

Brigada de Voluntarios Bolivarianos del Perú BVBP

INTERNATIONAL WORKCAMPS PROGRAMME 2023



BVBP IS.....

Brigada de Voluntarios Bolivarianos del Perú, is a national youth volunteer organization, non-profit, founded 40 years ago, on November 23, 1982.

We are one of the most important volunteer organizations in Peru, with representation in 12 regions.

We are committed to the International Voluntary Service since 1999, with short, medium and long-term programs and with more than 30 projects of the Erasmus+ program, since 2015.

Our main objective is:

Education and training of youth leaders and involve them in Youth Voluntary Service.

VISION:

To be the leading international organization that promotes integration and solidarity through volunteering.

MISSION:

We seek social change, the training of leaders; the personal-social development of young people, their integration and participation in decision-making regarding policies that affect them with permanent sensitivity and social inclusion.

ACTIVITIES

- Training seminars on leadership, Personal Development, Political participation, projects,
- Health, sexuality, ecology, environment campaigns. Education, Drug Consumption Prevention, etc.
- · Generation of youth micro-enterprises,
- Social projection: visits to hospitals, orphanages, nursing homes, shelters for children with HIV, vocational guidance talks, support for charitable institutions, etc.
- Cultural diffusion: artistic exhibitions, visits to museums, theaters, etc.
- Volunteer exchange programs with national and international youth organizations
- Recreation and use of free time (camps, walks, internal tourism, etc.)









CODE	NAME	LOCATION	START DATE	FINAL DATE	ТҮРЕ	No. VOLS.	AGE
BVBP 01	Protecting and Spreading the Heritage anda Culture of Ayacucho	Ayacucho	1-Jun	15-Jun	RENO/ART/SOCI/EDU	10	18+
BVBP 02	11th International Festival of Folkloric Dance " Semilla Folk 2023"	Villa Maria, Lima	13-Jun	26-Jun	FEST/CULT	12	18+
BVBP 03	Awareness and Cleaning of the Villa María Wetlands	Chimbote - Ancash	27-Jun	11-Jul	ENVI/ EDU	12	18+
BVBP 04	Voceros del Mar - Speakers of Sea	Punta Negra Lima	4-Jul	18-Jul	ENVI/EDU	12	18+
BVBP 05	Awareness, Education and Cleaning to Preserve the Tourist Malecon of the Aguaytia River	Aguaytia Ucayali	15-Jul	29-Jul	RENO/ENVI/EDU	12	18+
BVBP 06	Working for a Sustainable Environment	Yarinacocha - Ucayali	1-Ago	15-Ago	ENVI/EDU/SOCI	12	18+
BVBP 07	Rebuilding Our Children's House from the Urpi Home	Ayacucho	3-Ago	17-Ago	RENO/EDU/SOCI	12	18+
BVBP 08	The Green Future	Trujillo – La Libertas	08-Ago	22.Ago	ENVI/EDU	15	18+
BVBP 09	Social and Environmental Learning	Huanuco	13-Ago	27-Ago	ENVI/SOCI	12	18+



BVBP 01
PROTECTING AND SPREADING THE HERITAGE AND CULTURE OF AYACUCHO.
01 to 15 June 2023
10 volunteers
RENO, ART, SOCI, EDU, CULT

PROJECT

As part of this program, the volunteers will work in intercultural programs, in the protection and dissemination of the crafts of the Ayacucho region. The volunteers will spend time with the artisans since the municipality together with the Ministry of Culture launched the conservation plan and value the work of the artisans. During the two weeks you will be working on the reconstruction for the opening of the craftsman's house, helping five hours a day from Monday to Friday.

This intercultural project contributes mainly to the development of Artisan families in poor rural areas and urban areas



These 2 weeks will be fantastic to understand the culture and millennial traditions of the Wari dynasty, which is still very much alive in the region, while contributing to making society a better place to live for all The Brigada de Voluntarios Bolivarianos del Peru Ayacucho subsidiary created this field of work to support the community in the maintenance and remodeling of the often neglected home of the artisans.

PROJECT'S ACTIVITIES

Volunteers will participate in the renovation of the artisan house, carrying out:

- · Reconstruction and maintenance of the place.
- Participate in workshop classes offered by craft schools.
- Prepare posters and creative workshops for the public.
- Disseminate the work of artisans.

