

Sustainability and Beyond

Mano a Mano International



**Water, Food, Health and Education: A Journey to Learn
March 9 - 18, 2018**



Mano a Mano invites you to join us on a unique journey to Bolivia to see projects that accomplished our original vision and so much more.

Visit a medical center created by Mano a Mano in 1997. The surrounding community and its local government have, on their own, expanded this center twice without further assistance from Mano a Mano. See a school built in 2003 and later expanded by its community.

Visit a water reservoir that, in addition to providing water for 900 families (and doubling the farmers' harvest), the community then developed into a recreational area for fishing, bicycling, rappelling and hiking.

Travel to a road constructed by Mano a Mano in 2012. The local government has since built a bridge that connects this road to others, opening new markets to farmers.

Witness the determination of these communities to create a better life for their children as they care for and expand these projects with no additional financing from Mano a Mano.

You will also have the opportunity to be immersed in the daily lives of subsistence farm families as you explore Mano a Mano's Center for Ecological Agriculture. Travel to a rural community for the dedication of recently completed greenhouses.



Mano a Mano International Partners is a grass-roots non-profit organization based in St. Paul, Minnesota whose mission is to create partnerships with poor Bolivian communities that improve health and increase economic well-being. It works with four counterpart organizations in Bolivia to fulfill this mission: Mano a Mano – Bolivia focuses on health and education by creating and expanding a network of community health clinics, schools and related infrastructure projects; Mano a Mano – Nuevo Mundo focuses on economic development and food security through construction of agricultural water reservoirs and roads; Mano a Mano – Apoyo Aereo provides air transport and air rescue services for Mano a Mano and other organizations throughout Bolivia; and Mano a Mano Internacional hosts volunteer groups and pilots new initiatives. Our website – manoamano.org - will give you the most up-to-date information on all of our projects and results.

What is the purpose of this trip?

We also want the trip to benefit Mano a Mano. We hope that by traveling together to Cochabamba, we will build a group of people who are very knowledgeable about Mano a Mano's activities, both here and in Bolivia. We hope that a trip to Bolivia will encourage travelers to deepen their commitment to supporting Mano a Mano. We want to demonstrate our support and solidarity with Mano a Mano's Bolivian staff and volunteers, and especially with the communities in which Mano a Mano works. When you return, we hope that you will become passionate advocates, telling the Mano a Mano story and/or volunteering in whatever capacity fits your interest and schedule.

A trip to Bolivia with Mano a Mano can be a life-changing event. On this trip, we will learn how Mano a Mano creates partnerships with communities and their local governments, how communities take on responsibility to maintain the resulting projects, and identify factors that lead to long-term sustainability.

We will see first-hand how rural residents manage to survive in their high mountain communities with meager material resources and witness their determination to remain on their land and improve life for their children. For travelers concerned about global food and water scarcity and equitable distribution of resources, the trip will provide an up-close view of how Mano a Mano teaches farming practices that protect the fragile natural environment while improving food production.

Where will we go?

Our destination is Cochabamba, Bolivia's third largest city, located in the Andes at about 8,000 feet above sea level. We will also travel to rural communities that tourists rarely visit. These communities lie at altitudes as high as 11,000 feet. While most travelers acclimate to this altitude, oxygen will be available for anyone who experiences difficulty.

Mano a Mano has organized trips to Bolivia since 1998. Its staff and volunteers in both Minnesota and Bolivia plan the trip. Together we have established the following tentative itinerary. Flexibility and patience are important when working or traveling in Bolivia. We may need to modify the itinerary but the activities described should remain the same.

What will we do?

