



Ultimate Workout 26 USA

Information Packet

Location: Oakland, California, USA

Project Dates: June 16 – 26, 2016 (Staff arrive on June 14)

Participation Fee: \$330*

**See Expense section for more information about a Bay Area discount.*

Flight to Oakland, CA or personal transportation to Golden Gate Adventist Academy 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 100 teens and staff members 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 an Ultimate Workout experience in the United States. You don't have to go to another country to experience the life-changing effects of a mission trip. You don't have to fly thousands of miles to encounter God. He will meet you as you serve right here in North America.

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 ever worked.
- Sleep in accommodations very different from your comfortable bed.
- Meet a group of adults who truly care about you.
- Find ways you can serve at home.
- Connect with Christ.

You should also be prepared to expect the unexpected!

We have plans to make a big difference in the greater Oakland area, 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. Renovate a local church and school campus.
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 USA, volunteers will be working in Oakland, California. 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.

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:

Oakland Spanish | Oakland Spanish Adventist Church is one of the most active churches in the Oakland area. Located in a very needy area of town, this church is a shining light on their corner, both physically and spiritually. There are about 400 members who currently meet here, and they have a plan to have 1,000 new members in the coming years. Volunteers assigned to this site will help in a variety of outreach activities. They will hold a children's ministry program (VBS) for the local community, help the city with park clean-up and graffiti removal, and hold a street fair with health education programs. They will also conduct surveys of the community to see how else the church can serve right where they are. In addition, the teens on this team will work at Covenant House, a homeless shelter located in Oakland for homeless young adults.



Market Street | The Market Street Adventist Church is located right around the corner from St. Mary's Shelter. St. Mary's is a facility that reaches out to homeless elderly in the community or elderly individuals who were homeless at one time. One of the biggest projects this team will undertake is the painting of a long metal fence that runs the entire length of the property. The teens will also help prepare a meal for the elderly, interact with them through activities like bingo, gardening, and worship. In addition, they will connect the church with the shelter through a senior citizens computer-tutoring program. The teens will also help lead a children's ministry program at the church and help them start a children's tutoring program for the area schools.



Golden Gate Academy | One of the biggest projects that UW will help with is the renovation of Golden Gate Academy. This Adventist academy closed down in 2005, with plans of reopening once it becomes financially stable. They now have plans to reopen in the fall of 2017, and this group of volunteers will be the first to start renovation on the facility. The teens will help with exterior painting, landscaping and forest debris clean up, window replacement and cleaning, gutter replacement, and many more projects.



Immanuel Temple | Immanuel Temple Adventist Church has great physical needs. The teens on this team will help paint and replace windows throughout the facility as well as complete minor repairs, such as resealing the baptistery and the front stairs. They will also reach out into the community through a dental and health fair. In addition, the group will lead out in a half-day children's ministry program.



Medical and Dental Team | A team of skilled doctors, nurses, and dentists will provide free medical care to people in the Oakland area. 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 sanitizing dental equipment.



Each day, two volunteers from the other groups rotate through the medical team for one day.

Accommodations

Volunteers will stay outdoors on the baseball field at Golden Gate Academy. The volunteers will pitch tents on the diamond, divided by girls and guys.

We will use the school gymnasium, located across from the baseball field, for daily group worships. The gym also has a kitchen and dining room on the lower floors, along with showers for the girls. Boys will use a line of makeshift shower stalls installed along the side of the gym. However hot water will not be available.

Please remember to bring your own tents, bed linens, towels, and washcloths. Please note that the San Francisco Bay Area is known for being chilly year-round. It may be quite cool in the morning and evenings. A complete packing list will be provided in your final mailing. Don't expect hot water, TV, air conditioning, heat, or Wi-Fi. Remember, 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.

Participation Expectations

As a volunteer on the Ultimate Workout, you are expected to stay with the group at ALL times. We understand that there will be several teens from the local area, and we understand that your house might be two blocks away. However, as an Ultimate Workout participant, you are expected to live at the school with the group and participate in all service activities, worships, and group events.

