
Esperanza-Bolivia Internship

A Breeze of Hope Foundation



Cochabamba, Bolivia

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Letter of Welcome from the Founders

Dear Intern,

Welcome to A Breeze of Hope Foundation's family. We're so glad to have you join us!

By traveling to Bolivia and joining our professionals teams (who are *passionate* about restoring the lives of children and ending sexual violence), you'll be entering into a long history of service learning that has improved the lives and living conditions of many Bolivians. We have hosted volunteers and interns like you since 2003, and we're so excited to meet you and benefit from your contributions.

Over the last 30 years our community has worked to develop a network of community programs that are *distinctly* Bolivian, *developed by Bolivians serving their own communities*. In 2014, Bolivian President Evo Morales recognized our institution for its outstanding contributions to social justice and improved living conditions for Bolivians. In 2017, a coalition of United Nations agencies recognized our institution as a Global Leader in direct services for survivors of sexual violence, sexual violence prevention, and early childhood development. A Breeze of Hope Foundation continues to receive many global awards each year for its excellent work.

Our success is made possible by the deeply dedicated professionals who have humbly and creatively served our community for many, many years. We hope that you will join them in their commitment to excellence, kindness, and service. We promise that this experience will be novel, surprising, challenging, and overwhelmingly rewarding.

Thank you for choosing to join us in our fight to end sexual violence and to rebuild the lives of those it has damaged. Your willingness to serve alongside our team is inspiring, and we look forward to welcoming you here in Bolivia.

Warmest regards,

Brisa & Parker

Brisa De Angulo & Parker Palmer

CEO and CFO of A Breeze of Hope Foundation

Program Sites

A Breeze of Hope's *Esperanza-Bolivia Interns* (EBIs) will work primarily at two program locations. The first location is in Cochabamba City, at our day center for child and adolescent survivors of sexual violence, which is called Centro Una Brisa de Esperanza (CUBE). This center, which is near several beautiful parks and the regional courthouse, provides a safe space for therapeutic activities and free transdisciplinary services for survivors. Our second



program location is in Chilimarca, a community in the hills just outside of Cochabamba City characterized by dramatic socioeconomic disparities. In Chilimarca, we run Comunidad Educativa para la Vida (CEV), an elementary school and early childhood development program that serves over 250 children, mostly from impoverished families. We also operate refuge homes for children, adolescents, and supportive caregivers/parents that are fleeing sexual violence.

Internship Focuses

Internship experiences are designed to merge your skills and interests with our programmatic needs. Though you will choose a specific focus for your internship, one unique facet of Esperanza-Bolivia internships is that you will have the opportunity to work in multiple areas to shape your own experience. You may shadow more than one professional and participate in a variety of program activities that can include cooking with kids, helping with event preparation, and other special projects when needed. You will engage in transdisciplinary work which requires professionals to move beyond the confines of their respective disciplines and learn from others, integrating skills and knowledge from other disciplines into their own.

For more information, please visit www.abreezeofhope.org for specific job summaries in the areas that spark your interest.

Centro Una Brisa De Esperanza (CUBE) | Downtown Cochabamba, Bolivia

The following internship opportunities are available at CUBE, our center for child and adolescent survivors of sexual violence:

Accounting

As an Accounting intern, you will assist our accounting team in the finance department, including bookkeeping, managing donations, sending tax receipts, preparing financial statements for donors, and helping A Breeze of Hope Foundation forecast for the upcoming year. Accounting interns may also be able to teach basic financial workshops and budgeting skills to the survivors we serve in CUBE. This internship can also be offered remotely on a semester-basis to interns who are unable to travel to Bolivia.

Legal

At CUBE, psychologists, social workers and lawyers work in interdisciplinary teams to provide free services to child and adolescent survivors of sexual violence. As a legal intern, you will choose a lawyer to shadow and support in research. You will participate in activities that may include attending hearings, preparing arguments and evidence for appeals, reviewing forensic psychologists' testimonial statements, sitting in on trials and in-take interviews when appropriate.



Psychology

Psychology interns will be assigned to shadow and support a CUBE psychologist with therapy sessions, home-visits, and family involvement. Psychology interns may run group therapy, teach coping healthy coping mechanisms to victims, organize a survivors-support group, and assist in therapy sessions (which can include yoga, artisanal crafts, baking, hair salon, art, and sand-play therapy).

Human Rights Advocacy

Human Rights Advocacy interns will focus on the political activism and human rights activities that CUBE hosts. This includes hosting workshops to teach children about their rights, conducting research on human rights violations, researching creative ways to teach children their rights, and helping and planning national activism events.

Research

As a Research intern, your internship will be custom-designed to match your research project. You will choose a specific topic and then spend your time researching, writing, and compiling data. You will work both interdisciplinary with our entire staff, and specifically with the department you are conducting research under to publish a product that can be used both internally and externally to benefit our work.

Resource Development

Resource Development interns have the opportunity to learn a variety of capacity building skills while using their own creativity to help us grow and expand as a program. This includes writing grants, communicating with funders, creating proposals, and developing partnerships with local and international businesses, universities, and like-minded organizations.

