

COMING TO THE KAUSAY WASI CLINIC

(revised 12-7-14)

*******ALSO READ THE GENERAL TRIP COMMENTS IN THE CAMPAIGN FORMS SECTION AT WWW.CCMEDICALTEAMS.ORG*******

PURPOSE

You should be going on this trip not just to fix medical problems, but to make friends. Remember to treat all people with dignity and respect.

THE KAUSAY WASI CLINIC

You will be hosted at the Kausay Wasi Clinic by Guido and Sandy Del Prado. The Clinic is located approximately 45 minutes from Cuzco in the Sacred Valley of the Incas.

Please visit their website at www.KausayWasi.org.

They have a video on You Tube. Just type in 'Kausay Wasi 2011' and you should be able to see it.

FLEXIBILITY IS KEY

You will be working with equipment and materials that are serviceable, but not necessarily the most modern. You will need to be patient and flexible in your problem solving and interaction with your colleagues. The Clinic has 2 electrical systems, 110 and 220 voltage. Be sure to check which you are using prior to plugging in ANY equipment.

TRIP FEE AND GIFTS

Check with your team leader about this fee.

There is a \$100 per member project fee payable to Capitol City Medical Teams. The entire fee goes to the Kausay Wasi Clinic. It is used to pay for team transportation to and from the Cuzco airport and Clinic in Coya, medical supplies such as IVs, saline, oxygen, lunches (provided at the Clinic), and night nurses for patients who need to stay overnight.

The fee should be paid prior to the trip.

Guido and Sandy request that you not tip the staff. However, if you wish to give small presents to ALL Clinic staff, you may. There is no requirement or expectation that gifts be given. Just be sure that if you do decide to give small gifts, you need to go through Sandy and Guido so assure that some staff members are not left out.

AIRLINE INFORMATION

To get to Lima, you could depart from San Francisco, Los Angeles, Houston, Dallas, or Miami.

If traveling from anywhere BUT Miami, you will arrive in Lima late at night or after midnight. You will then have a choice. Do you want to "sleep" (using the term loosely) in the airport and fly to Cuzco early the next morning or do you want to spend the night in a hotel and take a later flight to Cuzco? Teams go either way. There is a hotel on the grounds of the Lima airport where the Clinic has a rate of \$159.00 (as of 2-4-13) per double room per night. If this option is taken, Sandy Del Prado can provide you with a letter to receive this discount.

If you depart from Miami to Lima on a night flight, you will arrive early in the morning and can catch your connecting flight to Cuzco. You can get a few hours sleep on the airline and you won't need to spend the night in a hotel or at the airport.

When you fly with LAN (A Peruvian airline) or a sister airline like American, there tends to be less hassles with baggage, especially if you **check them all the way to Cuzco**. Regardless of checking your bags to Cuzco, you still have to retrieve them in Lima to go through customs.

LODGING

All teams to date stay at the Coya Guesthouse. It is located 2 blocks from the Clinic and is very nice. There are single, double, and even one triple room to stay in. A nice breakfast is included in your lodging fee. It's pretty much the same food every day - eggs, sliced ham, mango, pineapple, papaya, Peruvian white cheese, yogurt, avocado, rolls, coffee, juice, tea, cereals, and granola.

As of 2-4-14 the rates are as follows:

Single Room: \$55.00 Double: \$70.00 Triple: \$90.00

You can email the Guest House via Stefan at GuestHouse.Qoya@gmx.

There is a refrigerator on the first floor where you can get drinks. It's based on the honor system where you write down what you take. You settle up before you leave. Please keep an accurate tally of what you drink so that the last person doesn't get stuck paying for the unaccounted for inventory.

One member from your team should make the reservations for the entire group.

The Guest House is now requiring about a 20% deposit. Instead of having each person pay 20% of their bill, it is easiest to have a few people pay for their hotel bill up front and I will wire the money to the Guest House. One benefit of paying a deposit is that those people are prepaid and don't have to carry lots of cash with them.

The Guesthouse only takes cash. Membership doesn't always have its privileges. ☺

ESTIMATED EXPENSES

You will need to pay in cash for the hotel and food. If you are going to Machu Picchu, that trip will also require cash unless arranged by internet where a credit card can be used.

Do not bring torn or worn bills. Also don't bring \$100 bills with serial numbers that begin with the letters 'CB'. No banks or exchange houses will accept these bills due to there being many counterfeit bills that begin with this serial number.

In addition to the hotel:

Food and drink while traveling in airports - as high or low as you want

Estimated food while in Coya

Breakfast is included in your hotel fee if you are staying at the Coya Guesthouse

Dinner \$10.00 (beverages are not included if you eat at the Coya Guesthouse)

Machu Picchu Trip

You will be responsible for scheduling your own Machu Picchu trip if you want to go.

