

NATIONAL PROFILE

BOLIVIA 2018-2019



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WELCOME TO BOLIVIA!!!

**Bienvenidos a Bolivia! Bienvenue en Bolivia! Willkommen in Bolivie! Velkommen til Bolivia!
Tervetuloa Bolivialaan!**

Hello future Exchangee! We have prepared this profile to give you an idea of your year in Bolivia. We can't tell you everything about the country – half the fun of living here will be finding out for yourself – but we hope that the information here will answer a few basic questions you may have about our way of living. In addition, at the end of the profile, we have included the views and experiences of previous Exchangees.

Please read this Profile carefully – it has some important information!
If you have any other questions about living and working in Bolivia, please do not hesitate to contact with us.

We look forward to meeting you!
¡Un abrazo y sean bienvenidos!

ICYE - BOLIVIA TEAM



General Information about Bolivia

Brief history of Bolivia

Throughout history, Bolivia has had several names. The Incas called it “Collasuyo”, the Spanish called “Audiencia de Charcas” and “Alto Peru”. After the Independence from Spain, Bolivia was named “Republic of Bolivar” honoring Simón Bolivar Liberator of five nations, a hugely important historical figure recently often named in the Western news with regards to the exploits of Hugo Chavez. Later, the name was changed to “Bolivia”, taken from the saying “As Rome is derived from Romulo, so Bolivia is derived from Bolivar”. The historical capital, Sucre, was named after the Liberator Antonio José de Sucre. Bolivia as a Republic gained independence in August 6th 1825, much earlier than some European countries, as Bolivians often like to remind their foreign visitors.

Bolivia’s historical ancestor dates thousands of years ago. One of the first and most important cultures was the Tiwanacota, which developed between 1580 B.C. and 1200 A.C. Later, the Aymara culture occupied part of the territory that today is known as Bolivia. Their knowledge of astronomy and agriculture is highly valued today, hundreds of years later. Through various invasions and government powers, they have maintained their traditions, language, culture and world view.

The Inca Empire invaded and dominated the Aymara. This empire, one of the largest of the continent, extended from Colombia to Argentina and from the Pacific Ocean to the Amazon jungle, with its capital Cusco.

The Spanish invaded America in 1492, but they did not invade the Inca Empire until 1532. The invaders found the Incas in the middle of a civil war. During the colonial period, the Spanish institutionalized the exploitation through obligatory work in the mines (the Mita) or the workshops (the Obrajes). Millions of people died there and the Spanish exported the riches to their own continent, creating huge accumulation of wealth and capital in Europe and setting the bases for the development of capitalism there. In this period, the Native Americans rebelled many times but were always crushed.

The war of Independence was a fight between the **Criollos** (the sons of the Spaniards) and the **Mestizos** (sons of Native Americans and Spaniards) for political power since they already shared economic power. The war (1825) gave the power to the Criollos and to the Mestizos. Some important moments in the history of Bolivia are: the War of the Pacific against Chile (1879) and the War of Chaco against Paraguay (1932) and National Revolution (1952). In the National Revolution of 1952, the mines, which belonged to only three people, were nationalized, the universal vote was legalized, and land reform was passed.

Military governments: García Meza and Siles Zuazo

Since 1964 to 1980 there were coups, counter-coups, and caretaker governments. In 1980, General Luis García Meza Tejada carried out a ruthless and violent coup that did not have popular support. He pacified the people by promising to remain in power only for one year.

His government was notorious for human rights abuses, narcotics trafficking, and economic mismanagement; during his presidency the inflation that would later cripple the Bolivian economy could already be felt. Later convicted in absentia for crimes including murder and human right abuses, García Meza was extradited from Brazil and began serving a 30-year sentence in 1995.

After a military rebellion forced out by García Meza in 1981, three other military governments in 14 months struggled with Bolivia's growing problems. In October 1982, twenty-two years after the end of his first term of office (1956-60), Hernán Siles Zuazo again became President.

Severe social tension, exacerbated by economic mismanagement, forced him to call early elections and relinquish power a year before the end of his constitutional term. After almost twenty years of dictatorship, Bolivia returned to democracy in 1982. In 1985 a neoliberal economy was imposed in response to changes in the World economy, but this oppressed the people.

Sánchez de Lozada and Banzer: Liberalizing the economy (1993)

Sánchez de Lozada pursued an aggressive economic and social reform agenda. The most dramatic change undertaken by the Sánchez de Lozada government was the "capitalization" program, under which investors, typically foreign, acquired 50% ownership and management control of public enterprises, such as the state oil corporation, telecommunications system, airlines, railroads, and electric utilities in return for agreed upon capital investments. The reforms and economic restructuring were strongly opposed by certain segments of society, which instigated frequent and sometimes violent protests, particularly in La Paz and the Chapare coca-growing region, from 1994 through 1996. Sánchez de Lozada's government pursued a policy of offering monetary compensation for voluntary eradication of illegal coca by its growers in the Chapare region. The policy produced little net reduction in coca, and in the mid-1990s Bolivia accounted for about one-third of the world's coca going into cocaine.

In 1997' elections, Gen. Hugo Banzer, leader of the ADN, former dictator (1971-1978), won 22% of the votes, while the MNR candidate won 18%. Gen. Banzer formed a coalition with the ADN, MIR, UCS, and CONDEPA parties which held a majority of seats in the Bolivian Congress.

During the election campaign, General Banzer had promised to suspend the privatization of the state owned oil company, YPFB. Banzers's government continued the free market and privatization policies of its predecessor, and the relatively robust economic growth of the mid-1990s continued until about the third year of its term in office. After that, regional, global and domestic factors contributed to a decline in economic growth. Financial crises in Argentina and Brazil, lower world prices for commodity exports, and reduced employment in the Coca

sector which depressed the Bolivian economy. The public also perceived a significant amount of public-sector corruption. These factors contributed to increase social protests during the second half of Banzer's term.

Social Crisis and the nationalization of hydrocarbon resources (2000-2005): Bolivian Water war and Gas War.

In April 2000, social movements in Bolivia came together to protest against the privatization of water provision in Cochabamba. Three years earlier, the government sold rights to manage water in the city to "Aguas del Tunari", a conglomerate led by Bechtel corporation. With a contract that allow them only to invest the money they had collected in charges, the company raised water prices dramatically. They also made drawing water from community wells or gathering rainwater illegal, giving Aguas Del Tunari exclusive rights.

Protests included Cochabamba residents, those who had come into the city from the country and coca growers which took over the city. Then president Banzer responded by sending in the military, who reacted with extreme force to the protests. One soldier was filmed fatally shooting an unarmed 17-year-old, Victor Hugo Daza, in the face. Roadblocks paralyzed parts of the country. The protesters were helped along by policemen, who took the opportunity to go on strike for higher wages. Finally the government gave into the protesters demands and revoked the water contract. It was an unprecedented moment of unity for the Bolivian social movements against neoliberal reform.

