



VineTrust

Connecting People to Change Lives

Amazon Hope
Project Information 2016



Who We Are

The Vine Trust is a volunteering charity with a vision to see communities transformed. Our volunteers work to bring opportunity, health and hope to disadvantaged communities and marginalised people, with a particular concern for vulnerable children.

Amazon Hope Project, Peru

In 2001, an ex Royal Navy Fleet tender was sent by the Vine Trust to assist in the development of relief work amongst marginalised communities in the Peruvian Amazon. Since that initial journey much has been achieved, to the extent that our project is now at the heart of an annual initiative to deliver a basic primary healthcare service for up to 100,000 people in rural Amazonia. Health education, training local workers and providing access for government health worker teams are all part of our strategy.

Many of the remote communities in the Amazon have little or no access to healthcare provision. This results in high infant mortality rates and debilitating diseases in the community, many of which can be easily treated by modern medicine. Medicines we take for granted, such as antibiotics, analgesics and anti-malarials, can make a massive difference to the health of the population. The services of a dentist also make an extremely significant impact in alleviating chronic pain and building better health.



Project Information

Medical teams go out to work on the Amazon Hope ship throughout the year. The ship act as floating health centres, providing basic health and dental care to the people of rural communities on the Amazon and its tributaries. Each trip lasts two weeks, with the team usually spending about nine days working on the ship, assisting the project's Peruvian medical personnel. Typically, we send teams to the project every two weeks from throughout the UK and beyond. Medical and dental teams are typically made up of 6-8 people. Normally each team consists of at least two doctors and one or two dentists, the balance of the team being made up of other health professionals.

The Project works closely with the Peruvian Ministry of Health, who provide health programmes and team members on various trips. Our aim is to provide quarterly visits to communities on a number of Amazon tributaries which will impact on chronic illnesses such as asthma, diabetes, epilepsy and on dental health. In addition, we will be able to identify those in need of secondary care, such as cataract surgery and either arrange for this work to be carried out in Amazon Hope 2's small operating theatre, or at the District hospitals in Iquitos. To date we have treated over 1 million patients on our Amazon Hope ship.

The Vine Trust aims to encourage UK health professionals to use their skills and part of their annual leave to help the isolated communities of this Amazonian region.



Who Can Apply?

Please note that all healthcare professionals must be registered with the appropriate body (eg GMC, GDC, NMC) and hold a licence to practise.

We welcome applications from:

GPs within the NHS or working in OOH care

Dentists in practice in the UK

Nurses or nurse practitioners in primary care or A&E or similar setting

Doctors working in emergency care, A&E or Paediatrics, or who have previous experience of working in primary care

Ophthalmologists, optometrists and opticians

Any healthcare professional with an interest in helping provide a primary care service to some of the poorest people in the world

Medical and Dental Students

We also welcome applications from medical and dental students looking for a two-week medical experience. Please note that because of the nature of the work, we cannot guarantee a 'tick list' of procedures which you will be involved in, but we can offer a very hands-on medical experience serving isolated rural communities along the Amazon. We also require students to be supervised by a doctor or dentist who is part of the team, so please contact the Vine Trust office to find out which trips would be suitable for your needs.

All students will be covered by Vine Trust's insurance policy. However, if you wish to extend your stay, or take part in activities which are not part of the Vine Trust's organised programme, it is your responsibility to check that you will be covered, and top up any premium where necessary.

Please note that Vine Trust's insurance does not cover medical indemnity. As a student, if you apply for a place with the Amazon Hope project, you are entering into a relationship with Vine Trust as a volunteer. It is not a relationship that Vine Trust enters into with your university or institution, and we do not offer indemnity cover.



Clinical Work

Before departure, you will be sent an Amazon Hope handbook with guidelines and advice to help you prepare for your trip and deal with situations whilst you are in Peru. After arriving on the Amazon Hope there will usually be time to settle in, meet the crew and just enjoy sailing on the Amazon, before any clinical work starts.

The Amazon Hope programme is a primary healthcare service and so you will be dealing with many of the same conditions which you see in your own working environment. In particular, you can expect to be involved in:

Paediatrics, Basic obstetric care, Minor injuries and minor surgery, Tooth fillings and extractions. You may be required to manage tropical disease such as malaria and dengue, but you will always have the support of your Peruvian colleagues with this.

