

# **2020 PERU SHORT TERM MISSION TRIP**

**April 24 – May 3, 2020 : Dental Clinics**

1. Leaving on Friday and returning the next Sunday - 10 days total. Our flight connections are very good and we will arrive back in RDU early on Sunday the 3<sup>rd</sup>. We will be departing from/arriving back into Raleigh. We'll be flying RDU to Miami to Lima, Peru and then up to Cusco. Returning same route.

**(We need your Peru Application & \$1000.00 to secure your spot on/by 3/1/20.)**

Our main objective for the week is:

**Evangelism through Dental Clinics** – We will be partnering with Sean and Crissy Heath and their ministry in Peru. (<https://rootedingraceandlove.org/>) We will have clinics for 4 days providing dental care in/around Curahuasi, Peru. We will probably be holding 2-day clinics in two different villages around Curahuasi – still finalizing clinic schedule. We are set to take 3 or 4 dentists so we can see around 100 people each day!

If there are any projects we can help with in between clinics we will try to do so.

2. Our schedule will go something like this:

Fri & Sat	Travel day – Greensboro to Miami to Lima to Cusco to Curahuasi
Sunday	Worship and Ministry Day (Visiting homes, shoeboxes possibly/)
Mon – Thur	Clinics daily in villages – Thursday train to base of Machu Picchu
Friday	Visit Machu Picchu in AM/early afternoon, then train back to Cusco
Sat & Sun	Flying out of Cusco and getting into RDU early on Sunday morning

3. Our lodging during the week will be at Sean & Crissy guest house in Curahuasi.
4. Curahuasi – where we'll be during the week – is approximately 9,100 above sea level and has a subtropical climate. Temperatures during April are typically in the lower 70's during the daytime with lows in the upper 40's in the evenings with 8 days of rain on average. Almost no humidity in April - big boy heaven! (Light weight jacket is smart thing to pack!)
5. There are little shops/stores that we can get a Coke or snacks but nothing very specific. We'll talk later about snacks and things to bring to snack/eat during the week. We will eat most of our meals (Breakfast & Supper) at the guest house at Sean & Crissy's. Lunches will be provided at the clinics. We will have all the "drinkable" (bottled) water you need.
6. For a trip to the Peru the Center for Disease Control suggest 3 vaccines. Each individual is responsible for his/her own shots. Talk to your Doctor and come up with a plan. Here are CDC's recommendations: (*My comments in parentheses – but remember, I'm no Doctor!*)

I - Make sure routine shots are up-to-date – measles/mumps/rubella (MMR) vaccine,

diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc. (*Yes, be up-to-date*)

II – Hepatitis "A" (*I would recommend – it's just smart to get because of food stuff*)

III – Hepatitis "B" (*I would highly recommend Hep B because you're working in health clinics*)

(No need for Malaria/mosquito meds because there's no problem at our altitude – just FYI.)

\*\*\*One Health Concern that we haven't had to mention on too many of our Short Term Trips is **ALTTITUDE SICKNESS**. The altitude in Curahuasi is 9,100 feet above sea level. Part of the problem is not just the number of feet, but that you will be flying from Lima, which is at sea level, to 9,000 ft. in an hour, without time to acclimate. We will discuss, before we travel, taking Diamox (diuretic) for altitude sickness. **IF YOU HAVE HEART PROBLEMS, PLEASE CONSULT YOUR DOCTOR BEFORE GOING ON THIS TRIP – altitude will mess with you!**

7. Your cost & what to bring: (All estimates as of now, depends on # going)

Airline cost, travel insurance, bag fees	\$ 1300.00	
Lodging, food, transportation during the week	\$ 380.00	(Saturday – Thursday)
Cusco/Machu Picchu transportation/housing	\$ 370.00	(Bus, train, hotel, guide, tix)
Interpreters, clinic supplies, etc.	\$ 50.00	
<b>TOTAL COST IF WE RAISE NO \$</b>	<b>\$ 2100.00</b>	
Your own spending money	\$ ??.??	(See point #3 below)

- We need \$1000.00 by March 1<sup>st</sup> in order to hold your plane tickets on two different airlines, reserve train tickets, and pay the deposits for hotels.
  - **Cost of plane ticket must be paid 30 days before departure date of trip, so we need final payment of \$2100.00 on or by March 29, 2020 to pay for everything. You can mail check to: Footbridge, PO Box 1716, Welcome, NC, 27374.**
  - You will be responsible for your lunch and supper on the Thursday and Friday of the “Machu Picchu portion” of the trip. Our hotel will have breakfast but we will be eating at restaurants for lunch/dinner. (Avg. \$10-\$15 lunch, \$15-\$20 dinner)
8. I have samples of **FUND RAISING LETTERS** to/for individuals if you'd like to see them to help you raise support. (Please use church members sparingly!)
9. **YOU MUST HAVE A PASSPORT to travel to PERU** and US citizens **do not need a VISA** when travelling to Peru. We will receive a tourist card upon arrival good for 90 days.
10. We are signing up for this team online. Go to [www.footbridge.org](http://www.footbridge.org) and on the bottom left of the home page is a button that will take you to the online registration. Checks may be sent to Footbridge, P.O. Box 1716, Welcome, NC, 27374 OR online payment is available on the Footbridge website on the “Donation Page.”
11. This trip is limited to **20 people**. Team spots will be filled as applications are received.
12. **Important Dates to mark on your calendars:**

TOTAL TRIP COST - \$2100.00 We have split that up into 2 payments:  
on/by **March 1<sup>st</sup>** \$1000.00 deposit due - to cover deposits, tickets, hotels, etc.  
on/by **March 29<sup>th</sup>** \$1100.00 balance due - this may decrease – we'll let you know asap.  
TBA - we will have a team meeting to go over team book and pack supplies in April.

**FYI . . . Web sites for more information on who we are partnering with in Peru . . .**

Sean and Crissy Heath - <https://rootedgraceandlove.org/>