

2010 Humanitarian Expeditions Handbook



Greetings! Bienvenidos! Ayanchu!

Southern Cross Humanitarian is delighted you have chosen to participate in a South American Expedition. Please take the time to read this document as it is designed to help you prepare for, and maximize, what promises to be one of the most rewarding adventures of your life.

Why Humanitarian Expeditions?

Expeditions are two-fold:

#1 - Help others in need -

Pachacuti was one of the greatest Inca Leaders and his name means "Transformer of the World." He was the most innovative of the Incas and was the first to expand the Andean Territory in one of the fastest expansions ever recorded from the Valley of Cusco to beyond Quito, Ecuador. During his reign, deserts were irrigated and mountains terraced, producing bountiful crops filling storehouses with food throughout the empire so all were fed and clothed and hunger was eliminated. Sadly, through conquests, diseases and modern political regimes, this self-sustaining model was lost. As an expedition participant, you are now "Transformers of the World". Our expeditions are dedicated to teaching and mentoring the people you will visit, thereby eliminating hunger and discouragement among the people of the Andes and bringing back self-sustaining tools from their past.

#2 -Enhance awareness of the world around us

Although there is a lot of work on the expedition, expedition participants will have the opportunity to explore the rich culture and beautiful surroundings of the country they visit. Those in Peru will experience the ruins of Machu Picchu, Ollantaytambo, Cusco, and historically rich Lima during the trip. Those in Colombia will visit Caribbean waters and those going to Ecuador will enjoy the world famous Galapagos Islands.

Rigors are demanding and participants should be in good condition. Some areas are over 12,000 feet high, and good stamina will be required to be productive. Otovalo is less than 10,000 feet and high altitude sickness is much less common.

Attitude and Etiquette

While in Peru, Colombia and Ecuador, you are viewed as ambassadors of the United States as well as of Southern Cross Humanitarian. Many Colombians have never seen Americans due to 20 years of guerrilla wars that kept us out of their country. Courtesy for, and respect of, the people are of paramount importance. Our Organization goes to great lengths to insure cooperation with South American government officials. Illegal actions (such as bringing in drugs) by a single expedition participant could jeopardize the Foundation's entire project in those countries. Each of you signed an Agreement acknowledging the need to prepare yourself physically and mentally to face primitive, frustrating, and disquieting conditions while traveling in the Developing World. Your expedition will take you to areas not accessible to most tourists. This is exciting, but also requires extra sensitivity, maturity, and adaptability.

THINGS WILL GO WRONG - Our reactions to the unexpected, and each other, are noted by the villagers, children we work with and country directors – While Latinos may appear to be very casual, they have a rigid code of conduct in word, actions, and dress. We are guests in their country, and while they would never comment on the rude behavior of a foreigner, they may be offended. Any offense is noted, and a single arrogant, selfish, or rude act can undermine the entire expedition. Therefore, please observe the following manners:

- Above all, be gracious, grateful and gentle
- Never shout, or use obscene gestures or language
- Dress plainly, modestly and neatly
- Parents should strictly monitor children's manners
- Vehicles, **not pedestrians**, have the right-of-way
- Shake hands gently
- Follow their lead on greetings – for instance, If kissed or hugged, kiss or hug them back
- Never show or speak of your wealth or possessions nor tell these people that you are poor—either will be offensive
- Wear shorts only in the jungle or the coast (bare legs are taboo in Andean villages)
- When paying for an item, never throw or drop money on the counter- always place it in their hand or gently count it out on the counter

Criteria

We work with the following project criteria in mind:

Sustainable: Everything built or taught should be with long-term solutions in mind

Simple: "KISS" - projects solve basic needs first for locals and the children

Sensitive: Culture, traditions, and customs are taken into account for all projects

Customs Declaration

A customs declaration form for Peru, Colombia, or Ecuador will also be handed out by flight attendants, when you land in your respective country, and must be

filled out on the plane before landing. You only need to fill out one form per family. Unless told do so, do NOT declare anything.

