



Family Project Peru

Location: Arequipa, Peru

Project Dates: June 16-26, 2022

Optional Excursion: June 26-28, 2022

Total Fee: \$1,150*

Children 12 and under: \$1,000

Optional Excursion: \$475

Final Deadline: May 9, 2022

**All amounts are listed in U.S. dollars.*

International flights are not included in the participation fee

PROJECT OVERVIEW

Volunteers on this project will work in Arequipa, the second largest city in Peru. Right now this group is scheduled to work with one church, but depending on the number of volunteers, additional construction activities could be added to the planned activities. The churches that the team will work with were planned to be completed in 2020, but due to the COVID-19 pandemic, construction was postponed. They are anxiously awaiting the arrival of the volunteers and their new church.

Los Portales Adventist Church

The Los Portales congregation is small, but committed. They obtained a small piece of land and eventually constructed a small room on the back portion of the property. As members joined the church, the congregation quickly outgrew their space, and many people didn't even recognize the building as a church because it looked like all the other buildings in the neighborhood. Maranatha agreed to build a new church at the front of their property, and the members will keep the old building to use as a fellowship hall. There are no churches in the neighborhood, and they believe a new church could become the primary place of worship for the entire community.

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

Outreach: This project may include children's programs, food ministry, or health education programs depending on the number of skilled and interested volunteers who register.

*All outreach activities are subject to change based on needs and desires of the local community, project leadership, and COVID-19 restrictions. All volunteers taking part in outreach will need to wear a mask at all times when interacting with the community.



A NOTE ABOUT COVID-19 AND TRAVEL

Maranatha is moving forward with this project as detailed below; however, changes can occur as countries are still adapting to various restrictions due to COVID. You may consider purchasing additional flight insurance to minimize the potential risk if this trip is unable to take place as planned. We will update you if the status of this project changes. For the current COVID requirements and considerations that will be in effect for this project, see the COVID-19 section of this packet.

MARANATHA IN PERU

Maranatha is a responsive organization that works with the Seventh-day Adventist Church; all efforts are by invitation from local leadership.

Between 2004 and 2006, Maranatha constructed nearly 100 churches in Peru to provide places of worship for the increasing number of congregations. As Seventh-day Adventist membership continued to grow in the country, the Adventist Church leadership in Peru asked Maranatha to return in late 2019 to start a new effort to build more churches and schools.

Children's Activities

Maranatha's Family Projects are designed to be family-friendly and accommodate volunteers of any age. One unique feature of a Family Project is a "day camp" for children ages 12 and under.

Children under five must have a parent with them at all times. Parents with kids ages 5-12 have three options and can vary their decision, day by day.

1. Keep their child with them throughout the day.
2. Have their child join the day camp and stay to help with the activities of the day.
3. Drop their child off at the day camp for the day while they join other areas of the project.

The day camp activities will include a variety of components. Every day will be different.

- **Construction** | We'll plan simple tasks so children can help with the construction.
- **Outreach** | We'll find ways for kids to help with children's ministry programs and other service activities.
- **Play** | We'll schedule time for kids to let loose and have fun, because playtime is an important part of being a kid.
- **Cultural Experiences** | We'll introduce kids to local customs, such as visiting a marketplace, seeing a local workshop, or visiting a nearby zoo to see animals native to Peru.

Project Purpose and Flexibility

Short-term mission trips have become a popular way for people to serve others, challenge themselves, grow spiritually, and see unique parts of the world. Most people have many reasons for participating. But Maranatha's mission statement gives the focus for this mission trip: "*Maranatha spreads the Gospel throughout the world by building people through the construction of urgently needed buildings.*"

During this trip we will emphasize service opportunities that grow faith in God, capitalize on bonding for each family and the large group, and provide quality work for God, for others, and for one's self. Please take time to reflect on the reasons you're joining this mission trip and what adjustments you might need to make to align with the overall purpose for the trip.

By going on a mission trip, you're putting yourself in a great environment for growth and flexibility that enables you to grow. We will create our plan, but there will also be plenty of surprises thrown our way. Our flexibility will be tested by jet lag, housing adjustments, weather, and last minute schedule changes. If we aren't flexible, we can find things to be miserable; but by being flexible, we can maintain a positive mindset and take advantage of this great opportunity to serve others and improve ourselves.

