

2024

A Life-changing Journey is about to Begin



# A *Journey* Like No Other

Over 40 years ago our mission began with the answered call to live the gospel of Matthew 25 to serve the least of our brothers and sisters. In the beginning there was one small soup kitchen and a few employees to serve over 30,000. With the support of thousands of donors and volunteers from around the world, the mission programs have evolved to serve the many and varied needs of the poor from the most basic needs such as food, shelter and medical care to the liberating and empowering access to education and transformation.

Then and now, the goal of the mission continues to be to help the poorest of the poor escape the despair of poverty and to take a step on the path out of poverty. A mission trip can open eyes, soften hearts, encourage service and change lives. Unlike reading about poverty in the pages of a book, being immersed in the experience can be life-changing for those you serve and for yourself.

Each year thousands of Peruvians come to Chimbote in search of a better life for their families. Invasions are created as they put up makeshift shelters of estera (woven reeds), cardboard and plastic on the outskirts of the city. With no running water, electricity, or government aid, they live in conditions making them long for a way out of poverty and a source of hope, dignity, and opportunity. With people like you who are willing to share your time and talents on a mission visit... their lives will be forever transformed.

Because of the growth of our mission visit program we have established an experienced mission visit team to oversee & support all visitors and volunteer groups. This amazing group of ambassadors will ensure that your mission experience is one that transforms not only the lives of the poor, but yours as well. With your journey about to begin please take a moment to review the following pages. We have provided you with detailed information about the area you are traveling to and also some helpful hints to make your journey a rewarding and life-changing experience.

No matter how much or how little travel experience you have, visiting and volunteering in Chimbote is a unique experience and we want you to be as prepared as possible. And while we've included many pages of helpful information it's important to remember that your flexibility is an essential component of a good trip. Flight delays, lost baggage, weather, political demonstrations, cultural differences, and other unanticipated events may upset the best-laid plans. A willing spirit and a sense of humor can go a long way in making your mission visit enjoyable.

***Let your JOURNEY begin...***



# Table of Contents....

## Who we are

Friends of Chimbote, Our Lady of Perpetual Help Parish & ACAF ..... Page 4

## Introducing

PERU..... Page 5  
CHIMBOTE..... Page 6

## The Mission

The Mission Experience..... Page 7  
Mission Activities..... Page 8  
Mission Projects..... Page 9  
Travel & Transportation..... Page 10  
Travel & Side Trips..... Page 11  
Packing & Donations..... Page 12  
Accommodations..... Page 13  
Meet you Mission Support Staff..... Page 14  
Mission Trip Pricing..... Page 15

## Safety

Health & Safety..... Page 16  
Safety & Security..... Page 17  
Emergency Contact info..... Page 18

## Donations

Donation Packets..... Page 19



# WHO we are....

## Friends of Chimbote

We are a US-based 501(c)(3) non-profit, non-denominational faith-based organization responsible for the governance, global advocacy, and fundraising needed to sustain the life-changing mission programs and services in Chimbote now and into the evolving future. Our Board of Directors is comprised of members from throughout the United States, all who are passionate about the mission and empowering the poor. Our offices are located in Fargo, North Dakota with dedicated, experienced staff members who work with thousands of individuals, civic groups, sister churches, and congregations to raise funds for mission programs, collect and ship donated goods to the mission and coordinate mission group visits and volunteer services.



## Asociacion Civil Apoyo Familiar (ACAF)

Translated into English, "Asociacion Civil Apoyo Familiar" means Civil Association Supporting Families. Commonly referred to as "ACAF". This faith-based non-governmental Peruvian organization was formed in 2005.

Since its inception, ACAF has grown and matured and today employs over 80 local people who deliver life-changing programs and services to more than 26,000 poverty-stricken people living in Chimbote and surrounding communities. The employees are professionals who include social workers, attorneys, psychologists, teachers, accountants, construction workers, guards, and maintenance staff with all being key members of a faith-based team in service to their fellow community members.



From the moment you step off the airplane in Lima a welcoming ACAF staff member or partner will be there to greet you and accompany you to the mission in Chimbote. During your stay in Chimbote...the ACAF staff will be there to make sure that your trip is a rewarding and life-changing experience.

## Our Lady of Perpetual Help Parish

Friends of Chimbote and ACAF are faith based organizations that welcome visitors and volunteers regardless of their religious affiliation as long as they embrace our core values and service model to empower the poor. And while we are not a Catholic organization, an integral partner in our commitment to meet the spiritual needs of those we serve in Chimbote is Our Lady of Perpetual Help parish. With 85% of the population within the Diocese of Chimbote being Catholic, the spiritual support and guidance provided by the pastor and parish is critical. Through liturgy, blessed sacraments, faith-formation, choirs, and retreats, Gospel-inspired hope and joy is present within the community.



Mission visitors and volunteers are encouraged to attend and participate in parish activities while in Chimbote. You may be surprised and inspired by the joyful liturgies and other parish centered services that will fill your heart with optimism and peace.

