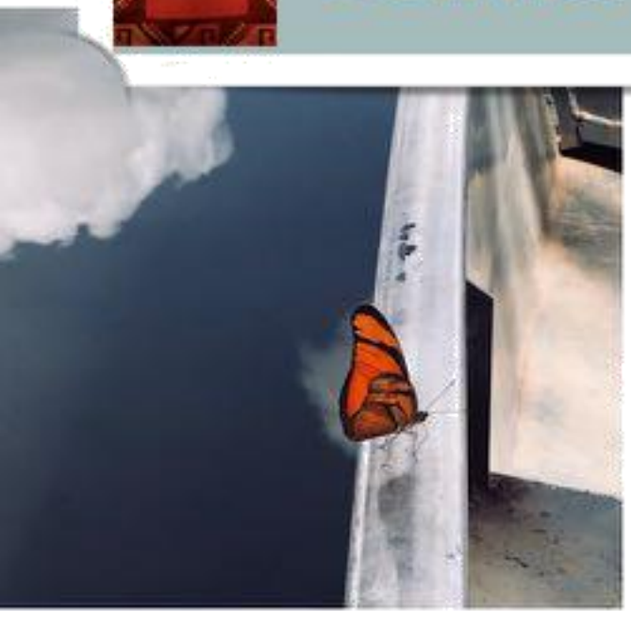
Sustainable Bolivia



SUSTAINABLE BOLIVIA

2018

WHO ARE WE?

Sustainable Bolivia (SB) is a 501 (c) 3 non-profit organization supporting grass-root initiatives in the Bolivian Amazon, created in 2007. In 2016, we helped secure more than 20,000 hectares of rainforest, establishing the Aquicuana Reserve. Inside the Reserve, we partner with local communities and oversee projects focused on community-based ecotourism, conservation resource management, and environmental education. In the nearby city of Riberalta, SB supports local organizations with human and financial resources. We organize volunteer positions, internships, art residencies, and research opportunities for international students and professionals. We also oversee a Spanish and Indigenous Language School.

OUR MISSION

SB's main goal is to develop cooperation and connections between diverse actors. SB wants to promote economic, social and environmental sustainability through international collaboration with local Bolivian initiatives.

To accomplish this goal, SB has set several objectives:
Conserve: working to expand and preserve the Aquicuana Reserve together with the local communities
Reforest: SB has set up a reforestation program. Each person who stays with SB or Pisatahua is offered an endemic plant which they can plant in the Aquicuana reserve.

Support Local Communities and Development: SB's goal is to support grassroots initiatives in the Bolivian Amazon.

VOLUNTEER OPPORTUNITIES

Sustainable Bolivia supports long-term community development and conservation projects in *Riberalta,* in its region and inside *the Aquicuana Reserve*.

These interdisciplinary initiatives are aimed at improving living standards, with a focus on education, global health, economic development, conservation, research. For these projects we need volunteers in the following areas and more:

- **Education & Youth Development**
- **Global Health**
- **Arts & Independent Research Residencies**
- **NGO Support**
- **Ecotourism & Conservation**
- **Pisatahua**

Education & Youth Development

SB is working with two orphanages located in Riberalta, and with the communities in the Aquicuana Reserve. Our goal is to provide quality education to the children and to develop their skills and interests.

Benefits:

- Use your skills to positively influence the lives of children and teenagers.
- Immerse yourself in the local culture through school programs and gain valuable insight into the local community.
- Get involved and learn resilience, compassion, adaptability, and teaching skills!

Global Health

You can help in a center for children with special needs or a Clinic in the city of Riberalta, but also health posts around the city, in Tumichuqua and in the community of Warnes. You can give some of your time to improve the living conditions of local communities while developing your skills.

Benefits:

- Enrich your professional expertise
- Make a difference in the lives of others.
- Assist the most disadvantaged members of the community.
- Gain experience by working with professionals.
- Gain a tremendously rewarding experience.

Our mission is to promote the arts and research in Riberalta and in Bolivia while fostering intercultural exchange between international and local people from different backgrounds but with the same interests. Sustainable Bolivia offers a unique experience in a beautiful, biodiverse and culturally rich part of the world, whether you can get inspired by the settings and take some time to produce and share your arts, where you might want to do your own research or contribute to some of our existing projects.

Benefits:

- Get immersed directly in the Amazon.
- Work directly with local communities and gain practical knowledge.
- Research biology, biodiversity, environment, tourism, indigenous language and culture.

SB is looking for a non-profit professional to help us in communications, marketing, grants writing or tourism. You will work as a liaison between SB's projects & partner organizations, and our volunteers. Benefits:

- Enrich your professional experience.
- Impact the growth of an NGO.
- Use your skills to positively influence the lives of volunteers as well as local communities.
- Immerse yourself in the local culture.

Ecotourism & Conservation

SB supports the local communities in Aquicuana in environmental conservation and resource management. We believe that their communities' well-being is interdependent with that of the surrounding biodiversity and ecosystem, with effects that impact generations to come. Thus, they are a primary stakeholder and participate in planning and designing conservation initiatives.

Benefits:

- Explore the biodiversity of the Bolivian Amazon.
- Make a difference in environmental conservation in Bolivia.
- Educate others in environmental stewardship.
- Gain work experience in sustainable tourism.

Pisatahua

Pisatahua is an integrative plant-medicine retreat, located in the Aquicuana Reserve. Sustainable Bolivia is Pisatahua's sister non-profit.

