Angela is thrilled to be leading a team on the Ultimate Workout again.



Maranatha will also rely on several experienced volunteers to lead out as construction team leaders, cooks, medics, and outreach team leaders, as well as in 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 purchasing your own plane tickets to and from Santo Domingo, Dominican Republic. 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. Please do not book your ticket until you are confirmed.

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 than to change it later.

If you cannot book a flight that arrives and departs within the given time frame, 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 Dominican Republic 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. You will be sent a travel booklet in your final packet with your t-shirt, and it will provide more information about the travel process. Be sure to read it carefully, especially the sections about the arrival process in Santo Domingo.

After you clear customs, you will go down a ramp into the arrival section. You are sure to see a lot of people lined up on either side of the ramp area. Please look to your right as you exit since that is where we'll be. But you'll probably hear us and see us, since we're pretty excited to see you! Be sure to wear your UW 26 t-shirt so that we can recognize you in a crowd.

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 that 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 by yourself and making emergency arrangements, minors can purchase an airline escort. Airline representatives 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 UW 26 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 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@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, mention Maranatha for the best fares. Maranatha has also requested discounts from three major airlines. Should we be confirmed, these codes will be available on the confirmation webpage.

Luggage Allowances

Your luggage allowance will depend on your airline and the booking class. Most airlines will allow one free checked bag at 50 lbs. for international travel. Most airlines also allow a second checked bag, but you will probably have to pay an extra fee, so be sure to account for that charge coming and going from the project. You can also take a carry-on bag, like a small suitcase, along with a personal item like a purse or backpack. Spirit Airlines has started charging for carry-on baggage. Please be sure that you 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 gate check 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. If you do choose to gate check your carry-on, please remove any valuables and carry them on the flight with you.

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. In your final packet you'll receive a travel booklet that will provide you more details in regards to what to do if you lose a bag.

Entry Requirements

All passports must be valid for at least six months from the dates of intended travel (January 24, 2017). 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 give yourself enough time to receive your passport.

In addition to your passport, you will need to pay an entrance tax of \$10 USD. You will pay this upon arrival at the Santo Domingo airport. As you approach immigration, there is a station to your right where you can pay this. It is best if you use exact change. More information about this will be included in the travel booklet. If you are not a U.S. or Canadian citizen, please consult the Dominican 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 both 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 and encouraged during travel to and from Santo Domingo. However, once you arrive, volunteers will not be allowed to use electronic devices (iPods, iPads, PSP, etc.), including your phone (unless you are using it strictly for photos).

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: 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 do not plan on purchasing a calling plan for the trip. Wi-Fi will not be available at the camp.

**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 in Santo Domingo, Maranatha will post the news on the UW Alumni Facebook page. Participants, parents, and mentors, who have filled 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 25 years of UW history.

About the Dominican Republic

The Dominican Republic is a beautiful, tropical country, located on the island of Hispaniola. The landscape boasts sandy, white beaches and lush green mountains that make it the second most popular destination in the Caribbean after Puerto Rico. Visitors flock to the island to indulge in fancy resorts and year-round golf courses.

Yet a look beyond the tourist attractions reveals a nation with a history that is not so picturesque. The Dominican Republic lies on the eastern part of an island that it shares with Haiti. Originally, the entire land mass was inhabited by the indigenous tribe of Tainos. The Spanish colonized it in the late 1400s, making it the first permanent European settlement in the Americas. Hispaniola suffered centuries of a tug-of-war between the French and Spanish. In 1804, the Spanish ceded the western third of the island to the French and that portion of the island became Haiti. The remaining land became the Dominican Republic, which gained independence in 1844.

Since then, the Dominican Republic has had a turbulent history with ownership returning to Spain only to have a war to regain independence. The country also fell into the hands of a dictator from 1930-1961. Today, the Dominican Republic is a democracy, working toward maintaining a stable and healthy country. Tourism fuels its economy, and it has the second largest economy in Central America and the Caribbean. However, poverty continues to be a problem, particularly near the Dominican-Haitian border and in rural areas.

