

Ultimate Workout 32

Location: Tacna, Peru

Project Dates: July 20-31, 2022 (Staff arrive on July 18)

Participation Fee: \$998*

Final Deadline: June 6, 2022



**International and domestic flights are 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

During the registration process you'll be able to choose a team that you will serve with on the project. 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. 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 separate you to help you branch out.

A NOTE ABOUT COVID-19

Changes to this project may occur as countries adjust restrictions due to COVID. We will update confirmed volunteers if the status of this project changes. For current COVID requirements and considerations that will be in effect for this project, see the COVID-19 section of this packet.

Alto Tacna | The city of Tacna is located in a valley between two plateaus and this church is located above the city on one of the plateaus. The congregation started eight years ago as a small group from a nearby church because many of the members who lived further up in the hills found it hard to travel to the churches in the city. The 45 members currently meet in a small wooden structure with a dirt floor covered by plastic canvas sheeting, but they need a larger, stronger building to continue to grow.

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

Outreach*: This group will reach out to the community by cleaning up the nearby community building, conducting a children's ministry program, distributing literature and food, and finding ways to interact with local teens to help the church start a pathfinder club.

Nueva Jerusalén | This church was built by Maranatha in 2004 and currently has 50 members attending regularly. They also started a daughter church in 2014 that now has 30 members! Tacna is located in a desert only 45 minutes from the Pacific Ocean and the salty winds take a hard toll. Many buildings around Tacna have damaged plaster and crumbling paint due to the salt in the air, and this church has experienced the same effects. They also have expanded their church with two Sabbath School classrooms on the property, but right now the walls remain unfinished, without plaster or paint.

Construction: Volunteers will prime and paint both sides of the property wall, as well as the Sabbath School classrooms. If funding comes in, the group may also repaint part of the church itself.

Outreach*: This group will reach out to the community by conducting a children's ministry and health education program, distributing food, and finding ways to interact with local teens as the church would like to start a pathfinder club.

Para Grande | This church was also built by Maranatha in 2006 and is very active in the local community! While there aren't any major construction projects that we can assist this church with, they would love to have Ultimate Workout join them in some outreach activities in their community. One of the major activities will be an amazing opportunity for volunteers to see up close what life is like in Peru.

Construction: The church has identified several church and community members who are in need of projects to be completed at their homes. This work could include anything from sanding, sealing, and painting wood-paneled homes to protect them from termites and enclosing currently open-air bathrooms, to gardening projects and building staircases. Are you interested in making a personal connection with people from Peru? Do you consider yourself handy and creative? Then this could be a perfect fit for you!

Outreach*: This group will reach out to the community by conducting a children's ministry and health education program, doing unique teen outreach in the form of a sports day and possibly a drama camp, and distributing food to community members.

Medical and Dental Team | A team of doctors, nurses, and dentists will provide free medical care to people in several communities. About ten teens will be assigned to the medical team, full-time. 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 an assignment to the medical team on the job preference form.

*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.

PROJECT SCHEDULE

Monday, July 18
Evening staff arrival in Lima, Peru (LIM)

Tuesday, July 19
Required staff orientation/training

Wednesday, July 20
Required staff orientation/training. Evening participant arrival in Lima, Peru (LIM)

Thursday, July 21
Travel on a specific flight from Lima (LIM) to Tacna (TCQ) (see the travel information section of this packet), camp set up, and orientation

Friday, July 22
First work day

Saturday, July 23
Worship with the local congregations, afternoon activity

Sunday, July 24 – Friday, July 29
Work days with midweek excursion (excursion day will depend on which group you're in)

