

2011 Humanitarian Expeditions Handbook



Greetings! Bienvenidos! Ayanchu!

Eagle Condor Humanitarian (ECH) 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.

Mission Statement

Bridging cultures to empower children and families by providing opportunities for self-reliance.

Eagle Condor Humanitarian, working with volunteers, embraces a holistic and long term approach to alleviate poverty which includes the following programs:

- **Employment training & Micro-loans**- Programs teach principles of good business practice and entrepreneurship for individuals and families
- **Sponsoring children** – Nutrition, shelter, health, education advancement and skill development
- **Humanitarian expeditions & field programs** – Establishing self-reliant conditions and opportunities in Peru, Colombia, Ecuador and Bolivia
- **Internships** – Students, adults and couples work one-on-one mentoring children, individuals and/or community development

Our Logo:

The Condor represents the people of the South and the Incan “Chakana” represents bridging heaven and earth. For thousands of years South American Holy Men have prophesied* of a reunion between the long separated People of the Eagle and People of the Condor. Today, Eagle Condor uses the Chakana and Condor as our symbol as we bridge cultures.

Prime Directive

The Prime Directive of Eagle Condor Humanitarian is to positively enhance the natural evolution of local cultures. We enter communities by request of local officials. As a participant, we ask you not introduce our pop cultural Western ways of life to those in remote villages or tribes.

Criteria

We work with the following project criteria in mind:

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

Simple: Projects solve basic needs first for locals and the children

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

Why Humanitarian Expeditions?

#1 - Help others in need -

Pachacutec was one of the greatest Inca Leaders whose 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 now have to opportunity to bring these skills back by teaching self-sustaining tools to encourage self-reliance.

#2 -Enhance awareness of the world around us

Although there is a lot of work on the 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, and historical Cusco. 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, Ecuador 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 Eagle Condor Humanitarian. Many Colombians have never seen Americans due to 20 years of guerrilla wars. 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 by a single expedition participant could jeopardize the Foundation’s entire project in those countries. Each participant signed an agreement acknowledging the need to prepare physically and mentally to face primitive, frustrating, and disquieting conditions while traveling in the Developing World. Your expedition may take you to areas not accessible to most tourists. This is exciting, but also requires extra sensitivity, maturity, and adaptability.

THINGS WILL GO WRONG

We are going to a Developing Country, so things will often not run as smoothly as we would like - things will go wrong, such as daily schedules! So, let’s not add to it by our reactions to the unexpected. While Latinos may appear to be very casual, they have a strong code of conduct in word, actions, and dress. We are guests in their country, so do all possible to act respectfully so no one will 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 the locals lead on greetings – If kissed on the cheek or hugged, kiss or hug back
- Never show or speak of your wealth or possessions nor tell these people you are poor
- Wear shorts only in the jungle or the coast (bare legs are not appropriate 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

Standards

ECH expects high standards of honor, integrity and morality; graciousness in personal behavior and abstinence from any illegal drugs, this includes alcohol and tobacco if a minor.

Policies

- Stay with the group during arranged activities and projects
- Do not create your own projects or donations with people or communities you may meet
- Before leaving for your expedition, all donations are to be given on your expedition must be pre-approved with your Expedition leader to determine the best way to distribute the item(s)
- Please do not give out your email address while on an expedition. If you are solicited for donations or favors during or after your trip please advise your expedition leader.
- Do not give out coins, candy or gum to the children or other in the project areas unless it is an organized activity
- DO NOT LEAVE your personal items lying around unattended --- ever
- Photography - (If you bring a camera, please consider sharing your photos with ECH to put in the newsletter and website - Please observe the following manners when taking photos:
 - 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 naked child, people bathing or women breast feeding
 - In tourist areas, sometimes a tip 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.

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 minutes a day for at least 6 weeks before departure - avoid marathons or ultra endurance events close to flights
- 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
- It is critical that you get all the rest possible on the all-night flights to prevent illness during the trip
- Eat small meals that are high in protein and complex carbohydrates (fresh fruits and vegetables if possible)
- 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 plenty of water and 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. Doing so helps the oxygen level in your body stabilize and helps prevent altitude sickness. Move slowly upon waking up and you will have a much more pleasant experience.
- Staying hydrated is the key: increase water intake
- Exercise very slowly and cautiously
- At the first sign of altitude sickness (headaches, shooting pains in neck, diarrhea), contact your Expedition Leader immediately
- Eat light meals until your GI tract adjusts to the altitude—preferably soups that are highly liquid
- If sleeping on the ground or working in the soil consider using a face mask to prevent breathing in e-coli germs that are prevalent in the soil
- You should wear sunscreen daily even if you never have before. The air is so thin at this altitude and the wind so strong it easily causes sunburn

Eating in South America (There is no “one safe food”, but there are some guidelines to help reduce your risk.)

