

# Ultimate Workout Alumni Project 2019

## Information Packet

**Location:** El Alto, Bolivia

**Project Dates:** Dec. 23, 2019 - Jan. 5, 2020

**Total Fee:** \$500

**Children 12 and under:** \$350

(Age determined on the start date of the project)

*International and domestic flights are not included in the listed fees*



## Maranatha in Bolivia

Bolivia first received the Seventh-day Adventist message in 1897 when a literature evangelist entered the country with copies of *Patriarchs and Prophets* and *Steps to Christ*. But it wasn't until 1907 that Adventist missionaries, Edward W. Thomann and his wife Flora, were assigned to Bolivia. Today, Bolivia is home to nearly 120,000 Seventh-day Adventists. Many congregations are meeting in rented spaces or in churches that are too small or dilapidated. This often creates problems when trying to evangelize and invite community members to worship.

After meeting with church officials, Maranatha committed to building churches in Bolivia. Starting in 2018, volunteers have helped to construct churches and school classrooms throughout the country.

## Project Overview

Volunteers on this project will build a new church for the 18 de Diciembre congregation in El Alto, Bolivia, just east of La Paz. The mother church of this new congregation is called German Bush and began meeting in 2016. The congregation has been rapidly growing congregation, and now they do not have enough space in their existing church for the children's Sabbath school classes, much less for the Pathfinders or Adventurers clubs.

About 10 minutes away is the community of 18 de Diciembre. This neighborhood is experiencing a housing boom as young, middle-class professionals and their families have begun moving to the suburbs of La Paz. New construction is popping up all over the community and it is a perfect place to plant a daughter church. The German Bush congregation purchased a new

## Project Schedule

### Monday, December 23

Arrivals in La Paz, Bolivia (LPB),  
acclimate to the high altitude

### Tuesday, December 24

First work day

### Wednesday, December 25

Partial work day, afternoon outreach  
and Christmas celebration

### Thursday - Friday, December 26 - 27

Work days

### Saturday, December 28

Worship with the local congregation,  
afternoon excursion

### Sunday, Dec. 29 - Wednesday, Jan. 1

Work days

### Thursday, January 2

Partial work day, travel to Lake Titicaca

### Friday, January 3

Lake Titicaca excursion activities

### Saturday, January 4

Worship together at Lake Titicaca,  
return to La Paz

### Sunday, January 5

Early morning departures home from  
La Paz.

property in this community and four young, energetic families will move to the new area to plant a new church congregation. They are very excited to have a new building where they can evangelize to the neighborhood and have plenty of space for children's and youth ministries.

Volunteers on this project will pour the floors and foundation for the new building as well as assemble the One-Day Church frame and roof. Pouring the foundation is hard work but vital to the strength of the building. It will involve digging trenches, tying rebar cages, mixing concrete, and leveling the floor. Once the floor has set, volunteers will use drills and screws to assemble the metal structure and secure the roof. The local church members will finish the walls on their own, but they're guaranteed a strong foundation and frame that will support the church for years to come.

In addition to construction, volunteers will conduct an extensive children's ministry program in the surrounding community to draw people to the church.

The Ultimate Workout Alumni Project is geared toward volunteers who have had a connection with the Ultimate Workout (UW), Maranatha's teens-only project, through personal experience or through the experience of a friend or loved one. While this trip extends a special invitation to those connected with UW, it is open to anyone with a willing heart to serve the 18 de Diciembre congregation in Bolivia.

## Accommodations

During the project, volunteers will stay at an Adventist high school, located about fifteen minutes from the church construction site. We chose to stay at the school because it is safe, clean, and adequate for our group and much closer than nearby hotels. However, staying at a school will be a slightly different experience than staying at a hotel, and we mention this in advance so you can adjust your expectations for this mission trip.

Men and women will be divided into classrooms where they will sleep on the floor; if there are several couples on the project we can divide one of the classrooms by hanging sheets so couples can stay together. You're also welcome to bring a tent for privacy if you wish.

Each volunteer will need to bring their own bedding and towels. Simple mattresses will be available, but you're welcome to bring your own air mattress or camping mat if you prefer. Due to the elevation in La Paz, evening temperatures will probably dip into the upper 30s Fahrenheit and not get above the mid 60s Fahrenheit during the day. You'll want to bring warm bedding.

Bathrooms and showers are located down the hall. We will be installing instant hot water heaters on the heads of the showers to provide hot (or at least lukewarm) water. There is a kitchen on campus where the group will cook and eat their meals. Worship will be held in one of the classrooms.

At the end of the project volunteers will travel a few hours east to Lake Titicaca for a short excursion. The group will stay at a nicer, 2-3 star hotel called Hotel Gloria in Copacabana. This hotel has beautiful views of Lake Titicaca and will have bedding provided, warm water, WiFi, etc. On the excursion volunteers can expect double or triple occupancy rooms.