Day	Activities
Friday March 9	Travel to Bolivia on overnight flight from Miami.
Saturday, March 10	Arrive in Cochabamba around 9:30 a.m. Settle into hotel. Salteñas for lunch. Afternoon: Tour Cochabamba, a beautiful, hospitable city with rich cultural history.
Sunday March 11	Drive into the agricultural Cochabamba Valley to visit historic villages. Welcome dinner with brief Mano a Mano presentation in evening.
Monday March 12	Morning: Visit a Mano a Mano clinic that opened in 2001. Talk with medical staff about the expansion of the clinic and its services. Afternoon: Visit a Mano a Mano school and deliver school supplies for its students. Evening: Dinner together near the hotel.
Tuesday March 13	Morning: see a completed water reservoir. Learn how farmers plant and harvest with hand tools and oxen and hear what having this water supply has meant to them. Afternoon: travel on a road constructed by Mano a Mano and visit a major reservoir under construction. Evening: dinner together.
Wednesday March 14	Morning: Meet staff at the Center for Ecological Agriculture and observe the training of farmers. Talk with farmers about how they intend to apply what they learn. Afternoon: Visit other Mano a Mano offices and learn about their programs Evening: Dinner together.
Thursday March 15	All day: Travel to the village of Tapacarí with Mano a Mano agronomists. Learn about daily life in Andean farming communities. Meet farm families who learned about raising fruits and vegetables through CEA training and have now constructed greenhouses. Participate in the dedication of the greenhouses. Evening: take part in community event. Stay overnight.
Friday March 16	Daytime: Return to Cochabamba Afternoon: Visit open market. Evening: Rest and free time. Dinner together.
Saturday March 17	Open day: Shop. Prepare for return home or additional travel.
Sunday March 18	Travel back to U.S. or other destination.

There will be some time for sightseeing in Cochabamba. You may also choose a day trip via the Mano a Mano aircraft to the Salar de Uyuni, a breathtaking great Salt Lake from which Bolivia's salt is harvested (additional charge.) You may want to plan for independent trips to other parts of Bolivia once the Mano a Mano trip is complete, or perhaps to the Inca city of Macchu Picchu in Peru, after you leave Bolivia.

What have others said about this trip?

"It was such a good education on how to do development work. Segundo is the best guide in the world. His ability to convey the history and culture in a manner that was relevant and understandable for our group was totally amazing." Debbie Hadas

"I had such an incredible and meaningful experience last week in Bolivia. To say that my heart is full is an understatement. The work you do is just incredible. I read the book "Gaining Ground" on the flight home and am in awe of your commitment, persistence, vision and accomplishments. You have inspired me in so many ways, and I hope to be a part of the Mano a Mano family for many years to come in whatever way I can." Carrie Tenebrini



Who can go on this trip?

Adults and children who are accompanied by a parent or guardian are welcome. While Spanish speaking ability is highly valued, it is not essential. Interpreters will be available throughout all trip activities.

Where will we stay?

Mano a Mano will reserve a block of rooms in a comfortable, clean hotel in Cochabamba. Private single or double rooms are available.

There are many internet cafes in the area from which you can e-mail or phone home.

For purposes of an address for Homeland Security you may use the Cochabamba address of: 291 Junin – esq. Ecuador, Cochabamba, Bolivia (Mano a Mano – Internacional address).

If I come, what am I agreeing to?

This trip to Bolivia is not a guided tour. We are a group of people who have independently and voluntarily agreed to travel together. Mano a Mano does not assume responsibility or liability for your personal safety, changes in travel plans, health problems, or property losses. We recommend that you purchase travel insurance prior to the trip.

How will we travel?

Our trip departs from Miami, Florida on Friday, March 9. We will meet at the Miami airport, and the entire group will travel together from Miami to Bolivia. You are responsible for your MSP-Miami reservation, but it's easiest for Mano a Mano to make the Miami-Bolivia reservation for you. If you prefer to make your own reservation, we can connect you with an appropriate travel agent. Auto travel to and from Mano a Mano worksites in Bolivia will be provided by experienced, safe drivers in Mano a Mano vehicles.

Is Bolivia safe?

Cochabamba is a safe, stable city. Bolivians, in general, are chivalrous and polite. The likelihood of any bodily harm coming to you is very, very low. However, Bolivia is also one of the poorest countries in the world. Poverty leads to desperation and sometimes to theft. You will want to be careful about your property and cash.

How about my health?

In general, there are two major areas of health concern for visitors to Cochabamba: altitude, and infectious disease.

Altitude: Cochabamba is at an altitude of about 8,000 feet; far higher than Denver, Colorado. You can expect to feel a little winded or headachy on your first day in town. Unless you have respiratory problems, however, the altitude should not make you ill. Later on in the trip we may be traveling to villages at altitudes as high as 11,000 feet; you should be acclimated by then, but consult your health care provider about travel at this altitude.

