

COMING TO THE KAUSAY WASI CLINIC IN COYA, PERU

(revised 2-16-18)

*******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 2014' 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 with Clinic staff 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 to 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, Atlanta, 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 you can rent a lounge chair in the spa area for about \$50.00.

If you depart from Miami to Lima during 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 LATAM 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.

When scheduling your departure from Cusco, consider taking morning flights. Sometimes thunderstorms and rain storms delay or even cancel flights, thus making connecting flights extremely difficult.

LODGING – COYA GUEST HOUSE

Most teams to date have stayed 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.

The owner's name is David Mattos. As of 2-9-18 the managers are a married couple named Katherine Tuero Cruz and Wilson Cruz. Cell phone 993073644 or +51 993073644. Katherine speaks English very well. She has been trained in the hospitality industry. They are dedicated to making your stay as pleasant as possible.

You can email the GuestHouse.Qoya@gmx.net.

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



As of 2-17-17 the rates are as follows:

- 1 Double bed \$50.00 (1 bed, sleeps 1-2 people)
(Rooms 102, 301)
- 2 Single beds \$80.00 (2 beds, sleeps 2 people)
(Rooms 101, 202, 203, 205, 303)
- 3 Single beds \$100.00 (3 beds, sleeps 3 people)
(Rooms 204, 302)
- 1 Double bed and 1 single bed \$100.00 (2 beds, sleeps 2-3 people)
(Room 201)

These rates are slightly above what is customary for the area. For example, the Pisac Inn has a double bed for \$50 as of 2-9-17.

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, flat bread, coffee, juice, tea, cereals, and granola.

Dinners are very tasty and the food is plentiful – soup, main course, and a dessert. The cost ranges from U.S. \$10-\$15 depending upon what is ordered.

The shower's hot water can be sporadic even during the same shower.

The internet/wi-fi has gotten better, but there are outages and when several people get on the system, it can be very slow.

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. Also, make sure you get a receipt for tax purposes.

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

Many people prefer to pay for their lodging as soon as they arrive at the GuestHouse so they don't need to carry large amounts of cash with them. Remember to get a receipt.

The Guesthouse and its location is difficult to beat and there have been few problems there.

LODGING – MARTA'S HOUSE

Marta's House is located on the Coya Square. It's owned by Marta who is related to Mery (nurse) and Apo (husband) who work at the Clinic.

This 'hostel' is popular with some of the young volunteers who spend a couple of months at the Clinic because the cost is only U.S. \$5 per night. There are 5 rooms with double beds.

You do get what you pay for. A mattress in one room was excellent. The mattress in another room was "mounded" in the center.

The bathroom and shower are common to all guests. The water in the bathroom shuts off around 11 PM and turns on again at 5:30 AM. The shower can be hot if you decrease the water flow. If you have the water pressure at maximum, the water temperature becomes warm. The good news is that the heater for the water is in the shower head so you will not run out of water.

There is no internet. The lighting in the rooms is dim.

Lunch can be arranged for you for a small additional fee.

The room furthest from the Coya Square is quiet.

Marta only speaks Spanish. She is also dedicated to making your stay pleasant within her limits. For example, the hot water for the shower didn't work during one stay. Once she was informed about it, she got on the phone and worked diligently to resolve the problem. By next morning, the problem was corrected.

To reserve a room, contact Sandy del Prado at the Clinic.

LODGING – HOSTAL QORIMIRY, IN COYA SQUARE

There is another option for lodging in Coya. It's clean, slightly closer to the Clinic than the Guesthouse, doesn't offer as many amenities, but is a lot cheaper.

The prices are as follows as of 2-17-17:

Three Triples – 3 single beds, 50 soles (about \$16.00 per night)

2 triples have private bathrooms, 1 shares a bathroom

Three Doubles – 1 double bed, 35 soles (about \$12.00 per night)

2 doubles have private bathrooms, 1 shares a bathroom

One Single – 1 single bed, 25 soles (about \$7 per night)

The bathroom is shared.

Breakfast is not provided, but there is a kitchen to make your own breakfast.

There is no internet. There is no courtyard.

The phone number is 084-783762

The caretaker only spoke Spanish.

EMAIL AND INTERNET ACCESS

Coya, Peru has internet access at the Coya GuestHouse for their guests. Although it has improved it can still be spotty. There is an internet café in town. Pisac also has internet cafes. Some of the restaurants, like Ulrike's, has wifi.

PICTURES AND VIDEO

In the Pisac market, children and adults dressed in native attire ask for one sol per picture per person in the picture. This is often their only income. Please if you take their picture, provide them one sol per picture.

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. Repeat...do not bring worn or torn bills!!!