On August 6th, 2001, Banzer resigned from office after being diagnosed with cancer. He died less than a year later. Banzer's U.S.-educated Vice President, Jorge Fernando Quiroga Ramírez, completed the final year of the term. In June's 2002 national elections, former President Gonzalo Sánchez de Lozada (MNR) placed first with 22.5% of the votes, followed by coca advocate and native peasant leader Evo Morales (Movement Toward Socialism, MAS) with 20.9%. Morales edged out populist candidate Manfred Reyes Villa of the New Republican Force (NFR). A July agreement between the MNR and the fourth-place MIR, which had again been led in the election by former president Paz Zamora, ensured the election of Sánchez de Lozada in the congressional run-off, and on August 6th he was sworn in for the second time.

February and October 2003

In early February, the government announced new austerity measures to reduce the budget deficit. On February 12th and 13th, after the government attempted to introduce a new income tax, crowds of civilians in the capital, La Paz, joined thousands of striking police officers in a massive antigovernment protest. Military forces clashed with demonstrators near the presidential palace, leading to riots that killed more than 25 people and injured over 100. A dozen government buildings were also looted and burned during the riots.

In the fall, violence erupted again with the "Gas War," a series of antigovernment protests that began in mid-September in La Paz and the neighboring city of El Alto and then spread to the rest of the nation. The protests rallied union workers, members of neighbourhood associations, miners, students, and coca growers against government plans to export natural

gas to the United States and Mexico. Many Bolivians rejected the project, which involved the construction of a pipeline from landlocked Bolivia through Chile, because they consider the export of the country's natural gas reserves a theft. Many also view Chile, to which Bolivia lost its coastal area in an 1879 war, as a historical enemy.

There were clashes between soldiers and demonstrators, soldiers killed more than 50 people and injured hundreds, protesters began clamoring for the ousting of Sanchez de Lozada, who was forced to resign on October 17th. After his resignation was accepted and his vice president, Carlos Mesa, invested, he left on a commercially scheduled flight for the United States. Mesa planned to detail the government's development plans in legislation to be introduced to Congress. Mesa, a well-known journalist, enjoyed popularity with the Bolivian public previous to ascending the presidency, but he faced the same difficulties — social divisions, a radical opposition committed to extra-parliamentary action, and an ongoing fiscal deficit — as the previous administration.

On June 9th 2005, after weeks of new street protests from different organizations, 157 members of congress converged on the Casa de La Libertad in Sucre and nominated Eduardo Rodríguez, then serving as President of the Supreme Court, to the Presidency of the Republic. President Rodríguez called for an election.

Evo Morales and Socialism

2005' Bolivian presidential election was held on December 18th 2005. The two main candidates were Juan Evo Morales Ayma of the Movement Toward Socialism (MAS) Party, and Jorge Quiroga, leader of the Democratic and Social Power (PODEMOS).

Morales won the election with 53.7% of the votes, an absolute majority, unusual in Bolivian elections. He was sworn in on January 22th 2006 for a five-year term. Prior to his official inauguration in La Paz, he was inaugurated in a native ritual at the archeological site of Tiawanaku, before a crowd of thousands of native people and representatives of social movements from across Latin America. It is worth noting that since the Spanish conquest in the early 16th century, this region of South America - with a majority native population- has been ruled mostly by descendants of European immigrants.

Nationalization

On May 1st, 2006, Bolivian president Evo Morales seized control of much of the country's energy industry. The move fulfilled Morales's 2005 campaign promise to force energy companies to relinquish at least 50 percent of their earnings to Bolivia's state energy company. Some foreign energy companies in Bolivia, such as the Spanish oil company Repsol YPF S.A., have expressed concern over Morales' move.

Re-founding-process, The Constituent Assembly

On July 2nd 2006, Bolivia voted to elect the representatives to the Constituent Assembly (CA), which yet again aims to create a better state. The Constituent Assembly had the task of

writing a new Bolivian Constitution. Social movements see it as the tool to re-find the nation as a non-exclusive participatory democracy. In August 2007, more conflicts arose in Sucre, as the city demanded the discussion of the seat of government inside the assembly, hoping the executive and legislative branch could return to the city, but assembly and the government said this demand was overwhelmingly impractical and politically undesirable. The conflict turned into violence, and the assembly was moved to a military area in Oruro. Although the main opposition party boycotted the session, a constitutional draft was approved on November 24th. A referendum was held on January 24th 2009 and the constitution was ratified with a 61% 'yes' vote. As it stands, the new constitution of the Plurinational State of Bolivia enshrines the legal right to grow coca, enhances the rights of the diverse indigenous populations of the country and seeks to eliminate discrimination suffered by a variety of social groups.

SOCIAL, POLITICAL AND ECONOMIC SITUATION

Bolivia remains the poorest country in South America, in part, due to high corruption levels; furthermore, critics often point out the imperialist role of foreign powers in the country since the "discovery of America". The country is rich, however, in natural resources, and has been called a "donkey sitting on a gold mine" because of this. Apart from Potosi's famous mines, which were known by the Incas and later exploited by the Spaniards, Bolivia owns the second largest natural gas field in South America after Venezuela. Furthermore, El Mutún in the Santa Cruz department represents 70% of the world's iron and magnesium.

During the Colonial Period and through to Independence, the main product of exploitation was silver. In the Colony it is said that Potosí was the main, if not the most important producer of this mineral for Spain. At the beginning and through the middle of the 20th Century, tin substituted silver production because of its sales and production levels. This situation didn't mean Bolivian State enrichment, because tin mines and its profits were in the hands of three private owners.

There are two factors that characterized Bolivia in the international economic context. The first one is that Bolivia was a mainly raw material exploiter and exporter country. There are only a few industries that the country created and could implement. Secondly, exportation incomes were based upon monoproduction. During the Colonial Period, and afterwards in the Republic, income was derived first from silver and then from tin. Those two minerals have been the main products that promoted the establishment of main cities and constituted national economic axis.

1952 mark the intention to overcome this situation. From a model that favored the state as the main participant in the economy role, an attempt was made to make Bolivia a modern capitalist country. For that purpose, mining nationalization began, Agrarian Reform and Universal Vote were promulgated and later, oil enterprises were nationalized. Based on these

reforms, the Bolivian State substituted imports with the purpose to create national industry, and favor agricultural industry development of eastern Bolivia, attempting to diversify production. In rural zones, valleys and the high plateau, peasants turned into small landowners. In the main, big landowners were favored.

As we can deduce from all that we said before, the main Bolivian social actors were, until 1952, mining oligarchy and landowners. From 1952 the main actors became the middle class and mining workers, peasant producers and an incipient bourgeoisie. Fights against oligarchy and state reforms, permitted workers and peasants to unify around the Nationalist Revolutionary Movement (Movimiento Nacionalista Revolucionario – MNR), lead by middle class intellectuals. Little by little, during the thirty years after the reforms of 1952, each social class established its own identity and a few were organizing their own alternatives. There were many political Right and Left-wing parties that were founded, but corporate organizations were mainly created. Bolivian Worker Central (Central Obrera Boliviana – COB), Bolivian Private Businessman Confederation (Confederación de Empresarios Privados de Bolivia - CEPB) and the Unique Peasant Workers Confederation of Bolivia (Confederación Única de Trabajadores Campesinos de Bolivia - CSUTCB).

