



Ultimate Workout 28 Bolivia

Information Packet

Location: Entre Rios, Bolivia

Project Dates: July 18/19 - 29/30, 2018 (Staff arrive on July 16/17)

Participation Fee: \$925

Flight to Bolivia is not included in the participation fee



Welcome to the Ultimate Workout

This is Maranatha's 28th annual Ultimate Workout, a project for teens in high school. This year we expect more than 120 teenagers and staff members from around the world to join in this special mission trip. Together, we'll discover what it means to serve and grow spiritually. Whether this is your first Ultimate Workout or your third, prepare for a unique experience.

Here are just a few things you can expect while on Ultimate Workout:

- 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.
- Wish you spoke Spanish.
- Taste new and unusual foods.
- Meet a group of adults who truly care about you.
- Connect with Christ.

You should also be prepared to expect the unexpected!

We plan to make a big difference in the communities where we'll be working, 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 a new school and renovate an existing church.
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 28 Bolivia, volunteers will be working in communities surrounding the city of Entre Rios.

The main work focus of the project is the construction of several classrooms at the Entre Rios Adventist School. The large group of volunteers will be divided into smaller teams for better organization and outreach, but we'll all be working together on the same construction site. Most of you will start the trip as strangers, but by the end, you'll be like family.

In addition to the main construction, each team will "adopt" a community in and around one of the four area churches and conduct outreach such as children's ministry programs, health education, English lessons, community clean up, and other projects. One of these teams will also paint and renovate the existing church and another team will focus on medical and dental outreach alone.

Once you've been confirmed for the project, you'll be asked to choose 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, Ultimate Workout 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 will probably separate you to help you branch out. The goal is to meet new people—so be prepared! That's the spirit of Ultimate Workout.

Entre Rios School

As already mentioned, the main construction focus for all the teams will take place at the Entre Rios School. Currently the school operates on a large campus with classrooms surrounding an open-air gym. But the classrooms are deteriorating. At one time, there were more than 400 students in the pre-kindergarten through eighth grade school, but recently the local government has been building schools in every neighborhood, and it's causing a lot of students to leave. Parents are choosing to send their children to the free government schools out of convenience, even though the academic quality may not be as strong as what's offered at Entre Rios. Now, the Entre Rios School only has 162 students. In order to increase their enrollment, they need to improve their existing facilities. They have asked Maranatha to build some new classrooms that will provide a better learning environment. Volunteers will be helping pour the floor and foundation for classrooms, assemble the metal structures, and complete the block walls. In addition, the Ultimate Workout team will help renovate the existing classrooms by rewiring the electricity, which will allow them to add fans, computers, and internet. The school also needs English-language materials, science textbooks, backpacks, art supplies, chairs, fans, and even a bus! This school has a vision for the future, and YOU can be a part of it!

Additional Ways to Help

We're still fundraising for many of the school supplies we'd like to donate to the school including computers and a school bus! If you're interested in helping to sponsor these materials, you can donate to Maranatha by marking your donation "UW 28 Bolivia School Supplies."



Outreach Teams

Manco Capak | This congregation started meeting not too long ago when a young adult group joined with an already existing group of Adventists. They gather in different homes each week, sometimes even under the trees. But this makes it hard for the group to invite people to join them, because they never know where to meet up with the group! The church has started meeting at the central church at the Entre Rios School, but it is far from the church members' homes. Their dream is to one day have a church of their own. While waiting, they are actively reaching out into the community to spread God's Word. On this team, you'll meet with these members and hear some of their dreams for the future. You'll also get to join them in their efforts by conducting outreach activities in the local area each work day.



Nuevo Jerusalem | Imagine going to church each week, but instead of stepping into a building with pews and windows you walk into a carport? This is where the 25 members of the Nuevo Jerusalem congregation meet each week. They have recently stepped out in faith and purchased the corner lot next door, and they are dreaming of the day when they'll have their own church. Like the Manco Capak congregation, they aren't letting that hamper their outreach into their community to reach new believers. Volunteers on this team will get to be a part of this outreach with activities including children's program, health education, English lessons, and more!



Rio Blanco | The Rio Blanco church is probably the most developed church that Ultimate Workout will be working with this year. This 50-member group is currently meeting in an existing building that was built by a volunteer group from Germany. It is beautiful inside, but the outside has started to experience wear and tear. The paint is chipping, and the lettering has fallen. In addition to conducting community outreach activities with the congregation at Rio Blanco, the volunteers on this site will repaint the exterior of the church and possibly help with some renovation on the Sabbath school classrooms in the back.



