

PERU 2011-2012

Youthlinc Participant Folder

Contents

Contact Information	1
Welcome Letter from your Team & Alumni Leaders	2
Peru Monthly Team Meeting Calendar.....	4
FAQs about the Peru Trip	7
Global Statistics: If the World were a Village of 100.....	10
Tentative Peru Daily Itinerary	11
Peru Packing Checklist	14
Items Needed At Peru Site.....	16
Youthlinc Lesson Planning	18

Contact Information

Youthlinc Office:

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Team Leaders for Peru

Britnie Powell: 801-230-7317; britniepowell@gmail.com

Ayrowyn Tanner: 435-757-7558; ayrowyn_tanner@yahoo.com

Please contact our office manager about volunteering in the office or program payment questions:

Office Manager: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our Local Service Director for questions regarding the Local Service Directory, Young Humanitarian Award, or questions regarding your local service commitment that cannot be solved by your alum or team leader.

Local Service Director: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our International Service Director for questions regarding projects or fundraising for projects at the international site only when these cannot be answered by your team or alum leader. She can supply travel agent contact for divergent itineraries, but is not able to make these contacts for you.

International Service Director: Miriam Kramer-- 801-467-4417(w), 801.824.9855 (c); miriam@youthlinc.org

Please contact the Executive Director only for issues that cannot be resolved through contact with those listed above:

Executive Director: Judy Zone-- 801-278-4853(h), 801-403-9927(c); judy@youthlinc.org

Bienvenidos a Youthlinc!!

Welcome Letter from your Team & Alumni Leaders

Welcome to the Youthlinc trip to Yanamono, Peru! Congratulations on becoming a member of the Youthlinc team! You are now in a very unique group. There are many students who applied to this program that we could not accommodate. Your acceptance means that you have a remarkable commitment to service, excellent leadership qualities, the ability to work with others and exceptional individual strengths. We have a great team this year. We have specialists in the fields of medicine, education, vocational skills, construction and business. Every person involved has something special to offer that will make this trip a huge success. I am looking forward to getting to know each one of you on a personal level as this year progresses.

We will do everything in our power to make this trip safe, to keep you healthy, and to ensure you have a great time. As team leader, alumni leader and volunteer mentors, it is our number one goal to make sure that everyone has the trip of a lifetime. There will be important information at all of our monthly meetings so you can be well prepared. If you have any questions at all, make sure that they get answered at the meetings. I also check my email daily and respond very promptly so that you can get information in between meetings.

My first international experience was with Youthlinc to Kenya on the pilot expedition in 2000. That trip has certainly shaped the path my life has taken. I have team lead the Thailand team as well as the Kenya and Cambodia teams. I have been to Peru with Youthlinc on a friends and family trip. I am excited to work with you to do great good at the Yanamono site. The village is housed in the heart of the Amazon Rain Forest. Peru is rich with culture, and populated with a kind, humble people. I am honored to lead you to this enchanting place.

Get yourself ready for plenty of hard work. Remember, the more you personally invest, the more meaningful experience you will have. The harder you work and the more you stay involved, the more fun you're going to have. I guarantee you will gain far more from this experience than you will find yourself giving. So get ready! You are about to embark on a journey of a lifetime.

Welcome,

Britnie Powell
Team Leader, Youthlinc Peru
Britniepowell@gmail.com
Cell Phone 801-230-7317

Be the change you wish to see in the world. -Gandhi

Fellow Peru Team Members,

I am so very excited to welcome you to Youthlinc and specifically to the Peru Service Team! Congratulations! Each of you were selected for this program for your commitment to serve our local community and also in Peru. We are all lucky to have this opportunity to work with such an incredible organization as the experiences gained will change your life. It will be a fantastic year! And, I thank you beforehand for all the hard work, willingness to help, optimism, flexibility and fun to be had!

I became involved with the Youthlinc program Fall 2009, when I was a senior in college. I had dreamt of providing humanitarian aid in Africa for years! Finally, with the help of Youthlinc, I was able to join an entire group with the same desire to provide service to impoverished areas in Kenya. It was a very welcomed journey! The positive attitudes, the motivation and the passion to help others, is infectious and addicting. Since my service trip in Kenya, I have found any excuse to remain involved and active in this amazing organization. I am very excited for this next opportunity and to work with each of you individually as we collaborate on our service as a whole.