Saturday, July 30
Worship with the local congregations

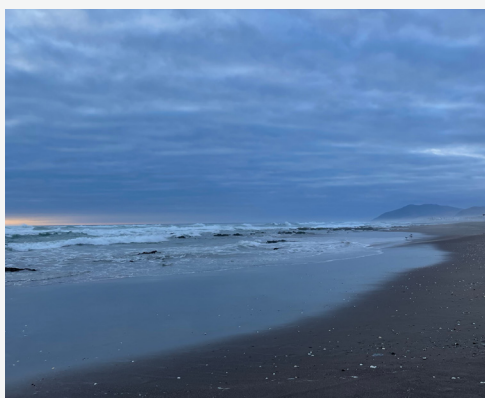
Sunday, July 31
Travel on specific flight from Tacna (TCQ) to Lima (LIM), Lima excursion activities and shopping, evening departures from Lima (LIM)

Accommodations

Volunteers will stay in classrooms (separated by site assignment and gender) at a large Adventist School in Tacna. A worship and dining room area will be set up in one of the open play areas.

Amenities:

Accommodation Style	Approximately 5-7 volunteers will stay in each classroom. You can bring a small tent if you'd like an extra layer of privacy during the project.
Bedding and Towels	Volunteers will bring their own sleeping mat, sleeping bag, and towels.
Bathrooms	There are several bathroom locations around campus.
Showers	Outdoor temporary shower stalls with cold water.
WiFi	Not available.
Laundry	Volunteers can hand-wash clothes as needed.
Electricity	Plugs are limited around campus. You may want to bring an external charger when plugs are not available for the entire group.



Excursions

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

- **Miculla Petroglyphs:** On the first Sabbath afternoon volunteers will visit the Miculla Petroglyphs located about 30 minutes from Tacna. These petroglyphs are thought to be at least 1,500 years old and depict people fighting, dancing, and hunting animals. Some stones with the clearest petroglyphs have been brought to a small visitor's center, and visitors can also explore trails and walk across a large swinging bridge to find other rocks.
- **El Planchon Beach and Pachia Thermals:** One day during the week, volunteers will take a day off to rest from the hard work and visit some of the other local sites around Tacna. The group will spend the morning at the Pacific Ocean where they can enter the cold water if they wish or just enjoy playing on the beach. Then they'll travel to a set of hot springs where water has been piped into a pool. Volunteers will warm up in the hot water and then return to camp for an afternoon of group activities.
- **Lima:** On the morning of the final Sunday, the group will fly to Lima where they'll have a short city tour before departing that evening. The group will visit the Plaza de Armas, the main town square where there are many buildings from the colonial era, a Franciscan monastery where you can visit a set of underground catacombs, and the Circuito Mágico del Agua, which is a large park with lighted water fountains. The group will also visit a large Incan Market where there are hundreds of stalls selling different souvenirs ranging from t-shirts, scarves, and alpaca sweaters to pottery, keychains, and jewelry.

Expenses

Participation Fee: \$998

Initial Deposit Due (\$100 minimum): April 1, 2022

Final Deadline: June 6, 2021

All amounts are listed in U.S. dollars. Participation fees are tax-deductible.

Payments* can be made in three ways:

- A check sent to the Maranatha office in California (include a note with your name and "Ultimate Workout 32")
- 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 from Canada.*

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. Remember to start your fundraising early and focus your efforts on one or two good ideas.

WHAT'S INCLUDED

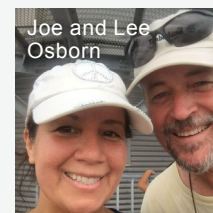
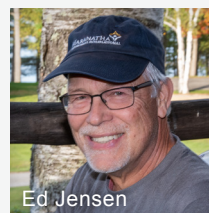
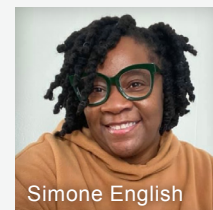
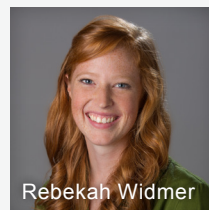
- ☒ Camping accommodations at the school
- ☒ Vegetarian meals
- ☒ Ground transportation
- ☒ Short-term insurance
- ☒ Portion of construction costs
- ☒ Portion of outreach activities
- ☒ Local excursion activities and entrances
- ☒ T-shirt and luggage tags
- ☒ UW Bible