***Carrying out mission programs and services requires the alliance of all three entities working in harmony, Friends of Chimbote, ACAF, and Our Lady of Perpetual Help parish. While each has different responsibilities, challenges, and opportunities, we all are united in a common purpose to serve the poor of Chimbote and transform their lives with compassion, integrity and respect.***

# Introducing *Peru* ....

## Peru

Peru is located in western South America on the southern Pacific Ocean and is proportionate in size to the state of Alaska. The topography is comprised of 3 very diverse regions; the dry desert of the western coastal plains, the high and rugged Andes mountains and the eastern lowland jungle of the Amazon Basin. It has a population of just under 33 million people with approximately 30% living in its' capital city of Lima. Peru is divided into 25 regions and while it remains a poor country it is one of the richest in terms of natural resources such as gold, silver and copper. The political structure in Peru is a presidential representative democratic republic. Sadly corruption is a very significant problem in Peru and a great divide remains between the very wealthy and those living in poverty.

### Fun Facts about Peru....

- *Peru is home to the **PUYA RAIMANDII**, the world's tallest flowering plant which is over 5 meters tall and holds over 30,000 blooms.*
- *In 2007, Machu Picchu was voted one of the **New Seven Wonders of the World**.*
- *The largest flying bird on earth can be found in Peru, **THE ANDEAN CONDOR***
- *There are over 3,000 different varieties of potatoes grown in Peru.*
- *The Amazon river is the longest river in the world and its starts in Peru.*
- *The **ATACAMA DESERT** located in Peru and Chile is the driest place on earth.*
- *Peruvian **COATI DUNG COFFEE** is the most expensive in the world.*
- ***COTAHUASI CANYON** in Peru is the deepest canyon in the world. It has a depth of 3,232 meters - which is twice the depth of the United States Grand Canyon.*



# Introducing *Chimbote* ....

## Chimbote

Chimbote is the largest city in the Ancash region of Peru, and the capital of both the Santa Province and Chimbote District. Home to more than 400,000 people many of whom live in extreme poverty, Chimbote lies approximately 250 miles north of Lima in a coastal desert region.

In 1940, Chimbote was a small fishing port, with a population of 2,400. Following the opening of several fish factories and an iron and steel plant, the village population multiplied more than seventy times boosting the inhabitants to 170,000 by 1970. That same year, with a continued migration of countless families from the mountains seeking employment, a devastating earthquake occurred in Chimbote. 70,000 lives were lost and thousands were left homeless.

Since then the city of Chimbote has slowly been rebuilt but lacks infrastructure. Overfishing has occurred along with environmental pollution leading to hundreds of fishing boats floating empty in the Chimbote harbor and fish-factories closed or in partial operating mode. This has contributed to an economy in Chimbote that has left thousands of families struggling to survive.

### Interesting Facts about Chimbote

- The city's first inhabitants were the Recuay, the Inca, the Wari, and the Moche peoples.
- Chimbote was once considered the anchovy capital of the world.
- Fishing remains one of Chimbote's chief industries, though re-occurring El Nino's and overfishing caused restrictions to be imposed to ensure its survival.
- Spanish is the official language, with Quechua and Aymrar as secondary languages.
- Annual precipitation is near zero.



### Chimbote's Climate

Chimbote is situated in the coastal desert area of Peru and is influenced by arid winds and on-shore fog. The city has two seasons:

**Summer: December – March/April**

**Winter: May – November (cloud cover most days without rain)**

Chimbote's climate is fairly uniform and comfortably warm year-round with an average daily temperature of 69°F/21°C. It gets colder at night so a sweater or jacket is recommended. It is a very dry environment with a high amount of dust and salt in the air. Located close to the equator sunburn can occur easily year around so take care and wear sunscreen.

#### Average Monthly Temperatures for Chimbote, Peru

Month	°F	°C	Month	°F	°C
January	73.4	23.0	July	65.7	18.7
February	74.8	23.8	August	64.6	18.1
March	74.1	22.1	September	64.8	18.2
April	71.8	22.1	October	66.0	18.9
May	68.9	20.5	November	68.2	20.1

# The *Mission* Experience....

## A Mission Visit

Friends of Chimbote, in coordination with our staff in Chimbote, has established an experienced mission visit team to oversee all visiting groups and volunteers. You will work with the FoC Mission Development Manager to customize a mission trip that fits the needs of your group. Your week in Chimbote will be filled with a variety of activities depending on the experience that matches your skills, talents and needs. The details involved in organizing a Service Team may seem overwhelming but early planning helps make your preparation period an enjoyable group experience. As you plan your Friends of Chimbote trip...here is a general overview of what you can expect.

### Sample Weekly Mission Schedule

#### Saturday

Travel Day Arrive into Lima

#### Sunday

Arrive into Chimbote

#### Monday

There will be an orientation and overview of the mission programs and services in the morning. Afternoon projects will begin!

#### Tuesday- Wednesday

These days are generally work days... Broken up into a morning and an afternoon project. We may eat at the ministry site or go back to the Parish for lunch.