I had the opportunity to backpack through Peru last fall and I cannot wait to return. There is something magical about this country. There is a level of respect for the land, for people and for life. It is unlike any other place. The people are incredibly gracious and hospitable. They have so little, yet give so much. I look forward to returning and giving back to them a small portion of what they will give us while in country and after. The memories and experiences from this year will both challenge and encourage you to continue to serve as there is always a need, and always an opportunity.

Welcome to the team! It is a privilege and an honor to be working with each of you and I thank you all for your efforts!

Alum Leader,
Ayrowyn Tanner

Peru Monthly Team Meeting Calendar

We will be meeting at the Youthlinc office on the second Saturday of every month from **1:00-3:00** starting in December. Participants are required to attend. There are only 7 meetings before we depart. Participants are expected to have 100% monthly meeting attendance. You are permitted to miss **one** of the monthly meetings but you need to send a **representative** in your place. **If you miss more than one meeting you will be dismissed from the team.** Mentors, please tentatively plan to attend mentor meetings at 12:30, just before the team meetings. I will always announce whether or not we will be having these mentor meetings. **The January team meeting is a retreat, which consists of a team meeting, a getting to know you sleepover party, and a group service project.**

Saturday, December 10, 2011

1:00 pm. Youthlinc Office

Tentative Agenda:

- Announcements/review team positions
- Team Building/Getting to Know You activity.
- Local Service Site Reporting, Selection, and Counseling as needed.
- Review any Binder items not covered in orientation.
- Thank You notes to sponsors.
- January Retreat information
- Reminder of **first payment** due date and passports.
- *Turn in passport copies, medical releases, and service hour reports

January Retreat

Friday January 13, 2012 6:30 pm- Saturday January 14th, 2012 12:00 pm (noon) @Youthlinc Office

Tentative Agenda:

- Bring a treat/food you want to share with the group
- Bring your overnight stuff
- Announcements
- Introduction of Committee Assignments, survey or preferences
- *Turn in Local Service Hours Reports
- *Turn in passport copies and medical releases
- *Retreat activities begin
- *Saturday Service Project

Saturday February 11, 2012

1:00 pm. Youthlinc Office

Tentative Agenda:

- Committee Assignments and discussion of goals
- Introduction to Lesson Planning and small group activity
- Team Building
- Travel Healthy handout
- Committee work
- Reminder of **second payment** due date
- *Turn in Local Service Hours Reports
- *Turn in passport copies and medical releases

March 10, 2012

1:00 pm. University of Utah

Tentative Agenda:

- Mandatory U of U Travel Clinic for information and shots
- **You must pre-register** for this clinic by phone the day before and then you must **register again** when you arrive at the travel clinic!
- *Turn in Local Service Hours Reports
- *Turn in passport copies
- **Last chance to turn in medical releases and medical information sheets are due THIS EVENING!!**
- *Meet with your committee during some of the down time

Saturday April 14, 2012

1:00 pm. Youthlinc Office

Tentative Agenda:

- Promotion of Youthlinc Annual Benefit
- Local Service Hours Reporting
- Local service reflection activity.
- Review packing lists in binders.
- Committee Reports
- Items needed in-country and drives to get them.
- Team Building
- Committee work
- *Turn in Local Service Hours Reports
- *Turn in passport copies

Saturday May 12, 2012

1:00 pm. Youthlinc Office

Tentative Agenda:

- Local Service Hours Reporting
- All Lesson Plans due for review
- Update on items needed in-country and drives to get them
- Local Service Reflection
- Committee Work as needed or time allows. (At this point, committees may be meeting independently, outside of team meeting time to accomplish their goals).
- Committee Reports
- Make the Phone Tree
- Team Building
- *Turn in Local Service Hours Reports
- *Turn in passport copies- last day they can be turned in!!**
- THIS IS THE LAST DAY TO TURN IN ANY OF THESE FORMS!!!**

Saturday June 9, 2012

1:00 pm. Youthlinc Office

Tentative Agenda:

- Local Service Hours Reporting- **LAST DAY TO TURN IN ANY HOURS!**
- Lesson plans will be returned with feedback

Update on items needed in-country and drives to get them
Local Service Reflection
Committee Work/Committee Reports

SATURDAY June 30, 2012 Packing Meeting. Must attend!!!!