Media

Media interns will have the opportunity to make promotional videos, manage A Breeze of Hope's website, take photos, design graphics, and work closely with our communications staff to coordinate and publicize big events. In addition, you will choose one large project to create and develop over the course of your internship and present at the end.

Social Work and Psychology

Social work and psychology interns in CUBE will have the opportunity to be involved in the individual, family and group levels of case management, trauma-informed therapeutic support and crisis intervention services. They will complete activities such as family home visits throughout Cochabamba and the surrounding regions, co-facilitation of alternative therapy groups, accompaniment of pregnant teenagers to medical appointments, assistance with psycho-educational groups or for children and



youth survivors of sexual violence or the parents of survivors of sexual violence, data collection and research, assistance with vocational therapy programs, assistance with sexual violence prevention trainings in local Cochabamba schools, accompaniment of children and youth to forensic medicine appointments, and building individual relationships with the children and youth who attend CUBE.

Comunidad Educativa para la Vida (CEV) | Chilimarca-Cochabamba, Bolivia

The following internship opportunities are available at CEV, our center for healthy childhood development:

Childhood Development

As a Childhood Development intern, you will work with the CEV school and Desarrollo Integral de la Infancia Temprana (DIIT) to encourage healthy development habits and family practices between parents, teachers, and children. You may assist in teaching parenting classes, conducting family therapy sessions, working with social workers and psychologist to conduct home visits, and teaching workshops about healthy childhood development.

Elementary Education

As an Elementary Education intern, you will have the opportunity to choose a class to work with and assist in teaching lessons, teaching English, hosting workshops, and working with the school psychologist with individual children. Education majors may be able to fulfill some major and licensure requirements during their time in Bolivia. Ask your Program Coordinator about this possibility.



Public Health Education and Wellness

As a Public Health Education and Wellness intern, you can work in the clinic located in Chilimarca with our doctors and nurses who specialize in treating patients from the rural and impoverished areas of Cochabamba, assist in the CHAGAS preventative project which educates and protects vulnerable communities from deadly vinchuca bugs, provide health checks for children in ABH supported programs, or travel to remote communities in the mountains of Morochata to teach workshops, administer basic health operations, and work in areas of prevention and sanitation.

Social Work and Psychology

Social work and psychology interns have the opportunity to shadow professionals in the Comunidad Educativa para la Vida (CEV) and Desarrollo Integral de la Infancia Temprana (DIIT) programs in Chilimarca, Bolivia. They will gain experience in a

school-based setting and in promoting a healthy start for pregnant women and their babies. This internship may include work in an elementary school with interventions for children with behavioral needs or learning differences and teaching socio-emotional education to children, such as how to respond to bullying and how to identify their emotions. Interns may accompany staff to family home visits, provide family crisis intervention, assist with psycho-educational and early childhood development workshops, and teach alternative therapy to families.

Day-to-Day in Bolivia — What to Expect



The specific details of your day-to-day routine will depend on your area of internship. There is, however, a basic framework that will guide your internship experience. Please keep in mind that work schedules depend on local staff, which means that sometimes plans will change with short notice. As part of the A Breeze of Hope (ABH) team, flexibility, initiative, and eagerness to jump into activities wherever there is a need will be essential to a fruitful experience!

Work Days

1. The first phase of the internship will be less focused on “doing” and more focused on listening, observing, learning, and discovering your areas of passion within the organization. This will include getting to know the programs, staff, other interns, and program participants.
2. Interns will be expected to work within their

assigned program for 8 hours every workday, normally within the range of 8:00am to 6:30pm.

3. Lunches during the workday will be provided at the assigned program location.
4. Interns who work at CUBE will take a 35-minute public transportation ride to and from the City each day.
5. School and Clinic-based internships are located in Chilimarca, near the compound where you will live.
6. Interns will meet weekly with a Program Coordinator for both individual and group supervision and processing.

7. Each Monday and Tuesday, interns will participate in the team meetings that relate to their assigned program location(s).
8. In addition to tasks related to specific internships, interns will join other staff and volunteers in various activities. These may include basic construction projects, such as maintaining playground equipment for children, painting, grounds keeping, cleaning, etc. Interns will also have the opportunity to spend time with children and youth at both the School and the Center. This may include doing arts and crafts, playing at the playground, doing yoga, baking, dancing, etc.



Evenings, Weekends, and Holidays

1. Outside of additional work activities, interns are free to use non-work hours at their discretion, within the program guidelines.
2. There may be occasional weekend or evening activities within the program, and interns will be expected to assist with these activities. These specific schedule changes can be arranged with your Program Coordinator.
3. It is good to know that activities such as grocery shopping, cooking, and laundry take more time in this setting. Program staff are available to assist with an orientation to these activities during the first weeks of the internship.
4. During your first month, the program staff will be available to provide orientation in the city and introduce you to the local tourist attractions.
5. Overnight travel is only permitted if arranged in advance with the intern's university and ABH Coordinators.

