

BOLIVIA MISSION TRIP

MEDICAL | JULY 17 – JULY 26 | SPIRITUAL



OUR SERVICES

By the grace of God, we will visit several newly established or emerging Coptic Christian communities in Bolivia and offer medical and spiritual care in the Name of our Lord Jesus Christ.

We will also visit an orphanage there, and possibly a facility for handicapped adults, and possibly a prison. At the various locations there will either be an opportunity to serve the people spiritually, medically, or both.

Spiritual service will be through talks, songs, gifts, play, skits, liturgies, baptisms, prayers or just being present with the people.

The medical and dental service will include triage (vitals, chief complaint, intake information), exam by health professional, treatment plan made, treatment plan carried out if available (tooth extraction, etc.), and prescription filled by our pharmacist from medications we bring with us.

STEP 1

Book your flight – see details on page 7

STEP 2

Obtain Necessary Vaccines (if any) and apply for Visa

STEP 3

Let's get ready to have some fun and serve.

ABOUT THE SERVICES

The Coptic Church in Bolivia began its service in Santa Cruz de La Sierra in December, 2000. The service there started in a fine, rented house situated in the northern zone of the November 23rd neighborhood. Father Youssef El Anba Boula began showing the Coptic Orthodox faith to his neighbors by celebrating liturgies, baptisms, weddings, retreats, and other activities. At the start of the evangelistic service there, there was only one Copt, but now the church is thriving and has many converts to the Orthodox faith. Some of the places that we will visit and serve are listed here.

ORPHANAGE

This is a house for children that are abandoned by their parents and families. This house for children is owned and operated by the Coptic Church in Bolivia and it serves children as young as a few days old. These children are truly the most vulnerable of society. There is a social worker on site and a nurse provides most of the daily needs of the children. Currently the capacity of the house is 8 children. All the needs of the children such as food, clothing, and medicine are provided there. The children are also baptised and are integrated into church life.

PUERTO BUSH

This is an encampment of families and various individuals who have occupied public land because they have nowhere else to live. They constructed for themselves makeshift huts and outhouses. The church has been reaching out to this group and going to them as much as possible with food, gifts, medicine, and some spiritual services.

The group is at risk of being evicted from the public land but the church is committed to follow them to any new location so she can continue to serve them.

JUGAMOS APRENDER I & II

Translated, "We Play to Learn," these are several daycares that were built for the higher social class of Bolivia as a means of providing financial support for the other other social projects of the church that require constant income to help those in need, like the Saint Abram daycare.

SAINT ABRAM DAYCARE

This project was created to give young children a space to play in a safe environment, while their parents are at work. Many young children are left to play in the streets of left home alone and exposed to all kinds of dangers. It was also established as a way to help give moms a break to be able to complete grocery shopping and other household tasks. To this end, the daycare cares for the children in the area and gives them food and education. Children between the ages of 6 months and 4 years attend the daycare. If we visit the daycare, we can play with the children, sing to them, give them gifts or candy (if permitted by the staff), or do an activity like facepainting or a craft with them.

ST JOSEPH CARPENTRY

At Saint Joseph's carpentry shop, many projects are completed out of wood for many different uses around the church. This woodwork is done in the Coptic style, complimented by the work of the Bolivians. Some

of the works done there include: iconostasis, frames, engraved doors, altar tables, kitchen furniture, and beds. The works it done by hand and is not aided by CNC machines.

POPE SHENOUDA III MEDICAL CENTER

This health center provides primary medical and dental care for patients in the surrounding neighborhoods. It provides consultations at reduced prices, bringing specialty campaigns and free surgeries carried out at participating hospitals, and health campaigns carried out by volunteer health professionals from America, Canada, and Europe.

