



# ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**

*February 2011*



## Editor's Letter

Dear all,

Welcome to our February issue.

Our volunteers enjoyed another month of experience at their placements, time spent with their host families and as well as visiting places in Bolivia.

We invite you all to send your stories about your time in Bolivia.

Ximena Noya  
Editor

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# Mon arrivée a Cochabamba

by Sandrine Silberstein  
Belgium, 3 months

Le 31 janvier 2011, après un trajet mouvementé, je suis enfin arrivée dans la magnifique ville de Cochabamba.

A l'aéroport, j'ai été tout de suite accueillie par un membre de Project Abroad qui m'a emmenée rencontrer ma nouvelle famille.

Je vis dans une famille très chaleureuse composée des parents (Ana et Eddy) et de leurs enfants (Alexia, 4 ans et Santiago, 5 ans).

Deux étages plus bas, vivent le grand père paternel et l'aîné des enfants (Diego, 16 ans) et nous dînons tous les midis ensemble.

Je suis entièrement intégrée dans la vie familiale et dans toutes les activités quotidiennes. Je me sens entourée en permanence et je suis ravie d'avoir tenté cette expérience.

Mon aventure ne fait que commencer, mais j'ai hâte d'en voir la suite. Je ne peux que remercier ma famille d'accueil pour sa gentillesse et continuer à découvrir toutes les richesses de ce pays.

### Mes premiers pas dans la ville de Cochabamba

La première fois que j'ai vu Cochabamba, je me suis dit que jamais, je n'arriverai à m'y retrouver dans une ville aussi immense ! Les bâtiments, la foule, tout était différent de ce que j'avais pu voir ou visiter auparavant. Je me souviens du bruit dans la rue, du rire des passants, des marchands ambulants essayant de vendre leur marchandise, des klaxons des voitures. Je me souviens m'être perdue encore et encore dans les multiples ruelles de Cochabamba, errant désespérément accrochée à ma carte de la ville, essayant d'apercevoir un bâtiment ou une place connue pour retrouver enfin mon chemin.

### Réunion de famille

J'ai vécu mes premiers rassemblements familiaux comme une expérience très enrichissante. Il y avait des gens de tous les horizons, de différentes parties du pays ou du monde entier. Que ce soit le jour ou la nuit, on bavardait, riait, partageait un verre ou un bon repas. Il y avait de la musique, une ambiance festive et chaleureuse. Ensuite, on rentrait chez soi épuisé, mais heureux.





### **Offrande à la Pachamama**

J'ai eu l'immense plaisir de participer à une offrande à la Pachamama. La Pachamama signifie la terre-mère ou mère nourricière dans la culture bolivienne et on retrouve cette pratique principalement dans les communautés quechuas et aymaras.

La terre-mère est considérée comme un être vivant et il convient de lui offrir des cadeaux pour s'en attirer les bonnes grâces.

L'offrande est composée de végétaux, animaux, minéraux,... On y ajoute de la coca puis des cigarettes qui servent à purifier l'environnement et à chasser les mauvais esprits, ensuite tour à tour les personnes fument pour montrer qu'elles sont saines et versent un peu d'alcool autour de l'offrande qui symbolise l'amusement de l'homme. Le rituel se termine en buvant un verre d'alcool à la santé de la Pachamama.



### El Centro de Salud Sarcobamba

Lillian Bronson  
United States, 2 Months



My name is Lillian and I am from Indianapolis, Indiana, USA.

I am currently a fourth-year undergraduate student at College of the Atlantic in Maine, and as part of my studies I have come to Bolivia for four months to do a residency and develop my senior thesis. I have been in Bolivia for two weeks, working and observing with the director of El Centro de Salud Sarcobamba.

This is a health center that provides general medical care to a wide variety of patients. Thus far I have observed many pre and post-natal check-ups, children with fevers and diarrhoea, patients with dog bites, pap-smears, older people with gastrointestinal issues, a hand wound requiring eight stitches, placement of an IUD, and much more. In this photo, I am listening to this newborn's heart as part of a general check-up that the doctor performs on each patient who comes for a consultation. Turns out that this newborn has a heart murmur-un soplo where the heart sounds more like blurred ocean waves rather than a clear drumbeat. The doctor ended up referring this newborn to a cardiologist in order for him to receive more specialized care for his condition.

Each day I am able to see and do something new, and I am able to talk to the nurses and doctors in the clinic and learn more about their experiences and opinions. I hope to develop this practical work and observation into my senior thesis, where I am interested in investigating public health and women's health, more specifically birth and midwifery within Bolivia. My current brainstorming topics for my senior thesis revolve around the culture of pain, gender roles in health including both medical professionals and patients, and health access in rural communities. I shall see where my time here takes me.



**Daniela Viljoen** – Country Director / Project Supervisor (Teaching)  
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 Potosí, 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, Medical)  
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 Chiquitania, El Cerro Rico de Potosí 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."*

## Photos of the month

San José de Chiquitos



## Practical Information

### 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, Martín 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

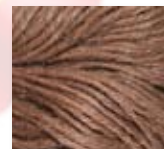
An association of approximately 15 artisans produces many types of ceramics including table and kitchen accessories. Avenida Ayacucho between Calle Colombia and Calle Ecuador. Tel. 4522518.



### 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.

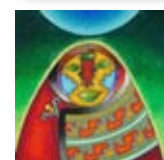
### Gamboa

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*



The Chiquitania is a vast region that covers part of Santa Cruz department and the natives are called the “Chiquitanos”.

The Jesuits did not build missions and temples in all of the Chiquitania towns. Jesuit Missions in Bolivia were not the first to be established in Latin America they started in Argentina, Brazil, Uruguay and Paraguay. The first Jesuit missionaries arrived in what is now Bolivia in 1572, having moved eastward from the Viceroyalty of Peru, where they were established as a province since 1568. They were preceded in Bolivia by other orders, including the Augustinians, Dominicans, Franciscans, and Mercedarians.

The Jesuits had petitioned the Spanish Crown for permission to enter its holdings in the New World for three decades before it was granted in 1566 by Phillip II, while the Portuguese king John III had given them leave to enter Brazil in 1549. For the first hundred years or so, the Jesuits invariably accompanied the Spanish military and were residents of its scattered garrisons; they were not authorised to establish frontier settlements without approval of the civil authorities.

On 15 May 1587, the first three Jesuits - Fr. Diego Martínez (the provincial superior), Fr. Diego de Samaniego, and Br. Juan Sánchez - reached the remote eastern outpost of Santa Cruz de la Sierra (at that time located near present-day San José de Chiquitos). Over the years, other tribes, most of them ethnically part of the Chiquitano group, gradually were converted; only the Chiriguano remained hostile to evangelisation.



Nowadays the UNESCO mentions on their section of World Heritage Convention “The churches of the Chiquitos Missions of Bolivia are a remarkable example of the adaptation of Christian religious architecture to local conditions and traditions”.

Visiting the different temples you can appreciate the interior of the churches defined by long walls of wood supported with shaped columns and it represents an exceptional architectural style in San Javier; San Rafael de Velazco; San Miguel; Santa Ana; Concepción and finally San José de Chiquitos. San José de Chiquitos is the only church built in stone with a baroque style and it is important to mention that it participates in the International Baroque Music Festival that takes place every two years. Check the “tourist attractions” Bolivian WebPages, and discover how to get there.

Source Wikipedia



## ***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](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](mailto:ximenanoya@projects-abroad.org)

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