

August 2 - August 12

Volunteer Handbook

2024

www.TexasdePeru.org

Specialty
Medical
Mission to
Coya, Peru



TEXAS DE PERU

Who Are We?	3
TDP Mission & Guiding Principles	5
Specialty Medical Mission Funding Model	7
Flight Arrangements	8
Texas de Peru Mission Participant Grants	9
Fundraising – Its everyone’s responsibility	10
Summer 2020 Medical Missions Trip, Basic Logistics	11
The Guesthouse in Coya	12
After the Mission	13

Final two nights lodging	14
What Should I Do To Prepare For The Trip?	16
Day of Travel Expectations	20
PACKING & TRANSPORTING MEDICAL SUPPLIES	22
What Should I Expect For The Return Trip To The United States?	24
What To Expect While In Peru	25
SAFETY	29
Recommended Research, Reading And Links	31
APPENDIX: BASIC SPANISH PHRASES	32

WHO ARE WE?

WHO	Lone Star Healthcare Missions (dba Texas de Peru) Federal Tax ID: 46-1661472; 501(c)3 Non-profit corporations 153 Hill Drive Coppel, TX 75019
WHERE	Kausay Wasi Clinic, high in the Andes in Coya, Peru
WHAT	Approximately 15 clinical and non-clinical volunteers on a Medical Mission trip focused on the delivery of Women's Advanced Health & Gynecological care to patients at the Kausay Wasi Clinic in Coya, Peru

Texas de Peru (www.texasdeperu.org) was formed as a cooperative effort of the Texas Medical Community to leverage our collective strength, resources and expertise to improve healthcare in the High Andes of Peru. To that end we work with local leaders and volunteers to send medical missions, equipment supplies, and expertise to Peru. We also are strong believers in developing servant leaders.

The Kausay Wasi Clinic (www.kausaywasi.org), high in the Andes in Coya, Peru, delivers quality healthcare to the poorest people in Southern Peru. The people of the area are primarily sustenance farmers, and there is a tremendous need for primary and specialized medical care.

To meet the demand and provide quality care, the Kausay Wasi Clinic (which means Healthy House in the indigenous language of Quechua) maintains a full-time staff of 38 including three full time physicians. The clinic has 5 exam rooms, 2 surgery theaters, 1 preoperative room, 1 ICU room, and a post op that can support 15 patients

The Kausay Wasi Clinic hosts 8-10 medical missions from the United States annually. Consequently, the clinic has a highly regarded reputation and patients from as far away as Bolivia (9 hours away) make pilgrimages to the clinic to heal their sick.

PARTICIPANT DIRECTORY

Team TBD

TDP MISSION & GUIDING PRINCIPLES

While not a comprehensive list, some good guiding principles are listed below. Not afraid to leverage others' great work, we've borrowed some of these from other successful medical mission groups.

Acceptance, Respect, and Empathy

We value each individual with whom we work and express this through our acceptance, respect, and empathy for them.

Appreciation of Cultural Differences

We strive to foster friendships and mutual understanding among those with whom we work, finding joy and fascination in our cultural differences, approaching each unfamiliar situation with an open and accepting frame of mind.

Courtesy

We strive to extend every professional courtesy to fellow professionals in the country we serve, respecting their opinions, methods of treatment, and social mores.

Personal Integrity

We will conduct ourselves in a manner that is exemplary and beyond reproach at all times.

Professional Ethics

We will be professional, in every aspect, in the treatment of our patients.

The table below is extracted from Seven Sins of Humanitarian Medicine (see recommended reading section). We want to avoid these pitfalls.

Sin #1	Leaving a mess behind
Sin #2	Failing to match technology to local needs and abilities
Sin #3	Failing of NGOs to cooperate and help each other, and to cooperate and accept help from military organizations
Sin #4	Failing to have a follow-up plan
Sin #5	Allowing personalities, politics, training, or other distracting goals to trump service, while representing the mission as “service”
Sin #6	Going where we are not wanted, or needed and/or being poor guests
Sin #7	Doing the right thing for the wrong reason

SPECIALTY MEDICAL MISSION FUNDING MODEL

SUBJECT TO CHANGE

2024 The Medical Mission Travel Expense is \$2000* for doctors and non-clinical volunteers, and \$1200* for Nurses and Techs. We encourage those who participate in the trip to cover their individual costs on their own or through personal fund-raising initiatives. TDP will use monies raised through fundraising activities to offset the medical mission costs including equipment, supplies and travel expenses. Participants travel and accommodations, except air, will be purchased by Texas de Peru so that we may take advantage of group discounts.

*Subject to change for 2024

Costs Associated with the Clinical portion of the trip.