SAINT VERENA CHURCH

SAINT GEORGE CHURCH

ARCHANGEL MICHAEL CHURCH

SANTA CRUZ EL TORNO CHURCH

SAMPLE SCHEDULE

Sunday

July 17, 2022

9:50 pm

Arrival at the airport

11:30 pm

Dinner

Monday

July 18, 2022

09:30

Morning prayer

09:45

Bible study + Quite Time

10:30

Breakfast

11:00

Visit Day Care Jugamos Aprender I (Alemana) and Day Care San Anba Abraam

12:30

Lunch

13:30

Arrange donation bags

15:30

Visiting Boys prison and elderly Home

19:30

Welcome party and dinner

Tuesday

July 19, 2022

08:00

Morning prayer

08:15

Bible study+ Quite Time

9:00

Breakfast

9:30

Visiting Day Care Jugamos Aprender II (Remanso) + Colage

10:45

Visiting (orphanage) children Home and Carpentry

13:00

Lunch

14.00

Preparing for the service in Puerto Bush

14:30

Moving to the church San Juan el Bautista en Puerto Bush (Services kids , Ladies And

Medical Service)

19:30

Moving to the Cathedral Santa Maria Y San Marcos

18:00

Activities with the kids.

20:30

Dinner

21:00

Downtown

Wednesday

July 20, 2022

08.00

Morning prayer

08:15

Bible study+ Quite Time

09.00

Breakfast

09:30

Visiting day care st. George

10:00 Visiting Disabled Home and Cotoca (Catholic church) + Lunch
16:00 Rest in the Cathedral
17:30 Moving to the church San Jorge
18:00 Baptism
19:00 Liturgy
21:00 Dinner and welcome in San Jorge

Thursday July 21, 2022

08:00 Morning prayer
08:15 Bible study+ Quite Time
09:00 Breakfast
09:30 Homeless (preper food)
11:00 Visiting Homeless and

13:00 Lunch
14:00 Distribution food and visit the family with the children's choir
18:30 Meeting with Bishop Youssef (the story of Bolivia)
19:30 Dinner
20:30 Tasbeha

Friday July 22, 2022

06:00 Moving to Church Santa Verina en santa Rosa
08:00 Baptism
09:00 Liturgy
11:00 Sunday school + Medical Service
12:00 Lunch and welcome
14:30 Moving to church Arcangel Miguel en paquio
16:30 Moving to Santa Cruz (Cathedral)
18:30 Rest
19:30 Tasbeha and vespera
21:00 Dinner
9:30 Downtown

Saturday July 23, 2022

08:00 Baptism
09:00 Liturgy
11:00 Sunday school
12:00 Lunch in Restaurant

14:00 Moving to the downtown and buying gifts
16:00 Moving to the church Santa Maria y San Jose el carpintero Valle Sanchez Service in (kids and Ladies + Medical Service)
18:30 Moving to the Cathedral
19:30 Youth meeting
21:00 Dinner and going to the Mall

Sunday July 24, 2022

07:00 Liturgy
09:00 Breakfast
09:30 Visit Centro de Salud papa sheunda
11:00 Work in the cathedral Mesa ANBA Abraham a
13:00 Moving to Guempe & Lunch
18:30 Moving to Mall

Monday July 25, 2022

8:00 Breakfast
08:30 Moving to Church Santa Cruz El Torno visits Houses & Lunch Activities Kids and General Meeting & Medical Service
15:00 Plaza de Montero
18:00 Activities with kids
21:00 Dinner

Tuesday July 26, 2022 (will be adjusted for departure time)

08:00 Morning prayer
08:15 Bible study+ quite Time
9:00 Breakfast
9:30 Visiting Carpentry
10:30 Misa Anba Abraam
12:00 Lunch
13.00 Moving to the church San Filopatir y Santa Mohrail en CopaCabana Montero (Services kids , Ladies And Medical Service)
20:00 Cleaning Rooms
21:00 Dinner
23:00 Moving to Airport

STEP 1: BOOK FLIGHT

Go to

<https://www.copaair.com/en/web/us>

Select the following:

Departure – Los Angeles (LAX) or your particular city, Sunday, July 17, 1:03 am flight (time will be different if from another desination) – COPA Flight 303, with layover in Panama (PTY) Flight 127

Arriving – Santa Cruz, Bolivia (VVI) at 9:49 pm (must have this arrival time unless given exemption by trip organizers)



For Return portion of trip:

Select **Santa Cruz (VVI), Tuesday, July 26, 1:31 pm** (must have this departure time unless given exemption by organizers), COPA 220, with layover in Panama, connecting to COPA 302, returning to LAX (or another city of your choosing)

DEPOSIT (DUE IN JUNE)

Covers food and transportation in Bolivia. We are estimating this to be approximately \$400 per person for the duration of the trip.

