



paititi INSTITUTE



## Work-Study Service Program

**In the following pages we will cover many frequently asked questions and important info we would like to share with you before joining us. Please take the time to read through all the information thoroughly and email [service@Paititi-Institute.org](mailto:service@Paititi-Institute.org) with any questions. After reading this document, if you would like to submit an application to join us you can do so at: <http://www.paititi-institute.org/education/work-study-service>**

---

As a work-study service participant at the Paititi Institute you will be coming to be a part of our community. Paititi is a labor of love and grows through the contribution of its residents, short and long term. Here, our work is our prayer and as a community we practice presence, compassion, selfless service and hard work for the benefit of all beings. We work together to cultivate the highest view – a perspective where the welfare of all is considered from the wish that all beings will be free from suffering.

Our center is off the grid and designed for simplicity. It gives us what we need and not always what we want. Many of the luxuries found in the modern world you will not find here. The reality is that as a global collective through fulfilling our needs and wants, we have caused great destruction and imbalance to the environment and our communities. Instead we choose to live here at Paititi in a basic way, learning to cultivate a deep peace and joy in living within our means with each other. We are here drawing together diverse ideas, skills and ways of living, ancient and modern, in order to empower each other to move from being culturally conditioned and dependent consumers to becoming productive conscious citizens of the earth. In this way it is our wish that those who stay with us in service will not only depart with hands on experience and deeper understanding of the Permaculture practices and healing traditions we are working with, but even more importantly with a renewed humility in front of nature and a deeper understanding of what it means to take true responsibility in our lives.

Being in the Amazon you will become more in tune with nature inside and out. This environment can stimulate inner growth and this means you may feel ups and downs more strongly and at times it can become uncomfortable. We often use the distractions of the modern world to avoid looking at ourselves. This is not a place to escape reality but rather a place to face ourselves and ground in truth.

## The Work: Overview

Work at Paititi Institute greatly varies with the seasons, but there is certainly plenty of it all year long and of different interests. At this time we have two different service tracks: the Permaculture Track and the Transformation Track. No matter what track you choose, all service participants become part of our family and are expected to participate in the day-to-day running of the community and farm. For long-term participants, we work to create special projects based on the needs of the Institute and the participants' interests and skills. All work-study service participants have the opportunity to learn hands on skills in Permaculture as well as be introduced into the indigenous healing traditions of the Amazon.

Be prepared to have your comfort zone challenged. It usually takes new arrivals a few days to acclimate into the rainforest environment. Work can be hard, sweaty, dirty but enjoyable and a great way to gain knowledge and a deeper connection to nature.

### PERMACULTURE TRACK

Permaculture Track work study service opportunities are usually available when we do not have retreats in session. During these times participants will be more heavily engaged in permaculture projects on the grounds of the institute as well as permaculture projects with our local village. Common activities include Permaculture work (soil building, planting, maintenance and development of the agroforestry system, bee keeping, weeding, mulching, watering, food processing, data collection, etc.), and helping care for existing infrastructure (cleaning banana trees, maintaining greywater systems, construction and repairs, water management, clearing, cleaning, etc).

### TRANSFORMATION TRACK

Transformation track work study service opportunities are available during times when we hold our Embody True Nature Consciousness Transformation retreats. These opportunities happen 2-4 times a year and require participation in the full session. During this time the first priorities of all service participants will be to support the needs of the retreat which involves working in the kitchen, cleaning and being available to support facilitator needs. Service participants will have the opportunity to be in the energy field of the retreat group and will be included in an introduction to many of the different practices that we will be working with including most lectures given during the retreat, transformational breathwork and dreamwork, morning practices and some ceremonies. When not needed for retreat support participants will help with permaculture projects.

