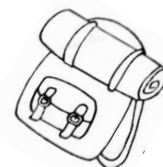
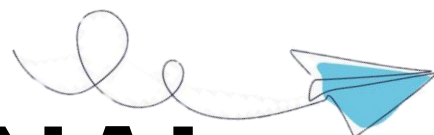




BOLIVIA NATIONAL PROFILE

2026 - 2027



WELCOME TO BOLIVIA!!!

¡Bienvenidos a Bolivia!

Bienvenues en Bolivie!

Wilkommen in Bolivie!

Velkommen til Bolivia!

Tervetuloa Boliviaan!

Hello future Exchangee!

This profile has been made to help you in your exchange year in Bolivia. We don't intend to 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 are looking forward to meeting you!

¡Un abrazo y sean bienvenidos!

ICYE -BOLIVIA TEAM





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.

Our GOALS

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.

Our History

- ICYE Bolivia was founded 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 continue to give to 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.

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 necessary requirements for your stay.



ICYE CAMPS

ICYE BOLIVIA will organize 3 camps to help exchanges adapt to a new lifestyle and learn about Bolivian culture. Attendance is mandatory and past exchanges 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 exchanges 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 exchanges. 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.

Midyear Camp

The mid-year camp will be six months after you arrive-usually at the end of January-february. 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!

This camp will also allow you to meet the other volunteers and get to know another region of the country.

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 exchangeees.

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.

DAILY LIFE

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 6:30 p.m, and then again return 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

¡ BE CAREFUL AT THE BEGINNING !!! During the first days, don't eat in the street,

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, Ilaucha; there is a huge variety of food to be sampled, from local to national dishes, cheap almuerzos, Street food, including savory 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 difficult, in general Bolivian food is very meat based. When living with a family, you Will have to consider this and be patient! Many families may not understand this choice and may not be able to prepare special food for you. So be prepared to cook by yourself!



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 their mother tongue or only Spanish... What our 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. There could also be some families who already are experienced receiving people from other countries.

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 house work 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 house work, sometimes they are going to tell you not to help them even if they want to, so we recommend you to try several times to help your host family in the house work 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.

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 house work 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.

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, time tables and way of living, tidying up your room, etc.

Obligations of the exchanges in their host situation:

- The exchangee has to ask for and follow the rules of the host situation.
- The exchangee has to integrate in everyday 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 their dishes, bathrooms, tidying up, washing clothes, etc.

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 conflict or 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.

Exchanges cannot change host situation without previously notifying and to have the written approval of ICYE Bolivia.

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 am. 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 am. 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 descendants of the Spanish colonizers, 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 Exchange and the Project are happy then the exchange can stay in the project.

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

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

Pocket money

Depending on the program you will get the Pocket money from ICYE Bolivia or by your sending committee. The regular exchanges from the regular ICYE program will get Bs 300 in pocket money every month by your regional ICYE office.

Transport reimbursement

You will receive a reimbursement for your daily transportation from the place where you live to the place where you work. Most travel can be undertaken in buses or minibuses. ICYE Bolivia will not reimburse taxis, truffles nor cablecar.

Medical Insurance

All Exchanges 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 some vacation time to travel anywhere you like. Previous Exchanges 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.

Exchanges form ICYE program has 30 working days (15 working days for 6 months), Austrian Scholarship program has 26 working days and Weltwärt has 26 working days of vacation.

NOTE: All exchanges with temporary resident have to pay around 170 Bs approx 20€, this amount must be paid each time you are going out the border into neighboring countries this cost is for exit only, and not re-entry.

Trip information.

The exchanges MUST inform their regional coordinator or staff AND their Project of where and when they Will be traveling. The preferably time to travel are during December-January

or July-August, that is when the project has holidays and at the end of your program time. Weekend trips to nearby places are allowed but the regional office must be informed. A few days before any 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
- Rain proof 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 TIME TABLE OF EVENTS

- ✓ Introductory Camp – September
- ✓ Extra Camp – November
- ✓ Mid - year Camp – february
- ✓ Extra Camp – May
- ✓ End of the Year Camp - July