Special Events

There are several times each year when special events take precedence over all other activities and all other work for the entire ABH Team. At these times, all team members, including interns, are devoted to these large events, helping wherever needed, including folding pamphlets, running errands, preparing meals, assisting with short-term teams, cleaning, etc. Please communicate with your Program Coordinator about specific dates.



These events include, but are not limited to:

1. ISLE (International Service Learning Experience) Group Trips
2. August 9 March Against Sexual Violence
3. International Conference Against Sexual Violence

Educational Program Component

During the internship, interns will participate in several ongoing activities to process their experiences and enhance learning. These activities include:

1. Assigned readings on topics related to assigned internship areas, sexual violence, human rights, and the Bolivian context
2. Weekly journal reflections integrating readings and experiences
3. Weekly group supervision
4. Weekly individual supervision with Program Coordinator

Internship Program Values

The following values guide the Esperanza-Bolivia internship. These values will be revised during your orientation and throughout your internship in Bolivia.

- **Open-mindedness** as we encounter the wide variety of differences among people and cultures
- **Respect for the diverse ways of knowing** that are found in each culture

- **Thankfulness** for the hospitality that the people of Bolivia are extending as they host us for this service-learning experience
- **Honoring and talking about our own experiences, thoughts, and feelings**
- **Honoring and listening to others' experiences, thoughts, and feelings**
- **Celebrating differences** as we encounter each other and a new cultural context
- **Flexibility** to work within a plan and structure, but also to adjust as plans inevitably and often spontaneously change
- **Curiosity** to learn from one another and the people and culture of Bolivia

About Bolivia



Five Fun Facts

1. Bolivia is home to the world's **highest navigable lake**, Lake Titicaca.
2. Bolivia contains one of the world's **most diverse ecosystems**, accounting for nearly half of all known animal and plant species.
3. Bolivia has **37 official languages**.
4. Bolivia contains the world's **largest deposit of salt**—Uyuni Salt Flats —also known as the world's largest cloud-gazing mirror.
5. A large clock atop Bolivia's National Congress Building **runs backwards** to remind Bolivians to think differently!

Language

While the majority of Bolivians speak Spanish, about 21% of the population speaks Quechua (mostly in rural areas), and about 15% speaks Aymara (Altiplano of the Andes Mountains). The remaining 34 official languages are indigenous, most of which are primarily spoken in rural *pueblos*.

History

The area that is now Bolivia was part of the Inca Empire until 1525, when it was conquered by Spanish colonizers. The region gained independence and was officially named Bolivia in 1825. Ongoing political and economic turmoil, regional wars, and government corruption in Bolivia throughout the 1800's and 1900's made it the least-developed country in South America. Today Bolivia has the highest rate of economic inequality in Latin America, with approximately 40% of the population living below the poverty line.



More than 60% of the 11 million people in Bolivia are of indigenous heritage, making it the country with the highest proportion of indigenous people. Today many people continue to practice traditional and rural lifestyles, such as farming in treacherous mountain terrain and on the Altiplano—a large plateau in the Andes.

Climate

Cochabamba is typically warm during the day and chilly at night. During most of the year, the weather is very dry. In the packing list (pg. 23), we offer suggestions to address this dry weather and the dramatic temperature fluctuations.

Culture

Many women and men in Bolivia wear traditional clothing

Month	Avg. High	Avg. Low	Monthly Rainfall
January	79°F	55°F	17 days
February	79°F	55°F	13 days
March	79°F	54°F	12 days
April	81°F	50°F	5 days
May	81°F	41°F	2 days
June	79°F	37°F	1 day
July	79°F	37°F	1 day
August	81°F	41°F	3 days
September	81°F	46°F	5 days
October	79°F	52°F	6 days
November	79°F	54°F	8 days
December	82°F	55°F	13 days

that originates from the time of the Spanish conquest. Some of the women in traditional attire may wear a skirt and a bowler or sun hat, whereas most women from urban areas wear pants or jeans. It is seen as culturally inappropriate for non-traditional and foreign women to wear skirts. Thus, we recommend that interns wear jeans and pants.



Seventy-six percent of the population is Roman Catholic. Bolivians commonly include religion in all aspects of their daily life. For example, people have their new homes, cars, and tractors blessed by priests.

Bolivians also have a strong connection to their “family,” which includes immediate family, extended family, and close friends.

Most people will kiss cheeks (women with women, and women with men) when they greet one another, some may shake hands, and others will offer their elbow if their hands are dirty.

Bolivia has many traditional dances. Participants from ABH’s programs often teach visitors these wonderful dances. Bolivia’s favorite sport is soccer, so be ready to play!



Landscape

Although lacking ocean access or beaches, the biodiversity in Bolivia is one of the greatest in the world with a wide variety of ecosystems. The many landscapes across Bolivia include the Andes Mountains, the Salar de Uyuni salt flats, the Atacama desert, the Altiplano plateau, the Puna grasslands, the Amazon rainforest, and Lake Titicaca, which it shares with Peru.



