



ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**

September 2011



Editor's Letter

Hi all ,

Welcome to the September 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

Best wishes from Bolivia!

Carmen Herbas
Country Director

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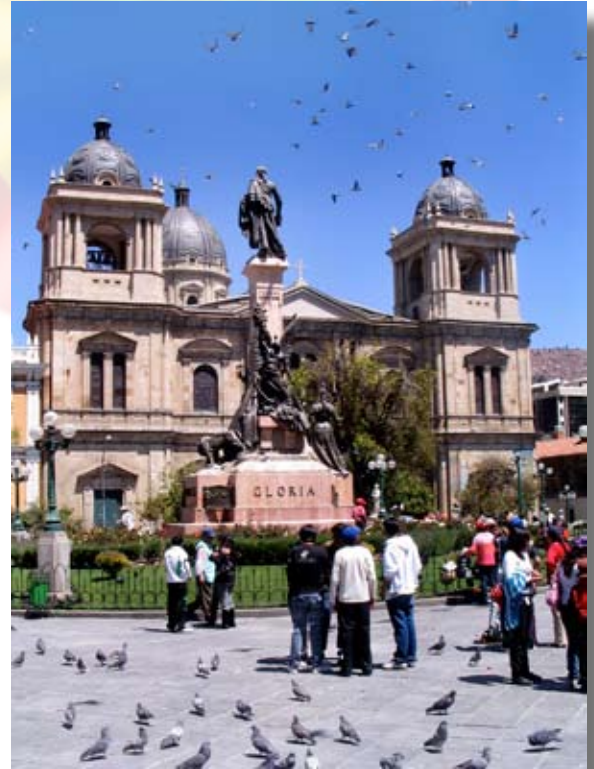
When I arrived in Bolivia, I really had not envisioned that I would be traveling around as much as I have been, but as it turns out there are so many things to see that are not too far from Cochabamba. I've traveled to Torotorro, Chapare, Titicaca and La Paz, as well as countless little towns only a few hours outside Cochabamba. I have loved them all, though Chapare may have been one of my favorite regions.

That trip that I would consider my best might sound the least exciting to some. I decided to spend the weekend by myself in La Paz, just to check out the city. Though I came to South America alone, all the trips I had done were with other people, and I wanted to see how I would hold up traveling alone. It's an experience I would really suggest that people try at least once. It gives you an opportunity to meet lots of other travelers as well as allow you to focus on exactly what you want to do while you are in a certain place.

La Paz was probably one of the best picks for a solo traveler because it is quite an easy city. The bus ride, (which can cost anywhere between 20-90bs depending how important comfort is to you), is only 7-8 hours long. It's best to catch the last night bus out, which will get you to La Paz in the early morning. Pay the extra for a full bed seat on your way there so that you can sleep through the trip and hopefully have some energy for everything you want to do the next day! I spent the better part of my weekend roaming around museums and markets. You have to plan which museums you want to see strategically though, because many are closed on Sundays and you need to make sure to squeeze them in on Saturday, but it's doable.

There are a lot more tourists in La Paz than in Cochabamba, and most are incredibly friendly! If you are there alone, it's not hard to meet a great group of people at your hostel to spend the night with. I ended up spending my Saturday night heading to El Alto with a group of tourists to watch Lucha Libre. You can get there yourself for quite cheap, but the convenience of going with an agency is well worth the extra cost. Lucha Libre is definitely a must if you have enough time in La Paz. Words really can't describe it.

I was happy with my trip as I returned home. I saw everything I wanted to and thoroughly enjoyed my time. I was also impressed with how well I had managed alone for the first time, and I am planning on checking out some more cities nearby in the future.





初期研修後の自分の進路を考えていたときに、何気なく「ボリビア 医療 ボランティア」と検索してみたのが、自分がプロジェクトアブロードを知るきっかけでした。

Satoshi Miyasawa
Medicine, 2 months, Japan

元々、地域医療、そして海外でのボランティアに関して興味はあったものの、具体的なプランは何もなく、殆ど全ての研修医がそう考えているように、3年目もちゃんと日本の病院で働くものだと思っていました。

しかし、この時にプロジェクトアブロードのページを見て、「医局に属したりすれば、こういう活動に参加するのはかなり難しくなる。やれるうちにやってみよう。」という気持ち生まれ、説明会に参加したのが始まりでした。

