

# THE FULLER CENTER FOR HOUSING



## BOLIVIA GUIDEBOOK



*Updated May 2015*

[globalbuilders@fullercenter.org](mailto:globalbuilders@fullercenter.org) | 229.924.2900



### WELCOME FROM FULLER CENTER FOR HOUSING BOLIVIA

This guidebook contains useful information about Bolivia and The Fuller Center for Housing. Please spend some time looking over the content of this packet. Many of your questions will be answered within these pages.



*"I see life as both a gift and responsibility. My responsibility is to use what God has given me to help His people in need."*

*-Millard Fuller, Founder of The Fuller Center for Housing*

#### ***Dear Global Builder Team Members,***

We want to welcome each of you to The Fuller Center for Housing and the Global Builders Bolivia team. It is because of people like you that we are able to provide adequate shelter for people in need not only in Bolivia but also worldwide. By taking the step to travel to Bolivia you are opening up the door for your heart to change. We know that your participation in the building experience will be both personally rewarding and eye-opening as you work alongside your Global Builders team members, local participants, and homeowner family members.

We at The Fuller Center for Housing greatly appreciate your willingness to participate as a team member in our endeavor to eliminate substandard housing in Bolivia and across the world. Make sure to plan for an unforgettable cultural and spiritual experience!

# GLOBAL BUILDERS



**BOLIVIA**

## TABLE OF CONTENTS

**| 3**

### BACKGROUND INFORMATION

General Information About the Fuller Center and Our Founders.....	4
Country Information: Background, Housing Conditions, Area Info, Map .....	5-6

### LOGISTICS

Travel Logistics: Visa Requirements, Embassy Information, Map .....	7
Accommodations: Meals, Lodging, Transportation, Security, etc.....	8
Area Information: Currency, Weather.....	9
Emergency Contact Information.....	9
R&R Activities.....	10

### SAFETY

Worksite Safety Tips.....	11
Centers for Disease Control Travel Tips.....	12
Department of State Safe Travel Tips.....	13

### LONG-TERM IMPACT

Country Champions Program.....	14
--------------------------------	----

### PACKING LISTS

Individual Packing List.....	15
Group Packing List.....	16

### FREQUENTLY ASKED QUESTIONS

FAQ Overview.....	17-19
-------------------	-------

### TRAVEL INSURANCE

Benefit Guide.....	20
Coverages and Claim Submission.....	21-22

### LANGUAGE GUIDE

Common Words, Questions, and Phrases to Know.....	23-24
---	-------



### MILLARD FULLER & THE FULLER CENTER FOR HOUSING HISTORY

Millard was an ambitious and driven business man. By age 29 he was a millionaire. But in 1965, his life took a dramatic turn when his wife, Linda, told him she was leaving him.

Together, they resolved to save their marriage, give away their fortune to help the poor and focus their lives toward God's work with a renewed and exciting sense of purpose. At Koinonia Farm, the Fullers were inspired by down-home Christian philosopher Clarence Jordan, who inspired the principles behind their movement and that homes for the poor should be built and sold at no profit and without interest charged.

(Exodus 22:25). In 1976, they founded Habitat for Humanity, which has to date, built or renovated 400,000 homes worldwide for more than 2 million people.

In 2005, the Fullers once again started over and launched The Fuller Center for Housing, which is currently building and renovating homes in 14 countries and 55 communities in the United States. Working toward a mission to help the more than 1 billion people worldwide who live in poverty housing and the 100 million who are homeless, the Fullers' extraordinary commitment and legacy continues today through the hearts and hands of hundreds of thousands of volunteers who seek to build a better world, one house at a time.



### MISSION STATEMENT

The Fuller Center for Housing, faith-driven and Christ-centered, promotes collaborative and innovative partnerships with individuals and organizations in an unrelenting quest to provide adequate shelter for all people in need worldwide.

### FOUNDATION PRINCIPLES:

- We are part of a God movement, and movements don't just stop.
- We have been called to this housing ministry; we didn't just stumble into it.
- We are unashamedly Christian, and enthusiastically ecumenical.
- We aren't a church but we are a servant of the Church.
- We are faith-driven, knowing that after we've done all we can do the Lord will help finish the job - something that requires us to stretch beyond our rational reach.
- We are a grassroots ministry, recognizing that the real work happens on the ground in communities around the world through our covenant partners, so a large, overseeing bureaucracy isn't needed.
- We try to follow the teachings of the Bible and believe that it says that we shouldn't charge interest of the poor, so we don't.
- Government has a role in our work in helping set the stage, but we shouldn't look to it as a means to fund the building of homes.





### AREA INFORMATION:

Bolivia is a multi-cultural country, a rainbow nation with a multi-layered cultural identity and a cohesive unity. The country is also known for its outstanding beauty and historical richness. Due to its diverse mix of landscapes and cultural experiences it is a popular destination for adventure seeking tourists.

Bolivia is also a country that's full of hope, optimism and more recently, signs of progress. Buildings are being built, roads are being paved and extended, and power is reaching increasingly more people as the economy grows at a robust rate. The current political environment has taken steps to build a more inclusive socio-economic structure. On the streets in the area you will see side-by-side those who are dressed in modern Western clothing and those dressed with the traditional garb of the indigenous groups. Nevertheless, a nation's development does not occur overnight, and this generation has a great need for helping hands bringing affordable housing.



### HOUSING CONDITIONS:

Many of the families we will be working with are currently living in homes made mostly out of mud and hay. These homes also have dirt floors and roofs made out of various materials. The living space is very cramped for a family. In general, these homes are substandard structures to live in let alone to raise a family in. The families are very excited about the Fuller Center coming to their area to help provide safe, decent, and affordable homes.

### FULLER CENTER FAMILIES AND HOUSES:

Our teams will work primarily with indigenous families who have been lured to the city of La Paz with hope for a better life, but find themselves living on the urban periphery in the city of El Alto. La Paz is one of the largest and most prominent cities in Bolivia and is in a valley shaped like a sink bowl; El Alto is on the plateau above La Paz, similar to the flat countertop above a bathroom sink. El Alto has much fewer opportunities, with many of the families commuting each day by bus or by the new gondola system into La Paz.

We will be building mostly new homes in the El Alto area. The homes will be built with bricks and will typically be around 750 square feet. The families will generally consist of three children and two parents as well as a number of single parent households. Many of the families earn their income through growing fruits and vegetables which they sell in the markets called ferias. Others work as laborers in the various industries located in La Paz and El Alto.

# GLOBAL BUILDERS



## BOLIVIA

### DEMOGRAPHIC STATISTICS

(CIA World Factbook)

Population: 10,631,486 (2014 est.)

### NATIONALITY:

Noun: Bolivian(s)

Adjective: Bolivian

### AGE STRUCTURE:

(2014 est.)

0-14 YEARS: 33.3% (MALE 1,805,121; FEMALE 1,737,794)

15-64 YEARS: 61.8% (MALE 3,223,368; FEMALE 3,339,196)

65 YEARS AND OVER: 4.9% (MALE 232,514; FEMALE 293,493)

### LIFE EXPECTANCY AT BIRTH:

(2014 est.)