TIME: TBA, LOCATION: Youthlinc Office

Tentative Agenda:

Peru Packing Meeting
Final Committee Reports
Review of final in-country itinerary.
Distribute the Phone tree

August 2012

Location, date, and time TBA

Annual Team Reunion

An opportunity for each of our 5 Service Year teams to reunite after their international service trips, celebrate and communicate their local and international service accomplishments to the entire Youthlinc family, other teams, parents, sponsors, donors, and alums. **Please mark your calendars, incoming class, as this is an event you do not want to miss!**

FAQs about the Peru Trip

Here are some of the most frequently asked questions about Youthline and our trip to Peru. I'm sure you'll think of more and are welcome to ask at any time. You and/or your parents are always welcome to call my cell (801-230-7317) or to contact me through email britniepowell@gmail.com at any time with any questions.

Q: When will we be going?

The *tentative* dates are: We will be leaving Salt Lake on July 5th and returning July 19th. Exact times and airline arrangements are not finalized yet. If any date changes occur you will be informed immediately.

Q: How much money will I need?

You will need extra money for souvenirs, food in airports, extra treats, and drinks. All other meals are paid for, as is all drinking water. We will be doing shopping for souvenirs. You can get a LOT of fun stuff for friends, family, etc. for around \$150.00- \$200.00. Please also plan to bring money for tipping. Please budget around \$30.00 for tips.

Q: In what form should I bring my money?

Peruvian Soles are the official currency in Peru, however, the US Dollar is accepted almost everywhere in country (including in the bar/recreation room at the lodge). Creased or torn bills are often not accepted, so if you do bring dollars, make certain they are new and crisp. You can purchase a book of a hundred one dollar bills from Zion's Bank. The bills easily peel off and have the benefit of being brand new. If bringing cash, be sure not to store it all in one place. To get the best exchange rate you should bring an ATM card to use at many ATMs around the city. This is safe because if it is lost, no one can access your money. It is highly recommended that you BRING AN ATM CARD!!!! You will get the best bargains if you use soles to purchase items. We will make arrangements at the hotel in Iquitos to exchange US money or to get small soles. I would suggest that you get 1, 2 or 10 sole coins since most Peruvians cannot make change for anything over 10 or 20 soles.

Q: What is the exchange rate?

It is 2.7 Soles to 1 U.S. Dollar.

Q: How do I get a passport?

You need to apply for your passport right away. It takes several weeks to arrive, but is good for five-ten years. There is no point putting it off! Please visit travel.state.gov/passport to learn everything you need to know about applying for a passport. **If you have a passport, double check the expiration date NOW. You may need to have it renewed. If it expires within 6 months of our trip, you may be denied entry into Peru, so renew early if this applies to you.**

Q: Do I need a visa?

US citizens do not need visas. If you are not a US citizen it is your responsibility to find out what documents you will need to enter and leave Peru.

Q: How can I raise money?

You will need to raise the cost of the trip not covered by your sponsorship on your own. Most people have raised funds by:

- Asking family or friends for donations using the letter writing strategy and explaining your Peru adventure- this is the BEST way!!!
- Going to local businesses for donations
- Holding garage sales

- Hosting a party or BBQ with a small entrance fee (then get donations from local businesses and do a raffle)
- Selling products (i.e. cookie dough, pizzas, wrapping paper, etc...) that give back a percentage of the sales.
- Holding a raffle for donated services or products
- Having a coin or change drive

Q: Is Youthlinc Tax deductible?

Yes. Youthlinc is a 501(c)3 organization. People who make donations to Youthlinc can use this when filing their taxes. Check with your tax advisor about making charitable donations.

Q: What shots do I need?

Shots are strongly recommended for your safety. You should be current on your MMR. Hepatitis A and B and tetanus can reduce some of the worries about traveling out of the country. Typhoid and polio are also recommended. These shots are also beneficial to have in the States. You are responsible for the shots, but you should check with your insurance company see if some are covered. The Hepatitis shots come in sets of 2 to be given 6 months apart, so get the first one now.