Stefan at the Coya Guesthouse may be able to make reservations for you.

There are three ways to order your tickets from the states. You may want to compare prices.

OPTION 1:

Peru Rail: www.reservas@perurail.com. This method can be somewhat problematic. If your purchase is rejected, contact the person listed in the "rejection area" for additional help. You could also try ordering again using a different credit card.

OPTION 2:

Inca Rail: reservas1@incarail.com.pe.

OPTION 3:

Machu Picchu Train: reservations@machupicchutrain.com

Stefan will arrange the taxi for you to get from the Guest House to Ollantaytambo
Transportation by taxi/van from Coya to Ollantaytambo is about \$10 per person in a full car/van.

Train fare to Agua Caliente \$66-\$96

Bus Fare from Agua Caliente to Machu Picchu \$14

Entrance Fee to Machu Picchu 124 soles paid in soles NOT U.S. dollars (about \$42.)
(Students get a discount on the entrance fee if they produce student identification.)

ESTIMATED TOTAL Machu Picchu: \$128 - \$158

Lunch is on your own. There is an expensive "café" at Machu Picchu. You can eat at the Machu Picchu hotel if you really want to spend lots of money. Some people prefer to eat in Agua Caliente. Be careful because some people have gotten sick here. Do not purchase food from street vendors.

Take lots of water, a hat, insect repellent, and sunscreen. Wear long pants. There is an insect that bites people and it may cause a reaction. The climb to Wayna Picchu is free, but you must register/depart before 1:00 PM. Wayna Pichu is also limited to the first 500 people who sign up.

Many places DO NOT accept credit cards.

MONEY

You do not need to exchange money into Peruvian soles before your trip. If you choose to, you will receive a much lower rate than is available in Peru. There are exchange houses in Cuzco and ATMs in Pisac and Urubamba, which are near Coya. But there are no ATM's in Coya.

RECEIPTS

Keep your receipts for the hotel, food, airport taxes, and other trip related expenses. See the Expense Instruction Sheet to learn how to deduct parts of your trip expenses.

The Machu Picchu trip is not deductible.

MAXIMUM DAILY DEDUCTIBLE EXPENSES

EVEN THOUGH THERE ARE IRS PER DIEM RATES, TEAM MEMBERS ARE EXPECTED TO TURN IN RECEIPTS FOR ALL MEALS AND LODGING. IN THE EVENT A RESTAURANT DOES NOT PROVIDE A RECEIPT, TEAM MEMBES ARE EXPECTED TO NOTE THE PRICE, INCLUDING TIP, IF ANY, AND SUBMIT THE ACTUAL EXPENSE. THE INFORMATION BELOW SIMPLY INFORMS TEAM MEMBERS THERE ARE LIMITS TO HOW MUCH CAN BE DEDUCTED FOR MEALS, LODGING AND INCIDENTALS.

The IRS does have a maximum dollar amount you can deduct for international daily expenses. The amount is based on what the Bureau of Administration of the US Department of State sets for international daily expenses. You can find these amounts at:

http://aoprals.state.gov/web920/per_diem_action.asp

Select Travel (at the top of the menu) and Select foreign per diem rates.

Then select Foreign Per Diem Rates by Location (Near the top of the document)

Select the country you are interested in

In most cases you will be well under the maximum set by the US Dept. of State. However, there are a couple of 5 star restaurants you may be dining at. Please note that you can't save all your *per diem* money for one large extravagant meal. If your bill does go over the maximum amount, you can still deduct the maximum amount, but anything else after that is at your own expense. Here are the maximum rates as of 10-1-13.

CUSCO AND VICINITY

Maximum Lodging: \$213

Meals and Incidentals: \$120

Breakfast can be no more than 15% of 120 = \$18

Lunch can be no more than 25% of \$120 = \$30

Dinner can be no more than 40% of \$120 = \$48

Total maximum for a day is \$333

LIMA AND VICINITY

Maximum Lodging: \$250

Meals and Incidentals: \$89

Breakfast can be no more than 15% of \$89 = \$13.35

Lunch can be no more than 25% of \$89 = \$22.25

Dinner can be no more than 40% of \$89 = \$35.60

Total maximum for a day is \$339

DRINKING WATER

It is recommended that you drink bottled water instead of tap water.

The Coya Guesthouse sells chilled water, and other beverages, in a refrigerator located on the first floor of the hotel.

The Kausay Wasi Clinic also sells bottled water, although it's not chilled. It is; however, cheaper than water purchased the hotel.