## Participation Requirements

- Work study service participants must be **minimum 21 years old**. We may consider participants under the age of 21. Those between the ages of 18-21 are asked to submit 2 letters of recommendation from a teacher or supervisor. Preferably from someone who has worked with you on service projects.
- We require a **minimum of 2 weeks** for participation but **recommend 1 - 3 months** with the exception of those supporting retreats.
- All work study service participants must be physically and mentally healthy and stable. If you have a chronic and or debilitating health condition this program is not appropriate for you. Instead we are happy to work with you as a patient where we can offer the proper support in your healing process. **Read more about working with us as a patient >>**

## Current Situation & Focus

We are in a period of transition and change at the Paititi Institute. At this time we are in the process of moving our main community and healing center headquarters in Peru to a new land. The process to purchase the new land has begun and the current intention is to start our move in February 2014, however all is in the process so **nothing is set in stone** until this process is complete. **Please we aware that there is a good chance this information may change and we will make an effort to keep everyone up to date.**

You can read more about our initial decisions to move our base at the following [blog article >>](#)

Below we have outlined our current opportunities for work service participation during this transition time. We have a minimum participation of 2 weeks except for the Embody True Nature Service opportunity. **Please DO NOT book any travel until your application has been accepted and we have given you specific travel instructions.**

### PERMACULTURE TRACK SEPTEMBER 2013 - FEBRUARY 2014:

All work service participants during this time will be based at our current center outside of Iquitos, Peru. Participants during this time should be aware that due to the transitions in progress, we will be maintaining a relatively small group at the current center. **Work service participants who choose to work with us at this time will be focused on maintaining the permaculture projects at the center and collaborate on our current outreach initiative working with the local school teaching the children and their parents Permaculture.**  
[Read more about the initiation of this program here >>](#)

**There will not be a major focus on sacred medicine work nor will we be hosting patients during this period, however we will hold a ceremony of Ayahuasca roughly every 2 weeks.** Participants will also have the opportunity to connect with many medicinal plants growing on our grounds through their own initiative. Of course just being in the rainforest is a powerful medicine and alone offers the opportunity for profound healing and insight into our true nature.

If you wish to join during the Fall/Winter of 2013 we are currently accepting new participants on the following dates:

**December 6th • December 20 • January 3 • January 17**

Please Note that our co-founders Roman and Cynthia will NOT be present at the center during this time frame.

**Staying on after February 1st:** It is possible that we will only be maintaining the volunteer program at this center till February 1, 2014. At this time we may be moving our focus to the new land which is in a different region of Peru. For those in deep resonance with our work and have shown to be a hard worker with personal initiative you will be welcome to come and work with us on the ground breaking at the new land. Service participants that decide to stay on at the new center will have to cover their own travel expenses to Cusco. If the move ends up being delayed you will be welcome to stay at the current jungle center with us.

## FEBRUARY - MARCH 2014 PARTICIPANTS:

During this time period we will only be accepting participants who have worked with us previously in our past courses, retreats or service programs. If you already have a personal connection with us and would like to join during this time please [email Cynthia](#).

## TRANSFORMATION TRACK MARCH 1 - APRIL 11, 2014

This is a special service opportunity for a small handful of people that have an inspiration toward consciousness transformation work. Participants will have the opportunity to be present and support in the transformation process during our Embody True Nature Retreat.

**Work Study Service participant interested in joining for this opportunity are required to commit to the full time arriving March 1 through April 11 and are welcome to stay later if you wish.**

During this time the first priorities of all service participants will be to support the needs of the retreat which involves working in the kitchen, cleaning and being available to support facilitator needs. Service participants will have the opportunity to be in the energy field of the retreat group and will be included in **an introduction** to many of the different practices that we will be working with including most lectures given during the retreat, transformational breathwork and dreamwork, morning practices and some ceremonies.

[Read more about the Embody True Nature retreat >>](#)

When not needed to support the retreat group participants will also have the opportunity to work on permaculture and infrastructure projects on the land.