PROJECT SCHEDULE

VOLUNTEER PROJECT

Thursday, June 16
Arrival in Arequipa, Peru

Friday, June 17
Orientation and first work day

Saturday, June 18
Worship with the local congregation

Sun. - Thurs., June 19 - 23
Work days. Celebration and farewell with church Thursday evening.

Friday, June 24
Travel to Puno, Peru

Saturday, June 25
Worship with the floating church on Lake Titicaca; visit the Stahl Museum

Sunday, June 26
Departure from Juliaca, Peru, or continue on the optional excursion

OPTIONAL EXCURSION

Sunday, June 26
Travel to Urubamba, Peru

Monday, June 27
Machu Picchu

Tuesday, June 28
Sacred Valley tour and evening departures from Cusco, Peru

Accommodations

Our group will stay at a Catholic retreat center called Manresa. This is a retreat center, not a recreation area, so while there are lawns for walking, they're not really meant for playing. The group will eat breakfast and dinner in the dining room and have worship in a meeting hall. Each morning volunteers will make sandwiches that will be added to other lunch items in a cooler that will be taken with the group to the job site each day.

Individuals should plan on staying in multiple-occupancy rooms with a roommate. Families with more than two people will be placed in rooms next to each other. If you would like to room with someone in particular, please let us know prior to the final deadline of the project. At this time, single occupancy is not available.

Amenities

Room Style	Two twin beds
Private Bathroom	Yes
Hot Water	Yes
Bed Linens and Towels	Yes, but not washcloths. Linens washed every three days.
Air Conditioning	No
WiFi	Yes, but extremely slow even for basic email.
Laundry	Yes, at an additional expense and 24-hour turnaround time.
Pool	No
Distance to Work Locations	30 Min

Excursions

Maranatha projects usually include a short excursion and may offer an extended excursion as an optional add-on. If you choose to add any other excursions without Maranatha, please schedule them for before or after the project dates, so you won't miss out on any of the Maranatha experience.

Included Excursion - Lake Titicaca

On the final Friday, the group will drive approximately seven hours to the town of Puno, which is located on Lake Titicaca -- the highest navigable lake in the world at 12,500 feet. This lake is famous for the city of floating islands, constructed of reeds, where the Los Uros Indians live. In 2005, Maranatha constructed a floating church out on the lake, and on Sabbath, the volunteers will have the opportunity to worship with the congregation. After church, the group will return for lunch and have the opportunity to visit the Stahl Museum. Fernando and Ana Stahl were Adventist missionaries who began the Adventist mission work in Peru and started their ministry near Puno.

TYPICAL DAILY SCHEDULE

7:00 a.m.	Breakfast
7:30 a.m.	Group worship
8:00 a.m.	Depart for work projects
12:00 Noon	Lunch
4:00 p.m.	Return from work
6:00 p.m.	Dinner
7:00 p.m.	Group worship

The key word for mission trips is FLEXIBILITY. The above schedule is our plan, but it may be adjusted due to weather or other unforeseen circumstances.



On Sunday morning, those not joining the Machu Picchu optional excursion will visit an artisan market in Puno, where you can purchase all kinds of Inca souvenirs. Then the group will drive to the city of Juliaca, about an hour away, for departures home via Lima in the afternoon.



Optional Excursion - Machu Picchu - \$475

Machu Picchu is one of Peru’s most popular tourist destinations, located high in the Andes Mountains. The ruins of this ancient Inca city have been voted one of the “New” Seven Wonders of the World, and it is a UNESCO World Heritage Site. It was originally built in 1450 as an estate for the Inca emperor, but it was abandoned during the Spanish Conquest. The ruins are truly a sight to behold with the city set on a grassy plateau and the peak of Huayna Picchu behind it.

This excursion is an additional \$475 per person. The fee covers double-occupancy accommodations for two nights, all meals, ground transportation, insurance, and all entrance fees and tour guides. Flights are not included; see the travel information section below.

