

Lircay Medical Mission General Information

August 5-19, 2017

Lircay, Peru

Located in the south central Andean state of Huancavelica, the city of Lircay is nestled in the Andes mountains at an altitude of 10,755 feet. The population is approximately 6500 people with the majority of the town being indigenous Inka decedents and bear the poorest conditions of the Peruvian people. A reminder that we are here to help and will not accept any derogatory attitudes towards the locals, nor any criticism of their poor conditions. You will find the people of Lircay to be extremely kind and appreciative. Lircay's landscape is so beautiful and is known as the "Switzerland of the Andes!"

Lircay Hospital:

The health systems in this region are not the best, but keep improving with our help. Lircay Hospital is small with only 22 beds. The government has had a difficult time to get permanent physicians to these regions. They created an agreement with physicians to travel to Lircay and work for 10 days a month. A newly christened building was erected on hospital grounds to house the physicians with modest rooms and bathroom facilities. A new group of doctors rotates in and out every 10 days.

Travel to Lima:

Travel to and from Peru is at your expense, along with any tours and hotel stay on either end of your trip. Please review the travel times to and from Lircay so you book your flights appropriately. No visas are required for American citizens. Non-U.S. residents need to check with their consulate for visa requirements. Although it is a bit more expensive, there is the convenience of the Wyndham Costa Del Sol Hotel right at the Lima airport.

Travel to Lircay:

Our mission has the assistance of an important partner, Buenaventura Mining Company who provides us with travel from Lima, housing, and food at no cost to you during your stay. The mission runs Saturday to Saturday, so **you must arrive in Lima by Friday night**. Buenaventura will arrange your 1 hour flight to Ayacucho, departing Lima at 5:30 Saturday morning on LATAM Airlines (you will need to check in at 3:30 am). A van will be waiting in Ayacucho to transport us on the 3 .5 hour mountainous journey to Lircay. Return travel will also be on Saturday, and you will arrive back to the Lima airport at approximately 6 pm.

Housing and Food:

The volunteers will be housed in a large private home constructed in the 1860's conveniently located 2 blocks from the hospital. The internet was knocked out during the recent storms, but should be functional again before we arrive. Buenaventura provides a private chef to prepare and serve 3 hot meals a day to be enjoyed together in

the large dining room. You will have a single bed in shared rooms. Bath towels and bed linens are provided, however, the wool blankets are very heavy and you may prefer to bring a sleeping bag. The stone house stays chilly and does not have central heat, only portable electric heaters are available in the bedrooms. The hot water is limited, so please consider others and keep your showers brief. Although the house is clean and safe, please allow me to remind you that you will not find U.S.A. standards here. If you do not adapt easily to the circumstances of the housing conditions, *do not come! We are here to help and the # 1 rule is no bitching!*

Lircay Weather:

August will be winter in Peru, and Lircay weather can be enjoyable but cold. There is little or no rain and beautiful blue skies. The nights and mornings are very cold, but quickly warms as the sun rises, so bring layers of cold weather clothing including long underwear, scarfs, and hats that can be easily added or removed as the temperature changes. The temperature ranges from the low- mid 60's during the day and drops to the mid-high 30's at night.

Work Schedule:

Sunday we will get acquainted with the hospital and the town with time for visiting the local market. We offer our medical services at the clinic Monday through Friday with only emergencies on the weekend. We do not offer major surgeries at the end of the second week as to not leave behind any potential complications. In addition to seeing patients in the clinic, this year we will begin conducting research in conjunction with the local authorities and the Ministry of Health on Hydatid Cysts to develop a comprehensive long-term plan to combat the spread of the disease. Data will be collected and recorded.

Peruvian Money:

1 U.S. dollar is approximately 3 Peruvian Soles. I suggest you use the ATM at the Lima airport when arriving to obtain your soles. Some businesses in Lircay accept credit cards, but most vendors only accept cash. It is customary at the end of your week(s) to show your appreciation to the kind house staff. We will take up a collection of either dollars or soles the last night to tip the chef and caretaker.

Preparation before you arrive:

Doctors and nurses, please send copies of your current license, diploma, and 1-page CV by June 1st so we can prepare the paperwork for your temporary license. All volunteers, make sure your passport is valid at least 6 months past your travel dates (and that you have obtained a visa if necessary for non-U.S. citizens). If you are a doctor or nurse, or if you will be working with patients, you will need to be vaccinated against hepatitis A-B at least 3 months ahead of travel. All volunteers should make sure your routine vaccines are up to date. Typhoid is optional, and malaria is not necessary. Visit the CDC website for more information. Due to the high altitude, all volunteers should increase their iron intake for at least 2 months ahead of travel. **Any person with chronic respiratory or cardiac insufficiency should refrain from volunteering on this mission.**

Safety:

Lircay is a very small and safe town with little or no crime, however you should never be careless when you travel in foreign lands. As with any travel, make copies of your passport and important documents. Drink only bottled water and pack Cipro and Pepto Bismol or Lomotil to have on hand if needed. We usually recommend avoiding ice in drinks, salads or raw fruits and vegetables that were washed. It is best to stick with foods that are cooked. Diamox helps prevent altitude sickness and should be started 2-3 days before travel to Lircay. If you are prone to motion sickness, have Scopolamine or Dramamine ready before the mountainous drive.

Packing suggestions:

Personal medications

No dressy clothing is necessary for the mission, only casual warm layers

Comfortable shoes

Snacks

Blue pens for signing hospital documents

Electric razor

Moisturizing nasal spray such as Ayr

Hand sanitizer

Toiletries

Extra batteries for any equipment you bring

Books/cards/games for the evenings

Electric adaptors

Toilet paper, many public bathrooms do not provide toilet paper

Portable drying rack if you plan on hand washing clothes

Backpack

Flashlight

Website:

We will do our best to keep our website up-to-date with important information

huancavelicapams.weebly.com

pams.org

Thank you for your generosity and kindness. Please do not hesitate to contact us with any questions or concerns.

Kind regards,

Rogelio and Katie Choy

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