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A Medical/Dental Expedition
May 30 - June 6, 2012 - 8 days
La Paz, Baja California Sur, Mexico

Expedition Brochure
Nov. 13, 2011

JOURNEY OF GIVING

Far away, on the coast of the southern Baja Peninsula and the desert islands of the Sea of Cortez, there are small communities of people living in harmony with the land and sea. Practising traditional fishing, farming and agriculture these folks are without many of the amenities we have in our own homes and communities.

Over the years these beautiful Mexican people have opened their doors to Panterra allowing hundreds of Canadian students to explore their surrounding land and sea and experience a simple way of life. Some people would say that the living and working conditions are harsh and unbearable in this desert climate. Some people stop and wonder how they can possibly survive the way they do. Through all of the challenges they face, when you meet these beautiful people you see there is a contentment and happiness that is not experienced by most North Americans. The most important things to them are family, subsistence and community.

Panterra, in an effort to give back to the people, has teamed up with the Secretaria de Salud (Department of Health in La Paz) to offer assistance to communities accessible only by sea onboard our 110' ship, Adventure.

The “**Journey of Giving**” Medical Expedition has been designed to provide services, that cannot be otherwise obtained by the communities. We will be coordinating a volunteer medical/dental team from both Canada and Mexico consisting of doctors, dentists, nurses, certified dental assistants and dental hygienists.

Since the program started two years ago we have added two additional teams. In addition to the medical/dental team we have added a builders team that will provide building materials and labor for the construction of water tanks, palapa's, one room schools and other structures that will enhance the community.

The third team added, is the “kids program” team which puts the volunteers to work on arts and crafts projects with the kids in the community. By engaging the children in arts and crafts they are given the opportunity to develop skills, experience new ways of seeing and doing, recognize their own abilities and express themselves artistically. It is simply an exercise in discovering and connecting with themselves.

The mission of the Journey of Giving Expedition is to promote the well being of the communities through the thoughtful volunteer work from both Mexican and Canadian participants. The expedition is open to professionals, families and those simply interested in helping out with building and the kids program. It's a brilliant “adventure with a purpose”, volunteer vacation.



One of the communities visited, La Cueva, set in the coastal foothills of the Sierra Gigantas.



The Kids program - making sock puppets.



The medical team hard at work in the community.



Sometimes all it takes is a little hug.



The builders team construct a Medical Clinic.

DONATIONS

We kindly ask participants to assist us in collecting the following donation items:

1. Material Donations such as:

- Sewing supplies - material, needles, thread and accessories.
- Clothing - baby clothes to adult sizes
- Toys - baby toys and stuffed animals, sports equipment to include baseballs, gloves and bats, soccer balls, volleyballs and pumps.
- School Supplies - backpacks, notebooks, pencils, sharpeners, pens, coloring pencils, crayons, coloring books, pencil cases and scissors.
- Dental Supplies - toothbrushes, toothpaste, dental floss.
- Medical Supplies - band aids, tensor bands, adhesive tape, glucometers (to include extra strips).

2. Monetary Donations for:

While material donations are most appreciated it is sometimes necessary for us to purchase items in Mexico such as the building materials like plywood used to replace cardboard walls in some of the community homes, hoses to bring freshwater into the community, palmas to build or rebuild roofs on palapas, portable water tanks, etc. Other items needing to be purchased are medical and dental supplies requiring instruction (in Spanish, not English). Your assistance in helping us to fund raise additional monies will go towards purchasing items over and above the medical supplies.

2012 Donation Wishlist

1. Medical - Tensor bands, band aids, slings, first aid instruments. Each community is left with an extensive Medical First Aid Kit which is replaced every year.
2. Dental - monetary donations for the purchase of a Mobile Dental System giving the dental team the ability to provide portable dentistry in a number of situations that can be dealt with outside the traditional dental office.
3. Optometry - prescription eyeglasses preferably with prescription written on packaging.
4. Building Materials - monetary donations for hammers, nails, non-electric tools and building materials to build a one-room schoolhouse.
5. Kids Programs - building of a one-room schoolhouse and supplying and planting fruit trees.
6. Women's Community Project - non-electrical sewing machines and accessories.