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 = 7,50 - 11,50 Bs

(these rates change a lot)

| PRODUCT | COST BOLIVIANOS (BS) | COST IN EUROS |
|---------------------------------|----------------------|---------------|
| Tea or coffee | 10 - 15 | 1,25 – 2 |
| Bread roll | 0,5 - 1 | 0,10 |
| Bottle of coke, Sprite (500 ml) | 5 - 6 | 0,70 |
| Restaurant meal | 20 - 50 | 2,50 – 6 |
| Hamburger | 18 - 35 | 2,25 – 4,50 |
| Burger king | 35 - 65 | 4,30 - 8 |
| Cigarettes pack | 20 | 2,50 |
| Bottle of beer in a bar | 25 | 3,00 |
| Ticket movie | 30 - 100 | 4,25 – 12 |
| Bar of chocolate | 15 - 35 | 2 – 4,5 |

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 minibuses 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:

- **MiniBus (downtown): 2.00Bs - 0.25 €**
- **Mini Bus (long distance): 2.60 Bs - 0.32 €**
- **Bus (Short - Long distance): 1.50 - 2:00Bs - 0.20 € - 0.25 €**
- **PumaKatari (day): 2.50Bs - 0,31 € (night): 3.00Bs - 0.40 €**
- **Trufi (shared taxi with fix route): 3.50Bs - 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. 40 €**
- **Teleferico: 3Bs - 0. 40€**



Transporte Público - PUMAKATARI



Teleférico línea roja

AGREEMENTS - ICYE BOLIVIA RULES AND REGULATIONS

The success of your exchange program will depend on you being clear about the rules and regulations, but most of all on your attitude. We all want to have a positive experience so please read the agreement carefully and sign at the bottom of the page.

General Terms and Conditions

1. I have read and understand the guidelines for incoming volunteers in the National and Work Profile of Bolivia and the ICYE Federation guidelines for Exchanges. I agree to follow them.
2. I will make every effort to learn the language of my host country, which is Spanish.
3. I agree to adapt to and respect the Bolivian way of life and culture during my Exchange Program.
4. I will attend the compulsory camps (Orientation, Mid-Year, and Final Evaluation camps).
5. I have the responsibility to seek guidance when necessary. If I have a problem between myself and the project, the host family or independent accommodation, I will inform it to ICYE Bolivia staff, as the organization can only act when it is aware of the problem.
6. I will treat my regional staff and any collaborators of ICYE Bolivia with respect and maintain open communication with them to facilitate their work and support to me and all the people involved in my exchange period.
7. **I must NOT take illegal drugs (drugs that are illegal in Bolivia)**, and understand doing so may result in my immediate removal from the ICYE programme or arrest.
8. I will respect and comply with Bolivian Law.

Commitment to my Host Project - Host Family or Independent situation.

9. I will accept any host situation and project provided by ICYE Bolivia. I will not ask to change the host situation due to the distance to the project to the center of the city.
10. I will respect the rules and regulations of the project. Which include attending the project 5 working days per week for a minimum of 30 hours and a maximum of 40 hours per week. The project will establish the hours of work. I am aware that in some cases I may be asked to work on weekends.
11. I commit myself to do my best to perform good and meaningful volunteer work in accordance with my skills and the needs of the job.
12. In case of illness, I will inform the project and ICYE Bolivia of my absence.
13. **I will follow the rules of my host family or the House Rules**, which include respectful communication, to inform the arrival times at night, cleanliness, and any other rules.
14. I will share quality time with the Host Family, like weekend activities, lunch, dinner, etc. I must clean my room, and help with cooking and the daily cleaning. It is my responsibility to leave everything I use clean and tidy.
15. I will NOT leave the Host situation without the written consent of ICYE Bolivia. I accept that change of Host situation is only possible under necessary conditions. And only after ICYE Bolivia mediate and authorize a change.

16. I must take good care of the host situation and project facilities and equipment. I will reimburse any damage I cause to the properties of the project or Host Situation.

Travel Time

17. I understand that ICYE Bolivia is not a traveling agency and that I am not supposed to travel longer than the specified time: ICYE volunteers get 30 working days of holiday (15 working days for 6 months), IJFD volunteers get 26 working days of holiday for one year, and Weltwärts volunteers get 24 working days of holidays for one year.
18. I am aware that my vacation cannot interfere with my responsibilities within my project and the compulsory camps of ICYE Bolivia.
19. I am aware that I must keep informed ICYE Bolivia and my host project about my whereabouts during the exchange period. I will fill an on-line form for all the travel plan when I leave my resident city. (This helps us to support you during any crisis).
20. I understand that, until I obtain my Bolivian Residence Permit and Bolivian ID, I am not allowed to travel outside my city.