Primero de Mayo | The Primero de Mayo congregation is a young group of believers that just started meeting three weeks before our Ultimate Workout leadership team visited in October! They are currently meeting in a community center that has three-quarter walls around the "sanctuary." Like the other congregations in this area, they, too, hope that one day they will have an actual church. They are also active in their community, and you can be a part of their outreach efforts by joining this group and helping with children's programs, health education, English lessons, and more!



Medical and Dental Team | A team of skilled doctors, nurses, and dentists will provide free health care to people in select 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 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

A few years ago, a new hospital was built in Entre Rios. But the project ran out of money for furniture and operations. So the beautiful building has remained unused. The local government has given us permission to stay in this unusual location.

The group will be divided by site and gender into rooms. About six people will sleep on the floor of each room and share the shower and bathroom. We will create a makeshift kitchen outside of the hospital under a large tent. That is also where the group will meet for worships and meals.

Volunteers will need to bring their own sleeping mat or air mattress, bed linens or sleeping bag, towels, and washcloths on the project. A complete packing list will be provided in your final mailing. Don't expect TV or Wi-Fi; 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. Each night, everyone will come together for dinner and worship.

Excursions

Entre Rios is located on the edge of the Amazon rainforest, and during the project, we'll take a midweek break to explore a small part of it. On Tuesday or Wednesday, the group will take a rafting trip on one of the rivers near Villa Tunari, a popular eco-tourist destination in Bolivia.



The group will have a chance to traverse class 1-3 rapids and jump into the water and swim during the calm stretches. The rafting company is very professional, and everyone will have safety training, helmets, and life jackets. In the afternoon, the group will head to a monkey park where we'll see monkeys and take a short hike in the jungle for some beautiful views.

At the end of the project, volunteers will return to Santa Cruz to fly home. On Sunday morning, the group will visit a small souvenir market that sells little trinkets to remember Bolivia (t-shirts, hats, carvings, art work, key chains, bracelets, etc).

Expenses

The participation fee covers basic housing, three vegetarian meals a day, ground transportation, the local excursion, short-term travel insurance, a Maranatha t-shirt, an Ultimate Workout Bible, an Ultimate Workout and Maranatha sticker, and luggage tags. It does not cover transportation to and from Bolivia, entrance visas, passport costs, or any vaccinations.

To be confirmed, you must pay a non-refundable \$50 deposit, which goes towards the total due for the project. Maranatha must then receive all additional funds and forms by June 1, 2018, due to mailing time for the final package. Wait for confirmation of acceptance on the project before purchasing your airfare.

Project Schedule

Monday, July 16

Evening staff arrival option in Santa Cruz, Bolivia (VVI)

Tuesday, July 17

Morning staff arrival option in Santa Cruz, Bolivia (VVI). Required staff orientation/training

Wednesday, July 18

Staff orientation. Evening participant arrival option in Santa Cruz, Bolivia (VVI)

Thursday, July 19

Morning participant arrival option in Santa Cruz, Bolivia, (VVI), orientation, bus to Entre Rios.

Friday, July 20

First work day

Saturday, July 21

Worship with the local congregations

Sunday, July 22 – Friday, July 27

Work days

Tuesday or Wednesday, July 24 or 25

Rafting excursion in Villa Tunari

Saturday, July 28

Worship with the local congregations

Sunday, June 29

Bus to Santa Cruz, shopping, final farewell; evening departure option from Santa Cruz (VVI).

Monday, June 30 Morning

departure option from Santa Cruz (VVI).

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 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 Shephard 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 your fundraising early and focus your efforts on one or two good ideas. Maranatha will be putting together a T-Shirt Fundraiser that you can join to help fund your trip. Look for more information in your confirmation email.

