



Ultimate Workout 31

Location: Lima, Peru

Project Dates: July 15-25, 2021 (Staff arrive on July 13)

Participation Fee: \$950

Initial Deposit Deadline: April 1, 2021

Final Deadline: June 1, 2021

Flight to Peru is not included in the participation fee.



PROJECT OVERVIEW

The Ultimate Workout (UW) is Maranatha's annual project designed for teens in high school. The *ultimate* goal of UW is to create an experience where participants can **connect with Christ through service**.

Service Activities and Locations

Volunteers will be working in communities surrounding the city of Ventanilla, Peru. The large group of volunteers will be divided into smaller teams that will work in different communities.

During the registration process, you'll have the opportunity to select your site preference; we will take your preference into consideration when we assign the groups. 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.

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. The women in this congregation really take on leadership roles in the community since most of the men work in Lima and have to leave early in the morning and return late at night.

Construction: Volunteers will construct the block walls for the new church.

Outreach*: Outreach activities could include children's ministry programs, community and park clean up, outfitting a prayer house ministry, making and serving breakfast for community members, gardening activities, and joining a running group!

COVID-19

Maranatha is moving forward on preparations for this mission trip in faith that the project will take place as planned. However, there is always a chance that situations will change as countries adapt to the COVID-19 pandemic. If you are planning on participating, please go ahead and register. However, you may consider waiting to book flight itineraries or choose to purchase additional flight insurance to minimize potential risks, such as schedule adjustments or flight cancellations. We will update you if the status of this project changes. Whether this is your first Ultimate Workout or your third, prepare for a unique experience.

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. 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.

Construction: Volunteers will construct the block walls for the new church.

Outreach*: We will look for activities where the local teens can join UW teens. Specific outreach programs could include children's ministry programs, music programs, sports events, community clean up, teaching a Pathfinder honor, literature distribution, and a drug and alcohol prevention program at the local high school.

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. All we know is that the location will be close to the other job sites. We hope to have more details by April, but for now, this is the "ultimate" experience of the unknown!

Construction: Construction activities could involve block masonry, pouring a floor/foundation, or painting and renovation projects.

Outreach*: We'll look for activities similar to the other two groups; they could include children's ministry programs, door-to-door outreach, health education, etc.

*All outreach activities will be dependent on local restrictions and required/recommended physical distancing protocols in this region of Peru in July 2021.

Accommodations

Volunteers will stay at the El Capitán Retreat Center. The accommodations at this center are quite nice by Ultimate Workout standards. But just because the housing might be nicer than usual doesn't mean that this project will be any less "ultimate." Are you ready to look for other ways in which this trip might be ultimate? Maybe it will be going without any friends. Or maybe it will be the long hours of physical labor.

Teens will be divided by team group and gender and assigned to one of the dorm rooms on campus. 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. We'll have our meals in the new dining room and meet for worship in the chapel.

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 - Construction".

PROJECT SCHEDULE

Tuesday, July 13

Staff arrival Lima, Peru (LIM)

Wednesday, July 14

Required staff orientation/training

Thursday, July 15

Staff orientation. Evening participant arrival in Lima (LIM).

Friday, July 16

Orientation and first work day

Saturday, July 17

Worship with the local congregations

Sunday, July 18 – Friday, July 23

Work days with midweek excursion (excursion day will depend on which group you're in)

Saturday, July 24

Worship with the local congregations

Sunday, July 25

Excursion day in Lima. Evening departures from Lima (LIM)

Room Style	Dormitory rooms with multiple bunk beds
In-room Bathroom	Yes
Hot Water	Depends on the room
Bedding and Towels	No - Volunteers should plan on bringing their own towels and sleeping bag (or sheet/blanket)
Air Conditioning	Yes
WiFi	Not Available
Laundry	Yes, available a few times midweek at an additional expense
Pool	Yes
Distance to Work Locations	45 min



Excursions

During the project, one day mid-week and the final Sunday, volunteers will get a chance to see the following attractions in Lima:

- **Parque de las Leyendas:** This large zoo is divided into areas featuring animals from the Peruvian highlands, the Peruvian jungles, and 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.
- **Larcomar:** This iconic modern shopping mall is located on a bluff overlooking the Pacific Ocean. Volunteers will eat lunch here and enjoy the view.
- **Colonial District and Plaza de Armas:** This is Lima's main town square where volunteers can see old buildings from the colonial era as well as visit a few small shops.
- **Incan Market:** Volunteers will have free time to explore and purchase Peruvian souvenirs.
- **Circuito Mágico del Agua:** This large park with lighted water fountains is a must see location in Lima! Light shows happen throughout the night. Volunteers will have a quick visit in the evening before heading to the airport for their flights.

