



May 12th, 2023

Puerto Inca, Huanuco, Peru

This new medical program supports the healthcare system in Puerto Inca, an Amazonian province in the state of Huanuco, Peru, where the community struggles with inadequate infrastructure, overcrowding, and limited resources. Interns help staff at local health care center by offering medical support and assistance. This medical project is an enriching way to learn and give back. It is ideal for interns if they are in the medical field or want to gain experience in health care, as well as, for those who want to explore the natural beauty of the Peruvian Amazon.

WHO IS ELIGIBLE?

Applicants must be qualified doctors, pre-meds or medical students

PROGRAM REQUIREMENTS:

Interns must be 18 years or older at the time of joining the project and have health insurance as well as accident and liability. Participants should have an open mind and flexible attitude for working in a new and different environment. Prior to joining the program, medical interns must provide a clean criminal record document, CV, ID as a medical student, nursing, midwifery, dentist, or physician's credentials. We do not permit interns without medical credentials to participate in this program due to the potential risk.

The activities at the working field will be in Spanish. We suggest interns to have an intermediate level of Spanish to join the program. If interns have a basic level of Spanish, the local staff will help them with the interpretation. However, they won't be there all the time in the field to help. Interns might need to have a good translator app to communicate in the field. Interns can also take our free Spanish classes while working in Puerto Inca (4 hours a week).

AVAILABLE DEPARTMENTS:

-General Medicine: Interns will assist with external consultation, emergencies, sutures, etc.

-Obstetrics: Family planning, cervical cancer, control o pregnant, childbirth, care, etc.

-Nursing: Health child control, immunizations, peripheral track channeling, emergency care, dispensing medicines, etc.

-Psychology: Mental health screenings.

-Odontology: Dental consultations, dental treatments and extractions.

-Pharmacy: Dispatch of medications according to user demand and drug inventory.

-Laboratory: Collection and processing of samples according to laboratory order.

-Vet: Vector control, control of solid waste and water quality control.

INTERNS ROLES & RESPONSIBILITIES:

The activities for interns working in Puerto Inca's medical/healthcare project will be determined by their degree of training, certificates and licensure. Intern will be working alongside local doctors and nurses. Pre-meds and medical students will be working under supervision of local doctors and nurses. Medical interns will provide an extra set of hands in different activities such as:

-Assist doctors with physical exams and patient check ups

-Administer vaccination

-Assisting with minor surgeries

-Taking patient histories

-Suturing wounds

-Taking vital signs, checking height, weight and blood pressure

-Mainly general medicine needs

-Giving injections

Qualified doctors will provide support in different areas according to their medical experience.

ARRIVAL & ORIENTATION:

Our Personnel will meet interns at David Abensur Rengifo airport or bus station in the city of Pucallpa and bring them to Puerto Inca. This ride from Pucallpa to Puerto Inca takes approximately 3 hours. We recommend interns to arrive on weekends (Saturday or Sunday), so together we can explore the village and get to know some of Puerto Incas attractions before start working on Monday.

INTERN SCHEDULE:

Day One: Our local coordinator/staff will give interns an orientation and will accompany them to their program. Interns will be shown how to manage the commute (tuk tuks, walking, colectivos). Interns will be introduced to the site director and discuss their role at the project. Interns typically work a 6 hours day shift starting at 8:00am

During a typical week with us in Puerto Inca, Huanuco, Peru, interns will spend Monday to Friday at the health center. Mornings and half afternoons are filled with life-changing medical volunteer work, while the evenings are theirs to relax, take some Spanish lessons and to take it

easy. Once they have finished a rewarding week of impact at their medical internship, weekends is the time when we will take interns to different trips to the Amazon rainforest such as exploring the jungle, visiting local caves, swimming in rivers, streams and waterfalls. We also include camping trips in the jungle

NOTE: Please keep in mind that the hours may vary depending on the needs of the healthcare center.