## Excursions

On the first Sabbath, volunteers will worship with the local congregation. In the afternoon, the group will take a short trip on the gondola transportation system (teleferico), suspended above La Paz, to the edge of the city where the group will visit the "Valle de la Luna" (Valley of the Moon), an area with topography similar to what you'd see on the moon. The Valley of the Moon has several walking trails for the group to enjoy before returning to the school campus for dinner and worship that evening.



School where group will stay



Classrooms where "dormitory" will be set up

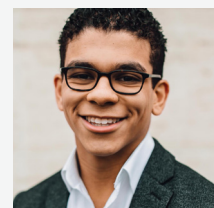
On the final Thursday of the project, the group will wrap up their construction work and depart for Lake Titicaca (with a small overnight bag); this trip will take approximately 2-3 hours. Lake Titicaca is the world's highest navigable body of water and is famous for its floating islands. Unfortunately, most of the floating islands are on the Peru side of the lake; the part where our group will visit has a small floating island constructed for tourists to see. On Friday, the group will take a boat tour to an island in the middle of the lake called Isla del Sol. On the island there is a small set of Incan ruins and hiking trails to explore. Back at the hotel there are jet skis and kayaks for rent (an additional cost), if you'd like to explore the edges of the lake on your own.

On the final Sabbath, the group will worship at the lake before returning back to La Paz in the afternoon. We'll have a nice dinner in downtown La Paz. Volunteers can leave late that evening or in the early hours of Sunday, December 5th. We have arranged a hotel in La Paz where we will have a couple rooms where people can rest and shower before heading to the airport. Those leaving later in the morning on December 5th will have a room reserved for the night.

## Leadership

### **Sam Dinzey | Project Coordinator**

Sam first joined Maranatha on Ultimate Workout 23 in Ecuador. Since then, he has joined several UW and UW Alumni trips, leading in outreach projects and helping to coordinate the spiritual component of the projects. This year he will be overseeing all aspects of the project as a co-project coordinator with Dan Skau. Sam is an entrepreneur and helps manage two companies: an AI data consulting company in Washington and a parking lot striping company in Texas. He currently resides in Lincoln, Nebraska, with his dog, Misha, who is "his favorite."



### **Dan Skau | Assistant 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. 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.



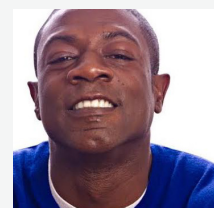
### **Daniel Medrano | Construction Superintendent**

Daniel joined the Ultimate Workout in 2009 and has gone on to lead construction sites for Maranatha projects with church teams, UW, and a variety of open teams. He currently lives in San Antonio, Texas, where he runs his own construction business specializing in striping and sealcoating. 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.



### **Dwain Esmond | Spiritual Coordinator**

Dwain joins the group from Maryland where he lives with his wife, Kemba, and their son, DJ. He first joined Maranatha in 2006 when his job as editor of *Insight Magazine* presented him the opportunity to join Ultimate Workout in Peru. Since then, he has joined several UW projects and 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.



### **Maxine and Erica Gonzalez | Children's Ministry Coordinators**

Maxine first started volunteering with Maranatha in 2010 when she joined Ultimate Workout 20 in Mexico. Two years later, she recruited her sister, Erica, to join UW in Nicaragua. Since then they have often joined projects in a leadership capacity, co-directing children's ministry programs for the local kids in the community where they're working. Together they have also recruited their two younger sisters and their father to join them on several trips with Maranatha. Maxine and Erica join the project from Texas where Maxine recently graduated with a degree in Speech Pathology and will start work this fall as a Speech Therapist for a local school district. Erica is pursuing her long-time love of music by studying music in college. In the meantime she works at Target as a style consultant. When not on a Maranatha project they photography, music, enjoy being outdoors, and spending time with family and friends.





## Expenses

The participation fee of \$500 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.

Maranatha must receive all funds and forms by November 25, 2019, 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 2019) 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 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 La Paz, Bolivia:** \$1,000-\$2,500
- **Passport:** \$130 or \$110 for renewal
- **Visa (U.S. Citizens Only):** \$85 or \$160 depending on visa type

## 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 Inca 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.

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 export of tin, lithium, and petroleum. Within the last 50 years, the population has tripled its size. Now, 62 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 various Andean people groups, such as the Quechua and Aymara. But the influences from Spain are also evident in Bolivia's sizeable population of Spanish-influenced artisans, builders, dancers, and other cultural leaders.



### 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)

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. It is the most occupied region by far, 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. 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.

Cochabamba isn't the most well-known city in Bolivia, but it is the third-largest city in the country. It is an 8-hour drive east of Santa Cruz and about an 8-hour drive west of La Paz. This city sits in the middle of a large valley surrounded by mountains at about 8,000 feet elevation.