Transportation reimbursement

21. I am aware that ICYE Bolivia will reimburse transportation expenses between the Host situation and the Host Project only by specific means of transportation (Buses and Minibuses). I am aware that if I decide to take a different means of transportation (like taxis, telefericos, truffis) I will be responsible for its costs.

Representing ICYE

22. I will NOT bring the name of ICYE Bolivia or its project partners into disrepute. Prior to any action or statement that may significantly affect or obligate ICYE Bolivia, exchanges should seek prior consultation and approval from appropriate staff.

Non compliance

23. I understand that failure to adhere to any and all parts of this agreement may result in the suspension or **cancellation from the ICYE exchange programme, and the immediate return to my home country.**

I hereby confirm that I have read and understood the above rules and regulations. I also confirm that I have been informed of the fact that my medical and liability insurance will expire when my exchange year comes to an end and that ICYE Bolivia will have no further obligations to me thereafter.

Name of volunteer: _____

Passport No: _____

Signature: _____

Date and place: _____

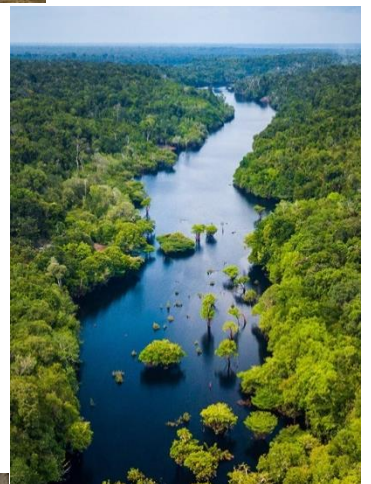
General Information about Bolivia

World's Leading Cultural Destination

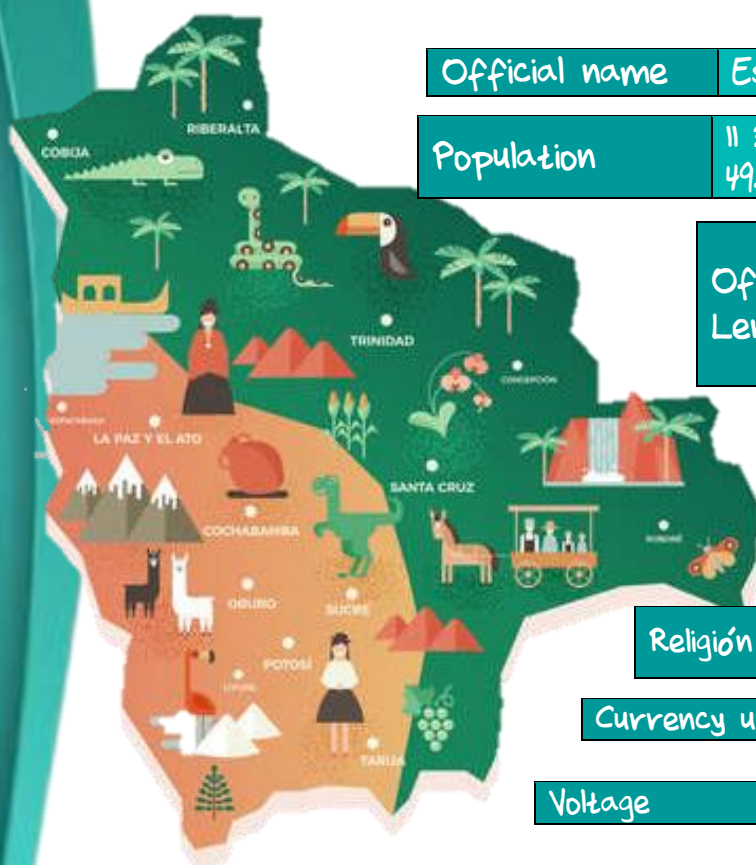
Bolivia was honored with the title of World's Leading Cultural Destination in 2017 by the World Travel Awards. This prestigious recognition highlights Bolivia's rich cultural heritage, diverse traditions, and vibrant festivals that captivate visitors from around the globe.

The award acknowledges Bolivia's efforts in preserving and promoting its cultural assets, including its indigenous cultures, traditional music and dance, and historical sites. The country's commitment to showcasing its unique cultural identity has made it a top destination for travelers seeking authentic cultural experiences.

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.