COVERED: Hotel Accommodations for Clinical Days (Double Occupancy) (6 nights)

COVERED: Three group meals per day on Clinical Days (5 days)

COVERED: Group Transportation to and from Clinic

COVERED: Hotel Accommodations non-clinical days (Double Occupancy) (2 nights in Cuzco)

The following expenses are the responsibility of each individual:

Costs Associated with the Machu Picchu / Cuzco / Lima NON-MISSION portion of the trip

NOT COVERED: Airfare. Each Volunteer is responsible for their own air arrangements.

NOT COVERED: Machu Picchu Group Tour expenses including all transport, park, admission fees and our private tour guides (approx \$350)

NOT COVERED: Meals during travel (Friday Aug 2, Friday August 9 and Sunday – Monday Aug 11-12)

NOT COVERED: Meals during sight-seeing days: Friday, Saturday Aug 9,10

NOT COVERED: Optional tours available in Cuzco and surrounding region on Aug 4

NOT COVERED: Hotel incidentals

NOT COVERED: Alcohol

FLIGHT ARRANGEMENTS

Subject to Change


Volunteers are free to make whatever air arrangements they wish, as long as it complies with the dates of the team.

If at all possible, volunteers are encouraged to fly through DFW along with the main group if possible or arrive in Lima and Cuzco at the same time or earlier as the main team.

TYPICAL Itinerary for the Main Team departing and returning to Dallas Fort Worth DFW

Depart Dallas/Fort Worth, TX to Cuzco, Peru

Friday, July 17, 2020 to Saturday, July 18, 2020

Flight	Depart	Arrive	Travel time	Aircraft
 909 American Airlines	10:22 PM DFW	5:31 AM LIM <small>Arrives July 18</small>	7h 9m	757
<small>Overnight flight or connection</small>				
<small>Get alerts for this flight</small>				
<small>Stop: Lima, Peru (LIM)</small>				
2013 LAN Airlines <small>Operated by LATAM Airlines Peru</small>	7:25 AM LIM <small>Departs July 18</small>	8:47 AM CUZ <small>Arrives July 18</small>	1h 22m	320

Return Cuzco, Peru to Dallas/Fort Worth, TX

Sunday, July 26, 2020 to Monday, July 27, 2020

Flight	Depart	Arrive	Travel time	Aircraft
2686 LAN Airlines <small>Operated by LATAM Airlines Peru</small>	6:29 PM CUZ	7:55 PM LIM <small>Stop: Lima, Peru (LIM)</small>	1h 26m	319
 988 American Airlines	11:53 PM LIM	7:22 AM DFW <small>Arrives July 27</small>	7h 29m	757

TEXAS DE PERU MISSION PARTICIPANT GRANTS

It is the goal for Texas de Peru to provide individual grants for volunteers who request them and qualify.

For more information or to request a TDP Grant, please contact Phillip McCollough at (512) 731-1081 or Phillip@TexasdePeru.org.

FUNDRAISING – IT'S EVERYONE'S RESPONSIBILITY

Our missions require some very important elements:

1. YOU, THE VOLUNTEER
2. MEDICINE
3. SUPPLIES
4. EQUIPMENT
5. ADMINISTRATION

Texas de Peru is a non-profit organization dependent on fund-raising initiatives to meet these needs

Please promote and support TDP fundraising events and speak with friends, family and your communities about Texas de Peru.

Donations are tax deductible under the extent of federal law. Our EIN is 46-1661472.

Fundraising is a year-round endeavor. If you have thoughts on possible fundraising activities, please contact Phillip McCollough, Vice President Texas de Peru; **phillip@texasdeperu.org** or (512) 731-1081.

Individual donations can be made by credit/debit card at **www.texasdeperu.org** or by check made payable to Texas de Peru and mailed to 20 South MacArthur Boulevard, Suite 105-201 Coppell, TX 75019.

Donating securities to the Lone Star Healthcare Missions is a way to serve the medical needs of the less fortunate while receiving potential tax benefits. It is easy, safe and cost effective to transfer securities into Lone Star Healthcare Missions account. Here are the simple steps:

Please notify Phillip McCullough, in advance of stock transfers so we can instruct our broker to accept delivery of your gift and acknowledge it properly for income tax purposes. Please provide the stock name, ticker symbol, number of shares and the contact information for your broker. Phillip McCollough, VP, Treasurer Lone Star Healthcare Missions Inc. / Texas De Peru: 972-672-9885; phillip@texasdeperu.org

Inform your broker that you would like to make a stock gift. Ask your broker to deliver the shares to Lone Star Healthcare Missions account at Edward Jones by contacting our broker, Andrew G. Eure, Edward Jones Broker: 817-442-0471; 260 N. Main St. Grapevine, TX 76051; Andrew.eure@edwardjones.com

If you have any questions regarding donations, please call Phillip McCollough at 512-731-1081

SUMMER 2024 MEDICAL MISSIONS TRIP, BASIC LOGISTICS

Getting there: Friday August 2: fly to Lima, Peru, Departing DFW at approximately 10:00 PM and arrive in Lima just after 5:30 AM Saturday, August 3. Pass through customs and board connecting flights to Cuzco, Peru. Collect baggage and immediately catch shuttles for the 45-minute drive to Coya, Peru.