However, anything could present as these communities have little access to other healthcare, so be prepared. The pharmacy is stocked with routine antibiotics, analgesics, NSAIDs, preps for eye/ear infections, PPIs, some dermatological preps and dressings and there is some suture material. An up-to-date formulary is included in the 'Guidance Notes' which will be issued during the first team meeting on the boat, along with further information specific to your trip.

Ministry of Health

An agreement has been signed with the Ministry of Health to coordinate the work and allow overseas professionals to take part in the programme. It is advised by the Vine Trust that professionals inform their Defence Body of the nature of this work and ask for suitable cover. The MDDUS in Scotland has agreed to cover its members, so far free of any extra charge, but each member has to contact them individually.

Please note that proof of your current registration with the appropriate professional body is also required, and we ask for a photocopy (or scan) of that document along with your application. This can be a copy of your GMC/GDC/NMC details from an online search of the register.

Amazon Hope Staff

The Head of Medical Services for the Amazon Hope Project oversees all aspects of the health side of the project and strives to ensure a meaningful experience for visiting health professionals as they participate in the project. There are medical professionals employed to work on the Amazon Hope ship and whose salaries are underwritten by the Vine Trust. You will also be working alongside employees from the local Ministry of Health.

Life On Board Amazon Hope

On board, there is a Peruvian doctor, dentist, nurse and pharmacist, as well as a midwife and lab technicians for malaria testing, all of whom are very helpful. There are also the Captain, pilot, translators, caretaker and chef. The ship is usually busy with as many as 30 people living on board! Everyone is very friendly and welcoming. Catering is basic, but good, with lots of chicken, fish and rice.

Accommodation on board is in air-conditioned, two-berth cabins. The air conditioning makes it very difficult for the insects to fly. However, for malaria prevention, it is advisable to have a mosquito net on the off chance that the air con breaks down.



2016 Schedule

Trip Reference	Arrive Peru	Depart Peru
PM16011	17 January	2 February
PM16021	27 January	12 February
PM16022	21 February	8 March
PM16031	2 March	18 March
PM16041	27 March	12 April
PM16042	6 April	21 April
PM16051	24 April	10 May
PM16052	4 May	20 May
PM16061	25 May	10 June
PM16062	4 June	20 June
PM16071	26 June	12 July
PM16072	6 July	22 July
PM16081	27 July	12 August
PM16082	6 August	21 August
PM16091	28 August	13 September
PM16091	7 September	23 September
PM16101	28 September	14 October
PM16102	8 October	23 October
PM16111	30 October	15 November
PM16112	9 November	25 November

Notes:

Medical teams are made up of 6-8 people, consisting of at least two doctors and one or two dentists, the balance of the team being made up of other health professionals.

Teams will either travel to, or return from, Amazon Hope by speedboat. Please be prepared for early starts and long journeys!

Sample Itinerary

Please note the itinerary below is presented to give an indication of each day on the trip. The actual itinerary will vary depending on local factors.

Day No	Activity
1	(Leave UK in the morning) Arrive in Lima later same day. Some people may choose to arrive earlier (tourist activities). The team will gather and stay in a Lima hotel overnight. (Name & address of hotel will be advised).
2	Fly to Iquitos on Saturday morning. There will be the opportunity to visit some other Vine Trust projects in and around Iquitos and to have a team meeting (with Peruvian medical staff).
3	Travel to Amazon Hope boat
4-11	Work alongside Peruvian healthcare professionals aboard Amazon Hope serving isolated river communities
12	Leave Ship and travel back to Iquitos (Stay overnight in Iquitos).
13	Fly back to Lima. We would anticipate arrival back in Lima by early / mid afternoon. In some cases this would allow people to start their journey home or to start any tourist activities arranged. Otherwise stay overnight in Lima.
14	Leave Lima – travel home or start tourist activities.
15	Arrive in the UK



Cost

The cost of a trip in 2016 is **£1,260** plus the cost of international flights. For insurance purposes, Vine Trust will book international flights to your specification – when your place on a trip has been confirmed, we will contact you to arrange flights.