PROGRAM FEE:

1 Week	US\$379
2 Weeks	US\$639
3 Weeks	US\$829
4 Weeks	US\$999
5 Weeks	US\$1199
6 Weeks	US\$1399
7 Weeks	US\$1599
8 Weeks	US\$1799

FEE PER EXTRA WEEK - US\$ 150.00 dollars

We do not have application fee. Interns will pay their participation fee when they arrive to Puerto Inca. Interns can pay in cash or with credit/debit card. If volunteers pay with credit or debit card, they need to add 5% to the regular price.

PROGRAM FEE INCLUDES:

-Transportation from/to the airport of Pucallpa or bus station. This ride from Pucallpa to Puerto Inca takes 3 hours approximately.

-Accommodation: Interns stay in one of our shared huts (cabins). Each hut has an eco-dry toilette and shower. Toilette and shower are located in our backyard. We will provide photos of the accommodation if required. Also a kitchen and gas is provided where interns can prepare their own food at evenings and weekends. Depending on availability, a bedroom can be shared by two interns or bedrooms can also be private for one intern. We provide a bed, mattress, bedsheets, blanket, pillow and mosquito net. We also provide hammocks for relaxing time as well as tents for camping trips. Wi Fi is also provided 24/7 in all our huts (cabins).

-Food (breakfast & lunch) from Monday to Friday.

-Contribution to the Healthcare Center

-Spanish lessons (4 hours a week). Volunteers have the option to require more hours of Spanish lessons for an extra fee (US\$10.00 dollars per extra hour).

-Week Of Adventure Package: (5 trips to different spots in the rainforest including camping trip).

-Artisanal Chocolate Making Workshop: Interns will participate in an artisanal making chocolate workshop.

-Fruit picking: Interns will participate in fruit picking activities with Semillas Life Crew.

-Transportation fees during the Week of Adventure package are included.

-We can help interns once they are in Peru by calling the immigration service to request information for the extension of the visa if interns want to stay longer in Peru. For most nationalities it is possible to enter Peru for 90 days without visa. After this period interns can extend for another 90 days which will cost US\$3.5 dollars or 3.00 € euros or GBP £2.55 GBP approximately. Then they need to fill out an application through the Peruvian Immigration website.

EXCLUSIONS:

.Airfares or bus fares

.Travel insurance

.Recreational activities beside of the Week of Adventure Package

.Laundry

.Daily transportation

.Extension for permission of staying

.Extra food

.Personal needs

CERTIFICATES:

By the end of the program, interns will get a certificate from the local healthcare center (Peruvian Health Department). Interns will also get a certificate of participation at Semillas Life NGO.

FREE TIME ACTIVITIES AND CULTURAL EXCHANGE BENEFITS:

-Interns will be welcomed into the community where they can witness and take part in the regions customs and traditions, where people live happily despite their limitations and lack of modern-world facilities. Volunteers can develop new friendships and learn how to talk and interact with people from another culture, whilst learning how to adapt to a new environment and different way of living. Our vision is to build relationships, promoting a mutual understanding of respect and values.

-We are happy to organize trips to local attractions and, of course, into the rainforest, where we can introduce our interns to the incredible Amazonian local flora and fauna. If interns like to cook, they will have the opportunity to learn how to cook some of the amazing Peruvian dishes with the help of our project chef! **Buen Provecho!**

WEEK OF ADVENTURE PACKAGE:

In return we will offer interns an amazing perspective into Amazonian living and its beautiful nature. We will take interns during 5 different days to 5 trips around the jungle including a camping trip.

-Swimming in the river, streams and waterfalls (Sungarillo Waterfall & 13 Tiros Waterfall) (Included in package).

-Camping trip (13 Tiros Waterfall) (Included in package)

-Visiting local caves and beach (La Viuda) (Included in package)

-Trekking (Included in package)

-Hiking (Included in package)

-Bird watching (Included in package)

-Making artisanal chocolate (Included in package)

-Bonfire (Included in package)

-Fishing (Included in package)

-Exploring the jungle (Included in package)

-Fruit picking (Included in package)

Interns can also do different activities on their own such as:

-Visiting Boiling River (Not included in package)

-Visiting Austrian German Community (Not included in package)

-Ayahuasca Ceremony (Not included in package)

-Visiting Indigenous Community (Not included in package)

-Boating trips (Not included in package)

-Running

-Playing football soccer with locals

-Playing volleyball with locals

HOW TO APPLY:

-Please send us a copy of your CV, medical qualification document and criminal record to our email: info@semillaslife.org

-Medical students should send their school ID.

