

# River Wind



## Riverbound Trips

### **PURPOSE:**

Support RiverWind's mission to reach and teach the indigenous tribal peoples along the Ucayali River about Jesus Christ. Teams will come alongside the ongoing work and participate in children's day programs, construction projects in progress, and learn about their unique place in God's plan for the ministry.

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## Welcome

Greetings in the name of Christ all the way from Nuevo Italia, Peru! We are so excited that you are coming to Peru. We hope and pray that it is an unforgettable adventure of faith and service for you!



In this manual, you will find most of the information you need, some fun cultural information, as well as some forms you need to sign and send back to us. Your daily itinerary and detailed travel information will be sent to you once it is finalized. Get your passport ready!

Your decision to serve will be a life-changing experience. You will change the lives of those you are serving, and touching others with the love of Christ will change you. It is my profound hope that through your mission experience you, and all the people you touch, will be positively impacted by the power of the gospel and the joy of serving others in Jesus’ name.

Your journey begins by reading through this manual. It contains information that is vital to preparing for a successful mission trip. I believe the tips provided will help alleviate any anxiety you may have about planning your trip.

If you have any questions after reading through this manual, please email me at [trips@riverwindperu.org](mailto:trips@riverwindperu.org). I’m happy to help in any way I can!

May God bless you on this wonderful adventure! We are glad to serve with you.

*Becca Phelps*

# About RiverWind...Who are We?



**We are a husband and wife team** working with indigenous peoples in the village jungles of Peru along the Ucayali River. We are committed to long-term ministry in Peru, planting indigenous churches and training their leaders, building healthy, sustainable local communities in remote locations, providing wells for clean water, hosting medical teams to help people otherwise without adequate medical assistance, working with women to enhance their home and work skills, providing school materials and improving local education for children, and educating about and caring for the natural environment given to us by our Creator and Lord.

**We are a team of mestizo's** - people of mixed descent from Amerindian, European and Asian heritages - representing churches in the Ucayali gateway city of Pucallpa and surrounding communities, a population estimated at some 650,000.

**We are Shipibo leaders, pastors and trainers**, who teach others in villages around Nuevo Italia – communities like Santa Clara, Tupac Amaru, Shahuaya and Tumbuya – the methods of learning the Bible through its stories. We teach the Old Testament background, beginning with Creation; the life, teaching, death and resurrection of Jesus; the missionary outreach narrated in the book of Acts, and Paul's encouraging letters to the churches he planted and visited.

**We are a mixed group of men and women from different countries and cultures**, speaking different languages, members of different churches and missions, alike citizens of the new community that is known as the Kingdom of God. We are RiverWind Inc, together with our Peru counterpart, Asociación RiverWind Peru.

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## RiverWind's Mission...Make All Things New\*

We endeavor to **listen to, learn from and lead with God's people in different cultures and contexts** to serve, transform and grow thriving communities built upon Kingdom values. We develop curricula for Orality training in the jungle in Spanish, plan and execute upriver programs for women's and children's ministries, dig wells and install septic systems, coordinate logistics for and host visiting mission and volunteer teams who travel to the Amazon to build churches, provide medical services, teach discipleship and leadership seminars.

We cook meals, bake bread, sweep floors, teach women sewing on foot-pedal sewing machines, distribute backpacks filled with school supplies to children, translate - sometimes from Shipibo to Spanish to English, then reverse the order of the languages, sweep floors, tell Bible stories, sing and pray with kids, sweep floors, clean toilets and showers, and ride for long hours - 18 to 20 hours upriver; 12 to 14 hours back to Pucallpa.

\* *Revelation 21:5*

# travel information

## EXPENSES

\$1,500+/- airfare (depending on departure location); plus \$1,000 project & logistics

Each team member must agree to assume full responsibility of trip expenses. Final payment for the trip is due two weeks before departure. See *Appendix 1 for ideas and communication templates.*

## IDENTIFICATION

A passport is required to travel to Peru. Allow 3 months to acquire your passport (\$110 plus pics). You will need a certified copy of your birth certificate, 2 passport photos, and a picture ID when you apply the first time for a passport. Call your local post office to get started. Some offices take the pictures and you can do it all in one place. Be sure to sign your passport, once received. We recommend making a color copy of your passport to keep with you in your carry-on. Also, forward a copy to Becca Phelps at [trips@riverwindperu.org](mailto:trips@riverwindperu.org).

Be sure to keep your identification with you during your flights. Check the expiration dates on your passport; the date should be no sooner than 6 months after your return date. Minors traveling without their parents need to have both their parents sign a parental release form. **BOTH** parents need to sign the form in front of a notary. (If you have questions, please contact your local travel agency or go to: <http://travel.state.gov>.)

