

# South America Mission Trip July, 2011



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## **1 Invitation to Join**

The Aim of Health Mission Outreach (HMO) is to promote partnerships between health care professionals and those that are in need, for mutual unique experiences through participation, and to create hope for the recipients, all directed towards the betterment of mankind.

Our doctrine is to encourage volunteer participation with compassion and empowerment to assist those who are underprivileged.

Your participation includes the following:

- i) Your photo and bio will be posted as a Volunteer Member on HMO's website.  
*This visibility gives HMO more credibility and enhances our effectiveness in fundraising.*
- ii) You will receive regular updates on our activities and progress, as well as notification of planned field missions you can join.  
*HMO will make all required arrangements for each mission trip.*
- iii) Recruit new members among health care professionals or lay volunteers.  
*Your opportunity to share in our values with like-minded individuals that care to contribute to the betterment of mankind by giving back to the world's less fortunate.*
- iv) Your active assistance in our fundraising efforts.  
*To solicit donations from your Corporate contacts, for cash, medicines, equipment, supplies or personnel for our mission trips.*

Membership is wholly voluntary and without obligation. We sincerely invite you to join.

You will work amidst the nicest people, and enjoy personal fulfilment – guaranteed!

Respectfully,

Ross Bowden  
*Director*

George Chu  
*Director*

Philip Sung  
*Director*

## **2 Summary of 2011 South American Mission Trip**

This will be the 6th consecutive Medical Aid Mission to Port Diana and Bahia Negra, Paraguay, since 2006.

HMO plans to send 24 volunteers to the region from June 30 - July 8, 2011. Our goal is to provide:

- 1) Medical services,
- 2) Dental services,
- 3) Dispensing of medications,
- 4) Soup kitchen,
- 5) Religious ministry by the local church,
- 6) Repair to local residences and school,
- 7) Social visits to win hearts and minds,
- 8) Distribute clothing, school supplies, soccer balls, etc.
- 9) Explore requirements to upgrade their potable water system.

We leave Toronto late night Wednesday, June 29, via Air Canada to Sao Paulo, Brazil, a flight of 11 hours. After a 4 hours layover, we connect to Campo Grande, Brazil, a flight of about 2 hours.

We board a charter bus for a 6-hour trip to Corumba, a river town on the border of Brazil and Paraguay. There will be a lunch stop along the way. Then we transfer to a charter boat to cruise down the Paraguay River for about 20 hours.

The river is more than 1 mile wide and presents a peaceful and picturesque scene as the boat meanders downriver from bend-to-bend, often travelling close to the banks on one side or the other. Colorful birds and vegetation are plentiful. The temperature is mild and pleasant. It is quite enjoyable.

Our first stop is the naval base, Bahia Negra, where we check in and pick up security. Port Diana, 10 minutes downriver and our destination, is located in 26,000 hectares of marshland, the home of the Chamacoco Indian tribe. These local indigenous people live without any running water or paved roads. Their support from the federal government is minimal, with no local medical services. Our Mission Team is their main source of medical and dental services from year to year. We live, eat and work on board the boat while it is tethered riverside.

The dental treatment we provide ranges from extractions to restorative and endodontic. Overload from medical and dental patients is quite normal. You should expect to be working non-stop from 9 a.m. to 5 p.m. with only lunch and bathroom breaks. In 2010, during 4 1/2 working days, we treated over 1000 patients among 1 physician, 13 dentists, and 6 lay volunteers. Yet there were many more that could not be treated, and tears were shed on both sides as our boat pulled away, hopefully to return in another year.

HMO invites you to participate as a Mission volunteer. Despite the tremendous personal and professional sacrifice involved, all past participants have commented that their joy and fulfillment from “giving back” far exceeded their expectations. You will enjoy working and living with your group of kind, generous and good-hearted individuals from diverse backgrounds to form new friendships.

The full cost for the 1st week, covering all travel and living expenses, are projected at about C\$2,500. This is paid through your direct donation to HMO, for which you will receive a deductible charitable receipt. In the event that HMO succeeds in soliciting Corporations to subsidize the mission, these amounts will be reduced accordingly.

