



# ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**

*March 2011*



## Editor's Letter

Hi all ,

Welcome to the March 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](mailto:ximenanoya@projects-abroad.org).

Best wishes from Bolivia!

Daniela Viljoen  
Country Director

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# Carnaval in Cochabamba

Kristi Valenza  
Journalism Volunteer, 1 month  
United States

Imagine New Year's Eve in Times Square, and the St. Patrick's Day parade on 5th avenue. Now Mardi Gras in New Orleans, a backyard barbeque on the Fourth of July and the masquerading that happens on Halloween. Okay, now, mix them together (if you can imagine something of such an intense, insane size.) Make sure you have plenty of water guns, multi-colored water balloons, and cans of foam. Add some rhythmically beating drums, some more feathers, and the Bolivian flag. What have you created? Carnaval in Cochabamba.

Having been born and raised in New York, I pride myself on having seen "everything" there is to see. However, on Saturday, I proved myself wrong by going to the Corso de Corsos, an all day (and most of the night) parade that snakes through the narrow streets of Cochabamba. There are dancers from all parts of the country- caporales from La Paz, morenadas from Oruro, even traditional Incan dancers who wear long dresses in neon colours and dance with stuffed llamas on their heads. I kid you not. The parade is an explosion of color, sound, and smell. You do not know which way to look first. It's a sensory overload.

Never in my life have I felt so terrified, so thrilled, so excited, and so alive. People pushing you at all angles, people screaming in Spanish, little black-haired boys shooting you with water guns and not-so-little black-haired boys shooting you with foam. Children run up behind you and dump buckets of water on your head. Parents dump water on your head from balconies. There are threats from all angles, but everyone's smiling. It's war. It's love. It's the biggest party I've never and always wanted to go to.

You hear about Carnaval in Rio and the running of the bulls in Spain. My suggestion? Carnaval in Cochabamba. One taste of silpancho, one sip of chicha, one slow cumbia, and you'll never want to leave.





わたしは日本の大学で日本語教育を学んでいます。しかし、大学で学んでいるのは、日本で働きたい、または日本で働いて日本語が生活に必要な人を対象とした授業を予想しているの、ここで必要とされている授業とはまったく違います。

Anglojaponesという校名ですが、日本語の先生はいません。子どもたちは日本語を見聞きするのも日本人を見るのもはじめてな様子で、日本語の文字や音、日本のものにとっても興味を示します。初回の授業では、日本から持ってきた電子辞書や携帯電話、わたしが書く文字ひとつひとつにとっても興味を持ってくれました。

幅1.5mほどの机の向こうに座っていたはずの子どもたちの顔が、いつのまにか手の届くところに寄って来ていたのにはびっくりしました。

子どもたちが一番興味を示したのは日本から持ってきた写真です。大学や自宅周辺、食事などの日常生活を写した写真に日本語とスペイン語でももの名前を書いたシールを付けてあります。シールを付けていない寺や街の写真にも「これはなんですか?」と教えた日本語で質問をしてくれたり、なにも指示していないのに、シールに書いてある単語をノートに写して、日本語を覚えようとしてくれています。

また、授業風景の写真を見てさっそくsenseiと呼んでくれるようになりました。わたしは日本では学生で、profesoraと呼ばれることに抵抗があったのでとても嬉しいです。

1カ月間と滞在期間も短いので、日本語を体系的に教えていくのではなく、生徒の興味に応えるかたちで授業を進めています。また、子どもたちが日本語がまったくわからないのと同様に、私自身もスペイン語がほとんどわからないので、子どもたちにスペイン語を教えてもらいながら、ときには理解の早い子に通訳してもらいながら、授業を進めています。

子どもの年齢によっては、関心を持ってくれなかつたり難しいと諦められてしまったりと、明日の授業をどうしようか悩むクラスもあります。また、チャイムが時間通りに鳴らない、授業時間が定かではないなど日本の学校とは違うところがたくさんあり戸惑うこともあります。でも、目をきらきらさせた子どもたちがprofel!profel!と寄って来てくれる授業は、日本の学生生活では得られない体験で、毎日がとても楽しいです。



## Taller para el área de Care

Freddy Mita  
Projects Abroad Staff

En días anteriores se realizó un taller de capacitación a todos los voluntarios que trabajan en el área de Care donde ellos aprendieron como abordar y tratar todas la problemáticas tomando en cuenta las debilidades y potencialidades en estas casas hogar donde la participación de nuestros voluntarios es muy importante para el desarrollo de la rehabilitación. Este taller fue llevado a cabo por personas expertas en el tema. Personas a las cuales también se les llama 'facilitadoras'.

Se tomaron en cuenta problemas de aprendizaje y de atención dispersa en niños de orfanatos y guarderías. Se abordaron temas como origen del problema, diagnóstico, desarrollo y evaluación.