### Participation Requirements:

- It is required to participate in the complete program starting March 1st and departing April 11. Participants may not have the opportunity to leave the center during this time except in the case of an emergency. Each participant will have one personal day a week.
- Participants should be healthy and in good physical shape. During this program you will be on your feet all day and will involve a lot of walking in the mountains.
- Because participants will be supporting a sensitive transformation process we are seeking service participants who have a foundation in personal practice.
- There are many unknown elements as we embrace this move. If we do end up at the new property we will be working with very simple and young infrastructure. Those who join should be willing and able to embrace this with a positive solutions oriented attitude.



## **TRANSFORMATION TRACK MARCH 1 - APRIL 11, 2014 (CONTINUED)**

### **Sacred Plant Medicine Ceremonies & Transformation Practices**

During this time service participants will have the opportunity to participate in deeper work with the transformation process than the Permaculture focus times.

All participants will receive an initiation including an Ayahuasca ceremony, integration day and San Pedro ceremony with the retreat group during your second week with us. In addition to the initiation round of ceremonies all service participants will have the opportunity to join for 2 additional ceremonies (either 2 ayahuasca or 1 ayahuasca and 1 san pedro).

At key moments during the retreat (usually in the middle and end we will offer a coca initiation and ceremony. Service participants will be invited to join for these ceremonies.

In addition to ceremonies service participants will have the opportunity to

- Join for at least one transformational breathwork session and one dreamwork session in order to get an introduction into these practices.
- Join in a number of morning practice sessions. The service participants can rotate participation in these sessions. Practices will include mainly Shaolin health movement, Yoga and Qigong.

### **Important info regarding location and travel for this opportunity:**

Please do not book any travel until your registration for this retreat is complete (by submitting your form, receiving confirmation from us and submitting your deposit).

We have been keeping our options open regarding location for this retreat as this is a transitional time for the institute and we are in the process of acquiring a new property. We hope to host this retreat at the new center but **will not be able to have clarity on this possibility till February 2014.**

After your deposit has been paid you are welcome to **book your flights to Lima, however please do NOT make any local travel arrangements.** We will be in touch with detailed direction on local travel in February 2014. Not to worry, local travel prices do not go up and there is no need to book them very far in advance. One week is sufficient.

When booking your flights to Lima please make the arrangements so that you will **arrive in Lima anytime on February 28th** allowing you to have enough time for local travel to arrive on March 1st. As for departure, we recommend **flying out of Lima on April 12th** unless you wish to stay longer of course.

### **Contribution and Deposit:**

The contribution for this transformation service opportunity is \$870 for the 40 day program. A 30% nonrefundable deposit is required in order to hold a spot in the service group.

If interested to apply for this opportunity please fill out the application on our work service page and indicate this on your application.

## PERMACULTURE TRACK APRIL 18 - JULY 11, 2014

During this time we hope to be hosting our work study service participants at the new center however we can not say for sure at this point. We hope to have more clarity on this by February 2014. If we are at the new center there will be quite a bit of work to be done involving master planing, natural building projects, water flow projects and establishing gardens to name a few.

The following are the dates we are exception participants during this period:

**April 18 • May 2 • May 16 • May 30 • June 13 • June 27 • July 11**

**Coming after July 11:** We have arrival dates set through July 11th 2014 at this time. If you wish to visit after this time you are still welcome to submit an application and specify your desired arrival dates. We will do our best to accommodate your desired arrival dates however we will not be able to confirm the exact details of your arrival until April 2014.

Continue to read on for more details regarding the accommodations.

## JOIN OUR INTEREST LIST

If you are interested to join us in the future but do not have a clear time line of when you will be able to visit you are welcome to sign up for our Work Study Service [Interest List here](#) and we will send periodic updates regarding the developments and offerings of this program.

## Substance Policy

**Paititi is an alcohol and substance free zone. Alcohol and drugs are prohibited on site nor are community members permitted to return to the property intoxicated.**

As a community we work with sacred plants for physical healing, spiritual growth and transformation, as well as community council. Plants can be powerful tools in healing and transformation within the proper context and understanding, but these tools are easily misused and misunderstood. We work with plants and plant spirits within a container of intention, guided by the ancient transmission lineages of the Amazon, Andes, and Tibet, under the supervision of qualified medicine men and women.