Some Facts about Bolivia



| | |
|---------------|---------------------------------|
| Official name | Estado Plurinacional de Bolivia |
|---------------|---------------------------------|

| | |
|------------|---------------------------------------------------------|
| Population | 11 312 620 people (2024 INE) 49.88% Men 50.12% Women |
|------------|---------------------------------------------------------|

| | |
|-------------------|-----------------------------------------------------------------|
| Official Language | Spanish, Aymara, quechua, Guarani and 33 other native languages |
|-------------------|-----------------------------------------------------------------|

| | |
|---------|---------------------------------------------------------------------|
| Capital | Sucre is the capital of Bolivia La Paz is the Seat of Government |
|---------|---------------------------------------------------------------------|

| | |
|----------|--------------------------------------------|
| Religión | Catholicism is the most important religion |
|----------|--------------------------------------------|

| | |
|---------------|----------------|
| Currency unit | Boliviano (Bs) |
|---------------|----------------|

| | |
|---------|-----|
| Voltage | 220 |
|---------|-----|

| | |
|------------------------|----------------------------------------------------------------------------------------|
| Population poverty: | 37% (2021 WB) |
| Labor force: | 8.4 millones (2021 INE) |
| Unemployment rate: | 6.0% 2021 INE (86% had informal jobs.) |
| Industries | Mining, smelting, petroleum, food and beverages, tobacco, handicrafts, clothing, gold. |
| Agriculture -products: | Soybeans, coffee, coca leaves, 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 | Mercosur 23,3%, India 16,6%, CAN 15,1%, EU 9,0%, Japan 8,3% (2021) |

| | |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Climate | <p>The temperature depends on the region:</p> <ul style="list-style-type: none"> -The west of Bolivia is rather cold and dry: La Paz, Oruro and Potosí; -The middle is warm: Cochabamba, Sucre and Tarija; -The east and north are hot and humid: Beni, Santa Cruz and Pando |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Brief history of Bolivia

Earliest human: In Bolivia, there is evidence of human occupation from 12,000-10,000 BC at the Viscachani site, and shell middens produced by human foragers as early as 10,000 years ago in Moxos.

Sedentary cultures: The Wankarani (2500 BC) and Chiripa (1500 BC) developed in the high plateau until around 100 BC. These cultures created the first cities, ceramics and ceremonial structures, they domesticated camelids, potatoes and quinoa.

The Tiwanaku Culture (100 BC - 1000 AC): dominated a large area from south Peru, through Andean Bolivia, to north Chile and Argentina, reached its apogee between 500 and 900 AD. Its monumental remains, the fine ceramics, textiles, advanced agriculture and camelid herders, testify to the cultural, religious and political significance of this civilization.

The Aymara (1100 AC – present) had a number of independent states. About 1430 the Inca conquers them and formed a major part of the Inca empire, against which the Aymara continually revolted.

The Inca Empire, one of the largest of the continent, extended from Colombia to Santiago de Chile and from the Pacific Ocean to the Amazon jungle, with its capital Cusco.

The Spanish invaded America in 1492, but they invade the Inca Empire in 1532. During the **colonial period**, the Spanish institutionalized the exploitation through obligatory working the mines (the Mita) or the workshops (the Obrajes). Millions of people died with the arrival of the Spanish due to pandemics and exploitation. 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.

Republic of Bolivia, the independence from the Spanish was in August 6th 1825.

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.

Military governments: Since 1964 to 1982 there were coups, counter-coups, and caretaker governments. In 1979 Lidia Gueiler Tejada the first Bolivian first female president she called

for election. But in 1980, General Luis García Meza Tejada carried out a ruthless and violent coup that did not have popular support.

Return to democracy. In October 1982, Hernán Siles Zuazo became president. The first democratic government after 20 years. Severe social tension, exacerbated by a Hyperinflation, forced him to call early elections. Bolivia suffered the first Hyperinflation in Latin America, of 2177 % in 1984 and 8170 % in 1985.

Neoliberal economy in 1985 Hyperinflation had reached an annual rate of 24,000%. Paz Estenssoro's administration imposed a neoliberal economic system with the Supreme Decree 21060. This decree stabilize the economy with a high social cost:

- The Bolivian peso devaluated with 93 percent over one night,
- The government ended all subsidies. The price of gasoline went from 0.04 to 0.30.
- The dismissal of two thirds of the government employees. More than 20 000 miners were fired. Salaries were frozen.
- The liberalization of the market. This resulted in the local production of goods and services coming under enormous pressure and eventually most of it succumbed.