ITINERARY

Day 1 (May 30) - The trip begins in La Paz where participants will arrive and board the ship, the Adventure after 5:00 pm. While arrival times will differ plan on pre-dinner cocktails with dinner set for 7:30 pm. Once the entire group is onboard we will set sail for the islands.

Day 2 - The first day at sea will be spent leisurely with a couple of hours prepping for the community visits.

Day 3 - 5 - The medical portion of the expedition is scheduled from 8:00 am - 2:00 pm. The rest of the day we will take you out snorkeling, kayaking and hiking the islands of the southern Baja. Adventure into this amazing environment and discover it's raw beauty.

Day 6 - The last day at sea will be spent snorkeling, kayaking and hiking.

Day 7 and 8 (June 6) - arrive back in La Paz late afternoon, disembark and check in for a two night stay at the Marina Hotel in La Paz. Spend the rest of your trip strolling, shopping and exploring the beautiful town of La Paz. On Day 8 hotel check out is at 1:00 pm. Expedition is concluded.



Imagine receiving glasses for the first time in your life? This elderly woman also received a new walking cane with hand grip.



NON-MEDICAL ACTIVITIES

While the main focus of the expedition is to administer healthcare there will still be time for rest and relaxation. The Baja Peninsula and the islands of the Sea of Cortez hold some of the most beautiful landscapes, animal and plant life on earth. Anticipate swimming, snorkeling, kayaking, hiking and wildlife encounters around every corner. There is so much to explore and discover in this amazing part of the world.

As with all of our trips we like to include one of our wildlife conservation projects in the expedition. One of the communities we will be visiting, Isla Pardito, is also the community we work with on a sea turtle monitoring program. So for a 24 hour period, in 4 hour intervals, we will be capturing, for the purpose of measuring, weighing, tagging, then releasing the sea turtles back into the wild.

If you would like to learn more about our expeditions, viewing the places we visit, the marine life we encounter and the kinds of activities we engage in, you are invited to browse through the "Trip Journal - Journey of Giving - May and November 2010" section of the website.



Snorkeling in crystal clear waters.



Simply chillaxin' in the warm "June" waters.



Sea Turtle Monitoring Program.



California Sea Lion colony of Los isolates.



Late afternoon snorkel and kayak.

TRIP INFORMATION

CLIMATE - During the month of June the average temperature in the Sea of Cortez ranges from 26° - 32° C (79 - 90° F), the water temperature a few degrees cooler. In the Baja the days are warm and beautiful, the evenings cool down and may require light pants and a light jacket.

MENU - Our meals consists of a variety of healthy, nutritious foods including fresh fruits, vegetables and meats. The cuisine reflects the Mexican culture and most dietary needs can be accommodated with advanced notice.

CUSTOMS AND IMMIGRATION - Requires pre-immigration clearance prior to leaving the docks in La Paz. A valid passport is required and this information must be submitted to the Panterra office 30 days prior to departure. A delay in getting this information to Panterra may result in up to 3 days departure from the docks.

EXPEDITION STAFF - The lead medical staff are from the Mexican Department of Health and are senior members of the La Paz community. Their role is to oversee the medical aspect of the expedition. For the non-medical part of the trip you will be accompanied by 2 marine naturalist with over 25 years of combined experience exploring the Baja. We know where the best spots are for whales, dolphins, hiking, birdwatching, kayaking and snorkeling.

SHIP'S CREW - The Captain, engineer and crew are onboard to insure the safety and well being of the group. They bring many years of mariner experience in the Sea of Cortez offering the warmth and kindness that reflects the beauty and hospitality of the people of Mexico.