TOTAL POPULATION: 68.55 YEARS

MALE: 65.78 YEARS

FEMALE: 71.45 YEARS

### MEDIAN AGE:

(2010 est.)

TOTAL: 23.4 YEARS

MALE: 22.6 YEARS

FEMALE: 24.1 YEARS

POPULATION GROWTH RATE: 1.6% (2014 EST.)

BIRTH RATE: 23.28 BIRTHS / 1,000 POPULATION (2014 EST.)

DEATH RATE: 6.59 DEATHS / 1,000 POPULATION (2014 EST.)

## AREA INFO



### EDUCATION SYSTEM:

Primary education for children 6 to 13 years old is free and required by law. However, school attendance is difficult to enforce in some areas. Secondary education (high school) is not required. Most education is state-supported but private institutions are permitted.

The nation has 8 state universities which are located in each department (state) capital except Cobija. La Paz is home to the largest institute for higher learning, the University of San Andrés. Higher education is free of charge at the state universities pending an admission exam.

### FOREIGN TRADE:

**Exports:** Natural gas, soybeans, crude petroleum, zinc ore, tin

\$12.16 billion (2013) with 18% going to U.S.

**Imports:** Petroleum products, plastics, paper, aircraft parts, prepared foods, automobiles

\$9.282 billion (2013) with only 10.1% coming from U.S.

### LANGUAGES:

SPANISH (OFFICIAL) - 60.7%

QUECHA (OFFICIAL) - 21.2%

AYMARA (OFFICIAL) - 14.6%

OTHER - 3.5%

### LITERACY:

(2009 est.)

Definition: Age 15 and over that can read and write

TOTAL POPULATION: 91.2%

MALE: 95.8%

FEMALE: 86.8%

### RELIGIONS:

ROMAN CATHOLIC - 95%

PROTESTANT - 5%

### ETHNIC GROUPS:

QUECHA 30%

MESTIZO 30%

AYMARA 25%

WHITE 15%



### VISA

Individuals with a United States passport are required to have an entry visa. You can get this before you fly down or you can get it upon arrival at the airport in La Paz. The price does fluctuate but can cost up to \$135. The visa is valid for 5 years and allows the holder to enter the country three times a year for no longer than 90 total days. You can go to the following link to learn more: <http://bolivia.usembassy.gov/service/living-in-bolivia/travelling-to-bolivia.html>

Travisa is a great resource for individuals who do not live close to a Bolivian embassy but want to get their visa before heading down. For a fee you can mail Travisa the required documents and they can request the visa for you. Details about their services and the process for Bolivia can be found by going to: [bolivia.travisa.com](http://bolivia.travisa.com)

### EMBASSY OF THE UNITED STATES OF AMERICA

*AVENIDA ARCE #2780*

*LA PAZ, BOLIVIA*

*TELEPHONE: (591-2) 216-8000*

*FAX: (591-2) 216-8808*

*EMERGENCY:*

*8-5:30: (591-2) 216-8246*

*AFTER 5:30: (591-2) 216-8500*

*EMAIL: [CONSULARLAPAZACS@STATE.GOV](mailto:CONSULARLAPAZACS@STATE.GOV)*

*WEBSITE: [HTTPS://STEP.STATE.GOV/STEP/](https://step.state.gov/step/)*

The Fuller Center office will register each Global Builders participant with a U.S. passport. There is no need for individuals with U.S. passports to register twice.

### EMBASSY OF CANADA

*2678 VICTOR SANJINÉS ST*

*BARCELONA BUILDING*

*SECOND FLOOR, PLAZA ESPAÑA*

*LA PAZ, BOLIVIA*

*PHONE: 591-2-241-5141*

*EMAIL:*

*[LAPAZ@INTERNATIONAL.GC.CA](mailto:LAPAZ@INTERNATIONAL.GC.CA)*

*WEB SITE: [BOLIVIA.GC.CA](http://BOLIVIA.GC.CA)*

### BRITISH CONSULATE

*AVENIDA ARCE NO. 2732*

*LA PAZ, BOLIVIA*

*TELEPHONE: (591-2) 243-3424*

*FAX: (591-2) 243-1073*

*HOURS: 9:00-12:00*

*REGISTER AT: [WWW.LOCATE.FCO.GOV.UK/LOCATEPORTAL](http://WWW.LOCATE.FCO.GOV.UK/LOCATEPORTAL)*

\*LOCATE is a free service provided by the Foreign and Commonwealth Office for British nationals travelling to or living outside of the United Kingdom. The details you provide when you register will help our embassy and crisis staff contact you and give you better assistance in an emergency such as a natural or manmade disaster or civil disturbance.

### EMBASSY OF GERMANY

*AVENIDA ARCE 2395*

*LA PAZ, BOLIVIA*

*TELEPHONE: (591-2) 244-0066*

*FAX: (591-2) 244-1441*

*EMAIL: [INFO@LAPA.DIPLO.ED](mailto:INFO@LAPA.DIPLO.ED)*

*WEBSITE: [LA-PAZ.DIPLO.ED](http://LA-PAZ.DIPLO.ED)*

### EMBASSY OF FRANCE

*AVENIDA HERNANDO SILES #5390*

*ESQ. CALLE 8 OBRAJES*

*LA PAZ, BOLIVIA*

*PHONE: (591-2) 214-9900*

*FAX: (591-2) 214-9901*

*EMAIL: [INFO@AMBAFRANCE-BO.ORG](mailto:INFO@AMBAFRANCE-BO.ORG)*

*WEBSITE:*

*[HTTP://WWW.AMBAFRANCE-BO.ORG/](http://WWW.AMBAFRANCE-BO.ORG/)*



### MEALS

All three meals are included in the trip cost. Food served to the group is prepared to U.S. standards and will be safe to eat. We strongly advise groups that, for food safety reasons, all meals should come from country hosts and not purchased from street vendors. Breakfast will be served at the hotel you are staying at while lunch will be brought to the worksite. Supper will be at various restaurants in La Paz.

### DRINKING WATER

Water in Bolivia is not clean and should not be consumed by foreigners. Drinking water will be provided by The Fuller Center at the build site and at the housing facilities. The water may be provided in a cooler so it is important to bring a water bottle with you. When traveling, make sure not to drink anything with ice, because ice is usually made with unclean water.

### BATHROOM FACILITIES

Public restrooms often do not have toiletries so please consider bringing a couple small packages of Kleenex with you.

Basic facilities are provided at the build site and at your housing options.