You will not be allowed to leave the project whenever you like and you should not expect to participate in other events during the UW dates. This is for your safety and allows us to keep track of all of our volunteers.

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!

If you are a local church member who would like to be involved in the project, but cannot be a full time volunteer, please communicate with your local church to take part in daily work activities. However, you would then not participate in the evening activities at Golden Gate, and you would not be insured by Maranatha.

Excursions

Current plans include a city tour of San Francisco, a boat ride and tour of Alcatraz island, and souvenir shopping at Pier 39. One Sabbath afternoon we will also head north of the Golden Gate Bridge to the beach to enjoy a beach day.

Project Schedule

Tuesday, June 14
Staff arrives in Oakland (OAK)

Wednesday, June 15
Staff orientation/training

Thursday, June 16
Participants arrive in Oakland (OAK)

Friday, June 17
Orientation and work prep

Saturday, June 18
Worship with the local congregations

Sunday, June 19 – Friday, June 24
Work days with midweek local excursion

Saturday, June 25
Worship with the local congregations

Sunday, June 26
Departure from Oakland (OAK)

Expenses

The participation fee covers the use of Golden Gate Academy, 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 Oakland, California.

Maranatha must receive all funds and forms by May 2, 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.

The Northern and Central California Conferences of Seventh Day Adventists are sponsoring a discount to help teens from “Bay Area Churches.” The discount is \$80 off the participation fee and would be applied to the final payment. If you think you are eligible for this discount, please contact Rebekah Widmer at Maranatha for more information and payment information.

Estimate of Additional Costs

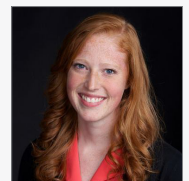
Flight to Oakland: \$250-550
Notarization of Minor Permission Forms: \$40 (depending on state)

Leadership

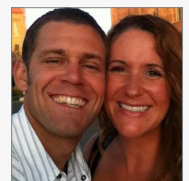
David Lopez, Overall Project Coordinator | David will oversee all aspects of the trip as project coordinator. David went on his first Ultimate Workout when he was only fourteen years old. Now, he is the director of volunteer projects at Maranatha Volunteers International. He lives in Rocklin, California, with his wife Alisa and two sons, Crosby and Carter. All three enjoy traveling together. When they're not traveling the world, the Lopez family enjoys outdoor activities and spending time with friends and family.



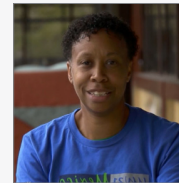
Rebekah Widmer, Assistant Project Coordinator | Rebekah first became involved with Maranatha when she joined Ultimate Workout at 16 years of age. She started joining the projects as leadership, and in 2012 she joined the Maranatha staff to help plan and coordinate volunteer projects. Rebekah loves being 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 help with the coordination of the group in Oakland.



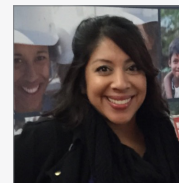
Shane Anderson, Construction Superintendent | Shane and his wife Lisa join the project from the state of Idaho. Shane has worked for many years as a general contractor, rental property manager, and owner of a lawn service business. Since 2006, their lives have also included many Maranatha trips—including numerous Ultimate Workouts. They are both dedicated to service and especially youth ministries. Shane aims to bring worship into every aspect of a project, even while laying a block or planting a tree. Shane and Lisa will also bring their son Kolton.



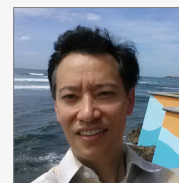
Loretta Spivey, Spiritual Coordinator and Team Leader | Loretta will lead the spiritual experience on UW 26 USA and lead one of the work teams. Loretta has been involved with UW since 2003. Throughout the years she has served as an Insight magazine reporter, outreach coordinator, spiritual coordinator, 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.