The 1952' process also brought a new democratic, liberal and political model. During the first twelve years free elections were established and carried-out, but from 1964 until 1982, (with some civilian participation) the military took power through dictatorial governments. "Revolution" that initially was anti-imperialistic, quickly lost that characteristic and economic policies were imposed by the International Monetary Found (IMF), and indemnification to nationalized mines was also paid. A national bourgeoisie couldn't be established, nor consolidate an internal market nor stop the process to a monoproduktive country, but by the end of 1960s there was oil exportation. On the other hand, miners and workers begun to fight for their own right and presented demands in relation to salaries and class problems. Peasants, whom at the beginning were linked to the government through the MNR, and later through the Military through Peasants Pact, by the 70s were acquiring not only their own identity, starting from their economy position, but also own identity through their national origins, recognizing themselves as aymaras, quechuas, chiriguano, guaraníes.

Social movements during the middle of 1960s, and during the early years of the 1970s, produced a reaction amongst the Bolivian conservative society sector, causing a military coup d'état, leaded by Coronel Hugo Banzer Suárez. During his government (1971 – 1978), besides continuing with an economic model that benefited only the bourgeoisie through the government, saw the repression of peasants and workers and the escalation of drug trafficking. Even though tin and oil market did rise in share prices internationally, external debt acquired by Bolivia was twenty times more than at the beginning of his government.

Only in 1982, after several social mobilizations, coup d'états and political repression, democratic liberties were recovered, and the country returned to a representative democratic system, that lasts till today.

The economic model has never been totally protectionist, but that was its characteristic. However, in the 70s and beginning of the 80s, this model at a national level showed numerous

deficiencies. Subventions, state corruption, credits to private sector (that were never paid) and hyperinflation, resulted in the exhaustion of this model. At an international level, the economy also showed changes, through IMF and a denominated neoliberal model, open economies were imposed to all third world countries.

In Bolivia, economic changes were carried out by MNR, through government in 1985. Initially there were three aspects to the changes: to reduce fiscal deficit, to stop hyperinflation and free hiring. This caused, in a few words, not only the dismissal of hundreds of state bureaucratic workers, national mines closing, affecting thousands of mining workers, but also, ignorance of labor rights of private sector workers and the purchasing power of salaries. This new economic order brought the weakening and quasi destruction of workers syndicalism. However, peasants continue to produce at low costs contrary to city salaries, this way its movement will strengthen next to strong indigenous claims of Land and Territory.

At the end of the 70s and beginning of the 80s, tin prices begun to drop. Some mines of the state sector were no longer profitable. The new economic policy (neoliberal) of 1985, closed state mines, and shortly after privatized some which were profitable. In 1993, the MNR and its new model outlined a system called "capitalization", which privatized state enterprises (most were profitable). Under this system, the state controlled 51%, and would be the major partner. Alternatives to tin exploitation as a main product were searched for. This way, one of the most recently capitalized companies, passed to a first level: Bolivian Fiscal Oil Field (Yacimientos Petrolíferos Fiscales Bolivianos - YPFB). Big natural gas reserves were found that would contribute to the income of the State.

The aforementioned changes didn't occur without worker and peasant opposition. Social mobilization and protests took place, but they didn't have the forcefulness of past years, they were weak: workers, peasants and indigenous only fought for own claims, and were also internally divided.

The present struggles of workers, peasants, indigenous and impoverished sectors, additionally to their sector demands are opposite to neoliberal model, to the ALCA and globalization, and are demanding a fair negotiating condition for gas sale. In the east side of the country the biggest concern is to fight centralism in order to distribute the income they generate for the State in a directly proportional basis. This is known as the fight for the autonomies. The first step in this way is the democratic election of Prefects, serving purposes similar to those of Governors in other countries.

In spite of the arousal of conflicts between the government and the working class, Bolivia has managed in the past decade to defend democracy above all. Cities like La Paz, Sucre and Cochabamba might be considered richer in terms of traditions than newer cities like Santa Cruz. The main reason for this is the continuous migration of peasants to cities in the first case for decades with the cultural consequences this implies, while in the latter this kind of internal migration is rather new and peasants come mostly from other departments.

Bolivian women have been active participants in Bolivia's evolving political framework; however, they have not always enjoyed equal access to formal political spaces.

The status of women in Bolivian society has undergone a significant change recently, as it was until 1952 that they were granted full citizenship and universal suffrage- an action that opened the door to women's political participation.

As a result, Bolivia's social and political sphere today is much different under the government led by President Evo Morales. However, this transformation is in part due to the changing attitudes toward women within society - a consequence of the important role played by women in both historical and contemporary resistance movements, such as the struggle against neoliberal privatization measures.

For much of Bolivian history, women have been marginalized and excluded from society and from formal political power. However, despite centuries of deeply imbedded patriarchal practices, women from rural, mining worker communities and feminist cooperatives have led important political mobilizations, including hunger strikes, street protests and barricade movements in defense of land, labor and gender rights.

Some Facts

Official name:	Estado Plurinacional de Bolivia
Population:	10,426,154 people (Estimate 2010 INE) 49.88% Men 50.12% Women
Official Languages:	Spanish, Aymara, Quechua, Guarani and 33 other native languages
Capital:	Sucre is the capital of Bolivia but La Paz is the Seat of Government
Religion:	Catholicism is the most important religion
Area:	1.098.581 square kilometers (INE)
Climate:	The temperature depends on the region. -The west of Bolivia is rather cold and dry, includes La Paz, Oruro and Potosi; -The middle is warm: Cochabamba, Sucre and Tarija; -The east and north are hot and humid: Beni, Santa Cruz and Pando
Currency unit:	Boliviano (Bs)
Voltage	220
Population below poverty line:	60% (2006 INE)
Labor force:	4.8 million (2006 INE)
Unemployment rate:	11.7%

Industries:	mining, smelting, petroleum, food and beverages, tobacco, handicrafts, clothing
Agriculture – products	soybeans, coffee, coca, cotton, corn, sugarcane, rice, potatoes; timber
Exports - commodities:	natural gas, soybeans and soy products, crude petroleum, zinc ore, tin
Imports – commodities:	Capital goods, raw materials and semi-manufactures, chemicals, petroleum, food
Imports - partners:	Brazil 29.9%, Argentina 16.2%, Chile 10.5%, US 9.8%, Peru 8.1% (2007)

BOLIVIAN CITIES

Cochabamba

History: In 1542 a group of Spanish colonizers settled in the Kjocha-Pampa valley. Ten years later, on August 2nd, 1571, by orders of viceroy Toledo the new city was founded under the name of Villa de Oropeza in honor of the viceroy whose title was Count of Oropeza. Three years later, on January 1st, 1574 the nominal foundation was made by Sebastián Barba de Padilla under orders of viceroy Toledo too. The new city was established along the shores of the Rocha River. From the early days of its existence, the valley showed hints of its natural wealth. At the height of Potosí's silver boom, thanks to its wheat and corn production as well as its cattle abundance, the valley became the source of food for the miners in Potosí as well as for other nearby regions. When Potosí's boom declined in the early 18th century, so did the demand for Cochabamba's products. By the mid-19th century, however, the economic crisis faded away and the city gained back its position as the nation's granary. Currently, Cochabamba is a progressive and economically active city.