Deadline: Non-refundable train tickets must be purchased on May 9. On this date, \$250 becomes non-refundable. Please include passport copies with your registration.

Sunday, June 26

- Travel by bus from Puno to Urubamba, in the Sacred Valley (7-hours)
- Stop in Pisac for souvenir shopping and a museum illustrating the development of the Inca Empire

Monday, June 27

- Travel by bus and train to the town of Aguas Calientes
- After lunch, go on guided tour of the Machu Picchu ruins
- Return to hotel for dinner

Tuesday, June 28

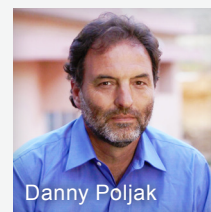
- Visit sites in the Sacred Valley including a condor reserve and an Inca temple
- Explore old town district of Cusco, souvenir shopping opportunity
- Afternoon departures from Cusco

Leadership

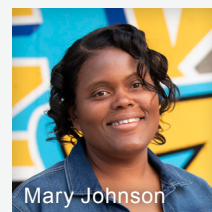
Steve Case	Project Coordinator
Danny Poljak	Construction Superintendent
Mary Johnson	Children’s Ministry
Barbara Mayes	Team Medic
Dustin and Heide Comm	Day Camp Leaders
Maggie Petersen	Head Cook



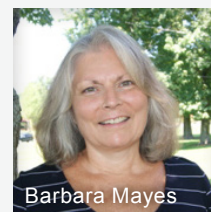
Steve Case



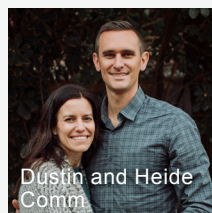
Danny Poljak



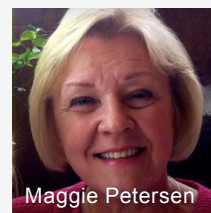
Mary Johnson



Barbara Mayes



Dustin and Heide Comm



Maggie Petersen

Expenses

Participation Fee: \$1,150

Children 12 and Under: \$1,000

Optional Machu Picchu Excursion: \$450

Final Deadline: May 9, 2022

All amounts are listed in U.S. dollars. Ages are determined on the start date of the project. Participation fees are tax-deductible. Optional excursion fees are not tax-deductible.

Payments can be made in three ways:

- Check sent to the Maranatha office in California (include a note with your name and “Family Project Peru - June 2022”)
- 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.

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 Inca 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 Sol and has an exchange rate of approximately 3.50 Soles to \$1 USD (Oct 2021). This exchange can be made at the airport, or the project coordinator can also exchange money for you at a flat rate in increments of \$10. Many countries offer better exchange rates for larger bills (\$50s and 100s), so if you bring small bills you might get a different exchange rate. Any U.S. dollars you bring should be in new, unmarked, and unturned bills.

While some establishments accept credit and debit cards, most small shops only accept cash. It is wise to let your credit card company know the dates you will be traveling so they don't block your card when you use it in a foreign country.

WHAT'S INCLUDED

- Accommodations
- Vegetarian Meals
- Ground Transportation
- Short-Term Insurance
- Portion of Construction Costs
- Portion of Outreach Activities
- T-shirt and Luggage Tags
- Local Excursion Activities, Guides, Entrances, Etc.
- COVID-19 PCR test in Peru prior to departure

ESTIMATE OF ADDITIONAL COSTS

- Flight to Lima, Peru
\$800-1200
- Passport \$130 or \$110 for renewal
- Optional Machu Picchu Excursion: \$500
- Pre-trip Covid-19 PCR Test: Depends on insurance coverage

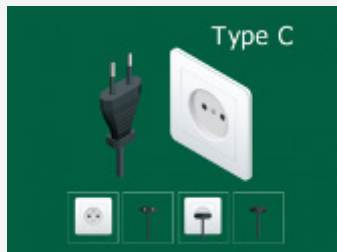
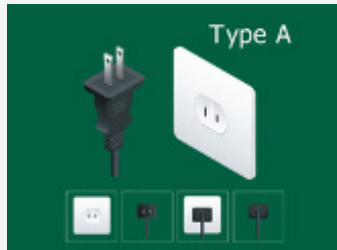
Tipping

Your project coordinator will take care of paying guide tips on group excursions. If you feel like someone (guide, hotel staff, etc) has provided excellent service during your trip, you are more than welcome to show your gratitude with additional tips. If you have any questions during the project about whether or not tipping would be appropriate, your project coordinator or Maranatha in-country support staff can help you understand the local culture.