### HOUSING OPTIONS:

There are two housing options that groups can choose from. We leave the decision up to the team leader and their group but both are great options that provide all your basic needs:

**Hotel Sagarnaga:** Offers double rooms and includes a basic breakfast. It is a very simple hotel that is used by a lot of backpackers. It is also located in a great area with a lot of street vendors that sell souvenirs. To learn more you can visit their website - <http://www.hotel-sagarnaga.com/>

**Hotel Naira:** Offers double rooms and includes a nice breakfast buffet. This hotel is located in the same general area and is a little bit nicer so the cost is a little higher for this option. To learn more you can visit their website - <http://www.hostalnaira.com/en/>

### TRANSPORTATION TO BOLIVIA

Members of a team should coordinate their flights with the help of their Team Leader. Our country hosts have asked our teams to all arrive on the same flight. There are limited flight options so this should not be too difficult.

### AIRPORT:

La Paz, Bolivia (LPB)

After going through customs and immigration, our in-country hosts, Carlos and Alex, will meet you in the hallway near the currency exchange station.

### ELECTRONICS

The standard voltage in Bolivia is 230 V. You will need to check to see if your electronic devices (phone and camera chargers) are able to handle that voltage.





# GLOBAL BUILDERS



## BOLIVIA

## AREA INFORMATION



### MONEY

The official currency is the Bolivian Boliviano (BOB)

### CURRENCY EXCHANGE

\$1 USD = 6.8 BOB

In order to exchange currency individuals will need to make sure to bring new bills. Bills cannot be torn, written on or worn in any way.

### WEATHER

#### AVERAGES

Highs: 60s to 70s

Lows: 30s to 40s

#### RAIN SEASON:

December-March

### ALTITUDE

*La Paz (lodging):* 12,000-13,000 ft

*El Alto (worksites):* 13,000-14,000 ft

Due to the high altitude be sure to take it easy the first few days and to drink plenty of water.

### BOLIVIAN FOOD

The three traditional staples of Bolivian cuisine are corn, potatoes, and beans. These ingredients are generally combined with a number of other foods such as rice, wheat, and meat (beef, pork, and chicken).

Lunch is the most important meal of the day so much of daily life tends to revolve around it. A typical lunch would include 3 courses - soup, a main course of meat, rice and potatoes followed by dessert and coffee.

### LOCAL EMERGENCY NUMBERS

*FIRE: 110*

*POLICE: 110*

*AMBULANCE/RED CROSS: 110*

*TOURIST EMERGENCY HOTLINE: 101*

### PHONE FACTS

*MOBILE PHONE CALLS IN BOLIVIA:*

*Dial 7-XXX-XXXX*

*LANDLINE CALLS IN BOLIVIA: Dial*

*x-xxx-xxxx*

*CALLING BOLIVIA FROM THE U.S.*

Landlines: **011-591-x-xxx-xxxx**

Cell phone: **011-591-7-xxx-xxxx**

*CALLING U.S. FROM BOLIVIA*

Dial **00 + 1 + (xxx) xxx-xxxx**

### FULLER CENTER - BOLIVIA

**ALEX ARAMAYO**

[ALEX.ARAMAYO@GMAIL.COM](mailto:ALEX.ARAMAYO@GMAIL.COM)

*PHONE: 7-651-0526 / 7-061-0525*

*OFFICE: 212-0112*

**CARLOS ARAMAYO (LOCATED IN US)**

[CARLOSARAMAYO7@GMAIL.COM](mailto:CARLOSARAMAYO7@GMAIL.COM)

*PHONE: 202-569-9194*

### FULLER CENTER CONTACTS

**RYAN IAFIGLIOLA**

*DIR. OF INTL. FIELD OPERATIONS*

[RYANI@FULLERCENTER.ORG](mailto:RYANI@FULLERCENTER.ORG)

*US CELL: 440.829.1345*

*OFFICE: 229.924.2900*

**ALLEN SLABAUGH**

*GLOBAL BUILDERS COORDINATOR*

[ALLEN@FULLERCENTER.ORG](mailto:ALLEN@FULLERCENTER.ORG)

*US CELL: 330.201.1360*

*OFFICE: 229.924.2900*

**DAVID SNELL**

*FULLER CENTER PRESIDENT*

[DSNELL@FULLERCENTER.ORG](mailto:DSNELL@FULLERCENTER.ORG)

*US CELL: 229.942.2861*

*OFFICE: 229.924.2900*

### OFFICE OF OVERSEAS CITIZENS

For use by your family if they need to reach you for an emergency back home and don't want to call an international number. Learn more on page 13:

*1-888-407-4747 (BUSINESS HOURS)*

*202-647-5225 (AFTER HOURS)*

### EMBASSY OF THE UNITED STATES OF AMERICA

*TELEPHONE: (591-2)-216-8000*

*EMERGENCY:*

*8:00AM-11:30AM: (591-2) 216-8246*

*AFTER 4:15: (519-2) 216-8500*



### OPTIONAL ACTIVITIES

Optional activities are arranged by the trip leader. These activities are not included in the cost of the trip. Prices listed are estimates. These prices may vary depending on the season and on currency fluctuations. Actual cost will be paid directly to the vender by participants.

### MARKET

This is the place to find vendors selling a wide variety of ceramics, miniatures, cloth, clothing made out of alpaca wool, and a full range of crafts produced by artisans in the country.

Cost: No cost unless you decide to buy something.

### GONDOLAS

This is a very affordable and unique way to see the city of La Paz. The gondolas travel high above the city and offer incredible views of the city and surrounding landscape.

Cost: \$3-\$10 (depends on how far you go)

### HISTORIC CHURCHES

There are a number of old, beautiful churches located throughout La Paz. One of those being Iglesia de San Francisco which is near the hotels the groups will stay at. Some offer tours for just a couple of dollars and give you a unique view of the history of La Paz.

Cost: varies



"Lake Titicaca on the Andes from Bolivia" by Anthony Lacoste

### VALLEY OF THE MOON (VALLE DE LA LUNA)

Take in the unique sights of this eroded hillside featuring a maze of canyons and pinnacles. This is a great place to spend a few hours taking in the beautiful scenery this valley has to offer.

Cost: \$3-\$5 entry cost

### CALLE JAÉN (JAÉN STREET)

This area represents historic La Paz with a quaint, cobble-stone street and 4 museums all clustered together. You can buy a combination admission to these museums for just a few dollars. Or, just take a walk down the traffic-free lane ways and enjoy the colorful homes and rich history of the area.

Cost: \$2-\$5 for museum admission

### LAKE TITICACA

In Andean belief, Titicaca is the birthplace of the sun. Lake Titicaca is the largest lake in South America and is one of the most fascinating lakes in the world. It is located at 12,507 ft making it the highest navigable lake in the world. This would be a good option for a weekend trip during or after the build.

There are a number of things people can do such as taking a day cruise on a catamaran cruise or just spend the day taking in the amazing views of the lake and nearby towns.

Cost: Cost varies on what you would like to do. Our in-country hosts can give you recommendations and estimated pricing.

### OTHER OPTIONS

There is much to see and do in Bolivia. We will work with you to get something set up that everyone in your group will enjoy.



The Fuller Center requires that you protect your eyes with safety glasses when using power tools. Safety glasses are also recommended when nailing.

Use ear and eye protection when using power saws for prolonged periods of time.