### 3 Map of the Mission Trip



## 4 Air Flight Information

FLIGHT	FROM	TO	DATE	DEPART	ARRIVE
AC090 Air Canada	Toronto (YYZ) Terminal 1	Sao Paolo (GRU) Terminal 2	Wednesday June 29	23:30	10:40 June 30
JJ3592 Tam Air	Sao Paolo (GRU)	Campo Grande (CGR)	Thursday June 30	14:30	15:10 June 30
JJ3593 Tam Air	Campo Grande	Sao Paolo (GRU)	Friday July 8	13:20	16:05
AC091 Air Canada	Sao Paolo (GRU) Terminal 2	Toronto (YYZ) Terminal 1	Friday July 8	20:10	05:45 July 9

## 5 Boat Information

The Brazilian town of Corumba, alongside the Paraguay River, is a bustling base for charter boats serving tourists such as sports fishermen and especially ecological tourists. The North and East regions of Paraguay contain the Chaco, an impressive region combining forests, savannahs and deserts and it is considered as the second “Lung of South America” after the Amazon. This is a sensitive ecosystem with unique geological and climate conditions causing wind erosion and salinisation of both underground and surface waters. The Chaco National Park is the largest protected wilderness area in Paraguay and is famous worldwide for its wildlife. Some of the most outstanding lucky visitors expect to see are the Tagua (a prehistoric specie listed as endangered), the Yaguarate (Jaguar) and the Puma.

Close by stands the easternmost tip of the Pantanal, covering an enormous surface extending into Bolivia and Brazil. It is one of the world’s great wildlife reserves, and because of the veldt-like open land, it is one of the best places to observe wildlife in Paraguay.

The typical boat is a shallow-bottom river craft, about 100 ft. long, with accommodation for 24 passengers housed in 2 decks, with a top observation deck about 21 ft. high. Each cabin sleeps 4 in 2 double bunks, with an ensuite shower-cum-toilet. Space is very tight, standing room for only 2 at a time. There is hot and cold running water, and a window air conditioner. Bedding and towels are provided. Storage for personal items is minimal – recommend carrying personal clothing in soft bags to avoid over-crowding.

Meals are eaten in a cafeteria lounge, served by a steward. Breakfasts are adequate, with fresh fruits, bread, cake, cheeses, coffee, milk, etc. Lunch and Dinner typically consist of steamed rice or pasta, stewed beans, a meat (poultry or beef/pork) or fish, with chopped celery & tomatoes. Cookies and cake followed with coffee. There is ample and adequate bottled water and soft drinks during the entire trip.

The charter costs US\$25,000 for a week, which accounts for the major expense of the Mission.

You are invited to browse around the charter’s web site: [www.eldoradopantaneiro.com.br](http://www.eldoradopantaneiro.com.br) for more information.

## 6 Brazil Visa Application

***Visa applications for Canadians to Brazil can be a very lengthy process – sometimes up to one month.***

The following has been downloaded from the Brazilian Embassy's website, with slight edits, FOR YOUR CONVENIENCE! . . . It DOES NOT claim to be 100% correct – you should review the official version for your reference.

If you are unsure how to answer any application question, contact your HMO representative.

Please note the addresses of those Consulates:

Consulate-General of Brazil in Montreal  
Jurisdiction: Quebec (except the National Capital Region), New Brunswick, Nova Scotia, Prince Edward Island, Newfoundland.

Consular hours: 10:00 AM to 4:00 PM Monday to Friday.

Consulate General of Brazil - Montreal  
[www.brasembottawa.org](http://www.brasembottawa.org)

1 Carré Westmount  
Westmount, QC H3Z 2P9, Canada  
(514) 499-0968      (514) 499-0968

### CONSULATE-GENERAL OF BRAZIL IN TORONTO

Consulate General of Brazil  
[www.consbrastoronto.org](http://www.consbrastoronto.org)

77 Bloor Street West  
Toronto, ON M5S 1M2, Canada  
(416) 922-2503      (416) 922-2503

The Consulate General of Brazil in Toronto is open, Monday through Friday, from 9 a.m. to 1 p.m., for receipt and pick-up of documents. Note that the best hours for documents pick-up are from 12 p.m. to 1 p.m.