Health Guidelines

Traveling, even in the U.S., involves safety issues that can ruin your travel pleasure if not followed carefully. There is never any guarantee, but these suggestions will reduce your risks of health problems during travel.

Before you travel

- Exercise 4-5 times a week 45-60 min. a day for at least 6 weeks before departure.
- Develop a habit of drinking 6-8 glasses of water each day before you go! (This is the best natural defense against altitude sickness.)
- Eat healthy, especially the last two weeks before the trip.
- Sleep adequately for 2-3 nights before traveling. Avoid staying awake all night packing. (Most illness hits about 4 days after a stressful event!)

When you fly:

- Drink 6-8 glasses of clean water on the longer flights (request 2 small cups of water at a time=8 oz. water.)
- Avoid drinking more than -1 carbonated drinks per day as they reduce resistance to disease
- It is critical that you get all the rest possible on the all-night flights to prevent illness during the trip.
- Always use hand-sanitizer before touching food!
- Eat small meals that are high in protein and complex carbohydrates (fresh fruits and vegetables.)
- Come prepared with fresh fruit and nutritious snacks as the airlines do not always provide snacks or food!
- Due to the sharp drop in altitude in a very short period of time on the flight from Cusco to Lima (12, 000 ft. to sea level) it may bother some that have sensitive ears. A special earplug product found in most drug-stores called "Earplanes" is recommended by otolaryngologists to prevent and alleviate ear pain.

Upon arrival in Cusco (11,900 ft. MSL):

- At airport drink coca tea or chew a small piece of coca leaves (usually for sale at airport) Or if you have chosen to take Diamox take another dose as directed. It is critical that you do not delay in the acclimatization process!
- Upon arrival at hotel take a nap or rest (ideally 3-4 hrs). Doing so helps the oxygen level in your body stabilize and prevents altitude sickness. Move slowly upon waking up and you will have a much more pleasant experience.
- Staying hydrated is the key: increase water or coca tea intake up to 10+ glasses per day.

- Exercise very slowly and cautiously.
- At the first sign of altitude sickness (headaches, shooting pains in neck, diarrhea), lay down and consume large amounts of coca tea until all symptoms disappear. (It may easily take up to 6-8 cups of coca tea depending on the severity of the symptoms.)
- Eat light meals until your GI tract adjusts to the altitude—preferably soups that are highly liquid.
- If symptoms of altitude sickness worsen, such as vomiting and diarrhea, then notify health personnel to possibly be treated for dehydration.
- If sleeping on the ground or working in the soil always use a face mask to prevent breathing in e-coli germs that are prevalent in the soil.
- You must wear sunscreen even if you never have before. The air is so thin at this high altitude and the wind so strong that it easily causes a sunburn.

Eating in South America

- There is no “one safe food” as all foods possess a degree of risk, but there are some guidelines to help reduce your risk.
- When we eat together as a group, the best and cleanest restaurants are selected and all food is quite safe except: lettuce, hamburgers, ice cubes and lemonade and other drinks (usually made from filtered, not purified water and we need to drink only purified water!)
- Avoid eating at food stalls or stands on the street as they are not considered safe and may be contaminated with street pollutants
- The following foods are ranked in order of highest risk to lowest risk:

HIGHEST RISK:

ice cubes
 lettuce
 hamburgers
 meat dishes made from ground beef
 undercooked or rare meat of any kind
 pork products
 raw eggs
 homemade foods sold in baggies or on the street
 raw fish such as ceviche or cebiche

HIGH RISK:

fruit and vegetable peelings
 milk products, unless pre-packaged
 egg products, unless pre-packaged

MEDIUM RISK:

cooked beans and legumes
 cooked vegetables
 poultry products

LOW RISK:

beef steaks that are well-done
garlic
onion
bottled pop (if you wipe the dirt off the top)
orange juice
potatoes in all forms (do not eat peelings)
hot soup
packaged candies and chips
fresh fruits such as papaya, guava, mango, without peelings
avocado
fresh fish, well-cooked

