

GO. LEARN. LOVE.

Cochabamba, Bolivia

March 24-April 4, 2018



Bolivia 2018

Things you might be wondering...

Dates: March 24-April 4, 2018

Location: Cochabamba, Bolivia

What we will be doing: We will be serving with Katie Stewart at El Centro de Amistad y Apoyo (Help and Friendship Center). In the mornings we help with projects around the center - such as weeding, painting, building play structures, gardening, and more - and in the afternoons we host a program for the children with Bible stories, skits, crafts, games, etc. You'll also have the opportunity to experience Bolivian life as we shop in the open air market, ride public transportation, and try traditional Bolivian cuisine. Take a look at the sample itinerary for more details.

Who can go: Anyone in high school or older, or middle schoolers with a parent. Team is limited to 15 people.

Cost: Approximately \$2600, deposit of \$200 due by October 22nd. This does not include the cost of immunizations, passports, or food on travel days. Funds are raised through individual and team support raising. By signing up for this trip, you are committing to paying for the trip in full by February 12th.

Aside from the cost of flights, and minimal administration fees, all funds directly benefit the Bolivians we will be spending time with - our drivers, missionaries who run the guesthouse, our cook, and the children and teachers at El Centro.

How we get there: American Airlines from Denver to Miami, then on to La Paz, Bolivia. Once in La Paz we will fly BoA on to Cochabamba. On the return trip we will spend an evening in Santa Cruz before flying on to Miami the next morning.

Where we stay: The team stays at The Harvest Guesthouse - a guesthouse located in a very safe area of Cochabamba, and run by local missionaries. Accommodations are dormitory style, with a bathroom/shower in each room. Showers are available every day, although the water supply is limited.

What we eat: Breakfast is provided by the guesthouse - usually yogurt, cereal, eggs or pancakes. Lunch is simple - sandwiches, chips, fruit. A local Bolivian missionary, Reyna, prepares a traditional Bolivian meal most evenings. She makes the best silpancho (picture a large meat pancake served over rice, potatoes) in all the land. You can taste the love in her food! She prepares all meals with the health and safety of our team in mind. We'll have the chance to go out on the town to try empanadas and saltenas as well. Anyone with special dietary needs will be able to enjoy most meals without concern.

Visit the neighborhood tiendas (tiny shops) to try snacks and sodas. Often, if you buy a soda it will come in a glass bottle, which you need to return before you leave.

Staying healthy in Bolivia: As with most countries in South America, team members must use caution when eating and drinking.

The guesthouse provides filtered water that is safe to drink. Use this to fill your water bottles for the work day. Use filtered water to brush your teeth. Do not drink water unless you know it's from a safe source. Bottled water is readily available at "tiendas" and the supermarket.

Fruits and vegetables with a peel are safe to eat - bananas, oranges, etc. Anything else must be washed carefully. Certain produce is best to avoid all together - such as strawberries. When visiting La Concha (the open air market), feel free to try fresh squeezed orange juice, but avoid juices that may have been watered down, or cut fruit that's been kept fresh with dirty water.

Currency and spending money: Once in Bolivia, the currency is the Boliviano. American dollars will not be accepted anywhere. You can pull B's from the ATM at the airport, or in Cochabamba. Or bring American dollars and safely exchange your money at a fair rate with Katie's money changer.

You can buy a guitar at La Concha for \$50, and a variety of purses, table cloths, shoes, and more from \$5-25. Support Bolivian missionaries by purchasing a handwoven shawl from Reyna for \$80. Ice cream bars and sodas cost around \$1. Team members typically bring \$100-200 in spending money, although you can get by on much less. All meals and excursions are included in the cost of the trip. Trip members are responsible for their own food on travel days.

How do we get around?: After landing in Cochabamba (via Denver - Miami - La Paz), we will be picked up by our drivers, Alex and Jorje. These two comedians get us where we need to go safely and with a smile. They've driven us for every year, and they always look forward to the arrival of our team. Alex's children attend El Centro, and Jorje lives next door. Our visit and the work it provides blesses both of their families immensely.

