

Act.

Love.

Walk.

# THE WALK

Micah 6:8

## BASIC QUESTIONS ABOUT THE 2022 TRIP

### Q. Where are we going?

A. Cochabamba, Bolivia. We work in a district called Ushpa Ushpa.

### Q. When are we going to Bolivia?

A. July 12-20. There will also be an optional 2-day vision trip extension to Peru. (thru the 23<sup>rd</sup>)

### Q. Who will we be working with?

A. We will be working with Food for the Hungry ([www.fh.org](http://www.fh.org)) an evangelical relief and development agency. Their mission is to walk with churches, leaders, and families in overcoming all forms of human poverty by living in healthy relationship with God and His creation. We are in year ten of a ten-year Community-to-Community (C2C) relationship with Loma Pampa through them.

2010—Introduction to FH, Community Center, and Computer Lab

2011—Water Filters and Clean Water Education

2012—Library

2013—Church Strengthening

2014—Church Strengthening

2015—Education Resources

2016—Water Tower (phase 1)

2017—Water Tower (phase 2)

2018—Reading and Math Corner

2019—Water Tower (phase 3)

2020—Canceled

2021—Canceled

2022— TBD

### Q. What will we be doing in Bolivia?

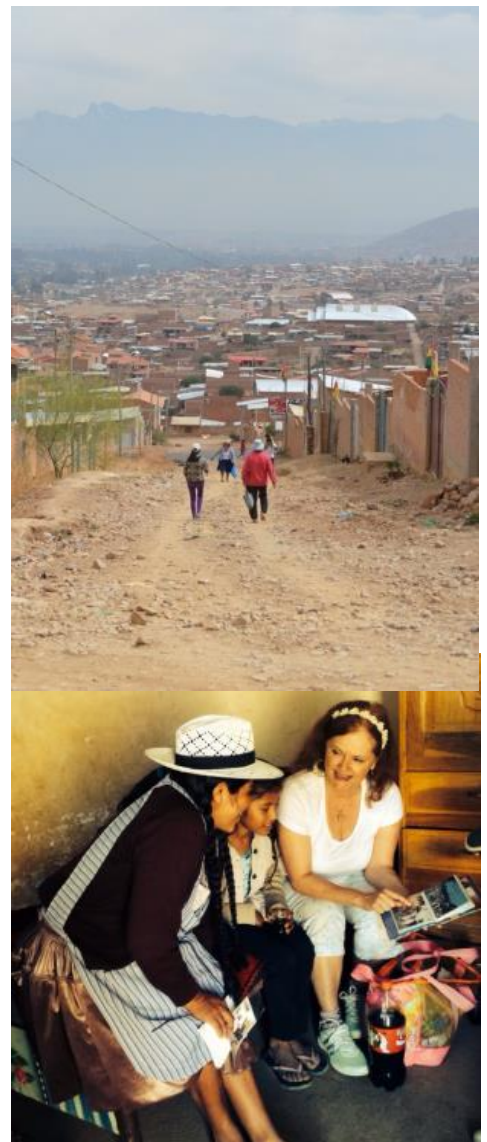
A. Short-term trips consist of four elements: (1) a work project, (2) sponsor-child family visitation, (3) meetings with community leaders, and (4) cultural exposure. We will be ministering to kids, talking to Bolivians about their community and their lives, and learning more about the country of Bolivia. We will probably lead a children's program on at least one day (drama, craft, games, etc.).

### Q. Do I need to know Spanish? Would it help the team if I did?

A. We will have a team leader fluent in both English and Spanish. Other FH staff members speak Spanish, Quechua, and basic English. You do not have to know Spanish to contribute to the team. However, any Spanish that you *do* know will be very helpful, especially when it comes to interacting with the kids.

### Q. What will a typical day look like for us?

A. We will typically leave for Ushpa Ushpa between 8:30 and 9:00 in the morning. In the morning, we will visit sponsor children, work on the project, or meet with community leaders. We break for lunch and then switch gears to either more visits or participation in an FH program. We will then return to the hotel to freshen up before we head to dinner. Dinner is a time to relax with the team and find out more about Bolivian culture. We try to debrief on the day and plan for the next day from 9–10. You may have a window in the evening to call home, but this is not a daily guarantee. It is important to be flexible in your expectations of the schedule—we won't know for sure until we get there!



**Q. Where will we be eating/sleeping/staying?**

A. In each of our trips to Cochabamba, we have stayed at the Hotel Anteus ([www.hotelanteus.com](http://www.hotelanteus.com)). The beds are nice. Two or three people are in each room with their own bathroom. There is even TV and wi-fi. We will eat a mixture of delicious traditional Bolivian cuisine and American favorites.