Estimate of Additional Costs

Flight to Santa Cruz, Bolivia: \$500-900

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

Visa (Pick One):

- Tourist: \$160
- Special Purpose: \$85 + police clearance and shipping

Leadership

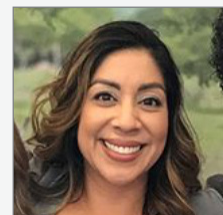
David Lopez, Project Coordinator | David went on his first Ultimate Workout when he was only fourteen years old. Now, he is the director of volunteer projects at Maranatha Volunteers International. He lives in Rocklin, California, with his wife Alisa and three sons, Crosby, Carter, and Garrison. When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



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



Dina Ramirez, Team Coordinator | Dina was born and raised in California and currently resides in Fairfield with her 15-year-old son Seth. She is actively involved in her church's children's and youth ministries and helps lead the local Pathfinder Club. Her son had asked to go on a mission trip since the age of seven, and they finally joined their first Maranatha project in 2013 in Panama. They were hooked! Since then they have joined several Family Projects and Ultimate Workouts with Maranatha. When not on a Maranatha project, Dina enjoys traveling with family and doing anything outdoors. She looks forward to connecting with the teen volunteers and seeing how the Holy Spirit will impact the lives of others, her son, and herself.



Dave Rickard, Team Coordinator | Dave got involved with Maranatha in 2014 when he joined an Ultimate Workout project in the Dominican Republic. He, his wife, and three children live in South Dakota, where Dave works as director of operations for a healthcare company. He enjoys joining the youth and young adult groups from his church in any number of activities including camping, water sports, basketball, football, backpacking, and more! He is looking forward to connecting with the teens on this year's Ultimate Workout and serving as Christ's ambassadors. Dave wants this to be a breakthrough moment for each person, helping them to achieve what they are searching for on this project.



Alex Williams Memorial Scholarship

Did you know that if a teen who has gone on UW before recruits another teen to join them this year on UW 28 they BOTH get \$100 off of the participation fee? For more info, or if you believe you're eligible, call Maranatha after you are confirmed for the project.

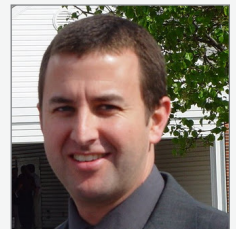
Kia Kraulik, Team Coordinator | Kia joins the group from North Dakota where she works as a nurse at the local hospital. She first started with Maranatha in 2012 when she traveled to Nicaragua with the Ultimate Workout. Since then, she's never missed an Ultimate Workout project! She lives with her sister and their cat and two dogs. When not on a Maranatha project she enjoys spending time with family, camping, and taking her dogs to the dog park. Kia is excited for this year's project and is looking forward to all the new volunteers who will make this year special.



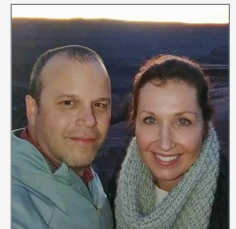
Joe and Lee Osborn, Medical Team Leaders | Joe and Lee live in San Antonio, Texas. Joe served in the U.S. Army as medic, EMT, and helicopter pilot, and he spent six years coordinating humanitarian projects in Latin America and the Caribbean. Currently, he works with and manages Safety and Occupational Health Programs as a civilian employee for the Department of the Army. Lee works as a teacher at the local Adventist school. Their family first joined Maranatha in Ecuador, on UW 23, five years ago, and has returned the last two years as medical team coordinators. They enjoy Ultimate Workout because of the people, the energy, the worship, and the opportunity to serve God by caring for others.



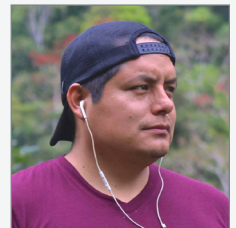
Brandon Westgate, Spiritual Coordinator | Brandon currently serves as the pastor of a three-church district in Arkansas. He has served as a full-time pastor for ten years, and four of those years were spent as the youth director for the Arkansas-Louisiana Conference and as the camp director for Camp 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 on a number of Maranatha projects, including the Ultimate Workout. He is looking forward to being a part of the Bolivia team 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.



Dan Klein, Construction Superintendent | Dan owns and operates senior living facilities and a family construction business in Nebraska. He first joined Maranatha while working in the church youth department and was searching for a teen mission trip. He joined UW 6 as a staff member and it was a life changing experience for him as well as the teens. Now, he has recruited his wife, Lisa, and two kids, Haleigh and Daniel, to join him on the Ultimate Workout and they have all become addicted to mission trips. When not on a Maranatha trip, Dan is a Nebraska sports nut and he loves to volunteer as a coach for the Union College gymnastics team and leads at the church and local school. He enjoys working alongside young people and learning about them and their joys and struggles.