Consulate General of Brazil in Vancouver  
2020-666 Burrard Street  
V6C 2X8  
Vancouver  
British Columbia  
Canada

Phone: +1-604-696-5311 +1-604-696-5311

Fax: +1-604-696-5366

Email: [consbrasvancouver@gmail.com](mailto:consbrasvancouver@gmail.com)

Website: <http://consbrasvancouver.wordpress.com>

### **TOURIST VISA**

Due to the high number of applications received, the Consulate-General does not confirm the receipt of documents neither checks the status of any process over the phone or email.

- Tourists Visas are multiple entry and can be valid for up to 5 years.
- The requirements listed are not all-inclusive. When processing a visa application, the Consulate has the right to request additional information/documentation, if necessary.

**PROCESSING TIME:** 15 business days, **no exceptions.**

- The visa processing time does not include postage time.
- Processing time is subject to change without notice.
- There is no expedited/rush services.
- Emergency requests are only considered when there is a death in the family or health problems and must be accompanied by supporting documents. Other cases will be analyzed on a case-by-case basis.

## **REQUIREMENTS:**

### **Original passport:**

- Valid for at least six months. Passports with expired date of less than six months will be automatically returned.
- Signed on the designated space.
- With at least one empty page to issue the visa.
- As with any official Government document, your passport must be in good and acceptable conditions.  
Damaged passports will not be accepted and will be returned to the applicant.
- Copies are not accepted. Without the original passport, the application cannot be processed and will be returned to the sender.

Visa Application form properly filled out online\*

The visa form delivery receipt, with the protocol page (with bar code), must be printed and signed, and presented at the Consulate along with the necessary documentation listed here.

YOU MUST ALSO CHECK THE VISA STATUS ON THIS WEBSITE <https://scedv.serpro.gov.br> (click on check visa).

*\*If you try to access the online application form and you receive a security warning, please be advised that the website you are redirected to is a secure website. The security certificate is issued by the Brazilian governmental company responsible for the software used by the Brazilian Government. You can just click OK or continue to this website to access the visa online forms.*

One (1) recent photo size 2x2 " (inches):

- Against a white background, front face.
- Professionally taken photos only. Scanned pictures are not accepted.
- Does not need to be signed on the back.
- Please glue the photo to the application form.

Proof of purchase of round-trip air ticket/ cruise (one of the following options only):

- Photocopy of the purchased ticket with ticket number;
- Photocopies of both itinerary and receipt of payment for the ticket;
- Original standby ticket, for airline company employees.

A letter from yourself, explaining your itinerary (when are you arriving and leaving Brazil); what is the purpose of your trip; and if it is the case, who in Brazil is inviting you.

Proof of income and employment:

- An official letter from the company you work with, stating your name and confirming your currently position and most recent paystub, AND one of the following options:
  - Photocopy of recent bank statement, with complete name of the account holder;
  - Copy of last income tax.
- If you are retired, you don't need provide proof of employment but proof of income is still required.

IF YOU ARE A STUDENT:

Provide an official letter from the college or university you attend, stating your name and confirming you are currently enrolled to that institution AND one of the following options:

- Photocopy of recent bank statement, with complete name of the account holder;
- A notarized Affidavit letter from your parents or legal guardian, confirming their financial support to your trip.

FEE:

- Canadians: CAD\$117.00

APPLICATION BY MAIL:

- Add CAD\$18.00
- for handling, per person, if application is submitted through a third party or by mail.
- If you submit your application by mail, please note that you have to provide a Canada Post return envelope, prepaid and self-addressed. The use of any other express courier companies for return will not be accepted under any circumstances.
- Make sure you have both tracking numbers for your own control. Due to the large number of documents received everyday, the Consulate is unable to verify the arrival of any application.
- The Consulate General is not responsible for delayed, lost, damaged or stolen mail.
- All applications are analyzed individually. When submitting multiples applications, please prepare each set of documents separately for each applicant. All applications may be send and returned in the same envelope.

