



ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**

May 2011



Editor's Letter

Hi all ,

Welcome to the May edition of our Newsletter for Projects Abroad Bolivia. This newsletter aims to inform all our volunteers with news and information about the latest happenings in Projects Abroad Bolivia, and the country in general.

We encourage everyone to join us in making it interesting and exciting by sending in your own written articles and pictures of your experiences here with us. Your stories and pictures will help others to understand and learn about Bolivia.

Feel free to join us in our Facebook group so we can be in touch, before, during and after your trip to Bolivia!.

If you have anything you'd like to contribute, suggest, or comment on, please contact ximenanoya@projects-abroad.org

Best wishes from Bolivia!

Daniela Viljoen
Country Director

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Der Flieger verliert an Höhe und Geschwindigkeit, durch die Wolken sehe ich die Stadt.

Jetzt taucht auch der Cristo auf, genau so wie ich ihn schon auf Bildern gesehen hatte. Er hat die Arme ausgebreitet und heißt mich Willkommen. Was ich mir jedoch im Vorhinein nicht hatte ansehen können, war das Gefühl, aus dem Flieger zu steigen, das Gefühl, angekommen zu sein.

Warme, trockene Luft umgibt mich. Die Familie, die mich abholt staunt über mein T-Shirt, sie selbst ist in Jacken und Schals gehüllt. "Hace mucho frio, no?" In diesem Moment spreche ich zwar noch kein Spanisch, kann mir aber dank ausschmückender Gestik ausmalen, was sie meinen.

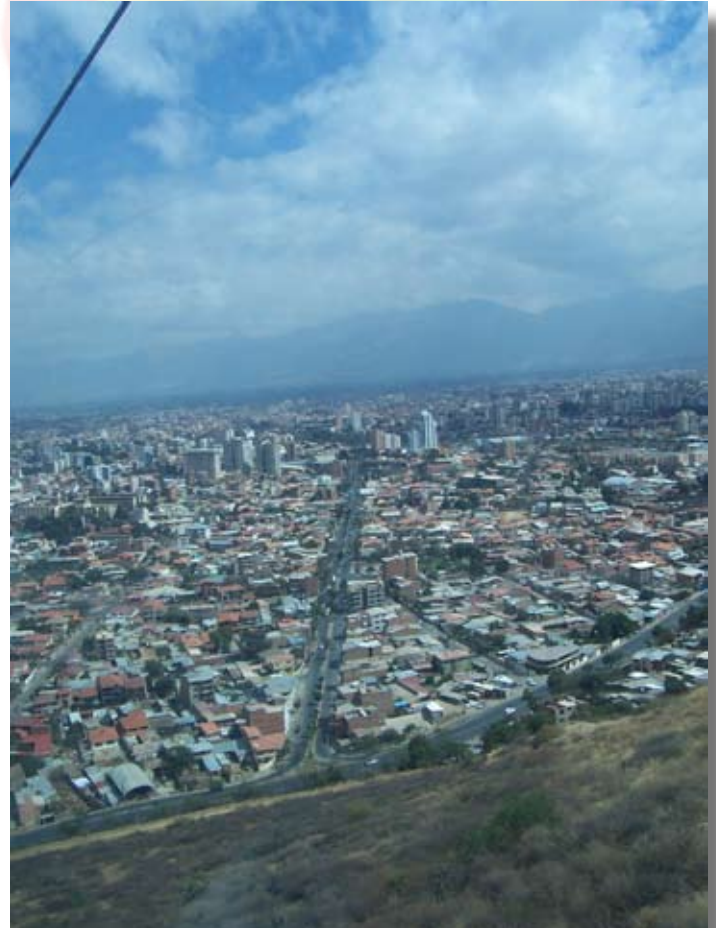
Wir fahren zu meinem neuen Zuhause. Vorbei an Autos aus für meine Begriffe vergangenen Zeiten, vorbei an Palmen, welche die Straße säumen, vorbei an bunten Obstständen mit riesigen Bananenstauden und prall gefüllten Körben tropischer Früchte.