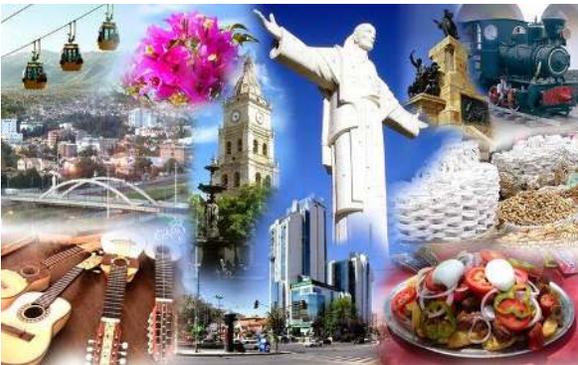
Climate: Cochabamba lies in a fertile valley at 2,558 meters above sea level, surrounded by the Tuners hill, the Alalay lagoon and the San Sebastian hill. Its weather is mild and pleasant. It is considered the best in the whole country, with warm-sunny days and cool nights. The average temperature in winter is about 17C (61 Fahrenheit). In summer the average temperature is 26 C (78 Fahrenheit).

3 Main Attractions:

- El Cristo de la Concordia: Immense statute of Jesus Christ. A great overview of the city is offered from the top of the monument.
- La Coronilla: This hill depicts a monument dedicated to courageous women who defended the city from the Spanish forces in 1812, during the struggles for independence.

- **Palace Portales:** Located in the zone of Queru-Queru this building, provides evidence of the great wealth of tin baron Simón I. Patiño. Most of the material used to build the house was imported from all around the world. Construction works began in 1915 and were completed by 1927. Today this beautiful place serves as an art museum and cultural center.
- **Villa Tunari:** is a location in the department of Cochabamba, It is the seat of the Villa Tunari Municipality, the third municipal section of the Chapare Province. Villa Tunari has several parks located nearby including Parque Machía and Carrasco National Park. Parque Machía is home to one of three wildlife centers maintained by Comunidad Inti Wara Yassi. Villa Tunari is famous among tourists due to the tropical weather and due to nearby national parks. Recently the town gained important infrastructure due to the tourist industry and because a new paper industry seated near to the town.

Other Interest: Life in Cochabamba revolves around food. People talk about it, show affection through it, and take enormous pride in it. There are a rich variety of places to sample the wonderful dishes on offer. La Cancha is a huge market, offering food and drink from early in the morning and throughout the day.



La Paz

History: Pedro de la Gasca, to whom the Spanish king had entrusted rule over the former Inca lands, commanded Captain Alonso de Mendoza to found a new city commemorating the end of the civil wars in Peru. Then the city of La Paz was founded on October 20th, 1548 under the name of La Ciudad de Nuestra Señora de La Paz (The City of Our Lady of Peace). The city was first established in what today is Laja, on the Tiahuanaco road. Shortly after its founding, La Paz was moved to its present location, in the valley of the Chuquiago Marka. On 1549, Juan Gutierrez Paniagua was commanded to design and urban plan that will



designate sites for public areas, plazas, official buildings. La Plaza de los Españoles, what today constitutes the Plaza Murillo, was chosen as the location for government buildings as well as the cathedral. Spain controlled La Paz with a firm grip and the Spanish king had the last word in all matters political. In 1781, for a total of six months, a group of Aymara people laid siege to the no longer peaceful city of La Paz. Under the leadership of Tupac Katari, they destroyed churches and government property. Thirty years later Indians laid a two-month siege on La Paz. In 1809 the struggle for independence from the Spanish rule brought uprisings against the royalist forces. Today La Paz is a vibrant city, growing and expanding in all directions. La Paz is the official government site.

Climate: La Paz has different climate environments according to each zone's altitude. While the center of town is at 3,650 meters above sea level, the zone of Aranjuez is at 3,300 m. El Alto (where the international airport is located) is at 4,082 m. The average temperature in winter is 15C (59F) and 22C (72F) in summer. In the summer, rain falls on most afternoons, in the winter, days are slightly cooler, but the sky is mostly clear and sunny.

3 Main Attractions

- Tiwanaco: These ruins, built over 1,000 years ago by the Tiahuanacu people, are one of the most exciting places to visit.
- Titikaka Lake: The highest lake in the world offers a wonderful view of magical surroundings and enchanted waters.
- Copacabana: Site of the Virgen de Copacabana, this town located on the shores of the Titikaka Lake, attracts hundreds of pilgrims each year for the Virgin's festivities. You can sail from Copacabana to many islands like Isla del Sol or Isla de la Luna

Other Interest: La Paz presents spectacular views, no matter where you are in the city. The viewpoints of KiliKili and Monticulo are particularly impressive. A range of cultural events are regularly on offer at the various cinemas, theatres, museums and music venues around the city, as well as a number of organisations that work in the area of human rights and are open to the public, including Mujeres Creando (womens rights) and Adesproc Libertad (LGBT rights), both of which have cafes and cultural spaces. In addition, the markets of La Paz cannot be missed, with the largest including Mercado Rodriguez in La Paz (everyday) and 16 de Julio in El Alto (Thursday and Saturday).



Santa Cruz de la Sierra

History: The city of Santa Cruz de la Sierra was founded by Ñuflo de Chávez on February 26, 1560. Chavez named the new city in honor of his beloved native city in Extremadura, Spain. The city originally lay 220 km east of its current location, on the shores of the Piraí River. But, by the end of the 16th century, the city was moved to its present position, 50 km east of the Cordillera Oriental foothills. Santa Cruz supplied the rest of the colony with cotton, rice, sugar and fruit. It was a prosperous city until the late 1800's. Then, transport routes opened up between Peru's sea



ports and La Paz, making imported products cheaper than those transported by mule from Santa Cruz. In the 1950's Santa Cruz was connected through roads and highways with other major centers. Also the completion of the railway line to Brazil in the mid-1950s opened trade routes to the east. Tropical agriculture (sugar, rice, cotton, and soybean plantations) prospered and the city entered a period of expansion and economic growth that continues to the present day. The city is connected by railways with Brazil and Argentina, and by road with Cochabamba, the Chaco, and Trinidad.

Climate: Located an altitude of 416 meters above sea level, Santa Cruz has a sunny and semi-tropical weather, with an average temperature of 21C (70F) on winter and 32C (90F) on summer. During winter, rainfall occurs in short downpours, but on summer a single deluge can last for days. Santa Cruz also experiences heavy and chilly winds called surazos that blow in from the Argentine pampas.

