



Ultimate Workout 33

Location: Santo Domingo, Dominican Republic

Project Dates: July 20-30, 2023 (Staff arrive on July 17)

Participation Fee: \$999*

Final Deadline: June 5, 2023

**International 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. UW is about stepping outside your comfort zone in order to grow spiritually and socially. If we notice that you've requested the same site as your friends and family, we will separate you to help you branch out. Your site assignment may affect your accommodations on the project.

Hacienda Estrella | This congregation of 45 members is located in a small town about 40 minutes north of Santo Domingo. Over the years their church has gone through both times of growth and difficulty, but through it all they have never closed their doors. The members have a vision for reaching their community, but their current building is full of cracks in the foundation and walls, and community members don't feel safe attending events in the church. In addition, there is not enough room for the number of children in the congregation. They know that a new building will make a huge impact both within the church and in their community.

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 center and park, distributing literature and food baskets, helping in neighborhood homes, and conducting a children's ministry program with possibly up to 200 kids!



Refugio Celestial | There is no doubt this congregation needs a church building. They currently meet in a makeshift patio constructed from wooden poles and a tarp. The many holes and open sides let in water during the island's tropical rain storms. Yet that doesn't deter this vibrant congregation! The members are actively involved in reaching out to their community through food distribution, teen ministry, exercise programs, and more! They stepped out in faith last year to fundraise and purchase their property, and they are excited to have a new church building to better connect with their neighbors.

Construction: Volunteers will lay the floor and foundation for this church. This is hard grueling work, but absolutely necessary to create a strong building!

Outreach: This group will reach out to the community by distributing literature and food baskets, conducting children's ministry programs, connecting with the teens in the church through a sports day, and possibly working with a local program that works with disabled individuals and their families.

Villa Primavera | This congregation is located in a small, poor neighborhood. About 70% of the community is unemployed, and those who can find work as day laborers make less than \$150 a month. Many families lack the funds for necessities like food and school uniforms. The church has a lot of ideas of how to impact their community, but they don't have a proper space for people to attend programs. The 25 members currently meet each week in a small wooden structure on the back corner of a muddy property. There is no doubt that a new church building and the energizing outreach of Maranatha teens will make a big impact in this community.

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

Outreach: This group will reach out to the community by purchasing and distributing food, clothing, and school supplies, conducting a children's ministry and health education program, and possibly helping start a job training program for people in the community.

Medical and Dental Team | A team of doctors, nurses, and dentists will provide free medical care to people in each of the three communities where construction is taking place. 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.

Accommodations

Accommodations on UW are usually more rustic than other mission trips, and this is part of what makes UW "ultimate." This year, our accommodations may look nicer than previous years, but don't be fooled. We will be living in tight quarters, and it will definitely be ultimate! Volunteers will stay in dorm rooms (separated by site assignment and gender) at a Christian retreat center. There are not quite enough rooms for our large group, so some people (depending on site assignment and gender) will be sleeping on mattresses on the floor of a larger room in a makeshift dorm or asked to bring a tent and bedding to set up camp on the bottom floor of the main building. A dining room will be set up under tents in the parking lot.

PROJECT SCHEDULE

Monday, July 17

Afternoon staff arrival in Santo Domingo, Dominican Republic (SDQ)

Tues. and Wed., July 18 and 19

Required staff orientation/training

Thursday, July 20

Afternoon participant arrival in Santo Domingo, Dominican Republic (SDQ), set up camp

Friday, July 21

First work day

Saturday, July 22

Worship with the local congregations, afternoon activity

Sunday, July 23 – Friday, July 28

Work days with midweek excursion

Saturday, July 29

Worship with the local congregations

Sunday, July 30

Departure from Santo Domingo, Dominican Republic



Amenities:

Accommodation Style	Approximately 4-8 volunteers will stay in each dorm room. The makeshift dorm will have 15-30 volunteers. Some volunteers will be in tents.
Bedding and Towels	Bedding and towels will be provided unless you're in the group assigned to bring tents.
Bathrooms	Each dorm room has a bathroom and there are several other bathrooms located around campus.
Showers	Each dorm room has a shower. Those in the makeshift dorm and tents will use 6 showers located near the makeshift dorm.
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 volunteers will get a chance to see the following attractions in the Dominican Republic:

- **Tres Ojos Cave:** On the first Sabbath afternoon, volunteers will visit the Tres Ojos Cave just outside of Santo Domingo. This large limestone cave has four lakes with turquoise freshwater. Three of the lakes are accessed by stairs descending into the open cave. The final lake is either viewed from a walking path above the cave or visitors can take a small boat across the third lake. This is a national park and the water is protected, so no swimming is allowed.
- **Isla Catalina:** Isla Catalina is an island located about 1.5 miles from the mainland, off the southern coast of the island. The picturesque island has white sand beaches, warm clear water, and palm trees. The group will take a bus to La Romana, and from there, board a small catamaran that will take them to the island. About half way there the boat will stop off shore at "The Wall," which is a small coral reef where volunteers can snorkel. Masks, snorkels, and fins are provided, but you're also welcome to bring your own equipment. Once on the island the group will have a reserved section of beach chairs with some shade trees. Lunch and sodas will be served on the island, and there are opportunities to purchase souvenirs from beach vendors. After a few hours, the group will board the boat to return back to the mainland.

Expenses

Participation Fee: \$999

Initial Deposit Due (\$100 minimum): April 1, 2023

Final Deadline: June 5, 2023

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 33")
- Online using the project payment link in your confirmation email
- Over the phone at (916) 774-7700

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

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

If you need help with fundraising, try looking at the creative suggestions from past UW participants by going to www.maranatha.org/resources. Remember to start your fundraising early and focus your efforts on one or two good ideas.

Leadership

Lisandro Staut, Project Coordinator

Myrna Osifo and Taylar Peterson, Co-Project Coordinators

Loretta Spivey, Worship Coordinator

Joe and Lee Osborn, Medical Team Coordinators

Stacy Peterson, Team Coordinator

Simone English, Social Emotional 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, community outreach, medical care, and more.

WHAT'S INCLUDED

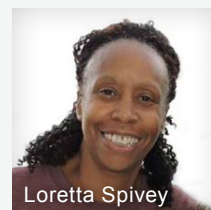
- ☒ Accommodations
- ☒ Vegetarian meals
- ☒ Ground transportation
- ☒ Short-term insurance
- ☒ Portion of construction costs
- ☒ Portion of outreach activities
- ☒ Local excursion activities and entrances
- ☒ T-shirt and luggage tags
- ☒ UW Bible and t-shirt

ESTIMATE OF ADDITIONAL COSTS

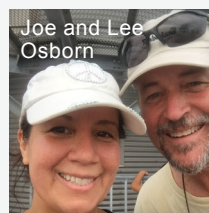
- ☐ **Flight to Santo Domingo, Dominican Republic:**
\$600-\$1,700
- ☐ **Notarization of Minor Permission Forms:**
\$40 (depending on state)



Lisandro Staut



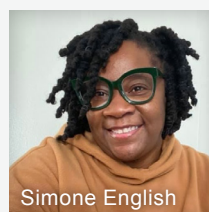
Loretta Spivey



Joe and Lee Osborn



Stacy Peterson



Simone English

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." 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 Santo Domingo.
- During the project, cell phones MUST be kept in airplane mode during the project. They can be used for taking photos and videos, but phone and video calls, texting, social media apps, listening to music, 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 plane tickets.
- Carefully follow the flight guidelines to ensure you have the right dates and times. If you are unclear, contact Maranatha BEFORE you book your ticket to avoid additional fees.
- Teens will receive a travel booklet that walks them through each step of the travel process.
- UW staff will meet teens as soon as they exit customs in Santo Domingo. 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 canceled, 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.
- Spirit Airlines flies to the Dominican Republic and often has very low fares. However, please be cautious when booking with budget airlines like Spirit as there are often a lot of hidden fees for luggage and other features that come standard with other airlines. Flight cancellations are common and getting rebooked quickly can be difficult, which may result in you missing part of the project.