To Pay Deposit:

- ✓ Go to Ctrlr.church, and Click on “Give” at the top right of page
- ✓ First scroll through box, select “Bolivia Service Trip”
- ✓ Enter amount giving then click “Submit”
- ✓ Email Gina at gina.gindi@gmail.com to inform her of amount submitted so we can track funds through CTR treasurer.



STEP 2

YELLOW FEVER VACCINE

Yellow fever is the only Vaccine that is required for this trip. You must have this vaccine in order to get a visa to enter the country.

If you do not have it, please schedule an appointment with your Local health department, CVS pharmacy, Costco Pharmacy, or health care provider and receive it ASAP

OTHER VACCINES AND PREVENTATIVE MEDICATIONS TO CONSIDER BUT ARE NOT REQUIRED ARE:

- MALARIA MEDICATION TO TAKE WHILE THERE – RECOMMENDED. YOU CAN GET A PRESCRIPTION FROM YOUR PRIMARY CARE DOCTOR OR FROM YOUR LOCAL HEALTH DEPARTMENT.
 - TYPHOID VACCINE - RECOMMENDED
 - RABIES VACCINE OPTIONAL
 - TETANUS SHOTS – Recommended to up to date
 - HEP A AND B SHOTS (HIGHLY RECOMMENDED)
-

STEP 2 (CONTINUED)

WE MUST OBTAIN TOURIST VISAS TO ENTER BOLIVIA

TO OBTAIN A VISA...

- Go to the follow website for information: <https://www.boliviawdc.org/en-us/consular-affairs/visas/tourist-visa>. (Website for Bolivian Consulate)
- APPLY for the Visa on-line on this website: <https://portalmre.rree.gob.bo/formvisas/>
 - select TOURIST VISA
 - Approximate 10 business day turnaround time
 - Requirement for the Visa
 - Valid U.S. passport with at least 6 months validity remaining.
 - International Certificate of Yellow Fever Vaccination (Must have proof of vaccination to submit with Visa application)
 - A 2 "x 2" passport size photograph
 - Proof of a round-trip ticket, or confirmation of plans to depart Bolivia.
 - Bank Statement (does not have to be full statement; needs to include name and availability of some funds to cover expenses in Bolivia)
 - With a visitor visa, you may stay up to 30 days per trip, but not exceed 90 days per year.
 - A Bolivian visitor visa costs \$160 US and can be paid in U.S. dollars.
 - Visitors must also show proof of lodging in Bolivia, such as a hotel reservation. If staying with Bolivian friends or family, authorities may require a letter of invitation from the host. Our lodging is to be determined.
 - We can get letter from His Grace Bishop Youssef if we will be staying in the Church
 - If not staying in the church, we can use our hotel reservation.
 - Make sure you get entry and exit stamps from the Bolivian authorities every time you enter or leave Bolivia

STEP 2 (CONTINUED)

CONFIRM HOTEL

WE WILL BE STAYING AT THE FOLLOWING HOTEL...

- **Pacifico Apart Hotel** on Booking.com! <http://www.booking.com/Share-ccff6SH>
- Address: Riberalta 169 Z/Centro, Santa Cruz de la Sierra, Bolivia
- Fadia and Christie reserved a block of rooms for the group. Please Fadia or Christie for hotel arrangements.

