

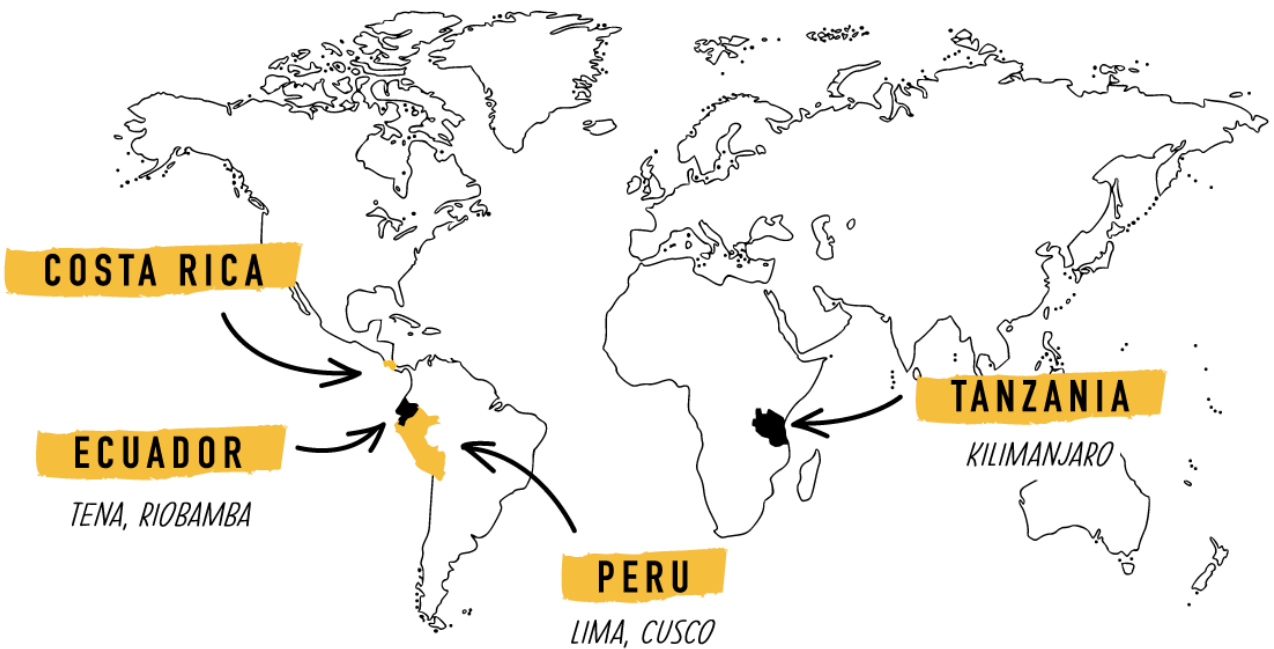
Mission

To build a worldwide movement empowering the poor in their fight for equal access to healthcare, education and a safe home.



Vision

A world free from the constraints of poverty.



Welcome to Peru!

On behalf of the MEDLIFE team, I'd like to thank you for joining us on this Service Learning Trip to Cusco. Over the last few years, our partner communities have faced immense challenges including hunger crises and healthcare shortages all while dealing with a global pandemic.

However, thanks to the hard work and dedication of student changemakers like you, we managed to bring more than 1 million meals to families suffering from food insecurity during the pandemic. Just in the last academic year, our Mobile Clinics provided more than 24,000 consultations in general medicine and gynecology. This support made a difference for tens of thousands of families who struggled to access essential services in overcrowded hospitals due to COVID related backlogs. We're deeply grateful to the MEDLIFERS who helped make this possible!



This year, we're highlighting the huge demand for women's health services in our partner communities. Through listening to local women, we've realized that women's health is frequently forgotten or simply underserved by public services. As a result, low-income women often struggle to access important preventative screenings like Pap smears and breast exams. Your participation in this Service Learning Trip will help bring access to these essential services!

Though I am confident that your Service Learning Trip will be both rewarding and educational, what you get out of the week will also depend on what you put in. To make the most of your time here I encourage you to keep an open mind, listen to the people you meet, and challenge yourself to try new things. I hope this handbook will be a useful resource during your time in Cusco, but also before and after your trip. Inside you will find information on your project site, itinerary, and key phrases, as well as tips for staying involved once you are back home.

Transformative social impact is happening thanks to people like you choosing to dedicate yourself to service both at home and abroad. Just as important as the services we provide are the personal changes we undergo through experiences like this SLT. It is through listening in new ways, working to better understand different cultures, and providing more culturally appropriate care that we will bring about sustainable change. We are proud to have you as a part of the MEDLIFE Movement!

