



# Ultimate Workout 30

## Information Packet

**Location:** Lima, Peru

**Project Dates:** July 16-26, 2020 (Staff arrive on July 14)

**Participation Fee:** \$895

**Final Deadline:** June 1, 2020

*Flight to Peru is not included in the participation fee.*

## Welcome to the Ultimate Workout

This is Maranatha's 30th annual Ultimate Workout, a project for teens in high school. This year we expect more than 150 teenagers and staff members from around the world to join in this special mission trip. Whether this is your first Ultimate Workout or your third, prepare for a unique experience.

## Project Overview

The *ultimate* goal of the Ultimate Workout (UW) is to create an experience where participants can **connect with Christ through service**.

Are you ready to connect with Christ? Are you ready to build people and be built yourself? Take some time to reflect on the reason(s) you're going on this mission trip. How does your purpose match our main goal? What adjustments might you need to make?

This year, there are three main areas of service:

1. **Construction:** We'll build and renovate three churches
2. **Outreach:** We'll supplement what the local church is already doing with community outreach.
3. **Medical:** We'll be Christ's healing hands through medical and dental clinics.

The large group of volunteers will be divided into smaller teams so you can truly become like family. You'll be in these smaller teams each day for work and in the evenings for worship breakout groups.

## Service Activities and Locations

For UW 30, volunteers will be working in communities surrounding the city of Ventanilla, Peru, just 45 minutes north of Lima.

During the registration process you'll be asked to choose a team. While we cannot guarantee that you'll get your first choice, we'll do our best to match your preference. If you're coming on the project with people you know, we recommend that you 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 requested 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!

**Los Milagros** | This congregation started meeting 10-14 years ago when the founding members moved to the community and found no Adventist church. Members started meeting together in homes, and in 2007 they built their existing church. Their current facility is nice, but does not provide the space for growth that they wish and does not have the strength that a new building would provide. Teen participants on this team will construct the block walls for the new church. The women in this congregation really take on leadership roles in the community since most of the men work in Lima and leave early in the morning and return late at night. The church has a vision for how to reach the surrounding community for Jesus, and this group will join them in their efforts. Outreach activities will include a children's ministry program for upwards of 100 children as well as other creative activities which could include community clean up, outfitting a prayer house ministry, making and serving breakfast for community members, helping clean up a local park, gardening activities, and joining a running group!



**Mi Peru C** | The members at the Mi Peru C church began meeting in a member's home in 2001 with less than ten people. Now there are 30-50 people meeting together each week. Their current church is on a terraced property and is quite small, without room to grow. Teen participants on this team will construct the block walls for the new church. This congregation also has a desire to reach out to the youth in the community. There are many teenagers who at one point attended the church, but have since left. We'll partner with the church members to create activities where the local teens can join our group and impact their own neighborhood. Outreach activities could include music programs, sports events, community clean up, teaching a Pathfinder honor, literature distribution, and children's programs. Our group will also put on a special program for the start of the school vacation at a local high school. The program will have fun and games as well as a special program focusing on drug and alcohol prevention.



**Sorpresa** | Are you adventurous and flexible? Do you love surprises? Then this site is for you! One of our three construction sites is still to be determined. The location will be close to the other job sites and will focus on painting one or two existing churches, but that's all we know right now. This site could also include some lighter construction-type projects, such as a retaining or property wall, staircase, etc. We'll also identify outreach projects similar to the other two teams. We'll know more details hopefully by April, but for now, if you know you want to sign up for the "Ultimate" experience of the unknown, sign up for this team and be surprised!



**Medical and Dental Team** | A team of skilled doctors, nurses, and dentists will provide free medical 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

Volunteers will stay at the El Capitán Retreat Center about 45 minutes from our job sites. The accommodations at this center are quite nice by “Ultimate Workout standards.” But just because the housing might be nicer doesn’t mean that this project will be any less “ultimate.” Are you ready to look for other ways where this trip might be ultimate? Perhaps it will be traveling to Peru by yourself, not knowing anyone else on the project. Or maybe it will be the long hours of physical labor that you’re not used to. Who knows!

Teens will be divided by team group and gender and assigned to one of the dorm rooms on campus. Bunk beds with a mattress will be provided, but volunteers will need to bring their own sleeping bag or bedding, towel, washcloth, etc. Bunks will be pre-assigned per team, so don’t plan on staying next to your best friend unless you end up on the same team. Each room has a bathroom and shower and other rooms will be made available for extra showers each morning and evening.

During the project we’ll have our meals in the new dining room and meet for worship in the chapel. Don’t expect TV or WiFi access; this trip is about eliminating distractions to keep your focus on developing a closer connection with God. (See the Communication During the Trip section of the packet below for more information).

Each day, volunteers will divide into their assigned teams for work. At night, everyone will come together for dinner and worship. A complete packing list will be provided in your final mailing.

