



iHelp Globally 2014

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WHAT: iHelp Globally is partnered with an NGO, and is designed for students who are interested in pursuing careers in medicine/dentistry/allied health.

iHelp Globally aims to provide services and donations to communities that are deeply in need of medical attention...globally. By uniting like-minded individuals, "iHelp Globally" creates a symbiotic relationship between its volunteers and the communities they serve. It's second aim is to provide the volunteers with not only the rewarding experience of helping others and learning the value of service, but also to arm them with clinical exposure and the opportunity to appreciate medicine at the grass-roots level.

Many of our volunteers are pre-health, pre-medical, and pre-dental students that are looking for avenues to strengthen their passion for their chosen field. Additionally, some individuals work in non-medical fields, but participate to simply "give back" and serve others.

WHO: iHelp Globally has been organized by a group of individuals who are recent graduates and their mentors who are licensed medical and dental professionals.

We are striving to create an organization that aims to bring healthcare exposure to students at an affordable cost.

iHelp Globally has pledged to bring medical services and donations on a consistent basis to impoverished areas of Peru and the Dominican Republic. Each session brings us closer to our pledge to build a sustainable medical facility which can operate full-time, 7 days a week in the slums of Peru and Dominican Republic.

Do you know of a location that might greatly benefit from our IHG sessions? Please write to: info@ihelpglobally.org

WHERE: PERU

Clinical Work: Ventanilla (Lima), Las Lomas (Lima), Island of Tequille, Pucallpa (Amazon), Iquitos (Amazon), Panao (Mountains).

Recreational: Huacachina, Paracas, Miraflores, Floating Islands of Uros, Lake Titicaca, Panao, Puno, Huanuco, Amazon (boat).

DOMINICAN REPUBLIC

Clinical Work: Costanza (Mountains) ** More info released shortly.

WHY: Due to political turmoil in Peru (1980's), civilians of the Andes Mountains found their life to be in danger, and therefore forced to leave their homes. They escaped and migrated to Lima, Peru and became squatters in deserted plains. Their new homes became "shanty towns," (or commonly terms the "slums"). The residents of communities like "Pachacutec" and "Las Lomas" (sub-districts of Ventanilla, Lima) were once farmers when they lived in the Andes mountains, and are still discriminated against due to their lack of education, lack of assets, and poverty. Kept down due to racism and discrimination, most of these residents continue to be segregated intellectually, culturally, and socially today. Some of this discrimination can be observed specifically in the healthcare field, where medical services are already scarce due to recent strikes by healthcare workers. The strikes created backlogs in hospitals and clinics all throughout Peru...and affects mostly low-income Peruvians who cannot afford private health care.

SHANTYTOWN: People establish a shantytown by simply squatting on a piece of land. If they stay there for 20 years (most of the time, longer than 20 yrs) and organize themselves, the government *may* recognize them as an official town and give them title to the land. In the mean time, there is a high risk of being forced to vacate the land. You will notice most homes are not made out of durable material because the owner risks losing the home.

HOW: We will be helping the communities by providing medical services, medical donations, and other types of donations (food, clothing, toys). During the 7night/8day sessions, we will be holding 3 clinic days. During the longer sessions (13 nights, or 14 nights), we will be holding 5 clinic days.

IHG travels to Peru with a group of students and licensed professionals approximately every 2 months. Often, IHG teams return to the same communities in order to build relationships and provide a sense of security to the residents of the shanty towns.

In 2014, IHG has pledged to expand to other regions within Peru (including impoverished regions along the Amazon, the Taquille Islands, and the mountain regions in addition to continuing to serve districts of Lima (Ventanilla: Las Lomas, Pachacutec, etc).

Please refer to the session dates (below).

WHEN: PERU 2014

Session 1: Spring 3/9/14-3/16/14	8days	Lima
Session 2: Spring 3/23/14-3/30/14	8days	Lima
Session 3: Spring 3/30/14-4/6/14	8days	Lima
Session 4: Summer 6/14/14-6/21/14	8days	Lake Titicaca
Session 5: Summer 6/14/14-6/27/14	14days	Lake Titicaca & Lima
Session 6: Summer 6/30/14 - 7/7/14	8 days	Lima
Session 7: Summer 8/11/14-8/20/14	10 days	Amazon (Pucallpa)
Session 8: Summer 9/7/14-9/21/14	15 days	Lima/Mountains
Session 9: Summer 9/12/14-9/21/14	10 days	Mountains (Panao)

DOMINICAN REPUBLIC 2014

Session Info: TBA

COST: PERU 2014

Session	Location	Length	Deposit*	Remaining Program Fee	Program Fee Due
1	Lima	8 days	\$ 275.00	\$ 825.00	February 7, 2014
2	Lima	8 days	\$ 275.00	\$ 825.00	February 21, 2014
3	Lima	8 days	\$ 275.00	\$ 825.00	February 28, 2014
4	Lake Titicaca	8 days	\$ 325.00	\$ 975.00	May 15, 2014
5	Lake Titicaca & Lima	14 days	\$ 400.00	\$ 1,150.00	May 15, 2014
6	Lima	8 days	\$ 275.00	\$ 825.00	May 31, 2014
7	Amazon	10 days	\$ 330.00	\$ 990.00	July 12, 2014
8	Mountains & Lima	15 days	\$ 400.00	\$ 1,200.00	August 8, 2014
9	Mountains	10 days	\$ 350.00	\$ 1,125.00	August 13, 2014
10	Lima	8 days	\$ 275.00	\$ 825.00	November 14, 2014

* The deposit listed above is non-refundable and is mandatory to reserve your spot on your chosen team. The deposit is transferrable between sessions and is due on the date indicated in your “notification letter.”