Gracias,

Dr. Nick Ellis

MEDLIFE Founder and CEO

The Service Learning Trip

What will we do **this week?**

- Learn about our partner communities and the issues they face during the **Engaged Education Reality Tour**, including the impact of COVID-19
- Assist local professionals on a **Mobile Medical Clinic**
- Complete a **development project** alongside community members.
- Participate in evening **talks** and **reflections**
- *Optional* Saturday **tourism excursion**



Key Pillars

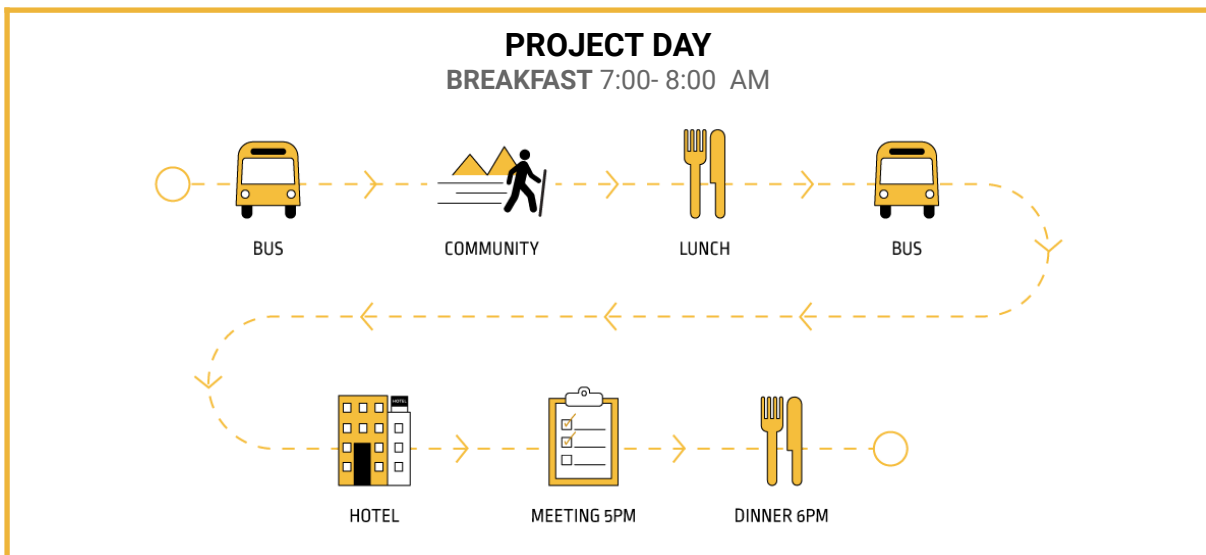
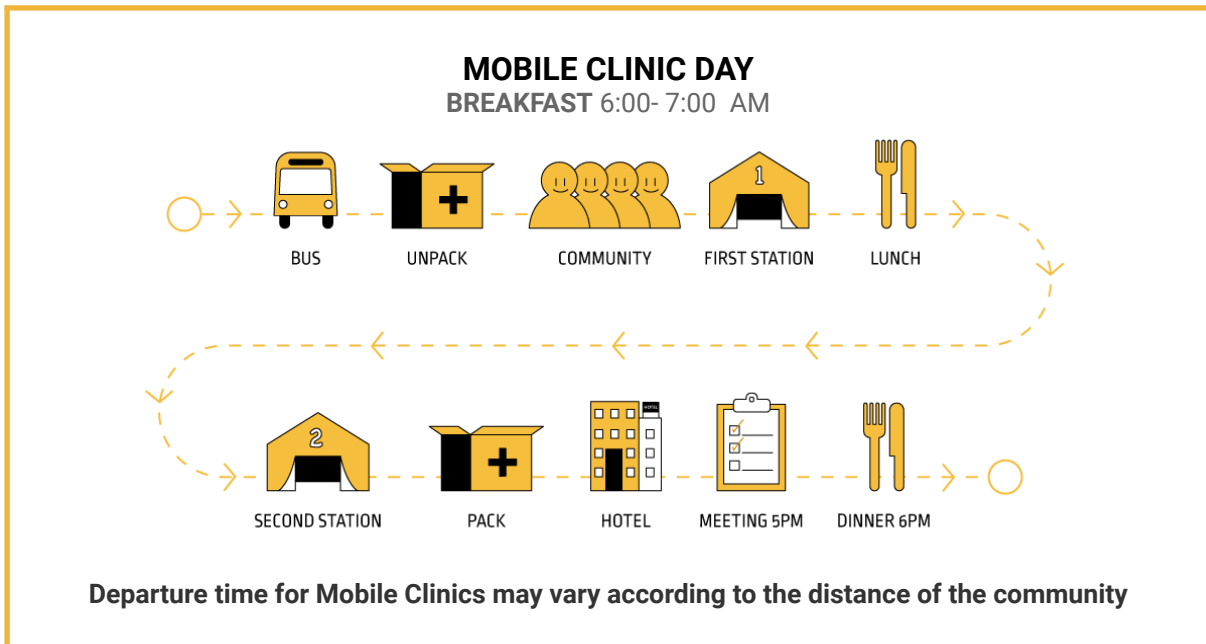
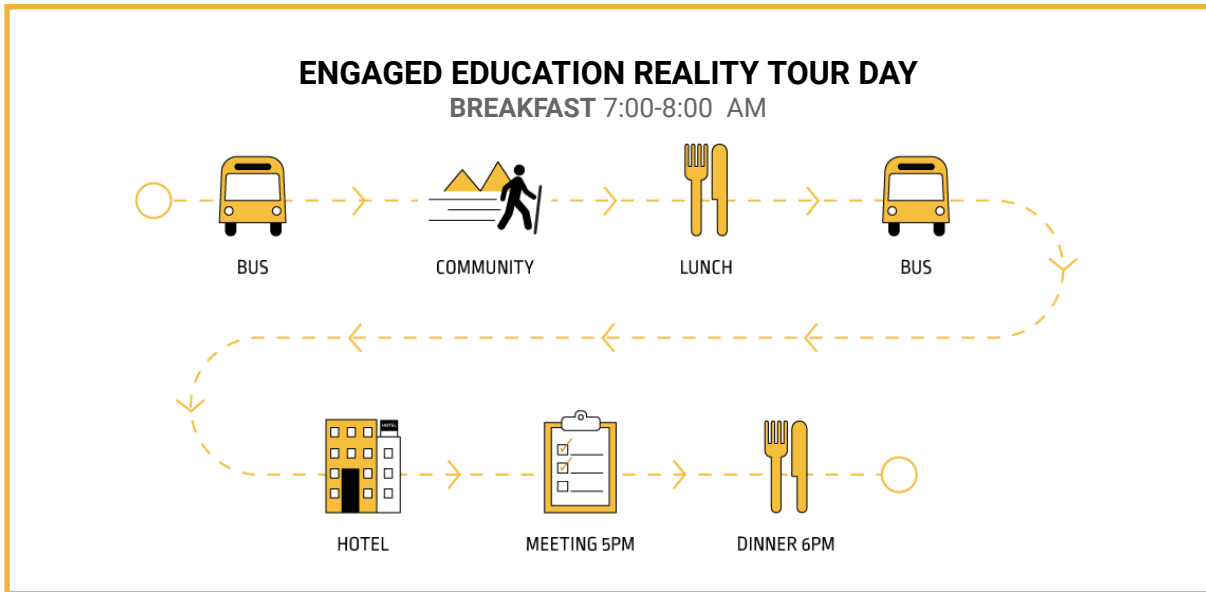
Service: By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.