ESTIMATE OF ADDITIONAL COSTS

- ☐ **Flight to Lima, Peru:**
\$600-\$1,200
- ☐ **Flight from Lima to Tacna:**
\$100-300
- ☐ **Pre-trip COVID-19 PCR Test:** Depends on test type and insurance coverage
- ☐ **Notarization of Minor Permission Forms:**
\$40 (depending on state)

Leadership

Rebekah Widmer, Project Coordinator | Rebekah first became involved with Maranatha when she participated in 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. You will work with Rebekah on all of your paperwork and questions prior to the project, and she will be in Peru to help create the Ultimate Workout experience this year.



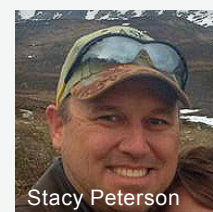
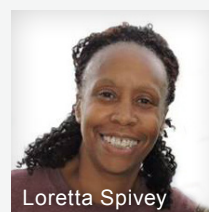
Ed Jensen, Team Coordinator

Joe and Lee Osborn, Medical Team Coordinators

Loretta Spivey, Team Coordinator and Spiritual Coordinator

Simone English, Team Coordinator

Stacy Peterson, Team Coordinator



Maranatha has a full team of dedicated in-country staff who will support the project and this group will also rely on other 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 Lima.
- During the project cell phones MUST be kept in airplane mode. They can be used for taking photos and videos, but phone and video calls, texting, social media apps, and games are not permitted.
- 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 of the volunteers have arrived, each registration email address will receive a notification via email. Maranatha will post photos and updates on our Facebook and Instagram pages when possible. Beyond that, we operate on the slogan of "no news is good news."

TRAVEL INFORMATION

- Confirmed volunteers are responsible for booking their own international and domestic 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.
- Volunteers will receive a travel booklet that walks them through each step of the travel process.
- UW staff will meet teens at the airport baggage claim in Lima. Be sure to wear your UW t-shirt so we can recognize you in a crowd.
- 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 your airline or travel agent 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.
- Sometimes booking the domestic ticket and your international flights together can be difficult. A travel agent can help you look at all flight options. We highly recommend that participants on this project book with Butler Travel (information listed below).



Arrivals and Departures

Volunteers are responsible for booking their international flight to and from Lima, Peru as well as a domestic round trip ticket between Lima and Tacna. Specific flight windows and the domestic flight number 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.

Travel Resources

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

Luggage Allowances

Each airline is different, so please check with your airline or travel agent for luggage weight and piece allowances for each portion of your itinerary. Your domestic flight to Tacna will have a stricter luggage policy than your international flight, and you will most likely have to pay for checked baggage. Please keep this in mind as you pack.

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. 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

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 31, 2023). 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.

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 minor medically in case of an emergency.

You will be given a partially filled out form once you have been confirmed. Guardians will need to complete the rest of the form and sign in front of a notary. **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 a copy of the death certificate.
- **Legal Guardians:** Provide a copy of guardianship paperwork.
- **Other Situations:** Contact Maranatha for guidance.

COVID-19

Entrance and Departure

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 form completed within 48 hours of your flight
 - *This is an online form that will be sent to you.*
- Double mask usage in airports and public locations
- Negative COVID-19 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.*

What to Expect During this Project

We encourage volunteers (and their parents) to make their own decision on whether they are comfortable joining this project. In order to inform your decision, here's what to expect during this project:

- **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 in Lima, 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-only 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.
- **Social Distancing:** During this project, 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.
- **Medical Team:** Those joining the medical team will be expected to adhere to an extra level of precautions which could include double masks, face shields, paper gowns, and frequent antigen testing. Please bring masks with you, but shields and gowns would be provided by Maranatha.
- **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. 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. Parents would be welcome to fly to Peru to accompany their children during this time if desired.

Best Practices

When traveling you may be exposed to viruses, such as COVID-19. We recommend a few simple tips to minimize your risk of getting sick:

- Practice physical distancing when possible.
- Wear a face covering over your nose and mouth.
- Consider following the CDC vaccine recommendations.
- 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 often.
- 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.