We will have a medical travel clinic in March to go over all of this critical information and you are able to get needed vaccinations at that time. Anti-malaria pills are required and are taken before, during and after the trip. Minors **MUST** bring a parent to the vaccination clinic.

Q: What will the weather be like?

It will be hot and humid. It will be sunny (bring sunscreen), but expect rain as well and be prepared with the appropriate attire. Our last day of the trip we will be in Lima and the weather can be quite cool. We would recommend you pack a sweatshirt, light jacket and long pants.

Q: What should I pack?

The idea is to pack as lightly as possible as we need room for donated and project stuff. Try to fit your personal things in your carry-on. A complete packing list is included in the binder (includes bug spray, sunscreen, etc.). The clothes worn in Peru should be modest (no shorts, low riding jeans for men or women, halter tops, low cut tops, etc.) and should be professional when you are involved in teaching. Bring clothes to play sports (soccer). In addition to clothes, you will want to bring snacks to hold you over between meals. **BE SURE YOU SEE COMPLETE PACKING LIST!!**

Q: How much can my luggage weigh?

Each suitcase or duffel is limited to 50 lbs. You can check two bags - 1 personal bag and 1 Youthlinc duffel bag with supplies. You can also have one carry-on bag, plus a personal item such as a small backpack or purse. On the way home you cannot use the Youthlinc duffel bag to take any of your belongings/souvenirs home. If you want an extra bag for the way home, get a duffel bag for personal items and put it in one of your suitcases. You should also bring packing supplies (e.g. bubble wrap, etc.) if you plan on shopping.

Q: What kind of food will I be eating?

All our meals will be eaten in hotels, restaurants and the lodge near Yanamono. Most meals include chicken, fish, beans, rice, vegetables, salads, fruit, etc. There are also vegetarian options. The food is wonderful and very organic.

Q: Will there be a lot of bugs?

Yes. Because of the rain and humidity there are a lot of mosquitoes and chiggers. Be sure to bring bug repellent with Deet or some other strong repellent. Long sleeve cotton shirts and long pants are a great way to avoid bugs. We would recommend that you purchase Permethrin and spray all of the clothes you plan to wear in the jungle. Permethrin is a strong bug repellent that will stay in your clothing for 6 weeks or up to 10 washings.

Q: Can I call home?

Though there is some internet/phone access in Lima and Iquitos, I recommend that you try to leave your family at home and completely immerse yourself in another world! Once we are in the village, you will not have access to a phone or to the Internet. The team leader will have access to a satellite phone in case of a medical emergency.

Q: How about a wish list?

Here are some things you may wish to get before your trip. They are optional, not mandatory.

- Good walking shoes (possibly rain boots as well)
- Journal
- Good quality camera
- Good luggage (the best kind may be a duffel-type bag with rollers)
- Binoculars

Q: What about local service hours?

You will need to complete 80 documented hours of local service. You are required to perform at least 40 of these hours at the same site so you can build a bond with the people you are helping. You must document every hour with a signature from your service supervisor. Local service sheets are included in this binder and they are due filled out/signed each month. We also have a couple of group service projects planned. Any questions about local service can be directed to Julia, our local service director.

Q: What if I cannot complete the 80 hours? Can I just pay the difference?

No. If you don't do all 80 hours, you will not earn your sponsorship and you may not go on the trip. We are an organization that puts equal emphasis on both LOCAL and INTERNATIONAL service.

Q: Can I drink the water?

No! Bottled water will be available supplied every day to our group. **Please brush your teeth using only bottled water.** Be careful not to run your toothbrush under the tap. Don't let tap water get inside you. Whenever in doubt of where your water is from ask the team leader. They will find out to ensure you are drinking from a good source!

Q: Can I go out on my own while I am there?

It is important for safety reasons that we stay together in groups of no fewer than five. Although, we are all adults, there will be a Youthline mentor with groups that go out. Our policy is to watch out for each other. You need to be especially careful to not go out alone into the jungle.