Included in the £1,260 are:

- Taxi Pickup at Lima (if you arrive on Day 1).
- Hotel accommodation in Lima (Day 1 & 13).
- Travel Insurance.
- Internal flight (Lima to Iquitos, about 1 hr 45 mins).
- Accommodation in Iquitos and trips to see other VT Projects.
- Travel from Iquitos onto Amazon Hope.
- Food and accommodation on the boat.
- A contribution to the Medical and Dental Project.

Excluded from this cost are:

- Required vaccinations and personal medicines
- International flights
- Personal spending

Payment Schedule

A deposit of £250 is required on application (to reserve your place).

The balance of £1010 should be paid 3 months before departure.

International flights should be paid when booked by Vine Trust.

Gift Aid

We encourage everyone who is a UK tax payer and contributing to the charitable activities of Vine Trust to sign a Gift Aid declaration which helps support the wider development of the Trust's charitable work. Gift Aid does not allow any personal benefit and is not credited towards trip costs, but makes a huge difference in the Trust's overall work. We appreciate everyone's support in promoting Gift Aid-giving amongst their friends, colleagues and families.

Payment Options...

Online Card Payments

To pay online for your trip, and to contribute additional fundraising, please visit <https://secure.vinetrust.org/pay> Debit card payments are free, but there is a 1.95% surcharge for using credit cards.

Vine Trust Fundraising Page

You can set up your own fundraising page through the Vine Trust website www.vinetrust.org/fundraise and pay your instalments through this online facility. Please note that we prefer not to take payments through Just Giving pages due to the fees that are charged against your fundraising.

Cheque

Please send any cheques (made payable to Vine Trust) to:

Vine Trust Finance, Vine Trust Barge, Prince of Wales Dock, Edinburgh, EH6 7DX.

Please enclose full details of your name, address, trip reference number and dates of the trip with your cheque.

Bank Transfers

If you wish to make a bank transfer, please contact the Vine Trust finance office on: 0131 555 5598 or finance@vinetrust.org

Please note that we do not accept CAF payments.

Fundraising

We would encourage team members to try and raise additional funds for the Medical and Dental Project. This money will be used for medical equipment, drugs and to keep the ship operational.

It is anticipated that in most cases, the cost of the trip will be borne by the volunteer. However, it is recognised that in some cases, fundraising will be used to cover part of the cost / flights of your trip. Please make it very clear to all donors the purpose of your fundraising i.e. for the ongoing work of the project or for your personal trip expenses.

For ideas about fundraising, download our fundraising pack at www.vinetrust.org/give/fundraising



Safety Information

To ensure you have a safe and enjoyable trip we ask all our volunteers to familiarise themselves with this safety information so that you are aware of the potential hazards and dangers you may encounter in Peru. It is recommended that you sign up to the UK Government's Foreign Travel advice website to receive alerts regarding travel in Peru www.gov.uk/foreign-travel-advice/peru

Peru has a different safety culture, and precautions we take for granted in the UK may not necessarily be in place. Standards of food hygiene and healthcare are lower and there are small, but real, risks from tropical diseases and dangerous creatures.

Standards of medical care in hospitals can be poor. Evacuation from a remote part of Amazonia will take some time and much longer than in the UK. We wish to avoid the need for any unplanned healthcare for volunteers and staff.

Please read the following risks carefully before signing up for a trip with Amazon Hope.

FLIGHT TO LIMA (usually around 12hrs)

Risk of deep vein thrombosis is now well established and the following precautions are recommended:

Wear flight socks

Drink plenty of water on the flight. Coffee, tea and alcohol all cause dehydration so drink water or fruit juice at least every three hours

Walk about the plane regularly to exercise calf muscles

Do the exercises recommended by the airline whilst in your seat

The use of aspirin is a matter of choice, as taking aspirin is not risk free

If you have a past history of DVT you should consult your GP for further advice

TRANSPORT IN PERU

The transport you will use in Peru is basic but is considered reasonably safe. However, you should be aware of heightened risks, namely:

Many vehicles do not have seatbelts and some are quite dilapidated.