#### Thursday

Home dedication in morning and planned activity with the community

#### Friday

Closing ceremony and travel back to Lima

#### Saturday

Airport and travel home

### Sample Daily Schedule

7:30 a.m. - Breakfast

8:00 a.m. - Quiet Time

8:30 a.m. - Morning Meeting

9:00 a.m. - Depart for Project

12 Noon - Lunch

1:30 p.m. - Depart for Activity

5:00 p.m. - Return to Parish

6:00 p.m. - Supper

7:30 p.m. - Mass (optional)

9:00 p.m. - Roof top/Reflection

10:30 p.m. - Lights out



*The schedule will be set ahead of time, but it will likely be in a continual state of flux. We are grateful for your flexibility as it allows for us to serve to the best of our ability, while also leaving room for God to move and shift our plans.*

# Mission *Activities* ....

## CARNIVAL

**\$846**

Hold a carnival for the children living in the poorest barrios with games, prizes and snacks.

- 100 Children will attend
- Includes transportation for the children
- Held on the church grounds
- Includes music with big speaker
- Balloons and a clown
- Toys for each child
- Game prize toys
- Fruit drinks, snack foods and a big cake
- Various games for the children to play (popcorn, cookies, candy bars and suckers)

## LOAVES-N-FISHES

**\$2,080**

Provide 350 families with loaves and fishes in a community

## SOUP KITCHEN

**\$180**

Purchase and prepare the food and serve the people

- 4 soup kitchen locations.
- Serves approximately 80 people

## DINNER PARTY

**\$703**

Buy a cow and host and serve a delicious meal for poor families. Music and dancing will complete this fun event!

- Dinner which serves 200 people,
- Includes Live Band & Performers

## BEACH DAY

**\$698**

Take a group of handicapped people and their caregivers to the beach for the day and serve them a lunch and play games.

- 80 people (40 handicapped with 40 family members)
- Two buses
- Food
- Prizes for Bingo

## BIRTHDAY PARTY

**\$390**

Host a birthday party for the Golden-Agers group.

Cake, party hats and dancing!

- 80 people (Golden Agers)
- Includes a chicken dinner
- Music
- Birthday Cake

## Pizza Party

**\$170**

(this is an estimate depending on number of people)

Have a pizza party for home build family and workers to celebrate their new home!

## CETPRO Culinary Experience (per person)

**\$20**

Experience the delicious foods of Peru prepared by our culinary students.

## Mountain Climb (per person)

**\$10**

Check out the Chapel at the top of the hill and experience the tunnel of darkness. Includes transportation and entry to the catacombs.

## Families to the Forest (per person)

**\$12**

Take your home build family to the park and celebrate their new home. Includes transportation, a treat, admission ticket and dinosaur exhibit ticket.

## SALSA Dancing (per person)

**\$5**

Experience Peruvian style dancing with lesson from our own Diego.

## Sunset Dinner at the Beach (per person)

**\$25**

Enjoy Peruvian Cuisine as you enjoy the beach!



You will work with the FoC Mission Development Manager to customize your mission to fit your team's needs! Please note...prices are subject to change due to material costs and shipping. Prices will lock in 3 months before your trip arrival!

Prices are subject to change



# Mission *Projects* ....

## A full wood 3-bed home with concrete floor \$6000

- 3 bedrooms, kitchen, living room and bathroom
- Eternit roof
- 6m x 9m plus bathroom (4m x 2m) equals 606 sq. ft
- Connection brick around foundation
- Electricity
- Wood is treated with insect preservative
- Fully Painted, Security Bars on windows & Tile on Kitchen wall
- Furniture not Included
- 3 staff and 6 to 8 visitors to build & paint
- 3 days to prepare concrete flooring & 3 days to build – 6 days total

## A full wood 2-bed home with concrete floor \$5400

- 2 bedrooms, kitchen, living room and bathroom
- Eternit roof
- 6m x 8m plus bathroom (4m x 2m) equals 542 sq. ft.
- Connection Brick around foundation
- Electricity
- Wood is treated with insect preservative
- Fully Painted, Security Bars on windows & Tile on Kitchen wall
- Furniture not included
- 3 staff and 6 to 8 visitors to build & repaint
- 3 days to prepare concrete flooring & 3 days to build – 6 days total

## A Basic wood 3-bed home NO concrete floor \$3089

- 3-bedroom, kitchen and living room
- Eternit roof
- 581 sq. ft.
- Connection Brick around foundation
- Electricity
- Wood is treated with insect preservation
- No paint is included
- Furniture not included
- 3 staff and 6 to 8 visitors
- Takes ½ day teardown and 2 days to Build

## A Basic wood 2-bed home NO concrete floor \$2511

- 2-bedroom, kitchen and living room
- Eternit roof
- 517 sq. ft.
- Connection Brick around foundation
- Electricity
- Wood is treated with insect preservation
- No paint is included
- Furniture not included
- 3 staff and 6 to 8 visitors
- Takes ½ day teardown and 2 days to Build

