

# Catalyst

**Location:** Izcuchaca, Peru

**Project Dates:** June 22 - July 2, 2023

**Project Participation Fee:** \$1,200\*

*(Participation fee of \$900 and an excursion fee of \$300)*

**Final Deadline:** May 22, 2023

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

*International flights are not included in the participation fee*

## Project Overview

Catalyst is a special mission trip designed specifically for collegiates and young adults ages 18-28. Discover community as you serve alongside other young people from around the world. On this project you will not only be a catalyst for change in Peru by building an urgently needed building, but through meaningful worship, authentic conversations, and hard work we hope this project will spark transformation in you as well!

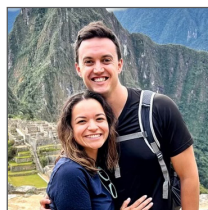
### Izcuchaca Adventist Church

The Izcuchaca Seventh-day Adventist Church started in 1999, when a missionary arrived in town to share the Adventist message through a series of evangelism meetings. From there, a small group of 10 people began meeting for Bible studies in a rented home. They eventually bought a piece of land and built a structure on the back of the property that they hoped would serve as Sabbath School classrooms for a sanctuary that they would one day build in the front. Since then, they have not been able to construct an actual church, but they have had about 100 members over the years. Each time the group grew, they split and created new groups. Currently, they have 40 members at this location with four daughter churches.

Izcuchaca is a commercial city with growing wealth. The neighborhood in which the property is located has nicer buildings, which makes the current Izcuchaca building look out of place; the worship space is not only small, it's not a place that looks or feels like an actual church. The members are praying for a new church that will better represent the faith and give them space to grow.

**Construction:** Volunteers will lay the block walls for the new church building

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



### Leadership

**Joey and Jessica Osborne**

Project Coordinators

## Project Schedule

### Thursday, June 22

Arrival in Cusco, Peru

### Friday, June 23

Orientation and first work day

### Saturday, June 24

Worship with the local congregation

### Sunday - Tuesday, June 25-27

Work days

### Wednesday, June 28

Machu Picchu Excursion

### Thursday - Friday, June 29-30

Work days

### Saturday, July 1

Worship with the local congregation

### Sunday, July 2

Cusco activities and shopping, afternoon departures

## Excursions

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.

### Machu Picchu

Volunteers will take a break mid-week to visit Machu Picchu! 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.

**Deadline:** Non-refundable train tickets must be purchased on May 22. On this date, \$250 becomes non-refundable. Please include passport copies with your registration.

## Accommodations

Our group will stay at a Christian retreat center, located about six blocks from the construction site. Individuals should plan on staying in multiple-occupancy rooms with a roommate. If you would like to room with someone in particular, please let us know prior to the final deadline of the project.

## Expenses

**Participation Fee:** \$1,200

**Final Deadline:** May 22, 2022

All amounts are listed in U.S. dollars. 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 "Catalyst 2023")
- 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.

## Amenities

Room Style	Bunk beds
Private Bathroom	Some rooms have a private bathroom. Others share bathrooms/showers located down the hall.
Hot Water	Not currently, but they are hoping to have it installed before the group arrives
Bed Linens and Towels	No. Please bring your own warm sleeping bag and a towel.
Air Conditioning	No
WiFi	Very limited. Available only at the main office and not fast enough for multiple people to use at once.
Laundry	There is a washing machine on site for small loads.
Pool	No
Distance to Work Locations	10 minutes walking

## What's Included

- ☒ Accommodations
- ☒ Vegetarian meals
- ☒ Ground transportation
- ☒ Short-term insurance
- ☒ Portion of construction costs
- ☒ Portion of outreach activities
- ☒ T-shirt and luggage tags
- ☒ Excursion activities, guides, entrances, etc.

## Estimate of Additional Costs

- **Flight to Cusco, Peru** \$1,000-1,300
- **Passport** \$130 or \$110 for renewal

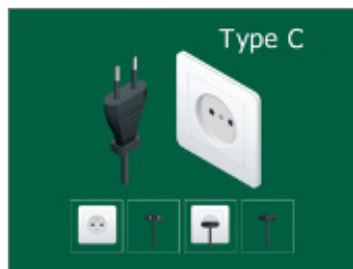
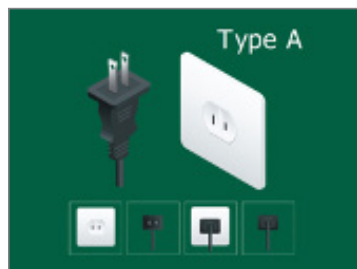
## About Peru

- 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. Any cash 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.



### 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.

June is winter in Peru, so be prepared for cold weather. Temperatures will likely be in the low 50s to low 60s during the day, but will get into the 30s at night. In the mountains, it can be windy and damp, making it seem colder. Winter is the dry season here, so heavy rain showers are not expected.



## 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



## Travel Information

Please register and wait for confirmation from Maranatha before purchasing your airfare.

### Flights

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 Cusco. Depending on your itinerary, it could only be a few hours, or it could be overnight. 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. If you are on two separate tickets, make sure your return itinerary has a long enough layover in Lima to pick up your bags and check in for your international flight home.

### Arrive

Cusco, Peru (airport code CUZ) Thursday, June 22, before 5:00 p.m.