ちなみにこの時、「ボリビア」と入力した事に、特に明確な理由はありませんでした。南米には興味があり、いつか旅行で行けたらいいなと思っていた国だったからという程度だと思います。

そして、その偶然のきっかけになったボリビアで、今、僕は実際に活動しています。

現在、僕はボリビア第3の都市であるコチャバンバという街で、Hospital Harry Williamsという病院を拠点に活動しています。

活動開始にあたり、まずは主に院内で診療するか、それとも院外での地域医療に従事するかを選択できましたが、上に述べたように、自分は元々地域医療に興味があったため、院外での活動を希望して参加しています。

現在、この地域医療に従事しているのは、現地ボリビア人の総合診療科医、歯科医、看護師、エンジニアが各1名と、彼らを統括している部長さんで、そこに自分が加わる形になっています。また、場合によっては他の職種の方が参加することもあるので、毎日、わりとにぎやかに働いています。



具体的には、毎日午後に、バスを改造した移動診療所に乗って周辺のコミュニティへ行き、小児科を中心とした診察や婦人科の子宮頸がん検診を行ったり、地域の方々へ健康に関する講演を行ったりというのが主な内容です。

僕自身はこのうち、小児科の健診（診察）が主な仕事となっていますが、来週には講演会の講師をするようにとされているため、今はその準備に追われています。

また、その他のちょっと変わった活動内容として、現地の方々に色々な食事のレシピを教えるというものがあります。コミュニティでは食事のレパートリーが乏しく、極端なところでは毎日パンと牛乳のみという事もあるようで、そういった偏食を防ぐために、レシピを教え、実際に作って見せるという活動を行っています。ちょっとした調理実習のようなもので、我々も現地の方々と一緒になって、楽しんでやっています。

ちなみに地域医療の活動は午後のみという事が多いので、午前中は院内の診療に参加したり、見学したりという事もできますし、空いた時間にスペイン語を勉強するというのもひとつの手だと思います。フリーな時間も多のですが、不思議とそれほど暇に思うことはありません。毎日、あっという間に時間が過ぎていく感覚です。

活動するにあたって、知っておかなければならないのは、地域住民の方々はもちろんのこと、地域医療のスタッフでも英語を話す方はいないという事です。よって当然ながら、活動にあたってはスペイン語会話の能力が必須となります。

僕自身はこれまで、大学などでスペイン語を学んだ事もなく、渡航前に独学でスペイン語の文法を多少かじった程度でした。さすがに、その状態で活動できるはずもないので、最初の1ヶ月にスペイン語のコースを取り、毎日、授業を受けながら、ホストファミリーと会話をしていくことで、少しずつスペイン語に慣れていきました。

ボリビアに来た時にはスペイン語ではほとんど話せず、分かる単語を並べるだけという状況でしたが、1ヶ月が過ぎた頃には、十分とは言えないまでも、活動に差し支えない程度には会話できるようになりました。

スペイン語が堪能であればあるほど、できることは多くなると思います。しかしながら、現時点で話せないからと言って、活動できないわけではありません。むしろ、話せないからこそ、現地に飛び込み、それを学ぶという考え方もできるかと思えます。僕自身、多少なりともスペイン語会話の能力を得られたことは、この活動を通しての大きな収穫の一つだと思っています。

最後に、医師としてボランティアに参加した正直な感想を書きます。

もし、自分をもっとキャリアを積んだ医師であれば、その医療知識を現地ドクターに指導する事もできるでしょう。もし、公衆衛生の専門家であれば、また別の方法でより多くの人々の為になるかも知れません。しかしながら、自分はそのどちらでもありません。さらに言えば、まだ、やっとスタートラインに立ったばかりの医師であり、できることも多くはありません。

「果たして、本当に人の役に立つ事ができるだろうか？単なる自己満足じゃないのか？」

そんなこともやはり頭のどこかで考えてました。

しかしながら、実際に活動していくうちに、自分ができる事、たとえそれがどんなに些細な事であっても、喜んでくれる人は必ずいるのだということに気づきました。

コミュニティを訪れた際に、「Imaynalla?(ケチュア語:調子はどう?)」とって微笑みながら迎えてくれるインディヘナのお母さんがいます。診療の後、「Gracias!(ありがとう)」と言って微笑んでくれる患者さんがいます。「Satoshi!」と僕を呼び、「Vamos jugar!(一緒に遊ぼう)」と言って笑う子供たちもいます。

彼らがもし、自分が今、ここにいることで笑ってくれているのであれば、それだけで十分来た甲斐があるんじゃないかな。今では、そう思っています。



Social Events Review

.Sandrine Dragon,
Eco Project, 2 months ,
France

Arrivée seulement depuis 2 jours et toujours difficilement habituée à l'altitude, on me propose une activité pour le samedi matin... repeindre les murs du stade olympique de Cochabamba. Pourquoi pas !!! Mais je ne sais pas vraiment peindre, on verra sur place.

