

INTI ECO LODGE INFORMATION



INTI ECO LODGE IS A COLLABORATIVE PROJECT, WE EXIST THROUGH DONATIONS AND PARTICIPANTS. WE WORK WITH PEOPLE FROM ALL AROUND THE WORLD AND WORKERS FROM NEARBY COMMUNITIES.

CONSTRUCTION DATES:

From 17 November 2014 until 2018

DEPARTURE: Every Monday from the city center of Iquitos, please have our confirmation before, and we will inform you the place and time. Departure is by private van (1h30) and then a two-hour boat ride before arriving at the lodge.

FIELD WORK:

HOUSE RULES:

There will not be any wifi connection on the land as it is in the middle of the Amazon. You will have to go to town (2h from land) to have internet. You can have a phone connection in some villages, 1h from the land.

Minimum investment: There is no time limit, you stay the time you want to work on site. For the interest of all, we just ask for a minimum investment of 1 month.

Work hours: Monday to Saturday from 7am to 11h30am

WORK: You must be prepared for physical work in a tropical climate especially if you don't have any competences.

- **For those who have skills**, in permaculture, bio construction / construction, carpentry, art, cooking, or in activities or specialty workshops, please let us know so that we can work out a plan for your first week at the lodge.

- **For those who do not have special skills**, you will help in with physical labor, cooking, reforestation, gardening and general duties required for living in a community. Depending on your motivation and time on site, you can participate in some construction

projects, or help us to launch the permaculture project.

- **For those who want to be responsible** and stay in the project for a significant amount of time, please specify it in your email / request explaining your motivations and send us your resume.

The final goal: Build a lodge, which will be a wellness center with organic food grown on site, which will offer activities such as yoga, meditation, massage, kayaking, archery, fishing, and vegetarian cooking classes. We would like to create a permaculture garden space. This project will help nearby communities and create reforestation and education projects.

WE WANT TO MAKE CLEAR THAT THIS IS THE FINAL OBJECTIVE, WE ARE STILL BUILDING THE LODGE, WE DO NOT PROPOSE THESE ACTIVITIES AND SERVICES YET.

THE PROGRESS OF THE PROJECT:

- **The greenhouse:** This was built with bio-construction techniques with adobe bags. We've built the main structure, and still have to do the outer layers and the interior to finish. This will be used as a greenhouse.

- **The main wooden buildings:** We have built the bathroom, kitchen and dormitory. They are empty, we still have to make all the furniture and install plumbing. For the now, the participants use dry toilets, a shower and a kitchen which are temporary.

- **Organic crops:** We will start this project soon (May / June 2017)

- **The garden:** we planted some flowers and some trees / ornamental plants. We would also like to continue to have a small botanical garden.

- **Garden of medicinal plants:** We would like to start this soon (June 2017) we plan to develop a space for medicinal plants with posted signs to learn more about the different virtues of the jungle. We do not offer plant diets on site, but you can ask us to direct you to serious people.

- **Carpentry:** We made a large sofa with recycled pallets, built bed frames and made some tables. There is still plenty of furniture to make!

- **Bio Construction,** we will finish the walls and the inside of the greenhouse, then we will do more Adobe bags for the natural swimming pool. 5(during the dry season from august to october).

- **Reforestation:** We will start a project in May 2017, where we will have to clean / remove all the vegetation of the ground, in order to plant appropriate trees. This land had already been cut by the local people to make it into agriculture, but was abandoned. We will plant the trees after the dry season in October/november 2017.

- **Pool:** We dug a good part of the pool (2/3), we still have to dig it, add aquatic plants and a solar pump. It will be ecological!

- **Art:** We have some sculptures, and some decorative objects. There is still much to achieve!

- **Electricity:** There is no electrical system on site, we use only a few small portable solar panels to be able to charge cell phones or cameras.

Free time: During your free time you can visit the village, fish, play volleyball, soccer, slackline or continue to work for those who are motivated! (Free activities)

From september 2017: You can rent kayaks. (Paying activity).

Do not hesitate to ask us more questions about our progress, and what you will do during your stay at the lodge- according to your skills, construction projects, and the dry or wet season.

PRICE :

Visitors: You only want to visit the land, be in the jungle and participate in fun activities.
30 soles per night for a bed in the dormitory
25 soles per day for food. This price includes transportation of food for breakfast, lunch, dinner, water, toilet paper, shower.

Participants: In exchange for 4 hours of work in the morning, we offer accommodation. We have a dorm, but you have to bring your mattress (from 25 soles in Iquitos) and a mosquito net (you can find at the market in Belen for 18-soles).
25 soles per day for food. This price includes transportation of food for breakfast, lunch, dinner, water, toilet paper, shower.

Responsibles: You want to stay in the project and be responsible? It is possible! Depending on your duties, skills, time, motivation, and your contribution to the project, prices can vary by half price, free or even earn a bit of money.

Other prices:

Public bus price: 5 soles
Private bus price: 10 soles
Boat price: 10 soles

WHAT YOU SHOULD BRING (COMPULSORY):

- Rubber boots (cheaper in Iquitos, Belen market for 17 soles)
- Mattress and mosquito net for the dormitory (from 25 soles for the mattress in Calle Arica cuadra 10 and 16 soles for the mosquito net at Belen Market)
- Natural products (toothpaste, soaps, shampoo) to avoid contaminating the land (difficult to find in Iquitos).

You can buy natural products on the land such as Soap, shampoo, toothpaste and deodorant.

