

# Ultimate Workout Alumni Project

## Information Packet

**Location:** Santo Domingo, Dominican Republic

**Project Dates:** Dec. 27, 2017 – Jan. 7, 2018

**UW Alumni Participation Fee:** \$750

**Non-Alumni Participation Fee:** \$900

**Children Ages 12 and Under:** \$600

(Age determined on the start date of the project)



*\*Flight to Santo Domingo is not included in the participation fee*

## Maranatha in the Dominican Republic

Maranatha's history with the Dominican Republic stretches back over several decades. The first contact with the country was made when Maranatha volunteers helped to construct churches and homes that were destroyed when a devastating hurricane hit the island in 1979.

Then in 1992, Maranatha embarked on an ambitious project to build 25 churches in Santo Domingo. Called Santo Domingo '92, more than 1,200 volunteers flew to the Dominican Republic in a period of three months to build. It was a watershed moment, and it changed how Maranatha operated as an organization. Santo Domingo '92 was also a significant moment in the Dominican Republic's Adventist history as the project resulted in a membership surge. The churches sprouted daughter congregations, and then those groups needed buildings too.

Maranatha returned in 2002 for another effort—this time to build 50 churches. Once again, construction generated another growth spurt in membership.

For this most recent effort, the Adventist Church in the Dominican Republic has requested Maranatha's help in providing more places of worship for new congregations.

## Project Overview

In 2003, volunteers on Maranatha's teen project, the Ultimate Workout (UW) 13, constructed the Villa Guerrero church in El Seibo, Dominican Republic. Now, former UW volunteers are returning to reconnect with members of the Villa Guerrero congregation. The Ultimate Workout Alumni Association has put together a short project over the New Year's holiday, inviting alumni from past projects to serve.

### Project Schedule

**Wednesday, December 27**  
Arrival in Santo Domingo

**Thursday - Friday, December 28 – 29**  
Work days

**Saturday, December 30**  
Worship with the local congregation

**Sunday – Wednesday, Dec. 31 – Jan. 3**  
Work days

**Wednesday - Saturday, Jan. 3 – 6**  
Excursion days, return to Santo Domingo

**Sunday, January 7**  
Departure from Santo Domingo

The Villa Guerrero church has been well used. The building has been the gathering place for evangelistic meetings, seminars, and church services for many years. The motivated members of Villa Guerrero have also managed to start several daughter churches in the area. Now, the church building needs a facelift. Time and weather have taken their toll, and the church needs a new coat of paint both inside and out. The group will also paint a front wall and porch that have been added onto the building.

In addition, volunteers will also work at a nearby church called Majacua. Volunteers will construct a new exterior bathroom as well as paint the exterior of the church. If funds are collected in time, the group will also construct interior walls for the church that will create room divisions for Sabbath school classrooms.

Volunteers will also get to interact with church and community members through a Vacation Bible School program and evangelistic meetings.

This project is designed specifically for Ultimate Workout veterans from the past 27 years. However, those who have had a connection the Ultimate Workout through friends and family are also invited, as well as anyone who feels called to serve in this ministry. We are expecting a small group of 15-30 volunteers to join this project. You're invited to be a part of it!

### Accommodations

The first and last night of the project, the group will stay at a camp near the airport in Santo Domingo. The camp is set up with dormitories and a few rooms for couples.

During the project, volunteers will get to relive the experience of a true Ultimate Workout by camping next to the job site in a nearby school. The group will either stay on the floor in the classrooms, or they can choose to bring a tent to camp. Either way, a tent or mosquito net is recommended! Volunteers will also need to bring their own bedding and towels for the project. A full packing list will be in the final information packet. There will be a few shower stalls set up for the women, and the men will take "bucket/hose showers." Meals will be prepared in a makeshift kitchen at camp.

At the end of the project, volunteers will travel to the north part of the island to a town called Samaná. There, volunteers will stay at a beach-side hotel called Villa Serena. Bedding is provided. The rooms will also have air-conditioning, hot water, and Wi-Fi.

### Excursions

The Villa Serena hotel is located right on the beach and has a private pool. There are also nice, white-sand beaches a short walk away. From the hotel, volunteers can rent kayaks, snorkeling equipment, and bicycles free of charge. During the excursion, the group will have a special barbeque meal. We are requesting that each volunteer bring a can of vegetarian hot dogs to contribute to the meal.



The hotel also has a variety of other activities available for an additional price. Activities include anything from yoga classes and spa appointments to boat trips, scuba diving, and horseback trips. Prices vary.