Delivering Medical Care at Kausay Wasi Clinic SATURDAY AUGUST 3 -THURSDAY AUGUST 8th.

The Kausay Wasi clinic is located just off the town square and a few blocks from the Coya Guesthouse. Lunch will be provided each day at the clinic. Our clinic days will start by 7 AM and end early evening.



THE GUESTHOUSE IN COYA

We will stay at the Coya Guesthouse just off the village square. Each room has a private bath. The guesthouse will provide us breakfast each morning and dinner most evenings. We will likely venture out for a dinner or two in the neighboring communities of Pisac or Calca.



AFTER THE MISSION

Friday August 9: Optional Expedition to Machu Picchu

Our team will leave by bus from the Coya Guest House and head to the town of Ollantaytambo. From Ollantaytambo, we will take the Vista Dome train to Aguas Calientes and upon arrival at Aguas Calientes, a bus will take the team up to Machu Picchu to begin our private Machu Picchu guided tour. That evening, we will arrive in Cuzco at the JW Marriott where we will stay for two nights.



FINAL TWO NIGHTS LODGING

JW MARRIOTT HOTEL CUSCO

ARRIVAL: FRIDAY, AUGUST 9TH

DEPARTURE: SUNDAY, AUGUST 11TH

TEXAS DE PERU HAS SECURED ROOMS AT THE JW MARRIOTT HOTEL IN CUZCO, PERU. EACH WITH TWO BEDS AND ALL THE TYPICAL WESTERN AMENITIES INCLUDING A WONDERFUL BATH AND SHOWER. TEXAS DE PERU IS PREPARING A ROOMING LIST AND WILL REVIEW WITH EVERYONE PRIOR TO DEPARTURE.

EACH MORNING, YOU ARE TREATED TO A COMPLIMENTARY BREAKFAST BUFFET.

THE CONTACT INFORMATION FOR THE JW MARRIOTT IS:

JW MARRIOTT HOTEL CUSCO
ESQ. CALLE RUINAS 432 CON SAN AGUSTÍN CUSCO PERÚ
PHONE (51-84)582192
FAX (51-84)582201
WEB: WWW.JWMARRIOTTCUSCO.COM

HOTEL TIPS:

- Q ORIGINALLY A CONVENT, THE HOTEL OFFERS A COMPLIMENTARY TOUR OF THE PROPERTY
- Q ALL ROOMS HAVE A SUPPLEMENTARY OXYGEN ENRICHED SYSTEM TO RELIEVE ALTITUDE SICKNESS. (UPON REQUEST AND FOR AN ADDITIONAL FEE)

Saturday August 10th (Friday August 10th as well for those who don't go to Machu Picchu): Rest day in Sacred Valley of the Inkas, based from the city of Cuzco. Located at an altitude of 11,000 feet in the heart of the Andes mountains, Cusco is a historic city and still home to 500,000.

Whatever you choose to do, we will have no official planned activities, and everyone is encouraged to explore, enjoy these final days. Tour information will be made available.

Sunday August 11th: On Sunday, enjoy more free time and adventure in and around Cuzco, Peru. We will depart late in the afternoon by bus to the Cuzco airport by air for Lima.

WHAT SHOULD I DO TO PREPARE FOR THE TRIP?

In preparation for the trip, please take the following next steps as soon as possible:


VACCINES AND MEDICINES

Check the vaccines and medicines list and visit your doctor (ideally, 4-6 weeks) before your trip to get vaccines or medicines you may need.

Find Out Why	Protect Yourself
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All travelers

You should be up to date on routine vaccinations while traveling to any destination. Some vaccines may also be required for travel.

<u>Routine vaccines</u>	Make sure you are up-to-date on routine vaccines before every trip. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.	
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Most travelers

Get travel vaccines and medicines because there is a risk of these diseases in the country you are visiting.

<u>Hepatitis A</u>	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Peru, regardless of where you are eating or staying.	
<u>Typhoid</u>	You can get typhoid through contaminated food or water in Peru. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.	

Some travelers

Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying, what you will be doing, and if you are traveling from a country other than the US.

