



ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**

April 2011



Editor's Letter

Hi all ,
Welcome to the April 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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En weekend i Torotoro

by Anna Jørgensen
Denmark, Journalist 2 months



Denne weekend er noget, jeg sent vil glemme! Jeg mødte de syv andre frivillige ved det store cinecentre fredag eftermiddag, og vi havde nu en dejlig 6 timers tur foran os i en bus, hvor vi tit og ofte måtte læne os til den ene eller den anden side, for at bussen ikke skulle falde ned af bjergsiden..!

Sent om aftenen nåede vi frem til et meget tvivlsomt værelse, med nogle meget tvivlsomme senge og en meget tvivlsom dør. Men vi formåede dog alligevel at få en god nats søvn.

Vi vågnede op til en morgenmad bestående af friturestegte boller. Men, man kan ikke klage når morgenmaden koster 8 kr. Vi gik og gik og gik oppe i bjergene, til vi nåede en hule. Efter at være blevet advaret om at folk med klaustrofobi ikke skulle vove sig derind, tog vi vores pandelamper på og begav os afsted. Vi var inde i hulen i 3 timer, og jeg kan fortælle jer, at det var noget af en oplevelse! Vi måtte kravle igennem huller, hvor en (dansk) voksen mand ikke ville have en chance, vi måtte mave os igennem steder, hvor min numse stødte mod "loftet", og vi måtte springe ca. en meter mellem sten, hvor der var MEGET langt ned, hvis du ikke ramte. Vi skulle igennem steder, hvor guiden blev nervøs for, om vi mon ville klare det, og vi skulle holde fast i et reb, mens vi langsomt vrikkede os vej til den anden side, uden sikkerhedsudstyr - der var jeg altså så bange, at jeg knep en lille tåre. Men det var helt fantastisk, og nok ikke noget jeg nogensinde kommer til at opleve igen! Alligevel var jeg dog en smule lettet, da vi endelig så en lysning og kunne bevæge os mod udgangen.

Da vi kom tilbage til hotellet, fandt vi lidt aftensmad, et sted hvor de ikke havde mad nok til 8 personer, så vi måtte dele, det der var. Men efter sådan en dag er mad altså mad - lige meget om det bliver hevet direkte op fra en sæk og lagt på tallerknerne..

Vi sov godt den nat.

Næste dag begav vi os ud for at finde dinosaurfodspor. Jeg må indrømme, at det er svært at forstå, at det du står overfor er aftryk fra nogen kæmpe dyr, som levede for 60 mio. år siden. Men ikke desto mindre, ret fantastisk! Herefter gik vi hele vejen ned ad et bjerg



(der var MANGE trapper) for at komme ned til et vandfald, hvor vi kunne få os en velfortjent svømmetur. Desværre skulle vi altså op af bjerget igen... Og det kan jeg med sikkerhed sige, er det hårdeste, jeg i mit liv har været ude for – oven i var det mindst 30 grader, og jeg havde cowboybukser på... Og for at det ikke skal være løgn, var vi løbet tør for vand. Det var næsten én stor elendighed. Men vi klarede det altså allesammen alligevel – selvom vi dog måtte smide os på jorden, da vi endelig nåede toppen. Og vi var da også stolte over at have klaret denne bjergbestigning. Det var faktisk rigtig rigtig fedt!! Med ømme muskler satte vi os ind i bussen og nåede efter 6 timer hjem til Cochabamba, hvor jeg fik et meget tiltrængt bad og en meget tiltrængt nattesøvn.

Enfantastiskogmegetanbefalelsesværdigtur!



“Tia! Tia!”

Laura Beesley, England
Care Project 3 months



“Tia! Tia!” is the chorus that’s greeted me every morning since I started volunteering at the Centro San Pedro. I’ve been working there now for just over a week and the delight on the kids faces when I walk in is still enchanting.

The Centro San Pedro is a day care centre for zero to five year olds. I help out with a group of around 25 four to five year olds. I thought maybe the language barrier would be a problem, but the only problem is not having enough arms; all it took was a smile and they all mobbed towards me for cuddles. I’m 18 years old and from a small place in the Highlands of Scotland and had no idea how much attention these children would need and want; ever since my first day I’ve been overwhelmed by the kids adoration for me (and my camera, glasses and strangely my umbrella!). I love walking in everyday and being greeted by such joy and enthusiasm.