En los niños con discapacidad mental se tomó en cuenta el grado de discapacidad, desarrollo de la evaluación, objetivos específicos y macro objetivos de la rutina diaria donde la tarea de los voluntarios es lograr un cierto objetivo en un periodo de tiempo determinado por su estancia en las casa hogar.

La confianza que se crea entre niño y voluntario es una ventaja para poder enseñar y para llevar a cabo todas las actividades diarias para el avance de programa ya que nuestros voluntarios y el personal son quienes motivan a los niños de cada centro. Las facilitadoras son personas con mucha experiencia en el área.

A este evento asistieron todos los voluntarios del área, durante el desarrollo los voluntarios hicieron muchas preguntas a las facilitadoras tomando en cuenta los lugares donde trabajan.

Al finalizar el evento ellos tuvieron mejores herramientas para trabajar con los niños, principalmente con los niños con discapacidad mental.



## SUPPORT FOR FLOOD VICTIMS IN COCHABAMBA

Daniela Viljoen  
Bolivia  
Country Director

Clothing was collected from friends and family members of Projects Abroad staff and volunteers to donate to over 200 victims in two neighborhoods in a small area of Quillacollo (30 minutes from Cochabamba), who suffered massive flooding during the month of February.

After reaching the location, we found one neighborhood taking shelter in tents provided by the civil defense force in Bolivia. As soon as we reached them, we began handing out clothing and bottled drinking water to each person. As we moved to the second neighborhood, the victims, mostly women and children were walking with us, explaining what they had experienced the first time it flooded. It was sad to hear that it was not once, but twice that they suffered flooding in the same month.

When we reached the second neighborhood, we finished handing out the donations. Some of us stayed behind to talk to the community; others were taken around the neighborhood to visit the homes that were affected the most.





Many different organizations such as the SAR – Bolivia (Search and Rescue), Rotary Club, and the Municipality have all been helping with what they can, as well as individual families in and around the area. Some volunteers have asked if they can help in any way, and we are currently working on an afternoon program to support these people. Most of the support and help needed at present is help with cleaning the homes.

For those volunteers interested in helping, please contact the Bolivian office at [bolivia@projects-abroad.org](mailto:bolivia@projects-abroad.org) or myself at [danielaviljoen@projects-abroad.org](mailto:danielaviljoen@projects-abroad.org)

Cecilie Winström,  
Journalism volunteer 3 months,  
Denmark

Så blev det min tur til at blive "angrebet" af de bolivianske parasitter og bakterier, vi ellers kæmper for at holde væk fra vores sarte europæiske maver. Så weekendens helt store spørgsmål var: Skulle jeg – eller skulle jeg ikke tage med til Sucre, Boliviens nationale hovedstad og en weekendtur vi havde planlagt i flere uger? Eftersom weekenden er en begyndende mangelvare, var det ikke muligt bare at skubbe Sucre til næste weekend. På plus siden var at komme væk fra min selvmedlidenhed, tænke og opleve noget andet end opkast. På minus siden ligger Sucre 12 timer fra Cochabamba, et seriøst antal timer i en bus hvis jeg skulle få det værre. Jeg besluttede mig for at tage med! Og det blev da noget, jeg hurtigt skulle fortryde. Bolivia er i disse uger stadig midt i deres regntid. Dele af Bolivia dør med oversvømmelser og derfor forringelse af vejene, der ofte er lavet af stampet grus og jord, og derfor bare bliver til en gang mudder, når regnen kommer. Man må heller ikke glemme, at de bolivianske huse uden for de store byer er lavet af mudder og strå, og at Bolivianerne derfor gør en stor indsats for at holde regnmængderne væk fra de sarte vægge. Dette betyder, at de selvfølgelig er nødt til at lave dæmninger af jordvolde hen over vejene, sådan at busserne, der skal forbi, først må ud og grave jordvolden væk. Grundet jordvolde og vand var vi derfor 3-4 timer forsinket til Sucre. Vi tog en taxa til centrum og gik fra hostel til hostel for at finde et fint værelse til en god pris. Hostel Amigo (ven) blev nattens base. De andre frivillige, der havde været i Sucre tidligere, havde fortalt om, hvor smuk byen var med sit hovedantal af hvide bygninger. Jeg ved endnu ikke, om det skyldes forsinkelsen, utilpashed eller regnen, men mit første indtryk af Sucre fremstod mere brunt og faldefærdigt.