Global Statistics: If the World were a Village of 100

www.100people.org/statistics_detailed_statistics.php

If we could reduce the world's population to a village of precisely 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- The village would have 61 Asians, 13 Africans, 12 Europeans, 9 Latin Americans, and 5 from the USA and Canada
- 50 would be male, 50 would be female
- 75 would be non-white; 25 white
- 67 would be non-Christian; 33 would be Christian
- 80 would live in substandard housing
- 16 would be unable to read or write
- 50 would be malnourished and 1 dying of starvation
- 33 would be without access to a safe water supply
- 39 would lack access to improved sanitation
- 24 would not have any electricity (And of the 76 that do have electricity, most would only use it for light at night)
- 8 people would have access to the Internet
- 1 would have a college education
- 1 would have a computer
- 1 would have HIV
- 2 would be near birth; 1 near death
- 5 would control 32% of the entire world's wealth; all 5 would be US citizens
- 48 would live on less than US\$ 2 a day
- 20 would live on less than US\$ 1 a day

When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. The following is also something to ponder...

- **If** you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.
- **If** you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are ahead of 500 million people in the world.
- **If** you can attend an ideological meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.
- **If** you can read this article of perspective, you are more fortunate than over two billion people in the world that cannot read at all.
- **If** you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." ~William Penn

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." ~Margaret Mead

Tentative Peru Daily Itinerary

Peru trip: July 5-19, 2012

Thursday, July 5th

Depart SLC- be at the airport 2.5 hours prior to flight
Depart Atlanta
Arrive in Lima- Overnight in Lima airport

Friday, July 6th

Depart Lima
Arrive in Iquitos
Shuttle to and lunch at Hotel Victoria Regia
Catch up on sleep, free afternoon
Dinner at Hotel Victoria Regia
Practice for opening ceremonies
Night walk to downtown Iquitos
Overnight at Hotel Victoria Regia

Saturday, July 7th

Breakfast at Hotel Victoria Regia
Depart via boats to Heliconia Lodge
Check into and eat lunch at Heliconia Lodge
Visit Yanamono – Opening ceremonies
Village Tour (explore where different projects will be happening) some students can be playing games/etc... with kids.
Dinner at Heliconia
Meet in committees to ensure preparedness
Sleep at Heliconia

Sunday, July 8th

Breakfast at Heliconia
Church with families and visits to family homes
Lunch at Heliconia
Dolphin Watch/Piranha fishing excursion
Dinner at Heliconia
Team Debrief
Sort supplies- unpack all Youthlinc bags, and pack back in Youthlinc bags, committees are now responsible for supplies (store them in rooms and bring them when needed).
Committee Meetings as needed

Monday, July 9th

Breakfast at Heliconia
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Build/Set up furniture for medical clinic
Vocational Training
Lunch at Heliconia
Microenterprise Training/+ Element
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Guitar Project
Dinner at Heliconia
Team Debrief

Tuesday, July 10th

Breakfast at Heliconia
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Medical Supplies- organize/stock/train clinic
Vocational Training
Lunch at Heliconia
Microenterprise Training/+ Element
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Guitar Project
Dinner at Heliconia
Team Debrief

Wednesday, July 11th

Breakfast at Heliconia
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Training for clinic workers
Vocational Training
Lunch at Heliconia
Microenterprise Training/+ Element
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Dinner at Heliconia
Team Debrief

Thursday, July 12th

Breakfast at Heliconia
Construction Projects at School- water treatment/toilets
English/Mondo Lessons at primary school
Vocational Training
Bridge Construction
Lunch at Heliconia
Microenterprise Training/+ Element
Construction Projects at School- water treatment/toilets
Bridge Construction
Dinner at Heliconia
Team Debrief

Friday, July 13th

Breakfast at Heliconia
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Maturation Lessons
Vocational Training
Lunch at Heliconia
Microenterprise Training/+ Element
Construction Projects at School- water treatment/toilets
Bridge Construction
English/Mondo Lessons at primary school
Last 1 ½ work hour- Cultural Panel
Dinner at Heliconia & Team Debrief

Saturday, July 14th

Breakfast at Heliconia
Construction Projects at School- water treatment/toilets
Bridge Construction
School Repair Projects
Women's Health Group
Lunch at Heliconia
Microenterprise Governing Board Meeting
Construction Projects at School- water treatment/toilets
Bridge Construction
School Repair Projects
Dinner at Heliconia
Team Debrief