## Energy Contribution

Everyday is different depending on the work. The following is an example of a good day at our center and the basic expectations regarding your contribution of energy and service on a daily basis.

7 am	Wake up horn
7 - 8 am	Personal or Group Practice (yoga, meditation, Qigong, ect) or Breakfast Prep
8 - 9 am:	Breakfast
9 am - 1 pm	Service Session
1 - 2:30 pm	Lunch/Siesta
2:30 - 5:30 pm	Service Session
6:30 pm	Dinner and Personal time

In general we work 6 to 8 hours a day, 5-6 days a week but essentially it is important to understand that living in our community is not like being in society where we clock in and out. Here our life, work, prayer, and fun are woven together. We expect community members to be ready and willing to be in active contribution supporting each other and the work that needs to be done. Some days will require more and others will require less.

### **Every week each participant will have one free day and one personal day:**

- **Free day:** This is a day that participants are free to use however they wish... go to the city, spend a day in a jungle hut, walk to the river, hang in a hammock, ect
- **Personal Day:** During this day you may use it for your personal practice or exploration however you must remain on the institute grounds in order to be available for support if needed. If in service during a retreat personal days do not apply.

### **FINANCIAL CONTRIBUTION:**

**First Two weeks:** \$25 a day (\$350 total)

**Week 3 - 7:** \$20 a day

**Week 8 - 12:** \$15 a day

**Week 12 onward:** Potential sponsorship available

Scholarships are available for local Peruvians and other participants from third world countries.

Payment is accepted in cash once you arrive and can be paid in 2 week increments except for the transformation track where the rest of the payment is due upon arrival for the 6 weeks. US dollars are preferred and available at ATMs in Iquitos or Cusco. For those interested in long terms stay we are happy to consider sponsoring your stay without monetary contribution after 3 months if you show up as a self motivated, resonant, selfless, inspired, and contributing member of our family. For those who fit this description and are inspired to become a long term partner in manifesting a pure realm together for the benefit of all beings, we are actively working to create ways in which these individuals can be a part of a regenerative enterprise through collaborative projects.

## Energy Contribution (Continued)

### The daily contribution Includes:

- Food: We supply 3 vegan (+occasional fish or duck) meals a day and plenty of fruit to snack on depending on what is in season.
- Lodging: Work study service lodging is communal.
- Instruction and Permaculture Classes: We make an effort to share context and instruction to our work study service participants. All of our staff and residents share a wealth of knowledge and experience including extensive knowledge of Amazonian medicinal plants, Permaculture, nutrition, etc. There will be a weekly Permaculture class offered most weeks which all work-study service participants are encouraged to attend.
- Basic Supplies: laundry soap, toilet paper, candles, etc.
- Indigenous ceremonies of Ayahuasca once every two to three weeks depending on availability of qualified shamans.  
Additional ceremonies may be offered as a bonus for motivated and inspired effort.
- Medicinal Plants available on our land.

### Not Included:

- Airfare and transportation
- Trips to the city: If work-study service participants wish to go to the city for internet or personal needs they must cover their own transportation and any personal spending in the city. If you are traveling to the city for a Paititi Institute project your transportation will be covered.
- Personal food outside of what we offer on site.
- Personal hygiene products such as toothpaste and shampoo, etc.
- Laundry should you choose to take it to the city for washing at the laundromat.
- All expenses and costs caused by or associated with illness or injury including, but not limited to, medical expenses, hospital bills, medications and emergency transportation.





## Why a Contribution ?

The daily contribution covers the basic expense for food, lodging, education and ceremonies. We do not charge service participants in order to make a profit. This charge allows us to continue to have the possibility to welcome people into our community and support the growth of our center and the transformation of each person who enters our grounds.

It has been our experience that coming into the rainforest or mountain wilderness requires an adjustment for most and participants do go through a period of detox. Even those with the best intentions are often not able to sustain a balanced exchange in the beginning of their stay and sometimes longer.

