

INTI ECO LODGE INFORMATION

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

CONSTRUCTION DATES: From 17 November 2014 until 2019

DEPARTURE: Every monday from the city center of Iquitos, please have our confirmation beforehand, and we will inform you of the place and time to meet. Departure is by private van (1hr 30mins) followed by a two-hour boat ride before arriving at the lodge.

Project's Pictures on Instagram : <https://www.instagram.com/intiecolodge/>

FIELD WORK AND HOUSE RULES:

Minimum stay: There is no maximum time limit, you can stay as long as you want. But to make things easier for everyone, we ask that you remain a minimum of 2 weeks.

Work hours: tuesday-saturday 7am to 11am

You must be prepared for physical work in a tropical climate, especially if you don't have any particular skills.

- For those who have specific skills in permaculture, bio-construction or construction, carpentry, art, cooking, or in specialized workshops, please let us know so that we can work a plan best suited for you.
- For those who do not have any specific skills, you can help with physical labour, cooking, reforestation, gardening and general duties required in community-living. Depending on your motivation and the length of your stay, you can participate in some construction projects.
- For those who want more responsibility and want to stay in the project for a significant amount of time, please specify so in your request e-mail explaining your motivations and send us your resumé.

THE FINAL GOAL:

Build a Lodge based on well-being, with organic food grown on-site using permaculture, and offering activities such as yoga, meditation, massage, kayaking, archery, fishing, and vegetarian cooking classes. This project will help nearby communities and create reforestation and education projects.

WE WOULD LIKE TO MAKE IT CLEAR THAT THIS IS THE FINAL GOAL, THE LODGE IS STILL IN THE PROCESS OF BEING BUILT? WE DO NOT YET HAVE THESE ACTIVITIES AND SERVICES ON OFFER.

THE PROGRESS ON SITE:

- **The greenhouse:** This was built using the abode bag bio-construction technique. The main structure has been built, we are now finishing the outer layers covering the walls, and have yet to finish the interior layout. This will be used as a greenhouse for our crops.
- **The main wooden buildings:** We have built the bathroom, kitchen and dormitory. We still have to make part of the furniture and install the plumbing. For now, participants use dry toilets, a temporary outdoor shower and a temporary covered kitchen.
- **Organic crops:** We started growing the organic crops in June 2017, using permaculture techniques and using natural fertilizer made from compost.
- **The garden:** We have flowers and trees which are ornamental plants. We would like to continue to have a small botanical garden.
- **Medicinal plant garden:** the medicinal plant garden was started in June 2017. We plan to continue and develop this space with posted signs to learn more about the different properties and virtues of the jungle. We do not offer plant diets/fasts on site, but you can ask us to direct you to trustworthy people.
- **Carpentry:** We have built bed structures for the dormitories and bungalows, furniture (tables, chairs and sofas) for the terrace, some of which were made with recycled pallets. There is still plenty of furniture to make!
- **Swimming Pool:** We have dug about $\frac{2}{3}$ of the pool. We still have to dig what is left, add aquatic plants as well as a solar-powered water pump.
- **Art:** We have some sculptures and decorative objects, there is still a lot we can achieve !
- **Electricity:** There is no electricity on site, only a few portable solar panels for charging purposes.

FREE TIME:

During your free time you can visit the nearby village of San Martin (20-min walk away), fish, play volleyball or football/soccer, practice slackline or keep working for those who are motivated ! (these are the free activities)

Since September 2017 it is possible to rent kayaks (30 soles)

Please feel free to ask us more questions about our progress, and what you will do during your stay at the lodge (depending on your skills, our construction projects, and which season it is, dry or wet)

A WEEK IN THE LODGE, HOW IS IT?

You go in the jungle from Monday to Friday. The appointment takes place every Monday morning in a hostel. From there, we gather to explain the beginning of the experiment: you will know that we will take the combi/van (private combi that we charge with our food, our equipment and your belongings) for 1h30 and then at Itaya bridge, where the Itaya river is, we unload the combi, eat a

little something, and reload our boat. It's gone for 2 hours of boat on the river!

We arrive late afternoon on the lodge. We unload the boat all together to bring everything back to the lodge. From there, the old ones arrange the food in the kitchen while the owner's turn is needed for the new ones! Quick explanations but do not hesitate to always ask questions if necessary. You can then install your belongings, choose your bed and take your first outdoor shower if necessary!

At 6.30pm, go to the kitchen for everyone to cook together, the more we are, the faster it will go! This first evening will be accompanied by candles, presentation and sounds of jungle ...

π BREAKFAST: from Tuesday to Saturday, start of work at 07:00. If you want to have lunch, we advise you to get up at 06:00, just to enjoy a tea, coffee with bananas, eggs, bread or other if you have the imagination!