3 Main Attractions

- Parque Nacional Noel Kempff Mercado: Really worth seeing, this spectacular natural park, about 440 Km northeast of Santa Cruz, has incredible scenery of waterfalls, rivers, rainforests and a wide variety of flora and fauna (alligators, pink dolphins, caimans, river otters, tapirs, spider monkeys, etc.).
- Jesuit Missions: From Santa Cruz, east across the Río Grande, this circuit of Jesuit missions. Founded between 1696 and 1760, composed by the mission of San Javier, San Ramón, San Ignacio, Concepción, San Rafael, Santa Ana, and San José de Chiquitos were declared "World Heritage" by the UNESCO World Heritage Committee on December 12, 1990 in Alberta, Canada.
- El Fuerte de Samaipata: (Fortress) 120 Km southwest from Santa Cruz, the entire Inca ruins complex of around 40 hectares was declared "World Heritage" by the UNESCO World Heritage Committee on December, 2nd 1998 in Kyoto, Japan.

Other Interest: In the blazing heat of summer, laze around the leafy plazas with delicious snacks typical to the region and sample the large variety of juices and smoothies.



Sucre

History: The city of La Plata was founded by Pedro de Anzures, Marqués de Campo Redondo, on November 30th, 1538. Its foundation was a result of mining activities overseen by Gonzalo Pizarro, who was interested in exploring the highland east region of the Andean Cordillera. In 1559, Spanish king Felipe II commanded the foundation of the Audiencia de Charcas, with its headquarters in the city of La Plata with the purpose of administering the eastern territories. The Audiencia held judicial authority and executive powers and presided over the regions of what is now Paraguay, south-eastern Peru, northern Chile and Argentina, and most of Bolivia. On 1609, the city received an archbishopric, and granted it theological autonomy. During the 17th century, La Plata served as a legal, religious, and cultural center of the Spanish eastern territories. The first cry of Independence in the Americas took place in the city of La Plata May 25th, 1809. On August 6th, 1825 independence was declared and a new republic was born under the name Bolivia after its liberator Simón Bolívar. On August 11th, the name of the city of La Plata was changed to Sucre in honor of Mariscal Antonio José de Sucre, who along with Bolívar, fought for independence from the Spanish rule. The city of Sucre is also known as the City of Four Names, being those names La Plata, Charcas, Ciudad Blanca (White City), and Sucre. On December 13, 1991 in Carthage (Tunisia) the UNESCO declared the Historic City of Sucre a "World Heritage Site" in recognition for its rich history and its wealth of colonial architecture.



Climate: The city of Sucre is located at an altitude of 2,790m above sea level. Its weather is mild and pleasant around 20 degrees Celsius (68 Fahrenheit).

Main Attractions

- Casa de la Libertad: House located on the main plaza, where the declaration of independence of Bolivia was signed on August 6th, 1825. Portraits of presidents, military decorations, and documents are displayed.

- Museo de la Recoleta: Established by the Franciscan Order in the early 16th century, this place served as a convent, barracks, prison, and museum. It displays anonymous paintings from the 16th to 20th centuries.
- Universidad Mayor de San Francisco Xavier: Founded on March 27th, 1624 by Padre Juan de Frías Herrán.



World's Leading Cultural Destination 2017

Bolivia chosen as Best Cultural Destination in South America 2017 by the World Travel Awards

10 September 2017.- Bolivia was awarded the title of Cultural Leader Destination South America 2017 at the World Travel Awards, also known as the Oscars of tourism, It is the most important recognition of tourism and travel the world.

Bolivia also was nominated for Best culinary destination in South America and Destino Verde South America

Bolivia has certainly lots to offer to the world tourism, our amazing biodiversity, our rich heritage that reflects on all the differences we have among each other, which makes us a great place to visit.





ICYE-BOLIVIA

Who we are



- ICYE Bolivia was funded in 1964 under the guidance of the Methodist church. The National Office was settled in Cochabamba and the exchange program was made with the United States of America.
- In the late 1960's, the program was extended to European countries.
- In 1975 the National Office was moved to La Paz and a team of young people took responsibility of the program and offered all Bolivians the opportunity to live and work abroad for one year.
- Between 1977 and 1980, most of the ICYE volunteers were exiled because of the political and social situation in Bolivia at that time. Only two volunteers remained in the country and they ran the program again.
- In 1983 ICYE Bolivia became an independent organization and legally established itself as the International Cultural Youth Exchange.
- Now, in the 21st Century the program exists because of the dedication of the permanent members of volunteers, staff and former exchanges who have benefited from their experiences throughout the world.
- ICYE BOLIVIA works in 4 regions of our country, La Paz, Cochabamba, Santa Cruz and Sucre.

Our GOALS

The international aims of ICYE are to promote PEACE and JUSTICE. However, ICYE Bolivia has its own goals based on our culture and even changing social and political situation.

ICYE Bolivia is an organization which offers people from all backgrounds the opportunity to be involved in cultures which are different from their own. This understanding and tolerance of different cultures contributes to WORLD PEACE.

The main goals of ICYE Bolivia are to integrate different social classes and to raise awareness among young Bolivians – encouraging them to give value to cultural traditions which have been forgotten or ignored.

We also want to encourage a higher level of broad mindedness for other cultures, religions and people which will be reflected in our own environment.

We do not want to import or export people – we want our exchangees to gain an identity they can be proud of and eventually work with a GLOBAL VISION of the WORLD.

YOUR EXCHANGE YEAR

At the beginning of your exchange year we will arrange for you a number of activities for you to help your integration, try to solve your questions and to obtain all the legal necessary requirements for your stay.

ICYE CAMPS

ICYE BOLIVIA will organize 3 camps to help exchangees adapt to a new lifestyle and learn about Bolivian culture. Attendance is mandatory and past exchangees have found them helpful in adjusting to their new lives.

Orientation Camp

This takes place a few days after you arrive in Bolivia and lasts between 4 and 5 days. It is the ideal opportunity for you to meet the other exchangees and for us to find out what you expect from your year in Bolivia. We will work together about the concept of volunteering, we'll tell you basic information about the country, tell you about the history of Bolivia, our festivals and traditions and teach you how to dance Bolivian music!

We are also very interested to learn more about you, your country and your own traditions. Please bring along music, games or some other information from your country which can be shared with the other exchangees.

There will also be a chance to do some group social work. In the past we did things like: reforestation, oral hygiene education, creation of a play area for the local children, and many other things.

If possible, during this orientation camp we will provide you with thirty hours of Spanish classes for those that need to improve their language skills. If we are not able to provide these during the camp, they will begin immediately after your return from the camp.

Mid-Year Camp

The mid-year camp will be six months after you arrive- usually at the end of January. We will use this camp to evaluate your firsts 6 months in Bolivia and receive feedback about your work placements, living conditions and ICYE Bolivia committee!

Final Evaluation Camp

This camp takes place towards the end of your placement year - usually in July. Here we will work together to prepare you for your journey back home. We will as well evaluate the long time program you had in Bolivia and ask you for feedback to improve the experience for future exchangees.

Extra Camp

Normally, ICYE Bolivia organizes an extra camp- usually in November. This camp isn't mandatory, but every year it takes place in a beautiful place of Bolivia. The main goal of this camp is to get to know the other exchanges and ICYE coworkers from the various parts of the country.