SHIP'S INFO - The "MV Adventure is a 110' aluminum hull ship. As a certified passenger vessel, all crew, vessel paperwork, safety and navigation equipment meet the legal requirements under the



The MV Adventure (110') at anchor.

Trip Information - Ship Info - continued:

"Nacional de Seguridad Maritima". The multiple level decks are ideal for wildlife viewing and accommodations are private staterooms with single berths, double/quad occupancy. Each stateroom comes complete with air conditioning, cupboards and draws to unpack in, sink/vanity and comfortable spacious bunks. Shared rest-rooms and showers are separate to the staterooms.

8 DAY EXPEDITION INCLUDES - All amenities onboard the ship (i.e. meals, beverages, accommodations, trip equipment, snorkel gear and kayaks), airport/hotel transfers (on the designated days of travel), 2 nights accommodation at the Marina Hotel in La Paz, pre-immigration clearance and tourism fees.

EXPEDITION DOES NOT INCLUDE - Airfare, Medical/Travel Cancellation/Interruption Insurance, Day 6 (supper), Day 7 and 8 meals in La Paz, and items of a personal nature. Please refer to our website, www.panterra.com, for more info on the expedition.

EXPEDITION COST - ***\$1595.00** CAD per participant. Group size: 22 members of the team.

The members are 13 Panterra participants accompanied by 6 medical staff from the Mexican Department of Health, (2 medical doctors, 2 dentists, 1 senior nurse and 1 Optometrist), 2 Panterra naturalists and 1 translator. The expedition is open to professionals, families and those simply interested in helping out with building and the kids program.

*Please Note: Once we have received your deposit, you will be sent a "Donations Card". The Donations Card will help to raise funds for the project. Proceeds from the first \$500.00 raised will go towards items on the Donations Wish List. Any monies raised over the initial \$500 can be put towards your expedition cost (to a maximum of \$1595.00) or you may choose to donate the full amount of monies raised. The use of the Donations Card is your choice. It is not a requirement. Your participation on this expedition is thanks enough.

BOOKING INFORMATION

INSURANCE - We highly recommend that participants purchase trip cancellation insurance, in the event of unexpected cancellations. We also recommend that you have adequate medical Insurance to cover any unforeseen situations that may arise.

RESERVATIONS, PAYMENTS and DONATIONS - can be made by PayPal on our website or by cheque or money order directly to Panterra at:

Panterra - 9601 Sixth Street, Sidney, BC Canada V8L 2W1

Deposit - In order to reserve a space on the expedition a \$495.00 deposit is required.

Final payment (expedition balance of \$1100.00) - due in our office by April 1, 2012.

Donations collected - due in the office by May 1, 2012.

CANCELLATION and REFUND POLICY - If you must cancel your trip the refund policy is as follows:

Prior to 30 days, if a replacement reservation is found a full refund less \$150.00 administrative fee. If a replacement reservation is not found the full amount paid is retained.

30 days or less, the trip fee is non-refundable. Panterra Educational and Cultural Training Society is not responsible for any additional costs that may arise from a trip alteration or delay, caused by circumstances beyond our control.

MEDICAL FORMS and LIABILITY RELEASE - Each participant is required to complete the "Participant Information Form" which covers medical information and release of liability. This form must be submitted with the initial deposit. This form can be obtained from the Panterra website www.panterra.com. Go to "Our Expeditions - Adult/Family Expeditions", at the bottom of the page click on "Participant Information Form".

PARTICIPANT RESPONSIBILITIES - With respect to the non-medical portion of the trip. Although no experience is required on our trips, as with any adventure there is always an element of risk. We ask that you welcome adventure with an open mind and be able to laugh and have fun when encountering the unexpected. We are dedicated to providing safe, environmentally sensitive and well-organized trips.

For more information on the expedition please contact the Panterra office at:

Phone: (800) 665 - 6639 Email: info@panterra.com Website: www.panterra.com