## Excursions

During the work week, volunteer teams will take turns going on a day trip to the capital city of Lima. Volunteers will go to the Parque de las Leyendas, a large zoo in the northern part of the city. This large zoo is broken down into areas featuring animals from the Peruvian highlands, the Peruvian jungles, and from other parts of the world. There is also a set of ruins (called a huaca) in the zoo where you can take a 15-minute tour of the ancient remains and see the mummy room. After the zoo, the group will head to Larcomar, an iconic modern shopping mall on a bluff overlooking the Pacific Ocean. Volunteers will eat lunch here and enjoy the view before heading on to the colonial district where they’ll visit the Plaza de Armas, the main town square. Here volunteers will see old buildings from the colonial era as well as visit a few shops if they wish. Then the excursion group will head back to camp to reunite with the rest of the teams.

On the final day of the project, the entire group will head back to Lima. They will visit the Incan Market where they’ll have free time to explore and purchase souvenirs of their trip to Peru. In the afternoon the group will head to an Adventist school in Lima for dinner and a final worship. On the way to the airport the teams will stop and visit the Circuito Mágico del Agua, which is a large park with lighted water fountains, a must see location in Lima! Light shows happen throughout the night. You’ll have a quick visit or more time to enjoy the park, depending on your flight departure time.

## Expenses

The UW participation fee covers housing, three vegetarian meals a day, ground transportation, the local excursion, short-term travel insurance, a Maranatha t-shirt, a UW Bible, a UW and Maranatha sticker, and luggage tags. It does not cover airfare to and from Peru.

To be confirmed, you must pay a non-refundable \$50 deposit, which goes toward the total due for the project. Maranatha must then receive all additional funds and forms by June 1, 2020, due to mailing time for the final package. Wait for confirmation of acceptance on the project before purchasing your airfare.

## Project Schedule

**Tuesday, July 14**  
Staff arrival Lima, Peru (LIM)

**Wednesday, July 15**  
Required staff orientation/  
training

**Thursday, July 16**  
Staff orientation. Evening  
participant arrival in Lima (LIM).

**Friday, July 17**  
Orientation and first work day

**Saturday, July 18**  
Worship with the local  
congregations

**Sunday, July 18 – Friday, July 24**  
Work days with midweek  
excursion (excursion day will  
depend on which group you’re in)

**Saturday, July 25**  
Worship with the local  
congregations

**Sunday, July 26**  
Excursion day in Lima. Evening  
departures from Lima (LIM)

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 UW participants by going to [www.maranatha.org/resources](http://www.maranatha.org/resources). Remember to start your fundraising early and focus your efforts on one or two good ideas.

### **Estimate of Additional Costs**

- **Flight to Lima, Peru:** \$600-1,500
- **Notarization of Minor Permission Forms:** \$40 (depending on state)

### **Leadership**

**Lisandro Staut, Project Coordinator** | While originally from Brazil, Lisandro now lives in California where he is the Director of Volunteer Services for Maranatha. He first joined the Ultimate Workout in 2016 and saw firsthand the difference that Ultimate Workout makes in the lives of teenagers. Lisandro and his wife, Thais, have three young boys, Theo, Ben, and Leo who will be joining Ultimate Workout 40. As Project Coordinator, Lisandro will oversee all aspects of the project in Peru.



**Rebekah Shephard, Office Coordinator** | Rebekah first became involved with Maranatha when she joined the UW at 16 years of age. 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 California with her cat, Chester. You will work with Rebekah on all your paperwork and questions regarding the project.



**Brandon Westgate, Spiritual Coordinator** | Brandon is currently the pastor of a three-church district in Arkansas. He has also served 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 was introduced to Maranatha. The trip had a positive and profound impact on him and his family. Since then, Brandon has served on a number of Maranatha projects. He is looking forward to seeing the transformation that will take place in the local communities as well as in the participants as they become actively engaged members of the body of Christ.



**Ed Jensen**  
Team Coordinator



**Stacy Peterson**  
Team Coordinator



**Dina Ramirez**  
Team Coordinator



**Loretta Spivey**  
Team Coordinator



**Joe & Lee Osborn**  
Medical Team  
Leaders

Maranatha will also rely on several experienced volunteers to lead in the construction, cooking, community outreach, and more.

## Flexibility

“FLEXIBILITY” is the key word in all mission trips. We will create our plan, but we can guarantee that there will be plenty of surprises thrown our way. Our flexibility will be tested by things like roommates, the weather, and last minute schedule changes. If we aren't flexible, we'll have plenty to feel miserable about, and we will lose out on opportunities to serve others and improve ourselves. Flexibility enables us to grow without breaking.

