MISSION GUIDELINES

2020-2021
WHO WE ARE

Esperança (es·pe·ran·sah), the Portuguese word for hope, resonates in everything we do. We are more than doctors, donors, and volunteers. We are activists, community members, and global citizens. We are connected to our work because we are there, on the ground, letting the people tell us what they need.

Our mission is to improve health and provide hope through sustainable disease prevention, education, and treatment for every life we touch.

We envision a world where communities across the globe have the tools, training, and support to achieve optimal health through access to clean water, secure housing, nutritious food, and disease prevention and treatment.

WHAT WE DO

Esperança provides the opportunity for volunteer surgeons, anesthesiologists, nurses, and other medical professionals to come together and provide life-saving surgeries in countries where people lack access. Each volunteer team travels approximately seven days, evaluating patients, performing surgery, and providing training to local medical staff.

www.esperanca.org
Important Reminders:

- If you do not already have one, please apply for an international passport. Applications are available at a local courthouse or U.S. Passport Office.

- Passports must be renewed if the expiration date is less than 6 months from scheduled mission.

- Esperança will initially cover travel, lodging, and food expenses. Request for reimbursement will be sent after you return from the mission.

- If purchasing own airline ticket please ensure your name is written as stated on your passport.

- Keep copies of passport, airline tickets, mission documents, etc.,

- Pack extras of important items in the event of travel delays.

- Visit www.cdc.gov to check on immunizations you may need.
## Packing List

### Medications:
- Altitude sickness
- Antibacterial ointment
- Antifungal ointment
- Antihistamine
- Cough drops
- Cough suppression
- Decongestant
- Epinephrine auto-injectors
- Hydrocortisone cream
- Imodium
- Inhalers
- Malaria prevention *not necessary for all countries
- Mild laxative
- Mild sleep aid
- Motion sickness
- Insect repellent
- Pain relief
- Pepto Bismol
- Personal prescriptions
- Probiotics
- Saline nose spray
- Travelers' diarrhea antibiotic

### Other:
- Afterbite
- Backpack
- Band-aids
- Blister gel or moleskin
- Braces for back, knee, etc.
- Earplugs
- Electrical adapters/converters
- Energy bars
- Flashlight
- Global entry card
- Hand sanitizer / wipes
- Health insurance card
- Medical alert bracelet/necklace
- Passport and copy of passport
- Portable charger
- Rain gear
- Rehydration salts/powder
- Scrubs
- Spare glasses
- Sunscreen
- Surgical loupes
- UVB protection
- Water bottle
- Ziploc bags

*Some of these items are dependent on personal use/need.
Travel

You may be asked to fill your luggage with medical supplies. In this case, you will need to check your bags. With Fly For Good, Esperança’s preferred travel agent, you may check up to 3 bags for free. Check the airline’s website for specific luggage rules and regulations for your international destination.

It’s recommended to pack essentials in your carry-on bag.

Always have your passport, mission documents, etc., on hand.

When you receive your travel information, please pay close attention to the instructions regarding taxes, airport entrance/exit fees, or on-site visa applications. If there are any additional fees, we will notify the team ahead of time.

Team members generally meet at the airport gate. E-mail and cell phone numbers will be distributed to team members prior to mission departure. Always verify your flights and if possible, print boarding pass 24 hours before flights.

It’s recommended to enroll in the Department of State's STEP program at www.step.state.gov

Esperança will also purchase travel and malpractice insurance for team members.
MONEY:
It will not be necessary to bring large amounts of cash on your trip. You may be able to exchange money at the airport. Small amounts of cash are best.

CREDIT CARDS:
Dependent on your mission destination, credit cards may or may not be accepted. If you plan on using a credit card, please make sure to call your credit card company/bank prior to travel to notify them that you will be out of the country. Be aware of any fees associated with international purchases.

LODGING:
Hotels are as close as possible to the hospital you’ll be working in. Hotels typically have a restaurant as well as hot water, Wi-Fi, cell phone reception, and TV in your room. In some of the more remote regions, hot water and Wi-Fi may not be as reliable.

Hotels will have toilet paper, though some hospitals may have limited amounts. It is a good idea to bring wipes or a roll of toilet paper.

ELECTRICAL OUTLETS:
Please check for the country's electrical outlet system online prior to your travel. You may need to purchase an electrical adapter or converter.
**WATER:**
Bottled water is recommended for the duration of your trip. Use purified water for brushing teeth. Hydration is especially important as some destinations will be at high elevation.

**MEALS:**
Breakfast will be included at the hotel. Lunch and dinner plans will be provided for you by our local team.

Bring snacks if you have special dietary needs or allergies. You may be able to visit a local grocery store to purchase food items.

**TIPS:**
- Drink purified water or bottled water. Avoid ice cubes.
- Eat foods that are fully cooked and served hot.
- Avoid shellfish and raw or under-cooked seafood.
- Avoid salads or dishes made with raw vegetables.
- Eat fruits with thick skins and make sure to peel the fruit yourself before ingesting.
Mission Arrival:

HOSPITAL PROTOCOL:
While on site, Esperança mission teams are scheduled to travel to and from the hospital together. Please plan ahead by packing everything you may need for the day: scrubs, work shoes, snacks, etc. You will wear regular clothes to the hospital and change into scrubs upon arrival.

SAFETY PROTOCOLS:
Please be attentive to instructions and safety precautions provided to you. These instructions will be dependent upon which country/region you will be traveling to and from.

DIPLOMATIC OBLIGATIONS:
As a volunteer with Esperança, please remember that we are guests of the hospital and country, so diplomacy, flexibility, and acceptance are expected of you throughout the entirety of your mission.

Please be cognizant of dress codes and uphold cultural sensitivity.

As an international volunteer, you represent not only your profession and Esperança, but also your respective country. Professional conduct will be expected at all times.

Remember to take care of yourself and your fellow team members.

Thank you for joining the team and have a wonderful trip!
Thank you for your volunteer service!

For any questions, please contact Adriana Farquharson, International Program Coordinator, Adriana@esperanca.org

To make a donation, please visit www.esperanca.org/donate-now