# CFCA AWARENESS TRIPS

trip information

*The following information is for **2014** trips. The dates and trips to specific countries change from year to year depending on interest, the political situation within the countries and the ability of CFCA projects to host an awareness trip. A detailed schedule and additional information will be sent one to two weeks prior to departure in the pre-departure packet.*

# BOLIVIA

### Trip Dates: June 1-8, 2014

### Trip Size: 12-25 participants

Please register by April 1 to reserve your spot. If you still wish to register after this date, contact a CFCA trip coordinator regarding availability.

### Trip Fee: $600

Includes food, lodging and in-country ground transportation.
Airfare is **not** included.

For an additional fee of $300, an optional side trip will be offered to La Paz, June 8-11. Refer to the following pages for details.

### On your trip to Bolivia you may do some or all of the following activities:

- Be welcomed by the local CFCA staff who will be your hosts for the week, ensuring that your visit is enjoyable
- Spend time with your sponsored friend and possibly the family. Sponsors with sponsored friends in the La Paz project will see them in Cochabamba. However, La Paz sponsors who join the side trip will see their sponsored friend in La Paz rather than in Cochabamba.
- Venture off the beaten path, immersing yourself in the tradition and culture of the local people
- Visit the homes and communities of CFCA sponsored friends and their families where you will learn about their joys and challenges
- Visit the tropical city of Santa Cruz and the Andean mountain city of Cochabamba.

### Entry and Exit Requirements

**A passport valid for at least six months beyond the end of your intended stay and a Bolivian tourist visa are required for U.S. citizens to enter Bolivia.** The tourist visa costs $135 and is available at Bolivian consulates in the U.S. and through reputable visa services. Instructions for obtaining a visa will be included in your confirmation packet. A **departure tax of $25** payable in U.S. dollars is levied on U.S. citizens departing Bolivia. This fee may be included in your airline ticket. *All fees are subject to change.* While in Bolivia, participants should carry their passport or a photocopy of it at all times. Participants who will be traveling with a minor should contact a CFCA trip coordinator for additional information.

### Airport and Travel Arrangements

**Make your airline arrangements only after your registration is confirmed and you receive the CFCA trip coordinator's written instructions for scheduling your flight.** In the meantime, we strongly encourage you to research airfares with a travel agent, the airlines or via the Internet. The Florida-based agency, Vista Travel, is familiar with our programs and schedules and may be contacted regarding airfare at (800) 537-5066.

All trip participants should plan to arrive in Santa Cruz at the **Viru Viru International Airport (VVI)** mid-morning on June 2. Most participants will depart from the U.S. on June 1. **The CFCA staff will meet all travelers at the airport who arrive on the scheduled arrival day, within the stated hours. Do not accept offers of transportation from anyone other than our CFCA team.** Once confirmed, trip participants must book in-country flights between Santa Cruz and Cochabamba as instructed by CFCA. Some participants will return to the U.S. from Santa Cruz on June 8, while those who join the side trip to La Paz will return to the U.S. on June 11.

*(over)*

## Accommodations and Food

All trip participants will stay in simple accommodations near the CFCA projects, usually in a hotel. Married couples and families will stay in private rooms. Individuals will be assigned a roommate. Running water for showers is readily available, but it may not be heated. **Tap water is unsafe for drinking**. Instead, the project will provide bottled water. Alcoholic beverages are not included in the trip fee.

Participants will eat simple meals that reflect the local cuisine. All food is prepared with purified water. All meals will be eaten with the group. Do not purchase food from street vendors. Meals are often served at a later hour than most Americans are accustomed to eating. We recommend bringing snacks such as dried fruit and nut mixes, raisins, granola bars, etc., as you may want something to eat between scheduled meals.

Bring an electrical converter and adapter if you wish to use personal electronic devices. The **electrical current** in Bolivia is 220/230V. Diagrams of the outlets are available at www.electricaloutlet.org.

## Climate

For the Southern Hemisphere, the month of June is early winter. Bolivia's climate varies due to the diversity of the geographical regions. Participants should be aware that minor tremors may occur. The group travels along winding, mountainous roads, which can cause motion sickness.

Santa Cruz enjoys a tropical climate and is located at 1,300 feet above sea level. In Santa Cruz, the June low temperatures are in the mid-60s, while the highs are in the mid-80s.

Temperatures in Cochabamba range from the upper 50s to the upper 60s. Be prepared for cool weather in Cochabamba; evening temperatures can fall into the 40s. Cochabamba is located in a mountain valley at 8,600 feet above sea level. The group will likely visit surrounding communities at higher elevations, up to 11,000 feet.

For those attending the optional side trip to La Paz, the altitude of the La Paz area ranges from 10,600 feet to over 13,000 feet above sea level. June temperatures range from the low 30s to the mid-50s. The dryest time of year in La Paz is May through September.

## Health/Medical Preparations

**Contact your medical doctor or local health department for immunization recommendations based on your health history.** The Centers for Disease Control and Prevention website at www.cdc.gov/travel has country specific recommendations regarding immunizations. You may also contact them by phone at 800-CDC-INFO (800-232-4636). CFCA staff members are not qualified to offer advice on immunizations.