## TRAVEL & MEDICAL INSURANCE

It is both common sense and a RiverBound Trips requirement that all individuals and teams carry travel insurance as well as short-term mission trip medical and evacuation insurance. Most plans are relatively low-cost to the traveler.

## ARRIVAL

Ground transportation to and from the airport in Pucallpa, as well as all in-country travel, is included in the trip fee. Your Riverwind trip leader will meet you after you pick up your luggage in Pucallpa.

## FLIGHT ITINERARY

You will receive your flight information and daily itinerary once all details are finalized and monies have been collected. We buy tickets as soon as possible to keep costs low. All of the money received on your behalf will first cover the cost of the plane ticket.

## TRAVEL TIPS

Here are some helpful tips:

- Catch up on your sleep and keep yourself fully hydrated, starting the week before your trip.
- During your flight, make sure to continue drinking plenty of water and move about.
- Planes are a dry atmosphere. To avoid dehydration, drink only water or juice and avoid caffeine and alcohol. You may want to have lotion on hand for dry skin, as well as eye drops for eyes.
- Make sure to allow plenty of time for check in and security, so you may relax as you go through the lines.

## BAGGAGE LIMITS: (American Airlines / LATAM)

- 2 suitcases 50 lbs max
- 62" maximum in length
- 1 carry-on 40 lbs max
- 45" maximum in length
- 1 personal item (e.g. backpack, purse)

## Additional Notes:

- For carry-on & personal items: nothing sharp, no creams or liquids over 3.4 oz)
- No excess baggage allowed-no exceptions!
- Check with your airline for any baggage regulations and/or fees.

# navigating Lima's airport

When you arrive in Lima, you will de-plane and go to baggage claim. DO NOT forget to get your bags in Lima, even though they will have been checked ALL THE WAY to Pucallpa (if you're on American/LATAM). You'll pick up your bags and put them through the security X-ray, then walk with them through immigration - international lanes, not regional visitors. You will give the agent your passport and the immigration forms you were given on the flight to Lima. Form should be filled out already for ease of passage. Fill out both the top and the bottom of the form. Put the bottom of the form with your passport so you'll find it when leaving! You MUST have this form to leave the country.

Then take your bags – get a luggage cart(s) – when you take them off the carousel. Put them through the security screening, then out the doors and wade past lines of taxi services. You will exit straight ahead through the glass doors towards the parking lot. Make an immediate left – do NOT cross the driving lanes – and back into the airport entrance. You will have to show your passport *and* boarding pass for your Pucallpa flight to enter the regional airport. Look for the pre-checked line for LATAM – or LAN – Peru to re-check your already checked bags at the counter. Probably there will be a LATAM “connection” counter to the right side of the line of counters, try to go to that and turn in your bags (if you're flying Latam/LanPeru. They will look at your tickets. If your connection is on Star Peru or Peruvian, you will have to stand in those lines to recheck your bags.

As you go through immigration and customs check points, feel free to say that you are on holiday or tourism. We have found that it is best not to say that you are there to work as it might be interpreted that you need a work visa and you would be denied entrance.

With your back to the counter go to the left end of the building, through the gate, show the agent your boarding pass. Take the escalator up to the departure floor. You will go to security – depending on your international arrival and national departure times, you may need to wait – national security check lanes do not open until 1:30am – show your passport and boarding pass, do all the security checks for (now) national flights, and into the departure terminal. Screens showing departure gates are on most walls. There are restaurants, coffee stands and some electrical charging stations near most gates.

Pucallpa airport is much smaller than Lima. When you arrive, you will deplane and walk into the right end of the building to get your luggage. Get a cart and load your bags off the carousel. An attendant may check your baggage claim tickets to ensure they belong to you. Go through the exit – we will be there smiling to welcome you!



# some other things you should know

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## REQUIRED FORMS:

All participants need to complete and return to Riverwind the forms in this manual a two months prior to the trip. We recommend making a copy of all these forms for your records before mailing or faxing them to Riverwind. **It is vital that all forms are returned to us on time.**

## COST:

The cost of your trip covers lodging, most meals, ground transportation, an in-country flight between Lima and Pucallpa, project materials and required tools. You will be responsible for your meals during travel to and from Pucallpa. All other meals will be included.



## STAYING HEALTHY:

Please see your health care professional or contact your local health department to get vaccination recommendations for traveling to Peru or go to <http://www.cdc.gov/travel>. RiverWind will provide clean drinking water for the mission trip portion of the trip. Be sure to bring your own personal water bottle, such as a Nalgene. If you are traveling to Machu Picchu

before or after your mission trip, it's advised that you purchase and drink only bottled water.

