



# ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**

*June 2011*



## Editor's Letter

Hi all ,

Welcome to the June 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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寺崎 美和

まさか自分が、ボランティア仲間と週末旅行に行けるとは思っていませんでした。というのも、私はとても恥ずかしがり屋だからです。

2011年6月10日、私たち5人はラパス、コパカバーナへ行きました。コチャバンバから飛行機で30分かけてラパスへ。

ラパスの空港からツアーガイドと一緒にタクシーでホテルへ。

私たちはコチャバンバの旅行代理店でツアーを申し込み、1日目のラパスではフリー、2日目のコパカバーナ、太陽の島ではガイドをつけました。

すべて食事つき、交通費込みでUS305\$。

ラパスのホテルに荷物を置き、サガルナガ通りやサンフランシスコ寺院を見学。

午後は市内観光バスで南地区、旧市街地区を回りました。新しい観光バスは日本語のイヤホンガイドがあります。南地区の月の谷は見たこともない岩が一面に広がっていました。

翌朝は大型バスに乗り込み4時間かけてコパカバーナへ。トゥルチャの鉄板焼きを食べ、船でチチカカ湖を渡ること50分、とても寒いです。

ここでバス、乗客は分かれて乗船します。

インカ文明発祥の地、太陽の島へ。3890Mとかなり空気が薄いのに車はもちろんなく、ホテルまで歩きます。10段登るだけでかなりの息切れです。

途中若返りの水やリヤマ、段々畑を見ました。

夕方、ホテル近くの高台で夕焼けを眺めます。幻想的。

3ツ星オスタルでしたが、残念なことに水シャワーでした。標高が高く、朝晩は冷えるので防寒具を重宝します。

翌朝、島内の遺跡の内部に入り見学。遺跡のつくりが3層なのは、インカ時代の教え「アマスア、アマユア、アマケア」盗まない、だまさない、怠けないにのっとっているそうです。

北半球の私にとって憧れの南十字星Crus de surはインカ時代にも重要な星座だったそうです。

コパカバーナに戻り、有名な白亜のカテドラルを見学。黄金でできた内装は必見です。

みなさんもぜひどうぞ。



## Clean-up at Ciudadela SEDEGES

Jessica Eastwell  
Journalism, 3 months,  
United Kingdom

Throughout the month of June, a group of volunteers have been visiting the Ciudadela SEDEGES orphanage to clean up their garden. Until recently it was full of dangerous rubbish (such as sharp, rusty metal), which meant that the children were unable to play outside safely.

So far, we have knocked down a wall, cleared up large amounts of rubbish, and begun to clear an area of scrubland at the back of the orphanage. This seems to have brought out an alarming side in some of the volunteers who were set loose with machetes and matches. Even some of the Ciudadela children have got involved with burning, although they mostly prefer to stand and watch the mad tios at work. Either way, the Ciudadela itself is still standing.

We have also begun to construct a new paling fence for a smaller garden, which has meant a lot of work with blunt saws, and a lot of standing on planks as a counterweight for the lucky few. The “who can saw the fastest” competitions have also led to the wounding of a certain amount of masculine pride, which can only be healed by the burning of yet more dead grass.



# Enseignement du français à l'Université San Simón

Anne-Marie Guerry  
Teaching, 2 months,  
France

Tout d'abord l'Université San Simon semble être toujours en effervescence : banderoles, panneaux couverts de slogans, affiches vous invitant à rejoindre tel ou tel meeting, mouvement de protestation ou d'appui à quelque chose ou quelqu'un, musique, haut-parleurs et une foule d'étudiants qui vont et viennent, sans compter, sur le trottoir et même à l'intérieur de la fac, tous les vendeurs de boissons, nourriture diverse et babioles...

A l'intérieur des bâtiments, les étudiants vont en cours mais les cours commencent en retard et finissent avant l'heure, ce n'est pas le système européen, mais l'heure bolivienne! Tous les étudiants en langues sont débutants, très nombreux (jusqu'à 70 ou 80 par cours en 1ère année) il y a beaucoup de bruit à l'extérieur des classes et bien sûr apprendre une langue dans ces conditions relève du parcours du combattant! Mais, miracle, certains y arrivent néanmoins : ceux qui ont la "bosse" des langues, ceux qui travaillent beaucoup et aussi grâce à l'énergie de certains professeurs (tous parlent d'ailleurs un très bon français). Pour eux, inculquer la culture et la langue française, c'est ouvrir l'esprit de leurs étudiants à un autre monde, un peu irréel. C'est en effet une gageure que d'apprendre la langue d'un pays si différent et si lointain où la plupart ne pourront jamais aller. Pour de nombreux étudiants la France est un peu un mythe de culture, raffinement, art, démocratie, enfin toutes les valeurs que peut représenter ce pays (en oubliant tous les défauts bien sûr...)