Driving standards are lower than in the UK

Open windows allow hands to pick up bags / cameras that are not firmly held

Road surfaces are often poor and road accidents occur more frequently

Road side protection is often rudimentary; crash barriers are not universal

Tricycle rickshaws (in Iquitos) are very open with limited passenger protection

ON AMAZON HOPE

Safety information is given on board the Amazon Hope and this should be adhered to at all times.

It is possible to slip on the steep stairs, especially if deck or footwear is wet. Descending backwards (facing the steps) is safer.

Don't lean out over shipside rails - especially when travelling - be particularly careful at the doors in the ship's sides.

Always wear a life jacket when transferring / travelling on the AH motor boat / any other boat

Check the position of fire extinguishers on board – remember to raise the alarm before attempting to extinguish the fire

Take care on the gang plank; it can be very slippery and wobbly, also the river bank can be steep and very muddy and slippery.

NEVER enter the engine room without the engineer's permission and presence.

SWIMMING

The Vine Trust has a no swimming policy due to strong currents, the risk of waterborne disease and dangerous creatures in the Amazon and its tributaries.

PERSONAL SAFETY

In Amazonia

As in most places, theft can be a problem in Peru. Don't leave anything unattended. It is recommended, if a key is available, to keep your cabin door on board the ship locked at all times and to keep valuable items out of sight in a lockable bag, especially when the ship is berthed.

You may find that the Peruvian approach to time-keeping is very different from what you are used to, which may affect the planned itinerary. Please be understanding of this and try to adapt to a more relaxed 'mañana, mañana' attitude towards time. However, for safety and security, please be back at agreed meeting points by the pre-arranged times to avoid cause for concern.

Do not go alone into the villages. This applies to both female volunteers (personal risk) and male volunteers (perceived threat to village people because of sex tourism)

To avoid unwanted attention, do not wear 'short' shorts or skirts or low cut tops. Tummies and shoulders should be covered. Leave expensive jewellery behind. Absolutely no anklets as Peruvians attach superstitious meaning to them.

Do not wander about cities and villages on your own. Peruvians consider it is dangerous for a woman to walk around on her own, especially as a foreigner. This is also true for men as there have been many instances of foreign men being involved in sex tourism. Whilst it should be obvious you are from the Amazon Hope Medical and Dental Project, we strongly advise only to go ashore in a group or with a local guide.

We recommend that you do not give out your personal contact details, including Facebook and social media details.

Never wander off alone into the jungle. Groups can arrange a walk with the interpreter or other guide from the crew.

Make sure that you inform someone you are going ashore and tell them when you have come back aboard – for your safety and in case the ship leaves without you!

Remain aboard Amazon Hope from dusk to dawn. Please leave the jungle at night to the animals / snakes.

In the cities

It is advised that you do not go out alone, rather travel in small groups

Keep visible jewellery to a minimum and keep a close watch on all your personal belongings, especially handbags, cameras, etc. This applies particularly to open windows in vehicles when stopped in traffic.

EATING OUT

Standards of cleanliness in some restaurants are lower than in the UK. Good hand hygiene is essential to reduce the risk of travellers' diarrhoea. Wash your hands regularly with soap and water, especially before eating, and preferably with anti-bacterial hand wash. However, please note that anti-bacterial hand gel is not a replacement for soap and water.

We recommend that you read up about travellers' diarrhoea before you depart for Peru. The NHS 'Fit For Travel' website has some helpful travel advice, including prevention and treatment for diarrhoea www.fitfortravel.nhs.uk/advice/disease-prevention/travellers-diarrhoea.aspx

As a general rule of thumb:

Drink only bottled water. Always check the seals of bottled water bought in Peru – particularly important with still water (agua sin gas). Still and gaseous water are readily available in Lima and Iquitos. The drinking water on Amazon Hope is safe (top up your own water bottle)

Ice should not be used in drinks. It is sensible to wipe cutlery clean in restaurants before eating. Salad should not be eaten due to the risk of food poisoning. It is not advisable to eat food from street vendors. Pork should never be eaten in Peru as it is commonly infected with tape worm larvae.



TROPICAL DISEASE RISK

Insect borne disease is a risk, especially in Amazonia. Malaria is a constant risk. You must take anti-malaria prophylaxis as prescribed, use tropical strength insect repellent (containing 50% DEET), sleep under a mosquito net and wear long-sleeved clothing between dusk and dawn.