## Fire Relief Starter Home \$2283

- One Room Home
- Eternit roof
- 200 sq. ft.
- Wood is treated with insect preservation
- Includes: 1-Bunk Bed, table-n-chairs, stove, gas tank
- Painting not included
- Takes ½ day teardown and 1 day to build

## New eternit roof on an estera home \$765

- 2 staff and 5 to 6 visitors
- It takes 1 day to build

## FURNITURE

Single Furniture Package  
Single bed, mattress, blanket, sheets and pillow, small table with 4 chairs, Gas stove and tank, dresser. (includes transportation expense) **\$474**

## INDIVIDUAL FURNITURE

<b>Single bed</b> (includes mattress, blanket, sheet, pillow}	<b>\$151</b>
<b>Double Bed</b> (includes mattress, blanket, sheet, pillows)	<b>\$191</b>
<b>Single Bunk Beds</b> (includes 2 mattress, 2 blankets, 2 sheets, 2 pillows)	<b>\$324</b>
<b>Double Bunk Beds</b> (includes 2 double mattresses, blankets,sheets,pillows)	<b>\$376</b>
<b>Small table and 4 chairs</b>	<b>\$119</b>
<b>Big table and 6 chairs</b>	<b>\$162</b>
<b>XL Table with 8 chairs</b>	<b>\$244</b>
<b>Gas stove and tank</b>	<b>\$89</b>
<b>Water Container (100 liter)</b>	<b>\$27</b>
<b>Fire Extinguisher and detector</b>	<b>\$45</b>
<b>Dresser</b>	<b>\$95</b>
<b>Wall Clothing Hangers</b>	<b>\$7</b>
<b>Wall Coat Hangers</b>	<b>\$16</b>
<b>Security Bars on Windows</b>	<b>\$241</b>
<b>Tile on Kitchen walls</b>	<b>\$275</b>

## ADDITIONAL HOME ADD-ONS

Pea Gravel to floors without concrete	<b>\$411</b>
Paint basic wood home all walls	<b>\$350</b>
Paint outside front of home only	<b>\$90</b>

## ADDITIONAL NEEDS

Garden box with dirt, fertilizer, and seeds	<b>\$68</b>
White board, wood school desk & chair for student remote learning	<b>\$55</b>
Pair of egg-laying chickens	<b>\$50</b>
Provide 200 people one month of meals at the soup kitchen	<b>\$2100</b>
Provide enough funds for an aspiring entrepreneur to receive a microloan to start a business.	<b>\$400</b>
Guinea Pig Program - Assist in the start of a business for a family to get supplies and education on breeding guinea pigs	<b>\$650</b>
Food & Essential Packages - Provide 20 families with essentials to live.	<b>\$540</b>

# Travel & Transportation...

## Departing from the United States

Mission groups and volunteers are responsible for making their own travel arrangements to Lima, Peru. Once you arrive in Lima all arrangements including transportation, meals, accommodations and activities and projects are handled by our mission visit team. Contact the FoC Mission Development Manager at 701-364-0162 if you need assistance. Please note that Friends of Chimbote cannot be responsible for any problems or issues that may be a result of your interactions and arrangements with any travel agent or company.

You will be making reservations to arrive into the international airport Jorge Chávez International Airport in Lima, Peru. At this time...no Covid-19 testing is required to board an airline in the states. Please continue to check airline COVID requirements as they are continually changing during these unprecedented times.

### Valid Passport

- Your passport must be valid at least 6 months past the dates of your trip.
- Whether you are applying for the first time, or applying for a renewal, please apply immediately. The process can take 6 weeks or more and all fees are the responsibility of the trip participant.
- Visit...travel.state.gov for more information.

### Travelers Insurance

FoC strongly recommends that each traveler traveling to Chimbote carry travelers Insurance for the duration of their trip. We recommend that your policy covers accidents, sickness, emergency medical evacuation, covid quarantine housing and travel costs. There are many agencies that provide insurance these are just a few suggestions.

#### Faith Ventures

[www.faithventures.com](http://www.faithventures.com)

Bradford James

[bjames@brotherhoodmutual.com](mailto:bjames@brotherhoodmutual.com)

1-800-876-4994

#### Seven Corners

[www.sevencorners.com](http://www.sevencorners.com)

Jona Keller

[jona.keller@sevencorners.com](mailto:jona.keller@sevencorners.com)

317-349-4175

#### AIG Travel Assistance

[travelguard.secure.force.com](http://travelguard.secure.force.com)

(Travel Guard)

800-826-5248

## Travel from Lima to Chimbote

Chimbote is located north of Lima and south of a large northern city called Trujillo (troo – HEE – oh). Most visitors arrive in Chimbote by one of these routes:

- Lima to Chimbote by either private bus or by public bus lines such as Cruz del Sur that offer comfortable and safe motor-coach accommodations. The average bus ride from Lima to Chimbote is 8 hours. Your mission coordinator will make all of the arrangements.
- If you prefer to fly to Trujillo and then take a 2 hour bus ride to Chimbote that is an option. You will work with your mission coordinator to organize the flights.
- The airport in Chimbote has recently reopened and has limited flights. The ATSA Airline flight is 45 minutes and at this time flies on Mondays and Fridays.
- Transportation to and from your hotel, bus station and airport will all be arranged by your mission coordinator!