Our community is a community of individuals who are coming in service to benefit others and to co-create a place that expresses and nurtures the true potential of human beings and Mother Nature. The work that you are contributing is going to support this space that offers profound healing to many both physically, spiritual and emotionally.

We are not a Permaculture farm seeking labor. We see this place as a lighthouse and its purpose is to guide humanity to it's true nature. This work in our experience is priceless and everyone who is involved in the work does not make any profit at this point, but we are fortunate to have created a regenerative container that allows us to continue this work. For us we give in service to this vision and we are looking for partners who wish to devote themselves to a greater purpose, seeking not what they can get but what more they can give to humanity to create the enlightened society we all dream of in our hearts. Together our potential is unlimited. This is basically the major criteria we seek in those we are able to sponsor for long term residency.

We suggest that participants view our documentary, "The Sacred Science" prior to your visiting in order to gain a deeper perspective on some of the work we do at the institute and what your service will support. To purchase visit [www.thesacredscience.com](http://www.thesacredscience.com)



## Accommodation Details

### GENERAL INFO:

**Food:** As a community we eat a whole foods based natural diet. Most of the meals are vegan with the addition of local fish on occasion. In addition our local guardian will occasionally offer some wild meat he hunts. For those who absolutely feel they need meat, we can provide chicken or duck on occasion but you must be willing to kill, clean and prepare it yourself. Our local workers will happily teach you. We discourage community members from bringing in packaged processed food both for health reasons as well as the waste produced from the packaging.

**Laundry:** There will be soap and basins available to hand wash your laundry on site. Unfortunately we are unable to provide organic soap at this time as it is not available in Peru. If you prefer organic soap please bring it with you. If you wish, there are laundromats available in the near by cities. This is not included in the service rate.

**Bathrooms:** We use dry composting toilets as part of the Permaculture program.

### SPECIFIC IQUITOS CENTER INFO (September - Mid January Participants)

The current grounds of the *Paititi Institute* is located on 100 acres off the grid in the Amazon Rainforest about 61.5 km from the Iquitos Airport. There is no electricity and this time we run a generator periodically in order to fill water into our storage tank. In the evenings we use candles for light and all cooking is done over a traditional fire tulla.

**Sleeping Arrangements:** As a service participant you will be housed in an open communal space. All guests will be provided their own mattress, mosquito net and bedding. You will not need a heavy sleeping bag in the jungle. All structures at the center are screened in for protection against mosquitoes.

**Water/Showers:** There is running water for showers and an artesian well on the property with filtered drinking water. At times we treat water with Grapefruit Seed Extract if needed.

**Internet Service:** The nearest internet service is in the city of Iquitos or the village of Nauta. Please try to set your affairs up in a way where you can keep you internet trip down to once a week or less if possible.

**Phone Service:** There is no cell service at our center. The closest pay phone is in our neighboring village about 5km down the road, otherwise the best place to make calls is in Iquitos or Nauta. We have a satellite phone on site for **emergency** use only. We are able to receive text messages to our Satellite Phone from your loved ones in case of emergency as well.

## **SPECIFIC MOUNTAIN CENTER INFO (Mid January Onward)**

We are currently in the process of acquiring a 4000 acre plot of land where the mountains meet the jungle about 6 hour drive north of Cusco. As we will not move to the land and start building infrastructure until January 2014 we are unable to give many details about the accommodations at this time. Expect very simple infrastructure in the first half of 2014. We will be installing some solar as soon as possible but initially there will be no electricity.

The land is in the mountains and for those not used to climbing up and down mountains it may take some adjustment. If you are not in a physical condition where you are able to walk in steep mountain terrain this would not be an appropriate time to visit us. In the future we will be building more road access to different areas of the property in order to accommodate more people.