Sunday, July 15th

Breakfast at Heliconia
Community Health Fair
Shoe/Clothing Distribution Project
Lunch at Heliconia
Nighttime boat ride on the Amazon/Jungle walk (Split team in two groups, one group does one thing one day and the other thing the next day).
Dinner at Heliconia
Team Debrief

Monday, July 16th

Breakfast at Heliconia
Fun Fair
Lunch at Heliconia
Closing Ceremonies
Nighttime boat ride on the Amazon/Jungle walk (Split team in two groups, one group does one thing one day and the other thing the next day).
Dinner at Heliconia
Shaman Visit and blessing (tip the Shaman)
Team Debrief

Tuesday, July 17th

Breakfast at Heliconia
Check out of Heliconia and leave for Iquitos on boats
Check into Hotel Victoria Regia
Visit Belen/Free evening in Iquitos/ Shopping
Dinner at Acosta

Wednesday, July 18th

Breakfast at Hotel Victoria Regia
Leave for airport at: 8am
Day tour in Lima-- Box Lunches
Dinner at Rosa Nautica
Leave for Lima Airport

Thursday, July 19th

Depart Peru
Layover
Arrive SLC

Peru Packing Checklist

Remember: This is not a fashion show! We will be working hard, but having fun. Comfortable, casual and durable are the key ingredients!

Things to pack for the plane in your backpack or carry-on: 1 Carry-on and 1 personal bag (i.e., purse, computer bag).

- Lima is not a very warm place (moderate temperatures, especially at night when we arrive) and it can get cold in the airport and on the plane, so dress accordingly. Also, you want to be comfortable for an entire day on the plane.
- **Passport** and your ticket (you'll get your ticket at the airport)
- Cash, ATM card (best to have these on your person)
- Camera, extra storage cards, extra batteries (packed in Ziploc bags to keep out dust)
- Toiletries (You will want to brush your teeth, etc.)
- Any prescription medicine that you must take + **MALARIA MEDS**
- Blow-up neck pillow for napping
- Sleep aid (if you are into that—if so, please be sure this is not your first time taking a sleeping aid!)
- Socks to keep your feet comfy--your feet will swell during the flight!
- Books, iPod, games to entertain yourself.
- Water bottle (though be prepared to empty it every time we go through security)
- Snacks-for now we do not yet know when we'll be arriving in Lima, so you may need to provide your own food until breakfast in the airport the next morning!
- It would not be a bad idea to pack a change of underwear and something to sleep in just in case your luggage is temporarily misplaced!

****Be sure to put away your passport in the same place every time. It is recommended to get a money belt to keep your passport/money/and any debit or credit cards in.**

Stuff to pack in your suitcase: 50 lb. limit (remember this is not a fashion show!) We are not able to do laundry except that you can do your own laundry in your sink and line dry.

- Work clothes--Here's our dilemma: cool enough to work outside in when it's over 90 degrees, yet providing sun and bug protection. It's okay to wear dirty, smelly clothes to work in!
- If you can afford to buy something for this trip, I would suggest parachute material long pants -maybe more than one pair. You can get them at Recreation Outlet for not too much.
- Lightweight long pants to work in (Scrubs are awesome).
- Two pair of sturdy sneakers or light hiking boots—they do not have to be new!
- One pair of rubber boots - it is muddy most of the time and the jungle walk is also quite muddy. On rainy days- when you are up to your ankles in pure mud, you will be wishing oh so badly that you brought these. Plus you can leave them with a villager in need when you're done!
- LOTS of high cotton socks to wear with your sneakers
- LOTS of t-shirts to work and teach in. Not your best stuff...and not new.
- RAINGEAR—lightweight poncho or hooded rain windbreaker
- Some things to sleep in
- Underwear
- Swimsuit - The Heliconia Lodge has a very nice swimming pool.
- Towel- so you can keep you bath towel, provided daily by the lodge, clean and dry.
- Flip-flops to wear around the lodge and to shower in.

