

Amazon

a d v e n t u r e



BRAZIL

SEPTEMBER 21-29, 2018

Nearly 90% of all diseases worldwide are caused by unsafe drinking water -



THE
CRISIS

- inadequate sanitation, and poor hygiene. Every year there are 4 billion cases of diarrhea as a result of drinking contaminated water; this results in more than 2.2 million deaths per year -- the equivalent of 20 jumbo jets crashing every day.

The weakest members of communities are the most vulnerable; every day water-related diseases claim the lives of 5,000 children under the age of five.

That's roughly one every 15 seconds.



THE SOLUTION

Technology used in kidney dialysis and other fine filters has been adapted for water filtration and is being made available by Sawyer Products and 9B Solutions. The systems provide the highest level of filtration currently available. They will immediately provide low cost, simple and effective means for changing how people treat river water to make it safe.

One filter can process up to 500 gallons per day.

One filter will provide for the daily safe water needs of up to 10 people.

Each filter can go from purchase to delivery and installation for a cost of \$50.



AMAZONAS 2018

Who, What, Where & Why

Stretching over 4,000 miles, the Amazon River Basin is an expansive, yet isolated region. The Amazon River is the second longest river in the world (recent National Geographic studies indicate it is the longest river, followed by the Nile River). The Amazon runs through the South American countries of Peru, Colombia, Ecuador, Bolivia, Venezuela, and Brazil and accounts for 20% of the fresh water that drains into the world's oceans. 95% of this volume is not filtered.

Quantity without quality.

There are an estimated 33,000 villages on the banks of the Amazon River. Indigenous people who have been neglected by civilization inhabit The Amazon. The river is the only highway, and the boat is the only transportation. The State of Amazonas is not serviced by roads, only by rivers. This is also where over 1,000 tributaries come together to form the Amazon River. And it is in these rivers where our humanitarian trips take place. Not only in the Amazon but the Solimoes, Negro, Cuieiras and Madeira rivers just to name a few.

With an annual per capita income of just over \$200, poverty and hardships grip the villagers which populate this undeveloped tropical rainforest. 39 out of every 1,000 infants will die before they learn to walk. 25% never learn to read. The problems are further exacerbated by floods, malaria, and

a closeness to neighboring drug trafficking countries. Often, alcoholism is prevalent in every village.

For children under 5, water related diseases are the leading causes of death.

Many of the villages we visit make you feel like you have stepped back in time a few hundred years. These villages are usually located off the main river on a tributary

or a beautiful lake. The homes are generally built with adobe like bricks or with wood, bamboo and leaves. They are very small homes housing large families. Everyone sleeps on a hammock and it is not unusual to have twelve people living in one house.

No matter what size the village is there is usually a Catholic Church, a school and a soccer field. The people along the Amazon are quite humble and reserved. After they get over their shyness, they are very hospitable and always greet you with a smile. The men usually hunt or fish in the morning while the women grind manioc (their main staple food) and take care of the children. Some villages have common fields they harvest together and share the profits. People travel in flat bottom canoes from place to place. There are no bikes or cars in the smaller villages, but you will find an occasional one in the larger villages. The pace of life is slow and simple, and there are many opportunities to get to know these sweet and generous people.



TRIP DETAILS

Trip Leaders: Justin Meyer (Project Hope Int'l) from St. Helena teaming up with local Guides, Gustavo and Deborah with River International who are based in Manaus, Brazil.

Service: Participants will get an equal mix of hard work, enrichment and fun during this expedition. Live on a boat for 4 days and travel along the Amazon River setting up water filtration systems for families in villages.

Location: Manaus area of the Amazonas region in Brazil.

Accommodations: While on the river, accommodation & travel will be on a river boat which includes hammock sleeping or air conditioned cabins and river water showers.



For the last day in Brazil, participants will enjoy resting and relaxing at the Tropical Hotel Manaus (an eco-resort located in the gateway to the majestic Amazon rainforest.)