Wir biegen in „meine“ Straße ein, eine Zeit lang tragt ein Hund neben dem Fenster her und bellt. Ich steige aus dem Wagen aus, strecke mich und sehe mich um. Ich sehe pinke, den Zaun überhängende Blumen, sehe wie ein Kind vorbeirent und eine Staubwolke hinter sich bildet, sehe sich von Haus zu Haus hangelnde Stromkabel und ein überproportional großes Coca Cola Schild an einem kleinem Laden. Und über all dem ragen tronend die weiß bespitzten Berge.

Ich bin also angekommen.

Ankommen in Bolivien

Sophia Obermeyer
Germany
Journalism - 2 months



Dog Vaccination Campaign

Anna Jørgensen
Denmark
Journalism – 2 months

Early Sunday morning at 7 am, May 8th, Projects Abroad volunteers met at the collaborated Sarcobamba Health Center. Armed with syringes and optimism they hoped to save a lot of dogs from getting Rabies. Many dogs showed up; big and small, black and white all wanting to get the injection which will help them avoid the possibly dangerous illness.

Rabies is a disease caused by a viral microbe called Rhabdoviridae that lives in the saliva of the rabid animals. Rabies can lead to anger, virulent, restlessness, loss of appetite, photophobia (fear of light), hydrophobia (fear of water), red eyes and constant foaming at the mouth and it is transmitted rapidly through bites.

There are three characteristic stages of the sickness:

The Prodromal Phase is characterized by apprehensive behavior, nervousness, anxiety and voluntary isolation of the dog. It will last about two to three days, and can also cause fever. The behavior usually changes during this phase, making friendly dogs act in a suspicious, scary or irritable way. Conversely, aggressive dogs can become docile and friendly.

Phase Furious; This phase is not always presented, but when it is the phase is characterized as what is known as furious rabies, which leads to irritability of the animal and hypersensitivity to visual and auditory stimuli. In this phase the dog does not rest frequently and appears to be active for quite a long time. The dog will bite everything it meets and, with the progress of the disease, it will appear confused and come to have seizures. Eventually the dog will die. This phase usually lasts between one and seven days.

Phase Paralyzed; This phase is characteristic of what is known as “dumb rabies” or “paralytic rabies” and neither was presented in our cases. It may occur after the Prodromal Phase or Stage Furious. Its symptoms include paralysis of the muscles, the head and the neck which makes



it impossible for the dog to swallow. In most cases the lower jaws will be paralyzed, leaving the mouth open, and thus lead you to believe that your dog has something stuck in his throat. Eventually the paralysis affects the diaphragm and the dog will die from respiratory failure.

If your dog is bitten by an infected animal there are some important things to do: Wash the wound with soap and water and keep it under observation - if discharge and redness appears you should bring the dog to the nearest hospital for proper dosage of anti-rabies vaccines. You should always keep the dog under observation, and bring the animal for corresponding analysis.

Hopefully this day the volunteers helped these dogs and their owners to feel a bit safer when enjoying a good walk.



J'ai travaillé pendant deux mois dans un centre pour enfants handicapés. Situé dans Sacaba, un village à environ 20 minutes de Cochabamba, le centre est nommé Sigamos. Il accueille 35 enfants, tous handicaps confondus. Ils sont séparés en quatre groupes avec une éducatrice pour chaque cours. Le premier rassemble des handicaps physiques, travaille beaucoup avec les physiothérapeutes. Il y a ensuite le groupe avec des enfants atteints du syndrome de down ou autre, dont deux sourds-muets. Dans ce cours elles sont deux éducatrices car il y en a une qui travaille avec les sourds. Le cours d'à-côté est un peu pareil, il y a syndrome de down et autisme, des enfants ayant un retard mental mais aussi un problème de comportement. Et pour terminer, il y a le cours des jeunes entre 16 et 24 ans avec tous types d'handicap. Dans chaque cours il y a environ 7 à 8 enfants.

Il y a une bonne organisation, tous les vendredis, réunion d'équipe pour décider du programme de la semaine, de ce qu'on va apprendre aux enfants. Il y a des activités comme par exemple le lundi après-midi, atelier de cuisine pour les jeunes (apprendre à faire des sandwiches mais ainsi le plus important est qu'ils apprennent le danger des couteaux et du feu et qu'ils les évitent). Le jeudi matin, école de sport : j'adore ce moment car les enfants peuvent être plus libres et ils aiment ça, c'est tellement beau de les voir courir, de les voir heureux, sourire, s'amuser.