Given its history with colonization, the country's culture is a blend of several influences. Spanish architecture is evident in areas of Santo Domingo, particularly in its cathedrals and cobblestone streets. Merengue, the national music and dance, is ubiquitous in the Dominican Republic, and it originated from slaves who worked in the sugar beet fields, their feet connected to each other by chains. Baseball, an American export, is an obsession for people of all ages and children can be seen playing games wherever there is space.



Facts and Figures

Capital:
Santo Domingo

Population:
10,088,598

Language:
Spanish

Climate:
Tropical maritime. Little seasonal temperature variation

Religion:
95% Roman Catholic

Currency:
Dominican Peso (approximately 45 pesos to \$1 USD)

Life on the Ultimate Workout

Adults on the Project

The Ultimate Workout is a Teen Only Mission Trip, and parents or church chaperones are encouraged to let their youth participate alone. In fact, adults aren't allowed on the trip unless they are Staff Members. This is in order to allow teens to step out side of the comfort zones, make new friends, and have a deeper growth experience. You will be surprised at the difference in your youth when they get home!

Maranatha keeps a 4 to 1 ratio of teens to adult staff members. On Ultimate Workout, it usually is more like a 3 to 1 ratio.

Foreign Cash

The Dominican Republic uses the Dominican Peso. In December 2015, the exchange rate was 45 pesos to \$1 USD. You can find the current exchange rate online. Near the project location ATMs will be difficult to find, and you can expect a charge for using a debit card internationally. The best place to exchange or withdraw money is in the airport in Santo Domingo. You can also exchange money with the project coordinator on the project at a specified rate. If you plan on using a credit or debit card during the project, please contact your bank to notify them of your travel so that they don't block your transactions.

Typically volunteers bring \$20-150 for souvenirs and snacks during the excursion day and airport travel. 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

The Dominican Republic enjoys tropical weather year-round. In July you can expect very hot weather ranging from the upper 70's to the mid 90's. It may seem even hotter because of the humidity! There will probably be a few rainstorms during the project as well. Bring plenty of sunscreen for working outside in the sun.

Time Zone

In July, the Dominican Republic is on Eastern Daylights Savings Time.

Bathrooms

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

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

Once you are confirmed, you will have access to a packing list on the confirmation page. We'll also include a printed copy in your final package.

Religious Differences

The Ultimate Workout is open to all individuals from all faiths. 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!

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. 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 Seventh-day Adventist culture in the Dominican Republic. Adventists in the Dominican Republic 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, 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. 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 its power to ensure the safety of their 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, 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. The medical team is required to use common protective measures when dealing with patients such as wearing close-toed shoes, gloves, and masks when applicable.

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 investigate each project location, and if we have any doubts, we do not send volunteers there. Our leadership team traveled to the Dominican Republic in December 2015, 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 campus or your work 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. Real, or even fake, jewelry can increase the risk for theft.
- Be aware of your surroundings. If you think anything is wrong or concerning, tell a staff member immediately.
- Use a money belt or concealed pouch for passports and cash. Watch your wallet or purse 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 immediately if you find yourself in a lightning storm.

AIG 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). The Centers of Disease Control and Prevention (CDC) also recommend vaccinations for hepatitis A, typhoid, and an antimalarial medication. 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 the medical precautions for your trip.

Mosquitoes

Malaria is present on the island, but is not common in the city areas. However, the camp where we are staying has a lot of open grassy areas, a perfect area for mosquitos to thrive. 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 different medications have different side effects. Mosquitoes can also carry Dengue, Zika, and other diseases. There are no vaccines or medications for these diseases, so it is important that you take personal precautions to avoid being bitten. Wear long pants and bug repellent with 30-50% DEET, and avoid spending a lot of time outdoors around dusk and dawn.

Recently the Zika Virus has been spreading around Central America and the Caribbean. This mosquito-borne disease acts very similar to a hard-hitting flu with symptoms lasting about two weeks. There is currently no vaccine or treatment for the disease and the CDC has issued a Level 2 warning, which while not suggesting you postpone all travel, does urge travelers to take heightened precautions. There are currently no long known effects; however, there does seem to be a link between the virus and birth defects in babies born from women who were infected during their pregnancy. If you are pregnant, or think you might be pregnant, Maranatha recommends speaking with your doctor to determine if you should travel.

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

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 of \$50, 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 2: Application and Participation Fee Deposit

June 1: Final Deadline For:

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