



**FOOD FOR
THE HUNGRY**

Cochabamba, Bolivia 2025

*"How lovely on the mountains are the feet of him
who brings good news, who announces peace and
brings good news of happiness, who announces
salvation, and says to Zion 'Your God reigns!'"*

Isaiah 52.7



*Thank you for your interest in joining us on our trip to Bolivia this year!
Below are some common questions and answers about our trip.*

Q. WHERE ARE WE GOING?

A. Cochabamba, Bolivia. We will first travel through Santa Cruz, in the Amazon basin where the weather is tropical and hot. We will rest from our travels, perhaps do some sightseeing and prepare for the last leg of our journey to Cochabamba. We will be working in a district called Cristal Mayu, which is outside of the city.

Q. WHEN ARE WE GOING TO BOLIVIA? HOW MUCH DOES IT COST?

A. July 15-23rd or 24th, 2025. The final dates might change depending on flight availability. We are estimating \$1850 per person. This includes airfare, in-country transportation, food and lodging. Airfare is variable, so it is impossible to give a definite cost at this point. To secure a spot on the team, a \$400 deposit is due on January 12, 2025. The remaining balance will be due in May.

Q. WHO WILL WE BE WORKING WITH?

A. We will be working with Food for the Hungry (www.fh.org) an evangelical relief and development agency. We are in year two of a long-term Community-to-Community (C2C) relationship with Cristal Mayu through FH. We have developed relationships with local field workers who will be with us during our time in Cochabamba.

Q. WHAT WILL WE BE DOING IN BOLIVIA?

A. These 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.



This year we are hosting a baseball camp. They are excited to learn all about this new-to-them sport! We may also lead a children's program at the local Quechua church on Sunday (drama, craft, games, etc.).

In addition to this, we will have plenty of time to interact with the children and the adults in the community of Cristal Mayu.

Q. DO I NEED TO KNOW SPANISH?

A. Pues no, amigo mio! While knowing Spanish would certainly enhance your trip, it isn't necessary. We have a team leader fluent in both English and Spanish. Some of the FH staff members also speak Spanish, Quechua, and basic English. Any Spanish that you do know will be very helpful, especially when it comes to interacting with the kids. Duolingo is a very helpful application that is recommended and encouraged as training leading up to the trip.

Q. WHAT WILL A TYPICAL DAY LOOK LIKE FOR US?

A. After breakfast at our hotel, we will leave for Cristal Mayu between 8:30 and 9:00 in the morning to visit sponsor children, work on the project, or meet with community leaders. After lunch we will then switch gears to either more visits, running the baseball camp, or participation in an FH program. We usually have dinner in a local restaurant close to our hotel, joined by our FH friends. You may have a window in the evening to call home, but this is not a 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. The beds are comfortable, and the grounds are pleasant. Two or three people are in each room with their own bathroom. Wifi is available at the hotel. We will eat a mixture of delicious traditional Bolivian cuisine and American favorites between the hotel, the restaurants and FH staff headquarters in Cochabamba.



Q. WHAT WILL THE WEATHER BE LIKE?

A. It will be winter in the Southern Hemisphere when we arrive. However, the winters are far milder in Cochabamba than here in the PNW. Plan to 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. Cochabamba is a city at around 8,000 feet in the Andes Mountains. As we are not flying in through LaPaz, altitude sickness is unlikely, however in the event you do experience mild altitude sickness—it's a lightheaded/winded/nauseated feeling that goes away in a few hours. One of the best things you can do is be hydrated. Get in the practice now of drinking plenty of water.

If you are worried about altitude sickness, consult your physician about medication you can take. There are some on the market that you take for a few days before and every day during the trip that will help keep you from getting it in the first place. As far as other illnesses, only drink bottled water and eat the food provided to us from FH and commercial establishments. We encourage you to be aware of what you are eating and to exercise caution. Our American diets are significantly different than our friends in Bolivia. In our upcoming training meetings we will discuss other details you will encounter and talk about what to expect. We will also talk about medications to have with you and how to stay healthy.

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. Our first team meeting will be on March 16 or 23. Expect 6 more training meetings in April, May, and June. Dates are still being finalized. These meetings will be after church on Sunday so be sure to bring a packed lunch!



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I'M IN! WHAT DO I DO NOW?

- A. Sign the interest list. You can register on church center, or communicate with Jenn Smith.
- B. Pay a \$400 deposit by January 12. The final balance will be due in May.
- C. Raise support. Begin to share with family and friends about your upcoming trip. Support letters, Fundraising events, social media. We can help you with this as well.
- D. Get your passport! Make sure it is up to date now and take care of getting it current if you need to.
- E. Download the WhatsApp, Google Translator and Duolingo apps. Use Duolingo now!
- F. Keep track of important dates, attend team meetings, and respond to email communication from team leaders.

***Most importantly, pray. Be sure to keep an open heart and mind. Be ready for a life-changing experience like none other. You will be amazed at the ways God works through you and in you.*

Remember, it is a profound privilege to be one who God sends to the ends of the earth, to serve the least of these in His name.

**SCAN HERE!
FOR MORE INFO
ON CHURCH CENTER**



Any questions about the trip, contact:

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