## CURRENCY:

It is best wait until you are at the airport in Lima to exchange money. There two Money Exchange counters in the baggage pickup area where you can change dollars for Peruvian Nuevo Soles. There is also an ATM located in this area. Keep in mind that Riverwind will meet you at the airport and cover all your in-country costs, so you will only need to exchange enough cash for your personal shopping, and there will not be many opportunities for this. – *You will be able to purchase souvenirs in the Shipibo village (jewelry, textiles, small pottery, handmade crafts, etc.) – please note that the Shipibo women will only take Soles, and smaller currency is best. Most souvenirs in the village average between 10-20 Soles each.* – Approximate exchange rate is \$1 USD = 3 soles.

## PHONE CALLS:

You may wish to purchase a phone card at the Lima airport at a good price. You can use it to call anywhere internationally from any phone. You will have limited access to phones once we reach Pucallpa, but there is recently cell phone service installed upriver - though you might need a Peru SIM card, so a phone card or cell phone may not be necessary to bring with you. You may check with your cell phone company to see if they offer service in Peru and what their fees are. Most smartphones can send and receive texts for minimal additional charge to your monthly bill but you must call your phone service company beforehand to set this up. For example, an international plan for texts for one week cost me \$5. Phone calls to your phone are charged by the minute when people leave voicemails. I left a prerecorded voicemail message asking people not to leave a message while I was in Peru. Emergency contact name and numbers are provided in this document that you can leave with your family back home. There is internet service in Pucallpa, but none upriver.

# ...still a few more...

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## **ELECTRICITY:**

Peru operates on a 220/240 volt system. Check your electronic devices to see what voltage they go up to. If it goes up to 220/240 volts, you can simply plug it into a Peruvian outlet - you may want a 3-prong to 2-prong adapter plug. If it is 110/120 volts, you will need to bring a converter. If you have an iPhone, the square box wall-plug is a converter and will work (and protect your phone) while in Peru. Blow dryers and hair styling devices need a converter but can only be used for your brief stay in Pucallpa city. If your trip includes upriver to Nuevo Italia, there is only electricity for absolute necessities for three hours a day. The use of any kind of electric device is strongly discouraged. All team members should bring flashlights and extra batteries. This will enable you to move about and read. You might also want to purchase a Luci Light at Walmart or an outdoor retailer; the cost is about \$15 and will charge by solar for 4-5 hours of reading.

## **ABOUT PACKING**

The most important suggestion is PACK LIGHT. Clothing: the less clothing you take, the more supplies your team can transport is suitcases or duffles (bins are also a good alternative, but you need to check with your airlines for prohibited dates. The airlines allow two 50-pound containers for each passenger. The airlines have become very strict with carry-on baggage. Each passenger is allowed one carry-on and one purse or backpack. That includes handbags and packages. We depend on our team members to transport some of the needed supplies not available in-country. This makes it imperative to leave as much room as possible for items benefiting the people we will be serving. It's helpful if you pack all of your personal belongings including necessary toiletries and any prescription medicines in your carry-on bag. Carry-on bags with wheels are a plus! Be sure to keep a water bottle with you once you leave the airport.

The clothing you wear from where you depart can be worn for the return trip. For the duration of the trip, 8 changes of light clothing are recommended. T-shirts and finger-tip length shorts are appropriate during the day. A pair of shower shoes is recommended. A lightweight dress for women and light pants and shirt for the men are suggested for Sunday church. We will not be dressing for style or according to our customs. Peru protocol in the area is the rule.

You should bring bug spray. The higher the DEET content the more effective the spray. Even if you are taking the malaria preventive medication, it would be advisable to avoid mosquito bites. Mosquitoes carry other diseases as well, e.g. dengue, and possibly the Zika virus. Check the CDC website online.

You might also consider a lightweight, inexpensive backpack for carrying your water bottle, towel, snacks, and other items. This can also be used to carry your camera, as it is advisable as a courtesy to restrict visibility of cameras. It also reduces the temptation for theft. A hip pack for carrying money, passport, etc. is highly recommended.

It's advisable to use "Handi-wipes" (anti-microbial preferred) or appropriate swabs for cleaning your hands. It's a good idea not to have your hands anywhere near your face at any time unless they have been washed.

