

Beyond Sustainability

TRIP DATES

March 18 - 26, 2017



A journey to learn

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. Be immersed in the daily lives of subsistence farm families. Witness their determination to create a better life for their children as they care for and expand these projects with no additional financing from Mano a Mano.

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.

Mano a Mano has been guided by the simple yet powerful premise that groups of committed volunteers can reach across national boundaries to make a dramatic difference in the lives of others.

925 Pierce Buttler Road Saint Paul MN 55104 | 651-457-3141 | www.manoamano.org

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 (address of Mano a Mano Internacional).



mano a mano International



What is Mano a Mano?

Mano a Mano is a Grass-roots non-profit organization based in St. Paul, MN whose mission is to create partnerships with poor Bolivian communities to improve health and increase their economic well-being. The Mano a Mano website – www.manoamano.org – will give you the most up to date information on the organization's projects and results.

What is the purpose of the trip?

A trip to Bolivia with Mano a Mano can be a life-changing event. Travelers will meet farm families who survive with meager material resources and learn how they grow the food they eat and sell. You will talk with farmers about how they have benefited from projects completed in partnership with Mano a Mano. And you will learn how they have expanded these projects in size and scope to have a greater impact than any envisioned initially – Beyond sustainability. You will also talk with agronomists, physicians, engineers and other professionals to deepen understanding of the communities and how Mano a Mano works with them. The trip will provide an up-close view of how communities gain a sense of ownership and the capacity to expand the vision with their own resources.

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 12,000 feet. While most travelers acclimate to higher altitudes by that time, 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.



**Picture – Ucuchi

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.

Segundo Velasquez, co-founder of Mano a Mano and Bolivian national, will lead the trip.



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.**

What will we do?

Our Itinerary

Day	Activities
Saturday March 18	Travel to Bolivia
Sunday March 19	Arriving to Cochabamba around 9:30 a.m. Settle into hotel. Salteñas for lunch. Afternoon: tour of the city. Cochabamba is a beautiful, hospitable city with rich cultural history. Evening: welcome dinner with brief Mano a Mano presentation.
Monday March 20	All day: Drive to nearby rural community of Ucuchi. Visit with farmers and their families. Become immersed in their way of life as you observe harvest, animal husbandry, and customs. Evening: community event. Return to Cochabamba
Tuesday March 21	All day: Travel through the Andes to communities with which Mano a Mano constructed a road. Hear resident's stories of how life has changed for the better since the road has given them access to the rest of Bolivia and how they have improved their communities on their own as a result.
Wednesday March 22	All day: Tour historic and religious sites in the Cochabamba area. Free time for shopping and relaxation. Evening: prepare packets of school supplies to distribute to school built by Mano a Mano.
Thursday March 23	Morning: Visit a health clinic and speak with its staff. Afternoon: visit the Center for Ecological Agriculture. View and participate in a farmer training experience.
Friday March 24	Morning: Visit other Mano a Mano offices; meet staff and hear their stories. Distribute school supplies. Afternoon: Drive into the Cochabamba Valley to historic Inca sites
Saturday March 25	Open day: Visit the open market. Shop. Prepare for return home or additional travel.
Sunday March 26	Travel back to U.S. or other destination. Fly back to Miami and home or travel elsewhere

You may want to plan for independent trips to other parts of Bolivia, or perhaps to the Inca city of Macchu Picchu in Perú, after you leave Bolivia. A day trip via the Mano a Mano aircraft to the Salt Flats, the high altitude salt beds from which Bolivia's salt is harvested can be arranged. There will be an additional charge for the Mano a Mano aircraft flights.

925 Pierce Buttler Road Saint Paul MN 55104 | 651-457-3141 | www.manoamano.org

How will we travel?

Mano a Mano will recommend a specific flight to you from Miami to Cochabamba, Bolivia. The entire group will travel together from Miami. If you wish, Mano a Mano will give you the name of the travel agent it uses to schedule flights from Bolivia to other Latin American countries.

Auto travel to and from Mano a Mano worksites in Bolivia will be provided by experienced, safe drivers in Mano a Mano vehicles.



How many people can go?

We hope we will be able to include everyone who wants to come on this trip.

I want to go! What's next?

Here's our suggested timetable 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 . Better yet, volunteer to help if you live in the area. To volunteer contact us at manoamano@manoamano.org
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 60 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.

How will I know who am I traveling with?

Mano a Mano will schedule at least one meeting previous to the trip. The purpose of the meeting being that we get to know each other and answer any questions that may arise.



Will I be asked to do something else?

With your previous consent, Mano a Mano may ask you to take along a suitcase of supplies with your checked baggage.

*The extra cost will be covered by Mano a Mano.

Is Bolivia safe?

Cochabamba is safe and stable. Bolivians, in general, are chivalrous and polite. The likelihood of any bodily harm coming to you is 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; higher than Denver. 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. During the trip you may be traveling to villages at altitudes as high as 13,000 feet. Consult your health care provider about any personal concerns regarding 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 for entry into Bolivia if you travel there from another Latin American country.

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:

1. A valid U.S. passport that does not expire within six months of your travel date
2. \$135.00 visa fee in U.S. dollars (since Bolivians reject many \$100 bills due to counterfeiting, carry bills of smaller denomination for this purpose)
3. Completed visa application form available as download on the Bolivian Embassy website at www.bolivia-usa.org on the page related to Consular Services. (Mano a Mano will ask you for a copy of your completed form)
4. 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.)
5. Copy of your ticket
6. Credit card
7. An invitation for your stay from someone in Bolivia (the Mano a Mano office will send this to you)

Safe Travels!

**Thank You
for your support**



mano a mano International



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 19 – 26 (we will provide lodging if/when flight cancelations/delays happen in Cochabamba)
- 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 Salt Flats or other side trip within Bolivia in the Mano a Mano aircraft
- Additional travel prior to or following the trip

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*

"The trip provided a very helpful professional experience. It met every expectation I had and much more." *Dave Smith*

By when do I need to let you know that I will join this trip?

Please let us know your decision by **February 1, 2017**. We ask that you pay the trip fee at that time so we can make your hotel and transportation arrangements. If Mano a Mano makes your flight reservation from the U.S. to Bolivia, we ask that you reimburse the cost of ticket at that time as well.