Sightseeing

There are wonderful local tourist sights, plazas, and museums to enjoy in Cochabamba. Because of the arrangements that ABH makes with universities and other partner organizations, overnight travel is only an option if it is arranged with the university/partner organization and ABH Program Coordinators in advance of the internship. Interns who are here during a short-term service trip may have the opportunity to travel with ISLE groups who come to volunteer for a two-week period. During these trips, you may be able to visit some of the following destinations.

Places to Visit

Lake Titicaca: Lake Titicaca is the highest navigable lake in the world and contains many beautiful islands. The Lake is located at the northern end of the Altiplano basin, high in the Andes on the border of Peru and Bolivia. The lovely and historic town of Copacabana is nestled in the hills along the Lake's peaceful shores.

Chapare: Chapare Province is a mountainous rainforest region in central Bolivia. Known as the "Entrance to the Amazon Rainforest," it has several beautiful rivers that feed the Amazon River. Chapare is renowned for its abundance of tropical fruits and wildlife!

Incachaca: "Inca Bridge" or Incachaca is a stunning historic and archeological site. The



crystal clear waters of the Alisu Mayu River rush through this cloud forest, creating wondrous gorges, tunnels, underground falls, and rock formations. A thick jungle path winds through bamboo thickets and over deep gorges to these breathtaking natural landscapes. One violently turbulent waterfall, called “The Devil's Throat,” ends in an eerily still pool called “The Fairy’s Bath.”

Cristo de la Concordia: This enormous Christ statue is located atop San Pedro Hill in Cochabamba City. It is accessible by cable car or by climbing 2,000 steps. The statue is over 132 ft. tall, making it one of the tallest Christ statues in the world!

Andean Mountain Villages: Traveling to the remote villages of Bolivia’s Morochata Province is a once-in-a-lifetime opportunity! These breathtaking villages are a window into the heart of Bolivia’s heritage and way of life. A far cry from tourist destinations, these villages demonstrate the raw beauty and struggle that defines daily life for many Bolivians.

Tiwanaku: The Pre-Columbian archaeological site, Tiwanaku, is one of the most important ancient civilizations in the world. Inhabited as early as 1500 BCE, Tiwanaku was the cultural and



economic center of the entire South American continent. Its profound influence can be seen in vast areas of modern day Bolivia, Peru, and Argentina. Evidence suggests that the Tiwanaku peoples were far more advanced in pottery, metallurgy, stone work, astronomy, and math than the Incas, whom they predated.

Logistics

Location

The program will be located at ABH's facilities in Cochabamba, Bolivia. ABH has three primary facilities in Cochabamba. One is located in Chilimarca, a semi-rural community 35 minutes outside of Cochabamba City's center. The Chilimarca facilities include a health clinic, elementary school, hair and nail salon, and a walled compound with conference space, gardens, a dining area, spa, and sleeping quarters. All volunteers and interns stay in shared apartments within the compound. The second facility is an office building located in center-city Cochabamba. The third facility is located in Morochata, a beautiful rural community in the Andes Mountains.



Lodging

ABH provides interns with safe, affordable, and convenient housing on its property in the rolling hills of Chilimarca, just outside Cochabamba City. Interns must stay at these facilities. Sleeping quarters are within a walled compound located at the base of the Andes Mountains, with gardens and ample room for outdoor activities. Each room has bunk beds that accommodate multiple people and space to store personal possessions. Sleeping quarters are much like apartments, with several individual or



paired rooms that share a common furnished kitchen, dining area, and bathroom. These are generally divided into women's dorms and men's dorms. Linens and towels are provided. Apartments will be shared by interns, as well as ISLE participants (short-term service teams). Keys are provided for every bedroom and apartment.

Language

Esperanza-Bolivia interns are required to be fluent Spanish speakers. Because very few of our staff members speak conversational English, nearly all of your conversations and interactions during your internship will be in Spanish. Because of the clear and moderate pace speech in Cochabamba, its a wonderful place to *improve* your Spanish fluency and literacy, but you must, nonetheless, begin your internship with Spanish competency.

Spanish classes may also be available during your time in Bolivia for a minimal fee. Ask your Program Coordinator about times and availability during your internship.

Laundry

There are no washing machines at the compound. Rather, there are outdoor washbasins and clothing lines for laundry. Interns will be able to buy detergent in local stores. There are also laundromats in the city, which interns can choose to use at their own expense.



Meals

Interns will be provided with lunches Monday through Friday at their program sites, but will be responsible for their own breakfast and dinner, as well as all meals during weekends and holidays. If working with several projects, interns are responsible for informing the team early in the morning that they will be eating lunch there. This way the cook can prepare in advance and no food will be wasted.



If interns are present during the same time as an ISLE trip, they will have all their meals provided with the short-term team. When providing food,

ABH does its best to accommodate dietary restrictions. Please inform ABH of any dietary restrictions before traveling to Bolivia.

Upon arrival, interns are provided with a basic recipe book and food safety guidelines to help get started on the adventure of cooking in a new context! Staff will also provide orientation to local markets and grocery stores. A suggested budget is included later in this booklet.

