



Helping Communities in Peru

Medical post project - KUSI

General Information

The medical centre, or *Puesto de Salud 3 de Octubre*, is located in the disadvantaged area of Nuevo Chimbote, close to the coastal town of Chimbote, Northern Peru. The medical centre performs initial check-ups, minor operations and family planning advice as well as house to house visits within the local community. The centre covers 3 small zones (or areas) within Nuevo Chimbote, more serious conditions or operations are referred to the local hospital.

The Director of the medical centre, Diana Laos, is very friendly and open to volunteers who want to help out. As a trained professional, the Director will make the most of your particular skills or, as an enthusiastic volunteer; you will be provided with basic training and guidance to be able to assist the local people. She will co-ordinate your tasks, depending on your skills and on your language abilities, during the hours 8am-2pm, from Monday to Saturday.

There are other activities in the community you can help out with, such as visiting a local shanty town and providing some educational help to the children on a Sunday afternoon (from April onwards).

The **KUSI** project has the advantage of providing you with Spanish lessons - a minimum of two hours, twice a week at the local school with a teacher. Volunteers who take part in **KUSI** can improve their understanding and knowledge of the language, which will help with volunteering and traveling around the country.

Additionally, those volunteers participating in the **KUSI** project can combine Spanish lessons with optional extra organized tours as well. At the present moment Inka Magik can organize a unique **eco-adventure tour** - *an Alternative Inka Trail to Machu Picchu* through the warm jungle.

This Inka Trek is available the whole year and offers you the advantage of staying in an eco-lodge with a local family whilst exploring the hidden side to the Andean region. You will visit Machu Picchu as well as surrounding Inka sites and enjoy the changing landscapes by traveling on horse, train, car and by foot.



The Health project gives the chance for professionals or career breakers to put their unique skills into practice in the local communities. Please indicate if you have an area of expertise such as psychology, social care work, nursing or nutrition. Your tasks will be varied according to your specific medical skills and qualifications or not as the case may be.



Please provide detailed information about any medical skills in your registration form and we will seek to co-ordinate with the local director about how your skills can be best implemented.

We recommend you stay a minimum of two months to gain the most benefit for yourself as well as for the sustainability of the project.

Staff from this part of the continent is often very creative because they often have to work with minimal resources. They welcome ideas or any suggestions you may have so please feel free to express your opinions when necessary or appropriate.

We welcome ideas from people who feel there is a room for improvement, whilst bearing in mind that our placements depend mostly on donations or run on tight budgets. We would like to hear from you about *your* project ideas. We could even support your own project, coordinating with the **Children's Horizon** fund. By encouraging self-sufficient programs where centers use their own resources, we will encourage them to become more independent.

People who work in medical centers and the local communities are much appreciated by the locals and they will give you a warm welcome.



Summary:

- Personal Development and support
- The minimum time helping out in medical centers is 15 hours per week
- There is flexibility in times and dates working with the staff
- Dress code smart casual but not too informal
- Suggestions and ideas are very welcome
- Free leisure time

- Spanish lessons
- Optional extra to go on low-cost short trips

We exclusively coordinate with host families who have been chosen by the medical centre director and/or the school director. These families will include you as a member of their family so you will have the opportunity to be introduced to their friends or to go to parties or local events. Peruvians in general are very lively! They will also tell you about the local area and things to do and see.

We understand that volunteers need their own privacy and rest after a busy day in the centre so you will have your own room, unless we inform you otherwise. Volunteers can choose to live in local hostel accommodation. Inka Magik ensures that certain safety criteria have been met before sending any of our volunteers to a hostel. During your trip around the country, most of the hostels reserved by us offer you breakfast and easy access to local communication, such as Internet.

Transport

According to the area in which you are volunteering, the types of transportation to get to your medical centre will vary. You could take the bus - often very packed but very cheap, otherwise there are other options such as motorcycles taxis or car taxis. Taxis are one of the easiest ways to travel around, taxi drivers also are very helpful about informing you about fares to other places of interest. Remember, your host family can provide you with the best local advice. Generally, placements will not be located too far from where you will be hosted with your family.