I usually start the day by joining them for breakfast, if there is a Trufi early enough (which is a whole other adventure). Breakfast is an experience in itself; can you imagine all the children in the day centre in a small canteen all slurping and munching away? And of course there’s the constant buzz as all the children excitedly talk at once. After breakfast is when we head to the classroom and start some learning, and as a bonus I get to learn to as its all in Spanish!



10 o'clock is my favourite time of the day because its break time! This can mean anything from a game of football to doll's tea parties. I've no idea how many imaginary cups of tea I had on my first day or pretend phone calls I took for that matter. You certainly can't be lacking in imagination to work with kids. Break time is also another chance for hugs. I've never had so much attention and it's so gratifying to see all those little hands stretching out vying for your attention.

My day ends at 11.30am and I hate seeing the sadness in the children's faces for that fraction of a second until they realize that I'm back again tomorrow! I'm so glad I chose to do a care project because seeing the children everyday and getting to give them every bit of attention they deserve is heart warming. Knowing I put smiles on their faces will last not only in my photos but also in my memory for a very long time. I'd advise anyone to just go for it as long as you love hugs!



Social Events Review

On the 28th of April the volunteers met at the Projects Abroad office to celebrate our different nationalities in a country where we all feel, more or less, like a part of the Bolivian society.

At this social event each volunteer had prepared a delicious dish characteristic of their own country, and there were quite a lot of different dishes to explore; apple cake from Holland, Crêpes from France, Italian pasta, an English pie and much more! The English pie was especially popular and you had to be quick if you wanted a piece before it was all gone!



Finding the right ingredients was more of a challenge than one might have thought. The volunteers had got themselves quite a task walking from one supermarket to another trying to track down the ingredients that usually are to be found only in our own countries.

Satiated and satisfied we sat down in a circle, pulled out the guitar and the contentment spread. The sound of Spanish ballads and classics like Tears in heaven were



filling the gradually chilly air as the evening was about to come to an end.

Grabbing a last piece of cake for the road we left a table with food enough to feed a small village.

The evening had been a success and we all got to know each other just a little better – at least our knowledge about each other's cuisine was improved.



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."



Il y a un an, je préparais mon départ pour la Bolivie. J'étais très excitée de partir, d'aller sur ce continent, du projet que je montais avec Projects Abroad, mais j'étais aussi terrorisée. Pendant ce processus de préparation, Carmen m'avait demandé s'il y avait quelque chose qu'elle pouvait faire pour m'aider à m'installer. Je fais de l'escrime depuis 3 ans maintenant, et de manière générale, j'aime faire du sport. Comme je restais 6 mois à Cochabamba, je me suis dit que si j'arrivais à continuer à faire de l'escrime, cela me permettrait de me sentir plus facilement chez moi. Très vite, à mon arrivée, Freddy a pris contact avec le club de Cochabamba et m'a accompagnée un soir. Le maître d'arme et quelques jeunes escrimeurs m'ont accueillie et m'ont tout de suite intégrée. Je n'avais pas mon matériel et ils m'ont tout prêté. Les conditions d'entraînement sont évidemment très différentes de celle de mon club lyonnais mais la bonne humeur est là. Les escrimeurs étaient très curieux et me demandaient souvent des choses sur la vie en France. Un des maîtres d'armes parlait très bien français (il faut dire que le français est la langue officielle de l'escrime et que mon pays a une longue tradition d'escrime). Je m'entraînais donc avec des jeunes de 13-16ans, 2 fois par semaine, enfin, quand la salle était ouverte : la salle d'arme se trouve dans les locaux du stade et dès qu'il y avait un événement sportif ou culturel au stade, la salle d'arme était fermée. J'ai eu la chance de m'entraîner aussi avec quelques adultes de la salle, champion de Bolivie ! Le jour où j'ai réussi à mettre 3 points à l'un d'entre eux (match perdu 5-3), j'étais aux anges ! Aujourd'hui je suis rentrée en France, et la vie à Cochabamba me manque. Heureusement mon maître d'arme bolivien vient début avril, avec deux escrimeurs à Lyon. Mon club lyonnais les a invités à venir s'entraîner deux semaines en France.



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*