Traveler's Diarrhea

Here's some basic guidelines to help you deal with this problem:

- Drink plenty of purified water and/or coca tea
- Restrict certain foods that are hard to digest such as milk, meats, fresh fruits and vegetables, or fried foods for at least 24 hrs. or until symptoms are gone.
- BRAT diet: bananas, rice, applesauce, toast until symptoms disappear.
- Eat boiled, steamed or pureed potatoes and noodles in broth
- If you can delay 24 hrs. before taking Immodium to control the symptoms, the virus/bacteria has a better chance of leaving your body. If not, take Immodium as per instructions.
- Most traveler's diarrhea can be treated effectively with the antibiotic (Ciprofloxacin) Cipro-2 pills, one every 12 hrs. only. (Ask doctor for Rx)

Hotels

Please pair up with room partners based on double occupancy. Some rooms have 3 beds and families may split up accordingly. Unchaperoned youth may not be allowed to share a room, and singles will only be matched with someone of the same sex. This does not apply to brothers and sisters in the same family.

Please note the following:

- Generally leave room key at desk when leaving.
- Toilets - Plan on throwing the toilet paper in the garbage can rather than flush it down the toilet. The sewage systems in South American are unable to process toilet paper.
- Hotels will lock the doors and gates at 10:00 p.m. If you arrive after that hour, knock on the door or ring the bell.

Immunizations

No immunization required to travel in these countries, unless you are staying

longer than 30 days. If you are going to the jungle, you may obtain your Yellow Fever shot as you get off the plane. If you have a personal concern, please contact your local County Health Department. In Utah, the International Travel Clinic of Salt Lake County can give you valuable advice as well as administer the vaccinations. Call 801-534-4693 or 801-468-2813. We require the following immunizations:

Tetanus 10 year protection
Hepatitis A 20 year protection
Hepatitis B 12 year protection
All childhood vaccinations should be complete.

Insurance

Emergency Medical Insurance is required for all expedition participants. Coverage will include emergency evacuation and loss by theft. This may be obtained privately or with the help of Southern Cross. This coverage is generally obtained at a cheap rate and often proves helpful when situations arise such as lost luggage and/or missed in country flights. Consult your provider regarding the specifics of your plan.

As an easy option, we suggest calling Velocity Tours for help in obtaining travelers insurance and any questions:

Velocity Tours

Contact – Trent Hedrickson
Salt Lake (801) 296-8687
Provo (801) 494-1874
Toll Free (877) 608-3704
www.velocitytours.com

Mission Statement

Bridging cultures to help establish long-term solutions for children-at-risk in South America. Working with volunteers to enrich the lives of children-at-risk, Southern Cross:

- Facilitates humanitarian expeditions to Peru, Colombia & Ecuador
- Sponsors children, schools and projects
- Provides internships working on-on-one with children

Our Logo:

The red Andean cross with the hole in the center is called "Chakana". This Incan representation of the Southern Cross constellation was described as the symbolic power to "puentear" or "to bridge" heaven and earth. Today, Southern Cross Humanitarian uses the Chakana as our symbol as we bridge cultures - extending our reach from those who have to those who have not.

Money Conversion

Colombia: The Colombian peso is about 1700 to the dollar.

Ecuador: Ecuadorian monetary unit is the US dollar. Their coins are the same denomination as ours but have different imprints on their pennies, nickels, dimes, and quarters. They prefer to use the Sacagawea dollars over the \$1 paper bill.

Peru: The Peruvian monetary unit is the Nuevo Sol (which means New Sun in Spanish). The exchange rate is approximately 2.8 soles for \$1.00.

Traveler's check receive a lower rate and are very difficult to cash, so carefully guarded cash is recommended.

