



Ultimate Workout 27

Information Packet

Location: David, Panama

Project Dates: July 19-30, 2017 (Staff arrive on July 17)

Participation Fee: \$950

Flight to Panama is not included in the participation fee



Welcome to the Ultimate Workout

This is Maranatha's 27th 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 to 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 will 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 or renovate existing church and school buildings.
2. Join outreach activities to supplement the local church's ministry efforts.
3. Be Christ's healing hands at medical and dental clinics.

Connecting with Christ

Maranatha's primary goal for the Ultimate Workout is that the teens on the project Connect with Christ through Service. Morning and evening worships will take place throughout the project to draw us close to Jesus and keep our focus each day. You can expect both lively and contemplative worship, engaging speakers and interactive activities, small group meetings and large group worships. We will be focusing on two areas of worship this year on UW.

1. Bible Journaling: A few weeks before the project volunteers will receive a Bible that you will bring with you. Throughout the trip we will encourage you to interact with your Bible by writing notes, artwork, poems, and reminders. We will provide some art supplies and you're welcome to bring some too. To see some of the results from last year's Journaling Bibles, check out Maranatha Mission Stories: [Ultimate Workout 26: The Legacy Continues](#)

2. Prayer: Our theme this year will focus on prayer. What does it mean to talk to God? What does it look like? How can you "pray without ceasing." During the trip you might experience new ways to pray including with a prayer partner.

Service Activities and Locations

For UW 27 Panama, volunteers will be working in communities surrounding the city of David (pronounced dah-veed). The large group will be divided into various work teams. During work hours, you'll spend most of your time with your teammates, but you'll have plenty of interaction with all the UW volunteers throughout the project. Most of you will start the trip as strangers, but by the end, you'll be like family.

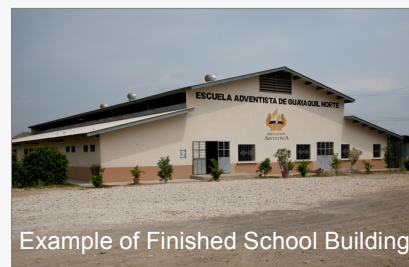
While Connecting with Christ is our ultimate goal, we do so through worships AND service! For UW 27, volunteers will be working to construct a church, prepare a school foundation, paint churches, lead children's ministry programs, and/or join outreach projects. One team will focus on medical and dental outreach alone.

During the registration process 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, 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.

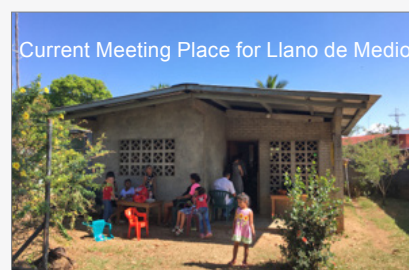
Project Teams:

Algarrobos | The biggest number of volunteers will help build a new school near Dolega, Panama, in a neighborhood called Algarrobos. Christian education is something that is greatly needed in this area, and this new school will be the first private school (and only Christian school) in the region. Currently the property is just grass, rocks, and trees, but crews are in the process of leveling and clearing the land. When we get there, we'll pour the foundation for this large school building. If enough preparation has been done, we might even help with some of the block work for the back portion of the school. The team will also hold children's ministry programs for the local community and help with other forms of outreach in the community.

Llano de Medio | Imagine worshipping in a small cramped room, about the size of your bedroom. The space is packed with chairs, and people spill out the doorway and porch. Children meet for Sabbath School outside, under a sliver of shade. Well that is what the Llano de Medio congregation does every Sabbath, and they desperately need a church! Volunteers on this project will be construction a sanctuary for this congregation. The members of Llano



Example of Finished School Building



Current Meeting Place for Llano de Medio

de Medio are ecstatic, and they said that the new building will grow the church. “We invite people to our church meetings, but they always say, ‘Maybe when you have more room. Maybe when you get a bigger church.’ Now they won’t have an excuse!” Said members of the church, when hearing about the new Maranatha church. Volunteers on this team will also conduct a children’s ministry program and other community outreach activities.