Dengue fever is currently prevalent in the Iquitos area and on the rivers. See above re use of insect repellent and nets.

Yellow Fever-- make sure your vaccination up to date and that you bring your certificate with you.

Sand Fly Bite can result in Leishmaniasis. Again, using nets, repellent and long-sleeved clothing can help to prevent this.

Waterborne disease can cause illness such as gastroenteritis, hepatitis A, typhoid, hepatitis E, cholera, E.coli, amoebic dysentery, giardiasis, intestinal parasites (worms), leptospirosis.

Only drink bottled water or water declared safe by crew on Amazon Hope and do not swim in rivers.

ANIMAL ATTACK (very low likelihood of occurrence but significant harm if affected)

Dogs: It is sensible to avoid dogs at all times.

Bats: Always sleep indoors under a mosquito net.

Monkeys: Avoid monkeys, however tame and cute they seem!

Snakes: Snakes are to be found in Amazonia and other parts of Peru. The likelihood of a snake bite is very low but the harm is potentially fatal. However, a few careful precautions reduce the likelihood significantly. If you are taken for an organised walk, wear long trousers and covered shoes.

Scorpions: Always check that shoes and clothing are free of unwelcome guests before putting them on.

Immunisations

Please discuss your trip with your GP/practice nurse to ensure all your UK immunisations are up-to-date and to advise you on necessary immunisations for Peru. You will need to arrange these immunisations at least two months prior to departure.

We recommend: Polio/Tetanus/Diphtheria/Hepatitis A and B/ Typhoid/ Yellow Fever/ and Rabies. Rabies is indicated because you may be more than 24 hours away from immunoglobulin should you be bitten. However, it is an expensive vaccine and so you should take advice from your GP on this.

Constant Improvement

The Vine Trust is committed to continually evaluating and trying to minimise the risks to its volunteers. The above health and safety advice is comprehensive, but not exhaustive: please take care while in Peru and recognise that you participate in the Amazon Hope programme at your own risk.

Should you identify any potential hazard not included in this document, please let us know as soon as possible so we can evaluate the problem and minimise the risk.

Frequently Asked Questions

Below is a list of frequently asked questions in relation to the Amazon Hope programme. If your question is not answered here, please contact the Vine Trust office on 0131 555 5598 or email health@vinetrust.org for further information.

How do I apply for the Amazon Hope programme?

Once you have identified the trip you would like to go on, please contact the Vine Trust office to see about availability. You can then apply online through the Vine Trust website. All information and dates regarding the Amazon Hope programme are available on our website at www.vinetrust.org/volunteer/medical_teams

Do I need to be a member of a registered medical body to volunteer?

To ensure the quality of service provided to the people of Amazonia is of the highest standard, and in keeping with Vine Trust's commitment with the Ministry of Health in Peru, all healthcare volunteers with the Vine Trust will be confirmed as having current eligibility to practise as a clinician in the UK and that they remain in good professional standing. For Doctors it will also be necessary to confirm that you hold a current GMC licence to practise.

I am a medical/dental student. Can I sign up with Amazon Hope for my elective?

We do not offer student electives as they are usually described. We can only offer a two week 'medical experience' linked to one of our standard primary care trips, and cannot guarantee a 'tick list' of tasks or procedures that you might or might not carry out. Ideally, we also ask one of the qualified UK volunteer doctors or dentists to provide supervision for students. Our Peruvian medical colleagues are also willing to sign off on a two-week 'experience' on the Amazon Hope for medical students. Their 'sign-off' letter will be more general than specific and will simply advise that you have served as part of the medical team on the Amazon Hope in providing primary healthcare clinics to communities along the Amazonian tributaries. There is not currently a permanent Amazon Hope dentist on board to act as a supervisor, so if you can encourage a qualified colleague to accompany you then that would benefit all.

As a student, who can I put down as my supervisor whilst volunteering with Amazon Hope?

Because of the nature of the work, we are unable to say until a few weeks before the trip who your supervisor will be. It will either be one of the Peruvian doctors employed by the Amazon Hope programme, or one of the UK volunteers who is willing to act as a supervisor. Please see previous question regarding dental students.

Do you offer discounted prices for students?