Transportation

The primary forms of transportation in and around Cochabamba are the “trufi” and “taxi trufi” systems. These are large passenger vans or cars that operate on designated routes throughout the city, much like a public bus. Trips normally cost 2 Bolivianos (approximately \$0.30). You may also choose to use a taxi which for \$2-\$5. If you are traveling at night, we recommend that you use a “radio taxi” (part of a taxi company) for safety reasons. Where you will be staying in Chilimarca is approximately a 35-minute trufi ride from downtown Cochabamba.



Phone and Internet Access

There is no internet access at the compound where interns stay. However, interns have access to the internet in ABH's Chilimarca and Cochabamba offices. Basic phones can be purchased and enabled with a local SIM card for \$15-20. Additionally, a U.S. phone that has been unlocked for international use can be equipped with a local SIM card for a minimal fee. Minutes and data plans are available with either option. ABH does not recommend the use of a *new* smartphone, since petty theft of electronics is common (especially Apple products).

Safety and Security

Security is very important for ABH and its partner organizations. Full details on safety and security will be provided during in-country orientation. However, please review the following list of ABH's basic expectations to provide safety during internships.

- **During daytime/daylight hours** (i.e. weekends and holidays), interns are free to leave the compound as long as they are with at least one other person. When leaving the

compound outside of work hours, interns must inform a staff member of where they are going and when they expect to return.

- **In the evening** (after dark), interns are welcome to leave the compound as long as they are with a local staff member.
- **The front gate** of the compound will be locked from the inside at 10:00pm every night. Therefore, interns should return to the compound before 10:00pm.
- **No running in the community.** It is not safe or culturally appropriate to go running in the community around the compound. There is a gym within a 15-minute ride of the compound.
- **Guests** are not permitted to visit or stay overnight at the compound without prior arrangement with Program Coordinators.
- **ABH is accountable** to its partner organizations in the U.S. through which interns have come, and it is essential for us to know where interns are at all times. This is achieved through interns following the work schedule that has been arranged with their Program Coordinators and informing staff members at other times when they are off campus. This also allows the internship experience to be as safe as possible.
- **Alcohol, Tobacco, and Drugs** - All buildings within the compound are non-smoking and drug free zones. *Socially acceptable and moderate* consumption of alcoholic beverages is permissible only for interns ages 21 and over. However, during times when ISLE volunteer groups are present, consumption of alcoholic beverages is strictly prohibited for all.

Trip Preparation

Visa Process

Interns will purchase their tourist visas upon arrival at the airport in Bolivia. It is not necessary to apply for the tourist visa in advance, though this is also an option. To obtain this visa, U.S. citizens must have the following items:

1. Valid Passport
2. Photocopy of passport
3. Photocopy of international flight itinerary to and from Bolivia
4. Invitation Letter (Provided by ABH)
5. Copy of hotel reservation (**Please note that the hotel listed on the hotel reservation provided by ABH is only used to simplify the



visa process and is not a hotel where interns will be staying in Bolivia. All interns stay in housing provided by ABH in Chilimarca, Cochabamba)

6. Visa Application

7. \$160 (US Dollars) for the visa, which must be paid in bills in perfect condition and exact change.

An ABH staff member will be waiting for you at the airport to take you to your accommodations.

A new tourist visa is good for 90 days per year for 10 years. However, interns will need to visit the local immigration office to check-in and renew this visa every 30 days in Bolivia. Local staff will assist with this process. To assure the success of the visa process, interns should refer to their time in Bolivia as “tourism” or “visiting friends.” Referring to the time as “volunteering” or “work” may cause problems in the immigration process.

*** For interns who are citizens of a country other than the U.S., please contact the Bolivian Embassy for country-specific visa details. ABH staff can assist with researching these visa requirements.

Forms and Waivers

Before you begin your internship, a few forms and liability waivers need to be signed and notarized. You can have these documents notarized online or at any notary location.

1. A Breeze of Hope Child Protection Policy
2. Full Release Form for A Breeze of Hope
3. Liability Wavier for Individual Travel



Flights

Luggage

Please bring only one suitcase and backpack. Interns should only bring a second suitcase if they are transporting additional donations or supplies.

A Breeze of Hope Shirt

It is very important that interns wear their ABH T-shirts to be more easily identified by other ABH volunteers or staff in the airport. If meeting an ABH group, please keep an eye out for others wearing the same shirt!

Jet-lag and Altitude Sickness

Bolivia operates on Eastern Standard Time, except during daylight savings, when it is one hour ahead of EST. Travelers may feel a bit tired the first few days after arrival in Bolivia because of jet lag and the overnight flight. Symptoms of jet lag can include mild to moderate fatigue that lasts for two to three days. Additionally, due to the altitude change, travelers may feel symptoms of altitude sickness, which include headaches, dizziness, shortness of breath, and nausea. These symptoms normally improve after 1-2 days. To minimize these symptoms, drink plenty of water, eat well (not too much, not too little), and wear comfortable clothing. Coca tea (*mate de coca*) with extra sugar is recommended since it also helps decrease the effects of the high altitude. This tea is available upon request on the local flight to Cochabamba.