Bolivian Water war. In 2000, a series of anti-privatization protests took place in Cochabamba. The Bolivian government declared martial law, killing several people, arresting protest leaders and shutting down radio stations. After continued disturbances and civic pressure, the government finally rolled back the privatization.

Bolivian Gas War began as a dispute over the exploitation of Bolivia's natural gas. Strikes and blockades first erupted in in February and in September 2003, with several deaths and dozens of injuries in confrontations with the armed forces. President Sánchez de Lozada resigned under pressure from protesters, formally handing over the presidency to his vice-president, Carlos Mesa, in order to preserve the Constitutional order.

Evo Morales won In the elections of December 2005, winning 54% of the electorate's votes; Morales was the first indigenous Bolivian president in history. In 2006, Morales announced his intent to re-nationalize Bolivian hydrocarbon assets and opened the Bolivian Constituent Assembly to begin writing a new constitution aimed at giving more power to the indigenous majority. 2009 marked the creation of a new constitution and the renaming of the country to the **Plurinational State of Bolivia**.

The revenues generated by the partial nationalization of hydrocarbons made it possible to finance several social measures: the Renta Dignidad for people over 60 years old; the Juana Azurduy voucher which ensures the complete coverage of medical expenses for pregnant women and their children in order to fight infant mortality; the Juancito Pinto voucher, an aid paid until the end of secondary school to parents, and the Single Health System, which since 2018 has offered all Bolivians free medical care.

Interim government 2019–2020, During the 2019 elections, the quick count process was interrupted, Evo Morales party was winning the count but it was not enough to avoid the runoff. Two days after the interruption, the official count showed Morales fractionally clearing the 10-point margin he needed to avoid a runoff election. Amidst allegations of fraud, widespread protests were organized to dispute the election.

After weeks of protests, Morales resigned on national television shortly after the Commander-in-Chief of the armed forces General Williams Kaliman had urged that he do so to restore "peace and stability". Opposition Senator Jeanine Áñez declared herself interim president, claiming constitutional succession after the president, vice president and both head of the legislature chambers.

Protests to reinstate Morales as president continued becoming highly violent: burning public buses and private houses, destroying public infrastructure and harming pedestrians. The protests were met with more violence by security forces against Morales' supporters after Áñez exempted police and military from criminal responsibility in operations for "the restoration of order and public stability"

ECONOMIC AND POLITICAL SITUATION IN BOLIVIA

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".

During the Colonial Period and through to Independence, the main product of exploitation was silver. In the Colony Potosí was 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.

In the 21th century during the period 2006 to 2014 (period of the presidency of Evo Morales) the economy of Bolivia quadrupled from a value of 9,573 million dollars to 42,401 million dollars, this is due in large part to the policy of nationalization of Natural Resources, the stability of the exchange rate, the incentive of the domestic market, strong public investment in infrastructure and industrialization of natural resources such as gas and lithium. Due to these Bolivia experienced a marked reduction in poverty and extreme poverty, resulting in a reduction of the population living in extreme poverty from 38.2% to 15.2%.

After the commodity boom ended in 2014, Bolivia resorted to high public spending resulted in rising public debt and the reduction of international reserves and fiscal savings accumulated in the bonanza. The situation was aggravated by the health and economic crisis caused by COVID-19. The high public indebtedness, falling natural gas production and modest international reserves have limited the government's efforts to boost growth and put pressure on the foreign exchange market where a parallel exchange rate has emerged, making really difficult to obtain US dollars and Euros. This had result in an increasing inflation in 2024.

In this context, one part of the ruling political party, the followers of President Arce, are in the legislative chamber, trying to pass measures to reactivate the economy. Meanwhile, the other part, the followers of former president Morales, are trying to block these decisions with the aim of fueling street protests to ensure Morales' participation in the 2025 elections.

Among the measures proposed by Arce's government are attempts to obtain new loans to alleviate, albeit momentarily, the pressure on public accounts. Plans are also being drawn up to attract foreign investors to exploit lithium reserves, the country's new manna in the current context of global energy transition.

BOLIVIAN CITIES

COCHABAMBA

Cochabamba, often referred to as the "Corazón de Bolivia" (Heart of Bolivia), is a vibrant city located in the central region of Bolivia. It is a vibrant city in a valley at 2,558 meters above sea level, surrounded by the Tuners hill, the Alalay lagoon and the San Sebastian hill. It is known for its pleasant climate, natural beauty, and rich cultural heritage.