Packing List

Please pack light, taking only what you absolutely need, and share items such as shampoo sunblock, etc., with others in your group. Two suitcases in total are permitted and each is limited to 45 pounds. We ask that you carry one suitcase for Southern Cross filled with donation materials, and pack your personal items in one suitcase with your first day clothes and essentials in your carry-on.

Travel Essentials

Money Pouch (neck or belt) Wear this at all times!

Passport & visa (keep a copy in your suitcase too)

Money \$300 or more in *new* bills (\$5s, 10s, \$20s)

VISA credit card - ATMs exist only in cities.

Airline tickets (These are electronic)

Immigration form (if applicable)

Student ID card: Jr. High, H.S., college.

Personals

Anti-bacterial wipes or gel

Sunblock

Sunglasses (preferably wrap-around for work situations)

Chapstick or lip balm

Toiletries

Flea collars/Flea powder (4-put around bed legs). Not in Colombia.

Inexpensive watch (alarm is handy)

Camera, extra cards and battery charger

Pain reliever

High altitude medication (Diamox) optional for Peru.

Diarrhea medication (Immodium) optional

Roll of toilet paper (You may not find TP in some bathrooms)

Flashlight / Headlamp (when you go out in the evening)

Jumbo garbage bag for dirty clothes or garbage

Work Clothes

(Laundry service available in Urabamba or at the hotel)

Shirts, socks and underclothing (week supply)

Two or more comfortable, casual pants

Light walking shoes (hiking boots and sneakers)
Hat - or buy one there upon arrival
Sweater or fleece for Peru/Ecuador (buy one there of baby alpaca for \$10)
No sweater is needed in Colombia
Work gloves (donate later)

Additional-Optional Clothes

Light rain coat or poncho
Outfit for touring and restaurants

Miscellaneous

Photos of your family, or postcards of your city and state, to show, share and/or give away
Trail mix or dried fruit.

DO NOT BRING THE FOLLOWING:

Jewelry or expensive watches or clothing
Electronic devices such as Walkman-type devices, gameboys, iPods, etc. (does not include camcorders).
Driver's License or other documents you do not want to risk getting stolen.

General rule of thumb: don't bring what you wouldn't want to lose.

Passport & Visa

A valid passport is required for entry into Peru, Colombia, or Ecuador. No advance visa is required, unless you are using a non-USA passport. Your visa into the country will be handed out by flight attendants and must be filled out on the plane before landing. You must save the bottom copy that will be given to you by the immigration official, as you will have to surrender it in when you check in for your flight home and are often required to register it at hotels.

Photography

Don't forget to bring a camera, preferably digital, so that upon our return you can share your photos. Please make CDs of your photos for Southern Cross, or mail your best photos and stories to the SCHU President to put in the newsletter. Please observe the following manners when taking photographs:

- Please treat people with respect. Be discreet and unobserved while taking your photo, and ask or use hand gestures requesting permission to take someone's picture.
- Do not take pictures of people praying or at other sacred occasions
- Do not take a photo of a naked child, people bathing or women breast feeding
- In tourist areas, sometimes a fee is expected to take a picture of a person dressed in traditional costume with, perhaps, a llama or alpaca.
- If you have a Polaroid camera, bring it with lots of film. Those in the

villages will cherish a Polaroid photo you take of them for many years.

Prime Directive

The Prime Directive of Southern Cross Humanitarian is to positively enhance the natural evolution of local cultures. We enter primitive communities by request of local officials and offer basic health and hygiene care. As a participant, we ask that you not introduce our pop cultural Western ways of life to those in remote villages or tribes. Our mere presence affects the culture enough.

Roaming at Large

If you are lost or unfamiliar with surroundings, ask passers-by for directions. Even if they don't know how to get to the place you are searching for, rather than seem unwilling to help, Latinos will often give invented or bad directions. Take this in stride, and be willing to ask for directions frequently!