## Travel Information

All confirmed volunteers are responsible for purchasing your own plane tickets to and from Peru. Volunteers fly directly to the project country, where UW staff are waiting at the airport. While this can sometimes be nerve-wracking, we have done this for 29 years and this is the best and most affordable way to do it. Each teen will receive a travel booklet walking them through every step of the travel process, and Maranatha representatives are there to meet them as soon as they get out of customs.

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 change fees or pay an additional fee to Maranatha of up to \$200 to cover the extra charges.

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

Once you purchase your flight, please forward your itinerary to Maranatha at [uw@maranatha.org](mailto:uw@maranatha.org). This is important; we need this information so we can meet you at the airport.

## Arrivals and Departures

Specific flight guidelines will be given to you upon registration and confirmation. Please do not book a 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 Peru. After you clear customs, you'll walk through doors and see the arrivals waiting area. You should already see us at this point wearing the UW shirts and holding up signs. We'll also be audibly excited to see you!

But if you don't see us right away, head to your left towards the rental car stands and a set of vending machines. This is where we'll be meeting until we have a group of people ready to go to the buses.

If you miss a flight or your flight is cancelled, work with the airline to arrange a new flight. 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 also receive an after hours emergency number prior to your departure for the project.

Minors may also purchase an airline escort who will help you on each leg of your journey. 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](mailto:uw@maranatha.org).

## Giving Opportunity!

The construction and renovation of these churches is not yet fully funded! We need to raise money for paint, blocks, and mortar. This is an area where you, your family, and friends may be able to help! Contributions are tax deductible and can be made through Maranatha. Just mark your donation “UW 30 - Construction”



In June, you will be sent a final mailing that includes an UW t-shirt and travel booklet. Be sure to read it carefully, especially the sections about the arrival process in Peru.

## Travel Resources

- **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).
- **CI Azumano Travel:** 800-454-4009 or by email with the Azumano Team at [corporatetravel@ciazumano.com](mailto:corporatetravel@ciazumano.com)

## Luggage Allowances

Your luggage allowance will depend on your airline and the booking class. Most airlines will allow one or two free checked bags (maximum 50-lbs each) for international travel. You can also take a carry-on bag, along with a personal item like a purse or backpack. Please be sure to check your itinerary and/or 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, but if you do choose to gate check your carry-on, please remove any medication and 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

Below are the requirements for U.S. and Canadian citizens. If you hold a passport from another country, please consult the Peruvian 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 26, 2020). If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at [travel.state.gov](https://travel.state.gov). Canadian citizens can apply online at [www.passport.gc.ca](https://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.

## 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 another 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 and other electronic devices will be permitted and encouraged during travel to and from Peru.\* 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. So for a week and a half, we will disconnect. If a staff member sees you using

### 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. Phone calls, texting, video calls, social media apps, and games will not be permitted.**

electronics, he or she may choose to keep your phone or device for the remainder of the trip.

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. WiFi 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 Peru, participants and parents will receive a notification via email. Maranatha will post photos and updates on their Facebook and Instagram pages when possible. Beyond that, we operate on the mantra of “no news is good news.” Please be assured that this system has worked well in the past 29 years of Ultimate Workout history.

## Life on the Ultimate Workout

### Peru

For detailed information about Peru, check out [Maranatha's country packet](#) which shares the history, geography, culture and more with interested group leaders. [Peru Country Packet](#)

### Foreign Cash

Peru uses the Peruvian Sol which has an exchange rate of approximately 3 Soles to \$1 USD (December 2019). You can exchange currency with the project leadership at a flat exchange rate in increments of \$10. 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 Peru is 220-240 volt AC. Many appliances are now dual-voltage (you can check for this on the tag of the charger). For any non-dual-voltage appliances (hair dryers, electric shavers, camera chargers) you will need to have a plug adapter and a voltage converter. Voltage converters can be found at most stores like Walmart or Target for about \$20.

The standard outlets will accept plugs that have two flat prongs of the same height (Type A). Three-prong plugs, with the ground prong, and two flat prongs of different height, which is standard in the U.S., will not usually work in Peru. Basic plug adapters can be found at many stores like Walmart for a few dollars.

Plugs around camp are limited. You might consider bringing a power strip to have access to more plugs in your room.



## Facts and Figures

**Capital:** Lima

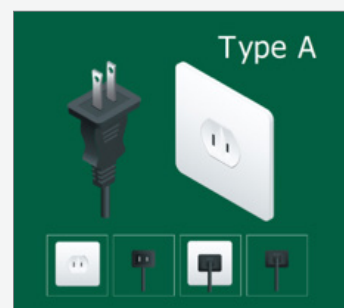
**Population:** 31.3 million (July 2018)

**Language:** Spanish, Quechua, Aymara

**Climate:** Varies by region and altitude. Dry in the west, tropical in the east, temperate to frigid in the Andes

**Religion:** Catholic 60%, Protestant 15%, Unspecified 21%

**Currency:** Peruvian Sol



## Weather

In Lima, volunteers can expect temperatures averaging in the 60s degrees Fahrenheit. Rain is uncommon in Lima. Of course weather forecasts can change suddenly. We recommend checking the 10-day forecast for this part of Peru prior to departure so you can pack accordingly.