# Travel & Side Trips...

## Side Trips

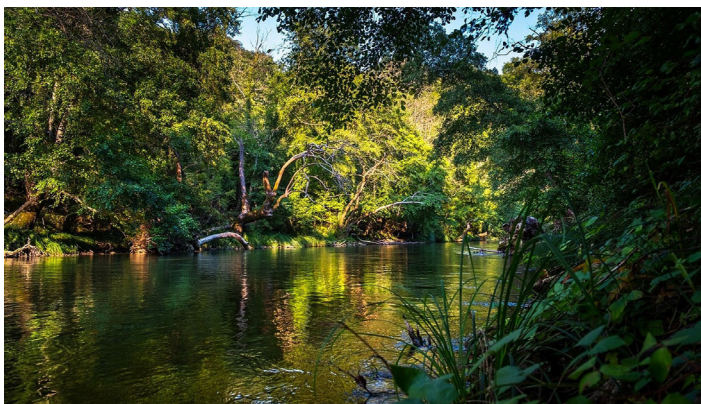
After your life-changing mission work in Chimbote, many groups choose to add a side trip to their adventure before returning home to the states. The FoC Mission Development Manager will connect you with a travel agent that will be able to create a memorable side trip. Below are a few of the favorites from past teams...



**Machu Picchu - Cusco**  
4 days/3 nights



**Inca Trail - Cusco**  
4 days/3 nights (can be longer)



**Amazon Rain Forest - Iquitos**  
4 days/3 nights



**Lake Titicaca - Puno**  
3 days/2 nights

## Departing from Lima back to the States

Mission groups and volunteers are responsible for making their own travel arrangements back to the states. All arrangements to get your team from Chimbote to Lima will be arranged by the FoC and ACAF mission team. You will be departing from the Jorge Chavez International Airport.

Due to the ever-changing world we live in it is extremely important to make sure that you keep in contact with your travel agent regarding schedule changes and requirements. At this time COVID-19 testing to return to the states is not required, but continue to check the status of this. Check the below websites for up-to-date information regarding travel requirements. Also be aware of your airline requirements and if any forms need to be filled out to enter Peru and to depart out of Peru.

**TRAVEL.STATE.GOV**

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Peru.html/#/>

**US EMBASSY PERU**

<https://pe.usembassy.gov/>

# Packing & Donations . . . .

## Clothing

1. Dress in layers...weather very unpredictable
2. T-shirts or modest tank tops
3. Shorts (no short shorts)
4. One Sweatshirt/light jacket
5. Socks
6. Travel money belt
7. Comfortable walking shoes (covered toe)

## Home Building

1. Bug Spray with deet
2. Small day pack
3. Rubber-gloves - if cleaning projects are on schedule
4. Tools (optional)
5. Baseball hat/bandana
6. **Sunglasses**
7. **Face mask for home building (must have)**
8. **Work Gloves (2) house building (must have)**
9. Old running shoes for building homes
10. Re-usable, insulated water bottle (do not share with anyone)
11. **Sunblock**
12. Hand Sanitizer
13. Small pack of baby wipes
14. Chap Stick - with sunblock
15. Paint brush and/or roller
16. **Painting clothes and work clothes for projects**  
Jeans or long pants recommended but not required
17. Wrist Watch

## Dorm Life

1. Ear plugs (if a light sleeper) or ear buds to listen to music
2. **Quick Dry Towels (wash cloth & towel)**
3. Flip Flops for Shower (cheap)
4. Hand Mirror
5. Ziploc bags for packing
6. Personal toiletries (small carrying bag for toiletries)
7. Girls (feminine products)
8. Small Flashlight with extra batteries
9. **Small Padlock - Mission has lockers**
10. Required prescription medications - pack in carry on baggage
11. Medications over-counter  
(Tylenol, Ibuprofen, TUMS, antibiotic ointment, Benadryl, cold medications)
12. Electrical converter for power shavers, hairdryers, any electronics that do not have a converter already built in. Peru uses 220v.

## Misc...

1. Journal - You will want to capture your daily experiences
2. Camera/cell phone
3. Battery pack for electronics
4. Snacks...Protein bars (Granola Bars), peanut butter, ground coffee, microwave popcorn, tea
5. Spending more (really not more than \$300 max)  
\*Can exchange at airport

## Donation Items for Children

1. Temporary Tattoos
2. Anything that makes music (Kazoos, Harmonicas, )
3. Stickers
4. Playing Cards
5. Small Checkerboards
6. Jump ropes
7. Spanish reading books
8. Cross Necklaces
9. Baby toys
10. Balls that you can inflate/pump also
11. Candy (suckers)
12. Nail polish
13. Colors/coloring book
14. Sunglasses
15. Hat
16. School Supplies
17. T-shirt or clothing with super heroes
18. Small bag to store their treasures in.