How do we dress?: We visit Bolivia during their early Fall, and the weather is usually sunny and warm - very similar to June in Colorado. Dress however you feel comfortable - ladies, no need to wear skirts or cover your shoulders unless that's your preference. See the packing list for details.

Any other questions?: E-mail Katie Stewart at kata.stewart@gmail.com. She is prompt in returning emails, and as our hostess for the 3rd year in a row, she knows everything about this trip!

How do I sign up?: Submit your application and \$200 deposit to Kara Montie or The Orchard office by October 22nd.

Important Dates

October 22nd
\$200 Deposit due

November 12th
Training #1
\$300 payment due

December 10th
Training #2
Fundraiser Brunch @ The Orchard
\$500 due

January 7th
Training #3
\$500 due

January 28th
Souper Bowl Fundraiser
\$500 due

February 11th
Training #4
All forms due
Balance due (\$2600)

March 11th
Training #5

March 24th - April 4th
Bolivia Bound!

Yay for Bolivia! 2017 Itinerary



3/19 - Sunday

Depart Denver 10:45am

3/20 - Monday

Arrive Cochabamba 4pm

Dinner & Orientation - how to Bolivia

3/21 - Tuesday

9-12 Construction

12-3 break

3-4 - to center, set up

4-6 VBS

Dinner, debrief, worship & prayer

3/22 - Wednesday

9-12 Construction

12-3 break

3-4 - to center, set up

4-6 VBS

Dinner, debrief, worship & prayer

3/23 - Thursday

9-12 Construction

12-3 break

3-4 - to center, set up

4-6 VBS

Dinner, debrief, worship & prayer

3/24 - Friday

9-12 Construction

12-3 break

3-4 - to center, set up

4-6 VBS

Dinner with Center Team

3/25 - Saturday

10am - La Concha

Lunch at La Concha

3-5 break

Katie's for dinner & Worship

3/26 - Sunday

Church 10:45-12:00

Soltenas for lunch

Cristo (no Katie)

Dinner at Quispes

3/27 - Monday

7am Breakfast

Depart 8am for Incachaca

- hike

- picnic

- swimming

Dinner at 7

3/28 - Tuesday

9-12 Construction

12-3 lunch and pack

4-6 Center - provide healthy snack

Dinner at airport

To Santa Cruz 8:30pm

3/29 - Wednesday

Depart Santa Cruz 8:50am

Arrive Denver 10:02

Preliminary Packing List

- sunscreen
- sunglasses
- hat
- work gloves
- work clothes
- walking/hiking shoes
- pants & shorts
- long/short sleeve shirts (think layers!)
- warm jacket
- rain jacket
- Bible
- nice outfit for church (not super dressy, just not work clothes☺)
- spending \$
- camera
- chargers (most camera & phone chargers don't need adapters)
- day pack
- Energy bars and snacks
- WATERBOTTLE!!

• The electrical system here is 220. Bring a converter for items that require 110 volts (hair dryers, straighteners, etc). The sun is intense in Coch, but even in the summer it can be cool in the evenings. Bring clothes easy to layer.

Below taken from The Center's website (hopeforbolivianchildren.org):

*Cochabamba is a high-altitude valley (8,000ft) surrounded by the Andes. It's a dry climate and tends to be dusty and dry 8-9 months of the year. **Dry season** (U.S. summer) begins end of April and lasts until August/September. **Rainy season** (U.S. a winter) starts in December and usually lasts 'til March. Overall, the weather in Cochabamba is very temperate, and the locals have a saying "The swallows never migrate" because of how pleasant the climate is year round.*

*Cochabamba has a large population of **Quechua** people, one of the main indigenous cultures in Bolivia. The local open-air market (one of the largest in the Western Hemisphere) is a great place to get weekly groceries, experience the true local culture, and learn how to haggle. If you get hungry while you're downtown, you can try a **salteña**, a stew-filled empanada. Cochabamba is famous for them.*

Required & Recommended Vaccinations for Travel to Bolivia

Travel Consults available at:

Garfield County Public Health
970-945-6614

Roaring Fork Family Practice
970-963-3350

Routine vaccines

Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.