## Leadership

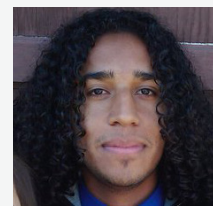
### **Dan Skau | Project Coordinator**

Dan joins the group from California where he works as a manager in surgical services. He first joined the Ultimate Workout in 1999 and his passion for the project kept him returning year after year. But he began to see a need for something that would last longer than just two weeks each summer. He helped to initiate the UW Alumni Association to keep UW veterans connected to missions and each other, as well as recruit new participants and raise funds to support current volunteers. Dan will bring his vast UW experience and coordinate this unique UW Alumni project.



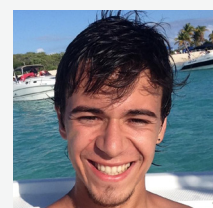
### **Daniel Medrano | Co - Construction Superintendent**

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



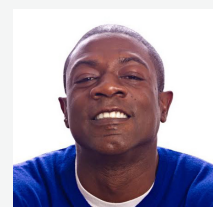
### **Jose Diaz | Co – Construction Superintendent**

Jose joins the group from Puerto Rico, where he is studying engineering and construction management at the Polytechnic University of Puerto Rico. He first joined Maranatha in 2008 on UW 18 in Chile. He has since proved his expertise in construction leadership, coordination, and translation. Jose knows how to have a good time and will undoubtedly brighten your day.



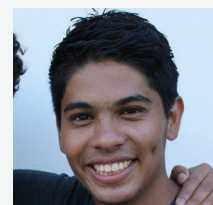
### **Dwain Esmond | Co - Spiritual Coordinator**

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



### **Ruddy Caldera | Co - Spiritual Coordinator**

Ruddy first joined the Ultimate Workout in 2012 when Ultimate Workout 22 took place in his home country of Nicaragua. Ruddy joined the group as a teen participant and translator since one of the UW groups was headed to an area of the country where his family has been actively involved in medical ministry for a number of years. Ruddy has continued to join Maranatha as staff on the Ultimate Workout and other projects each year since. He is currently studying theology at the Adventist Seminary in Havana, Cuba.



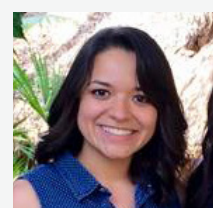
### **Loretta Jessop | Head Cook**

Loretta joins the group as the head cook. She and her husband Gary have been serving together as Maranatha volunteers since the 1980's, both internationally and in the United States. They reside in western Washington where they are very involved in their local church and enjoy spending time with their family. It has been their goal to bring all of their grandchildren on a Maranatha project, and it has been met many times on the Ultimate Workout. Loretta is used to cooking wonderful meals in rough conditions. Gary often helps lead the construction projects or gives Loretta a hand in the kitchen.



### **Jessica Perez | Team Medic**

Jessica first started volunteering with Maranatha in 2007 in Ecuador on the Ultimate Workout. Since then, she has joined multiple projects throughout the years in Chile, Mexico, Nicaragua, Dominican Republic, and Panama. When not on a Maranatha project she works as a traveling ER nurse throughout the United States. She has a heart for service and healing. On this project, she will be ensuring that volunteers stay safe!



## Expenses

The participation fee covers housing, three vegetarian meals a day, ground transportation to and from the airport and project site, translators, local excursions, short-term travel insurance, a Maranatha t-shirt, and luggage tags. Since this project is geared toward alumni of the Ultimate Workout project, all alumni have a special discounted rate.

Maranatha must receive all funds and forms by November 27 due to application processing time. Wait for confirmation of acceptance on the project before purchasing your airfare.

All prices are listed in U.S. dollars. Payments can be made by cash or check sent to the Maranatha office in California (please include your name and "UW Alumni Project 2017") or by credit or debit card online or over the phone.

For Canadian tax-deductible receipts, payments must be made by check to the Maranatha Volunteers International (Canada) Association (address located at the end of this information packet. At this time Maranatha cannot issue tax-deductible receipts for credit card payments.

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

## Estimate of Additional Costs

- **Flight to Santo Domingo \$680 - 1100**
- **Passport \$130 or \$110 for renewal**
- **Entrance Tax \$10**

## About the Dominican Republic

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

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

Since then, the Dominican Republic has had a turbulent history with ownership returning to Spain only to have a war to regain independence. The country also fell into the hands of a dictator from 1930-1961.

Today, the Dominican Republic is a democracy, working toward maintaining a stable and healthy country. Tourism fuels its economy, and it has the second largest economy in Central America and the Caribbean. However, poverty continues to be a problem in rural parts of the country, particularly near the Dominican-Haitian border.