Unfortunately we cannot offer a reduced price for students. All our prices are carefully worked out to ensure that all costs are met, and this includes a contribution to the on-going work of the Amazon Hope programme.

I am a retired GP/Nurse/Dentist. Can I still volunteer with Vine Trust?

Doctors - current GMC regulations require all doctors to hold a Licence to Practise; this lapses as soon as a retiral has been confirmed unless the Doctor undertakes additional steps to retain the same. Whilst revalidation is for 5 years, the License to Practise is linked to working in a recognised clinical environment (technically under supervision of a Responsible Officer) and therefore lapses on retiral. The Vine Trust would wish to encourage doctors to consider undertaking an Amazon Hope trip whilst their License to Practise is still valid; the alternative is to volunteer as a general helper alongside colleagues who still have full practising rights. The doctor offering supervision would be required to take clinical responsibility for all decisions. It is expected that, on board, the skills of all volunteers will be recognised and used to best help the people of Amazonia.

Dentists and Nurses - at present GDC and NMC registration continues to next renewal point and so Vine Trust welcomes volunteers from Dentists and Nurses during the period of their continued registration after retiral. Thereafter the supervision model described above for Doctors would pertain.

I am a physiotherapist/pharmacist/paramedic/psychologist/social worker. Can I still volunteer with Amazon Hope?

Because of the nature of the work and the emphasis on primary healthcare, we cannot guarantee that you will be able to use your skills in a specific way. However, if you are happy to accept a generic healthcare support role, plus help with other non-medical tasks on the boat, you would be welcome to apply for the programme. Please note, however, that we must first allocate spaces to doctors, nurses, dentists and professionals with similar roles. Please also be aware that for disciplines such as psychology and social work, there can be significant cultural issues to be aware of plus the fact that there is rarely any follow-up because of only spending one day with a community every few months.

I don't have a healthcare background. Can I still join the Amazon Hope team as a general helper?

We must first allocate spaces to healthcare professionals, but if there is any availability, non-medics are welcome to apply for the programme. You must be willing to help out wherever needed, such as with admin tasks, in the kitchen, with cleaning, organising activities for children etc.

What hazards do I need to be aware of during the trip?

Please refer to the Amazon Hope information packs about risks to be aware of, and for health and safety guidance.

What prophylaxis do you provide on board Amazon Hope?

There should be one Post Exposure Prophylaxis pack on board. This is for after a sharp's injury involving a high risk patient, i.e. someone who is likely to, or has HIV/AIDS or Hep C or dangerous blood borne disease. However, as a precaution, you may want to take your own pack, or arrange with other volunteers to share a pack between two or three of you. Ash Jenkers are available for dentists to help prevent needle stick injury.

What Personal Protective Equipment (PPE) do I need?

All necessary PPE is provided on board, but it is advisable to bring your own personal first aid kit to prevent using supplies intended for patients.

Do I need to arrange my own insurance?

UK volunteers are covered by Vine Trust's group insurance for all elements of the Amazon Hope trip. If you wish to extend your travel or participate in activities which are outwith the Amazon Hope programme, it is your responsibility to arrange any additional premium as necessary. Please note that volunteers applying from outside the UK will need to organise their own insurance to volunteer with Vine Trust.

Do you offer indemnity cover?

Whilst there have been no instances of a volunteer being complained against during a trip on Amazon Hope, it is good practice to alert your Professional Indemnity Organisation that you are travelling to Peru to undertake 'healthcare work as a volunteer', and that you will be 'working with children'. This requires a phone call or email to your indemnity provider– and occasionally a follow up letter. For students, please note that the two-week trip is a volunteering experience that you engage in as an individual volunteer, not a relationship that is through your university, so Vine Trust cannot indemnify you.



If I need to pull out of the trip at a later date, can I get a refund?

All deposits are non-refundable (unless a trip is cancelled by Vine Trust, or your application is not accepted). You may be able to claim the remainder of the trip costs back on your insurance cover depending on the reason you have withdrawn from the programme.

Can you recommend any other clinical experience I can get whilst I'm in Peru or people I can contact to find out about further opportunities?

Unfortunately, we are unable to recommend other opportunities. However, you may want to search certain defence union sites as they often feature specific programmes.