Dina Ramirez, Team Leader | Dina became involved with Maranatha because of her son, Seth, who asked to go on a mission trip at the age of seven. Since then, they have been on two Maranatha projects and are "hooked!" Dina currently lives in Fairfield, California with her son. She is actively involved in youth ministries at her church and loves serving others. When not on a mission trip, she loves traveling and doing outdoor activities such as camping, kayaking, and canoeing. She is looking forward to seeing how the Holy Spirit will impact the lives of others, her son, and herself.



Lenson Wong, Team Leader | Lenson lives in Hercules, CA with his wife and two daughters. He has served as a Maranatha project coordinator for international projects with the Vallejo SDA Church three times, and now he is looking forward to serving in his backyard and bringing people to the mission field, maybe for the first time. He is an engineer and owns a robotics company in the San Francisco area, and when not on a mission trip, he works with his local church and enjoys running, kayaking, and cycling.



Randy Meyer, Medical and Dental Team Coordinator | Randy joins the project from Eugene, Oregon where he is the Executive Director of Caring Hands Worldwide, an organization that mobilizes dental clinics in the United States and around the world. He and his wife, Marta, have two children who regularly join them on mission projects. He first joined Maranatha 15 years ago when he helped to build One Day Schools in Malawi and Zambia. When not on a mission trip, he enjoys raising Nigerian Dwarf goats as well as a flock of Guinea hens and Eastern Wild turkeys! Randy will be coordinating the medical and dental team efforts during our time in Oakland.



Maranatha will also rely on several experienced volunteers to lead out as construction team leaders, cooks, medics, and outreach team leaders. 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 Oakland, California or driving directly to the academy. 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 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 California, 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.

Where to Meet in the Airport

Once you arrive in Oakland, the UW staff will be there to meet you in the baggage claim area. Be sure to wear your UW26 t-shirt so that we can recognize you in a crowd. After everyone arrives and gathers their bags, you will travel by bus or van to Golden Gate Academy, located about 30 minutes away.

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 make 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 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 May, you will be sent a final mailing that includes a UW 26 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 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 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 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 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 on what to do if you lose a 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 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 Golden Gate Academy. However, once you arrive, Ultimate Workout 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.

Parents, this is important for you too. Please do not plan on calling your son or daughter on a daily basis to check in. If we see that your child is constantly distracted by a phone, we will ask them to put it away.

**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 Oakland, Maranatha will post the news on the UW Alumni Facebook page. 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 will 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.

Life on the Ultimate Workout

Spending Money

There won't be a lot of opportunities for volunteers to purchase food or souvenirs. However, volunteers may want to bring \$20-75 for souvenirs and snacks during the excursion day and airport travel. It all depends on how much you plan to spend.

Electricity

There is electricity available on the Golden Gate campus. But keep in mind that outlets will be spread out 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

Oakland and the entire Bay Area is known for its mild, yet cool weather. The Bay area is also known for its windy weather with an average windspeed of 10 mph. While California is still in a season of drought, you can expect to see damp, foggy mornings during our time in Oakland. Average temperatures are in the upper 60's, with afternoons being a little warmer. Evening temperatures dip into the low 50's or even colder. We suggest bringing layers and a warm sleeping bag for in your tents. Also, plan to bring plenty of sunscreen for working outside in the sun.

Time Zone

In June, California is on Pacific Daylight Savings Time.

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!

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.

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 Seventh-day Adventist culture in the community surrounding Oakland. During the project, we will 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 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, 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 investigate each project location, and if we have any doubts, we do not send volunteers there. Our leadership team has traveled to Oakland several times during the last six months, and they have felt 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; always tell your team leader where you are going.
- Leave valuables (expensive or sentimental) at home.
- Be aware of your surroundings. If you think anything is wrong or concerning, tell a staff member immediately.
- Watch your wallet or purse and don't leave any valuables unattended in open sight.

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). It is also recommended that every volunteer be up to date with the normal vaccines suggested for high school-aged teenagers.

Mosquitoes and Insects

There aren't a lot of bugs around Oakland in June, but since we will be camping, we recommend that you take personal precautions to avoid being bitten, such as wearing long pants and wearing bug repellent.

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:

April 1: Application and Participation Fee Deposit

May 2: 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 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