C'est à 07h30 ouah !!! C'est tôt pour un samedi mais j'ai hâte car il est temps pour moi de rencontrer d'autres volontaires.

Avec Anja et Deborah on retrouve Fredy au bureau le samedi matin, munis du matériel de peinture direction le stade à pied où on doit y retrouver d'autres volontaires... il est grand ce stade je crois que l'on va y passer du temps. Tous d'abord, mélange du colorant vert avec la base blanche, et de ce fait Fredy la main dans le seau de 20kg de peinture et de mélanger afin d'obtenir le même vert qu'à l'origine. Pas une tâche facile car pas assez de colorant.

Fredy court chercher quelques tubes de colorant supplémentaires... il s'absente pour 7 minutes... Assez drôle, en France on aurait dit 5 minutes. Pendant ce temps, Deborah nous explique quelques bases du Volley Ball mais moi et le sport, ça fait deux, donc j'essaie de m'appliquer, mais ce n'est pas une réussite. Après 20 minutes, retour de Fredy et préparation enfin prête, on peut commencer la peinture...

Ah !!! Main d'œuvre supplémentaire Rosanne et Cordula arrivent pour nous aider. Finalement après une heure et demie de travail, c'est terminé. Le résultat est sympa. Nettoyage du matériel et place à la demi-heure de détente. Un petit volley pour finir cette matinée, sans moi car toujours pas sportive et surtout mon genou ne veut pas...



Carmen Herbas – Country Director

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!”



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!!!”



Garden project: exchanging flowers by children smiles

Roxane Guillaume
Care, one month, France

This project started on July 2011. It arose from several volunteers who are willing to create a space occupied by a 'potagé', flowers and a cozy reading place for the orphan children of Ciudadela SEDEGES, one of Projects Abroad Care placements in Cochabamba.

Our aim was to offer the children a peaceful area to make the orphanage a real home for them. We started doing some gardening, but the big work for the potage will only be finished with the help of the coming volunteers and the children of Ciudadela SEDEGES as well, so they can feel that this project is theirs as well.

On the other hand, the building of a reading area, in the alley across from the orphanage garden, is to give the children a relaxing place where they can enjoy a quiet and pleasant atmosphere. Therefore, it would be a good idea to start displaying some ideas.

For example, purchasing some garden chairs and tables, planting a tree and placing a fountain in the middle of the garden. Once more this is just a brainstorm; you are more than welcome to come up with any ideas that help us create an amiable and friendly habitat for these children.

In fact there is plenty of work to be done, not only for gardening lovers. If you are more into construction you will be thrilled to know that we want to build a 'garden cupboard' to keep the garden area tidy as well. This place is meant for storing garden tools or seeds especially for that time of the year when is not adequate to embrace planting projects.

We think that the best place for this garden cupboard will be at the right corner of the janitor's house, just after the three lavatories, because other places are already used for other purposes such as to dry clothes. As I remark before, don't hesitate to involve the kids. I'm sure they would be glad to help.

All this doesn't imply that there are no difficulties on this path though. As we all know the main issue is money, which is why I suggest a common box where volunteers can feel free to give the amount of money they want, according to their degree of interest in the project. The goal is to build and sponsor different projects through time. There is no need to rush; quality is better than quantity.





Our visit and work in Cochabamba should be considered a step forward in this process already started by other volunteers who have made little, but significant contributions to the quality of life of these children. I strongly believe that this is the main purpose of the volunteer work.

Please feel free to contact me if you want to discuss or share some ideas regarding this project or other projects:
roxane_g@live.fr
Roxane Guillaume

p.s. One last thing! The more flowers the better! (Cancha, the local and popular market of Cochabamba city, is a good place to purchase them).

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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<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/pg/groups/268/Bolivia>

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http://twitter.com/Proj_AbroadBO

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

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