Pisatahua volunteers typically split their time between the Aquicuana Reserve site and the volunteer house in Riberalta. We are looking to fill the following roles: Plant Mapping Specialist, Mycologist Specialist, Permaculture Specialist, Oil/ Soap Maker, Mental Health Specialist.

Benefits:

- Explore the biodiversity of the Bolivian Amazon.
- Make a difference in environmental conservation in Bolivia and the lives of retreat participants.
- Immerse yourself in the local culture.

ENRICH YOUR EXPERIENCE

THE VOLUNTEER'S HOUSE

This house offers an **idyllic setting** for volunteering. It has many features: a fully stocked kitchen, spacious patios and backyard, a hammock (the best place for a nap!) and an outside lounge, as well as a large balcony.

The house offers a **perfect balance** between having private space and common areas to interact with other volunteers of international backgrounds.

Located about 20 minutes walk from the **main square**, the house is close to everything from the San Jose Market to the city center and its culture and nightlife.

LANGUAGE CLASSES

SB works in collaboration with several teachers specializing in languages. We offer classes in **Spanish and the following indigenous languages**: Cavieneño, Chacaobo and Esse Ejja.

You can have **private lessons** directly at the volunteer home, for 60 BOB per hour (8,72 USD). The teachers are experienced, patient and can instruct at all levels.

LIVE IN A HOST FAMILY

You have the opportunity to stay with a host family. This option includes 3 typical **Bolivians meals** a day (Breakfast, Lunch, Dinner) and activities with the family.

They are many benefits to living with a local family like the chance to improve your language skills and discover a new culture. It is a once-in-a-lifetime opportunity.

With this experience you can **learn the language everyday**, but you can also experience the cultural practices at home, **understand the local culture**, get to live like a local and enjoy traditional food. Most of all you can gain a new family and **make lifelong friends**.

WHERE ARE WE

Since February 2018, Sustainable Bolivia is based in **Riberalta**. Riberalta is known as the **Capital of the Bolivian Amazon** but also as the gateway to the Amazon.

Riberalta is located in the north of Bolivia, in the Beni department.

Fact about Riberalta: the city is one of the top producers of Brazil nuts, which comprise an important part of the local economy.

TOURIST ATTRACTIONS

Riberalta

The River

Like any riverside city, the majority of the entertainment and attractions are located along the river. Indeed, the tourist promenade along the river offers many splendid views of the Beni River, the junction between the Beni and the Rio Madre de Dios rivers and the forest on the other side.

For example, it is possible to climb to the top of the lighthouse to enjoy the beautiful view or simply stroll along the promenade and admire the cross that marks the foundation of the city or the bridge. It is also possible to enjoy delicious fish dishes in the many "cabañas" overlooking the river.

Hidden statues and a bit of everything

This city has balanced development with keeping its original charms intact. It is possible to wander the streets in search of countless statues adorning the city.

Whether on a motorcycle or on foot, strolling through the city will surprise you every day. Be it statues hiding, or even bins in front of houses that look more like works of art than garbage cans.

Shopping

The simple task of shopping for the week is a real experience, where it is fun to get lost wandering through stalls in the central market. The colors of the stands and the warm atmosphere that prevails in this market are a real treat.

Getting around

The city is as easily navigable as its people are welcoming, so it is very pleasant to walk on foot or take a moto taxi. Indeed, the preferred means of transportation of the inhabitants of Riberalta is the motorbike. It is a practical and versatile mode of transport with locals enjoying the welcome breeze while riding.

All the characteristics of the city make it an attractive place straddling culture and modernity.

Feel free to check the map we have created for you on:
https://www.google.com/maps/d/u/0/edit?mid=1cezwuBjy3c1JB86iXHhiVZ6Xn7BI-hK4&ll=-10.9036541912752 05%2C-65.88545569999997&z=9

Aquicuana Reserve

Moreover, Riberalta is surrounded by many places of attraction. Be it for an afternoon, a day or a weekend, the region has many attractions. If you love nature, the best place to hike in the forest or enjoy a boat tour with more than 200 different species of resident birds, and other Amazonian wildlife, is the Aquicuana reserve.

Located only half an hour from Riberalta, Aquicuana is a protected nature reserve where two local communities also live. Local guides are available for fishing, nature or custom tours in the jungle where they can point out local flora and fauna, including a stunning variety of birds, monkeys, river animals, as well as traditional medicinal plants and their uses. Whichever your interests are, there is something for everyone at Aquicuana!

Tumichucua

If you prefer enjoying a tranquil lake in a rustic locale, Lake Tumichucua is the place for you. The lake is the perfect place for safe swimming, boat rides or other water activities.

The banks of the lake are surrounded by forest, but there are also open platforms from which you can take a leisurely dive or dip into the water, or simply sunbathe.

You can also explore an island in the center of the lake by kayak or boat, where there is plenty of flora and fauna.

And even more

Closer to the city you will find other sites like a natural swimming pool where you can spend the whole day at enjoying barbecue, pedal-boating or even volleyball.

In El Prado, where it is popular among locals on the weekend, you can also relax or sunbathe. Very close to the city, in the dry season when the river recedes you can enjoy the beach, along with locals who flock there to cool off in the afternoons.

This is just a small sample of what Riberalta and its region can offer.

Join us!

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Sustainable Bolivia