## Donation Items for Home Build

*\*\*Before you travel to Peru...you will receive a flyer introducing your family*

1. Picture of your team to leave with them
2. Small Mirror
3. First Aid Kit
4. Tools
5. Baby Wipes
6. Cooking Utensils
7. Towels
8. Spanish Bible
9. Scissors/paper
10. Toothbrushes & toiletries
11. Peanut Butter
12. Reading Glasses/Sunglasses
13. Caps/Hats
14. Dish towels
15. Cross to hang on wall in new home
16. Light weight bag for mothers to carry supplies in when she walks to store.
17. Hammer/work belt
18. Lotion/chap stick
19. Apron

# Accommodations in Peru ....

## Accommodations

Our visitor quarters are located within the secure mission compound of Our Lady of Perpetual Help Parish. We offer spacious dormitory-style rooms with comfortable beds, recently remodeled bathrooms with warm showers. We provide pillows, sheets and blankets but ask that you bring your own hand towel, washcloth and bath towel that can be donated upon your departure. You may also leave clothing and shoes at the Parish when you leave and they will clean and distribute out into the barrios. There is a laundry service available if needed!

You'll spend time in the dining room – often referred to as the “gringo room” where we have a large dining space, bottled water dispensers and a lounge area. Be sure to check out the view from our rooftop; this is also a great place to share group reflections at the end of each day. Long-term volunteers stay with trusted host families living in the neighborhoods served by the mission.

A daily rate of \$30 per person is charged for room and board for groups at the Parish. Please inform the FoC Mission Development Manager of any dietary allergies so food is prepared accordingly!



## Internet & Phone Service

Limited Wi-Fi is available at the mission but is often slow so please be patient. And while we understand the need to stay in touch with home we ask you to limit your screen time so that you may be in-the-moment and take advantage of your time in Chimbote to the greatest extent possible. Most cell phones work in Peru but check with your carrier for international service before you leave. A land line phone is available for brief and/or emergency calls.

# Meet your *Staff Support*....



**Jorge Villar**  
ACAF Executive Director



**Mike & Katie Smith**  
FoC Executive Director



**Rosario Loyola (Charo)**  
ACAF Visitors Coordinator



**Julie Dolbec**  
FoC Mission Development



**Daniel Robles Campos**  
ACAF Finance Director



**Wilder Benites**  
ACAF Transportation



**Roxanna Lopez**  
ACAF HR Manager



**Gloria Bazan Guzman**  
ACAF Social Services

The FoC Mission Visit Program began decades ago and has welcomed thousands of visitors and volunteers. Those who have made the journey feel a sense of community, not only with each other but with the inspiring and loving people that they met and interacted with at the mission.

Because our mission visits have grown and have become a thriving program, Friends of Chimbote (FoC), in coordination with ACAF, and the Parish, have established an experienced mission visit team to oversee all visitors and volunteer groups. Pictured are a few of the team members that you will be directly working with to create a life-changing experience for you and your team.

In addition to providing Spanish-English translators, coordinating your arrival, planning meals and organizing your mission visit, we will also bring you face to face with those we serve. You'll experience firsthand the extreme poverty and indignity of their daily living situation. Additionally, you will have the opportunity to see all that is occurring at the mission and the work that is happening to provide aid and hope to our brothers and sisters in Peru.

***We are so excited that you are willing to take a leap of faith and walk alongside hundreds of families in Peru as they work to take a steps onto the path out of poverty!***

# Mission Trip *Pricing* ....

## Group Pricing 2024 Rates

### Group Pricing Including a 2-Bedroom Home (7 Days/6 Nights)

Group Reservation Fee \$499 (non-refundable once dates are locked in:

**15+ People: \$899.00 per person**

**14-8 People: \$999.00 per person**

\*\*if home build is not part of your mission experience...cost would be adjusted

\*\*Actual pricing can not be determined until your custom trip activities are determined. You will work with the FoC Mission Development Director to plan your life-changing experience!

**Individual Pricing:** will be determined based on Mission Activities

#### INCLUDED with Trip Cost

##### **Transportation**

To/From airport & ministry sites. Also Bus fare to/from Lima/Chimbote

##### **Translators**

One with each group all day

##### **Staff Member**

At least one staff member will be present at all times

##### **Lodging**

At the Parish with a men's dorm and a women's dorm

Family room per request available

One night in Lima at the Gemina Hotel

##### **Meals**

Includes three meals a day prepared at the Parish

##### **Beach Day or Selected Mission Activity**

Our mission team will customize an activity that works for your team

##### **Salsa Dance Instruction one evening** (if interested)

##### **Mountain Top Climb/Viewing** (if interested)

##### **Materials for a 2-Bed Home with a Concrete Floor**

\*\*furniture would be an additional cost

#### NOT INCLUDED with Trip Costs

##### **Trip Insurance**

Strongly recommended - must be purchased as a group or individually

##### **Airfare**

From the States to Peru and from Peru to the States. Also additional airfare if taken from Lima to Trujillo or Chimbote and back. Bus fare would adjust pricing!