The above fees include:

- Over-night accommodations for each night of the session
- Majority of the meals (average 2 meals/day)
- Security/Border costs
- All Ground transportation
 - Pick-up and Drop-off service from/to Int. Airport
 - Pick-up and Drop-off to clinic destinations
 - Pick-up and Drop-off to recreational destinations/dinners out
- All recreational activities listed in your finalized itinerary for your session
- Medications/Medical supplies (for clinic)
- Translators and guides
- Fees for museums/misc. sight-seeing
- Supplies for community social event: items depend on session
- 24/7 access to group leaders and organizers
- Skills workshops (provided by U.S. licensed medical/dental professionals)

Please note: The participant is responsible for transportation to Peru. Airfare is not included in the program cost listed above.

WAYS TO CUT COSTS:

Referral Discount: \$100.00 per person you refer who ends up participating. Up to \$400.00 in referral discounts allowed per student.

**Scholarship: - One scholarship recipient per session.
- 50% discount off “remaining balance” – applied after any referral discounts.**

PAYMENT ARRANGEMENTS:

iHelp Globally representatives will contact you approximately 7-10 days following your interview. Because we strive to offer this experience at the most affordable rates, space is limited on our teams. We unfortunately are unable to extend an invitation to all of the interested applicants. If you have not been chosen to participate this year, please do not let that stop you from applying in the future. The destination for 2015 will continue to be Peru with several sessions to the Dominican Republic. The sooner you apply, the higher the likelihood of being accepted.

If you have been chosen to participate, congratulations! When we email you to notify of our decision, you will be given an opportunity to let us know whether or not you are still interested. If you are still interested in participating, please submit the deposit (which is indicated above, and is 25% of the total program fee) in order to reserve your spot. The deposit due date will be indicated in your notification letter. Please mail the deposit to the address indicated in your notification email.

The deposit is non-refundable; however, it is transferrable (between sessions in 2014 only) and can be used as credit for future sessions (in 2015 only). The payment schedule is negotiable for the remaining balance, as we want all the chosen participants to be able to participate. However, the program fee must be paid in full by the indicated date (30 days prior to the start of your session).

Should you require further financial assistance (an interest-free payment plan), please don't hesitate to contact us once you receive your notification letter or discuss this with your IHG coordinator during your interview.

All payment queries should be directed to: payment@ihelpglobally.org

**** Deposit is only refundable if your chosen session has been canceled by IHG, and you are unable to participate in any other session in 2014.**

Please note regarding late payments:

Late fee of \$25.00 will be applied for every day that you are late in paying your program fee (unless you have made previous arrangements by the due date set in your notification letter). All program fees must be paid in full by the dates listed above to ensure you are allowed to participate. Please contact us if you are unable to meet our payment schedule (payment@ihelpglobally.org). We will do everything we can to establish a realistic payment plan for you in order to help you adhere to the deadline. Failure to give us prior notice will result in accrual of late fees with no exceptions, and the participant will be held responsible for any fees incurred should iHelp Globally take action to collect debt owed to them by the said participant.

FREQUENTLY ASKED QUESTIONS:

1. I am only a freshman in College, and do not have experience in the healthcare field. May I apply?

The amount of previous experience varies amongst the participants. This program was designed to cater to pre-health/pre-med, and pre-dental students from all different backgrounds, and to give them the clinical exposure and hands-on patient care that they need in order to look competitive in the eyes of grad school's admissions committees. We believe everyone has something unique to offer to the medical mission trip, and thus we will never turn down an applicant simply based on their academic background. You do not need to submit letters or recommendation, in fact you will be provided with a letter of recommendation from our licensed medical professional (if requested) upon the completion of the mission trip. The only pre-requisites to participate: an adventurous spirit, an inquisitive mind and the passion to learn more about the healthcare field.

2. How do you screen the participants? What typically makes the ideal candidate?

There is no easy way to answer this question, as there is no typical prototype of the ideal candidate. You will find that the participants in your session vary in their academic background. Some participants may be college students with CNA licensure, while some may be freshmen with no previous work experience. We screen interested candidates based on why they are looking to participate and the unique skills they are able to bring to their team.