Environment: We've created Service Learning Trips with sustainability in mind. In Cusco, you may have the opportunity to volunteer on an eco-friendly project like Fuel Efficient Stoves.

Education: Learn about the historical, political, and economic factors that have shaped the realities faced by families. Deepen your knowledge of global health by shadowing healthcare professionals.

Life-changing experiences: Through eye-opening experiences and building human connections, a Service Learning Trip will renew your passion for building a world free from the constraints of poverty.

Sample Itinerary



Health Protocols & Requirements



Vaccination Requirements: Although it is not mandatory, we highly recommend all get full vaccination against COVID-19 (three doses) before traveling to the SLT destination.



Face Masks: In addition to complying with local laws and regulations, volunteers must also wear face masks during Mobile Clinics.



Compulsory Safety Briefing: Upon arrival, volunteers will attend an extensive safety briefing .



Illness during trip: If you are demonstrating symptoms of any illness or feeling unwell, please advise your Trip Leader immediately to get you medical care.



Wash and Sanitize Your Hands: Hand-washing stations and hand sanitizer will be available at Mobile Clinics.

The Engaged Education Reality Tour



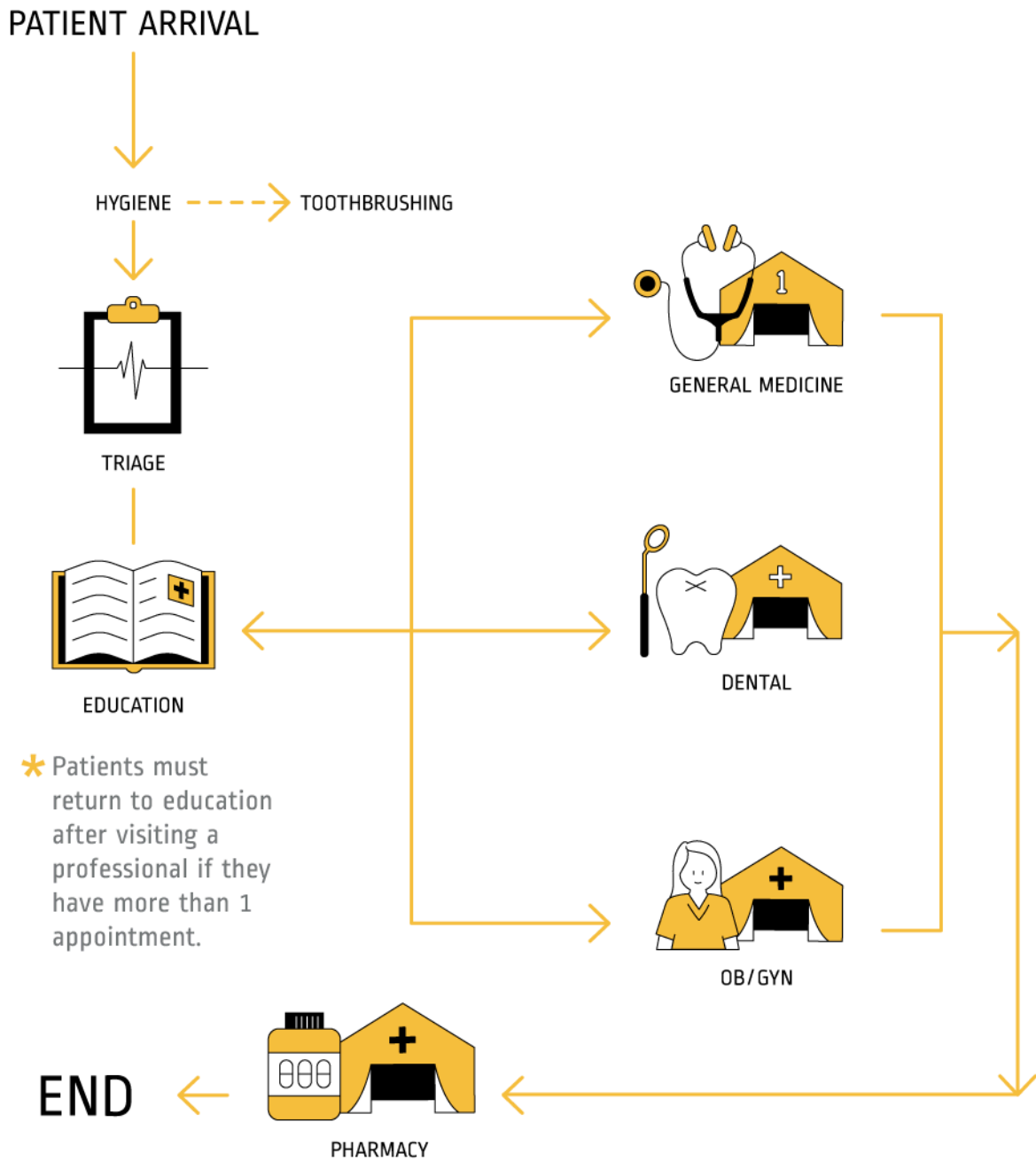
- We will visit various locations in urban and rural Cusco to learn firsthand about the barriers communities face and discuss the root causes of poverty.
- Learn about issues experienced by local children, including malnutrition and the relationship between poverty and education.
- Deepen your understanding of COVID-19's impacts in the context of the Peruvian public health system.