**Sleeping Accommodations:** We will be putting up temporary geodesic domes while we build more permanent structures. Some service participants may be housed in communal domes or may be required to bring personal tents. We will provide more details about what to bring and what to expect at least one month prior to your arrival.

**Water:** There is delicious mountain spring water available to us. We will be doing a lot of work in early 2014 to manage water flow around the property and install infrastructure such as showers. Initially we will rig a simple outdoor shower system which will likely be cold.

**Access:** This new space is somewhat remote. We expect to have someone making a run to the city of Paucotambo (the nearest city about two hours away) or Cusco area (6 hours away) about once a week. Other than this rides can be arranged as needed via satellite phone however advanced planning is required.

**Phone/Internet:** We do have plans to install satellite internet on the land however at this time the closest internet is in the city of Paucartambo or in the Cusco/Sacred Valley Area. There is no phone service near by.

## **Receiving Important Messages**

We have a satellite phone on site for emergency use. We are also able to receive text message on this phone and this is the best way for your loved ones to send an emergency message to you.

**You are welcome to share the following info with your loved ones.**

- To send a text message to our satellite phone go to this website:  
<http://www.isatphonelive.com/>
- Click on the link on the top right: "send a free message to IsatPhonePro"
- Enter this phone # (behind the prefix 87077) **6407631**
- Enter your message. There is a 160 character max length.
- Click Send

## Indigenous Ceremony Overview

As part of your time with us in service you will have an option to partake in ancient indigenous Amazonian ceremony of Ayahuasca approximately every two - three weeks. During some times of the year participants may also be able to participate in the Andean ceremonies of San Pedro and Coca. All of these sacred plant medicine traditions have been declared to be a national heritage and cultural treasure of Peru.

The ceremonies associated with these sacred plants have been known for thousands of years to reconnect people with Mother Nature, help heal from many ailments and clear all confusions, doubts and obscurations of consciousness. We encourage our community to connect with Nature inside out and this is a very beneficial way to tap into the source of life in the universe as we know it. For more background on the sacred shamanic traditions of Peru we request you download and listen to a lecture given by Roman Hanis titled "Knowledge of the Amazon" prior to your arrival and write with any questions you may have. [View Here >>](#)

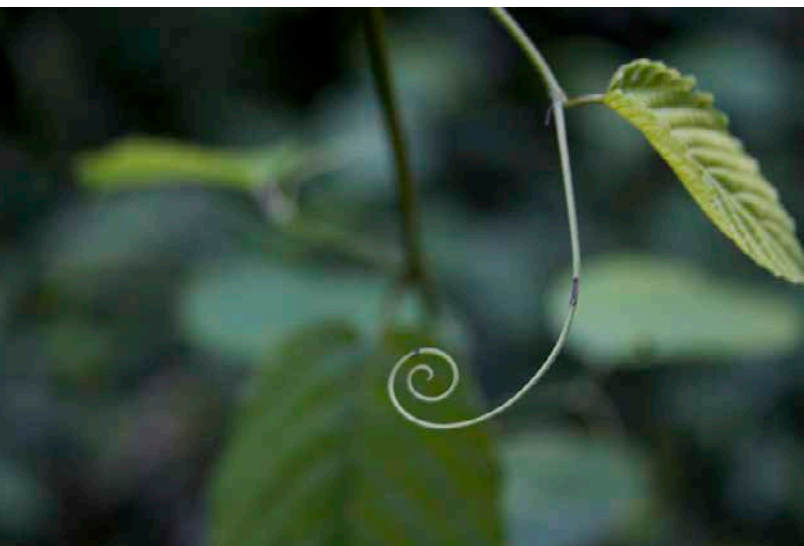
In addition, you can visit [www.thesacredscience.com](http://www.thesacredscience.com) to view a documentary film about our work.

## Ceremony Diet Preparation

In preparation for ceremonies there is a specific diet that must be maintained 3 days prior to the ceremony. During the ceremony times we will facilitate this diet and will only be serving the appropriate foods for those participating.