Electricity

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

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.



Weather

Weather patterns can change suddenly, so Maranatha recommends that volunteers check the 10-day forecast for the project area before traveling.

Arequipa | Expect mild, dry weather in June. Temperatures are typically in the 60s and 70s Fahrenheit during the day and drop down to the 40s and 50s at night.

Puno (Lake Titicaca) | Because of the elevation, temperatures at Lake Titicaca will be much cooler, likely only reaching the mid-50s during the day and down in the 20s at night.

Cusco (Machu Picchu) | Expect mild temperatures in the upper 60s and low 70s during the day and in the 30s at night. It can be windy up in the mountains. It will be the dry season, but rain showers could still occur.

TRAVEL INFORMATION

Please complete the online registration and wait for confirmation from Maranatha before purchasing your airfare.

If this is your first time traveling abroad (or you need a refresher course), you may want to check out Maranatha's International Traveler Guide (available at maranatha.org under volunteer resources), which shares tips on everything from booking travel to communicating with those at home.



FACTS AND FIGURES

Capital: Lima

Population: 32.2 million (July 2021)

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

Flights

****Please note that this project arrives and departs from separate airports!****

Please be careful to follow these guidelines when booking your travel. If you arrive or depart outside these posted windows, you may have long wait times at the airport or be responsible for paying the additional transportation costs for your individual airport transfer. If you have questions about your itinerary, please contact Maranatha prior to booking to avoid any additional charges.

Most itineraries will require a layover in Lima on your way to Arequipa. Depending on your itinerary, it could only be a few hours or it could be overnight. The Maranatha project starts in Arequipa on June 16, so no hotel arrangements are planned in Lima for the night of the 15th. If you would like a hotel, you will need to make your own arrangements. The Wyndham Costa del Sol and Holiday Inn Lima Airport are both located right outside the airport, and volunteers have stayed here before.

Sometimes booking the domestic ticket and your international flights together can be difficult. A travel agent can help you look at all flight options. Make sure your return itinerary from Juliaca or Cusco has a long enough layover in Lima to pick up your bags and check in for your international flight home.

Project Only

Arrive: Arequipa, Peru (airport code AQP) Thursday, June 16.
Depart: Juliaca, Peru (JUL) Sunday, June 26, after 1:00 p.m.

Optional Excursion

Arrive: Arequipa, Peru (airport code AQP) Thursday, June 16.
Depart: Cusco, Peru (CUZ) Tuesday, June 28, after 5:00 p.m.
Maranatha recommends leaving Cusco before 6:00 p.m. as later flights are often cancelled if the weather is stormy.

Arriving Early or Staying Late?

Some of you may choose to extend your travel before or after the project. Since our volunteers bring so much to the shared experience of the project, we ask that you participate in the entirety of the Maranatha project (during the advertised dates). Any additional travel outside of the Maranatha project should be scheduled for before or after the project dates to avoid mid-project interruptions. If you choose to add additional travel, you are responsible for making your own hotel and transportation arrangements for the time outside of the arrival and departure windows listed above. If you have any questions, feel free to call Maranatha at (916) 774-7700.

Due to the COVID-19 testing requirement returning back to the United States or Canada, Maranatha recommends that you plan any additional travel before the project starts so that your departure test planned at the end of the Maranatha will still fall within the required testing window. If you choose to add additional travel after the end of the Maranatha project, you will need to coordinate your own COVID-19 departure test.

Travel Resources

- **CI Azumano Travel:** 800-454-4099 or by email with Erle Dpenha or Azumano Team at corporatetravel@ciazumano.com
- **Butler Travel:** 503-879-5005 or by email with Nathanael at nathan@butlertravel.com or with Ellen at ellen@butlertravel.com.