	Find Out Why	Protect Yourself
<u>Hepatitis B</u>	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing, or have any medical procedures. This is required of all clinic volunteers	
<u>Malaria</u>	When traveling in Peru, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans, such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in Peru, see <u>malaria in Peru</u> .	
<u>Rabies</u>	<p>Although rabies can be found in dogs, bats, and other mammals in Peru, it is not a major risk to most travelers. CDC recommends this vaccine only for these groups:</p> <p>Travelers involved in outdoor and other activities in remote areas that put them at risk for animal bites (such as adventure travel and caving).</p> <hr/> <p>People who will be working with or around animals (such as veterinarians, wildlife professionals, and researchers).</p> <p>People who are taking long trips or moving to remote areas in Peru</p> <p>Children, because they tend to play with animals, might not report bites, and are more likely to have animal bites on their head and neck.</p> <hr/>	
<u>Yellow Fever</u>	Yellow fever is a risk in lower elevations of Peru, so CDC recommends the yellow fever vaccine for travelers 9 months of age or older to these areas. Most of our travel will be at higher altitudes where infected mosquitoes do	

not venture. Lower elevation travel will be restricted to the city of Lima.

Complete & return the following to kevin@texasdeperu.org

Completed Volunteer Emergency Medical form (*see Appendix*)

copy of your passport

Medical license

Proof of vaccination

picture in digital format ... to be used for handbook and mission letter for customs



Check your passport for the expiration date. Make sure it's valid for 6 months AFTER you return from the trip. Make at least two copies of your passport - one to take along on the trip and one to stay at home. Keep the extra trip passport copy in a separate place from your official passport.

Get your immunizations

Get your Medical Evacuation Insurance

Attend team meetings / training sessions, as applicable

Start to brush up on some Spanish basics

Suggested Packing Items

Jacket (temperatures in Coya & Cusco can drop to near freezing at night)

Waterproof Jacket / Poncho. July is not the rainy season, but there is always a chance of rain – especially on Machu Picchu

Camera. If digital, consider backup storage for pictures.

Sunscreen

Flashlight / Headlamp

Bug Spray

Hand Sanitizer

Sanitary Wipes

DAY OF TRAVEL EXPECTATIONS

PACKING

Each person is limited to one carry-on bag and a "purse" or personal item and a single checked bag for personal items. American Airlines allows us to check two bags. For our trip to Coya, Peru, we will be transporting some medical supplies via checked baggage. We will contact you in advance if we expect you to carry medical supplies as part of your luggage.

Carry-On Baggage

Each volunteer should pack at least two days of your personal clothing, basic toiletries and personal medications in your carry-on bag.

Check the most current United States transportation rules. Google the Transportation Security Administration for a list of restricted materials.

Carry-On baggage must fit in the overhead bins and/or under the seats and does not exceed overall dimensions of 45 inches (length + width + height). The maximum dimensions cannot exceed any of the following measurements: 22" long x 14" wide x 9" tall or 115cm (56 x 36 x 23 cm).

For Security Screening:

Place liquids in individual containers with a maximum capacity of 3.4 oz./100 ml each.

All liquids, gels and aerosols in containers larger than 3.4 ounces must be packed in your checked bag.

Place all liquid containers in a separate clear plastic, zip-top bag no larger than 8in x 8in (20cm x 20cm) or is quart size.

Items must fit in the bag comfortably so that it closes completely and must be submitted for inspection separately from other carry-on baggage.

Remove the plastic bag from the carry-on bag at the security checkpoint for separate x-ray screening.

Checked Baggage



Size and Weight Per Bag Allowed

Please consult your airline requirements

American

62 linear inches 50lbs./23kg (checked)

Please pack all of your personal baggage so that it fits in the standard 21" roll aboard and your personal item (backpack). We need to reserved checked items for our medical supplies.

When we do check the baggage, we will be sure to check your luggage all the way thru to Cuzco Peru (CUZ). If you don't, the airlines may charge you additional fees or claim that your luggage is too big and charge you an additional fee.

We suggest packing any non-essential toiletries in your checked baggage.

IMPORTANT!!!

YOU WILL BE ASKED TO CHECK DUFFLE BAGS FULL OF MEDICAL SUPPLIES. PLEASE PACK SO THAT ALL YOUR PERSONAL GEAR WILL FIT IN YOUR CARRY ON BAGS

This is critical as this is how we transport the bulk of the medical supplies.

PACKING & TRANSPORTING MEDICAL SUPPLIES

For our trip to Coya, Peru, we will be transporting some medical supplies via checked baggage. We will contact you if you will be transporting medical supplies. The clinic has worked out a process with the Peruvian customs office which will expedite each volunteer through customs should they be stopped for inspection. It will also assure that their checked baggage flows properly from Lima to Cusco.

Each traveler will receive **3 (three) Texas de Peru Medical Mission Packets** containing 4 important documents. The documents contained in each of the packets are:

A document from the clinic listing each volunteer with passport number that says the traveller may have important clinical equipment, supplies, etc in their checked baggage

A letter of invitation to each volunteer from the Asociacion Civil Promotora de Salud Social Pro Salud Calca under which Kausay Wasi Clinic operates

A copy of the Ministerial Resolution from SUNAT for the clinic to operate and receive donations of humanitarian supplies.

