



**Juliaca, Peru Medical Mission Trip
Information Packet
May 6 – 16, 2020**





Juliaca, Peru

Medical Mission Trip

Trip Purpose

AdventHealth Global Missions volunteers will provide primary care outpatient services and health education to several Peruvian villages in the Juliaca and Puno area during clinic days.

Location & Culture ¹

Peru is in the central western section of the South American continent. It borders Ecuador and Colombia to the north, Brazil and Bolivia to the east, Chile to the south, and the Pacific Ocean to the west. Spanish and Quechua are both recognized as official languages in Peru. Peruvians maintain a very strong sense of national identity supported by a series of common characteristics such as language, religion, food, and music. Spanish and Catholicism have historically provided a zealous sense of national belonging and cultural identity.

Juliaca is the capital of San Roman Province in the *Puno Region* of southeastern Peru. It is the region's largest city with a population of 225,146 inhabitants. It is the largest trade center in the Puno region.

During our trip we will also visit Cusco, often spelled Cuzco, is a city in southeastern Peru, near the Urubamba Valley of the Andes mountain range. It is the capital of the Cusco Region as well as the Cusco Province. The site was the historic capital of the Inca Empire from the 13th until the 16th-century Spanish conquest. In 1983 Cusco was declared a World Heritage Site by UNESCO. It has become a major tourist destination, hosting nearly 2 million visitors a year.



¹ <http://www.everyculture.com/No-Sa/Peru.html>

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 Trip Cost	\$1,050	February 21, 2020
75% of Trip Cost	\$625	March 20, 2020
100% of Trip Cost	\$625	April 3, 2020
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.

Trip cost may vary depending on departure city. Cost listed is based on departure out of Orlando, FL.

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 AdventHealth Foundation 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 Peru
- 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 → Cusco, Peru

Day	Date	Activity
1	Wednesday May 6	Depart in the afternoon from Orlando, FL → Peru
2	Thursday May 7	Arrive in Cusco, Peru. Acclimate and tour of Sacred Valley and Ollataytambo.
3	Friday May 8	Machu Picchu Tour
4	Saturday May 9	Travel to Puno
5	Sunday May 10	CLINIC: Los Uros Islands Tour of the islands
6	Monday May 11	CLINIC: Medical care
7	Tuesday May 12	CLINIC: Medical care
8	Wednesday May 13	CLINIC: Medical care
9	Thursday May 14	CLINIC: Medical care
10	Friday May 15	CLINIC: Medical care Depart Juliaca → Orlando, FL
11	Saturday May 16	Arrive in Orlando, FL

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

Elevation

Juliaca's elevation is 12,549 feet, which can prove to be a challenge as most of us are not used to living in places of such high elevation. At these heights, the oxygen level in the atmosphere is decreased, and some experience altitude sickness.

Tips in Avoiding Altitude Sickness²

1. **Hydrate** – the best way for your body to adjust to high altitude is to drink plenty of fluids, at least double what you normally drink.
2. **Replenish** – eat foods rich in potassium and complex carbohydrates and decrease salt intake.
3. **Easy does it** – dial back the effort if you're short of breath, sore, or consistently fatigued.
4. **Shade yourself** – properly apply sunscreen at all times, there is little protection from the sun otherwise.
5. **Doctor's orders** – if you're concerned about altitude sickness, visit your doctor before the trip. There are several medications used to prevent high altitude illness; the most common being acetazolamide (Diamox). Your doctor will advise you whether this medication is appropriate for you. You may also want to bring ibuprofen (Advil) and acetaminophen (Tylenol) in case you are afflicted with headaches.
6. **Prepare** – days may be warm, but as soon as the sun sets mountain nights are very cold.
7. **Seek help** – make sure you alert your trip leader if you are feeling ill.

Weather and Atmosphere

Seasons in the Southern Hemisphere are **opposite** to those in the Northern Hemisphere. We will be visiting Peru during the winter season. The month of June has daily highs around 62°F throughout the month, daily low temperatures are around 25°F. Due to high elevations, Juliaca is very cold, especially at night. The sun is hot during the day through and you should wear a hat, sunglasses and sunscreen.

Food and Drink

Peruvian cuisine reflects local practices and ingredients—including influences from the indigenous population including the Inca and cuisines brought in with immigrants from Europe, Asia and West Africa. The four traditional staples of Peruvian cuisine are corn, potatoes and other tubers, Amaranthaceae (Quinoa, Kañiwa and kiwicha) and legumes (beans and lupins). Staples brought by the Spanish include rice, wheat and meats. Many traditional foods—such as Quinoa, kiwicha, chili peppers, and several roots and tubers have increased in popularity in recent decades, reflecting a revival of interest in native Peruvian foods and culinary techniques.

If you are a vegetarian/vegan there will be many food options available for you during this trip.

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. It's important to keep yourself hydrated due to the elevation changes.

² <http://www.snow.com/for-her/altitude-sickness-tips.aspx>

Entry Requirements

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

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.

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

Peru uses the Peruvian Sol as their form of currency. The current exchange rate as of Oct. 2019 is
1 USD = 3.3 Peruvian Sol

How much money should you bring?

The only money you'll need is for any extra food and souvenirs you may want to purchase. We will stop at the airport to exchange money; many vendors also take credit cards. Most everything you see in shops or from vendors will be less expensive than in the USA. At times you can bargain the price down, but please keep in mind you are bargaining with people that make in a month what you make in a day. You may also bring cash to tip the hotel staff.

Electricity

In Peru the electrical power is 220v at 50 cycle. If any of your charging items are *ONLY* 110v, then you will need a voltage convertor.

Some outlets will be two round pins (shown next page) instead of the outlets used in the U.S. In order to use your devices, you will need a plug adapter.



If your electrical device uses a 3-prong outlet, make sure that you purchase an adapter like the one shown below.



These are available at stores or online, typically in the travel section.

Time

Peru is currently one hour behind Orlando, Florida.

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 luggage tags for your check bags. Please use them to make them easy to spot.
- Identify yourself as a tourist – "tour group" on immigration documents.
- Stay with group when we go through customs.
- Carefully watch for everyone's luggage as these are easily mistaken on the conveyor belts.
- You are advised against street moneychangers for security purposes.
- Respect others; **always be on time for scheduled events** (better early than late), although the Peruvian people are more relaxed about schedules.
- Remember: You are a guest in Peru, the rules and cultural norms may be different and more conservative.

Packing List

BASICS	TO TRAVEL:		FUNDS		TRAVEL AIDS	
	Passport		Wallet		Pleasure reading	
	Copy of travel docs		Cash		Chewing gum	
	Copy of passport		Credit Cards		Snacks	
	Emergency contact info		Foreign Currency		Earplugs	
	Medical insurance card		Money belt		Sleeping mask	
	Headphones				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		Pen/Journal		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				