The Project

- We will complete a development project during the week to improve the infrastructure and create a safer environment for the community.
- Healthy homes and clean cookstoves are common projects in Cusco because one of the major issues in homes is the abundance of smoke and lack of cleanliness which contributes to poor health.
- You might also be involved in an agricultural project such as building a greenhouse for a small-scale farm. Since agriculture is an important part of the local economy, these projects help families to increase their income by cultivating a higher-quality product.



Sample Mobile Clinic Flow Chart*



*Mobile Clinic Stations and flow may vary depending on community needs and volunteers group size.

Spanish and Quechua Useful Phrases

ENGLISH	SPANISH	QUECHUA
Hello!	Hola!	Ymaynalla
Good morning!	Buenos días!	Allin P'unchay
How are you?	Cómo estás?	Allillanchu
I am fine	Yo estoy bien	Allillanmy
What is your name?	Cómo te llamas?	Iman Suti
My name is.....	Mi nombres es....	Noq'at Suti (Maria)
How old are you?	Cuantos años tienes?	Hayk'a Yuatayqi
I am from United States/Puerto Rico/Canada	Yo soy de Estados Unidos/Puerto Rico/Canada	Noq'a Kani
Please	Por favor	Ama Jinachu
Thank you / You are welcome	Gracias / De nada	Agradeseyki
I'm sorry	Lo siento	Pampachayway
Yes / No	Sí / No	Ari/Mana
I don't know	No lo sé	Manan Llachanichu
I don't understand	No entiendo	Manan Entendinichu
Do you speak English?	Usted habla inglés?	Manan Yachanichu Inlish Simita
I don't speak Spanish/Quechua	Yo no hablo español/quechua	Manan Llachanichu Runasimita
Can I take you a picture?	Puedo tomarte una foto?	Phutuykimanchu
I need help	Necesito ayuda	Yanapaysiwaychis
Here / There	Aquí / Allí	Kaypi/Hakaypi
Right / Left	Derecha / Izquierda	Pa~Na/Lloq'e
Above	Arriba	Wichay
Below	Abajo	Uray
Where is the bathroom?	Dónde está el baño?	Maypi Kan Hisp'akunapaq
Follow me	Sígueme	Jamuy
Wait a moment	Espere un momento	Suyai
Please sit down	Siéntese por favor	Tiyakuy
Please stand up	Párese por favor	Sayariy
Please follow me	Sígame por favor	Jamuy
Bye	Adiós	Allin Punchai

Mobile Clinic Stations

Triage (Tr)

What is the Triage Station?

The Triage Station is the first station patients visit. Here we obtain their contact information, basic medical history, and other data for the physicians to use during their consultations.

What will I be doing?

1. After the triage nurse does patient intake, take the patient history and fill out the section below:

Presion/BP		FC/HR		TC/Temp	
Peso/WT		Talla/HT		IMC/BMI	

2. Measure height (Talla/HT), weight (Peso/WT), blood pressure (BP), heart rate (FC/HR) and temperature (TC/Temp)
 - Calculating BMI is optional.
 - BP does NOT need to be taken for kids (anyone with a *niño* history form).
 - For BP, the **systolic pressure goes above the diastolic pressure**.
 - Star the patients' information in the following cases:
 - If his/her diastolic pressure is higher than 90
 - If his/her temperature is higher than 38°C (100°F)

Note: It is helpful to divide and conquer with your teammates in this station. Delegate one person to do each of the following tasks (duties may vary based on number of volunteers assigned to station):