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 around \$14.00 (beverages are not included if you eat at the Coya Guesthouse)

Machu Picchu Trip as of 2-15-18

Your easiest way to plan your Machu Picchu trip is to work with Wilson and Katherine from the Coya GuestHouse. They book your event through a travel agent.

Traveling to Machu Picchu involves a taxi to Ollantaytambo, a train to Agua Caliente, and finally a bus ride up the hill to Machu Picchu.

If you want to climb Huana Picchu, you will need to make reservations 6 months in advance of your trip to Machu Picchu.

You have two choices for the type of train you can ride in – deluxe and regular. The deluxe train has more windows to look out than the regular train. That may be the only difference. The package for the deluxe train is U.S. \$269 and the regular train is U.S. \$245. Students may get a discount on the entrance fee if they produce student identification. It is not known if a student discount is available if the trip is booked through Wilson and Katherine.

Estimated Machu Picchu trip if booked by yourself: \$281.00

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.

Many places DO NOT accept credit cards.

PISAC RUINS

Above Pisac there are some incredible ruins. Some of the stone is as good as the stonework at Machu Picchu. The cost is 70 soles. You can walk up from the Pisac market or get a taxi to drive you to the top. If you walk, you may be too tired to walk around the ruins. They cover a huge area. The terraces you see from below are larger than they appear. Once at the top allow at least 3 hours. Walking can be strenuous.

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. Some people use the ATM at the Blue Llama Restaurant bordering the market in Pisca, but it closes around 6:00 PM. There is a 24 hour ATM on the main road to Pisac. It is just past the right turn over the bridge on the way to Cuzco. You will need your credit card to open the glass door. Then you can use the ATM and exit. There is usually a maximum amount of money you can take out per day. The amount is around \$400 soles

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 and other personal adventures are not deductible, however, the food for the day will likely be 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 MEMBERS 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 February 15, 2017.

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

Incidentals = \$24

Total maximum for a day is \$333

LIMA AND VICINITY

Maximum Lodging: \$369

Meals and Incidentals: \$124

Breakfast can be no more than 15% of 124 = \$18.60

Lunch can be no more than 25% of \$124 = \$31.00

Dinner can be no more than 40% of \$124 = \$49.60

Incidentals \$24.80

Total maximum for a day is \$493

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 cheaper than water purchased from 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. It is available from the **higher** of the two faucets.

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 each of the items while traveling to the Clinic in BOTH your checked luggage AND your carry-on luggage.

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. ☺ Expect rain if you come in the Peruvian summer season.

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. Contact your airline or travel agent for details since they change.

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 or worse yet, they may never arrive.

IMMAGRATION AND CUSTOMS ON THE FLIGHT

On the flight into Lima, you will receive a Customs form about your need to declare items you are bringing into the country. Even though the red side of the form states in the "Items for temporary entry" of the classification section of the form, "Goods, equipment or tools that are individually identifiable, for professional or technical use", you do not need to declare the medical supplies you are bringing with you. Therefore, you will not need to fill out this form. Also, you should have received a letter from SUNAT that should have been packed in your luggage. If there are problems at Customs, show them this letter as well as the other documents you should have packed.

IMMIGRATION: SHOWING PASSPORT

Before you collect your luggage, you will need to show your passport to an immigration agent. He/She will likely ask you for the purpose of your visit. You can say tourist, but technically that's not correct. A better answer will be 'volunteer.' There is a small possibility you may be asked to go to a separate room for additional verification of your information. If you go there, simply follow the directions. Hopefully you will be dismissed shortly.

COLLECTING LUGGAGE AND GOING THROUGH CUSTOMS

Upon leaving Immigration, you need to collect your luggage and go through customs. Your bags will likely be passed through an x-ray machine. If you are asked about the contents of your bag, it is at this point that you will need to produce your letter of

invitation and Kausay Wasi Customs documents (provided by the Clinic). Although unlikely, if the customs agent takes anything, you need to make sure you get a receipt for the taken item(s). If possible, immediately place a call to Guido Del Prado using a Peruvian phone the number is 984-673814. Ask the agent to use his cell phone if necessary. If you use an American phone the number is 786-226-8269.

You are allowed to bring your laptop and a tablet if you have each. However, you are **NOT** allowed to bring two tablets.

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 an hour drive.

TRAVELING - GOING HOME

CHECK-IN FOR YOUR FLIGHT

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

SECURITY SCREENING (TSA EQUIVALENT)

Pass through security.

IN-FLIGHT

You may be given a form to complete for Immigration. Complete it.

IMMIGRATION INTO THE COUNTRY

Line up for Immigration. Show your passport and Immigration form you filled out.

CUSTOMS

Collect your luggage and go through Customs. Your luggage will likely be X-rayed.

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 or travel clinic.

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