### Facts and Figures

**Capital:** Santo Domingo

**Population:** 10.5 Million

**Language:** Spanish

**Climate:** Tropical maritime. Little seasonal variation

**Religion:** 95% Roman Catholic

**Currency:** Dominican peso (currently 47 pesos to \$1 USD)

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

## Travel Information

Volunteers will purchase their own plane tickets to the city of Santo Domingo. If you arrive or depart outside the posted time frames, you may have long wait times at the airport or may be responsible for paying the additional transportation for your individual airport transfer.

Please wait for confirmation from Maranatha before purchasing your airfare to ensure there is still space on the project. Volunteers will travel together by bus to the project location.

### Flights

**Arrival** | Please plan to arrive in Santo Domingo (airport code SDQ) in afternoon or evening of Wednesday, December 27. Please plan to arrive before 9pm.

**Departure** | Please plan to depart from Santo Domingo (SDQ) in the morning of Sunday, January 7. Please plan to depart before 12 noon.

### Arriving Early or Staying Late?

The Dominican Republic has some beautiful travel destinations. Some of you may choose to arrive earlier than December 27 or stay beyond January 7 to explore the country on your own. Please make your own hotel and transportation plans for any days outside of the Maranatha project dates. If you have any questions, feel free to call Maranatha at (916) 774-7700.

### Travel Resources

**Azumano Travel:** 800-777-5149 or by email with Erle Dpenha or Azumano Team at [corporatetravel@ciazumano.com](mailto:corporatetravel@ciazumano.com)

**Butler Travel:** 503-879-5005 or by email with Nathanael at [nathan@butlertravel.com](mailto:nathan@butlertravel.com) or with Ellen at [ellen@butlertravel.com](mailto:ellen@butlertravel.com).

**Kayak:** [www.kayak.com](http://www.kayak.com)

When contacting the Azumano or Butler travel agencies, make sure you mention Maranatha to receive a discounted service charge.

### Entry Requirements

**Passport** | All passports must be valid for at least six months from the dates of intended travel (valid until July 7, 2018) If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at <http://travel.state.gov>. Canadian citizens can apply online at [www.passport.gc.ca](http://www.passport.gc.ca). It can take up to two months to complete the entire process, so plan accordingly to give yourself enough time to receive your passport.

**Entrance Tax** | In addition to a passport, visitors must also purchase a tourist card upon arrival in the country. There will be stations at the airport to make this purchase upon arrival. The fee is \$10 and must be paid in US currency. Please bring new, unmarked bills to make this transaction. This tourist card will act as your visa for up to 60 days in the country.

Citizens of other countries, please consult the Dominican embassy or consulate in your home country for entrance requirements.

## Staying Healthy

Maranatha requires that every volunteer have a current **tetanus** vaccine (within the last 10 years). The Center of Disease Control (CDC) also recommends vaccines for hepatitis A, typhoid, and an anti-malarial medication.

Some of these you may already have and some of them you may deem unnecessary for this trip. You should schedule a consultation with a travel clinic doctor to talk about the medical risks in the Dominican Republic and the ways to minimize them.

### Zika

Recently the Zika virus has been spreading around Central America and the Caribbean. This mosquito-borne disease acts 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. This virus is still being studied, and information is continuing to be released. Currently, there are 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 are trying to get pregnant in the next six months, Maranatha recommends speaking with your doctor to determine if you should travel.

## How to Register

To register, please complete the online registration and pay the full participation fee or an initial deposit of at least half the total participation fee. You can make this payment by credit card online, over the phone, or with a check made out to Maranatha Volunteers International and sent to the address below. If for any reason you need to cancel your participation, Maranatha will do their best to refund your deposit up until one month before travel. After that point, \$150 is non-refundable and the remainder will depend on the reservations and the project arrangements already made.

Register online at [Maranatha.org](http://Maranatha.org) or over the phone.

## Contact Information

**Phone:** (916) 774-7700

**Fax:** (916) 774-7701

**Email:** [volunteer@maranatha.org](mailto:volunteer@maranatha.org)

**Website:** [www.maranatha.org](http://www.maranatha.org)

**Mailing Address:**

Maranatha Volunteers International  
990 Reserve Drive  
Suite 100  
Roseville, CA 95678

**Canadian Payments Only:**

**Maranatha Volunteers International  
(Canada) Association**  
c/o V06494C  
PO Box 6494, Station Terminal  
Vancouver, BC V6B 6R3  
CANADA

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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.

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