Panama Excursion: The last 1.5 days of the trip (including 2 nights) will be spent in Panama city. Accommodations at the The Bahia Grand Hotel (formerly Trump Tower). Excursion includes lodging and tour transportation.

Brazil Activities: Recreation includes caiman spotting, piranha fishing, eco-touring and jungle hiking in the Brazilian rainforest.

Trip Length: 8 days, including travel to and from Brazil.

Travel: Airfare from San Francisco International Airport to Manaus, Brazil is included in the cost of the trip. Participants will be responsible to get to and from SFO. All travel while in Brazil is included in the trip.

Currency: The currency in Manaus is the Reais. ATMs are available in many parts of Manaus - ensure you inform your bank before traveling abroad, and be aware you may be charged for cash withdrawals. It is advisable to exchange some cash before arriving in Manaus.

Climate: Manaus area has a tropical monsoon climate. During the month of March, the temperature averages in the high 70's to 80's.

Item's needed for the trip:

Clothing

Light fabric shirts or blouses (front buttons are best), Loose T-shirts, Lightweight long pants with pockets, Lightweight shorts with pockets, Swimsuit, Underwear and socks (remember: lighter dries quicker). Good, light walking shoes, Sandals, One light rain jacket for the rare cool evening, Waterproof windbreaker (optional).

Pillow and light twin size sheet.

Medicine and Vitamins

Keep your regular medicine/vitamins in original containers, Band-Aids and ointment, Insect repellent. You can also start taking Complex B vitamins once a day, 3 days prior to the departure – it will help to keep the mosquitoes away from you! Sunscreen 30 SPF or higher.

Miscellaneous Items

Journal, Camera, Cheap wristwatch, Sunglasses, Earplugs, Extra eyeglasses or contact lenses, Flashlight, Water bottle.

Electric Adapters

Brazil uses both 110 and 220

Minors: Minors under the age of 16 must be accompanied by an adult. All children under 18 years of age, when not accompanied by both parents, must have a valid passport (passport must be valid for at least six months) and, if children are traveling alone or accompanied by a third party, both father and mother must give their children written travel authorization so they can enter, leave and travel within Brazil.

Travel Documents: If you have been to Brazil before and have a valid Brazilian visa (they were issued as 5-year visas, and still may be valid) you do not need any other papers other than your airline ticket and immunization record.

If you have not been to Brazil before, or if your 5-year visa has expired, you need to get a Brazilian visa.

* To get this - - you need to FIRST have your airline ticket paid for and an itinerary of flights and hotel reservations to turn in to get the visa. You also need to have a passport with at least six months left until expiration date.

Brazil Immunization Requirements

*This information is simply a collection of general precautions. Please consult your doctor for medical advice.

Wearing clothing that covers your body and using a bug spray should decrease the chance of catching one of these diseases. (*Make sure the bug spray is effective - needs high % of deet, like "Repel 100" or "Off Sportsmen".*)

- **Yellow Fever** A yellow-fever vaccination is required for all - is good for 10 years and you should keep your certificate with your passport.

****International Yellow Fever Vaccination Certificate:** Applicants who have visited any countries listed below within the previous 90 days prior to entry in Brazil are required to present a valid International Yellow Fever vaccination certificate: Peru, Bolivia, Columbia, Ecuador, French Guyana, Venezuela, Angola, Benin, Burkina Faso, Cameroon, Congo Gabon, Gambia, Ghana, Guine, Liberia, Nigeria, Sierra Lenone, Sudan.

- **Malaria** Transmission is higher in jungle area of lumbering, agricultural and agricultural development that are less than 5 years old where multi-resistant P.falciparum strains are common. Major cities have a lower transmission rate. Protection treatments vary according to the actual risk in contracting malaria, the dominant species of the malaria parasite in an area and the possible risk of serious side effects from the prophylactic drugs.

*The WHO's - World Health Organization's - recommendation is MALARONE.

- **Hepatitis A** A hepatitis A vaccination is recommended for travelers that plan to drink non-bottled water. (This is recommended for everyone.)