- One person to take blood pressure and heart rate
 - One person to take and record patient temperature
 - One person then takes sheet and takes and records height and weight
 - One person takes patient from triage to education and hands form to education volunteer
 - If you are a Spanish speaker, you may be able to help the triage nurse with intake of patients. Talk to the triage nurse to find out if they need help with this task.
3. Guide patients to the waiting area (Education Station)
 - Remember, history forms must be given to the volunteer at the Education Station to coordinate distribution

Useful phrases for the Triage Station:

ENGLISH	SPANISH	QUECHUA
Blood pressure	Presión arterial	Presionnekyta
Arm	Brazo	Maki
Bag	Bolso	-----
Hat	Sombrero	-----
Shoes	Zapatos	Sapathuykita
Jacket	Chompa	Chompaykita
Scale	Balanza	Janp'ar Turajjchana
Tape measure	Cinta Métrica	Tupu
Thermometer	Termómetro	-----
Alcohol	Alcohol	-----
Cotton	Algodón	-----
Medical record for Adult / Child/ Dental / OBGYN	Ficha Médica de Adulto/Niño/Dental/OB	-----

Education (Ed)

What is the Education Station?

The Education Station is a space to provide health education on various topics such as nutrition, gender-based violence, breast and Pap screening, among other health themes. It also serves as a waiting room for patients before they visit other stations.

What will I be doing?

- Stamp the history form with the education stamp. **All forms must be stamped in order for the patient to be seen at a medical station*
- Assist the education nurse by keeping the patients and their history forms in order of arrival.
- Monitor for openings at each station (General Medicine, OB/GYN). When a station is open, direct patients to the station.
- Redirect patients who come back from General Medicine or other specialty stations and have consultations at different stations.
- Support the education nurse with laboratory tests by recording results (if applicable).

***Note-** the Education Station nurse is in charge of doing the actual education sessions for the patients. Oftentimes our patients speak Quechua so even if you speak Spanish you would not be qualified to adequately educate the patients. Your main function here is maintaining order and good patient flow throughout the clinic.

Recommendations:

- Be sure to maintain the order of patients by number of arrival. This number will be written on the top of each patient history form (if the Triage Station nurse hasn't numbered the form, be sure to write the number on top before adding it to the pile).
- If a patient comes from the Triage Station with high blood pressure or a fever, they should be prioritized to see the doctor immediately.
- Do not send patients to the Pharmacy Station until they have visited every consultation as circled on their history form. Pharmacy is the last station a patient visits in the mobile clinic.
- We will treat families as a single unit. This means if a mother or father has come with their children and each one has consultation(s) with various specialists, they must all see the medical provider(s) circled on their patient history forms before proceeding to the Pharmacy Station.

Useful phrases for the Education Station:

ENGLISH	SPANISH	QUECHUA
Educational brochures	Trípticos	-----
Stamp	Sello	Suñari
Urine test	Examen de orina	Hispay Qawanapaq
Blood test	Examen de sangre	Yawar Qawanapaq

General Medicine (Dr)

What is the General Medicine Station?

The General Medicine Station is the major station where doctors address individual medical issues and identify patients who require follow up care.

What will I be doing?

- Listen and be observant to the patient's needs. Most doctors speak Quechua and Spanish but a MEDLIFE staff member will be walking around to translate and explain the patient's diagnosis and treatment plan. Don't be afraid to ask questions, but please wait until the appropriate time when the patient consultation is over. We want to respect the patient's time with the doctor.
- If you are a Spanish speaking volunteer you may be asked to assist with translating.
- Remain attentive to the education area where patients are sent to wait until there is a doctor available for a consultation.
- Guide patients to the Education Station if they have other consultations.
- Guide patients to the Pharmacy Station ONLY if they have visited all medical consultations as circled on their medical history form.

Recommendations:

- Please be patient and wait until the doctor finishes the medical consultation to ask questions.
- Be cordial and polite with every patient.
- Avoid side conversations with other volunteers.
- Please be mindful that these are patients receiving a private medical consultation. **No photos allowed.**

Useful phrases for the General Medicine Station:

ENGLISH	SPANISH	QUECHUA
Tongue Depressor	Bajalengua	-----
Flashlight	Linterna	K'anchay
Stethoscope	Estetoscopio	-----
Pharmacy receipt	Recetario	-----
Medicines	Medicinas	Hampi

OB/GYN (Ob)

What is the OB/GYN Station?

The OB/GYN Station is responsible for addressing gynecological issues, including breast exams and cervical cancer screenings. Only female volunteers are permitted to be in this station.

What will I be doing?

- Assist the gynecologist in setting up the consultation room, creating a private space, and sanitizing the bed and general area.
- Direct the patients to the patient chair. Ensure their privacy and assist them with changing into their gown.
- Observe the gynecologist as they perform mammograms and Pap smears. Volunteers are not licensed professionals and will NEVER perform Pap smears.
- The gynecologist may ask volunteers to hold the flashlight, open and hand her the speculums, swab sticks, and slides. The volunteer will then be instructed to place the slide into alcohol and remove it after 2 minutes. Each gynecologist works differently and will instruct volunteers on how they would like assistance prior to seeing the patients. Be sure to ask any questions you may have to ensure a comfortable and high quality experience for the patients.
- After the patient is finished, accompany them to either the Education Station (if they need to see another speciality) or to the Pharmacy Station (if they are done after this station).
- Be sure to alert the Education Station when the OB/GYN is ready for another patient.