Avec les enfants on travaille aussi beaucoup sur l'indépendance, qu'ils puissent plus tard se débrouiller seuls.

J'ai eu l'occasion de participer à des fêtes comme celle du père et de l'enfant, c'est simplement génial ce que ces enfants peuvent nous transmettre. Les voir danser, apprendre des chorégraphies, s'amuser. Enfin je n'arrive pas à trouver les mots pour expliquer ce que j'ai ressenti. Voir ces enfants qui n'ont rien, qui



sont pauvres, handicapés ou ayant souvent des problèmes familiaux sourire, s'amuser, je trouve ça simplement fantastique, donc je pense que si on peut leur apporter un peu de soutien, de support, de chaleur et d'affection, ils sont très heureux et très affectueux. C'est sûr parfois certains sont violents, ce n'est pas toujours facile. Mais quand ça va mieux et qu'on a réussi à leur apprendre quelque chose c'est un tel bonheur, ça vaut toute les difficultés qui peuvent exister.

Les parents aident parfois en cuisine ou à nettoyer l'école, il y a des réunions avec les parents. On travaille également avec une psychologue. Les éducateurs sont très efficaces mais malheureusement pas assez nombreux,

le centre a vraiment besoin de bénévoles. Pour les devoirs par exemple les enfants ne peuvent pas les faire tout seul, n'ayant qu'une éducatrice dans le cours : pendant qu'un enfant travaille, les six autres ne font rien. Alors qu'à deux, déjà, on peut mieux travailler avec les enfants sans qu'ils restent trop inoccupés. Les initiatives et les idées sont les bienvenues.

J'ai très bien été accueillie dans le centre et je suis vraiment triste de le quitter, les enfants, les éducatrices vont énormément me manquer.



Jessica Eastwell
England

Journalism – 3 months



Before I arrived in Cochabamba, I had a certain amount of difficulty explaining what I was going to be doing. “It’s a journalism project in Bolivia,” I would start. “Does that mean that you write in Spanish?” was almost always the next question. “No, it’s all done in English.” “But then who reads it?” Within my first fortnight in Bolivia I accompanied the editor, Ximena Noya, on the Cocha-Banner’s delivery rounds, and I can confirm that it gets read. It is mainly aimed at tourists and language students, and so is distributed in various shops, cafes, schools and universities around Cochabamba.

There are two options for journalism volunteers in Cochabamba: they can either work, as I do, at the Cocha-Banner magazine, or at the Radio de la Valle radio station (although a good level of Spanish is required, as the station only broadcasts in Spanish). While the Cocha-Banner publishes in English, a reasonable knowledge of Spanish (or taking language classes once you arrive) is really helpful, as it enables you to research and interview local people more easily.

So what does being a journalist on the Cocha-Banner entail? Well, it depends. As the only native English speaker currently working on the paper (at the moment, my companions are a Dane and a German, along with our Bolivian editor), so I am very much in demand for proof-reading and translation help. Since I speak Spanish fairly well, I also help volunteers who don’t speak Spanish with conducting interviews, and preparing the questions for them. Oh, and then there is the slight matter of my own articles...

You are allowed to write about anything you want, more or less, as long as it is interesting and clearly written. The second point is very important, as most Cocha-Banner readers read the magazine to improve their English. Most of the articles have a strong local angle, as volunteers want to find out more about the community they are visiting. In the month that I’ve been here I have written a variety of articles, about everything from Cochabamba-based charities to local storytelling.

I haven’t yet seen my articles in the magazine (at the time of writing, the May edition had just gone to press), but I’m very much looking forward to it. I am about to start a degree in English Literature, and not only does the journalism project here give me an opportunity to see if this is what I want to do, it also gives me a chance to build up my portfolio of published articles, which will hopefully lead to me getting a real job one day. Since the Cocha-Banner is such a small publication it’s also possible to learn more about magazine design and editing, if these are areas that particularly interest you.