A copy of the Peruvian resolution describing the clinic's commission to operate

One packet labeled with the volunteer's name should be placed inside each checked piece of luggage whether it contains personal items or medical supplies. This packet must be packed inside and easily accessible. This is the only way to assure that a bag that does not arrive with the passenger will arrive in Cusco. Without these documents the bag will linger in Customs the entire week and never reach Cusco.

The final packet must be carried on your person with your carry-on baggage.

PERU CUSTOMS

Compared to the big and sometimes confusing airports in North America and Europe, Jorge Chavez Airport in Lima, Peru is neatly arranged and well organized. Shortly before landing the flight attendants on our plane will hand you two forms to fill out.

The first one is the "Tarjeta Andina de Migracion" (TAM). Fill out your personal data and after disembarking hand it together with your passport to the immigration officer at the immigration control. The upper part of the TAM stays with immigrations, the low part is handed back to you. Take good care of the card as you need it when leaving the country.

The second form is the Baggage Declaration Form (Declaracion Jurada de Equipaje). The form is in Spanish and English. Only one form per family has to be filled out. Nothing – including any medical

supplies -- should be declared on this form. We have prepared special documents for the declaration of medical supplies if necessary.

After immigration and picking up your luggage you have to hand the Baggage Declaration Form over to the custom officials. The last hurdle to leave the customs area is a small button. Every passenger has to press it. If it turns green you are free to go; if it turns red, you are asked to open your luggage and a custom official will inspect the contents.

*If the team member gets a **GREEN** light, they should just proceed through Customs and straight out the door and on to the next flight. **DO NOT provide the customs officer with the Texas de Peru Medical Mission Packet.***

*The Texas de Peru Medical Mission Packet should only be produced if the team member gets a **RED** light when passing through Customs. If you get the red button, you will need to have your bags inspected by a customs agent. It is at this point that you will need to produce your letter of invitation and Kausay Wasi Customs documents contained in the Texas de Peru Medical Mission Packet. This packet will match with the packet contained in each of your checked baggage. If the customs agent takes anything, you need to make sure you get a receipt for the taken item(s).*

As you clear customs in Lima, we will all re-group. We will not be leaving the Lima airport and will be re-checking our luggage for our early morning flight to Cuzco.

Upon arrival in Cuzco, we will all board a bus for a 45 minute drive to Coya, Peru.

WHAT SHOULD I EXPECT FOR THE RETURN TRIP TO THE UNITED STATES?



We will depart from Cuzco, Peru. Be sure to check your luggage all the way through to your final destination, even though we will retrieve the luggage in Dallas Customs.

Before you leave the country, be sure to save at least \$35 to pay the country's exit taxes. You will need to pay this tax at a separate location from the counter where you checked your luggage. You will receive a receipt

indicating that you paid your tax. Save the receipt to turn in as an expense.

Upon arrival in Dallas, all travelers will be processed thru US Customs. Every traveler (or family) must complete the CBP Declaration Form 6059B. This form provides CBP with basic information about who you are and what you are bringing into the country, such as agriculture products and whether or not you have visited a farm prior to traveling to the United States. If you are traveling with other immediate family members, you can complete one form for your entire family. This form will be provided to you by the flight attendant.

Once you have cleared customs, you can proceed to check your luggage to your connecting flight.

Once you have landed in your destination, you are on your own! We would appreciate it if you would go to our facebook page ([www.facebook.com\texasdeperu.org](https://www.facebook.com/texasdeperu.org)) and tell us all a little about your experience.

WHAT TO EXPECT WHILE IN PERU

MONEY

Sol is the Peruvian currency. The exchange rate is about 3.08 to 1 – sole to US dollar or 1 sole will convert to around \$0.30 as of March, 2019.

Most of the places we will travel to will accept American money. **They will not accept American money that has any marks or tears.** You should bring small bills if you are going to spend US dollars. It can be hard to get change for large bills. You will usually receive your change in soles.

In Peru do NOT bring \$100.00 bills that begin with the serial number letters CB due to counterfeit concerns. DO NOT BRING BROKEN, TORN, OR EXTREMELY OLD BILLS OF ANY DENOMINATION. They will not be accepted.

You can also use your credit card a lot of places. Most cards will charge you a fee for each transaction made outside the US. It is a good idea to call your credit card company and let them know you are going to be using your card outside the US so they won't think your card is stolen and deny your purchases. Have the expiration date and 3 digit number on the back of the card available when you make the call.

ATMs usually offer the best exchange rates, however they usually charge a transaction fee. It's not recommended to make several small withdrawals at ATMs unless you're worried about holding cash.

Airport moneychangers charge more in exchanging money than non-airport moneychangers.

Do not bother with Travelers checks. Many places will not take them.

It is NOT recommended that you check your financial information on free wireless networks or at an internet café.