Recommendations:

- **Be polite and cordial with the patients.** Many of the women have never been to the gynecologist or received a Pap smear; they may feel very nervous or embarrassed.
- **Please keep a maximum of 2 volunteers inside the room at a time.** If there are three volunteers assigned to the station, create a rotation system for one person to wait outside and alert the Education Station when there is availability for another patient.
- **If the patient prefers a private consultation, all volunteers will need to wait outside the room during the consultation.**
- Check-ups can be graphic. Please be mindful of your reactions.
- **Always knock before entering the room and ensure the door is closed at all times without easy accessibility to be opened from the outside. We do not want people walking in on the patient during an examination.**

Useful phrases for the OB/GYN Station:

ENGLISH	SPANISH	QUECHUA
Pap smear	Papanicolaou	-----
Breast exam	Examen de mamas	Qawasunki/ Ñuñukita
Speculum	Espéculo	-----

Spatula	Espátula	-----
Specimen / Sample	Muestra	Qawana
Fungus	Hongos	-----
Swab	Isopo	-----

Pharmacy (Ph)

What is the Pharmacy Station?

After the patient has visited every station indicated on their patient medical history form, they will be directed to the Pharmacy Station to fill their prescription(s). We will collect data in this station that will help MEDLIFE understand the quantity prescribed by each specialist and the quantity received by our patients. We will also collect the patient medical history forms to analyze medical data and enroll patients into MEDLIFE's Patient Follow-Up Program.

What will I be doing?

- Collect the patient's medical history forms in order received. The pharmacy nurse will tell you where to store these records.
- One person will be in charge of recording EVERY medication that is given out (what medication and how many were given). It is vital to keep an accurate list of medications dispensed so that our nurses can replenish the stock for the next day's clinic.
- Read the doctor's receipt and fill the prescriptions accordingly. Each medication goes in its own individual bag with a sticker labeling the medication. Then, all of an individual's medication goes into a bigger bag and is handed to the nurse to ensure it is correct and explain to the patient how each should be taken.
***Note- pay special attention to the type of medication prescribed. Sometimes we have medications both in pill and paste form and the correct one needs to be given**
- Maintain the line for the Pharmacy Station so only one patient is seen by the nurse at any given time.
- If there's a medication being prescribed in a different dose than the one being given, alert the nurse immediately to consult with the physicians.
- Make sure the patients take the hand-written prescription with the physician's instructions with them.

Recommendations:

- Read through the data collection process as soon as you arrive at this station.
- Have one person writing down the data and another organizing patients and placing patient history forms in the folder.

Useful phrases for the Pharmacy Station:

ENGLISH	SPANISH	QUECHUA
One patient at a time	Un paciente a la vez	Ch'ullach'ullamanta
Please give me your prescription and registration form	Por favor, deme su receta médica y su ficha de registro	Maymy Recetaiky
These are your medicines	Estas son tus medicinas	Keymi Hampiquna/Hampi
Thank you for coming!	Gracias por venir!	Allinmy Jamuranky
Vitamins	Vitaminas	-----
Prescription	Receta médica	Hanpi Papil
Syrup (liquid form of medication)	Jarabe	-----
Pill	Pastilla	-----
Paste / Creme	Pasta / Crema	-----
Bottle	Botella	Porongo

Toothbrushing (Tb)

What is the Toothbrushing Station?

The goal of this station is to educate children from ages 3 and up about dental hygiene. The Toothbrushing Station is for children only, and children do not need a medical history form to participate. Please note, this is the only station without a medical professional, so you need to be proactive about setting up and running the station.

What will I be doing?

- **Setting up:**
 - Set up a table and a tent in a suitable space outside and out of the way from the other stations
 - Set up the table with toothbrushes, water cups, toothpaste, and fluoride.
 - Have an empty bucket of water to allow kids to spit into after brushing their teeth.
 - Look around for a tap / water source to fill up your water bucket. ***Note- DO NOT use the boxed drinking water we bring with us to fill up the water bucket.** Tap water is perfectly fine to use for the kids to brush their teeth with
- **Once the station is ready and kids begin arriving:**
 - Register all kids on the registration sheet provided at the station, including name and age. Please do not worry about the correct spelling of names.
 - Hand each child a toothbrush with toothpaste and a water cup.
 - Demonstrate how to properly brush their teeth with the giant mouth and toothbrush props.

- Ask if they want to apply fluoride. If they choose fluoride, advise them and their parents that they can't drink or eat for an hour and cannot drink milk for the rest of the day. They do not need to rinse the fluoride out of their mouth when they are done.

IMPORTANT: Do not apply fluoride to children younger than 3 years of age.