COMMUNITY CONTEXT

Ayacucho is located in the Andes of Peru to 566 km from Lima, 10 hours by bus and 1 hour by plane, it is at an altitude of 2,746 m. It is characterized by its pleasant, temperate and dry climate and is one of the most notable architectural and artistic ensembles in the country. Known as the "City of Churches" and "City of Majesty", Ayacucho has more than thirty churches and colonial temples of Renaissance, Baroque and mestizo styles, which keep inside true works of art such as paintings, images and beautiful carved altarpieces. in wood and bathed in gold leaf.

Ayacucho is also recognized internationally for its artistic manifestations, which is why it was declared the "Capital of Popular Arts and Crafts of Peru."

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish, so you can integrate the community. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION

The volunteers will be accommodated in a house 30 minutes from Ayacucho. The house will be equipped with water, electricity, kitchen, laundry. Participants will share rooms. They will take care of preparing meals and cleaning the house. Do not forget some traditional foods, drinks and recipes, typical of your country of origin for the international evening.

PARTICIPATION FEE

BVBP 02
11TH INTERNATIONAL FESTIVAL OF FOLKLORIC DANCES "SEMILLA FOLK 2023"
Center for Research and Cultural Promotion La Nueva Semilla
13 to 26 June 2023
12 volunteers
FEST / CULT

PROJECT

The festival is an experience of interculturality manifested in dance and will be held in different locations in Lima, with the purpose of paying tribute to the diversity of cultures in Peru and the world. The Semilla Folk Festival will be, like every year, free access and is aimed mainly at children, young people and people who do not have the opportunity to live a cultural experience.



AIMS OF THE PROJECT

Strengthen the cultural identity of Villa María del Triunfo and the recognition of our district as a point of culture at a national and international level, highlighting the cultural and tourist route that Villa María del Triunfo offers,

PROJECT'S ACTIVITIES

Our organization has been successfully carrying out 10 editions of the "Semilla Folk" Festival since 2010. The Festival consists of the presentation of traditional dances from each country; in addition to Peruvian Andean Fusions, a mixture of the urban with the Andean. In this new edition we will be accompanied by 4 international delegations: Mexico, Colombia, Ecuador and Poland, with a total of 150 foreign artists including dancers and musicians.

COMMUNITY CONTEXT

Villa María del Triunfo, is a district located in the southern area of Lima, it has an extensive territory and population. Likewise, it presents various problems, such as: delinquency and drug addiction (alcoholism, gangs, low self-esteem and depression) affecting mainly children, adolescents and young people, who are dragged into these problems due to lack of family communication, insufficient practice of values, lack of guidance, few job options and the absence of cultural spaces where they can develop activities that help them to better function in society.

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish. It is not necessary to speak fluently and your Spanish will surely improve while you are here

VOLUNTEER TASKS

Volunteers will carry out various support activities in the scheduled artistic and cultural activities. These can be, for example, domestic activities (cleaning, cooking, common areas, etc.), as well as support in the logistics and promotion of the festival events.

HOST SITUATION The volunteers will be housed in a house with all basic services. It is necessary that the volunteers bring sleeping bag, and the food will be healthy

PARTICIPATION FEE

BVBP 03
AWARENESS AND CLEANING OF THE VILLA MARÍA WETLAND
27 June to 11 July
12 volunteers
ENVI, EDU

PROJECT

We seek to raise awareness in the population about the care of the Villa María Wetland, which is a temperate marine-coastal ecosystem and is home to various varieties of birds, fish, food plants, and forest resources. It works as a resting, food and refuge area for many migratory birds that make intercontinental trips, looking for places to spend their non-breeding season in winter, however, it is in permanent risk due to the lack of care of the population and authorities, plastic waste, arson, etc.



PROJECT'S ACTIVITIES

- Promote and execute cleaning campaigns around the wetlands and also some community beaches.
- Non-formal educational workshops and talks will be held in the city's schools to raise awareness about caring for the environment and its importance.
- The volunteers together with the members of the project will organize an excursion to carry out a photographic and video session of the flora and fauna of the wetlands in order to have as a result an exhibition that will be offered to the community.
- Hold a fair in the main square on environmental issues such as: recycling, compost, animal care, etc. Hours: Monday to Friday from 8:30 a.m. to 12.30 p.m. and from 3:00 p.m. to 5:00 p.m

COMMUNITY CONTEXT

The project will be developed in the District of Nuevo Chimbote, Province of Santa, Department of Ancash. It is located on the north coast of Peru, 360 km from Lima, so you can visit the beaches, the climate is mild and the city is quiet with very welcoming people.