# ...suggestions for packing...

## Packing List for Peru Upriver Mission Team

### Lightweight clothing:

- pants & shorts (modest)
- T-shirts
- underwear & socks
- PJ's
- swimming suit (women - one-piece)
- 1 set of clothes for church (ties not required)
- hooded rain jacket or poncho
- work gloves - if on construction team

### Shoes

- lightweight hiking boots/sneakers
- shower shoes

### Bathroom necessities

- soap
- shampoo/conditioner
- deodorant
- hairbrush/comb
- toothbrush & toothpaste
- razor (as needed)
- eye glasses or contacts & supplies
- sanitary needs

### Bedding

#### *we will provide:*

- mattresses
- sheets
- mosquito nets

#### **You need to bring...**

- light, free-standing 1-2 person tent (to be pitched under "dorm roof")
- optional: lightweight sleeping bag
- your own pillow

### Medications/First Aid

- personal prescriptions
- Cipro 500mg; or Immodium
- band-aids
- hydrocortizone cream
- Benedryl - cream/pills

### Other

- sunscreen
- insect repellent (with DEET)
- hat (for sun or rain) / bandana
- flashlight & batteries
- Bible, travel notebook & pens
- travel alarm clock
- hand sanitizer
- wet wipes

### Special

- personal water bottle (we supply potable water)
- personal snacks for trip down (or work-days) (e.g., gatorade powder; granola bars)
- money - easiest is \$20 bills *in very good condition*
- large jar of peanut butter to share with team  
*...if you are on a construction team...*
- work gloves & hammer

### Optional (for the children)...

- children's Spanish language Bible tracts
- PEZ candy refills - easy to hand-out

### Luggage

- One carry-on (nothing sharp, no creams or liquids over 3.4 oz.)
- Two checked bags, 50lbs each
  - Make sure your suitcase has a luggage tag
  - Tie a large, brightly-colored ribbon to each team member's bag for EZ retrieval off luggage carousel

### Passport - make **three (3)** copies...

- Plane tickets
- Consider TSA/PreChek \$85/3 years
- Government ID - e.g. driver's license
- Passport & three copies ID page
- give one to your team leader
- put one in one of your bags
- keep one in your wallet
- Spending money: \$20 bills in good condition

### NOTES...

Please send to us ahead of time your name - as it appears on your passport - and your passport number.



# ... about the trip...

## LIVING ACCOMMODATIONS

**Pucallpa City:** You will be sharing a hotel room with at least one other person. The hotel has AC but does not have hot water - albeit sometimes – if you remind the front desk – it will be turned on. Rooms have private bathrooms and showers (like any hotel room). Any meals or water bottles you consume or get from the refrigerator on the floor will be charged to your room and deducted from your trip fee. Towels are reused for the duration of your stay.

**Upriver:** You will be sleeping in a bunkbed in a larger room. We will provide decent mattresses, blankets - Yes, it can cool down in the middle of the night! – and mosquito nets. Bring a set of single-bed sheets, your towel, and personal pillow.

## MEALS, WATER AND SNACKS

All of your meals will be provided by RiverWind except for meals to and from Pucallpa, i.e. in the airports. Breakfast will be cereal and a hot entrée – if you like peanut butter bring along a jar, good PB is not available in Peru, lunch is typically sandwiches and fruit; dinner will be Peruvian style food, typically rice, beans, and chicken. You may want to bring snacks and energy bars. Appropriate items are those that will tolerate the heat and won't be crushed. Protein bars, nuts or beef jerky are good options.



Meals are prepared with strict instructions as to water use and preparation. Your hosts will know what is safe to eat and drink while you are in the country. In general, do not buy things from street vendors unless they are deep fried. You can eat fruit that you have to peel. Avoid lettuce or cut fruit or anything that may be rinsed with tap water during preparation. Purified and/or filtered water is the only water which is safe to use and will be provided. Only use ice made with filtered water. Do not brush your teeth with local water. Avoid buying water from street vendors. Bottled soda is safe.

## WORK SPECIFICS

Participants will be serving through a variety of different projects. Projects could include constructing a church, teaching basic health and hygiene, painting, and playing with village children. These, and any other work, will allow God's love to be demonstrated and bring his gentle touch into the lives of villagers who can't wait to meet you! We ask that you be flexible in your expectations as things change. Also, it is a good idea for you to think through activities you have done in the past with little to no supplies and just keep a mental notes of things to do on the fly. Your team can provide little toys or outdoor games for the village kids, such as Frisbees, paper airplanes,

# tracking your preparations

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## 90 DAYS PRIOR TO YOUR TRIP

- Apply for your passport or check expiration dates for RETURN date into the US.
- Ministry Application must be submitted with \$200 first payment.