Arrivals and Departures

Volunteers are responsible for booking their international flight to and from Santo Domingo, Dominican Republic. Specific flight windows 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

Entry Requirements

Below are the requirements for U.S. and Canadian citizens. If you hold a passport from another country, please consult the Dominican 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 30, 2024). If you do not have a passport, 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.

Dominican Republic E-Ticket Self-Declaration Form | This form registers your travel, completes your immigration and customs forms, and verifies that you're free of COVID-19 symptoms at time of travel. You should complete this form within 72 hours of departure: <https://eticket.migracion.gob.do/Auth/TravelRegister>

COVID Requirements | At this time the Dominican Republic does not require COVID-19 vaccination or testing 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.

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.

ABOUT THE DOMINICAN REPUBLIC

- The Dominican Republic is located on the Caribbean island of Hispaniola.
- The island was colonized by Spain in the late 1400s becoming the first European settlement in the Americas. In 1804, Spain ceded the western third of the island to the French, and it became Haiti. The remaining land became the Dominican Republic.
- The island is beautiful and 25% of the Dominican Republic's land and shoreline are preserved as national parks and reserves.
- The Dominican Republic has the largest economy in Central America and the Caribbean, fueled by tourism, agriculture, fishing, and mining.
- Merengue, a fast paced music and dance, originated in the Dominican Republic from slaves who worked in the sugar beet fields.
- Baseball is by far the most popular sport throughout the country and many famous players in American baseball leagues come from the Dominican Republic

Foreign Cash

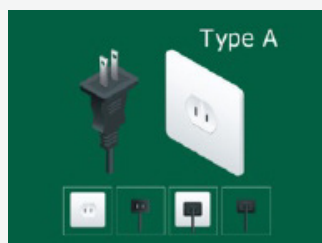
The Dominican Republic uses the Dominican Peso and has an exchange rate of approximately 50 pesos to \$1 USD (December 2022). This exchange can be made at the airport, or the project coordinator can usually exchange money for you at a flat rate in increments of \$10. Any cash you bring should be in new, unmarked, and untorn 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:** 110-120 volt AC
- **Outlet:** Type A

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



Weather

The Dominican Republic enjoys tropical weather year round. Rain showers are common but usually come in bursts for short periods of time. In July, you can expect temperatures in the high 80s and only cooling to low 70s at night. High humidity levels can make these temperatures seem much warmer. Be sure to stay well hydrated.

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!



FACTS AND FIGURES

Capital: Santo Domingo

Population: 10.69 million

Language: Spanish

Climate: Tropical maritime; little seasonal variation

Religion: Catholic 44%, Protestant 22%, None 29%

Currency: Dominican Peso



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 worship 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.

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 camp 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



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 the Dominican Republic 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

Neither Maranatha nor the Dominican Republic require pre-trip COVID-19 testing or vaccination. Masks are recommended, but not required unless you come down with symptoms or circumstances change due to the current COVID-19 situation in the Dominican Republic.

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.

Mosquitos and Other Insects

Mosquitos and other flying insects can carry a variety of diseases including dengue. Personal precautions are strongly recommended to lower the risk of being bitten.

- Use a 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.
- Avoid food that is not cooked or cannot be peeled or cleaned properly (like lettuce).
- 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 we 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 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

The Dominican Republic is a hot and humid environment. Protect yourself from sunburn by using plenty of sunscreen and wearing a hat. When working hard, it is very important to stay hydrated. Please 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 5: Final deadline for

- * Full payment
- * Copy of complete flight itinerary
- * Copy of passport
- * Minor Consent Form
- * Three online recommendation forms
- * Background check (staff only)

72 Hours Before Travel:

- * DR e-Ticket Declaration QR Code

CONTACT INFORMATION

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: volunteer@maranatha.org

Website: www.maranatha.org

Mailing Address:

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

Canadian Payments Only:

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

THE MARANATHA STORE

Buy Maranatha merchandise!

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

To order, visit 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.