Bugabita | The Bugabita congregation have the privilege of worshipping in a large sanctuary. But the actual building needs some renovation help. The front is still just stucco and the sides of the church have chipping paint. So volunteers on this team will paint the exterior of the church. In addition, the church leadership in Panama has requested that Maranatha build a One Day Church structure to serve as a multipurpose building on the same campus. They say that the local community is very religious and strict. Even though the Bugabita church welcomes anyone to come into the church, many of the community members will not attend if they are not dressed in dress clothes, and they won’t attend any event in the church building unless it is worship. So the congregation struggles to make contacts with the community. A community building would allow them to have meals, birthday celebrations, community meetings, and outreach programs in a space that is more accessible to the community. Volunteers on this site will help finish the floor of the One-Day Church, plus assemble the structure. But Maranatha is working to fundraise for the building. If you want to help be an answer to prayer, contact Rebekah at Maranatha for how to give. In addition to the painting and construction, the group will also complete several outreach activities in the community.



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 stay at an evangelical camp near David. The group will be divided into rooms where people will sleep on the floor. Some people will also camp in designated areas around the camp. The rooms do not have AC, but we will work on providing fans. The group will meet in the open-air auditorium for worships and in a dining area for meals.

The group will be a little cramped during the trip. Expect to become quite close with your room and tent-mates during the trip!

You must bring your own sleeping mat/air mattress, bed linens, towels, and washcloths on the project. Please note that it is expected to be quite warm while we are in Panama. A complete packing list will be provided in your final mailing. Don’t expect hot water, TV, air conditioning, 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, and each night, everyone will come together for dinner and worship.

Excursions

During the project, we'll visit Isla Bolanos, a small island off the Pacific coast of Panama. The island is a national park and is rather "untouched" but beautiful. We will take a bus to Boca Chica and board 12-passenger boats that will take us the 30-minute ride to Isla Bolanos.



Once on the island, volunteers can relax on the beach, swim in the calm water, snorkel at the reef, or hike to the other side of the island. Thick soled sandals are recommended for the hike. Maranatha will provide a few snorkeling masks, but if you have your own mask and snorkel it would be great if you would bring it along. Since the island is a national park there are no chairs or permanent fixtures on the beach. If you have portable chairs or hammocks that you want to bring, they would be useful on the excursion day. We will spend a few hours on the island, and a meal will be provided on the island before we head back to the mainland.

There won't be a lot of opportunities to buy souvenirs because we aren't working in a "touristy" area, but we are planning on taking each site to a town called Boquete, where there are some souvenir shops to visit. The airport in Panama City also has a few stores as you are departing the country if you didn't get everything you wanted.

Expenses

The participation fee covers housing at the 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 Panama.

Maranatha must receive all funds and forms by June 1, 2017, 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 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 <http://www.maranatha.org/resources>. Remember to start early and focus your efforts on one or two good ideas.

Estimate of Additional Costs

Flight to Panama City: \$500-900

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

Passport: \$80-110

Project Schedule

Monday, July 17

Staff arrivals in David, Panama (DAV)

Tuesday, July 18

Staff orientation/training

Wednesday, July 19

Participant arrival in Panama City (PTY). Evening Bus to David.

Thursday, July 20

Orientation and partial work day

Friday, July 21

First work day

Saturday, July 22

Worship with the local congregations

Sunday, July 23 – Tuesday, July 25

Work days

Wednesday, July 26

Excursion to Isla Bolanos

Thursday and Friday, July 27 & 28

Work days

Saturday, July 29

Worship with the local congregations. Evening Departure to Panama City.

Sunday, June 30

Departure from Panama City (PTY)

Leadership

David Lopez, Co Project Coordinator | David experienced Ultimate Workout for the first time when he participated on Ultimate Workout 6 to Panama when he was fourteen years old. Now, he is the director of volunteer projects at Maranatha Volunteers International and enjoys seeing lives being changed through service. 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.



Rebekah Shephard, Co 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 lives in Roseville, California with her husband Brett and their cat Whitman.



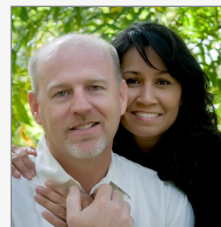
Loretta Spivey, Team Leader | Loretta will lead the spiritual experience as well as one of the work teams. Loretta has been involved with UW since 2003. Throughout the years she has served as an *Insight* magazine reporter, outreach coordinator, spiritual coordinator, and site coordinator for UW. In each role, she has focused on connecting participants with Christ. Although the Pittsburgh 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 Leaders | 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 a 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 three 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.