**Q. What will the weather be like?**

A. Dress in layers as the morning and evenings are cool and the afternoon is warm (70s). It's comparable to late spring here, without the rain.

**Q. What else should I know?**

A. El Alto is at 14,000 feet of elevation. Cochabamba is at 8,000 feet. You may get altitude sickness in La Paz/El Alto—it's a lightheaded/winded/nauseated feeling that goes away in a few hours. Since we land in La Paz/El Alto before working in Cochabamba, you shouldn't have any problems in Cochabamba. If you are worried about altitude sickness, consult your physician about medication you can take. We may fly through Santa Cruz instead of El Alto.

**Q. How much will the trip cost?**

A. We are estimating **\$1500** per person to go to Bolivia (for the normal trip). Airfare is variable, so it is impossible to give a definite cost at this point. We are not sure how flying through Santa Cruz will affect the price. We will explore fundraising options if cost is an issue. The Peru vision trip will probably be about **\$2000** per person.

**Q. What do I need to go to Bolivia?**

A. In order to go to Bolivia, you need: (1) complete an application through FH, (2) pay all of the costs related to the trip, (3) attend all of the training sessions, (4) obtain a passport, (5) obtain a yellow-fever vaccination, (6) attend a debriefing meeting after the trip, and (7) pray over, take seriously, and have a good attitude about the trip. You do not need malaria pills.



**Q. When are those eight training dates?**

A. There will be a team "meet-and-greet March 13, then training April 17, May 1, 15, 22, June 12, 26 & July 10. The debrief will be two weeks or so after we return (Aug 6).

**Q. What are the next steps?**

A. Sign the interest list. Pay a \$300 deposit by January 9.

## VISION FOR THE DEVELOPMENT OF USHPA USHPA

At the heart of Bolivia, one finds the department of Cochabamba. Their socio-economic characteristics divide them into three areas: urban, peri-urban and rural. According to the Food Insecurity Map1 a large part of the department is located in areas of moderate, high and extreme food insecurity. During the 1980's, Bolivia faced social and climatic problems that mainly affected the most vulnerable areas of the country. These problems destroyed the residents' hopes of living with dignity in their places of origin. They were forced to migrate to the cities, mainly to the city of Cochabamba, creating settlements all around the city. This is how the first peri-urban areas were created. For fifteen years, the area with the greatest settlement of poor families has been Ushpa Ushpa. The people in this area settled on rough land without access to basic services.

The residents of the Ushpa Ushpa area are people who have migrated from within the country (mining areas) and from rural highland areas within the department of Cochabamba. Due to their level of education, most of the men work as construction laborers and the women as housekeepers in the city. There are few opportunities to improve their incomes or the impoverished state of their families. Another phenomenon in recent years is migration of parents away from this area. The children are left abandoned, and this is currently producing violent youth and teenagers involved in illegal activities. The area of Ushpa Ushpa is considered a red zone of danger because of the presence of gangs who steal, rape and murder in the neighborhood.

FH/BOLIVIA began working in this area in March 2009, in obedience to God's call to meet the physical and spiritual needs of the residents of this peri-urban area. The focus is on meeting the needs of the most vulnerable people, which are the children and teenagers. The Center of Transformational Development focused on the Children has established intervention strategies to meet these urgent needs that affect the entire population of Ushpa Ushpa.



## COMMUNITY BACKGROUND

The Ushpa Ushpa area belongs to the 8th District of the department of Cochabamba. It is located to the southeast of the city, approximately 9 Km. from the city center. The area is rocky and unfit for family agricultural plots. The main languages are: predominately Quechua and then Spanish and Aymara.

The area is made up of 16 Base Territorial Organizations (BTOs) 4 of which the institution is currently working (Loma Pampa, Monte Rancho, Ushpa Ushpa and Ushpa Ushpa Central). The settled population is 3,000 families who live in precarious conditions:

- There is no drinking water or sewer service. As a result, the children get diarrhea and skin infections.
- Unemployment causes families to live in poorly constructed houses such as adobe and at the same time their diet is inadequate. The men work as bricklayers, plumbers, laborers and farmers. The women engage in informal trade as small retailers, seamstresses, maids, and clothes washers. These jobs only provide the minimum necessary.
- The schools in the area do not have public drinking water service or a sewer system so the children are constantly sick. At the same time, there is no reference library, which is why many of the students must travel to the city center to be able to complete their homework or they must buy a book which means another expense.
- The local availability of alcoholic beverages has caused many people, including adults, youth and teenagers, to become dependent on drinking. As a consequence, there are many domestic problems and cases of sexual violence.
- The migration of parents to other countries in search of better work opportunities leads to family disintegration and is the reason that many boys and girls drop out of school and many teenagers and youth join gangs or destructive groups in the area.
- The community leaders are not committed to a leadership based on principles and values.
- The evangelical congregations have weak leadership, and the members do not make a real commitment. Even though the church has a long history here, they have not reached at least 50% of the residents.