Expenses

Participation Fee: \$950

Initial Deposit Due (\$100 minimum): April 1, 2021

Final Deadline: June 1, 2021

All amounts are listed in U.S. dollars. Ages are determined on the start date of the project. Participation fees are tax-deductible.

Payments* can be made in three ways:

- Check sent to the Maranatha office (include a note with your name and “Ultimate Workout 31”)
- Online using the project payment link in your confirmation email
- Over the phone at (916) 774-7700

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

If you are fundraising or receiving donations, please have donations sent directly to you, or work with your local church treasurer to collect funds at the church and issue tax-deductible receipts. Do not have donors send individual small checks directly to Maranatha. If you have questions regarding this process, please contact Maranatha.

If you need help with fundraising, try looking at the creative suggestions from past UW participants by going to www.maranatha.org/resources.

WHAT'S INCLUDED

- Accommodations
- Vegetarian meals
- Ground transportation
- Short-term insurance
- Portion of construction costs
- Portion of outreach activities
- Local excursion activities and entrances
- T-shirt and luggage tags
- UW Bible

ESTIMATE OF ADDITIONAL COSTS

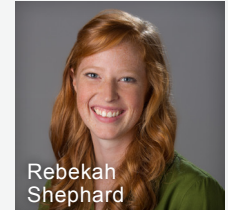
- Flight to Lima, Peru:**
\$800-1,200
- Passport:**
\$130 or \$110 for renewal
- COVID-19 PCR Test:**
Depends on insurance coverage
- Notarization of Minor Permission Forms:**
\$40 (depending on state)

Leadership

Lisandro Staut, Project Coordinator | While originally from Brazil, Lisandro now lives in California, United States, where he is the director of volunteer services for Maranatha. He first joined the Ultimate Workout in 2016 and saw firsthand the difference that the project makes in the lives of teenagers. Lisandro and his wife, Thais, have three young boys, Theo, Ben, and Leo.



Lisandro Staut



Rebekah Shephard

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 experience change through service. You will work with her on your paperwork and questions prior to the project.



Brandon Westgate

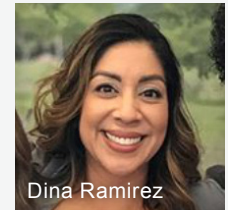


Ed Jensen

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. His first Maranatha trip had a positive and profound impact on him and his family, and since then, Brandon has served on many more projects as a pastor helping participations to become active members of the body of Christ.

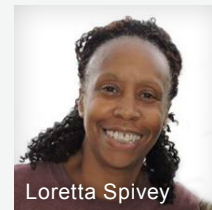


Stacy Peterson

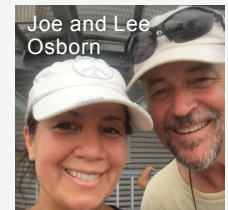


Dina Ramirez

Ed Jensen	Team Coordinator
Stacy Peterson	Team Coordinator
Dina Ramirez	Team Coordinator
Loretta Spivey	Team Coordinator and Co-Spiritual Coordinator
Joe and Lee Osborn	Team Coordinators



Loretta Spivey



Joe and Lee Osborn

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

Communication During the Project

Phones and Other Devices | Electronic devices tend to be a distraction from the mission trip experience. We want volunteers to be fully present, so during the project we'll "disconnect." Below is our policy for phone and electronics usage. If a staff member sees you distracted, he or she may choose to keep your device for the remainder of the trip.

- Cell phones are permitted and encouraged during your travel to and from Peru.
- During the project cell phones MUST be kept in plane mode during the project. They can be used for photos and videos, but phone and video calls, texting, social media apps, and games are not permitted. So do not plan on using an international calling plan for the trip.
- During the project, other electronic devices including music players and game devices are not allowed
- WiFi will not be available at the camp.

Updates from the Project | Once ALL the volunteers have arrived in Peru, all registration email addresses 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."

What to Bring

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

TRAVEL INFORMATION

- Confirmed volunteers are responsible for booking their own plane tickets.
- Carefully follow the flight guidelines to ensure you have the right dates and times. If you are unclear, contact Maranatha **BEFORE** you book your ticket to avoid additional fees.
- Teens will receive a travel booklet that walks them through each step of the travel process.
- UW staff will meet teens at the airport as soon as they exit customs.
- Once you purchase your flight, forward your itinerary to Maranatha at uw@maranatha.org
- If you miss a flight or your flight is cancelled, work with the airline to arrange a new flight and notify Maranatha. You will receive an after-hours emergency number prior to departure for the project.
- Minors can purchase an airline escort who will help you on each leg of your journey. You will need contact information for the person meeting you at the airport. Email uw@maranatha.org for this information.



