

Rotary / Mano a Mano Intl. Bolivia Trip 2020

Sustainability and Beyond

Mano a Mano International



Water, Food, Health and Education: A Journey to Learn
March 16 – 26+/-, 2020

Rotary / Mano a Mano Intl. Bolivia Trip 2020

Dates: March 16, 2020 – March 26+/-, 2020

(+/- depending on side trips)

Come join us on an adventure visiting our Rotary International Projects in Bolivia. We are planning to travel to Bolivia to dedicate the Tocopilla Medical Clinic in the Amazon and visit water well and reservoir projects, medical clinics near Cochabamba Bolivia; and view future project opportunities with our Bolivian partners Mano a Mano International and Mano a Mano Bolivia. We have had great success assisting the communities with medical care and water resource projects in the past with our Rotary funded projects and have received wonderful receptions from the Bolivian people. Experience the people, culture, Amazon jungle, and the Cordillera Real Mountains with potential site trips including La Paz, Inca historic sites near Lake Titicaca, Machu Picchu, Uyuni salt flats, Toro Toro National Park, Cretaceous park in Sucre, Santa Cruz, and other historic, religious and cultural sites. If you are interested or would like more information, please email your contact information and let me know if you would like to attend.



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Sustainability and Beyond

Mano a Mano International
Partners



A JOURNEY TO LEARN – March 16 – 24+, 2020



FOOD



WATER



HEALTH



EDUCATION

Mano a Mano invites you to join us on a unique journey to Bolivia to see projects that accomplished the original vision we formed in 1994, and so much more.



Through this unique travel experience you will meet high Andean subsistence farm families and become immersed in their daily lives.

You will meet the dedicated Bolivian staff that works with isolated subsistence farmers to build water projects, medical clinics, schools and other requested infrastructure projects, then witness the determination of these communities to create a better life for their children **as they sustain and expand their projects with no additional financing from Mano a Mano.**

You will take part in the distribution of medical items packed and shipped from the Mano a Mano warehouse in St. Paul and hear directly from those who use them how these gifts have literally saved lives.

And you will learn how Mano a Mano's Center for Ecological Agriculture integrates the organizations health, education, water and food production programs to create more sustainable communities.

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.

What is Mano a Mano?

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. We work through four counterpart organizations in Bolivia to fulfill this mission: 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; Mano a Mano – Bolivia focuses on health and education by creating and expanding a network of community health clinics, schools and related infrastructure projects; 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.

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
Monday, March 16, 2020	Travel to Bolivia on overnight flight from Miami.
Tuesday, March 17	Arrive in Cochabamba around 9:30 a.m. Settle into hotel. Salteñas for brunch. Afternoon: Participate in the distribution of Medical supplies. Evening: Relaxing dinner together.
Wednesday, March 18	Day: Travel to rural communities of Laguna Carmen and Laguna Sulti to see projects in process. Visit a Mano a Mano clinic, a community that has requested a school, and deliver school supplies for its students (Laguna Carmen). Evening: Dinner together.
Thursday, March 19	Morning: visit the Center for Ecological Agriculture (CEA,) a mini scale farm set up in the outskirts of the city to teach farmers ecological farming

	practices to improve crop production. Talk with farmers. See how they participate in hands on demonstrations. Afternoon: Visit recently drilled Choquechampi wells. Evening: Welcome dinner and brief Mano a Mano presentation
Friday, March 20	Rotary group will join Mano a Mano Bolivia to travel to Tocopilla to participate in the dedication of the recently completed medical clinic. Unity group Travel to the community of Sacabamba to inspect recently completed green houses in operation. Talk with school children to learn of the positive benefits they receive from these greenhouses. Evening: Dinner together.
Saturday, March 21	Rotary group Return to Cochabamba. During our stay in Bolivia we will try to arrange a meeting with Bolivian Rotarians and also arrange to visit Mano a Mano Bolivia headquarters to meet with Dream Fund recipients. Unity group: In the morning visit Mano a Mano offices and staff Shop and pack. Prepare for your return trip back to the US. Evening: dinner together.
Sunday, March 22	Rotary group: travel with Mano a Mano Bolivia staff to the department of Sucre to participate in the dedication of the Sumala Medical clinic.
Monday, March 23	Rotary group: Return to Cochabamba or optional travel to La Paz, Lake Titicaca, Inca historic sites, Salar de Uyuni, Potosi or Toro Toro National Park for 1 to 3-day trip extension.
Tuesday, March 24	Free day to shop and pack. Prepare to return to the US. Travelers will have an option to extend trip to visit other parts of Bolivia.
Wednesday, March 25; or up to three-day extension for side trip to March 28	Arrive in Miami to return home or arrive to other destination for continued travel.

Mano a Mano will provide you with information on travel within Bolivia. You may choose a 1 – 3-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 or to travel to Toro Toro, fascinating site of dinosaur tracks (additional charge for Mano a Mano flight.) Or, you may choose to travel to La Paz, Lago Titicaca and the Inca ruins in the La Paz area.

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

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 (address of Mano a Mano – Internacional).

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 14, 2020. 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 for the flight to Bolivia, 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 arrive in 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 (Can be paid in new U.S. bills or may be charged)
- Completed visa application form available as download on the Bolivian Embassy website at www.boliviawdc.org on the page related to Consular Services or on request from Mano a Mano at 651-457-3141.
- 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 letter issued by Mano a Mano

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 15 - 21
- 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

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

Please let us know your decision by **February 15, 2020**. 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.



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	Payment of the fee reserves your space on the trip and must be paid prior to departure. Please let us know your final decision about whether to make this trip as soon as possible. Your airline ticket should be reserved as soon as you decide to make the trip. Booking tickets early is desirable to guarantee space and the lowest price.
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



WATER



FOOD



EDUCATION



HEALTH