##### **Additional Mission Projects or Mission Activities**

You will work with the FoC Mission Development Manager to customize a trip that works for your team. If you would like to build multiple homes or participate in other Mission activities... that will be an additional cost not included in base price!

# Health and Safety...

## Health

Robust health is necessary for those who wish to visit our mission. If you have a physical, mental or psychological condition that may inhibit your ability to participate there are many other ways in which you can support the people of Chimbote. Though there are doctors and clinics in Chimbote, they are not comparable to the healthcare available in developed countries.

## Immunizations & Disease Control

All travelers should research the area they are visiting. Plan to call or visit your primary care physician or a travel medicine specialist at least 4-8 weeks prior to your departure. You should be up-to-date on all routine vaccinations. Note that at the time of this handbook being published there is NOT a history of malaria, yellow fever, Dengue Fever, or Zika Virus in Chimbote, Perú. However you should visit the Center for Disease Control Website/Peru for up-to-date information and recommendations at:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

## Food and Water Borne Illness

When you are at the mission as part of a group, our cooks will prepare tasty and safe meals and if you are a long-term volunteer you will stay with a trusted host family. All food prepared and served at the visitor quarters and by host-families is safe to eat. Purified water is provided so be sure to bring a refillable, insulated water bottle.

Be aware of the following suggestions to avoid illness throughout your time in Peru:

- Only drink purified water. Avoid getting tap water in your mouth by using purified water to brush your teeth and closing your mouth while showering.
- Stay hydrated by drinking plenty of water. Avoid excess caffeine and alcohol.
- Avoid raw foods that may have been washed in tap water, such as lettuce or berries. Fruit that can be peeled, such as oranges or mangos, are OK. When in doubt, always ask before eating.
- Do not buy/eat food from street vendors.
- Before eating, always wash your hands with anti-bacterial gel, anti-bacterial hand wipes, or with soap and water.

## Medication

Bring all of your usual/prescription medication with you from home in their original bottles and take it as usual while in Peru. It's a good idea to bring basic medications, such as Tylenol, Advil, allergy medications, and any other medications you think could be necessary. If you are concerned about travel-related stomach ailments, ask your doctor for a prescription for a broad-spectrum antibiotic such as Cipro that you can bring with you and use if needed.

If you do become ill while at the mission, please advise your group leader and our mission visit team members right away. We will do all we can to help you recover and return home in good health.



# Safety & Security ....

Shortly after your arrival in Chimbote, orientation to the visitor quarters and review of our safety and security policies will be provided by our mission visit team members. All mission guests regardless of the number of times they have been to Chimbote will participate in this important process.

- Friends of Chimbote cannot be held responsible for the loss or theft of personal belongings. All visitors must keep their belongings secure at all times.
- Lockers are provided in the dormitories. You just need to bring a small padlock!
- Visitors should not carry their passports with them in Chimbote! Lock them up in the lockers provided along with credit cards, cash, etc. (make a paper copy of your passport to carry)
- It is okay to carry a few soles in your day pack as you may need them to buy a soda or pay for a taxi.
- 2 guards will be present at the parish compound; one to monitor the gate and the other to accompany any group members for a short distance.
- Group members will be provided with a key to their assigned dorm as well as the dining room. Keys may not be given to anyone else by a group member and must be returned at the end of the visit.
- Dorms and the dining room shall be locked whenever group members are not present.
- A member of the mission visit team will be available to stay on-site when a group requires or requests it. This will be mandatory for all first-time groups/leaders.
- All group leaders will be provided with the volunteer coordinator (VC) cell phone number and must have a working cell phone within Peru so that he/she may call the VC at any time day or night if needed. Download WhatsApp on your phone!!
- No group member should be out alone; they must always be accompanied by a translator, member of the mission visit team, or other trusted person as assigned by ACAF.
- All group members must be in the parish by 10 pm unless a group or individual activity was previously coordinated/approved with the VC and group leader.
- Group members may not make plans with any locals unless previously coordinated with the VC and group leader.
- When groups are out in the neighborhoods, they shall always be accompanied by trusted ACAF staff (for the tour, projects, etc.)
- Group members will not use any public transportation in Chimbote unless accompanied by a trusted ACAF team member.
- Though the sunshine in Peru may be awesome, always use a high SPF sunscreen to avoid painful sunburn. Wear a comfortable hat and long sleeves if you plan to be outdoors for lengthy periods of time.
- Please stay away from and do not pet or touch any local animals, including dogs, cats, insects and etc...they could carry rabies and other unknown issues.

# Emergency Contact info...

If friends or family need to reach you in case of an emergency while visiting the mission, please have them contact the FoC office in the United States. They will assist them in contacting you. If they are not successful in reaching US staff and it is a matter of great urgency they may call Chimbote.