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. Booking outside of the given windows will result in additional fees.

Travel Resources

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

Luggage Allowances

Please check with your airline or travel agent for luggage weight and piece allowances for each portion of your itinerary. In addition to your checked bags, airlines usually allow one carry-on item, as well as a personal item, such as a purse or small day pack. However, each airline is different, so read through your airline's baggage policy before you head to the airport.

Carry-On

Sometimes bags are delayed, so please bring your personal medications and a day's worth of clothes and toiletries in your carry-on luggage, along with your ID and any cash or valuables. We recommend that you keep your carry-on luggage with you; do not "gate-check" your bags, especially if the bags have electronics or camera gear.

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 from the dates of intended travel (January 25, 2022). If you do not have a passport, United States (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. It can take up to two months to complete the entire process, so plan accordingly to give yourself enough time to receive your passport.

COVID Requirements | At this time we do not know what additional requirements the Peruvian government or specific airlines will put into place for travelers due to the COVID-19 pandemic. Limitations could exist for visitors from certain countries or states. Requirements could include negative COVID-19 PCR test results dated within a certain time before travel, temperature checks, mask usage, and health questionnaires. Volunteers should check with their airlines prior to travel and Maranatha will send updates as more information becomes available.

Parental Consent Form | If a legal minor (under the age of 18 on the date you depart) is traveling without both parents or legal guardians, Maranatha requires a parental consent form.

This form confirms that both guardians have consented to their child leaving the country with an appointed person and Maranatha. It also gives Maranatha permission to treat the child medically in case of an emergency.

You will receive this permission form once you are confirmed. **Mail one notarized original** to Maranatha and **keep one notarized original** with you as you travel.

Special Circumstances

- **Divorced Parents:** Both parents must still sign the form. If one parent has sole legal and physical custody, provide a copy of the divorce decree stating such
- **Deceased Parent:** Provide copy of death certificate
- **Legal Guardians:** Provide a copy of guardianship paperwork
- **Other Situations:** Contact Maranatha for guidance

ABOUT PERU

- Peru is located on the western coast of South America.
- The country has three distinct regions: the coastal desert, the Andes Mountain highlands, and the tropical Amazon basin.
- The Incan Empire ruled the region until the 1500s when Spanish conquistadors invaded.
- The Quechua and Aymara people are two cultural people groups in Peru that descended from the Incas.
- Peru is currently the 48th largest economy in the world.
- The Seventh-day Adventist message came into Peru in the early 1900s.



Foreign Cash

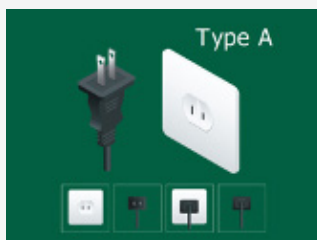
Peru uses the Peruvian Sol which has an exchange rate of approximately 3 Soles to \$1 USD (November 2020). You can exchange currency with the project leadership at a flat exchange rate in increments of \$10. Any cash you bring should be in new, unmarked, and untruncated bills. Most shops will only accept 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

- **Current:** 220-240 volt AC
- **Outlet:** Type A

Non-dual-voltage appliances will need a voltage converter in addition to the plug adapter. Grounded plugs and plugs similar to Type A, but with prongs of different height (standard in the U.S), will not usually work in Peru.



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

Weather

In Lima, volunteers can expect temperatures averaging between 60 and 70 degrees Fahrenheit. Rain is uncommon in Lima. Weather patterns can change suddenly, so Maranatha recommends that volunteers check the 10-day forecast for the project area before traveling.

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. During the project, you'll need to throw your paper into a garbage can next to the toilet.

FACTS AND FIGURES

Capital: Lima

Population: 31.1 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



LIFE ON ULTIMATE WORKOUT

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.

Religious Differences

UW is open to individuals from all faiths. 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 and 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!

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.

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 us to avoid this type of thinking 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? Or refused to take off their shoes when they entered your home? We’ll try to be respectful by adapting some of our habits to their lifestyle and by asking permission before taking photos.