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 (December 28, 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 | See the COVID-19 section of this packet for current COVID-19 travel requirements.

Traveling With Minors

Birth Certificate | Countries continue to make efforts to prevent child-trafficking, so some hotels and airports require proof of parent-child relationships, even if your child is a teenager. Maranatha recommends guardians bring a copy of their child's birth certificate and any other documents (guardianship papers etc.) to answer these questions.

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 can find this form online at www.maranatha.org/resources. Mail one notarized original to Maranatha and keep another notarized original with you as you travel. The form will ask for two appointees. The first will be the guardian traveling with the minor. The other will be Stephen Case, Maranatha's project coordinator.

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 a copy of the death certificate.

Legal Guardians: Provide a copy of guardianship paperwork.

Other Situations: Contact Maranatha for guidance.

Luggage Considerations

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 airlines baggage policy before you head to the airport.

Sometimes bags are delayed, so please bring your personal medications and a day's worth of clothes and toiletries in your carry-on luggage, just in case. 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.

COVID-19

Entrance and Departure Requirements

Due to the ongoing COVID-19 pandemic, international travel has become a little more complicated and requirements can change with little notice. Maranatha will do its best to notify volunteers of requirement updates, but each volunteer is ultimately responsible for knowing and following the COVID-19 requirements at the time of their travel. Volunteers should do their own research and check with their airlines(s) prior to travel. As of April, 2022, U.S. and Canadian travelers to Peru must complete the following requirements to enter and exit Peru:

- (Vaccinated/Boosted Travelers) - Travelers over the age of 18 must present their original COVID-19 vaccination card showing three doses of a COVID-19 vaccine. Travelers under 18 must have had at least two doses. You must have had your final vaccine at least two weeks prior to travel.
- (Unvaccinated/Unboosted Travelers): Travelers who do not meet the above criteria must present negative PCR COVID-19 test results dated within 48 hours of your flight to Peru. This MUST be a PCR test; rapid antigen test results are not accepted.
- Peru Ministry of Health affidavit form with geolocation authorization (this link will be sent to you)
- Double mask usage in airports and public locations
- Negative COVID-19 PCR test 24 hours prior to travel home from Peru
 - *Your testing window could depend on your vaccination status. If you have been fully vaccinated, please bring your proof of vaccination.*
 - *If you schedule your flight home outside of the Maranatha departure window, you will need to coordinate your own departure test since your testing window would not correlate with the testing window of the rest of the group.*

What to Expect During this Project

We encourage volunteers to make their own decision on whether they are comfortable joining this project. In order to inform your decision, the following considerations outline the current COVID-19 standard for international Maranatha trips:

- **Self Screening:**
 - **Before:** If you have felt sick or been exposed to anyone with COVID-19 symptoms during the 10 days prior to the project, we kindly ask that you contact Maranatha to cancel your participation on the project.
 - **During:** You may be asked to participate in daily wellness checks. If you start to feel ill during the project, please speak with the project coordinator as soon as possible.
 - **After:** If you experience symptoms within the seven days after the project, please contact the Maranatha office.
- **Vaccination:** Vaccination is not required by Maranatha, but it is recommended by the CDC. As of December 2021, Peru started requiring vaccination cards in order to access most public spaces. Unvaccinated travelers should be prepared that they might not be able to join in all the group activities. This could include going into stores, some excursion activities, and possibly even some outreach or church activities. Unvaccinated travelers would also need an additional test to board their domestic flights within Peru.
- **Masks:** Double face masks are currently required in public settings in Peru (including outreach activities, church services, excursion activities, some transportation, and stores). During Maranatha group activities and work, masks are recommended, but not required unless circumstances change due to current COVID-19 situation, potential exposure within the group, or local guidelines. Face shields are also required on the train to Machu Picchu for those joining the optional excursion.
- **Social Distancing:** During this project, complete social distancing will not be possible nor enforced.
- **Symptoms:** If someone becomes symptomatic, they will be asked to test, isolate, and wear a mask. The rest of the group will be requested to wear masks.
- **Hygiene:** As always, volunteers are encouraged to practice hand hygiene, but enhanced measures are encouraged during this time.
- **Returning Home:** If you were to test positive for COVID-19 at the end of the project you could be required to quarantine in Peru until you were cleared for travel by a doctor or could test negative. This could result in you missing parts of the project or excursion experience, and refunds may not be possible at that time. Your short-term insurance policy covers medical expenses while you're in Peru, but it does not have quarantine coverage; Maranatha will help arrange housing, food, and any necessary testing, but volunteers are responsible for these additional expenses.