You should consult with your medical insurance company prior to traveling to confirm whether your policy applies in a foreign country. **If your policy does not cover emergency expenses such as medical evacuation, we urge you to consider the purchase of temporary travel insurance.** Many insurance plans, including Medicare, do not cover treatment outside of the U.S. You may obtain further information on travel insurance from a travel agent or through research on the Internet.

This trip visits high altitudes. Travelers should be aware of the risks of altitude illness and how altitude can affect certain medical conditions. CFCA will provide each traveler with a medical clearance form. This trip has a particularly rigorous schedule. It may be challenging for those with physical limitations. Please consult a CFCA trip coordinator with any concerns.

## Currency Exchange and Handling

The local currency is the Bolivian **boliviano** (BOB). Your lodging, food and in-country ground transportation are included in the trip fee. You should bring additional money for the purchase of snacks and souvenirs, and to cover entry/exit fees, if applicable. You should not carry bills in denominations greater than $20 because they may be difficult for local banks or vendors to exchange. Do not bring torn or severely worn currency. You can bring U.S. dollars into the country. You will be provided with an opportunity to exchange money upon arrival either at the airport, at the lodging, or another method. Traveler's checks are not recommended and ATMs are not readily available.

# OPTIONAL TRIP TO LA PAZ, BOLIVIA
# JUNE 8-11, 2014

CFCA AWARENESS TRIPS

Ranging from 10,600 feet to over 13,000 feet above sea level, La Paz is the highest administrative capital in the world. The city is renowned for its unique markets, unusual topography and traditional culture. Through rural and urban subprojects, CFCA-La Paz provides children, youth, aging and special-needs members with nutrition, education, health care, livelihood training and other services to help them lead lives of dignity and develop healthy, vibrant communities.

Sponsors with sponsored friends in the La Paz project will see them in Cochabamaba. However, La Paz sponsors who join the optional side trip will see their sponsored friend in La Paz rather than in Cochabamba.

Please refer to the following page for important information on altitude sickness. ***CFCA requires all applicants to consult with their doctor before enrolling for this trip.***

**DATE:** Participants who join the side trip will travel from Cochabamba to La Paz on the evening of June 7, 2014 and spend four nights and three days in La Paz. They will return to the U.S. from La Paz on June 11.

**FEE:** $300 (Includes food, lodging and ground transportation.) Due April 1.

**NEXT STEPS:** Complete the form below and return it with your application to CFCA.

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## OPTIONAL TRIP TO LA PAZ RESPONSE FORM

____ Yes, I am interested in participating in the optional trip to La Paz in 2014. I understand I will have my doctor complete the required medical clearance form which CFCA will send to confirmed travelers.

____ No, I am not interested in participating in the optional trip to La Paz in 2014.

_____ **CFCA ID:** ASC _____

Printed Name

_____ _____

Signature Date

**Return to: CFCA, Attn: Trip Coordinator, 1 Elmwood Ave., Kansas City, KS 66103**

# About Altitude Illness

**Official U.S. Government travelers to La Paz are provided with the following information.**

**Source: U.S. Department of State; http://travel.state.gov; Bolivia; Feb. 2013**

Travelers whose itineraries will take them above an altitude of 6,000-8,000 ft (1,829-2,438 m) or higher should be aware of the risk of altitude illness. Altitude illness is the result of traveling to a higher altitude faster than the body can adapt to that new altitude.

The altitude of La Paz ranges from 10,600 feet to over 13,000 feet (3,400 to 4,000 meters) above sea level. Much of Western Bolivia is at the same altitude or higher, including Lake Titicaca, the Salar de Uyuni, and the cities of Oruro and Potosi. The altitude alone poses a serious risk of illness, hospitalization, and even death, even for those in excellent health.

Prior to departing the U.S. for high-altitude locations (over 10,000 feet above sea level), you should discuss the trip with your healthcare provider and request information on specific recommendations concerning medication and lifestyle tips at high altitudes. Coca-leaf tea is a popular beverage and folk remedy for altitude sickness in Bolivia. However, possession of this tea, which is sold in bags in most Bolivian grocery stores, is illegal in the United States. "Sorojchi pills" sold locally at pharmacies contain high amounts of caffeine and are not usually recommended.

**Travelers with underlying medical conditions, such as heart conditions, sickle cell disease, digestive problems, any form of pulmonary insufficiency, or those with difficulty walking may be particularly vulnerable and should consult a doctor familiar with high-altitude medical issues before undertaking such travel. Given potential complications from altitude sickness, pregnant women should consult their doctor before travel to La Paz and other high-altitude areas of Bolivia.**

All people, even healthy and fit persons, will feel symptoms of hypoxia (lack of oxygen) upon arrival at high altitude. Most people will have increased respiration and increased heart rate. Many people will have headaches, difficulty sleeping, lack of appetite, minor gastric and intestinal upsets, and mood changes. Many travelers limit physical activity for the first 36 to 48 hours after arrival and avoid alcohol and smoking for at least one week after arrival.