



Advent Health Global Missions

June 27 – July 6, 2019

Argentina Medical Mission Trip Information Packet





Buenos Aires, Argentina

Medical Mission Trip

Trip Purpose

Volunteers will provide primary care outpatient services and health education to several communities in Buenos Aires, Argentina during five days of clinics.

Location & Culture

The Argentine Republic is located at the southernmost part of South America and is the eighth largest country in the world. The country is organized into twenty-three provinces. Because of its vast length it is comprised of very diverse environments. A large part of the territory is in a temperate zone, mainly plains and the pampas grazelands which are ideal for ranching. There are considerable climatic, soil, and vegetation differences, from subtropical, hot, and humid forests and wetlands in the northeast to arid plains and sierras with dry grasses, scrub, shrubs, and hardwoods in the Chaco, Patagonia, and in the Andes.

Buenos Aires, the capital, acquired such a dominance that it led many observers to refer to it and its culture as if it were the whole country. The city and the rural areas surrounding it are the source of the most powerful understanding of national identity. The agrarian construct of a national identity is formed by the customs and beliefs of the gauchos of the pampas, a group that disappeared with the modernization of the rural economy. The urban constructs of a national culture are centered in the city of Buenos Aires. Population and wealth are unequally distributed. As of 2000, a third of the national population lived in metropolitan Buenos Aires. Argentina's total population is 36.1 million and the majority of the population speaks Spanish. Both men and women greet each other by kissing on the cheek. In very formal encounters men and women shake hands. People address each other with the colloquial form "vos" (singular "you," equivalent to "tu" in other Spanish speaking countries). To convey social distance, people employ the more formal "usted" (to talk to superiors or to elders).¹



We will be working with the medical team from Clinica Adventista Belgrano, a private hospital in Buenos Aires affiliated with the Seventh-Day Adventist church.

¹ Read more: <https://www.everyculture.com/A-Bo/Argentina.html#ixzz5g6fiazOY>

Trip Cost and Due Dates

The total trip cost is \$2,500

Due Dates

Payment	Amount per Person	Date Due
Non-Refundable Deposit	\$200	Upon Application
50% of Remaining Trip Cost	\$1050	April 26, 2019
75% of Remaining Trip Cost	\$625	May 10, 2019
100% of Remaining Trip Cost	\$625	June 7, 2019
TOTAL	\$2,500	

Note: Airline tickets will be purchased once the 50% of the trip cost has been paid. You may be subject to higher ticket rates if payment deadline is not met.

Please call our office at 407-303-2632 to make payments over the phone, or you can mail us a check made out to the "AdventHealth Foundation Central Florida" to our address:

870 Sunshine Lane
Altamonte Springs, FL 32714

The trip cost covers the following expenses:

- Flight(s) to location
- Hotel/Accommodation
- Ground Transportation
- Meals and Drinking Water
- Cultural tours/Entrance fees & Tour Leader/Translator
- Tips on behalf of the group
- Short-Term Travel Insurance

Donors will receive a tax-deductible receipt at the end of the year for the donation was made for the trip cost. If someone makes a donation to the AdventHealth Foundation Central Florida on your behalf, they will receive a tax receipt for the amount they contributed.

Additional Costs

These items are not included in the trip donation and are your own expense:

- Meals en route While flying to and from Argentina
- Medications May be covered by your health plan
- Personal Tips For laundry or other personal items not covered by group tips
- Emergencies Any personal emergency expense above what the insurance covers
- Beverages You may want to bring \$15 – 20 USD for extra drinks
- Souvenirs/Gifts

Travel Schedule

Tentative schedule shown below, *subject to change*.