Have emergency phone numbers for all your credit cards stored in a separate location from your credit card in case you need to report a lost card. Otherwise, when you're card is gone, so is the emergency contact number.

Couples traveling together should have separate credit card accounts. That way, if one card is lost, the couple will still have a valid card.

CLOTHING

Bring at least three pairs of scrubs and pack at least one set in your carry-on bag. **We will wear closed toe shoes while at the clinic. There is a laundry at the guesthouse.**

Check the climate and weather for Coya and Cuzco and pack accordingly. Remember cotton doesn't dry quickly in humid climates. Plan to layer for our trip from Coya to Machu Picchu. Temperatures may vary from near freezing in the mornings to 80 degrees Fahrenheit by late afternoon. Machu Picchu will also vary in temperature and may be wet or foggy. It's a good idea to pack raingear as well.

CULTURAL CONSIDERATIONS

Do some searches online before the trip to familiarize yourself with Peru and Peruvian culture. Check out the travel guides.

The state department website has information for travelers to Peru. We will be registering our Missions team travel with both the US and Peru. The link to the state department website is below, and some information from the website is included in **Appendix**

http://www.travel.state.gov/travel/cis_pa_tw/cis/cis_998.html

Language – See some key phrases in Spanish (Medical and non-Medical) in **Appendix**.

Proper Attire – Scrubs in the clinic. Shoes in the clinic should be closed. No sandals and no shorts should be worn in the clinic. Dress for the climate.

BATHROOM CONCERNS

In South America toilet paper is **NOT** provided in most restrooms. Carry an abundant supply. Kleenex packets work well. Toilet paper is provided in our chosen hotels and at the clinic., However **DO NOT** put toilet paper down the toilet. The Peruvian sewage "system" is not able to process the paper. Use the trashcan provided in each stall.

Soap is rarely provided. Bring your own hand sanitizer

ELECTRICITY

The Kausay Wasi Clinic support 110 volt. Most everyday appliances in the United States run on 110 volts.

Most of Peru runs on 220 volts. If you want to use a 110-volt appliance in Peru other than the clinic, you'll need to buy a power adapter. Always check before buying, as many modern laptops and digital cameras can safely take both 110 and 220 volts.

Many of Peru's top-end hotels have outlets for 110-volt appliances. They should be clearly labeled as such, but always check if you're unsure.

Electrical Outlets in Peru. There are two types of electrical outlets in Peru. One accepts two-pronged plugs with flat, parallel blades, while the other takes plugs with two round prongs. Many **Peruvian electrical outlets are designed to accept both types**

Universal plug adapters are inexpensive and easy to carry around. It's a good idea to buy one before you go to Peru (most major airports have a store selling plug adaptors).

SECURITY

Always protect and secure your valuables. If possible, don't take any valuables. You may want to leave your wedding ring at home and wear a more modest ring.

Avoid going out by yourself. Minor theft such as pick pocketing is common. Be careful and alert.

FOOD/WATER/DIGESTIVE ISSUES

It's always safer to drink bottled water and avoid local water sources. Don't drink liquids with ice cubes since they're most likely made from tap water. Brush your teeth with bottled water.

For raw food, if you can't peel it, don't eat it. Stay away from salad bars and buffets unless they're at a very reputable hotel.

If you do get digestive problems follow the following course of action:

Take Pepto Bismol tablets or liquid.

If you have diarrhea, take Imodium.

If Imodium doesn't work, take Lomotil. (You need a prescription. Someone usually has some on the trip.)

If Lomotil doesn't work or you have a fever, chills or no improvement in 24 hours, take Bactrim Forte, Cipro or Levaquin. In Peru Bactrin Forte has been much more effective than Cipro.

PHONE

It's OK to bring your cell phone and charger.

Consider arranging for long distance ahead of time to save money on calls. Calling cards can work well. You may also purchase a "disposable" phone and calling plan from within Peru.

E-MAIL/INTERNET

Airports, hotels, will have internet access. Lima and Cuzco will also have internet cafes. But while capabilities for wireless exist, consistent availability may be a problem. Coya, Peru does not have internet cafes; however, the Coya Guesthouse where we will be staying does have free internet – though it is intermittent and slow.

It is NOT recommended that you check your financial information on free wireless networks or at an internet café.

PHOTOGRAPHY

Feel free to bring your camera to take lots of pictures. If focusing on an individual, please ask their permission. If you share photos, please delete all the out of focus and unusable/unrecognizable pictures. Some people make PowerPoint presentations and that will help them sort their pictures.

PLEASE BE RESPECTFUL OF THE PATIENTS' PERSONAL PRIVACY AND USE EVERY APPROPRIATE COURTESY.

It is common for everyone to share their pictures with each other. To facilitate this, please consider bringing a thumb drive. We will have at least one computer with us on this trip and will use this to consolidate pictures.