*** You must be current in your regular immunizations and tetanus as well. ***

Passport & Visa Information

Visas are obtained through the Brazilian Consulate in San Francisco. Specific details on this will be given at upcoming team meetings.

- www.brazilsf.org/visa-tourist-eng.htm (San Francisco Brazil Consulate Visa Info)
- <http://travel.state.gov/passport> (Passport Info)

Total Trip Price \$3,500 / person

What's included in the price of the trip:

This includes airfare, accommodations and meals on the boat, and 1 night / 2 days at a resort in Manaus at the end of our trip. All meals off the boat are the responsibility of each participant. It is recommended that each team member bring extra money for souvenirs also. We will visit the Manaus downtown market on our last day in country.

***This price has been locked in for the first 6 people and is subject to change for participants beyond the first 15 due to possible airfare rate increase.*

Paperwork and Deadline Instructions for Individuals

It is very important that you be aware of all deadlines for payments, paperwork, passport copies/birth certificates. There are four deadlines set up (see details on each deadline below):

- DUE IMMEDIATELY: \$500 non-refundable deposit due immediately to hold a spot.
- August 15, 2018: \$1,500 Due
- September 1, 2018: \$1,500 Due

****All payments must be turned in by September 1. This is the last day funds can be received.**

Refunds: Sorry, payments made are applied immediately to direct trip costs. Therefore, refunds are not available. We will do our best to work with you (assisting with the airline, etc.) to get travel credit where possible.

In order to confirm your trip, a completed and signed application form and \$500 deposit must be submitted to Project Hope.

Please send application / payments to:

Project Hope Int'l | 2322 Spring Street, Suite B | Saint Helena, CA 94574

**Make checks payable to "Project Hope Int'l"*



- 1. Keep a positive attitude throughout the trip, and come with an openness to meet new people.** *If you have great attitude you will have a great trip . . . trust us.*
- 2. Listen and follow the instructions of the team leader.** *You don't have to love every decision the leader makes, but they know things you might not. Its just a week of listening, you can do it.*
- 3. Refrain from using tobacco, alcoholic beverages, pornography or illegal drugs at any time during the trip.** *We promise this will be one of the greatest experiences of your life, that other stuff isn't what we are there for.*
- 4. Come home the same way you left.** *This includes body piercing, tattoos, etc. The people back home do not need any surprises when you get back.*
- 5. Abstain from making derogatory comments or getting involved in arguments regarding people, politics, religion, race, or traditions.** *Be cool. You can argue when you get home.*
- 6. Attend all team meetings, both prior to departure and during the trip.** *We have a lot of stuff you need to know and we need to get it to you.*
- 7. Refrain from meddling, complaining, and using obscene or insensitive humor.** *Keep it clean people.*
- 8. Adhere to the dress guidelines established for your trip.** *The Brazilian people, despite what you may think to the contrary, are very modest. These simple guidelines apply to both genders and will keep you from becoming a spectacle. (Trust us, we've done this before.)*
Shorts should be at least mid-thigh - Tank tops should be modest (t-shirts should be worn on the work site to protect your shoulders from burning) - Undergarments should be worn at all times - Swimsuits should be modest (or you can wear a t-shirt over your suit if you want) - Sturdy shoes should be worn off the boat.
- 9. Make sure the group leaders know where you are at all times.** *Make sure you are always in groups of three. A little communication will keep you safe and make sure everything is running smoothly.*
- 10. Understand that this trip can be difficult, and promise to adopt a flexible attitude, as plans may need to be changed.** *The less flexible you are the harder the trip will be for you, inflexible people break.*
- 11. Interact with all members of your team, not just those members that you knew before your trip.** *We are trying to create and experience with new life long friends.*
- 12. Please no romantic involvement for the duration of the trip. For this trip, enjoy the single life, no public displays of affection, this includes cuddling, kissing, hand holding, etc.** **Get those digits and make a call when you get home – who knows – maybe it's true love.*
**This, of course, doesn't apply to married couples, but keep in mind that you might not be able to share a room, depending on the situation. Call us to find out about the accommodations for families.*
- 13. Speak with team leader before giving any gifts to the locals. Do not give any money to beggars.** *It may seem like you're being helpful but you have no idea what the consequences may be. If you want to give, we have healthy ways of doing it.*
- 14. Respect the curfew and quiet times that are in place and please make sure you get an adequate amount of sleep every night.** *We don't want you falling asleep on the job.*
- 15. Do not enter the rooms of the opposite sex.** *Certain things should remain a mystery.*
- 16. Refrain from any other behavior or activity that would hinder what we are trying to accomplish while helping the poor.** *Keep the finish line in mind the whole time.*
- 17. Commit to coming on the trip to work hard and have a lot of fun.** *We will have a lot of opportunities work and play. You will only get out of this trip what you put in.*