Best Practices

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 of getting sick:

- Practice physical distancing by keeping a distance of 6 feet between you and others when possible.
- Wear a face covering over your nose and mouth.
- Consider following the CDC vaccine recommendations
- Avoid close contact with people who are sick.
- 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% 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.

HEALTH AND SAFETY

Travel Safety

Understanding the culture and educating yourself about travel in Peru is the best way to keep safe. Below are a few tips for you to consider.

- Leave valuables (expensive or sentimental) at home.
- Dress conservatively; a flashy wardrobe attracts more attention.
- Use a money belt or concealed pouch for passports and cash. Watch your wallet.
- Don't leave valuables unattended in open sight.
- Avoid marginal areas of cities, dark alleys, and crowds. Use caution and keep moving if strangers, including vendors, approach you on the street.
- Don't travel alone or at night.

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 volunteers will be covered by a short-term insurance policy from the time they leave their home country until the time they arrive back in their home country. The policy does not have a deductible and covers accidents and illnesses. As with all insurances, some exclusions apply. Maranatha does not carry or maintain health, medical, workers compensation, or disability insurance coverage. The coverage amounts and details can be found at www.maranatha.org/insurance.

For volunteers extending their travel before or after a project, the insurance will start and end with the Maranatha project dates. If you would like to extend your coverage for your extra travel at your own expense, contact Maranatha.

You will receive a brochure, prior to your project, listing the policy number and contact information should you need assistance during your travel.

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

MARANATHA
VOLUNTEERS INTERNATIONAL

Medical Recommendations

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

See the COVID-19 section of this packet for best practices and what is recommended and required during this project.

Altitude Sickness

Many parts of southwestern Peru are at an elevation above 8,000 feet. Travelers to these high elevations are at risk for altitude sickness. For this project, you will need to sign a consent form as part of the registration process. Visitors should discuss the trip with their personal physician prior to departing. Maranatha has a doctor on call at these high elevations, and an altitude sickness medication will be available. Some ways to minimize symptoms are to eat lightly, move slowly, and not over-exert yourself.

Symptoms of Altitude Sickness

- Headache
- Dizziness
- Shortness of breath
- Nausea
- Fatigue
- Difficulty sleeping
- Loss of appetite

High Risk Factors

- Medications
- Lung or heart disease
- Asthma
- Diabetes
- Pregnant

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% 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.

VACCINES

Tetanus

Required by Maranatha

COVID-19

Recommended by CDC*

Typhoid

Recommended by CDC

Hepatitis A

Recommended by CDC

**Centers for Disease Control and Prevention*

Allergies and Dietary Restrictions

Maranatha provides three vegetarian meals each day. We ask for your allergies on your registration form and will do our best to accommodate your needs. However, on large projects especially, it is harder for our cooks to accommodate special requests. If your diet is very restrictive (vegan, gluten free, etc.) we recommend that you bring items such as soy milk powder, gluten-free bread, etc. to supplement the meals provided by the cooks.

ADDITIONAL INFORMATION

Cultural Sensitivity

It's important to enter another culture with respect and understanding of their traditions. Cultural sensitivity also means we will respect Adventist culture in Peru. Adventists in Peru tend to be more conservative than Adventists in the United States and Canada. During the project, we will be sensitive to this by dressing as modestly as possible. Pants and cap sleeves are preferred to shorts and tank tops. For church activities, women will need to have skirts that reach past the knees, and men are expected to wear ties if they are involved in the activities on the platform.

Maranatha Lifestyle

Each mission trip is a unique experience, and during the project, there is a great need for flexibility. Volunteers on Maranatha projects come from a variety of backgrounds and lifestyles. As we all become one big family for two weeks, we will need to refrain from some of our personal desires and freedoms and adopt the lifestyle of the group.