If you can get before and after pictures of the patients, they are great to post on the website.

Keep a journal handy to record the time, place, and subject of your photographs.

SAFETY

In case someone needs to reach you in the event of an emergency while we are in Peru:

For the clinic, In the event of an emergency, ask for either Sandy or Guido del Prado at the Kausay Wasi Clinic. The numbers for emergency contact are: During the day [001-51-984-673814](tel:001-51-984-673814)... [001-51-984-673815](tel:001-51-984-673815). Evenings (after [6:00 PM](#)) [786-226-8269](tel:786-226-8269).

DURING AN EARTHQUAKE

Drop, cover and Hold On. Minimize your movements to a few steps to a nearby safe place and if you are indoors, stay there until the shaking has stopped and you are sure exiting is safe.

If Indoors

DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.

Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.

Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.

Do not use a doorway except if you know it is a strongly supported, load-bearing doorway and it is close to you. Many inside doorways are lightly constructed and do not offer protection.

Stay inside until the shaking stops and it is safe to go outside. Do not exit a building during the shaking. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.

DO NOT use the elevators.

Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

If Outdoors

Stay there.

Move away from buildings, streetlights, and utility wires.

Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or

injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

If in a Moving Vehicle

Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.

Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If Trapped Under Debris

Do not light a match.

Do not move about or kick up dust.

Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

RECOMMENDED RESEARCH, READING AND LINKS

Seven Sins of Humanitarian Medicine

Texas de Peru Website <http://texasdeperu.org/>

Kausay Wasi Clinic <http://www.kausaywasi.org/>

US Department of State, Bureau of Consular Affairs (CA) - International Travel Information, Passport Information <http://travel.state.gov/>

CDC Website - Health Information for Travelers to Peru (including immunizations)
<http://wwwnc.cdc.gov/travel/destinations/peru.html>

Texas de Peru Website <http://texasdeperu.org/>

Kausay Wasi Clinic <http://www.kausaywasi.org/>

US Department of State, Bureau of Consular Affairs (CA) - International Travel Information, Passport Information <http://travel.state.gov/>

APPENDIX: BASIC SPANISH PHRASES

Pronunciation

Spanish is pronounced as it is written with the following exceptions:

Letters	Spanish Usage	Word Example	Pronunciation
a	aah	adios (goodbye)	“ah-deeos”
e	a	que? (what)	“k”
h	(silent)	hola (hello)	“ola”
i	e	aqui (here)	“ah-kee”
j	h	rojo (red)	“ro-ho”
ll	y	me llamo (my name is)	“may yamo”
ñ	nya	baño (bathroom)	“ba-nyo”
q	k	pequeño (small)	“pa-kay-nyo”
r	r	pero (but)	as it looks
rr	rolled r	perro (dog)	roll your tongue
u	oo	azul (blue)	“ah-zool”
v	b	verde (green)	“ber-day”
x	sh	xela	“shay-la”

Spanish	English	Spanish	English
el hotel	the hotel	madre/padre	mother/father
el proyecto	the project	hijo/hija	son/daughter
el restaurante	the restaurant	abuelo/a	grandfather/mother
el baño	the bathroom	tío/a	uncle/aunt
damas	ladies	niño	boy child
caballeros	gentlemen	niña	girl child
la cuenta	the check	bebe	baby
el carro	the car	hermano/a	brother/sister
grande	big	primo/a	cousin
pequeño	small	esposo/a	husband/wife
temprano	early	amigo/a	friend
tarde	late	padrino	godfather
barato	cheap	madrina	godmother
caro	expensive	ahijado/a	godchild
facil	easy	novio/a	boyfriend/girlfriend
difi cil	diffi cult	Colors	Colors

abierto	open	rojo	red
cerrado	closed	verde	green
bueno	good	azul	blue
malo	bad	amarillo	yellow
arriba	above	negro	black
abajo	below	blanco	white
con	with	Como se dice...?	How do you say?
y	and	Cuanto cuesta?	How much does this
o	or		cost?
nada	nothing	Más	More
también	also	Menos	Less
aquí	here	Yo quiero	I want ...
allí	there	Yo necesito	I need ...
ahora	now	Hay...	Are there? Is there?
más tarde	later		or There is/are