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish, so you can integrate the community and your host family. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION The volunteers will be housed in a house with all basic services. It is necessary that the volunteers bring sleeping bag, and the food will be healthy

PARTICIPATION FEE

BVBP 04 VOCEROS DEL MAR - SPEAKERS OF THE SEA 04 to 18 July 2023 12 volunteers ENVI, EDU

PROJECT

You will volunteer in an environmental project in the district of Punta Negra - Lima, with the purpose of creating a new culture and a change of habits in the local community. The project is "Spokesmen of the Sea" and is directed by the "Marina Network" organization that works with local volunteers, the project was established to protect and conserve Humboldt's biological corridors, where biodiversity is in danger and to preserve ecosystems of the ocean and the marine species.



AIMS OF THE PROJECT

Develop forms of sustainable coexistence with nature through the awareness of the population on how to take care of the ecosystem and promote a greater degree of awareness about the impact of our actions and the pollution of our marine environment. habitat.

PROJECT'S ACTIVITIES

As a project volunteer, you will be involved in various activities, depending on your skills, experience and interest, and depending on the marina network plans that directs the project.

Work at:

- Activism on the beaches, "Take care of your world" CTM.
- · Sensitization activities of children and young people, in the schools of the district.
- . Mural elaboration to raise awareness in the population.
- Educational activities on environmental awareness,
- Marine fauna observation (nests, snorkeling, habitat, anthropic activities)
- Data record in the bird's nest (made by the "Ostrero" bird couples "
- · Research and monitoring activities

Hours: Monday to Friday from 8:30 a.m. to 12.30 p.m. and from 3:00 p.m. to 5:00 p.m.

COMMUNITY CONTEXT

Punta Negra Beach is a small expensive city located 53 km south of Lima, the capital of Peru, and on the coast of the Pacific Ocean. The District of Punta Negra has 7074 inhabitants, but even more visitors come during the summer (from January to March) to enjoy the beaches. The black beaches are characterized by surf sport, artisanal fishing,

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish, so you can integrate the community and your host family. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION The volunteers will be housed in a house with all basic services. It is necessary that the volunteers bring sleeping bag, and the food will be healthy

PARTICIPATION FEE

BVBP 05
AWARENESS, EDUCATION AND CLEANING TO PRESERVE THE TOURIST MALECON OF THE AGUAYTIA RIVER
15 to 29 July 2023
12 volunteers
RENO, ENVI, EDU

PROJECT

Create awareness of love for nature, respect for the attractive places that symbolize and represent the culture of the province of Padre Abad and its preservation, with the task of raising awareness among the general population about the care, cleanliness and conservation of the tourist boardwalk of the Aguaytía River that is located in Aguaytía, developing joint community work, with the residents of the area, children, youth and adults in the jobs specified in the project.

In addition, the project will develop an approach and experiential knowledge of life in the jungle of Peru. During the development of the project, the volunteers will be in permanent contact with nature and places in the province.



PROJECT'S ACTIVITIES

- Cleaning of the tourist boardwalk of the Aguaytía River, in all the space occupied by the tourist boardwalk.
- Reforestation and embellishment of the ornamentation within the tourist boardwalk of the Aguaytía river, with fruit and ornamental species and plants that prevent soil erosion.
- Educational talks in schools and institutions to create awareness of respect and love for nature and care for the tourist boardwalk of the Aguaytía River.
- The volunteers together with the members of the project and the community will organize activities
 to draw the attention of the authorities and the population so that they are aware of the importance
 of conservation and care of the tourist boardwalk of the Aguaytía River.
- Preparation and installation of posters with slogans and drawings, alluding to the cleaning and conservation of the environment and the tourist boardwalk itself.
- Installation of clean points (placement of bins for solid waste) and awareness about the proper use of these.

Volunteers will work daily from Monday to Friday, except on weekends where they can carry out activities of their own interest, cultural activities.

COMMUNITY CONTEXT

The project will be carried out in the jungle, in the City of Aguaytía, Province of Padre Abad, Department of Ucayali. The province of Padre Abad is one of the four that make up the department of Ucayali in eastern Peru. Its capital is the city of Aguaytía.

To travel by land (Lima Aguaytía): From the capital of Peru, Lima to Aguaytia by land is 16 hours, crossing the Andes of Peru.

To travel by air (Lima – Pucallpa and then Pucallpa – Aguaytía): From the capital of Peru, Lima to Pucallpa takes 45 minutes and then taking a land taxi from Pucallpa to Aguaytía takes 3 hours. Aguaytía is a welcoming city, tropical climate, diversity of tourist sites.