Josue Quispe, Outreach Coordinator | Josue joins the group from Lima, Peru where he works as a professor at the Peruvian Union University. He first got involved with the Ultimate Workout in 2004 when UW traveled to Peru and Josue was recruited as a translator. Since then, he's participated in several projects as a translator, spiritual coordinator, and outreach director. Josue's father is a cancer survivor, for which Josue will always be grateful and has ultimately strengthened Josue's faith in God. In his free time, Josue enjoys composing songs and watching the Real Madrid soccer team play. He looks forward to seeing the impact in people's lives as they see Jesus in him.'



Maria Molleda, Volunteer Support | Maria has been working with Maranatha since the early 2000's when she started serving Maranatha groups in Peru. Since then she has worked all over Central and South America assisting groups with the in-country details and making sure everything flows smoothly behind the scenes. When not on assignment with a group, she lives in Cusco, Peru where she takes care of her mother. She has one grown son, Gustavo, who works as a physical therapist in Peru. Maria's organization skills, wonderful personality, and love and commitment to the mission of Maranatha has endeared her to the many volunteers she has worked with throughout the years.



Rebekah Shephard, Office Coordinator | Rebekah first became involved with Maranatha when she joined the Ultimate Workout at 16 years of age, 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. She lives in Roseville, California, with her husband Brett and their cats, Whitman and Chester. While Rebekah is not planning to be on the project this year, you will work with her for all your questions and paperwork at the Maranatha office.



Each team leader will have an assistant. Maranatha will also rely on several experienced volunteers to lead in construction, cooking, medical and community, and more. 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 Bolivia. 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.



Please note that because of the arrival and departure schedules each volunteer has TWO options for arriving, either in the evening or the following morning. Please be VERY careful when booking your tickets to ensure that you have the right dates and time. If you are unclear, **please contact Maranatha BEFORE you book your ticket** to avoid any errors. Accidentally booking the wrong ticket means you'll need to rebook your ticket and incur the change fees or pay an additional fee to Maranatha of \$150 to cover your extra transportation, housing, food, and supervision.

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

Arrivals and Departures

Specific flight guidelines will be given to you upon confirmation. Please do not book your ticket until you have been confirmed and received these guidelines as booking outside of the given windows will result in additional fees.

Meeting at the Airport

Ultimate Workout staff will meet you at the airport in Santa Cruz. After you clear customs, you'll enter the arrival area, and the Ultimate Workout group will be towards your left. Listen for us because we'll be audibly excited to see you! Be sure to wear your Ultimate Workout t-shirt so that we can recognize you in a crowd.

Please note that Maranatha will not have a staff representative at transit airports, such as Santiago, Lima, Bogotá, Panama City, or Miami. If you miss a flight or your flight is cancelled, work with the airline to arrange a new flight or accommodations for that night. If at any time 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 with this process; call 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, 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 special waiting room. Some airlines require this service for passengers under the age of 15. For this service, you will need contact information for the person meeting you at the airport. Please call Rebekah Shephard for this information or email uw@maranatha.org.

In June, you will be sent a final mailing that includes an Ultimate Workout t-shirt and travel booklet that walks you through each part of the travel. Be sure to read it carefully, especially the sections about the arrival process in Bolivia.

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

- **Butler Travel:** 503-879-5005 or by email with Nathanael at nathan@butlertravel.com or with Ellen at ellen@butlertravel.com.
- **CI Azumano Travel:** 800-454-4009 or by email with the Azumano Team at corporatetravel@ciazumano.com

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

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; just in case, be prepared to pay that fee 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 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 gate check your carry-on, prior to boarding. Try not to give up your bags at boarding because sometimes these end up on a later flight. If you do choose to gate check your carry-on, please remove any valuables and take 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 with more details on what to do if you lose a bag.

Entry Requirements

We have researched the requirements for U.S. and Canadian citizens. If you are not a U.S. or Canadian citizen, please consult the Bolivian embassy or consulate in your home country for entrance requirements.

Passport | All passports must be valid for at least six months beyond the dates of intended travel (January 30, 2019). 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.

Entrance Visa (U.S. Citizens Only) | In addition, travelers from the U.S. must also have a tourist or specific purpose visa in order to enter Bolivia. Currently there is no visa requirement for Canadian citizens. Volunteers can choose between a tourist visa (\$160, valid for multiple entries for 10 years) or a specific purpose visa (\$85, valid for one trip of 30 days).

Volunteers can receive a tourist visa upon arrival in Bolivia. The specific purpose visa must be processed ahead of time through the Bolivian embassy and requires a "clear" police record from your local department. Processing can take 10-15 business days not including shipping time, so this step should be taken care of with plenty of time before traveling.