FORMS OF PAYMENT:

- Money order or certified cheque only.
- Payable to the order of the consulate you are using: "Consulate General of Brazil in Montreal / Toronto / Vancouver".
- The Consulate does not accept payments in cash, personal cheques or credit cards.

NOTE:

- The visa must be used within 90 days from the date of issue.
- When applicable, the Consulate General reserves the right to interview the candidate for a visa.
- Visa requirements and fees are subject to change without notice.
- The Brazilian Consulate General is not responsible for delayed, lost or stolen mail.
- Documents submitted will be kept on file. Please provide us with photocopies.

IMMUNIZATION:

- [Click here](#) for a list of the countries that do require yellow fever immunization. For more information, visit the World Health Organization website.
- Yellow fever vaccination is highly recommended if the applicant's destination in Brazil includes any of the following States: Acre, Amapá, Amazonas, Bahia, Espírito Santo, Federal District, Goiás, Maranhão, Mato Grosso, Mato Grosso do Sul, Minas Gerais, Pará, Piauí, Rio Grande do Sul, Rondônia, Roraima, São Paulo, Santa Catarina, and Tocantins.

**INCOMPLETE APPLICATIONS WILL NOT BE ACCEPTED.**

## 7 What to Wear & Bring

Paraguay's climate is Sub-Tropical to Temperate. July is a Winter month in the Southern hemisphere, nevertheless these are the typical Daytime temperatures:

Maximum Temperature	33 °C - 27 °C
Mean Temperature	27 °C - 23 °C
Minimum Temperature	21 °C - 17 °C

A scattered thunderstorm can occur, otherwise it is dry.

Here is a recommended list of clothing and accessories to wear & bring:

- |   |   |
|---|---|
| 1) Windbreaker                                    | 12) Alcohol hand cleaner (Dollar store)   |
| 2) Light sweater or sweatshirt.                   | 13) Insect repellent (containing DEET, picaridin (KBR 3023), Oil of Lemon Eucalyptus/PMD, or IR3535.) |
| 3) Couple of shirts, with & without sleeves       | 14) Bath soap & shampoo   |
| 4) 1 or 2 Track pants                             | 15) Shaving & Grooming utensils (110v/220v outlets)   |
| 5) 2 or 3 sets of medical scrubs to work in       | 16) Flashlight & batteries  |
| 6) Pajamas – sharing room with 3 others           | 17) Waterproof or plastic sandals for shower  |
| 7) Adequate underwear and socks – throwaway type? | 18) Passport with photocopy   |
| 8) Running shoes or boots – preferably waterproof | 19) Digital camera &/or camcorder (can recharge!)   |
| 9) Hat with side rim with/without netting         | 20) Money for spending & souvenirs  |
| 10) Sunglasses                                    | 21) Recreational reading material.  |
| 11) Lip Moisturizer                               |   |

The sleeping cabin is small and space-restricted. Large, rigid suitcases are not recommended.

## **8 Supplemental List for Healthcare professionals.**

### **Photocopy of**

- 1) Valid license from your jurisdiction,
- 2) Diploma from Dental or Medical university.

### **Physicians:**

- 1) Bring own stethoscope, blood pressure cuff, etc
- 2) Bring own sundries.

### **Dentists:**

- 1) Bring own personal equipment such as surgery forceps, hand instruments, high and slow speed hand pieces, etc.
- 2) Own sundries such as resin, amalgam, etc.

Each dentist will be provided with a portable dental unit equipped with compressor and suction.

## **9 Typical Duties for Lay Volunteers**

- 1) Staff daily soup kitchens (4 persons for 3 days, rotating shift).
- 2) Rotate Security and Safety detail.
- 3) Photographer for camera and video camcorder,
- 4) Assist physician and dentists (one per professional),
- 5) Clinic Sanitation, Cleaning and Sterilization,
- 6) Supervise translators during registration
- 7) Basic repair to local school and residences,
- 8) Social visit and prepare a list for next visit,
- 9) Local children ministry – play sports, reading, singing etc.
- 10) Religious ministry with the local Baptist church.

## 10 Travel Information

This section is to provide you with information on medical precautions before you travel.

Access our website <http://www.hmocanada.org>.