Yellow Fever

Health recommendation: Yellow fever is a risk in certain parts of Bolivia, so CDC recommends the yellow fever vaccine for travelers 9 months of age or older to these areas. Country entry requirement: **The government of Bolivia requires proof of yellow fever vaccination. Available in limited quantities at Public Health.**

Hepatitis A

CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Bolivia, regardless of where you are eating or staying.

Typhoid

You can get typhoid through contaminated food or water in Bolivia. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Hepatitis B

You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures.

Malaria

We are not at high risk for Malaria in the area of Bolivia we will be visiting. Our team members have not taken Malaria medication in the past.

Rabies

Rabies vaccine is available in Cochabamba should the need arise.

Bolivian Visa Application Requirements

- **Visa application**
- **5x5 cm color photograph**
- **Passport with application of not less than 6 months after the arrival date in Bolivia**
- **Hotel reservation or letter of invitation**
- **Round trip ticket or trip itinerary**
- **Current bank statement**
- **Proof of Yellow Fever vaccination**
- **\$100 cash (this is included in trip cost)**

You apply for a Bolivian tourist visa upon arrival in Bolivia. Visas are valid 10 years from the date of issue.

How to write a support letter

Mission trip support letters are easy to write if you know what to include. The following are some quick tips on what to put in, what to avoid and how to share your mission trip support letter.

But first, let's make sure you know *why* you're writing a support letter. When you write a support letter, you're doing way more than just asking for money and prayer – you're inviting someone to *participate* in your trip. While they won't be hopping in the van with you, they *will* be filling the vital role of providing support in your mission trip experience. Keep this in mind as you write and send your support letters.

10 WRITING TIPS

- 1. Keep it short.** One page is plenty. Quality trumps quantity.
- 2. Make it look good.** First impressions matter. If designing documents isn't your cup of tea, find a friend who can help. Including a picture of you or your team is an easy win.
- 3. Proofread it.** Errors are fairly noticeable... and often avoidable. Have someone help you by reading your letter for any errors before you hit PRINT.
- 4. Be interesting.** Share about what you are doing, the place you are going and the people you will be with, but don't drag out your letter with tons of minute details.
- 5. Make it personal.** People want to support *you*! Don't send a generic letter from the team when you can send a personal letter from you. While you might share some details about your team, also include what your hopes, fears and needs are.
- 6. Don't forget the details.** Where is the trip? What are the dates? What will you be doing? Is there a send-off service beforehand? How much money are you trying to raise? If they want to donate money, where do they send it and who are checks made out to? *All gifts are tax deductible. Make sure to mention that in your letter.*

Checks should be made out to and sent to The Orchard, 110 Snowmass Drive, Carbondale, CO 81623, with "Your name - Bolivia" in the memo line.

- 7. Don't just write a "fundraising letter."** *Support* is so much more than people's money. At the same time, there is nothing to be ashamed about when offering people the opportunity to be generous. If asking for money is *part* of the support you need, make it secondary to asking for prayer. Even if people can't

contribute financially, they can certainly still support you.

8. Ask for prayer. And be specific when you do. Give them 4 or 5 things they can pray for, for example: the community and ministries you are visiting, your team, your travels, etc.

9. Be humble and respectful. Don't make the place you're headed seem destitute in an effort to make your trip sound more significant. Remember that Jesus is the hero, not your team. Use language that honors what God is already up to in the place you are headed. Use phrases like, "serve alongside," "partner with" and "learn from." Using our *Go. Learn. Love* terminology can help you explain why and what we are doing as a group.

10. Say thank you. A great way to end your letter is with gratefulness for the people you are asking to partner with you in this mission trip. Thank them in advance for whatever way they choose to support you.

INSTRUCTIONS FOR SENDING YOUR LETTER

Think about when to send. A good timeframe for many mission trip teams is about 3 or 4 months before your trip. Consider that you don't want to send it so early people forget about the trip by the time you go, but you also want prayer for your team's preparation process, not just the actual trip. Also, consider when you need financial support to arrive and plan accordingly.

Intentionally pick your people. Don't forward your support letter to all your Facebook friends. Instead, take 10 or 20 minutes to think through whom you should send your support letter to. A few groups of people to consider include family, friends (even if they don't have money to give you), people you know from church, people you know from school, people you want to invite to know you better, etc.