### Depart

Cusco, Peru (CUZ) Sunday, July 2, after 2:00 p.m.  
*The project ends after lunch. While not required, Maranatha recommends leaving before 6:00 p.m. as later flights are sometimes canceled if weather is stormy.*

### Travel Resources

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

### Arriving Early or Staying Late?

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.

### Luggage Considerations

Please check with your airline or travel agent for luggage weight and piece allowances for each section of your itinerary. Your flight from Lima to Cusco may have tighter luggage restrictions than the international portion of your ticket.

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.

### 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 2, 2024). 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](http://www.passport.gc.ca). It can take up to two months to complete the entire process, so plan accordingly to give yourself enough time to receive your passport.

**COVID Requirements** | Volunteers should do their own research and check with their airlines(s) prior to travel. 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. As of December 2022, U.S. and Canadian travelers to Peru must complete the following requirements:

- **Vaccinated Travelers:** Vaccinated travelers ages 12 and over must present an original, valid vaccination certificate (2 doses of Moderna or Pfizer or 1 dose of Johnson & Johnson at least 14 days before arrival).
- **Unvaccinated Travelers:** Unvaccinated travelers ages 12 and over must present negative COVID-19 PCR test results dated within 48 hours of departure to Peru. Please calculate your testing window carefully. Your test must be done during this window. Rapid antigen test results are not accepted.

# 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.

### 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**



## 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](http://www.maranatha.org/insurance).

## 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. If at any time during the project you start to feel sick, speak with the project medical professional and the project leader as soon as possible.

## Vaccines

- **Tetanus** - Required by Maranatha
- **COVID-19** - Recommended by CDC\*
- **Typhoid** - Recommended by CDC
- **Hepatitis A** - Recommended by CDC

*\*Centers for Disease Control and Prevention*

## COVID-19 and Other Viruses

When traveling you may be exposed to viruses, such as the recent COVID-19 virus.

- **Vaccination:** Vaccination is not required by Maranatha, but it is recommended by the CDC.
- **Testing:** A pre-travel COVID-19 test is not required by Maranatha, but is required by Peru for unvaccinated travelers.
- **Masks:** Face masks may be required in public settings in Peru (on planes, buses, excursion activities, church services, and stores). During Maranatha group-only activities (construction work, worship, and meals), masks are recommended, but are not required unless circumstances change due to local requirements or potential group exposure.
- **Symptoms:** If you start to feel ill during the project, please speak with the project coordinator as soon as possible. Symptomatic individuals may be asked to test, isolate, and/or wear a mask. This may result in you missing parts of the project or excursion experience. The rest of the group may be requested to wear masks.

## **We recommend a few simple tips to minimize your risk of getting sick:**

- Wash your hands often, with soap, for at least 20 seconds, especially after shaking hands or handling cash.
- 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.
- Wear a face covering over your nose and mouth.
- Consider following the CDC vaccine recommendations.
- Get adequate sleep.
- Drink plenty of purified water.

## **Altitude Sickness**

Cusco is located at 11,100 feet elevation. Travelers to 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. Some ways to minimize symptoms are to eat light, stay well hydrated, move slowly, not over-exert yourself, and take over the counter medication for headache and nausea.

### **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.

## **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](mailto:volunteer@maranatha.org)

**Website:** [www.maranatha.org](http://www.maranatha.org)

### Mailing Address:

Maranatha Volunteers International  
990 Reserve Drive  
Suite 100  
Roseville, CA 95678

### Canadian Payments Only:

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

# Packing List

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

### Work Wardrobe

- ☐ Long work pants
- ☐ T-shirts and/or long-sleeved cotton shirts for work
- ☐ 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')
- ☐ 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)
- ☐ 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
- ☐ Casual pants
- ☐ Casual shirts
- ☐ MEN- Dress shirt and tie for Sabbath
- ☐ WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- ☐ Hat for sun protection
- ☐ Sleepwear
- ☐ Jacket and/or sweatshirt
- ☐ Warm layers - base layers, sweats, scarf, gloves, hat, etc.
- ☐ 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 and insulated recommended)
- ☐ Bible
- ☐ Camera, batteries, and memory cards
- ☐ Flashlight with extra batteries
- ☐ Bedding: warm sleeping bag, pillow
- ☐ Towel and washcloth
- ☐ Cash for meals in airports, souvenirs, or special projects that may come up

### Optional Items

- ☐ 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 electrolyte tablets
- ☐ Earplugs
- ☐ Small alarm clock
- ☐ Snacks
- ☐ Toilet paper (personal use during travel)
- ☐ Battery-run personal fan
- ☐ Small instrument you play
- ☐ Supplemental items for specific diets (gluten free, vegan, etc.)
- ☐ Instant hand warmers
- ☐ Tea, hot chocolate, apple cider

### 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.\*

To order, visit [maranatha.org/store](http://maranatha.org/store)  
or call (916) 774-7700

*All prices are excluding sales tax and shipping.*

### Maranatha T-shirt \$10



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

### 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 Sweatshirt \$25



This unisex pullover hoodie is remarkably soft with a loose fit that is versatile and lends itself to daily wear. Spun from a plush fabric that is made up of cotton and polyester fibers, this hoodie features an up-to-date fit, hood with white drawcords, kangaroo pocket, ribbed cuffs and waistband. Color is "Heather Navy"; unisex sizing.

### Caps \$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.

### 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.