IQUITOS: 430 000 inhabitants

Linked to the outside world by air and by river, Iquitos is the world's largest city that cannot be reached by road. It's a prosperous, vibrant jungle metropolis teeming with the usual, inexplicably addictive Amazonian anomalies. With rainforest adjacent to the urban areas, you will find nice bars and air-conditioned restaurants along the river. Taxi motorcycles spin through the streets at high speeds and people linger in empty spaces eating ice cream and churros.

GETTING HERE/ TRANSPORTATION:

The closest airport is in Iquitos, 7km drive (taxi/ motocar) from the town (10 soles in Mototaxi).

You will have to transfer in Lima for international flights. If you are flying check the following airlines companies: Lan Peru, Peruvian Airlines and Star Peru.

You can come by boat (5 days from Pucallpa, 3 days from Yurimaguas, 3 days from Brasil and Colombia) to Puerto Masusa (3km from the center of Iquitos).

As we are located on the Rio Itaya, you will need to take a combi/mini bus from Iquitos going on the main road "Carretera Nauta". From there you will be able to navigate through the Itaya on our boat (2h) to reach our land.

ALL THE VOLUNTEERS COME TOGETHER ON THE LAND FROM IQUITOS, YOU NEED TO HAVE OUR CONFIRMATION AND TO MEET US BEFORE IN IQUITOS!!

VISA:

The duration of visa is generally 3 months after this time you have to cross a border to get a new one. When you arrive in migration you can specify that you are a volunteer and take up to 6 months. Tourists visas are free.

WHAT YOU CAN BRING:

- Camping Gear, sleeping bag, pillow
- Hammock and mosquito net (Cheaper in Iquitos)
- Hermetic protection for bag
- Waterproof bag for camera and passport
- 1 Gallon Water Jug
- Hats/bandanas
- K-way/ rain gear to work in
- Sunscreen
- Mosquito repellent (Cheaper in Iquitos)
- Solar chargers
- Rubber Boots (Cheaper in Iquitos)
- Work shoes (no open toes/sandals)
- Bug Spray
- First aid supplies
- Good Flashlight
- Shirt with long sleeves
- Clothing you don't mind ruining
- Natural products: shampoo and soap (to avoid contaminating the land and surroundings)

WHAT YOU NEED TO BRING (OBLIGATORY):

- Rubber Boots (Cheaper in Iquitos)
- mastress/ tent and mosquito net (Cheaper in Iquitos)

TOOLS (NOT OBLIGATORY):

- Tape measure
- Utility knife
- Pencil
- Rubber gloves
- Work gloves

PREPARING A FIRST AID KIT:

- Drugs against pain and fever
- Anti-diarrheal
- Solutions SRO-type (oral rehydration salts for diarrhea)
- Antiemetics against vomiting
- Drugs against heartburn
- Antiallergic treatment and cream against itching
- Anti-inflammatory
- A soothing ointment in case of burn (see Aloe, Biafine)
- A skin antiseptic
- Compresses and bandages
- Products sunscreen (minimum SPF 30)
- Products mosquito
- Alcohol-based gel for washing hands

Do not take medicine that could be affected by heat (syrups, suppositories).

ACCOMMODATION IN IQUITOS

If you stay in Iquitos you can find several hostels from 18/20 soles (or 7\$) per night. We will recommend "The Amazon Within" (with swimming pool, you can say you come from Inti project and you will get a special attention. You can also go to "La casa de Samantha" (15 soles), "la casa del Frances" close to plaza de armas, "Mad Mick's Bunkhouse" or "Hobo hideout" in the center of Iquitos, close from everything. You will be able to leave your personal stuff at the reception of the hostel. You're welcome to stay on land during the week and in a hostel during weekends to enjoy Iquitos' life style and its surroundings.

Medical Services: Clinica Ana Stahl: Tel (25-2535), Avenida La Marina 285; 24h/24h (private clinic).
Emergencies: national police: (23-3330), Morona 126, Tourism police: (24-2081/ 975-93-5932), Lores 834.
Dr Carlos Vidal Ore: (975-3346), Fitzcarrald 156

Restaurants/Bar: Amazon Bistro, Karma café, Dawn the amazon, Huasai, Arandu Bar, Nikoro
Activities: Floating Market, Belen Market, Butterflies farm, Miradors, City tour in Iquitos, National Reserve Pacaya Samiria

RECOMMENDED VACCINES BUT NOT OBLIGATORY FOR PERU:

- Diphérie-tetanus-polio
- Typhoid fever
- Hepatitis A
- Hepatitis B
- Yellow fever (Amazon)

DESEASES:

Dengue can be present in Iquitos. Transmitted by daytime mosquitoes it is also present in large cities - in contrast to malaria which is in the jungle. Any serious expedition must take

into account the existence of the disease (like yellow fever), the treatment, when it exists, is very expensive and imperfect. It's up to you to take some medicine or not.

Our prevention if you don't have any treatment:

- Any time, and especially after sunset, wear clothing that covers the maximum body surface area. On exposed parts, use mosquito repellents. The Rain Forest, impregnation of clothing recommended (Insect Screen Dip);

- You can buy in the market through relatively efficient mosquito coils. Do not forget to bring a small iron box to protect them during your journey.

Caution: Never put coils in a closed room, or just below you (in hammock).

- Sleeping under a mosquito net: You can find one in Iquitos' market.

The best solution is therefore a pre-impregnated mosquito net with insecticide.

- Medicines for Malaria Preventive: you can consult a doctor before departure.