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish, so you can integrate the community and your host family. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION The volunteers will be housed in a house with all basic services. It is necessary that the volunteers bring sleeping bag, and the food will be healthy

PARTICIPATION FEE

BVBP 07
WORKING FOR A SUSTAINABLE ENVIRONMENT
01 to 15 August
12 volunteers
ENVI, EDU,SOCI

PROJECT

"Working for a sustainable environment", is a youth learning program aimed at secondary level students from the Ucayali - Pucallpa region, which aims to promote the development of their capacities and social skills through non-formal, creative education. and experiential such as training, games and other learning strategies, provided by professionals specialized in the corresponding area.

PROJECT'S ACTIVITIES

The activities will be carried out with a duration of 20 hours per week, approximately 4 hours per day, and are the following:

- Didactic talks on energy, volunteering and leadership issues.
- Guided tour of the company's facilities, operating areas, warehouses, old generators, electrical substations, control systems and floating raft.
- Didactic and integration games.
- Talks in the same schools. in case they cannot attend the company facilities.
- As well as participating in their free time in the different activities carried out by strategic allies (travelling fairs, championships, karaoke, walks, drills, etc.)
- Municipal canine center: recycled beds, food donation, deworming of animals and medicated baths will be made.
- Cleaning of the Sandbank: collection of solid waste and sensitization to visitors and residents for the care of the lake.
- Vocational guidance for young people in the 5th year of secondary school: informative talks, vocational tests and information on professional careers at the National University of Ucayali.
- Creation of compost: compost creation workshop in the native community... and composting in it
- Sustainable games: Sports activities related to caring for the planet and cleaning the city will be carried out, encouraging care for the environment through recreation.
- Home for the elderly: sharing with members, donation of various products and integration dynamics.

COMMUNITY CONTEXT

The program will take place in the district of Yarinacocha, province of Coronel Portillo, department of Ucayali, in the jungle of Peru, an area that is 18 hours by bus and 45 minutes by plane from Lima.

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish, so you can integrate the community and your host family. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION The volunteers will be housed in a house with all basic services. It is necessary that the volunteers bring sleeping bag, and the food will be healthy

PARTICIPATION FEE

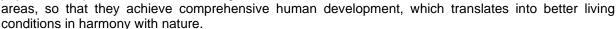


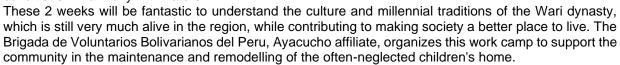
BVBP 07
REBUILDING OUR CHILDREN'S HOUSE FROM THE URPI HOME
03 to 17 August 2023
12 volunteers
RENO, EDU, SOCI

PROJECT

As part of this program, volunteers will work in intercultural programs, spending time with children from the Casa Hogar URPI shelter. The volunteers will work in the children's shelter where there are only 2 educators for 40 children between the ages of 4 and 12. During those two weeks you will be helping five hours a day from Monday to Friday. You will provide care, love and attention to these children, in addition to helping the staff in the bio-garden projects and supporting craft workshops.

This intercultural project will mainly contribute to the development of the poorest families of the local population, in poor rural areas and marginalized urban







PROJECT'S ACTIVITIES

Volunteers will participate in the repair of the home intended to house the activities.

- Cleaning and maintenance of the place.
- Paint the walls of the center
- · Make cheerful and creative murals.
- Repainting and repair of recreational games.
- Fix and improve the green areas of the hostel.
- Play with the children of the hostel.

COMMUNITY CONTEXT

Ayacucho is located in the Andes of Peru to 566 km from Lima, 10 hours by bus and 1 hour by plane, it is at an altitude of 2,746 m. It is characterized by its pleasant, temperate and dry climate and is one of the most notable architectural and artistic ensembles in the country. Known as the "City of Churches" and "City of Majesty", Ayacucho has more than thirty churches and colonial temples of Renaissance, Baroque and mestizo styles, which keep inside true works of art such as paintings, images and beautiful carved altarpieces. in wood and bathed in gold leaf.

Ayacucho is also recognized internationally for its artistic manifestations, which is why it was declared the "Capital of Popular Arts and Crafts of Peru."

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish, so you can integrate the community. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION

The volunteers will be accommodated in a house 30 minutes from Ayacucho. The house will be equipped with water, electricity, kitchen, laundry. Participants will share rooms. They will take care of preparing meals and cleaning the house. Do not forget some traditional foods, drinks and recipes, typical of your country of origin for the international evening.