Donc même si le niveau de français de nombreux étudiants est plutôt faible et si on a l'impression de ne pas beaucoup avancer (ou de ne pas beaucoup les faire avancer), enseigner ici reste une expérience intéressante et très enrichissante, la Bolivie étant pour nous aussi un autre monde à découvrir.





A mother is one of the most important parts of any family. This is why Bolivia has a day dedicated to celebrating its mothers, on May 27th. And even though all the volunteers at Projects Abroad are miles away from their families, we joined in as well, although we celebrated on 26th, to leave the actual day free for whatever their own children have planned. The day started with a visit from some children from the Ciudadela SEDEGES Orphanage to the Projects Abroad office. They performed songs, dances and poetry about mothers, and presented all the "tías" present with a selection of homemade biscuits (many thanks to the En La Tarde club for this tasty innovation!).



In the afternoon, all the volunteers gathered at Niña Moza to celebrate the special occasion with their host mothers, who we presented with roses and a translation of an Italian song about mothers. We chatted over a variety of typical Bolivian foods, including humintas and empanadas de canapé and pollo. It was great for all the volunteers and mothers to have a chance to meet each other in an informal setting, and compare our different cultures. It was also wonderful to have the chance to show our appreciation for the Cochabambinos who welcome us into their homes with such kindness.



### **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 travelling and working for Projects Abroad! I love laughing until I cry (but who doesn’t?).”*



### **Carmen Herbas – Office Head Administrator**

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.”*



### **Ximena Noya – Project Supervisor (Journalism, Teaching, Eco Project)**

Working with Projects Abroad since: August 2003

Born in Cochabamba, studied in Argentina and Bolivia and then 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, travelling 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.”*



### **Roció Triveño Supervisor (Medical, Eco Project)**

Working with Projects Abroad 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.”*



### **Mariel Torrez Montenegro**

She has studied Social Communication and has a Master degree in Latin American Studies as well. In her free time she loves to read and watch movies. Her purpose of this year is to travel and know as many places as possible. You will read more about that in her own trip blog very soon.

*"Knowing places and people is the best way to open your mind"*



### **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 Centre 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!"*



### **Ivana Flores – NA Travel Assistant**

Born in Cochabamba and raised in Miami. I've 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 Honour Roll Society....

*"I am completely obsessed with Michael Jackson; it's funny, people call me crazy but I totally love the guy."*



### **Blanca Fernandez – NA Travel Assistant**

Born in Cochabamba, Blanca has lived here all her life. She has also been to Brazil, Chile and the US. All of those 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 travelling! Love eating! But cooking: No, No!!!"*



Jessica Eastwell  
Journalism, 3 months,  
United Kingdom



Bolivia has the highest capital city in the world: La Paz is at 3650m above sea level. People flying in from outside the country are often warned about the dangers of altitude sickness. I assumed that since I was flying from Cochabamba, which is more than 2500m above sea level, I would be alright. And barring a slight headache, I was.

We spent a day in La Paz, and then caught a bus towards Copacabana. The problems didn't really begin until we had reached Lake Titicaca. We were staying the night in a hotel at the top of the Isla del Sol, in the middle of the lake. By

the time we had got to the top of the island, at about 4100m (with a pause to drink from the Fountain of Eternal Youth), I was feeling a bit strange. The air was noticeably thinner, but that wasn't all.

I was experiencing the classic symptoms of altitude sickness: dizziness, disorientation, headaches, and nausea. I was also shivering a lot, but this may have had a lot to do with the fact that it was evening, and the temperature was rapidly approaching freezing. However, I'm from the North East of England, so I'm not sure that that wasn't a symptom as well. Within a few minutes of someone noticing I looked ill, I was wrapped up in more layers than an onion.

I also met just about every cure for altitude sickness going, in the form of various pills, and mate de coca: coca tea. This is illegal in England, but permitted in Bolivia, and is credited with curing all sorts of things, altitude sickness among them. You can either have it in a teabag, or just pour hot water onto the leaves. Within a few hours, I was wondering if I was going to turn into a coca leaf.

In conclusion, altitude sickness is not a pleasant thing, and I would advise anyone going to La Paz or similarly high areas to pack some medicine for it, or at least drink plenty of coca tea to help yourself adapt. And finally, it does get better! I don't know if it was due to the pills or the tea, but within twenty four hours I was feeling much better, and climbing around the Isla del Sol to look at Inca ruins.



**Photos in Month**

**Volunteers trips  
Titicaca Lake and Copacabana**



Isla del Sol Titicaca Lake.



Sunset Titicaca Lake



Water dumps rock

## 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

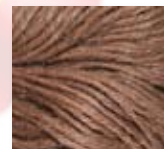
An association of approximately 15 artisans produces many types of ceramics including table and kitchen accessories. Avenida Ayacucho between Calle Colombia and Calle Ecuador. Tel. 4522518.



### 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.

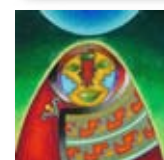
### Gamboa

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*

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## 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)