Cochabamba is known for its gastronomy, and some of the best restaurants in the country are located there. It is a melting pot of indigenous, Spanish, and mestizo cultures. It hosts numerous festivals, traditional dances, and music events throughout the year. It has a vibrant and diverse nightlife that caters to various tastes and preferences. Whether you're looking for a relaxed evening with friends or a night of dancing and live music, there's something for everyone. With a relaxed and friendly atmosphere. The city's climate, vibrant cultural scene, and relatively high standard of living make it an attractive place to live.

Climate: Cochabamba is known as the "City of Eternal Spring" and "The Garden City" because of its spring-like temperatures all year round. 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

LA PAZ

At an elevation of 3,600 m above sea level, La Paz is the world's highest administrative capita. Together with El Alto, a city right next to La Paz, is the second metropolitan area of Bolivia with around 2 million people. It is located in a bowl-like depression surrounded by the high mountains of the Altiplano. Overlooking the city is the towering, triple-peaked Illimani.



La Paz is a city with a mix of traditions and modernity, and a rich history. The city has many indigenous markets, museums, and churches, including the San Francisco Church. The Witches' Market in the center of the city sells charms and potions for Aymara rituals.

Going out in La Paz is an amazing experience! There are plenty of places to choose from, no matter your taste or preferences. You can visit the beautiful bohemian neighborhood of La Paz filled with great restaurants and cozy bars that have great music.

La Paz's cable car system is the highest urban cable car system in the world, connecting the mountainside in La Paz 3600 m to El Alto city at 4100 m of altitude. The cable car is a modern transportation system that has helped reduce traffic and environmental pollution.

Climate: Due to its altitude, La Paz has an unusual subtropical highland climate, with rainy summers and dry winters.

3 Main Attractions

The vall of the moon: The Valley of the Moon is a series of eroded geological formations located 10 km. from the city of La Paz. It has wonderful geological formations.



Cascadas de Hampaturi: In this beautiful attraction you can perform different activities such as rappel, coordinating previously with a travel agency, you can camp and take pictures with the impressive landscapes that exist and you can spend a beautiful moment in nature. This tourist attraction is located about 20km from the city of La Paz, approximately 90 minutes from downtown, and can be reached by public and private transportation.



•**Copacabana:** Copacabana located 150 km. from the city of La Paz and on the shores of Lake Titicaca is an important tourist and pilgrimage center of Bolivia. An unmissable place to learn about the culture and traditions of the people of Titicaca.

SANTA CRUZ

History: Santa Cruz de la Sierra is the capital city of the department of Santa Cruz, Founded by Ñuflo de Chavez on 26 February 1561.

It is currently the economic centre of Bolivia, being one of the largest, most modern and populated cities.

Its extension is 567 Km² and it is known for its pleasant climate, its diversity of flora and fauna and its welcoming people, they have a saying that says "hospitality is the law of the cruceño".

The city of Santa Cruz de la Sierra was planned in the 60's in concentric rings with a projection up to the 4th ring, thinking that it would grow up to this point until the 90's, however it has suffered an exponential growth up to more than the 9th ring.

Climate: Located an altitude of 416 meters above sea level, Santa Cruz has a sunny and semitropical weather, with a average temperature of 15 C (59F) on Winter and 35 C (95F) 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.

4 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 water falls, rivers, rainforests 16 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 misión 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:** (For tress) 120Km south west 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.



Espejillos: Is the gateway to the Amboró National Park, the place has swimming holes, waterfalls and is surrounded by jungle vegetation. Espejillos is located 45 km from Santa Cruz and is an ideal place for a day trip, hiking and enjoying nature.

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 over seen by Gonzalo Pizarro, who was interested in exploring the Highland east región of the Ande an Cordillera. In 1559, Spanish King Felipe II commanded the foundation of the Audiencia de Charcas, with its head quarter 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, sou the astern 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 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 LaPlata was changed to Sucre in honor of Mariscal Antonio José de Sucre, who 17 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 story and its wealth of colonial architecture.

Climate: The city of Sucre is located 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 augus t6th, 1825. Portraits of presidents, military decorations, and document sare displayed.
- Museo de la Recoleta:** Established by the Franciscan Order in the early 16th century, this placed 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.



La recoleta



Universidad San Francisco Xavier