- “Normal” hot weather clothes for Iquitos. It is very hot in Iquitos. We don’t have to worry about rainforest bugs jumping up our legs. However, I’ll remind you that we are in a modest culture and thus tourist clothing should be modest as well- no tanks, no shorts above the knee. *We can’t wear sandals in Belen.*
- Tourist clothes for Lima—again, it is not warm there. Plan on a sweatshirt or sweater or light jacket layer. Keep in mind that it is not a fashion show, AND whatever you are wearing in Lima on our last day, you will be sleeping in on the plane back.
- Small sample sizes of toiletries you will need (shampoo, soap, deodorant, etc.)
- Chapstick with sunscreen
- Sunscreen THIS IS A MUST. Bring plenty!
- Sunburn medication of your choice (just in case)
- A hat for outdoor work
- Benadryl, Cipro, aspirin or ibuprofen, Pepto, Neosporin, band-aids, basic first aid kit
- Mosquito repellent with DEET (Sawyer’s Timed Release is very good –at REI) also, there are very good natural alternatives such as Buzz Away (Wild Oats sells it.)
- Anti-itch cream for bug bites
- Toilet paper or travel Kleenexes to keep with you throughout the day
- **Work gloves, work gloves and more work gloves!!!!**
- Hand sanitizer and Handiwipes and Kleenex packet
- Washcloth or two if you use one.
- Snacks: non-crushable things like: granola bars, fruit roll ups, nuts and trail mix, beef jerky, small cereal boxes, etc.
- Flashlight and extra batteries
- A few small gifts that you may want to leave with special students you've made friends with.
- A journal and pens
- Pocket Spanish dictionary
- Binoculars- trust me, you’ll want these!
- Small, travel alarm clock
- Gatorade powder packets or packets of electrolytes.
- Protein bars- vegetarian or not, these bars will also be a great asset to you on the trip because I have found that many participants eat considerably less meat than they are used to when they are in the U.S. Your body still needs the protein you are used to and these bars are a great supplement.
- If you have any other food allergies or special diet restrictions (glutton intolerance, etc...) be sure to bring snacks and supplements you will need.
- Reusable Water Bottle- you must have this!
- Any stuff you need for your committee assignments that didn't go into duffel bags at the packing meeting
- All items required to teach your lesson- these cannot be packed in the Youthlinc bags
- If you intend to go shopping in Lima, bring your own empty duffel bag, bubble wrap, scissors and tape in your personal luggage. You WILL NOT be allowed to borrow a Youthlinc duffel bag on the way back for your souvenirs! And if you don’t think you will be buying anything....think again.
- Universal electric converter
- Calculator to help you with conversion rates and purchases
- Sunglasses

Items Needed At Peru Site

Fund drives are always most useful in accomplishing goals at the international site. When we bring money to Peru we help the local economy and we are sure that the people there are getting exactly what they need. Also, because of weight restrictions for baggage, we can only bring so much.

Here are projects that need fund drives:

- \$ for construction projects
- \$ to buy medical supplies
- \$ to buy school supplies and library books requested by the school
- \$ for microenterprise loans
- \$ for guitar project

Here are lightweight items that we can donate to the project site in Peru:

- New or gently worn close toed shoes for children in the village
- Materials for Hygiene kits
 - Two bars of soap
 - Two washcloths or hand towels
 - Four toothbrushes
 - One tube of toothpaste
 - One package of band-aids
 - One comb
- Day Fair Materials
 - Craft supplies, yarn, sewing, beads, etc...
- Recreation Materials
 - Soccer equipment
 - Games
 - Jump Ropes
 - Balls
 - Frisbees
- Health Fair Supplies
 - To be determined by committee
 - MOSQUITO NETS
 - READING GLASSES
- Medical Supplies/First Aid Supplies
 - Ace Wraps
 - Mole Skin
 - Gauze 4x4 inches
 - Gatorade
 - Hydrocortisone Cream
 - Band-aids
 - Antibiotic Ointment
 - Sam Splint
 - Kerlex
 - Steristrip (mastisol or dermabond or super glue)
 - Medications
 - Reading Glasses
 - Medications
 - De-worming Meds for kids
 - Neosporin
 - Hydrogen Peroxide