Spanish	English	Spanish	English
<hr/>			
<hr/>			
Donde está...?	Where is ...?	Sí	Yes
<hr/>			
La cuenta, por favor	The check please	No	No
<hr/>			
Hasta luego	See you later	No hablo español	I don't speak Spanish
<hr/>			
Que?	What?	Buenos días	Good morning
<hr/>			
Cuando?	When?	Buenas tardes	Good afternoon/evening
<hr/>			
Donde?	Where?	Buenas noches	Good night
<hr/>			
Cuanto?	How much?	Hola	Hello
<hr/>			
Cuantos?	How many?	Adios	Good-bye
<hr/>			
Por qué?	Why?	Por favor	Please
<hr/>			
Habla inglés?	Do you speak English?	Gracias	Thank you
<hr/>			
Comprendo	I understand	De nada	You're welcome
<hr/>			
No comprendo	I don't understand	Disculpe	Excuse me
<hr/>			
Puede darme...	Can you give me ...	Con permiso	Excuse me (getting through a crowd)
<hr/>			
Me ayuda, por favor?	Can you please help me?	Cómo se llama?	What is your name? or What is this called?
<hr/>			
Tengo hambre	I'm hungry	Mucho gusto	Pleased to meet you
<hr/>			
Tengo sed	I'm thirsty	Me llamo...	My name is ...
<hr/>			

Tengo calor/frío	I'm hot/cold	Bien, gracias	Fine, thank you
Estoy cansado/a	I'm tired (men use "o" / women use "a")	Que le vaya bien	Good-bye (formal)
Estoy perdido/a	I'm lost		

Spanish Medical Questions

Spanish	English
Mi nombre es...	My name is...
¿Cuál es su problema?	What is your problem?
¿Cómo quiere usted que lo ayudemos?	How do you want us to help you?
¿Cuántos años tiene usted?	How old are you?
¿Cuándo empezó el problema?	When did the problem begin?
¿Alguien más en su familia tiene este problema?	Does anyone in your family have this problem?
¿Cuándo fue su última regla?	When was your last menstrual period?
¿Cuándo fue la última vez que fue al baño? or	When was your last bowel movement?
¿Cuándo fue su última evacuación?	
¿Había sangre en el excremento?	Was there any blood in your stool?
¿Usted se ha caído o se ha dañado...	Have you fallen or injured your...
el hombro, el brazo, la pierna, etc.?	shoulder, arm, leg, etc.?
¿Ha vomitado?	Have you vomited?
¿Hay sangre en el vomito?	Is there any blood in the vomit?
¿Tiene dolor al orinar?	Does it burn when you urinate?
¿Tiene tos?	Do you have a cough?
¿Tose fl ema con sangre?	Is there blood in the material you cough up?
¿Tiene usted fi ebre? Suda en la noche, mientras se	Do you have fever/temperature, sweats at night

duerme?

when sleeping?

¿Tiene problemas con la vista?

Do you have trouble seeing?

Spanish	English
¿Usted tiene dolores de cabeza?	Do you have headaches?
¿Qué parte de la cabeza le duele?	What part of your head hurts?
¿El dolor es constante, continuo, intermitente, palpitante, agudo?	Is the hurt/pain constant, steady, continuous, intermittent, pounding, sharp?
Describe el dolor... es decir, es constante, calambres, palpitante, agudo, o solo molestia.	Describe the nature of the pain... i.e. constant cramping, pounding, sharp, dull.
¿Qué alivia el dolor?	Does anything relieve the pain?
Tome una pastilla (or píldora) por día o una vez por día o dos veces, tres veces, etc.	Take one pill per day or once per day or twice, thrice, etc.
Tome una cucharilla (or cucharita) uno, dos, tres, cuatro veces por día.	Take one teaspoon one, two, three, four times per day.
Tome la medicina hasta que se acabe	Take the medicine until you have used all of it
No le dé la medicina a nadie más.	Do not give the medicine to anyone else.
¿Alguna vez usted ha tenido una mala reacción al tomar medicina ?	Have you ever had a bad reaction to taking medicine before?
¿Lo han operado alguna vez?	Have you had any operations before?
¿Usted ha tenido alguna fractura?	Have you broken any bones before?
¿Me oye?	Can you hear me?
Necesito escuchar los pulmones / el corazón / el abdomen, etc., con este aparato.	I need to listen to your lungs/heart/abdomen, etc., with this instrument.
Respire profundo.	Take a deep breath.
Relaje su estómago.	Relax your stomach.
Voy a tocar su estómago suavemente con mis	I am going to feel your stomach gently with my

manos.

hands.

Medical Spanish Learning Resources

Medical dialogues, vocabulary, illustrations, and cultural topics. Includes audio tools.

<http://www.medicalspanish.com/learning-resources.html>

Medical Spanish for Health Care Professionals

Collection of medical terminology, including tutorials, quizzes, and audio tools.

http://www.123teachme.com/learn_spanish/medical-spanish

Medical Spanish for Healthcare Providers

Includes vocabulary with visuals, medical interview terminology, and audio tools.

<http://www.practicingspanish.com/>

Medical Spanish for iPhone applications

By Batoul: <http://itunes.apple.com/us/app/medical-spanish-with-audio/id301655973?mt=8>

By Mavro: <http://itunes.apple.com/us/app/audio-medical-spanish-ems/id297917901?mt=8>

Online Spanish to English Dictionary

<http://www.spanishdict.com/>