Useful phrases for the Toothbrushing Station:

ENGLISH	SPANISH	QUECHUA
Toothbrush	Cepillo de dientes	Maqchey Kiruta
Toothpaste	Pasta dental	-----
Cup	Vaso	Ukyana
Water	Agua	Yaku
Fluoride	Flúor	-----
What is your name?	Cómo te llamas?	Iman Sutiqy
How old are you?	Cuántos años tienes?	Jahik'a Huataiky
Take a toothbrush and a cup	Toma un cepillo y un vaso	Japy'hi Cepilluta / Kerutayan
Brush your teeth in a circular form	Cepillate los dientes en forma circular	Kiruta Maylliy
Rinse your mouth	Enjuágate la boca	Muqch'iy Simikita
Don't drink the water	No tomes el agua	Ama Ñilpuyunquichu Unuta
Spit out here / there	Escupe aquí / ahí	Keypy Ttokaykuy
Wash your toothbrush	Lava tu cepillo	Maqchey Cepilluikyta
Now we will place fluoride in your teeth	Ahora pondremos flúor en tus dientes	Hampita Churasaiky
Open your mouth wide	Abre la boca bien grande	Kychay Simikyta H'atunta
Don't eat or drink anything for an hour	No comas ni tomes nada por una hora	Ama Mijunkychu
Don't drink milk for a day	No tomar leche por un día	Ama Hujankychu Lechita

Where We Work



CUSCO, PERU



Overview:



City: Cusco



Population: 428,450 (2017)



Language: Spanish & Quechua

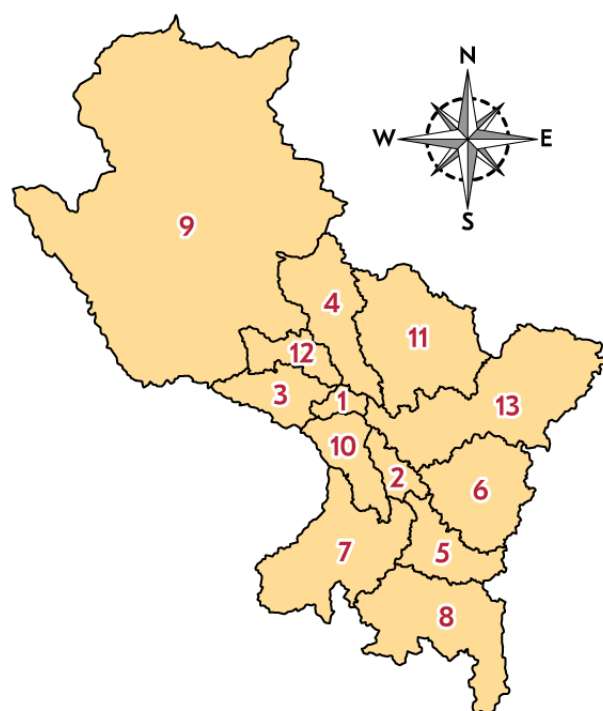


Currency: Sol (S/.)

Exchange Rate (approximate): \$1 = S/.3.83

Cusco provinces and communities we work in

1. Cusco
2. Acomayo
3. Anta
4. Calca
5. Canas
6. Canchis
7. Chumbivilcas
8. Espinar
9. Convencion
10. Paruro
11. Paucartambo
12. Urubamba
13. Quispicanchis



Issues Communities Face

Known as the most beautiful city in South America and the gateway to Machu Picchu, Cusco has become the home of a booming tourism industry. Unfortunately, the region's economy has been hit hard by COVID-19. As borders closed and businesses had no choice but to shut down, many locals were left unemployed and facing an uncertain future. The flow-on effects of the pandemic have been particularly severe for rural communities surrounding Cusco, where many families lived in poverty even before the pandemic. These Indigenous communities are isolated both geographically and linguistically, often only speaking their native tongue of Quechua. Our COVID-19 relief effort helped address the hunger crisis in these communities, but further support is needed to ensure the region's recovery. Families have relied on agriculture to make a living but their income can be unstable due to heavy rains and earthquakes that can affect their crops. In the rural villages, the roads are often unpaved, schools are stocked with only the most basic teaching supplies, and the closest hospital may be hours away.

Common health issues:

- **Intestinal Parasite Infections:** Parasites infect the gastrointestinal tract of people, living in their intestinal walls. This condition affects mostly children, and it is commonly caused by drinking unclean water, fecal-oral transmission, and through skin absorption.
- **Common Cold:** Is a viral infectious disease of the upper respiratory tract that affects the nose, throat, sinuses and larynx. Colds are transmitted through direct contact with infected nasal secretions or contaminated objects. Transmission is common due to the proximity of people with little immunity and frequently poor hygiene. Some of the viruses are seasonal and occur more frequently during cold or wet weather.
- **Lower Urinary Tract Infections (UTIs):** These infections affect part of the urinary tract due to viral or fungal infections. UTIs are frequently transmitted by sexual intercourse and commonly occur due to poor hygiene habits and lack of contraceptive use. These infections may reoccur.
- **Mycosis:** Is a fungal infection that affects the skin and may be caused by a variety of environmental and physiological conditions. People with weakened immune systems are at risk of developing fungal infections.
- **Osteoarthritis:** Is a degenerative and chronic disease that results from the breakdown of joint cartilage and underlying bone. It is common among elderly people.
- **Lumbalgia:** Is a common disorder involving the muscles, nerves, and bones of the back. Pain can vary from a dull constant ache to a sudden sharp feeling. It is believed to be caused as a result of multiple sprains or strains over time

Respectful Behavior in the Communities



- It is not permitted to take photos during medical care or in the clinic. Please be respectful with all patients, as they are receiving medical attention.



- Do not leave your station. If you need to use the restroom or to grab a snack, be sure to alert your teammates or the Trip Leader to ensure someone can temporarily cover your spot.



- The Trip Leader will alert volunteers when it's time to eat lunch and change stations. Do not take more than 15 minutes for lunch.