Departure: Orlando, FL → Buenos Aires, Argentina

Day	Date	Activity
1	Thursday June 27	Depart from Orlando to Buenos Aires, Argentina
2	Friday June 28	Arrival in Argentina
3	Saturday June 29	Excursion Day (City Tour)
4	Sunday June 30	Clinic
5	Monday July 1	Clinic
6	Tuesday July 2	Clinic
7	Wednesday July 3	Clinic
8	Thursday July 4	Clinic
9	Friday July 5	Excursion Day
10	Saturday July 6	Return to Orlando, FL

****Flight itinerary will be emailed to you once flight has been finalized.**

Weather and Atmosphere

Seasons in the Southern Hemisphere are opposite to those in the Northern Hemisphere. We will be visiting Argentina during their winter season. The month of June has daily highs around 62°F throughout the month, daily low temperatures are around 25°F.

Lodging

We will be staying at different hotels in the different cities which we'll be visiting. The hotel room assignment will be 2 people per room based upon gender or married couples.

Food and Drink

Argentines are very fond of beef and pastas. Most restaurants offer a wide assortment of meat dishes and pastas. Breakfast is very light and generally includes coffee or tea and milk, toast, butter, and marmalade. At restaurants and hotels, breakfast also includes small croissants. There are no rigid food taboos, but Argentines in general are not very adventurous when it comes to trying unusual foods, flavors, and combinations. The most popular restaurants are steak houses and pizzerias. The hospital has a vegetarian cafeteria, which will prepare our lunch and at times dinner.

DO NOT eat food from a street vendor. Eat carefully. Not everything is perfectly safe --- even if cooked.

Water

DO NOT drink the water, ONLY bottled water. This includes brushing your teeth and ordering drinks with ice. You will be provided bottled water throughout the trip.

Entry Requirements

All passports must be valid for at least six months after the dates of intended travel. We recommend that you keep a copy of your passport with you at all times while traveling through Argentina. For U.S. citizens, no visa is necessary for Argentina if your stay is less than three months.

Immunizations

We recommend our participants 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. More information on recommended vaccinations are available at <https://wwwnc.cdc.gov/travel/destinations/list/>

Travel Clinic

AdventHealth provides a comprehensive international immunization program. If you are planning to travel internationally contact the Travel Medicine Center for your immunization needs.

Medicine Specialists
2501 N Orange Ave # 235
Orlando, FL 32804

Call: 407-303-7270 for an appointment.

You will need a GMI authorization card **BEFORE** you visit the Medicine Specialists.

If you are an AdventHealth Employee and are covered by our insurance, you need to present your AdventHealth employee insurance card at the time of service and your visit and immunizations will be covered by your insurance.

If you are **not** an AdventHealth Employee, GMI will cover the cost of the visit and you will be responsible for any additional charges, including vaccines.

Miscellaneous

Foreign Currency

Argentina uses the Peso as their form of currency. As of Feb. 2019, the exchange rate is **1 USD = 39.3 AR Pesos.**

How much money should you bring?

The money you will need is for any extra item listed above that you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Some things you see in shops or from vendors may be less expensive than in the USA.

Electricity

In Argentina the standard voltage is 220 V and the frequency is 50 Hz. You will need a voltage converter for your electric appliances *unless* they state that they take an input from 100-240V. Many mobile phone chargers are typically multi-voltage, but please check your own.

You will also need plug adapters for your electrical devices, Argentina uses plug types C and I:



Time

In July, Argentina will be 1-hour ahead of the local time in Orlando, FL.

Cell phone and Internet Access

If you need cell phone access, please make arrangements with your cell phone carrier prior to departure. Wi-Fi access will be available at the hotel.

Important Travel Tips

- Please do not go out on the streets by yourself; always in a group.
- DO NOT let anyone take your passport "to expedite" your check-in. Wait in line yourself.
- You will receive special ID tags for your luggage to make them easy to spot. Help each other to tag luggage.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- Identify yourself as a tourist – "tour group" on immigration documents.
- Stay with group when we go through customs.
- You are advised against street moneychangers for security purposes.
- Respect others; always be on time for scheduled events (better early than late), although the Honduran people are more relaxed about schedules.
- Remember: You are a guest in Argentina... the rules and cultural norms may be different and more conservative.