PARTICIPATION FEE

BVBP 08 THE GREE FUTURE 8 to 22, August 15 volunteers ENVI, EDU

PROJECT

The activity will take place in the district of Porvenir, which currently has 220,115 inhabitants and is characterized by its shoe production. It is one of the most populated districts of the city of Trujillo, capital of the department of La Libertad,.

ACTIVITIES IN THE VILLAGE: ENVIRONMENTAL EDUCATION AT THE LATINOS SCHOOL

The awareness of environmental care is promoted through non-formal activities with educational learning dynamics together with students from kindergarten, elementary and high school, as well as with parents.

REFORESTATION OF PUBLIC GREEN SPACES



We promote the care of the environment and the reforestation of public green areas in recreational parks as well as sidewalks in the community where local and international volunteers participate. In addition, it is a joint effort with strategic allies such as the district municipality of El Porvenir and Citizen Security.

OCCUPATIONAL WORKSHOPS AT THE CECAT ACHARAN PUBLIC SCHOOL

The teaching and practice of technical specialties such as automotive mechanics, metal construction, production mechanics, computer and information technology, civil construction, wood and melamine construction, electronics, electricity, cosmetology, gastronomy and agriculture are encouraged.

PROJECT'S ACTIVITIES

- On-site cleaning and reforestation of main green areas such as parks and sidewalks.
- In-person workshops and awareness-raising talks on environmental care and protection.
- Recreational activities and occupational workshops with the participation of international and national volunteers as well as strategic allies.
- School academic reinforcement and English language instruction for school students

COMMUNITY CONTEXT

Trujillo is a Peruvian city, capital of the homonymous province and the department of La Libertad. It is the third most populated city in the country with 1,148,668 inhabitants in 2022. It is located on the northern Peruvian coast on the right bank of the Moche River, in the Moche Valley. The metropolitan area, of which it is a part, extends over an urban area of 164 km² and is made up of 9 districts.

VOLUNTEER'S REQUIREMENTS

- Be flexible and adaptable, respectful and committed to the social project,
- Willingness and ability to work as part of a team.
- Experiences in artistic and cultural activities (dances, music, theatre, etc.).

HOST SITUATION

All volunteers will stay and cook in the home of a volunteer from the Trujillo branch of the BVBP team. It is important that everyone brings their own sleeping bags

PARTICIPATION FEE

BVBP 09 SOCIAL AND ENVIRONMENTAL LEARNING 13 to 27 August 2023 12 volunteers ENVI, SOC

PROJECT

You will volunteer in a project focused on awareness and cleaning of river banks, environmental and social work with community members. The project will be carried on in two communities of Huánuco, working also with some volunteers from the local university, to share knowledge and help to community members. Community support activities will be carried out in soup kitchens, where it will be possible to share a space with people of different economic resources and in situations of vulnerability, which will teach volunteers new perspectives on the different realities that are experienced in our country and will develop leadership skills to create a better future. Also, academic activities will be carried out, supporting some schools, reading and artistic workshops, health campaigns.



PROJECT'S ACTIVITIES

As a project volunteer, you will be involved in various activities, depending on your skills, experience and interest. Work at:

- Implementation of workshops about environment, pollution and other topics.
- Support in certain school subjects.
- Health campaigns.
- Days for cleaning river banks, with recycling activities.
- Recreational activities, such as sports, music, dance, arts and others.

Schedule: Monday to Friday from 8:30 to 12.30 hrs. and 15:00 to 17:00 hr

COMMUNITY CONTEXT

Huánuco is located 365 km from the city of Lima; in the department of Huánuco in the Andes of Peru to 1894 m.s.n.m. Huánuco is known as the city with the best climate in the world.

The average temperature is 24°C, Its lowest temperature is in winter, that is, in the months of July and August (21 °C during the day and 17 °C at night) and the highest temperature is in spring, in the months of November and December (30 °C in the day).

Huánuco has other communities around the city where volunteers will stay during the project.

VOLUNTEER'S REQUIREMENTS

Volunteer in the project requires above all the ability to be flexible and adapt to local culture, and the ability to work as a team. The ease of interaction with children and young people will help you a lot, and the experience in cultural and artistic activities is also very welcome (music, dance, theater, etc.). Peru is a Spanish -speaking country, and communication in daily life is in Spanish. But you can participate in the activities with little Spanish. We require unless you try to learn Spanish. It is not necessary to speak fluently and your Spanish will surely improve while you are here

HOST SITUATION The volunteers will be housed in a house called here Tambo with all basic services. It is necessary that the volunteers bring sleeping bag, and the food will be healthy

PARTICIPATION FEE