Wear clothing appropriate for the task. Do not wear loose-fitting clothes around power saws. Wear work boots that protect from falling objects and resist nail penetration as well as have a non-slip sole.

Hard hats are required when working in an area where items could fall or be dropped from above. Guards on saws must be in place when operating. Tools must be in a safe condition.

Know where the drinking water and first aid kit is located. Tell your team leader immediately in the event of an injury.

Select the correct tool for your work. Carry only those you need.

Think and concentrate on your task.

If you are uncertain about how to do a task, or how to operate a power tool, ask your Team Leader. Remove nails from discarded lumber.

Do not leave loose objects on the roof or on ladders or scaffolding. Keep your tools in your tool belt when they are not in use. When working on a roof, secure all building materials to prevent items from sliding off. Sweep sawdust and debris off the roof frequently. Let workers below know when you are sweeping or throwing materials off the roof.

### POWER SAWS:

Avoid “binding” the blade of any saw. When a blade binds it kicks the saw back toward the operator. Use two hands to hold a circular saw. Firmly secure/hold the material being cut. Have another person help you firmly secure/hold the material being cut. Make sure you have a solid footing. Do not overreach. Keep electric cords out of the way of the saw.

### LADDERS:

Use a ladder that will reach the work. An extension ladder should extend three feet (3’) above the step-off point. Move the ladder with your work. Avoid overreaching. The base of an extension ladder should be 1’ out from the wall for every 4’ of height. Place stepladders on solid, level footing. Do not work at a height beyond which you are comfortable.

### UTILITY KNIVES:

Keep hands out of the path of the blade. Always retract the blade when not in use.

### TRASH/RUBBISH & DEBRIS:

Keep the work area clean. Be sure to re-stack unused building materials or serviceable scraps. Put all trash and debris in a trash container or a designated trash area. Sweep out the house regularly.

### HEALTH CARE

Your health is one of our major concerns. We strongly recommend that you seek professional medical advice to insure that you are healthy enough to handle hard work in a hot and dry climate. Please bring all medication needed while you travel. It is also important that you bring all of your medications being taken or those needed to be taken in special circumstances, because they may not be easily available in Bolivia.

For your safety on the construction site, it is important that you are up-to-date with your tetanus shot. Please check with your doctor for more information.

### STATE HEALTH DEPARTMENT RECOMMENDATIONS

Please visit the Center for Disease Control website for up-to-date vaccination and health recommendations:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/Bolivia>

### FIRST-AID

There will be a first aid box on site for any worker who becomes ill or injured at the construction site. In the event of a serious illness or injury, arrangements for transportation to the local hospital will be made.



### **“BOIL IT, COOK IT, PEEL IT, OR FORGET IT”**

If you drink water, buy it bottled or bring it to a rolling boil for 1 minute before you drink it. Bottled carbonated water is safer than uncarbonated water.

Ask for drinks without ice unless the ice is made from bottled or boiled water. Avoid popsicles and flavored ices that may have been made with contaminated water.

Eat foods that have been thoroughly cooked and that are still hot and steaming.

Avoid raw vegetables and fruits that cannot be peeled. Vegetables like lettuce are easily contaminated and are very hard to wash well.

When you eat raw fruit or vegetables that can be peeled, peel them yourself. (Wash your hands with soap first.) Do not eat the peelings.

Avoid foods and beverages from street vendors. It is difficult for food to be kept clean on the street, and many travelers get sick from food bought from street vendors.

### **SUN EXPOSURE**

Travelers spending time outdoors are exposed to the sun's harmful ultraviolet (UV) rays, even on cloudy days. Travelers are at an increased risk when traveling near the equator, during summer months, and at high altitudes. Reflection from the snow, sand, and water increases exposure, so consider sun safety during outdoor activities including snow skiing, spending time at the beach, swimming, and sailing.

#### **Protect yourself from the sun:**

- Stay in the shade, especially during midday hours.
- Wear clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Drink plenty of fluids.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen

### **ALTITUDE**

You will be staying and working at altitudes that are over 13,000 ft which can cause altitude sickness resulting in headaches, fatigue, loss of appetite, nausea, and occasional vomiting. However, there are some things you can do to help you acclimate to the high altitudes.

- Avoid alcohol for the first 48 hours
- Take it easy the first few days. Participate in only mild exercise for the first 48 hours
- Stay hydrated
- As recommended by the CDC, you can consider using acetazolamide to speed up acclimatization

### **DOGS & CATS**

The main threat from dogs and cats is rabies. Rabies is spread in the saliva of an infected animal, so the only way to prevent it (other than vaccination) is to avoid being bitten, scratched, or licked by any animal. Although any mammal can get rabies, dogs are responsible for most rabies deaths.

**If you are bitten or scratched:** Immediately wash the wound with plenty of soap and water, and see a doctor as soon as possible. Rabies is almost always fatal if an exposed person is not promptly given rabies shots.





### U.S. DEPARTMENT OF STATE'S TRAVELER'S CHECKLIST

An overseas trip requires careful planning to ensure you have a safe and meaningful experience. Fortunately, the U.S. Department of State has put together a list of important steps to take to help you prepare for your adventure. To see their entire list and to view country specific details you can visit their website at:

<http://travel.state.gov/content/passports/english/go/checklist.html>

#### PRE-TRIP AND ARRIVAL

☒ **Beware of any travel alerts and warnings**

- <http://travel.state.gov/content/passports/english/alertswarnings.html>

☒ **Do you have all required travel documents?**

- Up to date passport: most countries require the passport to be valid for at least six months beyond the dates of the trip

☒ **Are you prepared for an emergency?**

- Make sure you and your family back home have all the emergency contact numbers that are located on page 9 of this guidebook.  
- For an emergency back home, families can also call the Office of Overseas Citizens Services in Washington D.C. and the State Department will relay the message to the consular who will then locate you. Contact information is located on page 9.

☒ **Pack Smart**

- Pack light  
- Don't show signs of wealth: bring a minimum number of valuables and plan places to conceal them  
- Use covered luggage tags to avoid casual observation of your identity and nationality  
- Avoid packing IDs, tickets and other vital documents in locations you won't be able to see at all times

☒ **Do you have photocopies of your itinerary and travel documents?**

- Make two copies of your travel documents in case of an emergency. Leave one with a friend or family member at home. Carry the other copy with you stored separate from the originals. Documents to make copies of include:  
- Passport - Itinerary  
- Foreign Visa (if applicable) - Airline Ticket  
- Credit Cards brought on the trip - Emergency contact numbers

#### YOUR SAFETY IN COUNTRY

☒ **Prepare to Handle Money Overseas**

- Check and understand the exchange rate  
- Notify your bank and credit/debit card provider that you are going to be traveling overseas  
- Do not flash large amounts of money when paying a bill

#### YOUR HEALTH

☒ **Health Experts Recommend Vaccinations for travel to some countries**

- Please check with the experts at the Centers for Disease Control for advice and information:

<http://wwwnc.cdc.gov/travel>

☒ **Does your health insurance cover you outside the U.S.?**

- We provide travel insurance which does have medical coverage but it is still good to learn what services your own insurance may provide.