Project Hope Int'l Individual Application (3 pages)

Applicant's Name (First, Last): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

Date of Birth (mm/dd/yyyy) ____/____/____

For Minors Only:

Parents/Guardians (First and Last): _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email Address: _____

Home Phone: (____) _____ - _____ Cell Phone: (____) _____ - _____

A birth certificate (or court document describing the custody agreement for guardianship situations) AND notarized letter of permission are required. Minor permission forms are available upon request.

T-Shirt Size: (Circle one): Youth: Large | Adult: Small Medium Large XL 2XL 3XL

Passport # _____ Expiration Date: _____

Emergency Contact: _____ Contact Number: (____) _____ - _____

Y / N Have you been to Brazil before?

Y / N Do you currently have a Brazilian Visa?

Y / N Do you speak Portuguese?

Y / N Have you ever been convicted of or plead guilty to a felony? Do you have any restraining orders or outstanding warrants against you?

Y / N Do you have any existing medical condition(s) that may require extended medical treatment or surgery in the future? Have you had any knee or back problems?

Y / N Have you had any surgery or major health problems in the past 2 years? If so, please explain.

Y / N Are you currently or do you regularly take any medications? If so, please list the drug name(s), what each drug treats, and which are prescription and non-prescription.

Y / N Do you have any special dietary needs? If so please explain.

Please briefly summarize your health. Do you place any limits on yourself to avoid physical or medical problems? (List; allergies, or any hearing, vision, mobility limitation?)

Assumption of Risk Agreement

1. I am aware of the hazards and risks to my personal property associated with foreign relief activities which I am applying and will apply for in the future, such hazards and risks including but not limited to death or injury by accident, disease, terrorist acts, weather conditions and inadequate medical services and supplies. I volunteer my services on behalf of Project Hope despite such hazards risks, and I assume the risks of death, injury and damage associated with such risks.
2. The Project Hope experience includes intense physical activity including extended hiking, continuous walking, and strenuous activity. We require that all participants be in good physical and mental condition and may request a physical exam and reference from a doctor (if needed). I attest and verify that I am physically fit and have no medical conditions that would prevent me from performing the volunteer services for which I am applying.
3. I waive any and all claims for damages, which I or my heirs may have against Project Hope or any host of Project Hope.
4. I give the staff of Project Hope and or any host of Project Hope permission to seek emergency medical treatment.
5. Project Hope regulates conduct, dress, and an appropriate lifestyle. Team members, leaders, and staff adhere strictly to Project Hope policies and are subject to dismissal for disobedience without refund or reimbursement. I agree to the Project Hope Code of Conduct (on page 10 of info packet).
6. I hereby consent to the participation in interviews, the use of quotes, and the taking of photographs, movies or video tapes, the right to edit, use, and reuse said products for non- profit purposes including use in print, on the internet, and all other forms of media.
7. The information I have given Project Hope is accurate and true to the best of my knowledge. I also give Project Hope the right to use my picture, voice, and or/testimony in any type of promotional or advertising materials. My enclosed signature (and enclosed signature of parent or legal guardian if under 18) signifies my approval of all limitations listed above.

Waiver of Liability, Assumption of Risk & Indemnity Agreement

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in Travel. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, indemnity agreement, and code of conduct, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement fully and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Applicant

Parent or Guardian (If applicant is a minor)

Signature

Date

Signature

Date