STEP 3: LET'S GET READY TO HAVE FUN AND SERVE

A. Brush up on some Spanish -

1. Duolingo app
 - a. Download app
 - b. Practice for 5-10 minutes every day.
2. Review Coptic Liturgy (and Tasbeha) in Spanish
 - a. PDF of Liturgy will be posted on WhatsApp group
4. Memorize Lord's Prayer and Creed

B. Spiritual Prep:

1. Book to read together
 - a. Focuses on missionary service
 - b. ***No Greater Love***. By Mother Teresa
 - c. Available on Amazon \$12.49; 224 pages
 - d. https://www.amazon.com/dp/1577312015/ref=cm_sw_r_em_api_i_HN3RMGJNHTC6RQD7HQT_Y?encoding=UTF8&psc=1
 - e. Also available on Audible as audiobook.
 - f. 2 person teams will present a chapter to the group on different days. See sign-up sheet for your chapter.
2. Consider buying your own Spanish Bible
 - a. Biblia Bilingue RVR-NKJV, Enc. Rustica (RVR-NKJV Bilingual Bible, softcover)
 - b. Also available on Amazon:
https://www.amazon.com/dp/1418598062/ref=cm_sw_em_r_mt_dp_CW7384GRQ4HWCP7N3B3N
3. If you will serve on medical team, consider buying Spanish for Health Care Professionals (Barron's Foreign Language Guides)
 - a. Cost \$9.99
 - b. On Amazon:
https://www.amazon.com/gp/product/1438006942/ref=ox_sc_act_image_1?smid=ATVPDKIKX0DER&psc=1

C. Service Prep:

1. Responsible leader, Fadia Gillebaard, 949-463-5219, fadia.gillebaard@gmail.com
 - a. Fundraisers at churches,
 - a. cash,
 - b. supplies,
 - c. toys/gifts;
 - d. ?Spanish Bibles
 - b. Sunday school lessons for kids and youth with activities
 - c. Song book
 - a. Spanish songs
 - i. E.g. Saturame Senor Con Tu Espiritu...
 - b. English songs/Tasbeha/Seasonal Hymns

D. Medical prep:

1. Medication and equipment wishlist is being compiled
2. Applications to non-profits for free or discounted medications are in process with the help of Sameh Botros
3. Donations of medications and equipments are welcomed. Expired medications will not be accepted.
4. 1st meeting for those serving medical/dental is to be determined

E. List of Personal Items to bring:

1. Bible/agbeya/spiritual book we're reading
2. Deet 40% minimum (recommended brand is REPEL. Off works too but this one is stronger)
3. Bug repellent plug ins for the rooms
4. A thin rain jacket
5. Light clothing: T shirts leggings jeans **scrubs** (for medical staff)
6. Pjs
7. Small bag/backpack for everyday
8. Hydroflask
9. Medications: Tylenol, ibuprofen
10. Shoes/waterproof shibshib so your shoes aren't soaked
11. Hand sanitizer!!!!
12. Toiletries
13. Towels - face and shower
14. Masks pack at least 2 per day (will double mask)

15. (Optional) Covid home test kits
16. (Optional) snacks - granola/protein bars
17. (Optional) vitamins - D3, Zinc, C
18. Cash to convert to bolivianos
19. (Optional) Umbrella. IT RAINS.

Please Pack Lightly

- There is a washing machine there.
- Luggage allowance based on ticket type. Please check your individual luggage allowance.
- Most likely allowed 1 personal item, 1 Carry-on, and 1 luggage (50lb).
- Second checked bag \$50
- As a group we need to pack medicine, baby clothes, and crafts to be distributed among us.

F. Donation Letter

- Please keep all your receipts for:
 - Flight
 - Vaccines
 - Visa
 - Gifts/supplies/other donations for Bolivia
- A system will be established to submit your receipts to receive a donation letter for tax purposes.

G. Rules & Policies for the Mission Trip

1. To maintain the integrity and order of the Church, members and guests are required to abide by the following rules and policies—which are not exhaustive but serve as a guide and are subject to change.
2. To travel and participate in a Mission Trip abroad, a person **must be 18 years of age or older**. Younger travelers must be accompanied by at least one parent.
3. The Coptic Orthodox Church is first and foremost a holy place of worship which services its members and the community at large. In all its services and activities, it seeks to glorify Christ, strengthen our faith, enhance family relationships, develop future leaders, and unite all Christians.
4. Our Lord Jesus Christ is represented *in* us and revealed *by* our actions and behaviors. Our words and actions are to honor Him. Nothing and no one are to detract from our witness, testimony, and the message of the Bible and the Church.
5. For spiritual growth and fellowship with one another, Church members and guests are encouraged to participate and serve in Church services, activities, and Bible studies.