Dress Code

Part of being culturally sensitive is also being sensitive to the Adventist congregations we’ll be working with in Peru, which are more conservative than we might be in North America. We will try to be sensitive to this and respectful by NOT wearing the following:

- Short shorts
- Tank tops or spaghetti straps
- Shirts with violent graphics
- Bikinis or speedos
- Jewelry

For church activities, women will need to have tops with sleeves and skirts that reach past the knees. Men are expected to wear ties if they are involved in the activities on the platform.

Drugs, Alcohol, and Weapons

We ask that volunteers refrain from using alcohol, tobacco, marijuana, or other recreational drugs. If you are unwilling to follow this practice during the Ultimate Workout, please reconsider participating on this mission trip. If during the project you find that you are unable to refrain, please consult with the project coordinator and/or site pastor.

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.

Travel Safety

- Our staff members are there to help you. Follow their rules and suggestions.
- Always tell a staff member where you're going and don't go alone.
- Leave valuables (expensive or sentimental) at home.
- Dress conservatively. Nice clothing and 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.

Worksite Safety

Maranatha has a very high safety record on the worksite. The safety equipment you'll need will depend on the project scope and what job you do (see packing list). Hard hats and closed-toe shoes are required on all job sites.

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.

CONSTRUCTION SITE SAFETY RULES



- Hard Hats Required
- Closed-toe Shoes Required
- Personal Safety Items
 - Eye Protection
 - Ear Protection
 - Masks
 - Gloves
 - Long Pants
- Use care with ladders and scaffolding
- Stay Hydrated
- No Horseplay



**VACCINES

TETANUS
Required by Maranatha

TYPHOID
Recommended by CDC

HEPATITIS A
Recommended by CDC

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. We recommend that you schedule a consultation with your physician or a travel clinic to discuss the medical risks in Peru and the ways to minimize them. 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.

COVID-19 and Other Viruses

When traveling, you may be exposed to viruses, such as the recent COVID-19 virus. We recommend a few simple tips to minimize your risk. Depending on the situation when this project takes place some of these precautions may be required during the project.

- Practice social distancing by keeping a distance of 6 feet between you and others when possible.
- Wear a face covering over your nose and mouth.
- Avoid close contact with people who are sick.
- Self-monitor for symptoms such as cough and fever.
- Wash your hands often, with soap and water, for at least 20 seconds.
- If you don't have access to soap and water, use hand sanitizer with at least 60 percent alcohol, rubbing your hands until dry.
- Avoid touching your face, especially your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces using disinfectant wipes.
- Wash your hands after shaking hands with others or handling cash.
- Get adequate sleep.
- Drink plenty of purified water.
- Try to eat a well-balanced diet, avoiding sugar.

Mosquitos and Other Insects

Mosquitos 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.

- Use a bug repellent with a 30-50 percent concentration of DEET.
- Wear long sleeves, long pants, and closed-toe shoes when possible.
- Avoid areas of standing water.
- Avoid spending a lot of time outside during dusk and dawn.

Food and Water

Food and water safety standards vary greatly from country to country, and we recommend that you exercise caution with the food and water you consume while abroad. Maranatha will provide purified water, but please bring your own reusable water bottle to refill from the large containers.

- Eat only food provided by Maranatha.
- Purchase only commercially packaged snacks, not from street stands.
- Drink only purified water and sealed juices and sodas.
- Do not drink items with ice cubes.
- Do not brush your teeth with tap water, use purified 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.

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.

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.

REGISTRATION PROCESS

1. Complete online registration form
2. Check email
3. April 1: Make \$100 deposit
4. Book flights
5. June 1: Submit itinerary, passport copy, recommendations, and parental consent form
6. Check emails for final information

*If for any reason you need to cancel your participation, deposits are refundable up until six weeks prior to the project (unless noted otherwise). Cancellations within 30 days of the project are subject to a \$150 per-person fee, and the remainder will be refunded depending on the project arrangements already made on your behalf.

CONTACT INFORMATION

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: volunteer@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
(Canada) Association
c/o V06494C
PO Box 6494, Station Terminal
Vancouver, BC V6B 6R3
CANADA

THE MARANATHA

STORE

BUY MARANATHA MERCHANDISE!

Share the spirit of service with Maranatha-themed apparel and accessories.*

MARANATHA T-SHIRT \$10



This Maranatha shirt is a poly/cotton heather blend by Bella + Canvas. Color is "heather true royal"; unisex sizing.

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.



TO ORDER, VISIT [MARANATHA.ORG/STORE](https://www.maranatha.org/store) OR CALL (916) 774-7700

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.

MARANATHA
VOLUNTEERS INTERNATIONAL