Spanish Classes



Once you are settled in your destination city you will receive thirty hours of basic Spanish classes free of charge. If you need extra lessons, the ICYE office can provide you with details of local language teachers but you may have to pay from US\$ 5 to US\$ 10 per hour approximately, with the cost depending on whether you prefer learning with other students of similar ability, or individually. There are a large number of language schools and professionally-trained teachers. If possible you will have part of the Spanish classes at the Orientation camp.

Some Spanish Phrases

I am.....	Yo soy.....
My name is	<i>Mi nombre es.....</i>
What is your name?	<i>¿Cómo te llamas?</i>
Pleased to meet you	<i>Mucho gusto</i>
Hello / Hi	<i>Hola</i>
How much does it cost?	<i>Cuanto cuesta esto?</i>
Good morning	<i>Buenos días</i>
Good afternoon	<i>Buenas tardes</i>
How are you?	<i>¿Cómo estás? / ¿Qué tal?</i>
Fine thanks	<i>Bien, gracias</i>
And you?	<i>¿Y tú?</i>
Goodbye	<i>Adiós</i>
See you later	<i>Hasta luego / chau</i>
Goodnight	<i>Buenas noches</i>
Coffee, please	<i>Un café, por favor</i>
I don't speak spanish	<i>Yo no hablo español</i>
Good luck!	¡¡SUERTE!!

DAILY LIFE

Of course you are going to see a big change between the daily life in your country and the daily life in Bolivia. Bolivians are used to foreigners so in general they are kind and always try to help, even if they don't speak English. The flow of daily life depends on the city where you are. In some cases in the high-altitude where cities are colder, people tend to be more closed and in the warm cities people tend to be friendlier and more light-hearted.

An average Bolivian works eight hours per day, starting at 8:30 until 12:30, after which she or he goes back to home to have lunch with the family and then returns to work at 2:30 until 6:30p.m, and then again returns home. During the weekend families sometimes go out to have lunch in a restaurant and at night young people go out socializing. Sundays are usually dedicated to spend time together with the family and to relax after a week of studying or working.

Food

We have a large diversity of food which you will certainly enjoy when you arrive in Bolivia

Our dishes most of times contain meat, rice, potatoes and noodles, some of them spicy. We normally have three meals per day: for breakfast we usually have a cup of coffee or tea and a piece of bread with cheese, butter or jam; at lunch time we have a big meal containing in most cases a soup, a "Segundo" (main dish), a dessert and a juice; in the afternoon we have some tea and at night some families just have some tea with bread and cheese and others have another big meal.



There are a lot of typical things that you can try here, like salteña, llaucha; but **BE CAREFUL AT THE BEGINNING**: during the first few days you have to pay attention to what you eat, it is better if you eat things known and don't eat in the street, as previous exchanges have suffered problems with the change of food. But after this initial period of adaption, there is a huge variety of food to be sampled, from local to national dishes, cheap almuerzos, street food, including savoury pastries, anticucho (cow-heart with spicy peanut sauce and potatoes), salchipapa (sausage with fried potatoes) as well as fruit, juices, smoothies and much more.

A recommendation is to head to the markets where all types of drinks and food can be sampled, usually far cheaper than in many restaurants. The main cities not only serve Bolivian cuisine, a huge range of international cuisine is also on offer.



Being a Vegetarian is something rare in Bolivia. Veggie options are available in some specific restaurants but in general Bolivian food is very meat-based. When living with a family, you'll have to take this under account and be patient! Many families may not understand this choice and may not be able to prepare special food for you.

Host situation

In the last few years ICYE Bolivia had got a difficult time finding host families for our volunteers, that's why we cannot ensure that you are going to live in a family. So we ask you to be open in the case you wish to live in a Bolivian family and you end up living in an independent situation or a project or vice versa; some project can be filled depending of the season and we cannot locate the volunteer in them.

Living with a Host Family

Bolivian families may be conservative or very open, raising children or not, speaking your mother tongue or only Spanish... Whatever your hosting situation is, you may feel that adjusting to it may seem quite difficult. Remember, however, that this experience is just as new to the family as it is to you.

As a volunteer **you have to adapt** to the family, not the family to you. It's very important to remember this when you stay in Bolivia. The cultural exchange is to gain a broader cultural understanding of Bolivia, and part of that is adapting to the ways of the family, being patient and flexible (within limits!)

The host families usually belong to the middle and upper class. They are in general fairly conservative, especially compared to European families, in regards for example to the control they have over their children, especially girls, to a degree that may not be familiar to you, but of course there are exceptions to this.

It can be difficult at first to adjust to the way of living of another family but if you make an effort by talking to them and taking an interest in Bolivian culture and its way of life, this could make your stay much easier.

Bolivian families tend to be protective with their daughters and women in general, more than with their sons, so be prepared to explain where you are going, who you are going with, what time you will return home etc.

The following suggestions may help you in your first approach with your host family (and there may be things you are already used to):

- ◆ The host family is not a Hotel: sharing the housework is also a proof of interest and adaptation to our local culture. Usually any contribution will be appreciated.
- ◆ Some families can have hard time saying what they really want and act in a very modest way by been shy to ask you for help with the housework, sometimes they are going to tell you not to help them even if they want to, so we recomend you to try several times to help your host family in the housework they may say no at first but with the time they can get tired if you don't help them
- ◆ Remember to ask if what you are doing in the house is correct, for example, if you are cleaning good the dishes, eating too much food, coming too late home, take long showers or having certain habit that you know is different from them, they may be shy at first to tell you if something don't like them
- ◆ In Bolivia, parents tend to be a little "touchy", so keep in mind that you should always treat them with respect and try avoiding extreme straightforward criticism about their behavior.

- ◆ Most families expect to have lunch and dinner together, so if you are unable to make it or if you expect to be late, let someone at home know beforehand.
- ◆ Long distance telephone calls from Bolivia are very expensive, so we suggest that you use a phone card or use one of the many ENTEL offices to call your family and friends at home.
- ◆ In Bolivia vegetarian families are rare and they may not be able to prepare special food for you, so be prepared to compromise and eat the same food as the rest of the family – but without the meat!!

Obligations of the exchanges:

- The exchangee has to ask for and follow the rules of the house.
- The exchangee has to integrate in everyday family life, and not the contrary.
- The exchangee has to keep his/her room tidy.
- The exchangee has to **assist in the household work!** Such as cleaning, tidying up, washing clothes, etc.

If you are experiencing some problems with your host family we encourage you to try to talk to them and clarify as a way to learn how to look for your own solutions to minor problems that can arise. If this is not possible due to the language barrier or any other reason, please speak **FIRST** with your Regional Coordinator or Staff. They will resolve minor conflicts when problems arise due to cultural differences. When the problems are more serious and cannot be resolved by your Regional coordinator, please speak **SECOND** to the National Coordination. An Exchangee cannot change family without previously notifying and have the approval of their Regional coordinator and National Coordinator.

Living in a Shared Apartment with other youth

In some cases you may live independently in an apartment which you will share with young people from different nationalities; this has to be coordinated by ICYE Bolivia and will depend on your location and the type of work you want to do during the year.

Living in an apartment has its advantages and its disadvantages. However, if you stay in an apartment you have to be aware that you need to be much more independent and you have to take care of many of the everyday aspects.