☒ **Are you taking Prescriptions?**

- Pack enough to last your entire trip including some extra  
- Carry medications in their original labeled containers and pack them in your carry on bag since checked baggage can get lost or delayed.  
- If country has restrictions on certain carry on items you can get a letter from your physician in case you are questioned.

☒ **Travel in pairs and avoid traveling at night**

☒ **Learn about local laws and customs**

# GLOBAL BUILDERS



## BOLIVIA

## COUNTRY CHAMPIONS | 14

### WHAT ARE COUNTRY CHAMPIONS:

You've gone, seen and been changed, so why stop now? Becoming a country Champion allows you to continue making an impact in Bolivia long after arriving home. For many this journey will touch their heart, change their outlook on life and affect their values. It's so easy to come home and fall back into old routines and patterns of life without implementing lasting change.

This is where Country Champions come into play. It allows your Global Builders trip to be just the beginning. It's real simple; commit to a monthly gift and a personal change and keep the momentum alive!

During your trip you will receive a postcard inviting you to join the program. It's as easy as filling out the card and giving it to your team leader or putting a stamp on it and dropping it in the mail box. More information about the program can be found by going to [www.fullercenter.org/global-builders/champions](http://www.fullercenter.org/global-builders/champions).

### MONTHLY GIVING:

Donations are vital to keep the work in Bolivia going year-round. Just think about this: If 12 people on your team donated \$35 a month, together you would be able to build a house every year. Now imagine the impact that would have on the families, how could you say no?

### Global Builders Journey:



### Return home... Now what?

#### PERSONAL CHANGE



#### MONTHLY GIVING KEEP THE MOMENTUM ALIVE

**\$35** PER MONTH **x 12** PEOPLE =   
Any amount changes lives!

#### IMPACT

  
**CONTINUES**

### PERSONAL CHANGE:

During your trip you are sure to be changed, but how will it show once you arrive back home? For example, you can volunteer your time locally, change your spending habits, or maybe do local cross-cultural outreach. Whatever it is, commit yourself to it while in Bolivia by writing down one specific change on the postcard provided. We'll use them for encouragement and inspiration.

# GLOBAL BUILDERS



## BOLIVIA

## PACKING LIST | 15

Below is a list of recommended items to pack for a 1-week trip to Bolivia. We have tried to create a complete list that will meet your needs while reducing excess. The Fuller Center is not responsible for lost or stolen items, so please leave all unnecessary electronics and other valuables at home.

Since luggage may be delayed by the airlines, bringing all your luggage in your carry-on is ideal. Sharing common items like bug spray and sunscreen amongst your group can help save space. If you must bring checked luggage, we recommend bringing 2 days' clothing and all necessities in your carry-on. To help you find a checked bag quickly, you may wish to mark your bag with bright tape.

### DOCUMENTS:

<i>PASSPORT</i>	A visa is required. This is something you can apply for before you leave or get upon arrival. See page 7 of this guidebook for more details.
<i>CASH</i>	\$100 on hand, with bills no larger than \$10. If you plan on purchasing a lot of gifts you may need more.
<i>DRIVER'S LICENSE</i>	
<i>RETURN PLANE RESERVATIONS</i>	You can't count on having a printer available

### CLOTHING:

<i>T-SHIRT</i>	Shirts you don't mind getting dirty
<i>SHORTS</i>	1-2 casual pairs. Make sure shorts are longer in length.
<i>UNDERWEAR</i>	We think you know what you need...
<i>SOCKS</i>	For the worksite.
<i>PANTS</i>	2-3 pairs for work. 1 pair for casual wear in the evenings as it can get a little cool at night
<i>CLOSED TOES SHOES</i>	For construction
<i>SLEEP WEAR</i>	Light shorts and t-shirt.
<i>LIGHT SHOES</i>	For wearing in the evenings
<i>HAT &amp; BANDANA</i>	Keeps your face/neck from burning.
<i>SWIM SUIT</i>	
<i>NICE OUTFIT</i>	Optional: One nice outfit for church or evening times.
<i>SANDALS</i>	For beach and shower
<i>LONG SLEEVED SHIRT</i>	The nights can get cool.

### TOILETRIES:

<i>PRESCRIPTIONS</i>	If needed
<i>DEODORANT</i>	
<i>SHAMPOO &amp; SOAP</i>	Hotel size works great
<i>TOOTH BRUSH</i>	
<i>TOOTH PASTE</i>	Small travel size
<i>CONTACT SOLUTION</i>	
<i>TOWEL &amp; WASHCLOTH</i>	Beach or Shower

### GEAR:

<i>FLASHLIGHT</i>	Headlamps work great
<i>HAND SANITIZER</i>	Small container
<i>LUGGAGE LOCK</i>	TSA approved
<i>SUN GLASSES</i>	Some kind of eye protection
<i>CAMERA</i>	
<i>WORK GLOVES</i>	
<i>JOURNAL</i>	To help remember your experience.
<i>SMALL DAY BAG</i>	Backpacks are handy - again not required.
<i>BOOK</i>	For passing downtime
<i>WATER BOTTLE</i>	For refilling from 5-gallon container all week.
<i>EAR PLUGS (OPTIONAL)</i>	It can be noisy sleeping around others

### LEAVE BEHIND:

<i>EXPENSIVE-LOOKING WATCHES</i>
<i>JEWELRY</i>
<i>SIGNS OF WEALTH</i>

# GLOBAL BUILDERS



## BOLIVIA

## GROUP PACKING LIST



## 16

### DOCUMENTS:

*EMERGENCY*

*CONTACTS*

*INSURANCE* (Team Leader)

*CARDS*

*CRISIS MANUAL* (Team Leader)

### GEAR:

*HAND SANITIZER* Large containers to refill small ones

*BUG SPRAY*

*SUN SCREEN*

*WET WIPES*

*HAND LOTION*

### MISCELLANEOUS:

*SNACKS*

Granola bars, trail mix, etc...

*PEANUT BUTTER  
& JELLY*

Probably not needed, but always handy as a snack or back-up meal plan

*POWDERED*

*GATORADE*

Other electrolyte replacement powders work as well, like Emergen-C and Nuun.

### SMALL PERSONAL TOOLS (OPTIONAL):

work gloves

hammer

pliers

metal square

drop level

masonry trowel

dust mask





### 1. WHAT IS A TYPICAL SCHEDULE?

Be ready to be flexible! Schedules can change quickly in Bolivia. We work hard to consider all the possibilities in order to plan for an enjoyable and productive work week.

Most trips will last one week, typically Saturday through Saturday. Sunday offers a chance for attending a worship service and to explore the Bolivian culture. Sunday afternoons, as well as some other afternoons, there will be opportunity for some of the R&R available in Bolivia.