-Write on the email title: (Medical Volunteer)

MORE INFO:

WHO WE ARE:

We are an NGO working for the economic and social development of different communities in the Peruvian Amazon. We focus on education, health, environment, ecotourism and cultural exchange.

WHAT WE DO? – MISSION & VISION

Approximately 90% of the population in Puerto Inca lives without access to basic needs such as, running water, sewage and paved roads. However, Puerto Inca has the potential to be a touristic province. We believe that creating an infrastructure for sustainable ecotourism can help to develop these communities. For this reason, we started this project in June 2018, putting a lot of our hearts and energy into it. We believe that working together with these communities in developing different skills for its people and creating new job opportunities, not only will help to reduce poverty but to reduce activities that are damaging the environment such as, logging and gold mining with strong contaminating chemicals. We want to give opportunities to the community to change and care for their environment like having other ways to earn money instead of destroying the Amazon rainforest.

Protecting the Amazon should be a global commitment because of its incalculable biological and ecological value.

GOALS:

One of our long-term goals is to make a difference in the lives of disadvantaged children by creating a safe environment for healthy physical, social, and emotional development. To reach

this goal we want to offer general and specific education, group experience and health prevention programs.

At the moment we are offering English classes, holiday, internships and scout programs. We have already started a co-operation with the local health center to evaluate the needs. Ideas are to offer dental health and nutrient education programs but also specific health treatment because in the region are mainly working general doctors.

One goal this 2023 is to raise enough money to be able to buy solar panels for our 2 hectares land, which we have bought in 2022. We want to use this space for interns and staff and make this place a 100% habitable space for Semillas Life. We also want to use this land for environmental awareness workshops.

Another long term goal is to create an infrastructure for tourism. We believe that developing tourism in the province of Puerto Inca can help create new job opportunities. This will boost the economic development of local communities.

One of our dreams is to be able to build our own school and institute where we can teach different courses such as: Tourism, English, German, French, Computers, Photography, Customer Service, Tour Guide, Bartending, Gastronomy etc. The idea is they can get some technical training with us.

All these goals are little steps to achieve the Big Goal. We want give opportunities to the community to change and to care for their environment like having other ways to earn money instead of destroying the Amazon. This will not only make the community grow together and develop, but also protect the Rainforest.

WHERE WE WORK?

We are working in different districts of the Province of Puerto Inca, Huanuco, Peru. Puerto Inca is the largest of eleven provinces of the Huánuco Region. It is a Province as well as a district. It is located in the central Amazon of Peru at an altitude of 330 meters above sea level. It is one of the most biodiverse places in the world. This province is also home of different indigenous communities such as, the ethnicities Ashaninka, Yanetsha and Shipibo-Kakataibo. An Austrian-German Community can also be found in Puerto Inca. Puerto Inca is a very peaceful and safe place. Visitors can walk around the village at any time without any problem.

The province of Puerto Inca, Huanuco is divided into five districts, (villages) which are:

- . Codo del Pozuzo
- . Honoria
- . Puerto Inca
- . Tournavista
- . Yuyapichis

. According to the 2015 census, Spanish was spoken by 89.5% of the population as their first language, while 5.5% spoke Quechua, 1.9% spoke Ashaninka, 0.3% spoke Aymara, 2.6% spoke other indigenous languages and 0.1% spoke foreign languages.

. **Interns** can either **take a bus or flight** from the city of **Lima** to the city of **Pucallpa**. Buses take about 20 hours long and flights take 1 hour to get to Pucallpa.

. **Airline companies** flying from Lima to Pucallpa are: LATAM airline, Sky airline, (low cost) and Star Peru, (low cost). Usually flights cost around US\$60.00 dollars or 50.00€ euros or £44.00 GBP approximately or sometimes less. It depends on how much weight you carry in your suitcases and anticipation time of your flight reservation.