Click on

- **PROJECTS**, then
- **Travel Information**, then
- **Health Information for Travellers to Paraguay**

This opens the CDC Home page that contains voluminous information on travel to Paraguay.

In summary, you should be immunized for the following conditions:

Tetanus, Typhoid, Hepatitis A & B, Yellow Fever, Meningitis, Traveller's Diarrhea

You should go to a Travel Clinic to arrange these vaccinations.

To access a directory of Travel Clinics closest to you, go to our website <http://www.hmocanada.org>.

Click on

- PROJECTS**, then
- Travel Medicine – Insect Bite Prevention** (*please read this chapter*)

This will open **TravMed.com's** website. At the very Top, in red letters, click on "Travel Clinic Directory".

These are the 2009 costs paid to an Ontario Travel Clinic:

Consultation	\$35.00
Tetanus	Free
Typhoid	\$40.00
Hepatitis A & B	\$60.00 x 3
Yellow Fever	\$100.00
Traveller's Diarrhea	\$75.00
Meningitis	\$150.00

In addition, you will be recommended to bring along some Cipro (Ciproflox HCL 500Mg.) pills, to treat infections.

You should visit the Clinic early, because Hepatitis requires 3 shots spaced one month apart. It is advisable to request a blood test for Hepatitis before commencing, as you may have acquired the immunity without being aware.

Some doctors will automatically recommend immunization for Malaria – this is NOT necessary as this region is not infected.

## **11 Insect Prevention**

Please continue on the [www.travmed.com](http://www.travmed.com) home page and click on “International Travel Health Guide” for all the information that you want to know.

## **12 Travel & Evacuation Insurance**

It is your responsibility to purchase Travel insurance in the event of sudden sickness or accident that also covers Emergency Evacuation back to Canada.

This can be arranged through your own insurance agent, or Blue Cross at 1-888-640-4524, or [www.useblue.com](http://www.useblue.com).

All volunteers are covered for general liability under HMO’s Liability Insurance.

## **13 Security & Safety information**

You are reminded you will be travelling to a remote region of Paraguay that is accessible year round via the Paraguay River, and by road only during the winter or non-rainy season. This region is unsanitary vis-à-vis Canadian standards.

Bahia Negra is a Paraguayan naval installation, with a military airport, river patrol boats and military installations.

Port Diana is 30 minutes' walk away, and is a reservation of the Chamococco Indian tribe. These residents are very poor.

All volunteers are required to practice proper hygiene, safety protocols and protect themselves at all times, as follows:

- 1) Do not enter any military installation unless invited and accompanied by the navy personnel.
- 2) Avoid wearing or displaying jewellery, watches, conspicuous items.
- 3) Do not consume food or soft drinks in their presence because they may have had none for a few days already.
- 4) Always travel in groups of 2 or more when off the boat.
- 5) Avoid touching anything unless necessary, and always wash with the alcohol soap.
- 6) Watch where you are walking, lots of dung.
- 7) Wear waterproof shoes if possible.
- 8) Safeguard your passport and valuables at all time.
- 9) Avoid all confrontation or disturbance with the locals.
- 10) Always ask if you do not know what to do.

## 14 General Consent & Indemnification Form

This confirms that I, \_\_\_\_\_, have read and/or attended the Health Mission Outreach 2011 Mission Trip briefing.

I understand that I am solely responsible for my own safety and will obtain appropriate insurance coverage for the mission trip.

I voluntarily agree to participate in the 2011 Mission to Bahia Negra and Port Diana, Paraguay. I also understand these regions are in the remote areas of the Chaco marshlands and will likely present certain challenges and risks.

**Indemnification** – I agree to indemnify and hold harmless Health Mission Outreach from and against:

all claims, damages, costs, charges and expenses (including legal fees and disbursements) which are related to, arise out of, or are in any way associated with the mission trip, whether the claims are civil, penal, regulatory, or administrative in nature or representation supplied or approved by any officer or member of the board of directors of Health Mission Outreach.

I will practice general safety protocols and follow the lawful instructions of Health Mission Outreach in the performance of the Mission Trip.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Witness signature

\_\_\_\_\_  
Name

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date