## PROJECT PROPOSALS

The prevalence of alcoholism in Ushpa Ushpa must be addressed with family awareness, campaigns for proper treatment, and the love of Christ. As residents discover God's plan for their lives and their community, we expect to see them turn *away* from vice and *towards* lives filled with the fruit of the Spirit.

### Possible Projects:

- Construction of household latrines and support for the implementation of drinking water and sewer systems as this is the main factor causing diarrhea, skins diseases and respiratory illnesses.
- Implementation of a reference library for the students at the Minero San Juan and René Barrientos Ortuño Schools so the students do not have to spend their time and money to go into the city.
- Dining rooms for nutritional support for the children and teenagers, who will benefit from a reduced level of malnutrition and consume the 3 food groups: builders, energy-givers and protectors.
- Implementation of microenterprises or career improvement for families to curb migration.
- Implementation of teaching materials for the teachers at the schools to facilitate the learning of the migrant students who must learn Spanish.
- Service center for youth and clubs to direct the attention of the teenagers and youth towards sports, arts, theater and research and to create leaders who are examples of change.
- Organize retreats to work with parents and leaders in order to create a relaxed atmosphere and make parents aware of their roles.
- A tree planting and cleaning campaign to develop a culture of cleanliness and a love for nature among the residents.



## STORIES OF HOPE/ DREAMS FOR A BETTER FUTURE

### Lizzeth's Story

My name is Lizzeth Ureña Cespedez. I am 12 years old. I was born in Uspa Uspa. My parents are Hector Ureña and Nelida Cespedes. I have a twin sister named Lisbeth. I get along well with her, but sometimes we get angry at each other.



I am happy with my family, but there are some bad things that make me sad and that I want to change. I wish that my older siblings would share more with our family, because sometimes we don't see them. They only come home to sleep. My dad is a bricklayer and he is now working on building a house for my older sister and sometimes I help with my sister. My dad is good and I love him very much, but he drinks chicha, smokes cigarettes and chews coca.<sup>1</sup> And when he is very drunk, he insults my mom and sometimes he hits her. This makes me very sad and makes us cry.

Many times my dad argues with my mom about gossip and lies that my uncles tell about my mom. That is why when I am older I am going to study to be a lawyer, because I want to stop gossiping people and to fight against corrupt lawyers and not let rapists and thieves go free so that they can learn not to hurt others. Also I want to have a normal house with drinking water, a shower and rooms for everyone because now I have to share with my twin sister. I wish that my family was more united, where my dad would come home from work sober and happy and we all share at the table like we did before.

At night I pray and ask the Lord to change all the bad but not the good. I ask that my mom is healed of her foot pain so that she can return to work selling fruit and helping out. I want all of us to be happy.



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<sup>1</sup> Chicha is an alcoholic beverage made from fermented corn, very cheap and readily available.

## Javier's story

My name is Javier Rodriguez Herbas. I am 11 years old. I have 6 siblings. My parents are Jesusa and Constantino. I am a studious boy and I help my parents. My dad is a bricklayer, and when I can, I help him move bricks. My mom runs a chichería<sup>3</sup>. Sometimes I help her, but I do not like it much because at night the drunks say bad words and it scares me when they fight.

In the future I want a two-story house, like the ones in Uspa Uspa. I do not want my mom to be sick, and I don't want her to have trouble with the drunks that she serves. Also, I want my dad to not get drunk because we fight a lot and it scares my sister, Elena, and makes her cry. I do not want my house to be a chichería anymore. I want it to change. I do not want to see drunks or fights. Also, I want my friends to stop insulting me. They call me names because my parents run the chichería. My sister is studying to be a seamstress and I will help her to open a sewing shop.

I want to be a pilot and I am going to continue studying and working. I ask God for a better life without illness. I love my family very much. My sister, Elena, is a Christian. She prays every night and sometimes I join her.

I like to go to the school support time (with FH) because it is fun and it makes me happy.