Travel Insurance

ABH does not purchase travel insurance for its interns, but suggests that interns do so to make sure they covered during their stay in Bolivia.

Checking in for the International Flight

Upon arrival in Miami International Airport, interns will need to pick up their luggage from baggage claim, leave the secured area of the airport, and recheck their luggage at the BOA (Boliviana de Aviación) counter in Terminal F for the international flight. In most instances, interns will have to complete this portion of the trip on their own since there will not be anyone from ABH to meet them at the arrival gate or to assist with this process. **It is essential to arrive at the BOA counter three hours before departure to Bolivia!** Please plan accordingly when booking a flight to Miami. If there are other ABH volunteers, staff, or interns traveling on the same flight, interns will meet their ABH companions at the BOA counter. In this case, please check-in as a group.



For a terminal map, please visit <http://www.miami-airport.com>

Budget

We suggest that you account for the following expenses. Please note that these are only estimates.

Meals (breakfast, dinner, and weekend meals)	\$30-50 per week
Transportation	\$10 per week
Cleaning Supplies & Hygiene	\$5-10 per week
Medical Care (if needed)	\$35 per month
Personal expenses - going out, souvenirs, etc.	Discretionary
Phone	\$5 per month

For personal expenses, such as souvenirs, ice cream, dinners out, museums, etc., it may be helpful to know that a typical lunch in Cochabamba is \$3-4, a typical dinner is \$5-10, and snacks or coffee are \$1-2. Museums and movies range from \$1-8.

Interns need to bring \$160 USD in perfect condition to pay their visa entrance fee from the U.S. in the airport upon arrival in Bolivia. Please, please do not forget this detail!

If using a debit card, ABH still recommends bringing between \$100-200 USD *in addition to the visa fee*. Interns do not need to exchange USD into foreign currency before arriving in Bolivia. ABH staff will help interns exchange money once they arrive. US Dollars must be in PERFECT condition. Locals will not accept bills if they are bent or have tiny rips. It is preferable that bills are in units of \$50 or \$100. It is okay to bring a debit/credit card. However, credit cards are only accepted at a few locations.

Packing List

Please remember that temperatures at night are as low as 30-35°F, and during the day temperatures can reach 75-80°F. Therefore, the best way to dress is with layers. We recommend that interns wear jeans and casual tops because the workplace attire in Cochabamba is casual. Additionally, please bring at least one professional outfit for more formal events. Skirts and dresses are not culturally appropriate. If involved in court or hearings, interns will need to wear business attire. In this case, men will need to wear a suit and tie, and women will need to wear dress pants.

Clothing

Working shirts

Working pants

Sweatpants
Hiking boots and/or tennis shoes
Sweatshirt/Fleece, Sweater, and Jacket
Warm sleepwear
Flip-flops for the shower

Swimsuit
Underwear, socks
Professional outfit
Nice jeans and casual shirts
Dress shoes

Additional Personal Items (several recommendations are due to the high altitude, strong sun, and dry conditions):

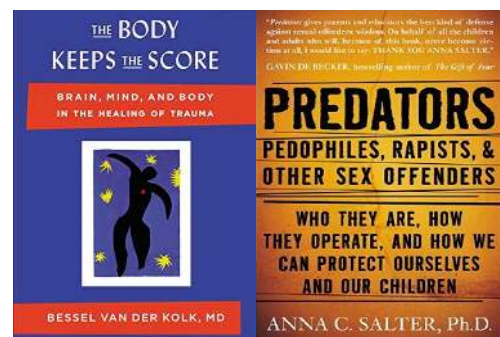
- Laptop or tablet for work
- Camera
- Toothbrush/toothpaste
- Deodorant
- Shampoo/conditioner
- Lotion
- Moisturizing eye drops
- Sunglasses
- Working pants
- Sweatpants
- Hiking boots and/or sneakers
- Sweatshirt/fleece, sweater, and jacket
- Warm sleepwear
- Flip-flops for the shower
- Swimsuit
- Underwear, socks
- Professional outfit(s)
- Nice jeans and casual shirt
- Dress shoes
- Diary/journal
- Zip-lock bags
- Water bottle
- Daypack
- SPF chapstick
- Sunscreen
- Saline Nasal Spray
- Hat
- Tampons (limited availability and expensive in Bolivia)
- Umbrella/rain jacket

Book

Bring the books *Predators* by Anna C. Salter, Ph.D. and *The Body Keeps The Score* by Bessel van der Kolk, M.D.

Medication

Prescription medication should be transported in a



carry-on bag along with the original copy of the prescription. Please inform Program Coordinators of any prescription medications.

What NOT to Bring

Do not bring expensive jewelry, watches, extra/unnecessary technology, or other expensive items.