Don't overload someone. When requesting financial support coordinate with your team to make sure the same family in your church doesn't receive 20 letters from 20 different mission trippers.

Use snail mail. It's easy to forget the attachment to a Facebook message, but there's something meaningful about getting a support letter in the mail.

Consider print quality. If you're printing your letter or picture, make sure you use a printer that doesn't make your letter look like it's from the 1980s. The church is happy to help you with printing if needed.

Sending support letters is an important part of your mission trip process. They begin a story that you get to continue telling after the trip! Include others in your story by writing a really *great* support letter.

Sample Support letter

Dear Mr. and Mrs. Anybody (replace this with their real names!),

Hello friends and family! I am making plans to be a part of something I believe will be life changing! A group from The Orchard is participating in a mission trip this Spring Break (March _____ - _____)! We'll be heading to Cochabamba, Bolivia. I believe I am supposed to be part of this trip and I'm making preparations to get there. Perhaps you could help me!

To prepare for the trip we will be _____. I am excited to discover _____ and I know God will use the preparation and trip in my life.

In Bolivia we will be serving at El Centro de Amsted y Apoyo - an after school program in a poor neighborhood of Cochabamba. We will be.... (This needs to be very clear so your supporters get a sense for what you will be doing and what you are excited about. Be descriptive and let them know what you are anticipating.)

I'd like to specifically ask you to pray about this mission with me and consider a financial gift to help me with the costs of the mission. We are working to be spiritually prepared and praying for our financial needs to be met (\$2,600 per participant).

If you have any questions about the trip, don't hesitate to call me (____-____-____) or email me at anywho11@myemail.com. If you include your email address in your returned note I will keep you informed before, during (if possible) and after the mission trip.

God bless you!

John Somebody

Spanish Phrases

Words

whiteboard-pizarra

pencil-lápiz

eraser-borrador

glue-pegamento

scissors-tijeras

paper-papel

pen-lapicero

markers-marcadores

colored pencils-colores

ruler-regla

look-mira

listen-escucha

come-ven

draw-dibuja

canta-sing

Where?-¿Dónde?

Why?-¿Por qué?

When?-¿Cuándo?

Who?-¿Quién?

What?-¿Qué?

How?-¿Cómo?

Phrases

Do you want _____?-¿Quieres?

That's good/ok-Está bien

No more/not anymore/all done-Ya no

You can do it-Tú puedes

Jesus loves you so much-Jesús te ama mucho

You are very special-Eres muy especial

I'm from the States-Soy de los Estados Unidos

Let's play-Hay que jugar

Go. Learn. Love. Bolivia!

March 24-April 4, 2018

Team Member Application

Submit with \$200 deposit to The Orchard office by October 22nd

General Information

Name (as it appears on your passport) _____
Address _____ City _____ State _____ Zip _____
Cell _____ Home _____ Work _____
E-mail: _____

Travel Information

International trips require a passport. If you do not have one, or your current one expires within six months of the return date of this trip, you will need to start the application process now.

Passport number _____ Citizenship _____
Date of issue _____ Date of expiration _____
Date of Birth _____ Place of Birth _____

Emergency Contact Information

Name _____ Relationship _____
Cell _____ Home _____ Work _____
E-mail: _____

Health Questions

Do you have any health problems? Yes No

If yes, please describe _____

Any allergies or dietary restrictions? Please describe _____

Health Insurance Information

Do you have health insurance? Yes No Is it applicable outside the U. S.? Yes No

Company Name _____

Phone Number _____

Group Number _____ Policy Number _____

Name of Insured _____

Field Ministry Experience

What languages other than English do you speak, read or write?

Describe any previous short term missions or international travel experiences.

Getting to know you

Do you attend the Orchard? Yes No If yes, how long? _____

In what ways are you currently serving in your church or volunteering in the community?

How would you describe your relationship with God?

What skills can you offer to the team (ex: construction, musical, drama, etc)?

Why would you like to participate in this trip?

What would you hope to gain from this experience?

Anything else team leaders should know?

\$200 deposit included with this application Yes No (due by October 22nd)