



HAMMOCK EXPEDITIONS

MISSIONS & SERVICE

CUSCO, PERU



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 total fertility rate in 2011 was 7.7 children per woman, and the mortality rate was 10.6 per 1,000, double the national rate. 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. In fact, in 2009, the World Health Organization reported that the indigenous people of Peru are in dire need of outside medical assistance to help improve the quality of their lives. To make the situation more serious, communicable diseases are the leading cause of death throughout the nation. To help provide quality medical care to all citizens, your team will volunteer in the Andes high country to provide quality health care and medical services. Our mobile clinics offer assistance to children, women, families, the elderly, and other in-need populations.

You and the rest of the team will educate locals on how to stay healthy and how to care for their loved ones. Together, we will treat a wide variety of acute and chronic illnesses including dengue fever, yellow fever, zika, malaria, and illness related to poor drinking water quality. One of the main focuses of this mission is **dentistry**. Because all community members are encouraged to attend, the demand for dental care will be high. Another main focus of this mission is **women's healthcare**. We will provide general women's and infant care, as well as strengthen the knowledge and skills of the local midwives.



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Situated at 3,400 m (11,150 ft), Cusco is a beautiful city of whitewashed walls, red-tiled roofs, and soaring churches nestled in a fertile mountain basin. If you'd like to explore a bit, you can head to the Plaza de Armas to experience the social heart of this bustling city. As you walk through town, stop in for a visit to Koricancha Temple, the Main Square, Sacsayhuaman Fortress, Puca-Pucara and finally, a visit to the Inka's Expression Art Workshop where you will see local Andean Artists at work.

Your team will provide dental and medical care to various communities surrounding the city of Cusco and in the Sacred Valley. This is an area where traditional medicine dominates and we will have an opportunity to learn about the botanicals used by local healers. You will also have an opportunity to learn about the rich culture of this beautiful and unique area, where the people are passionate about their religion, crafts, and corn!

LODGING & TRANSPORTATION

On this mission trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable. You will be working in the area around Cusco on this trip and will stay in modest accommodations close to the center of Cusco. All transportation to and from the clinic has been arranged for you. Professional drivers, safe vehicles, and security are some of the many reasons to participate in this trip with a professional operator. Transportation to clinic will be by bus and the rides will be beautiful!

You will love the regional food! If you are adventuresome, you might want to try cuy (guinea pig) but lamb, chicken, pork, sausages, and chalonga (a dried meat) are easily found if you are not in the mood for cuy. Sweet potatoes, scrumptious stews of assorted vegetables with or without meat are amazing; corn and cheeses in many varieties will be on all the menus – try the corn fritters! If you are a soup lover, Cusco is famous for Chiaro, a soup made with beef or lamb and vegetables. and for Lawa Soup, a cream soup made with ground corn, cheese, eggs, and potatoes. Did we mention the ice cream? Save room for the regional desserts!

HIGHLIGHTS

A true highlight of this trip is working with the Quechua people. The Quechua work the land, and will come to clinic with a variety of complaints, including back pain, dry eyes, and infections. Nutrition is an issue, with potatoes and fats as the staple ingredient in their diet. Many patients have never seen a dentist; we often see patients at our clinics with dental care as their primary concern. Caries have pitted out their teeth and they need extractions. In their traditional dress, you will find the Quechua to be warmhearted and grateful for your care.

ITINERARY AT A GLANCE

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



Day 1 – Dinner included

You will fly into Cusco, Peru (CUZ); arriving prior to 2 PM. Upon arrival, you will transfer to your hotel where you can check in and freshen up. You will enjoy a hearty dinner and then attend the team orientation to prepare you for the upcoming week of clinic. Your team leader will assign roles for clinic, address clinic protocols, and discuss the communities you will be serving in the surrounding areas.

Day 2 – 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. Our local team provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

Day 3 - Breakfast, lunch & dinner included

Enjoy breakfast at your hotel in the morning and then depart for clinic! Clinics will be held in the Cusco area. You will see some of the mountain villages within a few hours of Cusco, including villages where the Quechua people live and work. There will be a little time for sightseeing around beautiful Cusco a few evenings during the week. Walk through town to find some of the best cuisine Peru has to offer.

Day 4 - Breakfast, lunch & dinner included

You and your team will provide medical and dental care and health education to these otherwise untouched people. The Quechua suffer greatly from a lack of knowledge about how to manage their healthcare, resulting in needless deaths among this already diminishing population.

Day 5 - Breakfast, lunch & dinner included

In addition to mosquito-borne illness, you will see many patients with infections, wounds, and common health problems, all of whom frequently go without any care.

Day 6 – Breakfast included

After a week of working in clinic, today will be your chance to go and explore the historical city of Cusco! There are many things that make this city unique, from its ancient Incan architectural ruins to its lively people and colorful artisans. You are invited to venture to the famous San Pedro Market, ChocoMuseo, Cristo Blanco, or make your way all the way to the beautiful archaeological site of Sacsayhuaman.

Day 7 - Breakfast

On your last day in Cusco, enjoy one final breakfast with your team before beginning your departure home. Thank you for your service!

MISSION INCLUSIONS

International flights

Transportation

Lodging

Costs associated with the clinic

Food & Beverages

All logistics, including translation services and security as needed



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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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