

Building Bridges Series

Sample Itinerary

Friday, March 28th

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| Meet at UCSD | 8 am |
| <i>Volunteer Project I: Community Garden</i> Work Project will support a local community garden at EcoParque, tour of the park and lunch | 10 am – 1:30pm |
| <i>Go to Facility, Orientation</i> | 1:30pm – 3:30pm |
| <i>Border Tour and Dinner at Casa Migrante</i> <i>Gilberto Martinez will provide a tour of the eastern border zone and a visit and dinner at Casa Migrante, a program that hosts deportees. Guests will have the opportunity to hear stories of border crossings.</i> | 3:30 pm – 6:30pm |
| <i>Tepoz Nieves</i> <i>You never had ice cream like this!</i> | 7:00 pm – 8:00 pm |

Description:

Day 1

We will meet on the UCSD campus and carpool to the office of VolunTours (in Chula Vista). From there we will board a bus to Baja.

Today's community service project will focus on the continued development of community gardens in the Border Region. These microcosms of education for children and families, as well as a means to sustain family health and food security, are always in need of voluntary support to plant, weed, compost, and perform other tasks to sustain the projects. We will visit one of the most unique environmental projects in the Border Region. Named *EcoParque*, short for Ecological Park, EcoParque operates a "black water" filtration unit that utilizes gravity-fed wastewater runoff, purifies it, and uses it for irrigation on a roughly 20-acre plot of land.

After lunch with community members, we will head to the facility for orientation. Next, we'll get a special look at one of the ways the U.S. is inextricably linked to Tijuana – through the eyes and words of people returned to Mexico after trying to cross to the U.S. A local expert on migration issues will guide the group to the border and host the visit and dinner at Casa Migrante.

Finally, we'll top off the evening with great ice cream.

Saturday, March 29th

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| <i>Breakfast</i> | 7:30 am at facility |
| <i>Volunteer Project II: School Plaza</i> Patio, sidewalk, access ramp, or plaza construction via cement mixing and placement. These projects are incredibly necessary in the Border region as resources are scarce. | 8am – 1pm |
| <i>Departure and Freshen Up</i> Return to facility for cleanup and preparation for afternoon session and dinner | 1pm – 2:30pm |
| <i>Depart for the community and a visit to women in the microcredit program.</i> | 3pm – 5:30pm |
| <i>Dinner out</i> | 6:00pm – 8:30pm |

Description:

Day 2

We will head to one of Tijuana's Barrios for a volunteer work project to serve the residents and children of that neighborhood. Participants will spend several hours assisting community members in mixing cement to lay a foundation for a classroom, a sidewalk, an access ramp, or a plaza for assemblies or recreational activities. These projects are especially important because they support access to schools during the rainy season.

After lunch in the community and a refresh at the facility, we will visit with micro credit participants. Women who have completed the nutrition and ecology program are offered the opportunity to form groups from their class and receive microloans to support small home-based enterprises and/or receive consumer loans for health, education or home improvement purposes. In nearly four years of operation all loans have been repaid with interest on time.

Our bus driver's wife will host dinner in her community cafe!

Sunday, March 30th

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| <i>Breakfast</i> | At the facility |
| <i>Pack and clear facility</i> | 9:15 - 10:30 a.m. |
| Departure for the U.S. | 10:30 – 11:30 a.m. |
| <i>Lunch & Chicano Park Tour</i> Lunch in the Park and a guided tour by Rigoberto Reyes | 12pm – 2:00 pm |
| <i>Back to San Diego</i> | By 3 pm |

Description:

Day 3

Our final morning we will pack and head to the border.

Crossing into the U.S. around noon, we will be greeted by Rigoberto Reyes who will offer us a tour of Chicano Park, the largest mural park in America. We will have lunch at a nearby taqueria (or pupuseria) before heading back to the meeting point.

We should be back to the UCSD campus by 4pm.