Social Events Review

Bowling

Last month, as part of the social programme at Projects Abroad, a group of volunteers descended on the Lucky Strike Bowling alley. Much fun was had by all, and several of our English volunteers decided that bowling shoes were definitely the next big thing in the world of fashion (designers, take note!).

When the impromptu catwalk show had finished (and I have to say, the combination of bowling shoes and a floral jumpsuit was simply divine), we got down to the serious business of the evening: bowling. Spread over several lanes, the air was soon full of the usual mixture of languages heard when volunteers gather: English, Spanish, French and on this occasion, Dutch as well.

It wasn't always plain sailing, though. One of the electronic scorekeepers decided to offer its own take on reality, so we ended up trying to work out who was actually winning on our own. In the end, it was easier just to accept the machine's version of events (especially when it had given you lots of extra points).

Despite this, all the signs of a good evening were there: applause at a particularly good turn, groans when one pin was left standing, and (most frequently) good-natured jeers when the bowler missed completely. And of course, after so much physical exertion, we were all glad to consume burgers, pizzas and chips (fries to American readers), although not all at once.



Daniela Viljoen – Country Director
Working with Projects Abroad since: August 2002

Born in Cochabamba, raised all over the world (Louisiana, USA; Chile; Egypt; Bolivia). Graduate degree in Linguistics from the Universidad Mayor de San Simón. Former dancer and Girl Scout.
"I like meeting new people, I enjoy the outdoors and traveling and working for Projects Abroad! I love laughing until I cry (but who doesn't?)."



Carmen Herbas – Office Head Administrator / Desk Officer
Working with Projects Abroad since: May 2003

Born in La Paz and raised there and in Cochabamba, Carmen previously studied Veterinary medicine before she completed her studies in Linguistics at the University Mayor de San Simón. She is a single mother of 4 year old Adrian.
"I like dogs. I have a pointer, Braco, who is like my second son. I love heavy metal and all variations of rock music."

Roció Triveño Medical supervisor
Working with since April 2010.

Nurse graduate studied at the Universidad Siglo XX, in Potosi, working with Projects Abroad Bolivia since 2010.

"I like everything related to medicine, also work with patients who requires medical and professional care, I like sports, I like helping people and teamwork."



Ximena Noya – Project Supervisor (Journalism, Teaching)
Working with Projects Abroad since: August 2003

Born in Cochabamba, Studied in Argentina and Bolivia. She started full time as Project Supervisor. Has managed to turn the Cochabanner magazine into the great publication it is today! "I like music, photography, cooking, traveling and meeting new people."
"I like read a lot about philosophy, politics, economics and social analysis."

Freddy Mita – Project Supervisor (Care, Sport, Medical)
Working with Projects Abroad since: January 2008

Born in Pulacayo-Potosí, Bolivia. Previous to working with Projects Abroad Bolivia, worked with Social Services in Cochabamba as an educator, mainly in the area of Special Needs. Speaks Quechua, Sign Language and can read and write Braille to perfection!

"I like sports (soccer, basketball, squash, athletics, volleyball), chess, music and dance."



Alejandra Estrada – NA Travel Coordinator
Working with Projects Abroad since: July 2006

Born in Cochabamba, considers herself a citizen of the world. Spent her childhood in Tarija. Lived in Belgium for a year working as a volunteer at the Red Cross Center for refugees, teaching English, salsa and discovering the diversity of over 40 different nationalities.
"Love the taste of fruit in my mouth and the smell of rain before it falls."

Ana Silvia Ramos – NA Travel Assistant
Working with Projects Abroad since: May 2007

Born in Cochabamba, also a graduate from Linguistics of the Universidad Mayor de San Simón. Began working with Projects Abroad Bolivia as Social Manager, then Desk Officer and now forms part of the NA Travel Team.

"I love to swim, cook and bake. I also enjoy spending time with my family and my friends. And every weekend I teach English at an orphanage in Arani, so I have 47 children!"