- Rubbing Alcohol
- Latex gloves
- Bandage scissors
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Antibiotic ointment **to** prevent infection.
- Burn ointment to prevent infection.
- Adhesive bandages in a variety of sizes.
- Eye wash solution to flush the eyes or as general decontaminant.
- Thermometers
- Tweezers
- Tubes of petroleum jelly or other lubricant
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacids (for upset stomach)
- Laxatives
- Cotton tipped applicators
- Bath towels and wash cloths
- Disinfectant sponges and swabs
- Ace bandages (elastic)
- Tongue depressors and containers
- Q-tip applicators and containers
- Condoms
- Feminine Hygiene Kits (Reusable- one kit)
 - 4 pairs of new underwear
 - 16 pads
 - 4 envelopes
 - 4 sandwich size baggies
 - one nail clipper
- Library Books in Spanish or in both Spanish/English

Youthlinc Lesson Planning

Every team member does lesson planning and it is a skill that not everyone is familiar with. Even though there is some instruction on lesson planning offered at monthly meetings, this material is meant to be a reference. Some things to keep in mind when preparing any lesson:

- **Your audience:** How old are your students? What kinds of activities and materials would be most appropriate for their age and learning abilities? Is there a language barrier and if so, what will I do to overcome it?
- **Your time constraints:** How long will each topic/lesson take? Will students get bored with this activity after 5-10 minutes? Will this take a long time to explain?
- **Cultural barriers:** Will they understand the reference I am making? Is this a topic that is applicable in this culture? Some things are not universal, some are, will this get lost in translation?
- **Variety:** Is this lesson full of hands-on/visual aids? Do I lecture too much? Is this something that would engage my interest?

The following is a lesson plan template that is suggested for you to follow when preparing your lesson. There is also an example of a successful lesson. This is just to give you ideas. Remember, we stay at the same site for years. Do not replicate this lesson exactly, because they may have already had this lesson.

Lesson Planning Sheet Peru Youthlinc 2012

Title of Activity: _____

Creators: _____

Brief Description and Goal: (Students will do- blah blah blah and they will learn- blah blah blah)

Number of Participants _____

What age levels can participate in this lesson _____
(Try to build it for all age levels or at least either all elementary or all secondary)

Time Needed to Complete (Ex.15-60 minutes) _____

Must an interpreter be present to facilitate the activity? YES NO

Is the activity accessible to all ability levels? YES NO
If no, what might limit a student from participating (i.e., must be able to use hands, etc)?

Supplies Needed (List all possible supplies: glue, scissors, etc.):

Suggested Activity Steps: (Include how you will introduce lesson-get their attention, all steps to the activities/lesson and how you will conclude the lesson).

Lesson Plan Example

Title of Activity: Emotions

Creator: Erik Jensen

Brief Description and Goal: students will learn 12 basic emotions words plus up to 12 other emotion words depending on time and student ability.

Number of Participants: Any number will work- small to large group.

Age level: This lesson is appropriate for any age group.

Time Needed: 30-40 minutes

Must an interpreter be present? NO

Is the activity accessible to all ability levels? YES

Supplies needed: Pictures of people expressing different emotions, big foam die with different emotions written on it and pictures of my family and of Utah.

Activity Steps:

Introduction: explain that we are learning "emotions" today.

1. Go over emotion pictures, show emotions on my face and say names of emotions. Have students repeat. Practice by saying "I am _____, she is _____, you are _____" and have students repeat and add their own.
2. Introduce emotion dice game and play: student rolls dice; whatever emotion comes up student has to say correct word. The class will repeat the word.
3. Introduce more emotion pictures and words; have class repeat (see #1).
4. Play ball game: students sit in circle and throw ball to each other. Student who catches ball has to show emotion on their face and other students have to say what it is.

** (If there is time I want to show pictures of Utah, my family etc. and practice conversation with students)

Type the name of your lesson here:

Grade _____ Subject: _____ Prepared By: _____
Level: _____

Overview & Purpose What will be learned and why it is useful.

	Teacher Guide		
Objectives (Specify skills/information that will be learned.)			Materials Needed Paper Pencil Others
Information (Give and/or demonstrate necessary information)			
Verification (Steps to check for student understanding)			Other Resources (e.g. Web, books, etc.)
Activity (Describe the independent activity to reinforce this lesson)			
Summary			Additional Notes