## UNITED STATES CONTACT INFO

### **Julie Dolbec**

FoC Mission Development Manager  
julied@friendsofchimbote.org  
701-202-6027

### **Mike Smith**

FoC Executive Director  
mikes@friendsofchimbote.org  
701-799-8589

### **Friends of Chimbote**

PO Box 717, West Fargo, ND 58078  
support@friendsofchimbote.org  
Office: 701-364-0162 (Mon-Fri 8am to 5pm)

## PERU CONTACT INFO

### **Maria Loyola de Herrick (Charo)**

ACAF Mission Coordinator  
rosario283@gmail.com  
011- 51-943-964-325

### **Jorge Villar**

ACAF Executive Director  
jorgevillar@acafchimbote.com  
011- 51-948-664-463

### **Mission Visit Quarters in Chimbote**

Parroquia Nuestra Señora del Perpetua Socorro  
Jr. Porvenir S/N - La Victoria  
Chimbote, Peru  
To call from the US: 011-51-43-32-3375

### **ACAF**

Jr Salaverry Mz. Z Lt. 15 – La Victoria  
Chimbote, Peru  
To call from the US: 011-51-43-32-1413

### **U.S. Embassy**

Avenida La Encalada cdra. 17 s/n, Surco, Lima 33  
Telephone +(51) (1) 618-2000  
Emergency After-Hours Telephone +(51) (1) 618-2000  
Fax +(51) (1) 618-2724

## HOME IN A BOX LIST

- 2 twin sheet sets (dark colors)
- 4 wash cloths (dark colors)
- 2 bath towels (dark colors)
- 1 stainless steel frying pan 10 inch or larger (for open flame use)
- 1 medium-sized sauce pan (for open flame use)
- 1 plastic water jug with spigot (collapsible is best)
- 8 forks, spoons, and knives (NO sharp knives)
- 8 bowls or plates (sturdy plastic or melamine)
- 8 plastic glasses
- 1 large serving spoon
- Pot holder or oven glove
- 4 containers with lids (Gladware or similar)
- 10 plastic hangers
- 1 package clothespins
- 50ft length of nylon rope or clothesline
- 1 tarp 8'x12'
- 1 roll of duct tape
- 2 notebooks
- 4 pencils
- 4 pens
- 1 sturdy plastic pail
- 1 pair of work gloves

## ELEMENTARY STUDENT BACKPACK LIST (5-10 YEAR OLDS)

Please pack the following in a backpack appropriate for this age group. Remove all plastic and packaging from these items before you place them in the backpack.

- 3 pencils, 2 erasers, 1 pencil sharpener
- 1 ruler (30cm), 1 protractor, 1 right-angle triangle
- 1 compass, 1 scissor (rounded point)
- 1 bottle of glue, 1 roll of packing tape
- 1 franela (a flannel cloth for cleaning)
- 3 broad-tip dry erase markers (black, blue, red)
- 3 graphing paper notebooks (4 square per inch)
- 50 sheets of A4 printer paper (8.27" x 11.69")
- 1 plastic pocket folder, 2 paper pocket folders
- 3 notebooks with micro perforations (prefer no spiral)
- 1 box of crayons, 1 box of non permanent markers
- 1 bar of soap, 1 small wash cloth
- 1 (sketch) drawing notebook
- 1 paint brush, 3 bottles of tempera paint (red, blue, yellow)

## BABY BUNDLE LIST

- 1 Bottle of Prenatal vitamins – (100 tablets in original bottle)
- 1 pkg Disposable diapers – size 1 or 2
- 2 Baby bottles – 1 large and 1 small
- 2 Baby blankets - NO CROCHETED BLANKETS (1 receiving blanket and 1 heavier blanket)
- 1 Soft towel and 2 wash cloths
- 3 Onesies
- 1 Baby hat – newborn or small size
- 1 One-piece baby outfit – 6-9 month size
- 1 Bulb syringe for NOSE (not ear)
- 1 Baby nail clippers
- 1 Baby lotion (approx. 10 oz)
- 1 Baby shampoo (approx. 10 oz)
- 1 Brush or comb for hair
- 1 Plastic baby dish, cup, and spoon
- 1 Teething ring or toy
- 1 Waterproof pad for changing diaper
- 1 Nuk (pacifier)

## SECONDARY STUDENT BACKPACK LIST (11-16 year olds)

Please pack the following in a backpack appropriate for this age group. Remove all plastic and packaging from these items before you place them in the backpack.

- 3 pencils, 2 erasers, 1 pencil sharpener
- 1 ruler (30cm), 1 protractor, 1 right-angle triangle
- 1 compass, 1 scissor
- 1 bottle of glue, 1 roll of packing tape
- 1 franela (a flannel cloth for cleaning)
- 3 broad-tip dry erase markers (black, blue, red)
- 3 graphing paper notebooks (4 square per inch)
- 50 sheets of A4 printer paper (8.27" x 11.69")
- 1 plastic pocket folder, 2 paper pocket folders
- 3 notebooks with micro perforations (prefer no spiral)
- 1 small composition book
- 1 set watercolor paints with brushes
- 1 roll of 3/4" wide masking tape
- 3 pens (black, blue and red ink)
- 1 Spanish/English dictionary (paperback)



Thank you from the bottom of our hearts as you walk alongside thousands of families as they journey on the path out of poverty.