Blanca Fernandez NA Travel Assitant

Born in Cochabamba, Blanca lived here all her life. She has also been to Brazil, Chile and the US. All of them beautiful countries! But, what she loves the most are the small places nearby, such as Chapare, Cordillera del Tunari, the valleys and places all over Bolivia: Copacabana, La Chiquitanía, El Cerro Rico de Potosi and much more.

"I love watching travel and food TV programs. Love traveling! Love eating! But cooking: No, No!!!"

Ivana Flores

Born in Cochabamba and raised in Miami. Iv experienced at a young age all the diverse culture South Florida's melting pot had to offer and attributes being open-minded to it. Ranging from head cheerleader to member of the national honor roll society....

"I am completely obsessed with Michael Jackson, it's funny, people call me crazy but I totally love the guy."



Practical Info

Teleférico & Cristo de la Concordia

This statue is the tallest as well as the highest statue of Christ in South America, to reach it; one needs to take a cable car from the end of Heroínas Avenue. It's possible to enter the monument climb up and have a



marvellous overview of the whole valley
Address: Parque San Pedro, at the end of Ave. Heroínas
Opening Hours: Tuesday – Sunday 10:00 – 18:00
** Take precaution when using stairs...pickpockets may be nearby*

Botanical Gardens

They were established in Cochabamba by the well-known Bolivian botanist, Martin Cardenas. It is a public park of modest size (about 4 ha.), serviced by ten gardeners.

Address: Avenida Villazón (Muyurina area)
Opening Hours: Monday – Sunday 07:30 – 16:30

Simón I. Patiño cultural center

This Palace provides evidence of the great wealth of tin baron Simón I. Patiño; the grounds are amazing, as well as its luxurious interior. Most of its decorative materials were brought from Spain. The architects and workers themselves came from Europe. Today this beautiful palace full of beautiful gardens serves as an art museum, cultural centre.

Address: Corner of Avenida Potosí and Buenos Aires



Opening Hours: Palacio Portales:
Monday – Friday 15:30 – 18:00
Saturday 09:30 – 11:00
Sunday 11:00 – 11:30
Opening Hours: Gardens:
Tuesday – Friday 15:00 – 18:00

Saturday – Sunday 09:00 – 12:00

Museo de historia natural “alcides d’orbigny”

Named in honour of the prominent French naturalist of the early and mid 18th Alcide d’Orbigny; it has a collection of local natural history specimens. This museum is like an encyclopaedia of natural science, where you can appreciate a great collection of minerals and fossils that contain local rocks, the evolution of living things and the changes they went through over time.

Address: Corner of Avenida Potosí and Avenida America



Oeste
Opening Hours: Monday – Friday 09:00 – 12:30
15:00 – 18:30

Museo Casona Santivañez

Declared historical patrimony, you can find a good collection of republican colonial paintings, in addition to various exhibitions periodically.

Address: Corner of Nataniel Aguirre and Junín
Opening Hours: Monday – Friday 09:30 – 12:00, 15:00 – 18:00

Museo Martín Cardenas

Address: Avenida Heroínas, between Junín and Hamiraya

Opening Hours: Monday – Friday 09:00 – 12:00
15:00 – 18:30

Museo Arqueológico

Works conjunction with the San Simon University, displays a wide-range of artifacts from different Bolivian cultures, including Tiawanacu, Aimara, and Mojacoya. Also you can appreciate painted ceramics from the Omereque culture, stone carvings, human remains, fossils and a display of textiles, weavings, instruments and ceremonial costumes from around Bolivia.
Address: Corner of Nataniel Aguirre and Junin



Practical Information

Here some ideas about best places to visit and shopping

Catedral metropolitana (main cathedral)

The Cochabamba Cathedral was built in the early eighteenth century, on the site of an ancient temple of the sixteenth century. It is located in the main Plaza and remains one of the characteristic symbols of the city, called Catedral Metropolitana since 1975.

Address: Plaza 14 de Septiembre (main plaza)

Opening Hours: Monday – Friday 08:00 – 12:00.

17:00 – 19:00, Saturday - Sunday 08:00 – 12:00



Teatro Achá

Ballet, opera, plays, concerts and other fine arts.

Address: Calle España, between Ave. Heroínas and Bolívar



Teatro Adela Zamudio

Ballet, opera, plays, concerts and other fine arts.