## 60-30 DAYS PRIOR TO YOUR TRIP

- Fill out Riverwind required forms, and return them by email as a .pdf document. Also send color copy of passport.
- Be sure to make a set of copies of these for yourself.
- Take care of medical and dental checkups and vaccinations if necessary. Consult your healthcare professional or your local Department of Health to see if any immunizations are recommended.
- If you wish to purchase additional travel or medical insurance, it is best to do that now.
- Send support letters and get a group of people committed to praying for you.

## 3 WEEKS PRIOR TO YOUR TRIP

- Check the valid dates on your credit card to make sure they will remain valid and notify the credit card company that you'll be traveling.
- Check with your cell phone company to understand your coverage options and fees.
- Memorize your PIN numbers or get new ones issued for all your credit, debit, ATM, and phone cards
- Visit [www.riverwindperu.org](http://www.riverwindperu.org) and get to know the ministry you will be a part of!
- Fill out and have both parents sign the notarized parental permission slip and forward to Becca.
- Pray for your team members and leaders as well as those you'll meet.
- Make final payment at least two weeks prior to your departure date.

## 1 WEEK PRIOR TO YOUR TRIP

- Be sure your luggage is marked with identification on the inside and out, and start packing.
- Cancel or hold your newspaper and mail delivery.
- Make two lists of credit card numbers. Bring one set with you and leave the other with a trusted friend or family member to easily report a lost or stolen card.
- Check prescriptions for necessary refills; bring a list with the drug's generic name since the brand names can differ in other countries.
- Begin to accumulate the personal things you will be taking.
- Consider keeping a daily journal to help you remember names, places, events and prayer needs.

## 1 DAY PRIOR TO YOUR TRIP

- Pay bills that will come due while you are away.
- Reconfirm all your reservations. Note that all times printed are local and may differ from the time zone you are leaving from. Chicago is one hour different from Michigan during DST.
- Check-in for your domestic (U.S.) flight and note your confirmation number(s). You can have your digital boarding pass on your smartphone or you can print them at home. If you know your confirmation number you can print your boarding pass from the kiosk in the airport before you check your luggage. Or you can get your boarding pass from the agent when you check your baggage. (If you already have your boarding pass, sometimes you are directed to an express lane). For the international legs of your journey, it is best to have all documents pre-printed.
- Secure your home and belongings.
- Have all necessary paperwork (tickets, itineraries, passport, identification papers, Brotherhood Mutual Insurance - or other - card) readily at hand.
- Contact your travel agent or airline to ensure that flights are leaving on time, and arrive at the airport with two hours to spare for check in.

# Christian Mission Conduct

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## TO PROVIDE THE BEST EXPERIENCE, ALL TRIP PARTICIPANTS AGREE TO THE FOLLOWING:

- I will respect the spiritual growth and work goals of the trip and participate in all scheduled activities.
- I will not act or behave in a way that creates significant distractions or disruptions to other participants.
- To respect the people of the community and other trip participants from diverse denominations, I will follow the dress code and behave modestly. Since we are Christians, the community will expect our dress and behavior to be different.
- I will not have in my possession or use fireworks, firearms, or illegal drugs. And I will obey all the laws of the community and state in which I am serving. I know that illegal activity will not be tolerated and that local police will be called if necessary.
- To respect others, I will not use tobacco at the project site or lodging facility.
- I will respect others by avoiding inappropriate sexual activity. I will not engage in sexual misconduct, which can include inappropriate comments, gestures, or physical contact.
- I have read and understand this Code of Conduct. It is out of respect for God, myself, and others that I abide by these rules. If I violate these rules, I may be denied the privilege of participating in the mission trip.
- I will show respect to trip participants from all churches. I will act as a positive role model.
- During team dinners, non-alcoholic beverages will be included in the cost of meals.
- Regarding safety, I will be alert to any potential safety risks and take action to prevent injury to other participants or myself.

*Your signature on the "Risk Acknowledgement and Release Form" verifies that you have read, understood, and agreed to this Code of Conduct.*

# financing your mission

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Global mission outreach trips are not inexpensive, both for the outgoing team and for your RiverWind hosts onsite. However, with proper planning, preparation and prayer, they often are life-changing for everyone involved.

Go as a member of your church, your small group, your family, your Facebook and social media friends, your community. See [appendix d](#) for more information, templates and forms.

# mission team meetings

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Usually - depending on distance - each group will meet several times prior to the trip in order to plan, pack, and begin preparing together. The meetings that you will be attending in preparation for this trip are important. It is at these meetings that the team will begin to form. It is also at these meetings that you will receive information about what the team will be doing on the trip and what your part will be in getting needed supplies and materials that the team will take on this mission. It is understood that attending these meetings may be a sacrifice on the part of participants, but it is the best way to prepare to work together as a team. It is important to remember that one of Satan's schemes is to cause division between team members. During the trip we will meet on a regular basis to share and pray. Prior to our final departure it is routine to debrief/ discuss the trip.