Can I sign up to do more than 2 weeks?

Depending on the boat's schedule, you are welcome to sign up for two trips back to back. There will be an additional cost for this. Please contact the Vine Trust office for further information.

Can I book my own flights?

Vine Trust prefer to book your flights for insurance purposes. It also means that in the event of an emergency we will be able to sort out alternative flights for you quickly. Through our agents, we are able to obtain flights with minimum cancellation costs and good re-arrange options. Even if you are extending your travel dates, we can still look into getting the best prices for your trip.

Can I extend my dates to include further travel?

Yes—please just inform the Vine Trust office as soon as possible of your confirmed plans.

Do I need a visa?

Volunteers with a British passport do not need a visa for working on Amazon Hope. A tourist visa on arrival at the airport in Lima is sufficient and will last for 90 days. Volunteers who do not have a British passport should make their own enquiries about the necessity for a visa.

I am not from the UK. Can I still volunteer with the Amazon Hope programme?

We welcome all interested volunteers to apply for the programme. However, please be aware that to ensure the quality of service provided to the people of Amazonia is of the highest standard, and in keeping with Vine Trust's commitment with the Ministry of Health in Peru, you will be required to produce evidence of your current eligibility to practise as a clinician and that you remain in good professional standing.

I have special dietary requirements. Is the boat able to cater for this?

Please be aware that the diet on board Amazon Hope is fairly limited, whatever your dietary requirements! Please inform us on application of any special dietary requirements so that we can inform the cooks. They are accustomed to accommodating vegetarians and gluten free diets. They do not usually use peanut oils or nuts in their cooking. If your dietary requirement is very specific, please give us time to check with the ship's cook if it is possible to accommodate your request. Please note that meals are prepared freshly every day and that some food/ingredients are seasonal, so it is not always possible to source certain items—for example, we cannot always guarantee a fresh supply of fruit for the entire trip.

Can I bring my own equipment and/or medical donations for the Amazon Hope programme?

We advise volunteers not to bring their own equipment or medical supplies. There are now very strict rules regarding what items visitors can and cannot bring into Peru. All bags will be scanned on arrival at Lima Airport, and you will be asked to complete a comprehensive immigration form declaring any items you are bringing in for professional use. Items may be confiscated, or you may be asked to pay a deposit for these items.

I don't speak Spanish. Is this a problem?

There are translators on board Amazon Hope who will work with you. However, it makes a good impression if you have a few basic phrases to converse with patients.



What support does Vine Trust offer volunteers before they join the Amazon Hope programme?

Where possible, all new Amazon Hope volunteers are expected to attend one of our orientation sessions to find out more about the programme and to cover essential health, safety and cultural issues. It's also an opportunity to connect with other Vine Trust volunteers and to ask any questions which you might have. There are usually three orientation dates to choose from throughout the year, with sessions being held at Vine Trust's head office in Edinburgh, and also in Warwickshire, England. Orientation dates are advertised on the Vine Trust website www.vinetrust.org/volunteer/medical_teams —please put one of these dates in your diary now and make it a priority to attend.

Past Amazon Hope volunteers are often happy to speak to interested volunteers about their experience on the boat, so do contact the Vine Trust office if you would like to be put in touch with someone regarding this.

Once your application has been processed, you will be sent a comprehensive handbook to help you prepare for your trip. It is essential that you read the guidelines in detail as part of your preparation and that you contact the Vine Trust office as soon as possible if you have any further questions. We advise that you take a copy of the handbook with you to Peru so that you have it as a reference point.

A few weeks before departure, you will also be sent an email with final information, including emergency contact numbers, arrangements at Lima airport, details of accommodation and your internal flights.

We also encourage you to touch base with others in your team before departure, either in person or through a Skype call, so that you can begin to build relationships with your team before joining the Amazon Hope programme.

If you need to do some personal fundraising to cover the cost of your trip, or if you would like to raise some additional funds to support the Amazon Hope programme, you can download our fundraising pack here www.vinetrust.org/give/fundraising

Is there any support once I have completed my experience aboard Amazon Hope?