During work days, a typical schedule will look like this:

*6:15AM - BREAKFAST*

*7:00 - DEPART FOR WORKSITE*

*8:00-12:00PM - WORKSITE*

*12:00-1:00PM - LUNCH (ON SITE)*

*1:00-4:00PM - WORKSITE*

*4:00PM - EVENING FREE FOR DINNER AND RELAXATION*

*(EXACT SCHEDULES CAN BE DISCUSSED AND SET  
DEPENDING ON THE TEAM'S PREFERENCES)*

### 2. WILL WE HAVE A CHAPERONE OR AN INTERPRETER?

The Fuller Center Bolivia team has a staff dedicated to making sure the group has a good experience. Both of our leaders, Carlos and Alex, speak English and can help with translating. Nevertheless, more than the words we say, working side-by-side with partner families and other Bolivians to improve lives is a language that transcends barriers.

### 3. DO YOU HAVE ANY SPECIAL PACKING RECOMMENDATIONS?

This guide includes a packing list to help with recommendations.

Our partners in Bolivia ask that participants leave all jewelry, including body piercing jewelry, at home, with the possible exception of wedding rings.

### 4. CAN WE BRING ANY SUPPLIES, MEDICINE, OR TOYS WITH US? IF SO, WHAT CAN WE BRING?

When bringing things we strongly suggest bringing community items such as soccer balls. By giving things away, groups can create a handout mentality in the community, which goes away from the principles of the Fuller Center. If groups choose to purchase items it is best to purchase them in Bolivia to help with the local economy.

### 5. WHAT SECURITY IS PROVIDED?

Need for special security personnel is not necessary in Bolivia. Staff members pick up volunteers directly at the airport, and teams are hosted in safe accommodations.

### 6. IS INSURANCE PROVIDED WITH THIS TRIP?

Yes. As part of The Fuller Center's Global Builders program, all registered participants will be enrolled in our emergency travel medical insurance program. An insurance benefit guide is included in this guidebook. Please note that the volunteer is responsible for up to the \$250 deductible. A sample Certificate of Insurance and its corresponding details can be obtained by emailing [globalbuilders@fullercenter.org](mailto:globalbuilders@fullercenter.org). Your team leader will also be sent a copy of your insurance card. Please note that this is not the same as trip cancellation insurance which can often be purchased from your airline.

### 7. DO I NEED ANY SPECIAL SHOTS PRIOR TO LEAVING?

You might. Please check with the experts at the Centers for Disease Control for advice and information:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/Bolivia>



### **8. HOW DO ARRIVALS WORK? WILL WE BE MET AT THE AIRPORT? HOW WILL WE GET TO WHERE WE'RE STAYING?**

Members of a team should coordinate their flights with the help of their team leader. Due to the long drive from the airport, our country hosts have asked team members to all arrive on the same flight. There are not a lot of flight options in La Paz so this should not be too difficult.

After going through customs and immigration, our in-country hosts, Carlos and Alex, will meet you in the hallway near the currency exchange station.

### **9. HOW WILL WE GET AROUND DURING THE WEEK?**

Depending on the size of the group we will either use local vehicles or will rent transportation for the week. This includes picking-up and dropping-off teams from the airport and driving teams during the build week.

### **10. WHERE WILL WE BE STAYING? DOES IT HAVE ELECTRICITY, RUNNING WATER & BATHROOMS?**

Teams can choose from two hotels with one being slightly nicer but more expensive. This decision we leave up to the team leader and their group. Both options will meet all your basic needs as they have electricity, running water, and showers. More information is provided on page 8 of this guide.

### **11. WILL WE BE ABLE TO DO ANY LAUNDRY WHILE WE'RE THERE?**

If needed, a local worker can be hired to do the laundry, but since trips are only 1- to 2-weeks, you might as well pack as though you will not have it.

### **12. SHOULD WE BRING TOILETRIES, BED LINENS, TOWELS, BLANKETS, ETC?**

Both hotels provide bed linens, blankets, toilet paper, and towels. Each participant, however, should bring his or her own toiletries.

### **13. ARE MOSQUITO NETS NEEDED? ARE THEY PROVIDED?**

Mosquitoes are not an issue in the area you will be staying and working at. However, if you are taking a R&R trip to the eastern part of the country where the elevation is lower you may need them. Also, La Paz and Lake Titicaca are not in the Malaria zone but some locations are. Here is a link to the Bolivia Malaria map:

<http://1.usa.gov/1KPzKOU>

### **14. HOW ARE MEALS, FOOD, & WATER HANDLED?**

Food and water must be handled carefully in Bolivia. We hire reputable cooks whose standards and methods we are familiar with. We work hard to ensure that groups will have safe and nutritious, albeit fairly simple, meals.

We provide three meals per day – breakfast is served at the hotel while lunch and supper are served by local cooks and/or restaurants located close to the hotel. Purified water is always available and provided, usually in five-gallon containers, so you will want to bring your own reusable bottle. Please make sure to use bottled water when you are brushing your teeth.

### **15. WHAT TYPE OF WORK CAN WE EXPECT TO DO?**

We will be building mostly new homes in the El Alto area. The homes will be built with bricks and will typically be around 750 square feet.

Work will typically involve helping the masons and carpenters. This work involves laying bricks, mixing/carrying cement and mortar, digging the foundation, and helping construct the roof. We will provide necessary tools, but as with most build sites, it never hurts to bring a few small hand tools with you.



### 16. ARE THERE ANY TOOLS WE SHOULD BRING?

We will provide the tools you need, but it never hurts to bring some extra gloves, masonry trowels, pliers, hammers and metal squares. Many of the locals cannot afford gloves when working alongside the team.

### 17. WHEN/WHERE CAN I EXCHANGE MONEY?

You will have an opportunity to exchange money once you arrive in the country. The exchange rate at the airport is at the official exchange rate and it is safe. It will be on your right just after you pass through immigration and customs.

### 18. WHAT IS THE ALTITUDE WHERE WE WILL BE WORKING AND STAYING?

The altitude of La Paz, which is where the hotels are located, is around 12,000 ft. Teams will be working in El Alto which sits at over 13,000 ft. We recommend coming in a day early so you can relax and adjust to the altitude as well as taking it easy the first day or two on the worksite. One way to help with altitude sickness is to stay hydrated so be sure you are drinking plenty of water! Take a look at page 12 of this Guidebook for more information on how to deal with high altitudes.

### 19. WILL WE HAVE DAYS OFF FROM THE BUILD?

Our teams stay anywhere from 1-2 weeks which provides them with the chance to take a few days to do some sightseeing. Bolivia has many fun tourism opportunities and/or relaxing activities in which your group can participate. Try to have some ideas of what you and the group may enjoy as some things require advance time to setup. Other things can be more spontaneous and decided upon when your team arrives.

To get an idea of what some of your options are you can take a look at page 10 of this guidebook.

### 20. WILL THERE BE OPPORTUNITIES FOR COMMUNITY INTERACTION?

While our work site is an active construction zone, it is also an active neighborhood with many families and children.