Disease: Before you travel to Bolivia, you must consult with your health care provider and/or travel medicine clinic for recommendations about vaccinations and other personal medications. A current yellow fever vaccination is required if you are entering Bolivia from another Latin American country. As with travel to any developing country, you will need to watch what you eat and drink. In country, you will drink bottled or boiled water. Food provided by Mano a Mano will be safe to eat.

How do I get a Visa to enter Bolivia?

As of December 1, 2007, citizens of the United States must obtain a visa to enter Bolivia. We recommend that you obtain your visa when you enter Bolivia. You will need the following items:

- A valid U.S. passport that does not expire within six months of your travel date
- \$165.00 visa fee in U.S. dollars (since Bolivians reject many \$100 bills due to counterfeiting, carry bills of smaller denomination for this purpose)
- Completed visa application form available as download on the Bolivian Embassy website at www.boliviawdc.org on the page related to Consular Services. (Mano a Mano will ask you for a copy of your completed form)
- Two passport photos (Bolivian sites note the requirement for 4cm x 4cm photos. This requirement has confused U.S. airline ticket agents who have asked some travelers for 4' x 4' photos. You may want to print and carry with you a copy of the website requirement to clarify this point.)
- Copy of your ticket
- Credit card
- An invitation for your stay from someone in Bolivia (the Mano a Mano office will send this to you)

You may want to review this website for additional information on travel to Bolivia:
<https://travel.state.gov/content/passports/en/country/Bolivia.html>

Is my trip tax deductible?

Check with your tax advisor. Mano a Mano will send you a letter stating that you participated in a volunteer trip to Bolivia. Mano a Mano is a 501 (c)(3) organization.

How much will the trip cost?

Mano a Mano charges a \$1,900 per person trip fee, **excluding air fare from the U.S. to Bolivia**, for a 9-day trip.

The trip fee includes the following:

- Within Bolivia airfare to Cochabamba from your airport of entry into Bolivia (Santa Cruz) and to your airport of departure
- Lodging on the nights of March 10 - 17
- Meals except on days of travel to and from Bolivia
- In-country transportation to Mano a Mano sites
- Mano a Mano staff who are knowledgeable about the community, culture, customs and who speak fluently both Spanish and Quechua; some with English ability
- Interpreters

The trip fee does not include:

- Flights to and from Bolivia
- Visas
- Food, snacks and drinks not provided or arranged by Mano a Mano
- Paying someone to wash your clothes
- Pre-travel preparation (doctors' visit, travelers' insurance, passport fees, etc.)
- Souvenirs
- Trip to the Salares or other side trip within Bolivia in the Mano a Mano aircraft
- Additional travel prior to or following the trip.



I Want to Go! What's Next?

Here's our suggested table for preparations. **Items in bold face are essential.**

Learn more about Mano a Mano	Pick up some literature from the Mano a Mano office or visit the Mano a Mano website, www.manoamano.org . Volunteer to help if you live in the area. (To volunteer contact us at manoamano@manoamano.org) Read Mano a Mano books <i>Gaining Ground: A Blueprint for Community Based International Development</i> and <i>La Familia: an International Love Story</i> , both available on the website and at the office.
Learn more about Bolivia	Check your library or bookstore for a recent travel guide. We recommend the Lonely Planet guide, called simply, <i>Bolivia</i> .
Get a passport	You'll want to get started on this as soon as possible. If you don't have a passport, or if your passport expires within 6 months of the trip date, check the US Customs website on what to do or go to Fedex to take photos and obtain a passport application form. The expiration date on your passport must be at least six months after your date of travel.
Assemble your visa documents	Be sure to carry all required items with you to Bolivia
Consult with medical provider; get shots and medications	Local health departments can give you information on where to get immunizations.
Pay the trip fee and reimburse Mano a Mano for airline tickets	The trip fee is \$1,900. Payment of the fee reserves your space on the trip and must be paid at least 30 days prior to departure. Your airline ticket should be reserved as soon as you decide to make the trip.
Pack	We will provide a detailed set of suggestions for what to bring along, but in general, pack light. We may ask you if you are willing to take medical or school supplies in a second suitcase and to bring handcrafts back with you. This is legal but may be physically burdensome. Please feel that you can decline this request.

Thank you and Safe Travels! *Gracias y Buen Viaje!*



Mano a Mano International • 925 Pierce Butler Route | St. Paul MN 55104

Phone: (651) 457-3141 | Email: manoamano@manoamano.org

Website: www.manoamano.org