3. Are we allowed to explore the country on our own? Will we have "free time"?

Although we believe in establishing a healthy balance between work and play, we will not be allowing you to explore the country on your own. Unlike other programs that do not fully disclose the detailed itinerary prior to your arrival in the host country, we strive to at least give you as detailed of an itinerary (day-to-day activities) before you sign-up for a team. This will give you an idea of what to expect during your work days in the host country, as well as insight into the recreational activities we will be offering during your chosen session. Unlike our competitors, we want to cater to your interests as much as possible... so if you have been researching the specific cities we will be staying in, and come across something that interests you, please send us an email and we can take a look into offering your suggested recreational activity. As aforementioned, you will not be able to participate in the recreational activity by yourself...If there is enough interest, we will enjoy the activity as a team and you will have group leaders/organizers with you at all times.

4. I have family in the host-country and would like to see them while I am there. Is this possible?

Yes, absolutely... provided they meet us after we are done with classes/work and they are able to meet us for dinner in our chosen restaurant (or during our scheduled recreational activities). Additionally, they are welcome to meet with us during the community social event and even help out if they are interested! The more help the better. ☺ In the past, participants have chosen to extend their stay in the host country, but at their own expense.

5. I am a vegetarian (or have food allergies). What are my options?

Please notify us of any food allergies/specific preferences, and we will do our best to accommodate you.

6. Where will I be sleeping? Will I have the room all to myself? How do you choose roommates?

Majority of the nights during your chosen session will be spent in a compound/complex located in Ventanilla, Lima Peru. You will have full access to the kitchen and living spaces. Depending on the number of participants in your session, you may either be assigned to a room (with occupants of the same sex), or have a room all to yourself. Our host family has extended their home to us and is able to provide us with bunk beds, clean linens, hot showers, board games, and more.

7. I love taking photographs. Am I able to charge my camera/batteries while I am in the host-country?

The family housing (or hostel) will always have access to electricity. It is your responsibility to research what type of adapter is needed for your camera to properly function in the host-country.

8. I am gathering donated medications that I would like to bring with me. Am I able to bring medications that I have already opened?

This depends on the type of medication you are referring to. Please contact us for further instructions.

9. I am a light sleeper. May I bring earplugs or headphones so that I may drown out the noise from surrounding areas?

By all means, bring whatever you feel is necessary in order to get peaceful sleep. Our program is intense and we rely on you being well-rested and eager to participate in the daily activities. We do not have a lights-out curfew established; however, participants are not allowed to leave the family housing/hostel without the entire team and team leaders. Our night-time activities will be scheduled while keeping in mind the work/class activities scheduled for the next day. All team members are expected to be mindful of others and respect their need to rest.

10. I run/jog in the mornings and cannot function unless I get some form of exercise in before I start the day. What options do I have?

You may run/jog/walk as a group provided you have a team leader with you in order to show you the best/most scenic routes. There is nothing better than incorporating a daily exercise routine, so if you feel you would like to at least walk around the district to sight-see, please express your interest to the group leader the night before so that she can make the necessary arrangements.

11. My parents are medical professionals and would like to get involved. Can you suggest ways they can help?

We are thrilled that your parents/family members are interested in helping! Please have them contact us at ihelpglobally@gmail.com for more information. We have met several applicants whose parents have expressed interest in accompanying us year round! Thank you to everyone that has been going above and beyond to help!

12. I am unable to pay the program fees all at once. What can I do?

We understand your situation, as each of us has faced this problem before. This is why we have decided to organize a trip that we could offer to you at the most affordable price possible.

Please contact us for guidance, as we want to help you as much as we possibly can. We can formulate a realistic payment plan (consistent with your specific financial situation) in order to meet the deadline, and we can also speak to you about fundraising opportunities that you could engage in with other interested participants in your session of choice.

Additionally, we may help you formulate a letter that you could send out to your family members, professors, friends, and members of groups you are affiliated with. Crowd funding (www.volunteerforever.com) is a very popular and widely used way to raise funds. Especially with the holidays coming up, people you already know are trying to find ways to help others, but simply do not know how. By simply filling out a questionnaire, "volunteer forever" engine creates a profile for you that you could post online (facebook, twitter, etc) in order to generate interest from your friends and people they may know. Visit the site to learn more!

13. I am under 18 years of age. May I still participate?

We would like to know more about you, so please schedule an in-person or phone interview in order to begin the screening process. Please send us an email (ihelpglobally@gmail.com) with your Legal name, years of age, phone number, and session of your choice. There is paperwork that needs to be filled out by your parents/legal guardians before you will be allowed to participate. We look forward to speaking with you more about the requirements, so please contact us as soon as possible.

14. Is airfare included in the program fees? Will I be traveling to the host-country with other participants?

No, it is not included in the program fee. It is the participant's responsibility to pay for their transportation to the host-country. Names of confirmed participants (for your chosen session) and their contact information would be provided to you once the roster is finalized. At this point, you may contact them to see if they are interested in booking the same flight. iHelp Globally representatives may be asked to look into the flight details; however, this service is not included in the program fee. We will do everything we can to help you communicate with other participants. Depending on your city of departure, you may be flying with iHelp Globally Representatives or medical professionals affiliated with iHelp Globally.

Do you have questions that have not been answered yet? Please contact us at: info@ihelpglobally.org and we will be happy to speak with you about any questions you may have.