While some opportunities for interaction are provided, most interactions will require your initiative. Your group can plan activities with the community members or the kids or simply initiate casual conversations around the area. Even if you can't speak the language, acknowledging community members with a smile or "Hola!" can go a long way in developing a relationship or making people feel special.



### 2013 Benefit Guide

Thank you for choosing Seven Corners to service your international health insurance needs. Our goal is to provide you with complete, efficient, and helpful service. We have created this Benefit Guide as a quick reference tool for your benefits.

*This Benefit Guide is a summary of emergency information and instructions; it is not a substitute for your review of the Certificate of Insurance which has been provided. For a full and detailed explanation of benefits, provisions, and exclusions from which claims are processed and coverage determinations made, please refer to the official Certificate of Insurance. If you do not have a copy of the Certificate of Insurance, please immediately contact Seven Corners for another copy.*

### Group Number: LON12-120213-01TM

Your ID card contains important contact information and *your individual certificate number*, which you will need when you contact us.

#### Finding a Provider:

U.S. and International PPO information for your plan can be found here:

<http://www.multiplan.com/search/search-2.cfm?originator=84453> (U.S. providers only)

Available by phone from our **Assist Department 24/7**

**Inside the United States:** 1-800-690-6295;

**Outside the United States:** 0-317-818-2808 (Collect)

**Fax:** 1-317-815-5984

**E-Mail:** [assist@sevendcorners.com](mailto:assist@sevendcorners.com)

A complete list of international providers is also available at [Wellabroad.com](http://Wellabroad.com)

**Wellabroad.com:** Our real-time, information-rich Web site offers quick and easy access to important and varied travel information free to our insureds. It contains travel advisories and warnings as well as country-specific background information including entry requirements, languages, and airport locations. The site also provides common travel resources such as international area codes, language tools and currency and time zone converters. You will find a complete listing of international providers here as well.

**MyPlan:** This service area provides information about your eligibility, preferred providers, and claims (including Explanation of Benefit forms). You may also contact us through this area. Instructions for accessing MyPlan are provided on your ID card.

**Understanding Your Benefits:** Attached you will find a brief Schedule of Benefits with detail on your deductible, coinsurance, and benefits.

**Pre-Notification Guidelines:** Your complete benefits often require that you give notice to Seven Corners either before or within 48 hours of receiving treatment. You must notify Seven Corners through our Assist department at the contact information shown above by phone, fax, or e-mail.

1. You (or someone on your behalf) must notify Seven Corners 48 hours *before* a scheduled, non-emergency hospital admission anywhere in the world.
2. You (or someone on your behalf) must notify Seven Corners within 48 hours of an emergency hospital admission anywhere in the world.
3. You (or someone on your behalf) must notify Seven Corners 48 hours *before* incurring any expense in excess of US\$1,000 within the United States.

**Failure to pre-notify as stated will result in a reduction of benefits and/or an additional deductible.**

**Pre-notification does not guarantee payment of benefits.**





All Coverages and Plan Costs listed in this Evidence of Benefits are in U.S. Dollar amounts.

<b>U.S. Coverage</b>	Excluded
<b>Medical Maximums</b>	\$250,000 per person per Period of Coverage (age 80+, maximum limited to \$15,000)
<b>Deductible</b>	\$250: Deductible is per person per Occurrence.
<b>Coinsurance</b>	<b>Traveling Outside the United States:</b> After You pay the Deductible, the plan pays 100% to the selected Medical Maximum.  Home Country and Home Country Extension of Benefits will be provided with the following Coinsurance if the U.S. is your Home Country: After You pay the Deductible, the plan pays 80% of the next \$5,000 of eligible expenses, then 100% to the selected Medical Maximum.
<b>Hospital Indemnity</b>	\$150 per night, up to a maximum of 30 days (Applicable to individuals traveling outside the United States only)
<b>Dental (Accident Coverage)</b>	To a maximum of \$500 (Available to programs purchased for 1 month or more.)
<b>Dental (Sudden Relief of Pain)</b>	To a maximum of \$250 (Available to programs purchased for 1 month or more.)
<b>Emergency Medical Evacuation/Repatriation</b>	\$100,000 (in addition to the Medical Maximum)
<b>Return of Mortal Remains</b>	\$25,000
<b>Return of Minor Child(ren)</b>	\$50,000
<b>Emergency Reunion</b>	\$50,000
<b>Local Ambulance Benefit</b>	\$5,000
<b>Accidental Death &amp; Dismemberment</b>	\$50,000 principal sum for Insured
<b>Loss of Checked Baggage</b>	\$500
<b>Interruption of Trip</b>	\$5,000
<b>Home Country Coverage</b>	<i>Incidental Trips to The Home Country:</i> Up to \$50,000 <i>Home Country Extension of Benefits:</i> Up to \$5,000
<b>Unexpected Recurrence of a Pre-existing Condition</b>	Up to \$20,000 (Applicable to U.S. and Canadian citizens traveling outside the United States; Age 65+, up to \$2,500)
<b>Hazardous Sports</b>	Included
<b>Benefit Period</b>	180 days

## Claims Submission

Documents required for submitting a claim include the following:

1. Completed Proof of Loss (Claim form) - can be found at: <http://www.sevencorners.com/forms/ProofofLossForm.pdf>
2. Detailed bills for services received.
3. Receipts for payments made.
4. Any other supporting medical documentation pertinent to the claim.

Claims documents may be submitted via postal mail, fax, or email:

Seven Corners, Inc.

Attn. Claims

303 Congressional Blvd.

Carmel, IN 46032

UNITED STATES

Fax: (+01) 317-575-2256

Email: [claims@sevencorners.com](mailto:claims@sevencorners.com)

Claims which do not require additional medical documentation are processed within 30-45 days of receipt. Member reimbursement may be issued via bank check or wire transfer, depending on the member's preference. It is important to answer all questions on the claim form with as much detail as possible.

**Currency conversions for claims are paid based on the exchange rate for the U.S. dollar on your date of service.**

*This Benefit Guide is provided as a quick reference for emergency information and instructions. For a full and detailed explanation of benefits, provisions, and exclusions from which claims are processed and coverage determinations made, please refer to the official Certificate of Insurance available from Seven Corners.*





## The Fuller Center

### Seven Corners Assist Center Services

#### Travel Medical Assistance services

- Medical evacuation/repatriation
- Medical referral and case monitoring
- Return of mortal remains

#### Travel Intelligence Services

- Text messaging alerts
- Provider network directory
- Online forums

#### Trip Management Assistance Services

- Trip delay and missed connection coordination
- Hotel and flight re-bookings
- Lost, stolen and/or damaged baggage and baggage delay assistance
- Emergency return travel arrangements
- Lost travel documents retrieval or duplication
- Legal, embassy or consulate referrals
- Currency conversion assistance
- Information on local medical and travel advisories

#### 24-Hour Assist Services

- Immediate implementation of all travel medical assistance and trip management assistance services
- Emergency prescription services
- Multilingual services

#### Worldwide Provider Network Access

- Assist with all levels of care from standard medical appointments, to emergency medical evacuations
- Services include physician, hospital, and travel arrangements
- Staff of specialists to render care for all travelers
- Relationships with providers and hospitals all around the world
- No hassle care coordination

#### Unparalleled Service

- Thorough understanding of cultural and language challenges
- Individualized and immediate services

#### To Contact Seven Corners Assist

- Inside the United States: 1-800-690-6295;
- Outside the United States: 0-317-818-2808 (Collect)
- E-Mail: [assist@sevendcorners.com](mailto:assist@sevendcorners.com)



Usually you will be able to find somebody around who is willing to help you express yourself. However, it is convenient to have some knowledge of the pronunciation and some basic words. In the next two pages you will find common words and phrases used in day-to-day life.