6. **We must follow all the rules of our host church in Bolivia.**
7. Participants must attend all mission activities.
8. Participants in Church services and activities should be appropriately dressed in accordance with the service and activity. No tank tops, shorts, or leggings may be worn by men or women during Divine Liturgy or Vespers.
9. All are expected to be respectful and punctual.
10. All socializing will be done in public areas of the Church property. No visiting is permitted in the Dormitories or hotel rooms occupied by members of the opposite sex.
11. The Church and its buildings are smoke, alcohol, and drug free. Use of alcohol on premises is forbidden.
12. Use of illegal drugs will not be tolerated and may be reported to local authorities.
13. As the house of God, the Church sanctuary must remain clean at all times. Participation in its cleanliness and maintenance is required. No food or drinks are allowed inside the Church. Prayer books and Bibles should be handled with respect and placed in their proper location at the end of each service.
14. The kitchen must remain clean at all times to prevent the spread of disease and insects. After using any kitchen equipment, supplies, and/or utensils, they must be thoroughly washed and maintained. All trash must be removed promptly.
15. Church bathrooms are to be kept clean at all times.
16. All trash bins in areas used by guests must be emptied daily. That includes dormitories, kitchen, meeting room, and dining rooms.
17. The Church Center in Bolivia provides mattresses, pillows, pillowcases, sheets, and blankets. Each person is expected to have his/her own towels and personal hygiene items.
18. The Church is not responsible for any loss resulting from negligence or inattention. Participants are responsible for any damage, alteration, or removal of Church property.
19. Any violation of the above Rules and Policies can result in expulsion. Cases of serious violations, such as possession of weapons or narcotics, will be dealt with more seriously.

I, as a participant in the Mission Trip to Bolivia, agree to abide by the Rules and Policies outlined above.

Participant's Signature

Date

Coptic Orthodox Church
Coptic Orthodox Diocese of Los Angeles, Southern California and Hawaii

DEPARTMENT OF MISSION AND EVANGELISM (DOME)
MEDICAL INFORMATION, LIABILITY, AND RELEASE FORM

Please print and complete all areas.

Participant's Name: _____ Date of Birth: _____
First Middle Initial Last

Address: _____ Home Phone: (____) _____
_____ Cell Phone: (____) _____

EMERGENCY TELEPHONE NUMBERS: Please provide phone numbers for the parent/legal guardian or emergency contact who can be reached during your travels.

Parent/Legal Guardian: Cell: _____ Work: _____
Emergency Contact Name: _____ Phone: _____

MEDICAL INFORMATION:

● Family Physician's Name: _____ Phone: _____

● List any allergies, conditions, dietary restrictions, special needs, or medical concerns:

Food Allergies: _____

Drug(s) Allergies: _____

Animal Allergies: _____

Dietary Restrictions: _____

Other Allergies/Conditions/Special Needs/Concerns: _____

● I require the following medicine(s): _____

Frequency: _____

● I may be administered Tylenol or Ibuprofen: ____ Yes ____ No

In case of Medical Emergency, I understand that in the event that medical treatment is required, every effort will be made to contact my parents or legal guardian or the emergency contact person. I give permission to the staff to secure the services of a licensed physician to provide the care necessary, including hospitalization, anesthesia, injection, or surgery for my well-being.

I hereby agree to indemnify and hold harmless the Coptic Orthodox Church in Bolivia; the Coptic Orthodox Diocese of Los Angeles, Southern California and Hawaii; Coptic Orthodox Church - The Department of Missions and Evangelism; and its officers, employees, and volunteer staff from any liability.

Participant's Signature

Date