### **IMPORTANT INFO REGARDING MEDICATIONS:**

**Many pharmaceuticals are contraindicated with the Amazonian plant medicines and must be avoided 3 days to 6 weeks prior depending on the drug and the duration of use. Every situation is unique and it is **IMPORTANT** that you contact us as soon as possible so that we can research your specific situation. We do not recommend that anyone quit medications without the guidance of their MD doctor.**



## Regarding Medications and Vaccinations

**For your well being, all pharmaceuticals or supplements MUST be reported to us. If you start any medications after you register it is important to let us know right away. Taking any pharmaceutical medication (including malaria pills) will affect the ability of the participants to partake in medicinal plant work.**

There are no required shots for travel in Peru. The Center for Disease Control and Prevention makes some recommendations regarding vaccinations at the following website. It is up to you and your health care provider to determine what are the best steps for you. All participants are responsible for their own health decisions and travel at their own risk.

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>

Some countries do require shots after leaving Peru. We suggest you research the requirements of the country you will return to.

## Malaria Precautions

Being in the Amazon Jungle there is a potential for Malaria and Dengue carrying mosquitoes.

**These precautions apply to our jungle land. There is no malaria at the new mountain**

**land.** Our institute is taking preventative measures against malaria such as taking preventative indigenous recipes, planting vegetation that repels mosquitos, screening in houses and providing mosquito nets. We also advise that participants bring natural mosquito repellents.

Should you choose to take a malaria pills please make note that **Choroquine is NOT an effective antimalarial drug in Peru and should not be taken to prevent malaria in this region.**

**Also, please note that while taking malaria pills you will NOT be able to participate in ceremonies.**

### Some useful advise for the purpose of malaria prevention:

- Take a Homeopathic remedy Ledum Palustre starting 2 weeks prior to arrival and continuing through your time. This has is been known to help discourage mosquitos from biting you.
- Take Vitamin B complex: Vitamin B is also known to discourage mosquitos from biting you.
- Bring and use natural mosquito repellent. If you would like you can make your own. We have found that a combination of essential oils of citronella, lemongrass, cedar wood and eucalyptus works pretty well. You can also find a lot of recipes online.
- Bring some loose fitting white or light colored clothing to wear after dark. We recommend long sleeve buttoned up collared shirts which are easy to find at your local thrift store.

### Precautions taken during your stay:

- Drinking Cooked Lemon Daily: The indigenous communities have been using cooked lemon to prevent malaria for hundreds of years and from our experience it has been very effective. We serve cooked lemon daily as a preventative measure.
- Drinking Tumeric Tea Daily: Tumeric tea helps boost the immune system and protect the liver.

The Malaria strain in our region of the Amazon is considered a benign strain. It is easily tested for and treated at the local health post 5 km from the center.

## What to Bring

**The following list is prepared for those joining at our jungle center near Iquitos. For those joining in the new mountain center we will send more details in January.**

The Amazon Rainforest averages from 60° F to around 90° F. The dry season is from June through October and the wet season is from October/November till June. Of course every year is a bit different and you can expect rain year around.

In general bring light weigh and comfortable clothing which you don't mind getting dirty. It is best to wear light weigh long pants, socks and long sleeves at night for comfort against mosquitoes. While walking in the jungle we also recommend rubber boots which we will have available.

If you forget something, most things can be purchased in Iquitos, but it is next to impossible to find any natural soap or toothpaste here so be sure to bring enough.

Include the following items on your packing list:

- Passport
- Flash light with extra batteries (a good **head lamp** is recommended)
- Light weight long pants
- Light weight long sleeve shirts
- Shorts
- Tank tops and/or T-shirts
- Comfortable yoga clothes
- Comfortable walking shoes
- Tall socks to wear with rubber boots (boots are provided)
- Flip-flops
- Journal and/or notebook
- Water bottle
- Towel or travel towel
- Bathing Suit
- Biodegradable soap
- Personal toiletries
- Rain coat or poncho
- Sun hat
- Work gloves
- Natural Mosquito Repellent
- Crisp new bills (It is difficult to change money that is ripped, folded and worn looking)

Other recommended items:

- Yoga mat (we do have some available)
- Small day pack or waist pack
- Camera and battery charger
- Lighters (the lighters here break in a day)
- Solar charger

## Travel & Getting Here

Work-Study service participants are responsible to book their own flights. When purchasing your flights it is usually cheaper to buy an International flight to Lima and then buy a separate local flight from Lima to Iquitos (for the jungle center) and Lima to Cusco (for the mountain center).