The Kausay Wasi Clinic also has a special faucet located outside the nurses office for people to refill water bottles for free. The water has been purified and is safe to drink.

PACKING

You will get the following papers from your team leader and you should pack a copy of each in your CHECKED baggage:

- Letter of invitation from the Kausay Wasi Clinic.
- One document authenticating Asociación Civil Protora de Salud Social Prosalud Calca (provided by the Clinic) as a registered Peruvian non-profit organization.
- Checked luggage inventory of medical supplies only.
- A document to SUNAT listing team members and their flight info.

Keep a copy of each of the above with you at all times either in your carry-on luggage or your person,

The climate in Coya is generally cool in the morning, warming up in the afternoon and getting cool again in the evening. So bring layered clothing. Peruvian alpaca sweaters are available in the Pisac market.

For the Machu Picchu trip, bring sunscreen, insect repellent, and a hat/cap.

The team directors ask that you not wear short pants or sandals (opened toed shoes) in Coya or at the Clinic as, this is culturally insensitive to the local population. When you are in the market or other tourist areas, then short pants and sandals are acceptable.

LAUNDRY

There are laundry services available at the Coya Guesthouse for a small fee.

LUGGAGE TAGS

It is recommended that you attach a lettered luggage tag to your checked suitcase so you can identify your luggage and verify if your team has all the luggage before departing the airport.

Return the luggage tags to whomever issued them so they can be reused.

LUGGAGE

Make sure your luggage conforms to the weight and dimension restrictions of the airline you are flying.

Check your luggage all the way to Cuzco if possible. You will still have to retrieve it in Lima and recheck it at your carrier's counter. Otherwise you may have to pay additional fees, or worse, the airlines may refuse to take your bags.

TRAVELING - GETTING THERE

FORMS

On the way to Peru, a flight attendant will give you immigration and customs forms for you to fill out. Do not declare anything on these forms and do not identify your reason for entering the country unless specifically asked. Just check ‘tourist’.

IMMIGRATION

After you exit the plane you will need to go through an immigration line. You will need your passport and the customs and immigration forms provided by the airline. Immigration will not collect the customs form and will return to you a portion of the immigration form. Make sure you keep the small portion of the immigration for that the agent returns to you. Be sure to fill out both the top and bottom of the Immigration form. You will need the small portion at the Coya Guesthouse and to exit the country.

CUSTOMS

Upon leaving Immigration, you need to retrieve your luggage for Customs inspection. (Even though your luggage was checked to Cuzco, you MUST retrieve it in Lima.) All baggage must pass through an x-ray machine. You may be asked to open your luggage after it has been scanned. This is when you show your letter of invitation and the Customs forms provided by the Clinic. If anything is confiscated, make sure you get a receipt for it and if possible immediately place a call to Guido Del Prado at 984-673814. Ask the agent to use his cell phone if necessary.

CHECK-IN

Once you are finished with Customs, proceed to the check-in counter for your airlines. Check your luggage in. If the attendant tries to charge you for checking your luggage, remind him/her that you are simply continuing on to another city from your international flight to Peru. This usually solves any difficulty. Get your boarding pass.

SECURITY SCREENING

Proceed to security screening similar to the TSA procedure in the United States. You can now report to your gate and board your flight. When you arrive in Cuzco, a van or taxi with a Kausay Wasi sign will be there to pick you up and drive you and your team to Coya. It's about a 45 -50 minute drive.

TRAVELING - GOING HOME

CHECK-IN

If possible, check your luggage all the way to your final destination.

SECURITY SCREENING

Pass through security.

IMMIGRATION - GETTING OUT OF THE COUNTRY

Line up for Immigration. Show your passport and the half sheet of paper you filled out and which was returned to you by the immigration official.

IMMIGRATIONS - GETTING BACK INTO THE UNITED STATES

You will be given some papers to fill out on the airlines. When you get off the plane, you should line up to go through immigration.

VACCINATIONS

As July 26, 2011 the Center for Disease Control (CDC) recommends that United States citizens traveling to tropical South America should have current vaccinations for yellow fever and typhoid. However, the Kausay Wasi Clinic is not located in a tropical area of Peru. So, as of this date, you are advised that it is not required or recommended by CDC to have a yellow fever or typhoid vaccination to work solely at the Kausay Wasi Clinic. However, if you have additional travel plans that involve traveling

to places in tropical South America, it is recommended that you have a current yellow fever and typhoid vaccination. If you have questions, you should consult your primary care physician.

Try this website: www.cdc.gov/travel/yellowbookch1-genrevaccination.aspx#619