We encourage all volunteers to attend one of our 'Stay Connected' debrief sessions which are held twice a year. This offers the opportunity to reflect on your experience aboard Amazon Hope, to share ideas with other volunteers and to think about ways to continue your involvement with Vine Trust. We also encourage volunteers to get in touch with us at any stage if they have any questions, concerns or suggestions about the Amazon Hope programme, in addition to completing a feedback form after the trip.

Terms and Conditions

1. To register for a medical trip we require a non-refundable £250 deposit (see clause 19) which must be enclosed along with your application form.
2. All volunteers must be physically and mentally fit for the medical trip and must complete a confidential medical questionnaire and disclaimer and submit these with the initial application.
3. You are not guaranteed a place until your medical questionnaire and insurance have all been confirmed. Your deposit will be refunded if you are not accepted on a medical trip.
4. By applying for a medical trip you agree to pay all your costs in full 90 days prior to departure. Failure to do so will result in cancellation.
5. You will be required to pay any additional fuel surcharges imposed by the airline or government tax which is levied.
6. To take part in the Amazon Hope programme in a healthcare capacity, you must be registered on the GMC/GNC/GDC, with a current licence to practise.
7. All flights, timings, itinerary and arrangements are subject to change by airlines. You will be notified of such changes. The Vine Trust will endeavour to give volunteers as much notice as possible when changes are made.
8. If you wish to extend your stay for private travel before or after your time on a medical trip, the Vine Trust will, wherever possible, meet such requests. However, volunteers must be aware that this will result in additional costs and the request must be made in writing along with your application.
9. We are unable to alter pre-booked tickets.
10. Your passport must be valid, with at least six months' validity remaining at the time of your scheduled return from Peru. It is a volunteer's own responsibility to check if they require a Visa.
11. You will be responsible for providing your own personal equipment and kit in line with the recommended kit list in the medical trip Handbook.
12. Travel insurance covering you for a medical trip is compulsory. This will be organised by the Vine Trust. However, if you wish to extend your stay, or take part in activities which are not part of the Vine Trust's organised programme, it is your responsibility to check that you will be covered, and top up any premium where necessary.

13. Please note that Vine Trust's insurance does not cover medical indemnity. It is advisable that you contact the relevant body (e.g. MPS, MDDUS, MDU) and advise them of your intention to work as a volunteer with the Amazon Hope programme.
14. As a qualified healthcare professional, you may be asked to supervise any medical or dental students who are part of your team.
15. The Vine Trust reserves the right to cancel the medical trip if there are fewer than the minimum required number of participants, or if the UK Foreign and Commonwealth Office advise against travel.
16. All Medical trip members are taken to give their consent for their picture to be reproduced and published and distributed within promotional material of the Trust. It is not possible to give remuneration for any image or other material that is used.
17. If a volunteer passes on their own images or written contributions to the Vine Trust we receive it on the understanding that it can be used on the same terms outlined in clause 16.
18. The Code of Conduct, the Health and Safety Guidance, and financial requirements which are all outlined in the medical trip Handbook and application pack are part of the terms and conditions, and must be adhered to.
19. Deposits are non-refundable unless the trip is cancelled by the Vine Trust, in which case deposits will be refunded in full. Refunds on other costs will depend on what the Vine Trust is able to claim back. Cancellations within 6 weeks of the trip will not be eligible for any refund.
20. Prices are correct at time of going to print, but additional costs may be incurred due to unforeseen circumstances such as accommodation price increases, significant changes in exchange rates and inflation, or enforced government taxes and visa fees. There may be an additional charge for optional tourist excursions and for any additional nights required due to flight schedules.
21. There will be a team orientation meeting before the trip to Peru. Volunteers must make every effort to go to this and attendance is expected. Team meetings are an opportunity to get to know others going on the trip, to find out what to expect whilst you are there, and to ensure you prepare effectively for the trip.
22. Volunteers take part in Vine Trust's Amazon Hope programme at their own risk.

For full terms and conditions please visit <https://vinetrust.box.com/ExpeditionTsCs>



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Facebook: www.facebook.com/vinetrust

Twitter: www.twitter.com/vinetrust

Flickr: www.flickr.com/photos/vinetrust/

You Tube: www.youtube.com/user/VineTrustUK

The information and prices in this booklet are up-to-date as of January 2016.
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