## Travel Information

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

Please complete the online registration and 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 La Paz, Bolivia (airport code LPB), early in the morning, between 1:00 a.m. and 10:30 a.m. on Monday, December 23, 2019. *We are encouraging people to do the Latam Airlines 2400 flight from Lima, arriving at about 3:25 a.m. But any flight scheduled to arrive during this window will be fine.*

#### Departure

Please plan to depart from La Paz, Bolivia (LPB), late in the evening, after 8:00 p.m. on Saturday, January 4, 2020, or early in the morning, between 1:00 a.m. and 8:00 a.m. on Sunday, January 5, 2020. *Again, we are encouraging people to do the Latam Airlines 2401 flight to Lima departing at about 4:25 a.m., but any flight scheduled to depart during this window will be fine.*

#### Arriving Early or Staying Late?

Bolivia has some beautiful travel destinations. Some of you may choose to arrive earlier than December 23 or stay beyond January 5 to explore the country on your own. You are welcome to do so, but you'll be responsible for making your own hotel, transportation, and tour arrangements 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

**CI Azumano Travel:** 800-454-4099 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

Below are the requirements for U.S. and Canadian citizens. Citizens of other countries, 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 from the dates of intended travel (valid until July 5, 2020). 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 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).

Both visas must be processed ahead of time through the Bolivian embassy in your jurisdiction. This requires filling out paperwork and mailing your original passport to the embassy for them to stamp your visa. This process can take 10-15 business days, not including shipping time, so this should be taken care of with plenty of time before traveling.

Requirements include a valid passport, passport photos, flight itinerary, hotel reservation 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.

## Traveling With Minors

If you are traveling with a legal minor (under the age of 18 on the date you depart), both parents or legal guardians must travel with the minor. Otherwise, you must have two parental consent forms notarized. This provides government entities with evidence that both guardians have consented to their child leaving the country with the other guardian and Maranatha. One original must be mailed to Maranatha, and the other original must stay with you while you travel. If a parent is divorced, the missing parent still needs to 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 also be included. If a parent has died, a copy of the death certificate must be included.

You can download a PDF of the Parental Consent Form at <http://www.maranatha.org/resources>. This form will ask for two people as appointees of the minor. The first appointee will be the guardian traveling with the child. The other will be Samuel Dinzey, Maranatha's project coordinator for this mission trip.

## Staying Healthy

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 vaccines for typhoid and hepatitis A.

You may already have some of these vaccinations, and they may still be good for this trip. Others you may deem unnecessary. Maranatha recommends that you schedule a consultation with your physician or a travel clinic to discuss the medical risks in Bolivia and the ways to minimize them.

## Altitude Sickness

Many parts of southwestern Bolivia are located in the Andes mountain range at or above 8,000 feet above sea level. When visiting these areas, the high altitude puts you at risk for altitude sickness. Due to the potential risks, each participant/family on Maranatha projects in Bolivia is required to return a signed high-altitude release prior to your departure.

Symptoms of altitude sickness range from mild cases of headache, dizziness, shortness of breath, and nausea to more severe cases of extreme fatigue and cerebral or pulmonary edema. Certain medications and pre-existing medical conditions, including lung or heart disease, asthma, diabetes, and pregnancy, can put you at a higher risk for altitude sickness. However, even otherwise healthy individuals can feel mild symptoms due to

the lack of oxygen. Symptoms that do not improve could require evacuation to a lower elevation. The best course of action is to take it easy and not overexert yourself in the first few days. Visitors should discuss the trip with their personal physician prior to departing.

The UW Alumni Project is located at more than 13,000 feet above sea level, so it will be important for you to take time to acclimate to the elevation before starting work. We are encouraging volunteers to arrive early in the morning on December 23, and the rest of that day will be spent resting. A light meal, snacks, coca tea, and lots of water will be provided; eating large meals can make symptoms of altitude sickness worse. In addition we will have a doctor on call with oxygen in case anyone feels they need extra attention. The first day will be all about hydration and rest. Then we will start work; however, we encourage you to take breaks as needed and not overexert while you're getting used to the elevation.

### Food and Water

If you have special dietary needs, such as a food allergy or restricted diet (vegan, gluten free, etc.), we'll do our best to accommodate as much as we can, but you'll most likely need to bring some supplemental food items. Please contact Maranatha for more information.

## 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 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, 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  
Association  
c/o V06494C  
PO Box 6494, Station Terminal  
Vancouver, BC V6B 6R3

### Social Media

*Share your mission trip with family and friends! And be sure to tag us on social media!*



@maranathavolunteersinternational



@gomaranatha



@maranatha

Use our hashtag,  
**#maranathavolunteersinternational**  
when posting, so we can feature  
your trip!



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### 2019 MARANATHA T-SHIRT \$10



The 2019 Maranatha shirt features a 50th anniversary logo on the sleeve, made with a poly/cotton heather blend by Bella + Canvas. Mens cut only; color is "heather deep teal."

### HARD HAT \$13



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

**MARANATHA.ORG**

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



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All prices are excluding sales tax and shipping.

### CAP \$12



All cotton and easy to pack, this cap is sure to keep the sun off your face on a mission project and at home. Available in Khaki and Navy.

### 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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