Walt Groff, Spiritual Coordinator | Walt and Brenda Groff have lived in Rocklin, California for over 20 years of pastoral ministry where Walt is the senior pastor at Gracepoint Adventist Church. They both have enjoyed seeing God's blessings throughout the years. They have three children and are very close to Walt's niece and nephew, making a big, happy family of seven. Walt will be leading the spiritual component of the project.



Manuel and Elizabeth Brenes, Volunteer Support and Head Cook | Manuel and Elizabeth have worked for Maranatha for more than fifteen years in countries including Costa Rica, Peru, Ecuador, Chile, Honduras, and Panama. They live in Costa Rica where they are involved with many different evangelism efforts. In addition, Manuel stays busy running an organic farm and Elizabeth owns several small businesses. Manuel assists the leadership team with arrangements in country and Elizabeth often joins projects to prepare delicious vegetarian meals for the group.



Each team leader will have an assistant. Maranatha will also rely on several experienced volunteers to lead out 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 Panama. 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** to avoid any errors. Accidentally booking the wrong ticket means additional expenses and complications.

Please note that staff will be arriving into a different airport than the teen participants. We will do our staff orientation and training at our camp so that we can be ready for volunteers to arrive. On the 19th, a group of staff will travel back to Panama City to meet the participants and travel with them to David. All volunteers will depart from Panama City.

If you cannot book a flight that arrives and departs within the given time frame, there will be an extra charge of \$400 for arriving a day early or staying a day late. This fee covers extra transportation (including an in-country flight due to our project location), supervision, food, and housing.

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

Arrivals

Staff: Please arrive in David, Panama (airport code DAV), on Monday, July 17, anytime between 1:30 p.m. and 7 pm The first scheduled activity is dinner and worship on July 17. *If you are unsure if you are staff, please contact Maranatha before purchasing your flight.*

Staff Flight Details: There are very few flights that go directly to David, so you will most likely have to transfer in Panama City. Copa Airlines (code share with United) is the only airline that transfers directly from the international airport (PTY – Tocumen). Air Panama is another airline that flies to David, but it departs from the domestic airport (PAC – Albrook). Maranatha recommends flying on Copa. If you must transfer to the domestic airport, you will need to get your bags, leave the airport, and take a taxi to the Albrook airport across town. If you fly Air Panama, please plan for at least four hours to make this connection.

Participants: Please arrive in Panama City, Panama (airport code PTY), on Wednesday, July 19, anytime between 10 a.m. and 9:30 p.m. (This includes Delta 393 from Atlanta).

Participant Flight Details: We will send several buses from Panama City to David. The trip will take approximately 7-9 hours depending on traffic and road conditions. If you are on an earlier flight, you will go on one of the first buses and arrive at the camp earlier. Volunteers on the evening flight arrivals should plan on an overnight bus trip to David, and you will need to sleep on the bus since you'll only have a few hours at camp before we start orientation the next day.

Departures

All participants and staff should plan to depart Panama City, Panama (PTY), on Sunday, July 30, between 7 a.m. and 6:45 p.m. Flights after 9 a.m. are preferred. The group will leave the camp on Saturday night and drive directly to the airport. Volunteers on the morning flights will have earlier bus departures from David.

Meeting at the Airport

UW staff will meet you at the airport after you clear immigration and exit 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 Panama.

After you clear customs, the line into the reception area will split towards the right and the left. Both end up at the same place, but the majority of the UW



staff will be towards your right as you exit customs. If you don't see us as you exit, head toward the other side of the airport, and you'll be sure to see us. But you'll probably hear us first, since 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 Houston, Atlanta, or Miami. 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 any time 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; 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 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 Shephard for this information or email uw@maranatha.org.

In June, you will be sent a final mailing that includes a UW 27 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:** 800-777-5149 or by email with Erle or Azumano Team at corporatetravel@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.

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. Try not to give up 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 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

All passports must be valid for at least six months beyond the dates of intended travel (January 26, 2018). 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.

If you are not a U.S. or Canadian citizen, please consult the Panamanian 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 Panama. 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 Panama, 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 26 years of UW history.

Maranatha has started to use an SMS texting program that will allow you to receive text updates before, during, and after the project. After you register for the project, you will receive a message on how to subscribe to this service.

About Panama

Panama is approximately the size of Mississippi. Early inhabitants of Panama tended to reside on both sides of the country near oceans, swamps, and rivers. It is no wonder that the country was named Panama, meaning “Abundance of Fish.” As an illustration of its moniker, Panama is full of fish markets.