You will have to do all **the housework yourself!!!** This means general cleaning (living room, bathroom and kitchen), tidying up, washing dishes, cooking, doing groceries etc. You will have roommates so it is important to be respectful and share the household work. You have to take care of the apartment and the equipment, if any damage occurs you will have to repair or replace them.

Obligations of the exchangees:

- The cleaning is very important! It is your responsibility to clean everything you use.
- You will have to do **the household work!**
- It is forbidden to let any persons stay overnight in the department without a written approval of ICYE - Bolivia.

- Dinners or meetings will be coordinated with the roommates and the person in charge of the activity must do the dishes and clean the house.
- You need to leave the department as tidy as we gave it to you

Living in a Project

You may also have the opportunity to live in a project. This will as well depend on your location and the type of work you want to do this year. In this case there are as well some rules that you will have to follow, such as respect the community rules, timetables and way of living, tidying up your room, etc.

Obligations of the exchangeees in the project:

- The cleaning is very important, especially if you live in the project.
- It is forbidden to let any persons visit the project without the permission of the project.
- The use of all rooms and equipment such as TV, DVD player, equipment, kitchen tools, etc. is under your responsibility, if any damage occurs you will have to replace them.
- The exchange has to ask for the rules of the project and follow them

Night life

Going out and socializing, especially during the night is a regular activity for many local young people and it is a good opportunity to meet young Bolivians. Bolivian people mostly go out during the weekend, Friday and Saturday. Normally people first meet with some friends in someone's home, because it is cheaper to buy some beers and drink before going out and after that at around 21:00 people head out to some club or pub to dance, until 3:00. In some cities there are laws with regards to the time limit for bars to be open and clubs are usually obliged to close at around 4:00 a.m. There are occasionally after-party events, but you should be careful with this, because some of these places are clandestine and could be dangerous. Take under account that living with a host family may imply to respect certain timetables, especially when the family has growing kids.

BOLIVIAN SOCIETY

The Bolivian society is a very mixed one, which has a lot of interesting aspects to offer to a visiting tourist. The Bolivian people are a mixture of descendents of the Spanish colonisers, indigenous Bolivians and 'mestizos' (a mix of the two) as well as other small minorities of immigrants and descendants of African slaves from the colonial period. This great diversity means there are varying Bolivian customs and traditions, depending on which part of the country you are in and the social class you are surrounded by. Bolivia has a relatively young society, with around 60% of its population being under the age of 25, and the culture of the country is definitely changing with its young population, one significant change being urban migration from the rural areas. However, a very important part of Bolivian society is the

acknowledgement of the native people, their traditions and languages, some of which still exist today.

PROGRAM INFORMATION

Selecting your Project

Depending on your program, you will have the opportunity to visit a variety of projects, in various areas of work, before you start your regular volunteering. Once you have decided where you want to work, there is a two week trial period. If both the exchangee and the project are happy then the exchangee can stay in the project.

The project signs a contract with ICYE and sometimes with the exchangee too. The Exchangee must work at least five days a week for a total of thirty hours minimum and forty hours maximum.

Once an Exchangee has found a project he/she likes, the Exchangee must stay for at least six months before they can change the project.

Pocket money and Transport Fee

You will be paid Bs 300 in pocket money every month by your regional ICYE office. In addition you will receive a certain amount of money for your daily transportation from the place where you live to the place where you work taking into account the distances. Most travel can be undertaken in buses, and should not incur too much of a cost.

Medical Insurance

All exchangees are covered with medical and accidental insurance. The coverage begins when you arrive in Bolivia. It covers medical treatment against accident or illness and emergency evacuation but it DOES NOT cover pre-existing illnesses.

If you fall ill, you should:

1. Pay your medical costs first
2. Submit a claim signed by the doctor where the diagnosis is mentioned
3. Submit an original bill/receipt for medicines to the insurance Company and you will be reimbursed to your account.

Please let you Regional coordinator know if you are feeling sick and need to go to the doctor. They may accompany you to help you with the translation and with any other need you may have.

Holidays and travels

You will have two months per calendar year (this depends on the program with which you are coming) to travel anywhere you like, which can be taken during the one to two seasons the National Committee will determine each year. Previous exchangees have traveled all over Bolivia, as well as to nearby countries like Peru, Chile, Argentina and Brazil.

In Bolivia you can find a great diversity of history, culture, tradition, geography, language etc all over the country – We encourage you to discover and witness it, as we are sure it will be an amazing experience

In addition, travelling between the other countries in Latin America represents an opportunity to witness the diversity between nations.

NOTE: From 2012, those exchangees with temporary resident status have to pay around 100Bs witch is approx. 12€, laws change very often so probably it can cost even more, we recommend you to ask before traveling how much are they going to charge in the border, this amount must be paid each time you are going cross the border into neighboring countries by land – this cost is for exit only, and not re-entry,

Trip authorization

The exchangees MUST inform their regional coordinator or staff AND their project of where and when they will be traveling. You will have two months (calendar) to travel anywhere you like, which can be taken during December-January or July-August. Weekend trips to nearby places are allowed but the regional office must be informed through any of its members.

A few days before any kind of trip the Exchangee MUST fill out the corresponding form! ICYE Bolivia needs to be informed for safety purposes.

USEFUL THINGS TO BRING WITH YOU

- A comfortable backpack
- Warm jumpers
- Hat, gloves
- Sleeping bag
- Rainproof jacket
- Comfortable walking shoes
- Spare glasses, medication
- Photocopies of your passport and any credit cards
- A dictionary from Spanish to your mother tongue
- Pictures of your family, friends and country
- Small gifts for your host family
- Games, songs or something typical for your orientation talk!

Yearly Timetable of Events

September:	Winter – Orientation Camp
August 6 th :	Bolivian Independence Day – Holiday
November 2:	Todos los Santos - Holiday
December 25 th :	Christmas – Holiday
January	Foundation of the Plurinational State of Bolivia
February:	Summer - Midyear Camp
February 12 and 13:	Carnival - Holiday
March 31:	Holy Friday
May 1 st :	Worker’s day – Holiday
May 31:	Corpus Christi
June 21:	Aymara New Year - Holiday
June:	Evaluation Camp
August:	Everybody goes home

EXPENSES AND COSTS

Bolivia is a really cheap country to live, in comparison to European countries and even in comparison to other countries in South America. Here is a list of prices for some basic products so you can have an idea:

1 \$us = 6.95 Bs

1 Euro = 8,00 Bs (these rates change a lot)

Tea or coffee (espresso)	10.00Bs	1.25 €
Bread roll	0.50Bs	0.06 €
Bottle of Coke/Sprite (1/2 Liter)	5.00Bs	0.62 €
Restaurant meal	25.00Bs	3.12 €
Hamburger normal	18.00Bs	2.25 €
Burger King	35.00Bs	4.37 €
Cigarettes (pack 20)	8.00Bs	1.00 €
Bottle of beer in a Bar	20.00Bs	2.50 €
Bottle of Wine	40.00Bs	5.00 €
Ticket of movie	45.00Bs	5.62 €
Internet (One hour)	4.00Bs	0.50 €
Stamps to Europe	30.00Bs	3.75 €
Stamps to Central America	12.00Bs	1.50 €
Stamps to Japan	35.00Bs	4.37 €
A bar of Chocolate	15.00Bs	1.87 €
Coca-Cola cans	6.00Bs	0.75 €

Transport

The transportation service in Bolivia is privatized and costs may vary from one city to another.