On all of our projects we ask that volunteers refrain from using alcohol, tobacco, marijuana or other non-prescription drugs during the trip.

Maranatha projects are open to individuals of all faith backgrounds and we ask that all volunteers come into the project with an attitude of respect towards one another. On Maranatha projects, worship services are held on Sabbath (Saturday), and we ask all volunteers to participate in the experience with the group. While we do our best to make provisions to avoid extensive travel or utilizing restaurants on Sabbath, sometimes it is hard to avoid. Please be aware of this and if you have any questions, please speak with your project coordinator.

HOW TO REGISTER

1. Complete online registration form
2. Check email
3. Make payment(s)*
4. Book flights
5. Send itinerary and passport copy to Maranatha

*If for any reason you need to cancel your participation, deposits are refundable up until one month 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
Association
c/o V06494C
PO Box 6494, Station Terminal
Vancouver, BC V6B 6R3

PACKING LIST

A checklist of recommended items to take with you on a Maranatha project.

Work Wardrobe

- Long work pants (2-4 pairs)
- T-shirts and/or long-sleeved cotton shirts for work (5-7)
- Strong, flexible construction gloves (REQUIRED)
- Hard hat (REQUIRED)
- Handkerchief or bandana for neck protection
- Sunglasses or safety glasses
- Ear protection
- Sturdy work shoes

Tool List

The more tools the group brings, the more likely it is that everyone can keep involved in the construction process.

- Measuring tape (25')
- Box level (2-3') – one per family
- Block trowel (10-12") pie-shaped
- Marking pencils
- Lineman's pliers - optional
- Masonry line and line blocks - optional
- Rubber dish gloves - optional
- Block hammer - optional

Items to Remember

- Maranatha t-shirt
- Passport
- Photocopies of your passport in checked baggage
- Copy of your airline ticket or itinerary
- COVID-19 Vaccination card (if fully vaccinated)
- Negative COVID-19 PCR test results dated within 48 hours of travel
- Completed online health affidavit
- Minor Consent Form (for those under 18)
- Copy of final packet with project addresses
- Face mask(s) or covering(s)
- Personal prescribed medication (in carry-on) as well as items like Tylenol, Band-Aids, Pepto Bismol etc.
- Shoes and socks
- Underclothes
- Slacks
- Casual shirts and tops
- MEN- Dress shirt and tie for Sabbath
- WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- Hat for sun protection
- Sleepwear
- Shorts
- Modest swimsuit
- Jacket and/or sweatshirt

- Flip-flops or sandals
- Personal toiletries (soap, deodorant, etc.)
- Hand sanitizer
- Insect repellent (30% DEET or higher)
- Sunblock (SPF 30+)
- Lip balm (with sunblock)
- Water bottle (large opening recommended)
- Bible
- Camera, batteries, and memory cards
- Flashlight with extra batteries
- Washcloth
- Cash for meals in airports, souvenirs, or special projects that may come up
- Kitchen Request: Women - 1 Can FriChik
- Kitchen request: Men - 1 Can veggie hot dogs

Optional Items

- Lightweight daypack or similar bag
- Neck pillow/eye mask for flight
- Journal and pens
- 220-volt converter and plug adapters
- Spanish/English dictionary or translator
- Powdered Gatorade or equivalent Nuun or Camelback electrolyte tablets (for overcoming dehydration)
- Earplugs
- Small alarm clock
- Snacks
- Toilet paper or tissues
- Battery-run personal fan
- Small instrument you play
- Supplemental items for specific diets (gluten free, vegan, etc.)

Optional Outreach Items

- Money for purchasing items locally (this helps the local economy)
- School supplies: pens, pencils, erasers, notebooks, backpacks
- Spanish Christian books and pamphlets
- Spanish Bibles and hymnals
- Group toys (jump ropes, soccer balls with pumps, etc.)
- Toothbrushes and toothpastes

Requested Outreach Items

You will receive an updated packing list closer to the project, which will likely include special outreach requests for the children's ministry and medical clinic programs.

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 forest"; 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 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