Address: Ave. Heroínas, between Ave. San Martín and 25 de Mayo



Cerámica Cochabambina

An association of approximately 15 artisans produces many types of ceramics including table and kitchen accessories. Avenida Ayacucho between Calle Colombia and Calle Ecuador. Tel. 4522518.



Asarti

High quality alpaca and other handicraft items. Edificio Colón, Calle México and El Prado, Tel. 4250455.

Arte Andino. A newer organization that produces traditional textiles from the countryside around CBBA. With support from the European Union, the association has trained more than 1,500 artisans. Pasaje Cathedral between Calle Esteban Arce and Nataniel Aguirre. Tel. 4508367.



Wari

Textiles made of pure alpaca wool. Calle Potosí #2043.

Fotrama

An artesanía coop run by the progressive Maryknoll order of Catholic missionaries from New York. Fotrama has several outlets. The main store is located on Calle Bolívar #0439, Tel. 4222890, while the slightly cheaper factory store is at Circunvalación #0413, Tel. 4240567.

Gamboa

Carries handicrafts but specializes in music and musical instruments guitars and charangos. Avenida Manco Capac #541.



Mamani Mamani

Paintings by one of Bolivia's most famous native artists. Open 9:30 to 12:30 and 15:00 to 20:00 weekdays. Calle España #219.



Maya MacLean Casa

Features export quality lamps and other decorative accessories and silver jewellery. Upscale products. Calle Beni #329.

Book Store Los Amigos del Libro

With stores in the major cities, Los Amigos del Libro has a monopoly in Bolivia when it comes to English, German, and other foreign language books and magazines. This bookstore also carries interesting literature about Bolivia and a few local guidebooks. *Web: www.librosbolivia.com.* *Torres Sofer on Calle Oquendo E#654.* *Entre Libros, Calle 25 de Mayo N° 167* *Jorge Wilsterman Airport Terminal*

Announcements

Volunteers are issued either a one month (30 days) or three month (90 days) tourist visa on arrival in Bolivia. If you have only been given a 30-day visa upon arrival, and are staying in the country for a longer period, please inform the office staff when you have arrived. It is only a matter of visiting the immigrations office and getting it changed.

Please be aware that you need to always carry your photocopy passport with the Bolivian visa stamp

Important Phone Numbers

Aasana 459 1780
Aduana 422 6561
Ambulance medicar 181 / 424 8381
Sar fab 138 / 473 1313
Sar bolivia 132 / 448 7380
Police 911
Tourism police 450 3880
Fire department 119
Sabsa (airport info.) 459 1821
Aerosur 440 0912

901 10 5555
Tam mercosur 458 2166
Bus terminal 155 / 422 0550
Information 104
Post office 423 0979
Immigration office 452 4625
Hospital viedma 422 0226
Chemists (on shift) 175
Tourism office 425 8030 / internal line 419

Local Events

- This Sunday!!! Exchange your used batteries!! Let's all help keep the world clean!
HIPERMAXI (Oquendo y Blanco Galindo)
Sunday, June 5th de - 9:00 am - 14:00 pm
- Semana del Desarrollo sostenible 2011-2da edición
Alianza Francesa de Cochabamba
Monday, June 6th 16:30 pm to June 10th 20:30 pm
-



June 1th to 6th Air Pollution

- The World Health Organization (WHO) selects "The WHO Framework Convention on Tobacco Control" as the theme of the next World No Tobacco Day, which will take place on Tuesday, 31 May 2011.

Credits

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Social Media links

Join our Projects Abroad Bolivia - The Official Group on Facebook:
<http://www.facebook.com/group.php?gid=72848635649>

Read our Bolivia Newsletters:
<http://www.projects-abroad.co.uk/volunteer-destinations/bolivia/newsletters-from-bolivia/>

See what is going on with Projects Abroad Blog. Read our http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=268

Thank you to everyone who has helped bring about this month's issue of the Official Newsletter of Projects Abroad Bolivia. If you would like to contribute your experiences, stories, photos or anything else to the next edition then please send them to: ximenanoya@projects-abroad.org