Panama is perhaps best known for its canal, a throughway connecting the Atlantic Ocean to the Pacific. Constructed by the United States after a failed attempt by the French, the canal opened on August 15, 1914. It was a historical moment for the world and the United States, as the country’s sovereignty over the “Canal Zone” marked America’s rise as a superpower. Nearly a century later, the canal is now under the control of Panama’s government, and it remains an important link in world trade. It has seen the passage of more than 800,000 vessels so far.

Aside from the canal, Panama is a fast-growing country with 3.2 million people. Great progress has been made in education, as access has been broadened to reach rural areas, and the literacy rate is 93%. Interestingly, female enrollment at secondary schools is dominant, and in 1999, Panama elected its first female president. Unfortunately, Panama still struggles with socioeconomic disparities. Poverty is great, particularly among the indigenous people. While the government has implemented social programs, the problem is still widespread.

Weather in Panama is tropical. Temperatures average in the 70’s and 80’s year round. The rainy season lasts from May to January, and in June, visitors can expect anywhere from 10-20 inches of rain. This weather provides an excellent environment for tropical animals. Panama boasts a vast biodiversity with 218 different mammal species and the largest number of avian species in Central America, including large populations of macaws, quetzals, parrots, and toucans.



Facts and Figures

Capital:
Panama City

Population:
3.5 million

Language:
Spanish and some English

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

Religion:
Roman Catholic 85%,
Protestant 15%

Currency:
U.S. Dollar

Life on the Ultimate Workout

Foreign Cash

Panama uses the U.S. Dollar. 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, keep in mind that outlets will be spread out among 120 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

Panama enjoys tropical weather year-round. In July you can expect warm weather ranging from the upper 70's to the mid 90's. It may seem even hotter because of the humidity! Bring plenty of sunscreen for working outside in the sun. It is the rainy season in July, so you might consider bringing an umbrella or rain poncho as well.

Time Zone

In July, Panama is on Central Daylights Savings Time.

Language

Panama's official language is Spanish. We need several Spanish speakers on each site to translate since the majority of the group will only speak English. If you are a Spanish speaker and would like to help with translation, please let Maranatha know. If you aren't fluent, now would be a great time to freshen up on your skills!

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. So 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 Panama. Adventists in Panama 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 Panama stay in their church clothes all day on Sabbath. So 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.

Maranatha Merchandise

As a volunteer on this project, you will receive an Ultimate Workout t-shirt. If you would like to purchase other Maranatha merchandise, please see the attached flyer or visit the Maranatha store online.

Safety

While Maranatha does everything in its power to ensure the safety of our volunteers, it is also advisable to do your own research when it comes to safety precautions.

Worksite Safety

Maranatha has a very high safety record on the worksite. This is, in part, because we require everyone on the construction site to wear protective gear at all times. Please bring flexible work gloves, 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 Panama in January 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 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.

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. If you are staff, you will receive more information about this process that you will need to complete 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, 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

When many people think of Panama, they recall stories of malaria and yellow fever deaths during the construction of the Panama Canal, 100 years ago. However, many of these disease-carrying mosquitos have been eradicated through aggressive interventions.

Currently the CDC does not have any advisories for malaria or yellow fever for any regions west of the capital in Panama. If you choose to take malaria preventative medication, keep in mind that Chloroquine is not effective against the strain of malaria present in Panama.

Mosquitoes and Other Insects

Mosquitoes and other flying insects can carry a variety of diseases including chikungunya, 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 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.

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 especially, it is harder 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 card online, over the phone, or with a check made out to Maranatha Volunteers International and sent to the address below. If for any reason you need to cancel your participation, the participation fee deposit is nonrefundable, but Maranatha will do their best to refund the rest of your payment up until one month before travel. After that point, \$150 is non-refundable and the remainder will depend on the reservations and the project arrangements already made.

Important Dates to Remember:

May 1: Application and Participation Fee Deposit

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)
- Background Check (staff only)

Contact Information

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: uw@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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This MSA V-Gard hard hat, with Staz-On suspension, ensures excellent shock absorption on the job site.

WATER BOTTLE \$15



The autospout water bottle by Contigo features a one-touch-button spout for convenient one-handed drinking. It also has a spout shield to protect the spout from debris and dirt when not in use—perfect for the project site.

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*All confirmed volunteers on an International Maranatha Open Team receive a Maranatha t-shirt as part of their participation fee.