Inka Magik -Medical Post Cost

We welcome you to join Inka Magik at any time of the year and there is no fee to pay for processing your registration form but there is a selection process before you can volunteer at one of the medical centers. Our volunteering projects have special rates for students as well as flexible payments. For example you make an initial payment of 50% of the fee following confirmation of your placement and pay the remaining amount 2 weeks before traveling to your destination.

The costs for the **KUSI** Project cover:

- Your welcome arrival at the airport
- Transfer by bus to your placement within the host country
- Induction and coordination of activities led by the director
- Training (if necessary)
- Your accommodation and meals for the 1st month only
- Private activities that your host family will involve you in
- Spanish Lessons at the required level (twice per week minimum)
- Access to special fares if you decide to take part in our unique tours

Level 1 cost placement without Spanish lessons

Type of Fee	Standard fee	Student fee ***	
Other			Minimum Extra Cost*
Project	Kusi	Kusi	
Length	1 month	1 month	Per additional month staying at a family accommodation recommended by us including food. <i>Equivalent</i>
Pounds Sterling**	£460	£325	£120
US Dollars**	\$570	\$528	\$195
Euro**	€515	€370	€120

Level 2 cost including Spanish lessons

Type of Fee	Standard fee	Student fee**	
Other			Minimum Extra Cost
Project	Kusi	Kusi	
Length	1 month Spanish lessons included	1 month Spanish lessons included	Per additional month staying at a family accommodation recommended by us including food
Pounds Sterling*	£460	£445	<i>Equivalent</i> £120
US Dollars*	\$745	\$769	\$195
Euro*	€515	€499	€120

* The first payment covers your placement, host family accommodation and main meals for the first month. The price of any additional months stayed is made payable by you directly to your host family. The extra cost is payable in US dollars and will include your meals too. The approximate period of stay with a host family is up to a maximum of 3 months. There is no further cost involved in your placement.

Using another type of accommodation, such as a private hostel, can be arranged. Inka Magik will negotiate a special rate for you but if you desire to stay longer than 3 months you must check your visa conditions, our website visa section provides more information about this, although it is advisable to check with your national authority for the most up to date visa information.

** Please note, these rates might slightly change accordingly to the exchange rate and it has to be taken as a reference only. Thus, Inka Magik will let you know in time at least 8 weeks before the cancellation of your fee placement about the exchange rate fluctuations and what you should be paying to the host family if you decide over stay any other months only.

*** Students must have a valid ISC card to access this price.

Costs not included in the placement fee:

- International single/return flights from any destination worldwide.
- Private insurance
- Spending money
- Please note that placements are unpaid.

Optional Tour: *Adventure - The Alternative Inka Trail to Machu Picchu*

We are pleased to invite you to join one of the alternatives routes to Machu Picchu and, one of the least visited. The cost of this tour covers your travel cost by bus from Lima and accommodation for you to stay in Cuzco, city of the Incas.

Cost of Kusi project and tour

Level 1 cost placement without Spanish lessons but including tour

	Standard fee	Student Fee*
Project	Kusi	Kusi
Length	1 month without Spanish Lessons but including Eco Tour only	1 month without Spanish Lessons but including Eco Tour only
Pounds Sterling*	£630	£595
US* Dollars*	\$1,020	\$964
Euro*	€699	€360

Level 2 cost including Spanish lessons and tour

	Standard fee	Student Fee*
Project	Kusi	Kusi
Length	1 month Spanish Lessons and Eco Tour included	1 month Spanish Lessons and Eco Tour included
Pounds Sterling*	£675	£635
US* Dollars*	\$1,080	\$1,025
Euro*	€755	€710

* Please note, these rates might slightly change accordingly to the exchange rate and it has to be taken as a reference only. Thus, Inka Magik will let you know in time at least 8 weeks before the cancellation of your fee placement about the exchange rate fluctuations and what you should be paying to the host family if you decide over stay any other months only.

