Frequently Asked Questions for Volunteers

Thinking about joining a Promise Medical Expedition? Or have you signed up and have questions about your trip? Please find below a list of frequently asked questions.

Trip Payments

How do I make a trip payment?

Trip payments can be made by post or via our Paypal page - Make a Trip Payment

or, Send your deposit check to our PO Box:
Amazon Promise,
PO Box 1304,
Newburyport, MA 01950, USA

refer to following table for costs

<table>
<thead>
<tr>
<th></th>
<th>One-Week Medical Expedition</th>
<th>Two-Week Medical Expedition</th>
<th>Three-Week Expedition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check, Money Order or Paypal</td>
<td>$1,300</td>
<td>$2,400</td>
<td>$3,000</td>
</tr>
</tbody>
</table>

Deposit of $300 is due at time of application. Balance is due 45 days before start.

Logistics

**Will someone pick me up at the airport in Iquitos?**

Yes, a representative from the hotel will meet you at the Iquitos airport and take you to your hotel. There is no extra charge.
I bought my flight to Lima, but I need to purchase a ticket to Iquitos. What do you recommend?

There are three airlines that fly to Iquitos, LATAM, Star Peru, and Peruvian Airlines. LATAM (latam.com) is the most on-time, and the most expensive. Both Star (starperu.com) and Peruvian (peruvianairlines.com) have better fares, but they are often late in departing, and sometimes have a stopover. Please go to their websites to see updated fares.

I may need to stay overnight in Lima. Do you have any recommendations for a hotel and transportation?

Depending on the length of your stay in Lima and your budget, here are a couple options:

HOTELS IN LIMA

If you are arriving into Lima late, and are flying out early the next day, there are a few hotels near the airport that are safe and provide an opportunity to catch a few hours of sleep before your next flight. Please go to tripadvisor.com/Lima_Zone for a list of hotels (with reviews) located near the airport. Many Amazon Promise volunteers stay at the Manhattan Inn, just a 5 to10 minute ride from the airport.
If you have an entire day (or more) in Lima:

The D’Osma Bed and Breakfast (www.deosma.com) sits in the neighborhood of Barranco, Rates start at $22 per night.

Hostal Porta is a cozy colonial mansion located in Mira Flores. If you book directly from their site, a single room rate is $40. (http://www.hostalporta.com/)

3B Hostal is a modern boutique style hostel located in the neighborhood of Barranco, known for its nightlife and bohemian community. Rates are $65 (and up) per night plus airport pickup (www.3bhostal.com)

Second Home Peru (www.secondhomeperu.com) is a beautiful B&B located in Barranco. Once home to the Peruvian sculptor Victor Delfin, this guesthouse has 5 rooms, some with ocean views. Rates start at $95.

JW Marriott Hotel (www.marriott.com) offers luxurious accommodations in the district of Miraflores. Most rooms have ocean views, and the hotel overlooks a shopping and restaurant area known as Larcomar. It costs approximately $200 per night.

TRANSPORTATION

Taking street taxis from the airport or anywhere in Lima is not advised. Amazon Promise strongly encourages volunteers to arrange transportation to their hotel prior to arrival, or if not, to only use official taxi services found inside the Lima airport. Most hotels will arrange for p.u. at airport. Once at your hotel, ask the concierge to arrange a taxi for you for outings.
If I have a problem with my flight, how do I contact the Amazon Promise team in Iquitos?

If you are in the city of Iquitos (Loreto Province) dial direct 065-231683. If you are dialing from outside the Loreto province (i.e. Lima or another city in Peru), dial 065-231683. If calling from the U.S. dial 011-51-65-231683. If you are dialing from any other country, please check with the operator. You can also send an email to patty@amazonpromise.org please cc your email to adri_luhan_10@hotmail.com

What to Bring

Do you have a recommended packing and preparation list?

Yes! Please see our webpage at: Trip Preparation for a full list of items. Additionally, medical volunteers should bring their own equipment, such as stethoscope, sphygmomanometer, otoscope, etc. and at least one box of non-sterile gloves for your own use. We attempt to have gloves available, but we may not have what you specifically need or desire.

Can I help bring medical supplies and medications?
Yes! In fact, we encourage all volunteers to help bring medical supplies and medications. Each volunteer is asked to bring the following items:

**PERSONAL USE**

**TEAM NEEDS**

- Hand towel
- Vitamins: infant drops, children’s chewables, adult (no gummie vitamins, they melt!) reading and sun glasses
- Disposable wipes
- Naproxen - adult
- Oral Rehydration Solution/Powdered Gatorade
- Acetaminophen - adult
Please bring a minimum of 1 bottle each of Naproxen and Acetaminophen to donate to the AP team and/or villages.

In addition to the above list, volunteers can solicit donations for medical supplies and/or medications in their local community. A list of Amazon Promise’s most needed supplies can be found at Donate Medical Supplies. If you do not have access to these materials, large amounts of vitamins (infant drops, children’s chewables, and adult) would be greatly appreciated. Vitamins are in high demand and we cannot purchase them in Peru as they are too costly. When we have vitamins we distribute anywhere from 15,000 – 20,000 per trip. Please do not bring gummy vitamins, they melt!
What kind of work will I be doing as a volunteer?

Amazon Promise needs both medical and non-medical volunteers, and your role on the team will depend on your background.

Medical Volunteers: MD, PA, NP, RN, Med Students, etc.

Medical volunteers provide the needed medical services, including consultations and performing minor procedures at Amazon Promise clinics. All members of the team work together to provide the best in patient care. A Peruvian MD is on-site for consultation as well. The most common health problems can be categorized into acute, chronic, and serious conditions. They include:

**Acute:** gastritis, diarrhea, parasites, URI (all types), headaches, pneumonia, STDs, UTIs, skin diseases (tinea-all types, impetigo, cellulitis, viral-herpes/varicella, abscesses, scabies, lice), back pain, general body aches, seizures, dehydration, and conjunctivitis

**Chronic:** asthma, diabetes, hypertension, arthritis, anemia, pterygium, cataracts, malnourishment, depression, alcoholism, domestic abuse, dental disease

**Serious:** lacerations, snake bites, ray stings, catfish barbs, burns, untreated wounds, TB, incarcerated/strangulated hernias, HIV, severe dehydration, obstetric complications
Medical Volunteers: Dentists, Dental Hygienists

The population in which Amazon Promise serves consumes a high amount of sucrose, obtained either through candy, cola, or sugarcane they grow in their community. You will also see high rates of malnutrition and anemia that add to poor dental health. Thus, dental care is in popular demand. There is no electricity at the clinic sites, but we do work with two portable dental units which allow our dental teams to provide not only extractions, but fillings and cleanings. Please bring a headlamp!

Non-Medical Volunteers

Volunteers without medical expertise provide essential support and services on every Promise medical team. Volunteers may assist in pharmacy and/or work in patient registration, signing people in to the clinic and weigh and or measure children and babies. Volunteers may also work in wound care where they help to wash hair and help treat various skin problems that need attention. All volunteers are given the appropriate training to assist with their tasks. For volunteers that speak Spanish, many help provide translating, and health education on topics like general hygiene and HIV/AIDS.

Can I get academic credit for participating in the Three-Week Healthcare Internship Program?

Many students who participate in the internship program do receive credit at their universities. Check with your program coordinator to determine your internship requirements.
Is it required for volunteers to speak Spanish?

No. Many Amazon Promise volunteers do not speak Spanish. At all clinic sites, interpreters are available to facilitate conversations. If you have another question that is not listed here, please contact Jackie Carroll, Volunteer Coordinator, at jackie@amazonpromise.org.