Requirements include a valid passport, passport photos, flight itinerary or invitation letter, bank or credit card statement, and the visa fee. A full visa procedure packet with instructions for completing this process will be sent with your confirmation email.

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 one parent has sole legal custody, then only one signature is required along with a copy of the legal paperwork indicating sole custody. 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 will be permitted and encouraged during travel to and from Bolivia.* However, once you arrive, volunteers will not be allowed to use electronic devices including music players and game devices.

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 (including phones outside of airplane mode) 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. 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 contact Maranatha if you get lost or delayed.*

Updates from the Project

Once ALL the volunteers have arrived in Bolivia, Maranatha will post the news on the Ultimate Workout 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 27 years of Ultimate Workout history.

About Bolivia

Bolivia is located in South America, and it is the largest landlocked country of the Americas. The country is formed by the Andes mountain range to the west and the Amazon to the north. It was a part of the large Incan Empire that covered much of western South America. However, in the 16th century it was colonized by the Spanish, who hoped to export the mineral wealth back to Spain. Simon Bolivar helped the Bolivians gain their independence in 1825, and the new country was named in his honor.

Cell Phones

Cell phones must be kept in airplane mode throughout the duration of the project and can be used for taking photos and videos. But phone calls, texting, video calls, usage of social media apps, and games will not be permitted.



Capital:
Sucre

Population:
10.97 million

Language:
Spanish 61%, Quechua 21%,
Aymara 15%

Climate:
Varies with altitude, cold and
semiarid in the southwest, humid
and tropical in the northeast.

Religion:
Catholic 77%, Protestant 16%
Currency: Bolivian Boliviano

After independence, Bolivia struggled with internal strife and wars with neighboring countries. Bolivia had a hard time keeping its borders protected, and it lost great portions of territory to neighboring countries. Now Bolivia is considered a stable country. The local economy relies heavily on the exportation of tin, lithium, and petroleum. Within the last 50 years, the population has tripled its size. Sixty-two percent of the population live in urban areas.

Due to its early colonization, Spanish remains the official and predominant language throughout the country, but 26 local indigenous languages also have official status, including Quechua, Aymara, and Guarani. Bolivia's culture is heavily influenced by the various Andean people groups, such as the Quechua and Aymara. But the influences from Spain are also evident in Bolivia's healthy population of Spanish-influenced artisans, builders, dancers, and other cultural leaders.

Bolivia has a very diverse terrain including three distinct regions: the Andean highlands (or Altiplano), dry valleys, and tropical rainforests. The Altiplano, in the southwest part of the country, is a plateau formed between two chains of the Andes mountains and is home to La Paz, the world's highest seat of government. It is, by far, the most occupied region with approximately half the population residing in the Altiplano. The northern part of the country is primarily composed of the "North Basin," the rivers that feed into the Amazon river. Due to the great variety in terrain, Bolivia also has a very diverse climate. The Altiplano has a desert polar climate characterized by dry, strong, cold winds. The valleys are often temperate, and the rainforests are wetter and more humid.

Life on the Ultimate Workout

Foreign Cash

Bolivia uses the Bolivian Boliviano which has an exchange rate of approximately 6.9 Bolivianos to \$1 USD (November 2017). You can exchange currency with the project leadership at a flat rate. Most shops will only accept cash. If you plan on using a credit or debit card at the airport 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. How much you bring depends on how much you want to spend.

Electricity

The standard current in Bolivia is 220-240 volt AC. For most small appliances, you will need to have a plug adapter and voltage converter, otherwise it will "fry" your device. Voltage converters can be found at most stores like Walmart or Target for about \$20. 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; 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

Bolivia is in the Southern Hemisphere, so July is in the winter, not the summer. But because of the proximity to the rainforest, Entre Rios still won't be cold. Average temperatures for July range from the upper 60's to low 80's. Temperatures could dip in the evenings. July is the dry season as well, so there shouldn't be too much rain during the trip.

Time Zone

In July, Bolivia is in the same time zone as Eastern Daylight Savings Time, three hours ahead of Pacific Daylight Savings Time.

Bathrooms

In most Latin American countries, you cannot flush toilet paper in the toilet. Flushing paper can cause the toilet to plug up and overflow. To avoid this, everyone discards 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 120 volunteers will be using the same bathrooms, so a plugged toilet is 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

We will email you a packing list soon. 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 Sabbath services on Saturday. 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 Bolivia. Adventists in Bolivia 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 in Bolivia stay in their church clothes all day on Sabbath. If we join the local church for Sabbath afternoon activities, we will also remain in our church clothes.