Our service for this unique eco-tour includes:

- Journey from your placement in Chimbote by double deck bus with sofa-beds to Lima then to Cuzco city.
- 2 night's accommodation in Cuzco
- Accommodation: 2 nights at family-run hostels, 1 night camping during travelling

- Bilingual guides
- Bicycles
- Entrance fees to national park & sanctuary of Machu Picchu
- Camping equipment (dining, tents, mats, etc.)
- Bus ticket from Aguas Calientes-Machu Picchu (roundtrip)
- Train ticket from Hydroelectric to Aguas Calientes
- Train ticket from Aguas Calientes-Cusco

INKA JUNGLE TRAIL: NEW ALTERNATIVE 4 days and 3 nights ROUTE TO MACHU PICCHU

DESCRIPTION

This is an alternative route that provides adventure for people who want to enjoy a journey filled with stunning landscapes, The Valley of the Convention (Quillabamba.)

The day before your departure a guide will visit you at your accommodation and give you more details of your trip and discuss any questions you might have before travelling the next day.

On the day of your trip private transport will come to collect you at 7.00-7.30am and will aim to leave the city of Cusco at 08:00 am.

We will be travelling for about 1 hour to a location out of Cuzco called, Abra Malaga, which's highest point is 4,350 meters over sea level. From this location we will begin one of the wonderful hikes, alone in a world that has been compared to Coroico in Bolivia.

Supported by the local staff and guides we will be cycling downhill from the highest point using our mountain bikes for about 4 to 5 hours. During this journey you will see the vastness of the valley of the Convention and appreciate the diverse flora and fauna. Our journey will take you into the upper jungle area and visit the Wamanmarka Inca ruins.

We will continue the journey on our bicycles reaching an altitude of 1,430 metres and head towards the town of Santa Maria. You will spend this first day at a family lodge with basic services (accommodation will be shared with other travellers from our own group.) On this town we will have our dinner and a short summary of the day and comments on the trek.

The next day, after breakfast, we will start walking along the river bank, observing animals of the region, e.g. hummingbirds, parrots, other interesting birds, agile centipedes, lizards.

During our walk also we will identify medicinal plants and savour the fruit plantations, such as banana, mango, oranges, tangerines, cocoa, pacay and crops of cocoa and coffee, etc. Then we will go to a little village called

Qellomayo, where we will have lunch, then continue on to the hot springs (hot water with healing properties are also called medicinal water because they cure body aches and are excellent for relaxation of the muscles after a walk like ours.)

After a relaxing bath we will head to the village of Santa Teresa (1,990 meters above sea level) and spend the night in more family-run accommodation within this local community. The walk from Santa Maria to Santa Teresa will take around 6-7 hours.

On the third day we will be walking from Santa Teresa to Aguas Calientes village taking us about 7 hours. During this journey you reach the train station called Hydroelectric, named so because you will see a waterfall which provides electricity to the surroundings villages. When reaching this point you will have the option to take the train you to the town of Aguas Calientes, or keep walking until we reach our final destination.

Most part of our walking will be following the railroad tracks and enjoying the jungle, until we arrive in Aguas Calientes around 17:00 hours.

At our arrival we settled into our respective accommodation.

After a good rest, on the 4th day we will get up very early and walk the Inca citadel of Machu Picchu (2,438 meters over the sea level) to see the first rays of the sun, and the impressive Inca construction. We will have approximately 2 hours of guided tour and after you will have a free time to visit other parts of the Inca citadel.

We suggest you to climb to the summit of the Huaynapicchu (Young Mountain) at 2667 metres over the sea level, since there lies be an impressive view of Machu Picchu.

Finally after a pleasant adventure in the Peruvian jungle you will travel to Ollantaytambo by train and then transferred to a bus to Cusco city.

Please note that the itinerary is subject to change and if you make any additional plans yourself they will be at your expense

Finally, where does your fee go?

At least 10% of your fees will be donated to Children's Horizon to help the local communities.

Charity Donation - Children's Horizon

Our aim is to increase the level of our charity donations by increasing the volunteer participation.



Thank you very much for spending time with us! Your help will be much appreciated and please feel free to pass on details about our projects to others!