- Always wash your hands then use hand-sanitizer before touching food! (OR anything going in your mouth!)
- When we eat together as a group, the best and cleanest restaurants are selected and all food is quite safe except: lettuce, 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 (except from established restaurants), 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, uncooked egg product

MEDIUM RISK:

cooked beans and legumes, cooked vegetables, poultry products

LOW RISK:

well done beef steaks, bottled pop (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, well cooked fresh fish

Avoiding Traveler’s Diarrhea

- Pepto Bismal (Traveler’s swear by this - couple tbls a day!)
- Diamox . (Ask doctor for Rx)
- Drink plenty of purified water
- 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)

Immunizations

No formal immunizations are required to travel in these countries, unless you are staying longer than 30 days. If you are going to the jungle, please consider getting your Yellow Fever shot or taking Malaria pills before departure. 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. All childhood vaccinations should be complete.

We suggest the following immunizations:

- Tetanus 10 year protection
- Hepatitis A 20 year protection
- Hepatitis B 12 year protection

Insurance

Emergency Medical Insurance and Travel Insurance are suggested for all expedition participants. Coverage includes emergency evacuation and cancelled flights. This may be obtained privately or with the help of ECH. 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

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.

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.

Packing List

General rule of thumb: don't bring what you wouldn't want to lose. Please pack light, taking only what you need, and share items such as shampoo sunblock, etc., with others in your group. Please check with your airlines regarding how many suitcases you are able to take. If two

suitcases in total are permitted, we ask that you carry one suitcase for ECH 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 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) or Pepto Bismal optional
- Packages of Kleenex to be used as toilet paper (carry at all times!)
- Flashlight / Headlamp (when you go out in the evening)
- Jumbo garbage bag for dirty clothes or garbage

Work Clothes

- 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)

(Laundry service is usually available at all hotels)

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 Personal cell phones, gameboys, iPods, etc.
- Driver's License or other documents you do not want to risk getting stolen
- Pictures of your home

Airline Taxes

Unless your taxes are pre-paid with your airfare, 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. 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 usually will charge 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.

Money Conversion

New bills with no tears or markings are mandatory in Peru and preferred in Colombia and Ecuador.

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. Also, ATM's give a good exchange rate, but you need to check with your bank for how much you can withdraw.

Hotels

Please pair up with room partners based on double or triple occupancy. Some rooms have 3 beds and families may split up accordingly. 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 system in South American are unable to process toilet paper.
- Hotels usually lock the doors and gates at 10:00 p.m. If you arrive after that hour, knock on the door or ring the bell.

Roaming at Large

Never roam alone and always check in with your leader before going out. If you are lost or unfamiliar with surroundings, ask passers-by for directions. However, understand even if they don't know how to get to the place for which you are searching, rather than seem unwilling to help, Latinos will often give invented or bad directions. Take this in stride, and simply 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 do not respond. 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 Otovalo are \$1, usually a Sacagawea. Taxis in Colombia are fixed and regulated in their pricing, but it is still negotiable.

Safety

Sacred Valley is generally very safe, as well as Cajamarca and Otovalo. 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, even in restrooms. 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. Pick pockets run rampant in tourist areas. ALWAYS keep your airline tickets, passport, and credit cards in your money pouch.

Communication to U.S.

Internet café's are prevalent and there are phones in these establishments that are inexpensive to use for international calls.

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.)

Lima – Zarahemla Lopez, Cellular phones: 991013060

Cusco – Ebert Carrasco, House: 84223518 Cell: 984614060

Cajamarca – Sandro Rebaza, Cellular: 976903389 Home: 76368321

Ecuador:

Ecuador country code: 593

Otovalo area code: 06

Quito area code: 02

Galapagos Islands 05

Otovalo - Luis Tituana - Home: 62916062 Cell: 97296942

Colombia

International access: 011

Colombia country code: 57

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

Cartegenia - Dantes Pier Gomez: Home: 56511986 Cell: 3135698639

Salt Lake City

Eagle Condor Humanitarian: 801-263-2000

Hotels Used by Eagle Condor

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