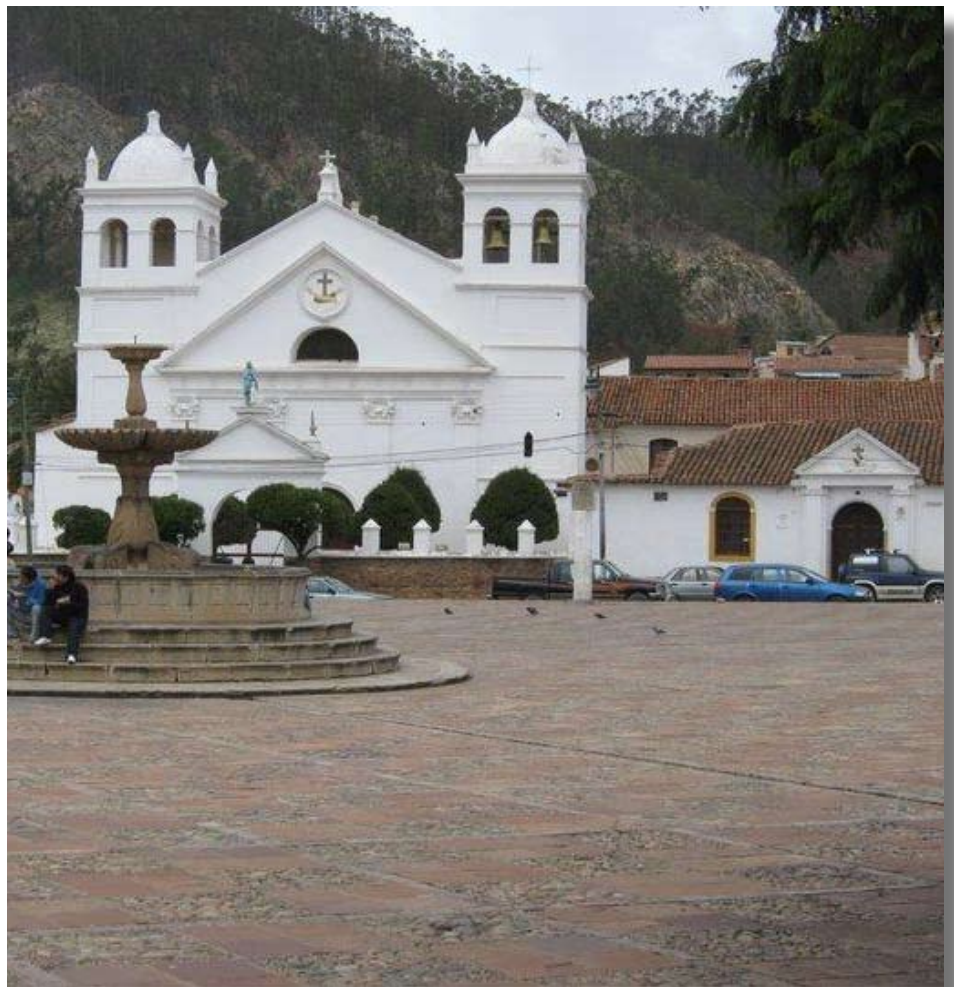
På grund af forsinkelsen med bussen var det også gået hen og blevet eftermiddag og de attraktioner, vi gerne ville se, var lukket. Derfor gik vi en tur igennem byen, oplevede atmosfæren, arkitekturen og byens charme, der havde vokset sig væsentlig større, efter jeg havde fået lidt mad i maven, lidt frisk luft, og efter solen var begyndt at titte



frem. Vi hyggede os. Om aftenen gik vi ud og spiste på Sucres bedste kinesiske restaurant (det bolivianske køkken er ikke videre attraktivt, så ind imellem er det meget rart at få lidt andet). Bagefter ville Janni (Danmark) og Simone (Holland) i byen. Jeg (min mave) følte dog ikke for det, og den sidste pige der var med, Lærke (Danmark) var heller ikke i humør til det. Vi tog derfor tilbage til vores hostel, hvor vi i et splitsekund følte os rigtigt heldige, eftersom vores TV på værelset viste Ringenes Herre – vi blev dog hurtigt skuffede over at erfare, at den var på spansk. Vi hyggede os derfor med American Idols, indtil vores to andre rejsekammerater kom hjem.

Søndag blev vi så for alvor turister. Vi besøgte den store kirke og var endda med til 5 minutters gudstjeneste, før vi besluttede, at lade kirke være kirke. Derefter så vi et kloster, hvor vi kunne komme hele vejen op på taget, hvorfra vi nød udsigten over det nu, smukke, hvide Sucre. Vi besøgte den bolivianske park, hvor der er en kæmpe legeplads, smukke blomster og bænke, hvorfra man kan nyde atmosfæren. Til frokost gik vi på en cafe/bar der hedder Joy Ride, som vi havde fundet i Lonely Planet - fantastisk sted, god stemning og fyldt med gringos. Vi tog sandwich med til bussen og begav os så atter hjem mod Cochabamba. Hjemturen i bussen var heldigvis ikke nær så slem som udturen.

Sucre er bestemt et besøg værd – hvis man er i godt selskab!



### **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)

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** – North America 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** – North America 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** – North America Travel Assistant

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** – North America Travel Assistant

Born in Cochabamba and raised in Miami. Iva 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*  
*Opening Hours: Monday – Friday 08:00 – 18:00 Saturday 08:00 – 12:00*



## 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.

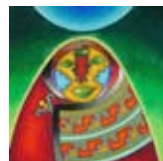


### Mamani Mamani

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*