Water Bottle and Snacks

Please bring a water bottle. While in Bolivia, it is important to drink only bottled water or purified water provided by ABH. Interns may want to bring things such as protein bars trail mix and other healthy, high protein snacks, which are hard to find in Cochabamba.

Donations

Interns may be asked to bring certain items along for the Bolivia programs because that are hard to find in Bolivia. These items will be ordered online and sent to your address. Additionally, interns are encouraged to bring along any of the items listed below as donations for the programs.* It is recommended that interns pack their items in one suitcase and use a second suitcase to transport additional donations or supplies. These donations may include:

- * Yarn
- * School supplies
(constructions paper, crayons, clay, play-dough, pencils, stickers, etc.)
- * Art supplies
- * Balls (soccer balls, basketballs, etc.)
- * Educational toys (building blocks, wood puzzles, etc.)
- * Spanish books for children
- * Floor cable cover
- * Interlocking floor foam
- * Newborn baby clothes

*If you are interested in bring donations with you to Bolivia, please contact your Program Coordinator for more details.



Contact Information

<p>Travel</p>	<p>International Departure from MIAMI Airport Flight: BOA 767 International Return to MIAMI Airport Flight: BOA 766 BOA Miami: 305-876-7862</p>
<p>Lodging</p>	<p>FUBE Chilimarca, Cochabamba Phone: +(591) 4-4311511</p>
<p>CUBE Office</p>	<p>Phone: +(591) 4-4527505</p>
<p>Emergency Contact in Bolivia</p>	<p>Phone: +(591) 4-4312973 Cell: +(591) 7-0762992</p>
<p>US Embassy in Bolivia</p>	<p>Phone: +(591) 2-2168000 Email: lpzwebmail@state.gov</p>
<p>A Breeze of Hope</p>	<p>US Phone: 484-494-6598 Bolivia Phone: +(591) 7-0762992 Email: brisadeangulo@abreezeofhope.org</p>
<p>Social Media</p>	<p>Facebook: @ABreezeofHope Twitter: @ABreezeofHope Instagram: abreezeofhope Linked-In: Brisa De Angulo</p>

Bolivia Program Descriptions

Centro Una Brisa De Esperanza—*A Breeze of Hope Center*

Centro Una Brisa de Esperanza (CUBE) is the only center in Bolivia that specializes in free trauma-informed and comprehensive services for child and adolescent survivors of sexual violence. These services include legal, social, psychological, and medical assistance. CUBE is a pioneer in its field because it uses transdisciplinary treatment protocols. This means that the various disciplines—lawyers, psychologists, social workers, nurses, and physicians—all work together to form an integrated and compassionate healing plan and legal strategy for the survivor.

The children and adolescents who come to CUBE learn how to develop new strengths and coping mechanisms, create significant relationships of support, and rebuild a meaningful course of life filled with opportunity, all of which help them overcome the violence and trauma they have suffered.

CUBE also works with public policy and legal reform, which has revolutionized the criminal trial process in Bolivia. For example, sexual predators can no longer confront child victims face-to-face in court. This has dramatically reduced the instances of traumatic revictimization and recantation that can occur during trials. Furthermore, before CUBE opened its doors, the conviction rate in sexual assault trials in Bolivia was 2%, whereas CUBE has achieved a 95% conviction rate! Because of CUBE's relentless efforts, the Bolivian National Government declared August 9th the National Day Against Child Sexual Assault. Each year, thousands of people gather on this day in departments across Bolivia to speak out against child sexual assault.

CUBE staff have also provided education and training to over 80,000 people, including judges, attorneys, psychologists, medical professionals, social workers, law enforcement, and teachers. CUBE has provided trainings throughout the Americas and, in Bolivia and beyond, CUBE has brought awareness to over 1,000,000 people through massive information campaigns about sexual violence against children and youth. CUBE also presented thematic hearings before the Inter-American Commission on Human Rights at the Organization of American States and hosted Bolivia's first international conference on best practices in responding to sexual violence against children and youth. In short, CUBE is changing culture and policy at national and international levels.

Comunidad Educativa para la Vida—*Educational Community for Life*

Comunidad Educativa para la Vida (CEV) is a unique elementary and early-education school located in Chilimarca, Bolivia that focuses on comprehensive early childhood development. CEV believes that parents/caregivers are the cornerstones of healthy development and that

this healthy development begins during the prenatal stage of life. Thus, in partnership with DIIT (described below), CEV involves parents from the beginning by offering parenting classes from the start of pregnancy. These classes foster strong and healthy emotional bonds between parents and children, encourage healthy conflict resolution and communication skills, and much more.

CEV also offers educational services to children from early infancy through third grade. It employs innovative, student-centered, cooperative learning strategies that foster literacy and life skills. At CEV, children experience safe, nurturing environments that facilitate resiliency and equip them with the skills they need to transform their families and communities with the values of love, peace, justice, and respect for human rights.

Additionally, CEV works internationally, focusing on the design of strategies and public policies for the implementation of comprehensive early childhood development protocols. It has provided workshops in Ecuador, Peru, Honduras, and Mexico. CEV, as an institution, is committed to the protection of human rights and the comprehensive and healthy development of all children.