Cab drivers looking for a fare will honk at you when passing you, as a petition to take you somewhere. They are not being rude, they just want your business. If you want the ride, flag them down. If not, shake your head or your index finger. In Cusco, all fares are around 3 soles. Always negotiate the fare *before* you get in the taxi, or you are at their mercy. Taxis in Otavalo are \$1, usually a Sacagawea. Taxis in Colombia are fixed and regulated in their pricing for the most part, but it is still negotiable. Always ask first!

Safety

The whole Sacred Valley is generally very safe, as well as Cajamarca and Otavalo. As a rule, however, you should not be out in the streets after 10:00 p.m. Cusco, Cartagena, Bogota, Quito, and Lima are large cities and can be more dangerous. Don't go out alone. Any crime committed against you is likely to be theft. Never let your possessions out of your sight or touch. Place suitcases between your legs while standing and hold bags and cameras while they hang from their straps over your shoulder. Keep money out of sight and in a money belt. Pickpockets run rampant in tourist areas. ALWAYS keep your airline tickets, passport, and credit cards in your money pouch. If you are robbed, do not resist.

Taxes

Upon leaving Peru or Ecuador, you will be required to pay an airport tax of approx. \$30-\$40 per person payable in cash and in U.S. Dollars. It always changes and varies in the countries, and now certain airlines will include this tax in the total cost of the airfare. If you keep your visa entrance certificate for Colombia, you do not need to pay the tax upon leaving. You will be given a sticker as proof of payment, which will be placed upon your ticket. Leaving Peru airports for other Peru domestic destinations you will incur a \$6 tax. This will happen 2-3 times on these expeditions. It's valuable, then, to ensure you carry enough cash with you to accommodate these expenses. There is a \$100 park

entrance fee into the Galapagos Islands. This is due upon landing and passing through island immigration.

Emergency Telephone Numbers

All telephone numbers below are local numbers. If you are calling from the USA, you will need to dial: International access: 011

Peru:

Peru country code: 51

Cusco area code: 84

Lima area code: 1

Cajamarca area code: 76

(Example from USA to Cusco, dial: 011-51-84- 227151. Peru time is the same as USA Central Time and the whole country is on one time zone.)

Cameron Cell Phone (Peru) – 999 524554

Lima – Zarahemla Lopez, Cellular phones: 991013060, 990929718

Cusco – Cesar Rodriguez, Cellular: 984 683132 Office: 227151

Cajamarca – Sandro Rebaza, Cellular: 976 720534 Home: 368321

Ecuador:

Ecuador country code: 593

Otovalo area code: 06

Quito area code: 02

Galapagos Islands 05

Quito - Washington Zambrano, Office- 801-693-8116 (US call) Cell - 983-099-10

Galapagos - Eduardo Morillo, Cell - 09969873

Salt Lake City

Southern Cross Humanitarian: 801-285-7922

Colombia

International access: 011

Colombia country code: 57

Ponnetz'e home phone: 011 (575) 6633712 (If you are in Cartagenas its only the last 7 numbers)

Hotels Used by Southern Cross

(Prior to your expedition, you will receive an itinerary with your hotels & contact info)

Peru

Lima

Manhattan - JR. Luna Pizarro 168- Urb. La Colonial - Callao, Peru

Tel. (511) 4645811

www.hmanhattan.com

Ramada Costa Del Sol Lima Airport
Av. Elmer Faucett S/N Aeropuerto Jorge Chavez - Lima, 1
51-1-7112000

Sacred Valley of the Incas

Recoleta - San Agustin Hotel - Av. Ferrocarril s/n - Urubamba, Peru
Tel. (084) 201666
San Agustin (84) 201443

Cusco

Hotel San Agustin Internacional
(511) 424-7102
(511) 424-9438
info@hotelessanagustin.com.pe

Ecuador

Quito

Radisson Royal Hotel,
WTC Cordero 444, Av. 12 de Oct.
Tel. 02-223-3333, Gerald Jumbo

Otavalo

Hotel Indio Inn
Calle Bolivar #904 y Abdón Calderón
Otovalo, Ecuador
Tel. (2) 922-922, Fax (2) 920-325