# continuing the mission after returning

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## **IMMEDIATELY UPON RETURN**

- Follow up immediately with those who helped to sponsor your trip. Thank them and give specific examples of the benefits of your trip to you and those you served. If possible, put together a presentation to share trip highlights with your church and anyone who supported you.

## **DURING THE FIRST SEVERAL WEEKS & MONTHS**

- Keep in touch with the people you travelled with; you will be able to share common experiences and feelings that others may not understand, and you may help each other process culture shock.

## **CONTINUING...**

- Continue praying and serving where you are! Thanks for letting God use you to love others!
- Remember to pray for RiverWind's work and the people you met and served.

# learn to be culturally aware

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## DRESS

- Pucallpa is a large and modern city. You will see a wide variety of dress from traditional to modern.
- Please wear summer clothes that you can get dirty or get paint on.
- T-shirts and sleeveless shirts are fine. Shirts with spaghetti straps should be left at home.
- While jeans are acceptable, you may find that the heavy material is not as suited to tropical weather as lightweight pants or shorts.
- You will not have access to laundry facilities so you should plan to bring enough clothes to last the week with a plan to bring clothes that can be used more than once without needing to be laundered.
- Your shoes should be sturdy and comfortable for working and walking. If you bring new shoes, please start breaking them in a couple of weeks before your trip.
- A good hat is a must in the strong sun.

## RELIGION

Peru, like much of Latin America, is a predominantly Roman Catholic country. However, much of the native religions were incorporated in the evangelization process of the early Spaniards. So there are often odd mixtures of venerating father sky and mother earth combined with worshipping God and Mary. Animism, spiritism and shamanism are common. You will not likely be overtly exposed to these practices, but you are entering a realm of spiritual opposition to the Kingdom of God.

## LANGUAGE

Principle languages spoken in Peru include: Spanish, Quechua, and Aymara. There are also numerous indigenous languages, such as Shipibo, which people will speak upriver in the Tahuania District. Today, Spanish is spoken by 80% of the population and is the language used by government, media, in education, and for formal commerce.

Even if you do not speak a word of the native language, you can convey your meaning in so many other ways. Do not be afraid to talk with your hosts to the best of your ability. Just as you would help out someone trying to communicate in English, they are flattered by you trying to use their language. You will find that a smile and a hug are always powerful tools to communicate the love of God.

## WEATHER

Pucallpa has only a wet and dry season, and is always hot. You can check the internet for specific temperatures and humidity readings at [weather.com](http://weather.com). Depending on the time of year, it may be chilly at night.

If you are doing a Machu Picchu excursion, it's a good idea to dress in layers. It may be cool in the morning but warm up throughout the day. Jeans, t-shirt, long sleeve shirt and a hoodie or jacket would be a good idea for Machu Picchu.



# more about culture

## SHIPIBO PEOPLE

Visiting a Shipibo tribe is like going back in time. Most villages do not have electricity or running water. They live very simple lives, growing their own crops and fishing in the Ucayali or hunting in the surrounding jungle for meat. Shipibo women make beadwork and textiles, but are probably best known for their pottery, decorated with maze-like red and black geometric patterns. While these ceramics were traditionally made for use in the home, an expanding tourist market has provided many households with extra income through the sale of pots and other craft items. You will have the chance to purchase souvenirs from the Shipibo women during your trip.



They have shamanistic religious views, although there has been a strong Catholic Christian influence since the late 17<sup>th</sup> century. Many of the Shipibo villages have been renamed with Catholic names (Magdalena, San Cristobal, etc.) Shamanism encompasses the belief that shamans are intermediaries or messengers between the human world and the spirit worlds. Shamans are said to treat ailments/illness by mending the soul. The shaman also enters supernatural realms or dimensions to obtain solutions to problems afflicting the community. Shamans may visit other worlds/dimensions to bring guidance to misguided souls and to ameliorate illnesses of the human soul caused by foreign elements. The shaman operates primarily within the spiritual world, which in turn affects the human world. The restoration of balance results in the elimination of the ailment.

Many Shipibos continue to practice shamanistic rituals while also trying to adhere to Christian and Catholic beliefs.

## CULTURE SHOCK

You may experience culture shock when you arrive in the country and upon re-entry to the United States. Culture shock results from unease or frustration at differences you are experiencing. As you encounter the obstacles of a strange language, transportation or cleanliness standards you may desire to have things the way they are at home. Upon your return, you may see the American culture through different eyes, and it may take time to adjust to the luxury and the speed of life here. Your broadened perspective may encourage you to participate in missions and outreaches of many kinds.