### TIME:

<i>YESTERDAY</i>	Ayer
<i>TODAY</i>	Hoy
<i>TOMORROW</i>	Mañana
<i>THIS MORNING</i>	Esta mañana
<i>THIS AFTERNOON</i>	Esta tarde
<i>THIS EVENING</i>	Esta noche
<i>MONDAY</i>	Lunes
<i>TUESDAY</i>	Martes
<i>WEDNESDAY</i>	Miércoles
<i>THURSDAY</i>	Jueves
<i>FRIDAY</i>	Viernes
<i>SATURDAY</i>	Sábado
<i>SUNDAY</i>	Domingo

### NUMBERS:

<i>ONE</i>	Uno
<i>TWO</i>	Dos
<i>THREE</i>	Tres
<i>FOUR</i>	Cuatro
<i>FIVE</i>	Cinco
<i>SIX</i>	Seis
<i>SEVEN</i>	Siete
<i>EIGHT</i>	Ocho
<i>NINE</i>	Nueve
<i>TEN</i>	Diez
<i>TWENTY</i>	Veinte
<i>THIRTY</i>	Treinta
<i>FORTY</i>	Cuarenta

### ITEMS:

<i>HAMMER</i>	Martillo
<i>BUCKET</i>	Cubo or balde
<i>LADDER</i>	Escalera
<i>NAIL</i>	Clavo
<i>BRICK</i>	Ladrillo
<i>MEASURING TAPE</i>	Cinta de medir
<i>CEMENT</i>	Cemento
<i>DRILL BIT</i>	Taladro or hoja
<i>DRILL (TOOL)</i>	Taladro
<i>MORTAR</i>	Mortero
<i>PAINTBRUSH</i>	Brocha
<i>PAINT</i>	Pintura

### PLEASANTRIES:

<i>GOOD MORNING</i>	Buenos días
<i>GOOD AFTERNOON</i>	Buenas tardes
<i>GOOD EVENING</i>	Buenas noches
<i>HOW ARE YOU?</i>	¿Cómo está?
<i>GOOD</i>	Bien
<i>YES</i>	Sí
<i>NO</i>	No
<i>THANKS</i>	Gracias
<i>NO, THANKS</i>	No, Gracias
<i>PLEASE</i>	Por favor
<i>YOU'RE WELCOME</i>	De nada
<i>NO PROBLEM</i>	No hay problema
<i>I'M SORRY</i>	Lo Siento
<i>EXCUSE ME</i>	Disculpa
<i>GOOD-BYE</i>	Adios
<i>SEE YOU LATER</i>	Hasta luego

### QUESTIONS:

<i>WHY?</i>	¿Por qué?
<i>WHERE?</i>	¿Dónde?
<i>WHAT?</i>	¿Qué?
<i>WHEN?</i>	¿Cuándo?
<i>WHO?</i>	¿Quién?
<i>HOW?</i>	¿Cómo?
<i>WHICH?</i>	¿Cuál?
<i>HOW MUCH DOES IT COST?</i>	¿Cuánto cuesta?
<i>DO YOU SPEAK ENGLISH?</i>	¿Habla Inglés?
<i>YOU UNDERSTAND?</i>	¿Lo entiende?
<i>HOW DO YOU SAY THAT IN SPANISH?</i>	¿Cómo se dice en Español?
<i>HOW OLD ARE YOU?</i>	¿Cuántos años tiene?
<i>WHERE IS THE RESTROOM?</i>	¿Dónde está el baño?



### PROBLEMS:

<i>ARE YOU SICK?</i>	¿Está enfermo/enferma?
<i>ARE YOU HURT?</i>	¿Está herido/herida?
<i>I'M NOT TOO WELL</i>	No estoy tan bien
<i>I'M SICK</i>	Estoy enfermo/a
<i>WHERE DOES IT HURT?</i>	¿Dónde le duele?
<i>I CANNOT EAT / SLEEP</i>	No puedo comer/dormir
<i>I'M DIZZY</i>	Tengo mareo
<i>I'M HUNGRY</i>	Tengo hambre
<i>I'M VERY THIRSTY</i>	Tengo mucha sed
<i>I'M TIRED</i>	Estoy cansado/a
<i>I LOST...</i>	Perdí...
<i>MY GLASSES</i>	mis lentes
<i>MY WALLET</i>	mi billetera
<i>I HAVE A STOMACH ACHE</i>	Me duele el estomago
<i>I HAVE A HEADACHE</i>	Me duele la cabeza

### EMERGENCY:

<i>HELP</i>	Ayudar
<i>IS EVERYTHING OK?</i>	Todo está bien?
<i>ATTENTION / WATCH OUT</i>	Cuidado
<i>HURRY</i>	Rápido
<i>FIRE</i>	Fuego
<i>STOP</i>	Aguanta/para
<i>THERE WAS AN ACCIDENT</i>	Hubo un accidente
<i>WE NEED A DOCTOR / NURSE RIGHT NOW</i>	Necesitamos un doctor/una enfermera ahora mismo
<i>WHERE IS THE HOSPITAL?</i>	¿Donde está el hospital?
<i>WE NEED BANDAGES / COTTON</i>	Necesitamos curitas/algodón

### CLARIFICATIONS / COMMERCE:

<i>THERE IS...</i>	Hay...
<i>THERE IS NOT ANY</i>	No hay ningún/ninguna
<i>I DON'T HAVE ANY</i>	Yo no tengo ningún/ninguna
<i>THAT'S RIGHT</i>	Eso es correcto
<i>A LITTLE BIT</i>	Un poco
<i>A LOT</i>	Mucho
<i>THERE ARE A LOT OF...</i>	Hay un montón de...
<i>HERE</i>	Aquí
<i>THERE</i>	Allá
<i>NOT NOW</i>	No ahora
<i>EVERYWHERE</i>	En todas partes
<i>NOTHING</i>	Nada
<i>ALMOST</i>	Casi
<i>NOW</i>	Ahora mismo
<i>WE ARE LOOKING FOR?</i>	Estamos buscando...
<i>PLEASE GIVE ME...</i>	Por favor, deme
<i>DIVIDE THIS AMONG YOU</i>	Dividan entre ustedes.
<i>WE WOULD LIKE TO EAT</i>	Nos gustaría comer.