

HAMMOCK EXPEDITIONS

MISSIONS & SERVICE

PERU RAINFOREST



THE MISSION

Peru is located in a highly seismically active area and major earthquakes occur frequently. In addition the country experiences heavy rainfall, flooding, droughts, forest fires, frosts and snowfalls, and the periodic occurrence of the El Niño climatic phenomenon. This makes the community vulnerable and more susceptible to diseases. The main causes of death include several preventable and infectious diseases such as, tuberculosis, pneumonia, malaria, and yellow fever.

The Peruvian healthcare system is similar to those in other Latin American countries, so remote areas are not serviced by medical facilities. The World Bank and the World Health Organization stated in a 2009 study that the indigenous peoples are viewed as needing full assistance to solve their multiple health problems. Our partners are working in collaboration with local teams to help those suffering from life-threatening diseases. We will provide medical and dental care and health education to these otherwise untouched people groups. Your team will see many patients with infections, wounds, and common health problems that are frequently untreated. Dental needs are among the most troubling, with patients suffering from horrific pain from infected teeth without care other than home remedies.

Annual flooding is a serious concern for the people of the Amazon River basin, with the associated skin issues, infections, and emotional loss that comes with major disasters. Dengue Fever and other mosquito-borne diseases are significant health concerns in this community. Providing education about mosquito-borne disease and providing supportive care for patients will be a primary task for our team. This trip is a wonderful opportunity to provide care for people who truly need help.



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This beautiful trip starts and ends in Puerto Maldonado, Peru, a small city known as the gateway to the southern Amazon. The area is surrounded by national parks and preserves, which include some of the most pristine rain forests in the world.

LODGING & TRANSPORTATION

You will be staying in a lovely hotel on this trip, traveling by boat each day to the small villages and towns that are in need of medical and dental care. Bring your bathing suit and don't forget your camera!

HIGHLIGHTS

Working with the indigenous people of the Peruvian Amazon is a highlight all its own. You'll also have some time to learn more traditional medicine and to see the many different crafts handmade in the area, including textiles, beaded items, seed jewelry, ceramics, carvings, clothing with traditional designs, rattles and other traditional crafts.

Another highlight of this trip is your choice of spending your last day in Peru in Puerto Maldonado shopping, relaxing, or exploring the Amazon, or in the capital city of Lima. Lima is a UNESCO World Heritage Site and has "Museums with great works of art, archaeological sites, beaches, the boardwalk, valleys, natural reserves, the nightlife, the thrill of adventure sports, and the exquisite cuisine gives Peru's capital an authentic personality and makes tourism in Lima a unique experience in the country." Your choice may depend on your departure time from Puerto Maldonado and your flight time home.

ITINERARY AT A GLANCE

Day 1	Arrival & Orientation
Day 2	Clinic
Day 3	Clinic
Day 4	Training Day
Day 5	Clinic
Day 6	Clinic
Day 7	Depart for Home

Day 1 – Dinner included

You and the team will fly into Padre Aldamiz International Airport (PEM), also known as the Puerto Maldonado International Airport, arriving by 6 PM to transfer to your hotel and meet up with the other volunteers you'll be working with this week for a team dinner.

After dinner, you will attend the team orientation to prepare you for the upcoming week of clinic. During orientation, your team leader will assign roles for the clinic, discuss our community health education efforts in detail, present clinic protocols, and provide an overview of the communities your team will be serving in Peru. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.



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Day 2 – Breakfast, lunch & dinner included

Today is your first day of clinic! Wake to enjoy a hearty breakfast with your team. Clinics begin early in the morning and run into the evenings. Your days will be long and hard, but also incredibly rewarding. You will find the indigenous people of the rainforest to be among the kindest people you will meet and the most in need of healthcare.

After returning back to your accommodation at the end of the day, you will have a team debrief with your team leader and dinner provided at the accommodation.

Day 3 - Breakfast, lunch & dinner included

Most time at the clinic will be spent treating those with infections, wounds, and common health problems that are frequently untreated. Clinic days will also be spent caring for the indigenous people of the Peruvian rainforest with conditions associated with the annual Amazon Basin flooding such as skin issues, infections, and emotional loss.

Day 4 - Breakfast, lunch & dinner included

You and your team will provide training for local healthcare providers to continue long-term, sustainable education efforts. Education is as important as medical and dental care for our patients. Each clinic includes basic health education according to the specialties and skills of the volunteers, as well as the needs of the local people. When communities become empowered to take health and wellness issues into their own hands, they become self-sufficient. Teams provide learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

After training, you will have free time to explore the city or venture to the jungle.

Day 5 - Breakfast, lunch & dinner included

Most time at the clinic will be spent treating those with infections, wounds, and common health problems that are frequently untreated.

Day 6 – Breakfast, lunch & dinner included

The last day of clinic will be bittersweet as you reflect back on all your hard work and the patients whose lives you were able to touch. You'll debrief upon returning to your hotel and enjoy a lovely dinner.

Day 7 - Breakfast

Enjoy one final breakfast with your team! Depending on the time your flight leaves, you can explore more of the city before you head back to the airport for your international flight home. Thank you for your service!



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MISSION INCLUSIONS

International flights
Transportation
Lodging
Costs associated with the clinic
Food & Beverages
All logistics, including translation services and security as needed
2 sets of scrubs per person
Travel pack with water bottle, journal, luggage tags and more
Personal Tour Ambassador assigned to your group

NOT INCLUDED

Passport fees, visa fees, and transit fees if required
Luggage fees if not included with airline ticketing
Fully comprehensive insurance (mandatory)
Coach transfers to/from home airport
Meals on travel days other than what is specified
Single occupancy supplement fees
Vaccinations and medications common for travel
Spending money for souvenirs and personal purchases
Required mission supplies or personal equipment
COVID-related fees such as testing, vaccinations and quarantines
Additional Sightseeing / Entertainment Options
Any gratuities – Tour Ambassador, local guides

**Each team is responsible for carrying medical supplies for the deployment.
All fees associated with transport are the responsibility of the volunteer.**

This mission is offered through our partnership with International Medical Relief. As always, our staff are always available to answer any questions you may have regarding programming. If we may serve you in any way, please do not hesitate to contact us.



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