. **Bus Companies** going from Lima to Pucallpa are: Cruz Del Sur, Movil Bus, Transmar (low cost), Estrella Polar (low cost). They usually cost between US\$30.00 - US\$45.00 dollars or 25.00€ - 35.00€ euros or £20.00 - £30.00 GBP approximately.

. We recommend our volunteers to change any foreign currency to local currency. This can be done at the exchange houses in Lima or Pucallpa. It is better to pay for any purchase or service with local currency (soles). Interns can also withdraw soles from the ATM machines at the airport in Lima or Pucallpa. Banco De La Nacion and BCP Bank do not charge for this transaction.

ATTENTION! : There is NOT ATM machines in Puerto Inca!. The closest one is in Pucallpa which is 2.5 hours away by car. . **Interns might get cash in Puerto Inca with their credit/debit card by paying 5% out of the amount of cash their need.**

. **Volunteers should bring their own medical instruments.**

. **To avoid scams** when interns are getting a service or buying something, volunteers always have to ask first for prices/fees.

. **We do not** recommend **exchange money** at the airport. They pay way less for any foreign currency.

. **Accommodation** is included for all our programs. Interns stay in one of our huts (cabins). Each hut has an eco-toilette and kitchen. Interns share a bedroom with another intern (same gender). A bedroom can be private if there is availability. We also have a private bedroom for couples.

. **Food** is kind of **cheap** in Puerto Inca. For example, a lunch menu in a local restaurant costs, S/9.00 soles or US\$2.50 dollars or 2.00 € euros or £1.80 GBP approximately. This menu consists of, an entry (soup or salad). A main dish can be with chicken, fish, or beef. You also get a soft fruit juice. If you cook you own food, it is way cheaper. Interns can also go fruit picking around the village to get some delicious and exotic fruits!.

. **Internet-WiFi:** We share our hot spot 24/7 in our huts. Also for an extra cost of US\$15.00 dollars or 12.50€ euros or £11.00 GBP approximately, interns can get a local sim card with unlimited internet up to 30 days. This is recommended for interns who do online work. Our WiFi can be slow sometimes when many interns get connected at the same time.

. **Water:** The village of Puerto Inca has no running water. People use water wells to get water. Previous interns and we have drunk this water without problems. However, we recommend interns to bring a portable water filter to make sure they are drinking good water at any time such in our trips to the jungle.

. **Hospital and Health Centers:** Puerto Inca has two health care centers that can be used for interns in case they have any minor injuries or illnesses. We are also first aid certificated and have first aid kit. Hospitals and Clinics can be found in the city of Pucallpa, (2.5 hours away by car from Puerto Inca). We have 5 small pharmacies in Puerto Inca and the main healthcare center has an ambulance for emergency cases.

. **Vaccines:** Although we haven't seen or heard any case of yellow fever since we started this project 5 years ago, we recommend interns to have this vaccination if they can get it.

. **A lot of rain** (rainy season) falls in the months: December 15th, January, February, March 15th.

. On average, **January** is the **wettest month**.

. On average, **July** is the **driest month**.

. **We are available 24/7** in case interns have any **emergency**.

. We speak **Spanish, English** and **German**

. We accept group of people, couples, single interns and pets.

. We can accept up to 15 volunteers at the same time.

. **We recommend interns to bring:** fresh clothes such as T-shirts, shorts, bathing suits, rain coat, etc. Also, trekking boots, hat, sunglasses, flip flops, flash light, pocket knife, compass/GPS, sleeping bag, sun blocker, mosquito repellent and water filter, pills for cold, pain, fever, stomach ache, diarrhea, etc. Bring cash because the closest ATM machine is in the city of Pucallpa. The local bank only exchange dollars to soles. They do not accept euros or any other currencies.

. We accept smokers.

. **Drinking alcohol** in public areas (street) is forbidden by law.

. Because of our educational projects, **we do not accept interns with drug abuse problems**.

. **The photos** we take during our trips with interns are used for our projects social media.

. **Departure:** Transportation is included from our hut to Pucallpa airport or bus station.

. **Interns with inappropriate behavior that violate our rules will be immediately expelled from Semillas Life and exhorted to leave Puerto Inca during the next 48 hours after their expulsion.**

Please, do not hesitate to contact us if you need further information.

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