Maranatha Lifestyle

Each mission trip is a unique experience and during the project there is a great need for flexibility as changes come up. However, one thing remains consistent: volunteers on Maranatha projects come from a variety of backgrounds and lifestyles. As we all become one big family for two weeks, we will need to refrain from some of our personal desires and freedoms and adopt the lifestyle of the group.

On all of our projects we ask that volunteers refrain from using alcohol, tobacco, marijuana, or other non-prescription drugs. The reason we take this stance is because it's consistent with Seventh-day Adventist belief and practice. Since we're involved with the Adventist Church for this project, we will do our best to abide by Adventist practices. If you are unwilling to follow this practice during the Maranatha project, please reconsider participating on this mission trip. If you find that you are unable to follow this practice, please consult with the project coordinator and/or site pastor. Issues of desire and addiction relate to physical, emotional, social, and spiritual spheres of our reality. All of these are part of a Maranatha project. You may be in an ideal environment to break free.

Safety

While Maranatha does everything in its power to ensure the safety of our volunteers, it is 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.

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 Bolivia in October 2017, 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. 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 short term travel insurance from the time they depart at the airport until they arrive back at home. You can find more information about what the insurance policy includes at <http://www.maranatha.org/insurance>.

Also included in the policy is AIG Travel Guard's 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.

Background Checks

Maranatha takes the safety of our volunteers very seriously. Since the Ultimate Workout project is specifically designed for teenagers, Maranatha has implemented a background check procedure through Verified Volunteer for all adult leaders over the age of 18. The background check is good for two years, so returning staff may not need to complete the process again. Maranatha will also accept clear background check certificates from comparative companies completed within the last two years. If you are staff, you will receive more information about this process that will need to be completed at least six weeks prior to the project.

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, yellow fever, 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.

Malaria and Yellow Fever

Currently the CDC does state that certain parts of Bolivia are at risk for malaria and yellow fever. The cities Maranatha will be visiting (Santa Cruz and Entre Rios) are on the border of the potentially affected area. If you choose to take malaria preventative medication, keep in mind that chloroquine is not effective against the strain of malaria present in Bolivia. Yellow fever is treated with a vaccine.

Mosquitoes and Other Insects

Mosquitoes and other flying insects can carry a variety of diseases including Zika and dengue. Personal precautions are strongly recommended to lower the risk of being bitten. Bring a bug repellent with a 30%-50% concentration of DEET. Wear long sleeves, long pants, and closed-toe footwear when possible. Avoid areas of standing water and spending a lot of time outside during dusk and dawn.

Zika

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**. This warning does not suggest that you postpone all travel, but it does urge travelers to take **heightened precautions** to avoid being bitten (see recommendations above). This virus is still being studied, and information is continuing to be released. There are currently no known long-term effects; however, there does seem to be a link between the virus and possible birth defects in babies born from women who were infected during their pregnancy. The virus can remain in a woman's body for approximately eight weeks and in a man's body for approximately six months, and it can be spread through physical contact. If you or your partner is pregnant, think you might be pregnant, or trying to get pregnant in the next six months, 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 to stay hydrated. Maranatha will provide water, 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.

Allergies and Dietary Restrictions

Maranatha provides three vegetarian meals each day. We ask for your allergies on your registration form and will do our best to accommodate your needs. However, on large projects, it is challenging for our cooks to accommodate special requests. If your diet is very restrictive (vegan, gluten-free, etc.) we recommend that you bring items such as soy milk powder, gluten-free bread, etc. to supplement the meals provided by the cooks.

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 or debit 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, the participation fee deposit is nonrefundable, but Maranatha will do their best to refund the rest of your payment up until one month before travel. After that point, \$150 is non-refundable and the remainder will depend on the reservations and the project arrangements already made.

Important Dates to Remember:

May 1: Application and participation fee deposit

June 1: Final deadline for:

- * Full payment
- * Copy of complete flight itinerary
- * Copy of passport
- * Minor Consent Form
- * Three online recommendation forms
- * Background check (staff only)

Contact Information

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Email: volunteer@maranatha.org

Website: www.maranatha.org

Mailing Address:

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*All confirmed volunteers on the Ultimate Workout receive a Maranatha Ultimate Workout t-shirt as part of their participation fee.



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