## Time Zone

When the U.S. is on Daylight Savings Time, Peru is two hours ahead of Pacific Daylight Savings Time and one hour behind Eastern 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. Yes, it's disgusting, but you'll need to throw your paper into a garbage can next to the toilet. Remember that 150 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! If you want to do laundry during the project, please plan on bringing small packets of laundry soap.

## What to Bring

We will email you a packing list soon. We'll also include a printed copy in your final package.

## Religious Differences

UW is open to individuals from all faiths. You do not need to be a Seventh-day Adventist to join the project. We simply ask that all volunteers come into the project with an attitude of respect toward one another, and volunteers are expected to join the group for daily worships, as well as church 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 way of life.

How would you feel if a bunch of strangers showed up at your church or school and started sticking cameras in your face as you sang the opening hymn or took a test? People in Peru are just like us, even if their life looks a little different. So try to be respectful. It's normal to want to take photos to remember your experience, but ask permission first.

Cultural sensitivity also means we will respect Seventh-day Adventist culture in Peru. Adventists in Peru tend to be more conservative than Adventists in the United States and Canada. We will try to be sensitive to this by not wearing short shorts, tank tops, spaghetti straps, shirts with violent graphics, bikinis, or jewelry. For church activities, women will need to have skirts that reach past the knees and cap sleeves, and men are expected to wear ties if they are involved in the activities on the platform. This is not because we think what you wear at home is wrong; it is because we are being respectful of the Adventist culture where we'll be working.

## 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. Remember that the best for the entire group might not be what you consider the best for you.

On all of our projects, we ask that volunteers refrain from using alcohol, tobacco, marijuana, or other recreational drugs. 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.

Weapons of any kind are prohibited.

## Safety

While Maranatha does everything in our 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 a hard hat, gloves, and closed-toe shoes at all time. Please bring flexible work gloves, a well-fitting hard hat, long work pants, plenty of sunscreen, and safety glasses. Construction sites can be inherently dangerous. Please exercise caution when working on or around scaffolding and ladders. And be cautious around cement dust and mortar and grout that can cause lime burns.

### Travel Safety

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 Peru in December 2019, and they felt extremely safe throughout their visit. We take precautions, but 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 alone, 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.
- Watch your wallet, phone, and backpacks; don't leave things unattended, even at camp.
- Carry extra copies of your passport in your luggage, in case your passport is lost or stolen.

### Chubb Short-Term Travel Insurance

All UW volunteers are covered under a primary insurance policy. This policy covers accidents and illnesses during the Maranatha coverage dates. As with all insurances, some exclusions apply. Maranatha does not carry or maintain health, medical, workers compensation, or disability insurance coverage. The medical and accident policy coverage can be found at: <http://www.maranatha.org/insurance>.

You will receive a brochure with more information, phone numbers, and the policy number in your final mailing.

### Background Checks

Since the UW project is specifically designed for teenagers, Maranatha requires a background check for all adult leaders over the age of 18. The background check remains valid for 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

While Maranatha does everything in our power to ensure the safety of our volunteers, it is also advisable to do your own research when it comes to the medical precautions. If at any time during the project you start to feel sick, speak with the project medical professional and the project leader as soon as possible.

## Vaccines

The only vaccine required by Maranatha is a current tetanus vaccine. In addition, the Centers for Disease Control and Prevention (CDC) recommend other vaccines including typhoid and hepatitis A. More information is available at [www.cdc.gov](http://www.cdc.gov). Maranatha recommends that you schedule a consultation with a travel clinic doctor prior to travel to talk about medical precautions for your trip to Peru.

## Mosquitos and Other Insects

We don't anticipate a lot of problems with bugs this year, but mosquitoes and other flying insects can carry a variety of diseases, so personal precautions are strongly recommended to lower the risk of being bitten. Wear bug repellent, long sleeves, long pants, and closed-toe shoes when possible.

## Stray Dogs and Cats

The communities where we'll work each have a large population of street dogs and cats. Some can be very aggressive and most carry a variety of diseases. While they are very cute to look at, please do not try to touch, pet, or approach any of the animals during the project.

## Food and Water

Since food safety standards vary and the water can be unsafe to consume in other countries, we recommend that you exercise caution with the food and water you consume. The food and water that the Maranatha group provides will be safe. However, if you choose to purchase snacks, buy commercially packaged products. 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. 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. You can still be burnt even when it's cool and cloudy! When working hard, it is important to stay hydrated. You may consider bringing powdered Gatorade or another electrolyte replacement to add to your water..

## 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.

# 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 our 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 4:** 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

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

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