From Tuesday to Friday, we work from 07:00 to 11:00, the Saturday is intended to tidy up the lodge and clean it so that the next Monday, you are in good conditions to start the week.

π THE KITCHEN: For the lunch we meet at the kitchen after work in the morning, to decide what to cook and start peeling the first vegetables. To know that if the group has several members, the quantities will be larger so cooking will require small hands!

The dishes are done in turn, 3 people per meal. We have set up a system of 3 basins: the first to degrease and remove the surplus food that remains in the plates or equipment, the second to wash with soap and sponge and the last to rinse in a basin of neutral water.

For the evening, go to 18:30 with your headlamp or flashlight to start cooking! Same system as lunch for the dishes.

Namely that we realize vegetarian cooking because it is impossible to import meat or food that can not be in a fridge. Do not be afraid to easily substitute pesto made in Inti, tequenos with leek, tortillas, lentil steaks and more tests and quirky ideas that will delight the taste buds!

π AFTERNOON: After the meal, free to occupy your free time! You can enjoy the terrace for "chill", play cards, slackline, relax in the pool, take a nap in the hammocks available or even go to the village 20 minutes walk. We advise you to go to the village around 16h when the workers will be back in the village to more easily exchange and enjoy the "sunset" on the way! Take your lamps, however.

π SATURDAY: On Saturday we clean the lodge. Each will have an administered task such as washing and tidying up the kitchen, sweeping and cleaning the dormitory, tidying up and tidying up some rooms. It's up to you to stay at the lodge on weekends if you do not want to go back to the city.

For those who are returning, we will make the opposite way to go on the morning of Saturday. We will therefore load the boat and go to the bridge. From there, plan 5 soles to take a public combi that will drop you off at the Belen Market. Then you can take a mototaxi that will take you to the center or to your hostels for 2 or 3 soles.

PRICES:

Visitors: If you only want to visit the site and see our progress, be in the jungle and participate in the fun activities.

→ 30 soles per night for a bed in the dormitory

→ 25 soles per day for food (this price includes food transportation for breakfast, lunch and dinner, drinking water, toilet paper, and the use of the shower)

Volunteers: In exchange for 4 hours' work in the morning, we offer free accommodation.

→ 25 soles per day for food (this price includes food transportation for breakfast, lunch and dinner, drinking water, toilet paper, and the use of the shower)

Team leaders: Do you want to stay longer in the project and have more responsibilities? It's possible! Depending on your duties, skills, time and motivation, prices can vary from half price, free to even getting a bit of money in return for your contribution to the project.

Other prices:

Public bus: 5 soles

Private bus: 10 soles

Private boat: 10 soles

IQUITOS:

The city has 430 000 inhabitants. Iquitos can be reached only by plane or boat, making it the world's largest city without road access. 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 speed along the streets and people linger and people linger in empty spaces eating ice cream and churros.

GETTING HERE / TRANSPORTATION:

The closest airport is in Iquitos, 7km drive from the town center (costs 10 soles in a Mototaxi). You will have to transfer in Lima for international flights. If you are flying the main airlines are LATAM, Peruvian Airlines and Star Peru.

You can also travel by boat (5 days from Pucallpa, 3 days from Yurimaguas, 3 days from the Brazilian and Colombian borders) to Puerto Masusa, which is 3km from the center of Iquitos.

As we are located on the Itaya River, we will need to take a mini bus from Iquitos which travels on the main road "Carretera Nauta". From there we spend 2 hours on our boat on the Itaya to reach the lodge.

/!\ ALL VOLUNTEERS COME TO THE LODGE TOGETHER FROM IQUITOS, YOU NEED TO MEET US IN BEFOREHAND IN IQUITOS FOLLOWING OUR CONFIRMATION /!

VISA:

The visa duration is generally 3 months. Once the 3 months are up you have to cross a border to get a new one, otherwise there is a fine, \$1/day overdue in Peru. When you arrive, you can specify to the immigration (“Migraciones”) office that you are a volunteer and ask for 6 months. (Sometimes it takes some negotiation, you need to be insistent and say you know you can get up to 6 months). Tourist visas are free.

WHAT YOU SHOULD BRING (COMPULSORY):

- Natural products (toothpaste, soap, shampoo) to avoid contaminating the land and water. They are difficult to find in Iquitos, so we recommend you procure some prior to arriving in the city. We also have natural products available for sale at the lodge (soap, shampoo, toothpaste and deodorant).
- Single sheets for sleeping in the dormitory (there are already mattresses and mosquito nets in the dormitories, but you can bring some if you don't want to use some which have been used by others before)

IDEAS OF WHAT TO BRING:

- Camping gear: sleeping bag, pillow...
- Hammock, mosquito net (cheaper in Iquitos)
- Hermetic protection for your bag
- Waterproof bag for passport and camera or other electronics
- 1 gallon of drinking water
- Hat/bandana
- K-way/rain gear to work in
- Sunscreen (SPF 30 minimum)
- Mosquito repellent (cheaper in Iquitos)
- Solar chargers or external batteries
- Rubber boots (there are some on site but you can bring some if you don't want to wear boots which have been used before, or if you have a large shoe size, which we don't have much of)
- Appropriate shoes to work in (no open toes/sandals)
- First aid supplies
- Good flashlight (headlamps are the most practical)
- Long-sleeved shirts
- Clothing you don't mind ruining
- Tools: tape measure, utility knife, pencil, rubber gloves, work gloves... (not obligatory, we have tools on site)

FIRST AID KIT:

- Drugs against pain and fever
- Anti-diarrheal and SRO-type solutions (rehydration salts)
- Antiemetics against vomiting

- Drugs against heartburn
- Anti-allergic treatment and cream against itching (natural aloe vera gel works wonders!)
- Anti-inflammatory
- Soothing ointment in case of burn (ie. Biafine, again aloe works very well)
- Skin antiseptic
- Compresses and bandages
- Alcohol-based gel for washing hands

/!\ Do not take medicine which could be affected by the heat (syrups, suppositories...)

LIFE AT INTI ECO LODGE:

You will leave from Iquitos on monday morning in a private mini-bus which goes to the bridge where the Itaya river crosses the Carretera Nauta road. You can take a break and eat something and/or buy water or other drinks for the journey.

From there you will all help to load the boat, and off you go! The boat journey is about 2 hours on the river. Once you get to Inti, everyone helps to unload; the returning volunteers will put away all the food and equipment while the new volunteers are taken on a tour of the lodge and shown how everything works.

We have a meeting during the evening meal so everyone can get to know each other.

Work days are tuesday-friday, working from 7am to 11am.

On saturdays, before returning to Iquitos for the weekend, everyone has a tidying and cleaning job to do so as to find a clean lodge on arrival the next monday.

There is no wifi connection on site as it is in the middle of the Amazon jungle.

In order to have internet access you will have to go to town 2 hours away.

You may find mobile phone service in some villages, 1 hour away.

At the moment there are dry toilets and an open-air shower shared by everyone (therefore it's best to tell everyone when you are going to shower)

Everyone sleeps in the same room, a twelve-bed dormitory where the door must stay closed at all times, to prevent too many mosquitoes entering.

There is an open-air kitchen where everyone helps with the cooking, cleaning and washing up.

Breakfast is self-service, while lunch and dinner are prepared by everyone for everyone.

Please note that all food is vegetarian !

WHERE TO GO IN IQUITOS:

Accommodation | We recommend:

- "The Amazon Within", which has a swimming pool, and where you will get a special attention if you say you are from the Inti project. Price range 18-22 soles per night for a dormitory bed.
- Golondrinas with a swimming pool
- "La Maison", near the Plaza de Armas. Price range 18-20 soles per night for a dormitory bed. Private double or twin rooms for 50 soles per night.
- "La casa Samantha". 15 soles per night for a private single room.

You're welcome to stay on site during the week and in a hostel during weekends to enjoy Iquitos' lifestyle and its surroundings.

Medical services:

Clinica Ana Stahl: (Tel 25-2535), Avenida La Marina 285 | open 24 hours (private clinic)

Dr Carlos Vidal Ore: (Tel 975-3346), Fitzcarrald 156

Emergencies:

National Police: (Tel 23-3330), Morona 126

Tourism Police: (Tel 24-2081 / 975-93-5932), Lores 834

Restaurants/Bars | We recommend:

Amazon Bistro, Karma Café, Dawn on the Amazon, Huasai Restaurant, Arandu Bar, Nikoro, Chef Paz, El Musmuqui

Activities:

Floating Market, Belén Market, Butterfly Farm, Miradors, City tour in Iquitos, Pacaya Samiria National Reserve

RECOMMENDED BUT NOT OBLIGATORY VACCINATIONS IN PERU:

- Diphtheria-Tetanus-Polio
- Typhoid Fever
- Hepatitis A
- Hepatitis B
- Yellow Fever (Amazon)

DISEASES:

Dengue can be present in Iquitos. Transmitted by daytime mosquitoes, it is also present in large cities (contrary to malaria which is present 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 whether you want to take medicine or not.

Prevention if you don't have treatment:

- At all times, and especially after sunset, wear clothing that covers the maximum body surface area. On exposed parts, use mosquito repellent. In the RainForest, clothing impregnation is recommended. (Insect Ecran for example)
- Relatively efficient mosquito coils can be found in the market. Make sure you bring an iron box to protect them during your journey. (caution: never put coils in a closed room, or just below you, in a hammock)
- Sleeping under a mosquito net, the best solution being a pre-impregnated one with repellent.
- Medicine for malaria prevention: you can ask your doctor prior to your departure.