Desarrollo Integral de la Infancia Temprana—*Holistic Early Childhood Development*

The Desarrollo Integral de la Infancia Temprana (DIIT) program is a public health and early child development program that builds family and community capacity to promote healthy infants and families. Through an interdisciplinary direct service team, DIIT provides quality prenatal and postnatal care and holistic education to pregnant women, mothers, and families by walking alongside them in the process of pregnancy and parenting. DIIT focuses on thriving infant brain development, nurturing family relationships, and the foundations for a child's future active citizenship by addressing the key determinants of healthy infant development (physical nutrition, self-agency, cognitive nutrition, healthy emotional bonding and attachment, and safe and stimulating environments).

Along with promoting practical resources for bolstering mothers' abilities to take care of themselves and their babies, the program provides birth preparation to ensure a healthy, safe, and meaningful delivery in which birthing women and their infants play the central role. Furthermore, the program increases access to child-related government services and cutting edge practices in infant development by integrating various systems, including health, education, child protection, and daycare. Through this work, DIIT not only promotes a culture in which children experience healthy and holistic development; it also addresses underlying issues, such as home-based violence, inhumane treatment during childbirth, and the oppression of women in the Bolivian context. By engaging together in this process, program participants are empowered to live thriving lives that contribute to their communities and create trans-generational societal transformation.

La Posta de Chilimarca—*Chilimarca Health Clinic*

La Posta community health clinic provides high quality primary health care services to marginalized communities situated to the north of Cochabamba City. La Posta also facilitates the self-empowerment of families and communities, helping them prevent and resolve their own health problems, as well as contribute to the development of healthier behaviors and environments. La Posta provides these communities with holistic health education, which encourages the communities to identify their own health needs and gain control of personal and social health determinants. La Posta has become a model for many other clinics throughout Bolivia and surrounding countries.

Chagas Control Program

The Chagas Control Program works with rural and impoverished communities to raise awareness about the presence of the Chagas disease, the importance of community members

getting tested to identify positive cases, and the urgent need to get treatment. It also fosters community-based actions aimed at reducing the presence of the Vinchucas (Chagas transmitting insects), improving sanitary and hygiene conditions in homes, and decreasing symptoms of the Chagas disease through a healthy diet.



Vigías de Salud—*Family Health Guardians*

Family Health Guardians is a program that engages in grassroots style community transformation. Local community members receive training in holistic health from the program’s medical staff and become Health Guardians for their communities. These Health Guardians facilitate the education and self-empowerment of families in their communities with regard to key personal health determinants (physical nutrition, emotional nutrition, cognitive nutrition, self-agency, and nurturing and enriching environments for children) and social health determinants (i.e. inclusive community, economic and political participation, and healthy natural environments). The Health Guardians also learn how to cope with adversity, prevent disease, and manage and prepare for natural disasters. They often become

powerful and tireless advocates, championing the health needs of the vulnerable and voiceless within their communities.

Total Health Village—*Morochata*

Total Health Village is a program that seeks to facilitate the self-empowerment and wellbeing of impoverished rural families and communities so they can gain control over personal and social health determinants. Community members have the opportunity to engage in a broad spectrum of educational activities, which allow them to rediscover their potential for learning, facilitate the construction and co-management of knowledge, and equip themselves with a variety of skills needed to generate change in their own lives, families, and communities.

Community members also work to develop two critical conditions for self-empowerment as individuals and as communities. First, they transform their individual lives, which allows them to become aware of themselves as autonomous persons with rights and responsibilities and to learn to think critically, dream, and take control of their personal life and history. All of this contributes to the construction of a healthy community that encourages self-agency. Second, these community members form participatory democratic organizations to transform legal, economic, and political systems so the community members can exercise their rights and gain greater control over the social, economic, and political aspects of their lives. A community with this degree of communal co-agency and self-empowerment experiences a great deal of wellbeing for all who are part of the community.

Apreniendo de las Diferencias—*Learning from Our Differences*

Learning from Our Differences is a revolutionary community-based rehabilitation program, based in the rural communities around Morochata, that creates environments where people with physical, sensorial, and mental disabilities can engage in self-empowering processes to become protagonists in the social and productive life of their families and communities. The program seeks to cultivate, among families and communities, attitudes, values, and practices that allow them to overcome stigmatizing views of fellow community members with disabilities, because such stigmatizing views are nearly always more disabling than the disabilities themselves. These families and communities reassess the value of life and human dignity, and learn to live with a spirit of respect for difference and diversity, solidarity, interdependence, and love. People with disabilities are learning to exercise their rights, including rights to access local schools and other government programs.

Learning from Our Differences has positively affected communities all across Bolivia, helping some of the most vulnerable citizens to become active, productive, and respected members of their communities. It has created widespread awareness and encouraged community authorities from the government, health services, and school districts to include

people with disabilities in their programs. Today, government authorities and local institutions are working together to improve the conditions of people with disabilities.

Contact Information

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