

Bolivia: Food Sovereignty & Climate Change

July 21 – August 1, 2012

SAMPLE ITINERARY

Sat, July 21

- Arrival in La Paz, hotel check-in and acclimatization (La Paz is at 12,500 meters above sea level!)
- Orientation briefing

Sun, July 22

- City tour of the El Alto and La Paz foodshed, with market visits and traditional food tastings
- Optional cultural evening

Mon, July 23

- Meeting with Bolivian NGO FOBOMADE (the Bolivian Forum on Development and the Environment) for a presentation on food sovereignty movements in Bolivia, struggles around GMOs, and food sovereignty in the new Bolivian constitution (2009).
- Vegetarian lunch with traditional foods
- Meeting with Bolivian NGO PROINPA to discuss Andean agro-biodiversity, peasant agriculture and climate change adaptation

Tue, July 24

- Guided visit the ruins of ancient Tiwanaku, the center of one of the most important pre-hispanic empires in the Americas. Tiwanaku is significant for its history of self-sufficient food production and provisioning. It remains a sacred site for Aymara indigenous people and a UNESCO World Heritage Site.

Wed, July 25

- Travel to the Yungas montane cloud forest agroecosystems and the rural town of Coroico (2000m); Overview of Yungas agriculture and the three most economically-important crops: coffee, coca and citrus
- Help harvest, process and roast coffee at a rural coffee plant
- Shop for local ingredients in the Coroico market and prepare a traditional meal

Thu, July 26

- Guided walk through coca fields in traditional coca-growing communities with local farmer
- Coca-chewing workshop and discussion of coca in Andean culture, diet and spirituality
- Visit the Unidad Académica Campesina (UAC), an agrarian college for rural youth

- Visit UAC agro-ecological projects such as the biodynamic garden, biological pest control lab and botanical garden

Fri, July 27

- Travel to Santiago de Okola, highland community on the shores of Lake Titicaca (3810m)
- Dinner and evening with host families

Sat, July 28

- Community tour and visit to community museum
- Help prepare traditional foods with host families and come together for communal lunch ('apthapi') with Okola community members
- Discussion of local agriculture, agro-biodiversity and climate change with a local farmer and participate in productive activities TBD (fishing, tending animals, etc)
- Dinner with families and community bonfire

Sun, July 29

- Optional early-morning hike up Sleeping Dragon Mountain
- Andean textile workshop with local weavers
- Lunch with host families
- Visit the exquisite baroque church of Carabuco
- Travel to El Alto airport for domestic flight to Cochabamba (2400m)

Mon, July 30

- Meeting with the Cochabamba/San Francisco-based Democracy Center for a discussion of global climate justice
- Meeting with Bolivian NGO Agua Sustentable for a presentation on water as a human right in Bolivia
- Cochabamba city tour and optional cultural night

Tue, July 31

- Presentation by AGRUCO (Agroecological University of Cochabamba) on sustainable development, recovering traditional knowledge, and re-valuing indigenous crops and practices
- Visit to the Quechua community of Linku outside Cochabamba with AGRUCO staff
- Communal 'apthapi' meal and cultural exchanges with local farmers
- Return to Cochabamba for closing dinner and discussion

Wed, August 1

- Return to the U.S. or "Add-on" tours