ABOUT PERU

- Peru is located on the western coast of South America.
- The country has three distinct regions: the coastal desert, the highlands of the Andes Mountains, 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 3.5 Soles to \$1 USD (December 2021). 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 during the project, please contact your bank to notify them of your travel so that they don't block your transactions.



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

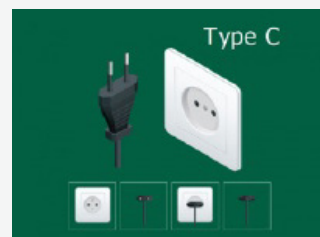
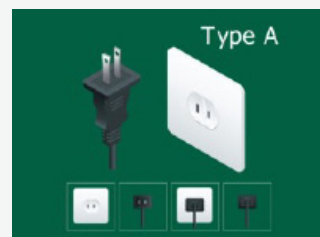


Electricity

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

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 you will need to have a plug adapter and a voltage converter.

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



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.

Weather

Peru is in the Southern Hemisphere, which means we will be there during winter. Volunteers can expect temperatures averaging in the mid 50s to mid 60s degrees Fahrenheit during the day. Volunteers should bring layers to wear during the day and temperatures can dip at night, so bring warm bedding and jackets for worship. Rain is uncommon in this region, but there is fog and mist which can make the temperature feel colder. Weather patterns can change suddenly, so check the 10-day forecast for the project area before traveling.

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, so during this trip you'll need to throw your paper into a garbage can next to the toilet. Remember that 100 volunteers will be using the same bathrooms, so a clogged toilet is bad for everyone!

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 what is best for the entire group might not be what you consider 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. 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, 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.

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 what if someone 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, which tend to be more conservative than churches in the United States and Canada. We will try to be sensitive to this and respectful by NOT wearing the following:

- Short shorts
- Tank tops or spaghetti straps (including dresses)
- Dresses or skirts above the knee
- Shirts with violent graphics
- Bikinis or speedos
- Jewelry

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 the team pastor.

Weapons of any kind are prohibited.

What to Bring

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

Spending Money

Typically volunteers bring \$20-100 for souvenirs and snacks during the trip. How much you bring depends on how much you want to spend.

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.

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.

Trip Safety

- The staff is there to help you. Follow their rules and suggestions.
- Always tell a staff member where you're going and don't go alone.
- No one will be allowed to leave the school campus after dark.
- Leave valuables (expensive or sentimental) at home.
- 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.
- Be aware of your surroundings. If you think anything is wrong or concerning, tell a staff member immediately.

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 and gloves at all times. Please bring flexible work gloves, a well-fitting hard hat, long work pants, sunscreen, and safety glasses. Please exercise extra caution when working on or around scaffolding and ladders. And be cautious around cement dust, mortar, and grout which can cause lime burns.

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. This policy does not include quarantine coverage. 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

MARANATHA
VOLUNTEERS INTERNATIONAL

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

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.

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.
- Drink only purified water, 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 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.

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.

HOW TO REGISTER

To register, please complete the online registration and pay either the minimum participation deposit of \$100, the full participation fee, or the half participation fee. You can make this payment by credit or debit card online, over the phone, or by a check made out to Maranatha Volunteers International and sent to the address below. If for any reason you need to cancel your participation, Maranatha will do our best to refund your full payment up until the final deadline for the project. After that point, \$150 is non-refundable and the remainder will depend on the reservations and project arrangements already made.

Important Dates to Remember:

April 1:

- * Participation fee deposit due

June 6: Final deadline for:

- * Full payment
- * Copy of complete flight itinerary
- * Copy of passport
- * Minor Consent Form
- * Three online recommendation forms
- * Background check (staff only)
- * COVID-19 Vaccination Card (vaccinated travelers only)

48 Hours Before Travel:

- * COVID-19 PCR Test (unvaccinated travelers only)
- * Ministry of Health Form

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

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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.



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CAP \$12



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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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