The best way to deal with culture shock is to recognize the symptoms in yourself and others. Being flexible, positive, and realistic will go a long way to moderating the effects on your feelings and behaviors.

| English                      | Spanish                    | Pronunciation                  |
|------------------------------|----------------------------|--------------------------------|
| Yes/no.                      | Sí/No.                     | see/noh                        |
| Yes, please/No, thank you.   | Sí, por favor/No, gracias. | see por fah-bor/noh grah-thyas |
| Please.                      | Por favor.                 | por fah-bor                    |
| Thank you.                   | Gracias.                   | grah-thyas                     |
| You're welcome.              | De nada.                   | deh nah-dah                    |
| Here is/are...               | Aquí está/están...         | ah-kee es-tah/es-tan           |
| Hello/Good morning.          | Hola/Buenos días.          | oh-lah/bweh-nos dee-as         |
| Good afternoon (or) evening. | Buenas tardes.             | bweh-nas tar-des               |
| Goodbye.                     | Adiós.                     | ah-dyos                        |
| Good night.                  | Buenas noches.             | bweh-nas noh-ches              |
| How are you?                 | ¿Cómo está?                | koh-moh es-tah                 |
| Very well, thanks.           | Muy bien gracias.          | mwee byen grah-thyas           |
| Excuse me.                   | Disculpe.                  | dees-kool-peh                  |
| Do you speak English?        | ¿Habla usted inglés?       | ah-blah oo-steth een-gles      |
| Can you help me?             | ¿Me puede ayudar?          | meh poo-eh-deh ah-yoo-dar      |
| I don't understand.          | No entiendo.               | noh en-tyehn-doh               |
| I don't know.                | No lo sé.                  | noh loh seh                    |
| Sorry.                       | Perdón.                    | pair-don                       |
| Where?                       | ¿Dónde?                    | don-deh                        |
| When?                        | ¿Cuándo?                   | kwan-doh                       |
| Why?                         | ¿Por qué?                  | por keh                        |
| Who?                         | ¿Quién?                    | kyen                           |
| Which?                       | ¿Cuál?                     | kwal                           |
| Where is...?                 | ¿Dónde está...?            | don-deh es-tah                 |
| How much is it?              | ¿Cuánto cuesta?            | kwan-toh kwes-tah              |
| How many?                    | ¿Cuántos?                  | kwan-tos                       |
| What's that?                 | ¿Qué es eso?               | keh es eh-soh                  |
| I want.                      | Quiero.                    | kyair-oh                       |
| I'd like it.                 | Me gusta.                  | me goo-stah                    |
| I don't like it.             | No me gusta.               | noh meh goo-stah               |
| OK/Agreed.                   | OK/De acuerdo.             | oh-keh/deh ah-kwair-doh        |

# appendices

## a. travel & medical insurance

Both individuals and mission teams are required by RiverWind Inc to have medical travel insurance. Some travel plans include coverage - check with your travel agent. There are a number of excellent and reasonably priced travel medical plans available for individuals and groups, e.g., Good Neighbor Insurance (see their website at <http://bit.ly/2h4ajTt>). Plans are priced as low as \$2/day/team member; and can easily be added to the trip cost. *Team leaders are required to certify that the mission team has purchased insurance.*

Additionally, it important that each team member have a representative from their sending church or organization who will keep a record of team members' contacts in the U.S. - name, address, email and phone numbers. A .pdf copy should also be sent to RiverWind.

## b. itinerary and tickets

Your individual or team round-trip travel itinerary to Pucallpa, Peru should be coordinated by your team assisted by your church or organization. Travel agencies are chosen at your discretion; however we might recommend checking with Golden Rule Travel (click on this link).

Flight schedules: American Airlines and Latam Airlines are partners in ONE World Alliance. American can schedule you from your departure city through Miami, Orlando, Dallas or Los Angeles. The benefits of flying ONE World include checking two (2) bags per person ALL the way to Pucallpa. *[If you use another Peruvian carrier from Lima to Pucallpa you will have to pay for the second bag.]* Local flights upriver are arranged by RiverWind in Pucallpa; they do not fly on Sunday. Typically - depending on team preferences, we fly upriver, and return downriver by "fast" boat - it is still a 12-14 hour trip with the current.