- Every student is responsible for reporting missing utensils or materials from each station to the Trip Leader.



- Do not pet or feed animals. We cannot determine if they have diseases, rashes, or a poor temperament.

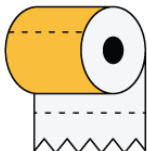
General Recommendations



- Do not drink tap water- it can make you sick!



- Exercise caution when eating street food- especially meat -and make sure what you're eating is boiled / cooked. Do not buy or drink juices being sold on the street as the water used is not safe for you to consume.



- Please throw your toilet paper in the trashcan provided instead of flushing it. Plumbing systems here cannot handle toilet paper. It will clog the pipes and risk flooding.

After Your Trip

Take your experiences from the field and put them into action at home by participating in MEDLIFE activities all year round. **Keep the momentum going!**

Moving Mountains

- Moving Mountains is our fundraising campaign that supports our day-to-day work of bringing medicine, education, and development to communities.
- MEDLIFERs participate in Power Hours where they invite their contacts to donate, often completing some wild fundraising challenges!
- Learn more about our Moving Mountains campaign [here!](#)

Grow the Movement

- If you have friends or acquaintances who attend a different school/university and would be interested in starting a MEDLIFE Chapter, refer them to us via our Grow the Movement campaign.
- Encourage others to get involved with MEDLIFE and travel on a Service Learning Trip.
- Recruit new members for your MEDLIFE Chapter.
- Learn more about Grow the Movement [here!](#)

Leadership Activities

- Give back to your own community by participating in your Chapter's local volunteering activities.
- Running for an E-Board position at your Chapter.
- Become a MEDLIFE Ambassador or Active Member to unlock discounts on your next SLT.

Keep in Touch

- Follow us on [Facebook](#), [Instagram](#), [LinkedIn](#), [TikTok](#), and [Twitter](#), and check out the latest updates from the field on our [blog](#).
- If you have photos or stories you'd like to share, send them to us at media@medlifemovement.org
- Tell the stories of the people you met and things you saw on social media and tag us.

Emergency Preparedness

In the unlikely event you have a travel or health emergency and there are no MEDLIFE staff to assist you, you can contact us via the following numbers.

When in-destination or in transit to destination	PERU EMERGENCY PHONE	+51 991 646 533 (whatsapp, call, or SMS)
When calling from within North America	MEDLIFE HQ PHONE	1-844-633-5433

Emergency or Medical Assistance Procedure

Before Your Trip

- Contact your local emergency authorities
- For non-urgent matters, contact your Chapter, MEDLIFE HQ Phone, or email info@medlifemovement.org.

In Transit to Destination

- Contact our Peru Emergency phone

At Your Accommodation

- Seek out your Trip Leader or a MEDLIFE Representative (there will be a MEDLIFE Representative at your hotel for the duration of your trip)
- Speak to reception
- Contact our Peru Emergency Phone

During Mobile Clinics

- Seek out your Trip Leader
- Mobile Clinic nurses and doctors are available to attend

During Excursions

- Seek out your MEDLIFE Trip Leader
- Contact our Peru Emergency Phone

During Departure

- Contact our Peru Emergency Phone

Insurance Coverage

MEDLIFE volunteers are covered with emergency medical and evacuation insurance up to \$250,000 USD with a \$250 USD deductible once on a trip.

Medical Hotel Visits

In all MEDLIFE locations, a doctor's visit to your hotel can be arranged should you be feeling unwell. The costs vary from \$50 - \$100 USD though they are typically lower than paying the \$250 insurance deductible. Our staff or hotel reception can assist with coordinating a visit.

Emergency Cash Recommendation

We recommend that you bring \$250 USD in cash (in addition to your spending money) to cover the insurance deductible in case you require medical attention. If you have access to a credit card that you can use in case of emergency, we would recommend that you bring that as well.

National Emergency Numbers	Nearest Embassies
<p>Police: 105</p> <p>Tourist Police: +51 980 122 335 (Whatsapp Number)</p> <p>Fire Brigade: 116</p> <p>Medical Emergency: 106</p> <p>Civil Defense: 119 in case of earthquakes or other natural disasters</p> <p>Peruvian Red Cross: 01-266-0481</p>	<p>Embassy of the United States of America Address: Avenida La Encalada cdra. 17 s/n, Santiago de Surco 33, Peru Phone: +51 1 6182000</p> <p>Canadian Embassy Address: Bolognesi 228, Miraflores 15074, Peru Phone: +51 1 3193200</p> <p>British Embassy Address: Torre Parque Mar, Av. José Larco 1301, Miraflores 15074 Phone: +51 1 6173000</p>

Lima Emergency Services	Cusco Emergency Services
<p>Clínica Anglo Americana Address: C. Alfredo Salazar 350, San Isidro 15073, Peru Phone: +51 1 6168900</p> <p>Tourism Police Peru Jr. Maria José de Arce 268, Magdalena del Mar 15076, Peru Phone: +51 1 4601060</p>	<p>CIMA Medical Center Address: Av. Pardo Paseo de los Héroes 978, Cusco 08002, Perú Phone: +51 84 255550</p> <p>Cusco Tourist Police Address: Av. Tomasa Tito Condemayta 713, Cusco 08002, Peru Phone: +51 84 235123</p>

Cusco Accommodation	Insurance Provider
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