Packing List

Note: This is not an all-inclusive, nor do all items listed need to be packed. It is provided as a guide for what to consider packing for a Global Missions trip.

BASICS	TO TRAVEL:	Watch/Travel Alarm	TRAVEL AIDS
	Passport	FUNDS	Pleasure reading
	Copy of travel docs	Wallet	Chewing gum
	Copy of passport	Cash	Snacks
	Emergency contact info	Credit Cards	Earplugs
	Medical insurance card	Foreign Currency	Sleeping mask
	Headphones	Money belt	Travel pillow
	Cell Phone & Charger		Motion-sickness remedy
Tablet & Charger			
CLOTHES	BASICS	Scrub Top	ACCESSORIES
	Underwear	Scrub Bottom	Belt
	Socks	OUTERWEAR	Wristwatch
	Undershirts	Jacket	Glasses
	Bras	Rain jacket	Sunglasses
	Sleepwear (warm)	Scarves	Glasses case
	CASUAL	FOOTWEAR	Hat
	T-shirts	Hiking Shoes	
	Sweatshirts	Athletic/Comfy shoes	
	Pants/Jeans	Sandals/flip-flops	
HYGIENE	Toothbrush	Face cleanser	Feminine hygiene
	Toothpaste	Moisturizer	Nail clippers
	Dental floss/mouthwash	Sunscreen	Hand Sanitizer/wipes
	Soap	Lip balm	Tissues
	Deodorant	Contact lenses & case	Insect repellent
	Shampoo	Saline solution	Prescription Medications
	Conditioner	Shaving cream	Pain reliever
	Brush or Comb	Razor	First-aid kit
	Ponytail holders	Perfume/cologne	Vitamins
	Hair dryer/curling/flat iron	Makeup	Toilet paper / baby wipes
EXTRAS	Camera	Reusable water bottle	DONATIONS
	Umbrella	Travel sewing kit	Clothing
	Towel	Journal/Pen	Toys
	Guidebook	Plug adapter	School Supplies
	Backpack/day bag	Voltage converter	Toiletries
	Stain remover	Laundry bag	
	Important Phone numbers	Ziploc bags	
	Powdered drink packets	Stethoscope	
	Personal snacks	Personal medical tools	
	Flashlight & extra batteries	MED BAG supplied by GMI	

Packing Tips:

- Be a minimalist, don't over pack.
- Nights and mornings are colder, pack warm sleepwear and sweaters.
- Dress in layers to accommodate changing weather throughout the day.
- Personal Medications: Bring what you would normally travel with and include items such as headache and anti-diarrhea medicine, Zofran, Cipro, etc.
- Bring your own scrubs, if you do not own any the GMI office can supply you with some free of charge. Scrubs are optional, on clinic days you can wear pants and a polo shirt.
- PLEASE leave jewelry back in the USA and dress conservatively – no loud shirts, pants, shorts, etc.

Luggage Allowance

- | | | |
|-----------------|------------------------|--|
| 1. Suitcase | Weight limit = 50 lbs. | GMI to cover costs |
| 2. Suitcase | Weight limit = 50 lbs. | <i>(second bag will incur additional fees)</i> |
| 3. Carry-on | 22 x 14 x 9 inches | |
| 4. Personal bag | | |

GMI Supply Bag

You will receive a 15 lbs. shopping bag with supplies to take to Argentina. Please spread these items throughout your luggage along with the shopping bag. We will collect these items once we are at our hotel.

Before departure you may be asked to pack some supplies to bring back to the U.S. We will collect them once arrived at Orlando. Pack them so that upon arrival you can quickly find them to be returned.

Emergency Contact Info

GMI Office (407) 303-2632
Andrea Ward's cell phone: (407) 304-7716

The cell phones will be operational while in Argentina. You can give these numbers to your family so if an **emergency** should arise they will be able to contact you.