There are various transport options that you can take. Taxis, buses and mini buses provide an extensive service to all parts of the cities - but without regular schedule! So be prepared to stop buses on the street and check their destination which they have written up front!

Almost every can be undertaken in buses and trufis (shared taxis which follow set routes and pick up and drop people off at any point along the routes)

As a reference, these are transportation costs in La Paz:

Mini Bus (downtown): 2.00 Bs - 0.25 €

Mini Bus (long distance): 2.60 Bs - 0.32 €

Bus (Short - Long distance): 1.50 – 2:00 Bs -0.20€ - 0.25 €

PumaKatari (day): 2.50 Bs - 0,31€

PumaKatari (night): 3.00 Bs - 0.40 €

Trufi (shared taxi with fix route) : 3.50 Bs - 0,43€

Taxi (short distance, downtown): 6.00 Bs - 0.75 €

Radio-Taxi (radio taxi): 10.00 to 35.00 Bs - 1.25 to 4.37 €

Teleferico: 3Bs - 0.37€

Buses and airplanes also offer travel services to different cities. Small towns have cargo and passenger trucks and in some regions you can even travel by boat. Some bus prices are:

From	To	Hours	Cost
La Paz	Coroico	3 hrs	25.00Bs - 3.31 €
La Paz	Oruro	4 hrs	30.00Bs - 4.00 €
La Paz	Cochabamba	7 hrs	70.00Bs - 9.33 €
La Paz	Potosí	9 hrs	90.00Bs - 12.00 €
La Paz	Sucre	15 hrs	130.00Bs – 17.33 €
La Paz	Santa Cruz	18 hrs	150-180Bs – 20-24 €
La Paz	Tarija	21 hrs	180.00Bs – 22,50 €

The city council of La Paz has recently established a public bus system called PUMAKATARI which has fixed Bus-Stops, schedules and routes and works 24h a day.



IMPORTANT INFORMATION

VISA REQUIREMENTS

Due to changes in policy within the present Bolivian government, the visa regulations change constantly and the prices as well.

All exchangees from Europe, United States and Asia that will come to our country for **more than 3 months** will need to obtain a visa.

Type of visa

You will obtain a tourist visa when you enter to the country. You will be granted with a tourist visa for only one month witch can be extended for a total period of three months; during this time the Bolivian Committee will help you obtain the residence permit for one year. The exchangee will also need to obtain a Bolivian ID.

To obtain the visa you will need to do a medical checkup **in Bolivia** (blood and urine tests, X ray, and dental check), Police record of narcotics and INTERPOL

Paperwork duration

The process to obtain the visa may take between 2 to 3 weeks. During the process of issuing your residence permit, you are not allowed to leave the country.

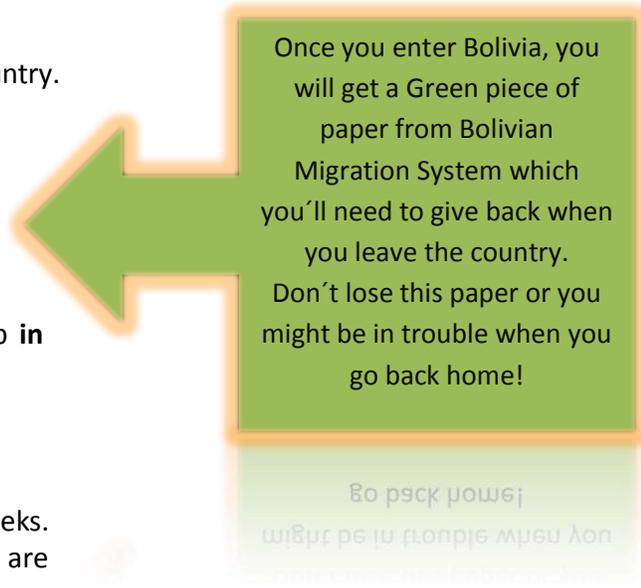
Cost

The total cost of your visa and Bolivian ID will be approximately 1.320 Bs (€165). The sending NC or the exchangee has to bear the cost.

Identification

Under Bolivian regulations, you have to be identified and therefore carry your national or Bolivian ID with you at all times. If you may be asked for you ID and you don't carry it with you, you'll be asked to pay a 60.00 Bs fine. During the first month, while you are issuing your Bolivian ID, we recommend to carry a photocopy of your passport with you, instead of the passport itself.

Note: Please note that only uniformed police officers may ask you to show your ID. If anybody else intends to do it, even if they say to be policemen, just refuse to show it to them or walk with them anywhere.



STePs -Short Terms Programs

The exchangeees that come from Europe or United States for more than 90 days need to get the **visa** (see information above). If a volunteer come to Bolivia for 90 days or less, they don't need a visa. The exchangeees from United States who comes for less than 90 days will need to pay approx. \$US 160 at the airport to obtain the tourist visa.

Agreement on Participation

1. I'm aware that I cannot use any drugs. In the event of drug-use, I will be expelled from the program, and the country.
2. I will accept any host placement and volunteer work placement provided by my host committee.
3. I will do my best to adapt to the lifestyle and culture of my host situation and country.
4. I will do my best to learn Spanish.
5. I will attend the orientation, mid-term-evaluation and final-evaluation, seminars which are mandatory. (For 6 months volunteers, orientation and final-evaluation seminars)
6. I will have two traveling months during the year on determined dates. (July – August, and December – January) (6 Months volunteers will have 1 months of holiday and they should take it on the end of the volunteer period)
7. In the first month, weekends traveling are not allowed.
8. I must inform ICYE about all the trips I undertake through filling-in a form.
9. It is not possible to leave the Host Situation without ICYE Bolivia's written consent.
10. I will follow the rules of the family or residential/shared houses I live in.
11. I will refund any damage I cause to the properties of the Host Situation.
12. I will work 5 labor days per week in my project, within a minimum of 30 hours and a maximum of 40 hours weekly.
13. The monitoring of my project activity will be followed by the Regional staff.
14. I commit myself to remain at the volunteer work placement arranged by my committee.
15. I will do my best to develop good and meaningful voluntary work, according to my skills and the work placement's needs.
16. I will respect the project internal rules.
17. I will receive my pocket and transport money from the Regional Staff
18. ICYE-Bolivia will refund transportation costs between Home-Project-Home by specific transportation means.
19. If I decide to take a different mean of transport than the one suggested, I'll be responsible for its costs.
20. I will return to my home country at the end of the exchange year.
21. If I violate any article of this agreement and/or Bolivian laws, **the Bolivian National Committee is entitled to send me back to my country.**

I formally agree to obey the regulations of this agreement with my host National Committee **ICYE BOLIVIA**, with the purpose of obtaining my visa for a period of six months or one year.

Date

Name

Signature