## c. contacts:

| location     | name  | email  | cell phone      | SKYPE   |
|--------------|---|--|-----------------|---------|
| <b>U.S.</b>  |   |  |                 |         |
|              | Becca Phelps  | <a href="mailto:trips@riverwindperu.org">trips@riverwindperu.org</a> | 269-240-7949    |         |
| <b>Peru:</b> |   |  |                 |         |
|              | Dick Robinson   | <a href="mailto:dickrobinson@mac.com">dickrobinson@mac.com</a>       | +51 999 600 469 | dickebc |
|              | Ruth Hidalgo  | <a href="mailto:ruthest70@gmail.com">ruthest70@gmail.com</a>         | +51 961 612 143 |         |
| <b>NOTE:</b> | Internet & cell phone service is available in Pucallpa; ONLY cell phone service in Nuevo Italia |  |                 |         |



## d. financing your mission trip

### Ask people you know to support you...

You will want to support letters and notes to your family, friends, church and social networks. Remember that “support” includes prayer and finances.

### Request short meetings with people who know you...

Talk to your small group leader, your church’s mission committee, your pastor (including the Senior Pastor) for a few minutes of their time to tell them what you will be doing. Ask if you can have five minutes from the platform to describe your team’s mission. Prepare ahead!

### Engage your social networks...

Send emails to friends and family members. Post on your FaceBook page, Messenger, SMS, Twitter, and like accounts. Invite people to RiverWind’s website <[riverwindperu.org](http://riverwindperu.org)> Use language like “I will be participating in a *community service mission* in the rural Amazon basin of Peru.”

### Be creative...

A recent high school graduate visited all his neighbors, giving them a self-produced “flyer” explaining his summer mission project, and asking if they had items that he could pick up, take home, and sell in a garage sale at his house, to raised the funds for his mission. The entire cost of his trip was covered.

### Be specific...

Identify and describe your dreams for the mission, your fears about going, your need to for prayers *as well as funding*. *Tell others the dollar amount the trip will cost you*. Give them information for how to send tax deductible gifts, e.g. the name and address of your church; *make sure* they make the gift to your church or organization (**not to you**), and designate their donation to your (personal *and* trip) name.

Any excess gifts will be distributed to team members lacking sufficient funds or the project expenses in Peru; held by your church or organization’s mission committee for the next trip to Peru; or forwarded by them to RiverWind Inc (P.O. Box 577, Marshall, WI 53559) for additional ministry in Peru.

### Follow up...

Build a mission support email list. Whenever possible send a note to your supporters. Post your progress on FaceBook if possible. During the trip, and especially after arriving back, *thank your supporters*. Express your personal thanks; acknowledge their gift amount and prayer; let them know what their support will accomplish. Send a picture of yourself before, during and after the mission trip!



## e. travel and emergency medical insurance

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**RiverWind Inc requires individuals and teams to obtain and carry emergency medical insurance.**

The choice of insurance companies and policies is the decision of your sending church, organization or team. However, we can recommend two places to start looking:

### **Golden Rule Travel 719.345.3037**

Golden Rule Travel ([click here for their website](#)) specializes in working with Individuals, church groups, NGOs, humanitarian agencies and missionary agencies. They offer several different medical plans depending on your team's needs.

### **Good Neighbor Insurance 480.813.9100 or 866.636.9100**

Good Neighbor Insurance, [on its website](#), offers not only travel medical insurance plans for individuals and teams, but is in many ways a one-stop-shop for excellent international travel advice and ideas.

# get prayed up!



## Faces!

These from Tumbuya, a Shipibo village far upriver in Peru, are simply a real-life example of what you are about to experience. Every action, every encounter, will draw you in to what God is doing. If you allow Him to touch your heart and mind through the men, women and children you encounter in Peru, your own life will change. That is how God works. It is His promise.

As you prepare for your Riverbound mission trip, ready yourself to see faces like these – friendly, pleading, expectant, suspicious, fearful, wondering, open. Why you open yourself to what God might want to do in you and through you, your life will change forever, for better.

Imagine each of the unique lives shown here. In your mind's eye, imagine the lives of those who you will encounter on your Riverbound mission. What will happen when your life intersects with theirs, regardless of culture, time, or place. How will God work miracles, perhaps unknown now to you, through you for them - through them for you?

## Prayer:

*Lord God Almighty - God our Father, Lord Jesus Christ, Holy Spirit...*

*I am excited that I have the opportunity to bring glory to you in new places and meet new people who are also - together with me, with us - a part of your great plan. I am humbled to be a part of this Riverbound mission in Peru. I am thankful for the opportunity to learn about you, to grow through the love of Jesus and in the power of the Spirit through your work. I can hardly wait to work alongside Peruvian followers of Jesus who love you also.*

*Amen!*