**We ask that you please DO NOT book your travel until you hear back from us with confirmation of participation and receiving specific travel directions from us.**

## Passport and Visas

A valid passport is required to enter and depart Peru.

In Peru a tourist visa is issued upon entering into the country automatically for citizens of the United States for a stay up to 180 days. The amount of time for the visa **needs to be requested** at the time of entry at the Peruvian immigration check point, especially if you wish to stay for the full 6 months. Visit the Embassy of Peru Website: <http://www.peruvianembassy.us/en.html> for the most current visa information and details on visa requirement for citizens of other countries. Peru does not require any immunizations for entry at this time.

Most destinations, including Peru, require that you have adequate unused pages in your passport, allowing for necessary stamps upon arrival and departure. It is recommend that you have at least two free pages in the Visas section of your passport before any international travel.

Note: The neighborhood directly around the airport in Lima is not very safe. If you decide to stay closer to the airport for convenience, we recommend that you stay in your hotel after dark. Most hotels will arrange transportation to the airport for you.

## Meals While Traveling

If you end up eating out in restaurants while in route to the center please be aware that pretty much every restaurant uses MSG in Peru (and much of South America for that matter). Here MSG is called Ajinomoto and for those of you who are not aware, this stuff is very toxic and we recommend avoiding it. When you go to a restaurant you should tell them you are very allergic to Ajinomoto and they will leave it out. If you don't tell them your are severely allergic to it and could go the hospital, most places will not tell you the truth about using it from our experience.

## Trash

Being off the grid means we do not have services such as trash pickup. As a community we consider this a blessing because it really has forced us to become accountable for the waste that we consume and produce. We ask that as a guest of our community that you help us to keep our waste to a bare minimum.

Together we practice a Leave No Trace Ethic. It is very simple: leave the place you visit the same or better than you found it; leave no trace of your having been there, so that others – both human and animal – can enjoy the land. The following are some guidelines that we ask you to follow:

**1) Leave all packaging at home.**

If you are bringing new products of any sort please take them out of the package before you pack your bag. Beyond that, consider the amount of packaging when making your purchases.

**2) Carry out the waste you produce.**

If you do bring in plastic or other waste please do not leave it with us when you depart. (For example, if your flashlight breaks and you decide to throw it out, please do not throw it out in our trash.)

**3) Please do not bring packaged food.**

If you do decide to buy packaged food please dispose of the wrappers in the city before returning to our center or carry them out with you.

**4) Use a reusable water bottle.**

Do not buy bottled water in the city. Instead you can bring a reusable bottle and fill it up with our filtered well water.

**5) Bring a cloth shopping bag to use instead of plastic bags.**

When you depart we gladly accept donations of these bags as we are in need of more cloth shopping bags at this time.

**6) Ladies, please bring 100% biodegradable feminine products.**

We ask that you bring products that can be composted such as 100% cotton tampons or pads. Health food stores should have these. Even better, can also look for reusable cloth pads.

**7) Please take used batteries home with you to recycle.**

Please do not throw them in the trash (ours or yours) as they are very corrosive and toxic. It is important to recycle them and most cities in 1st world countries have battery recycling as part of their recycle programs. There is no battery recycle program in Iquitos so we will ask you to take some batteries back with you when you leave.



## Community Consciousness

As a resident (short or long term) it is important to remember that you are part of a community. The following are important ways of being which allow the community to create a harmonious space and transcend it's challenges.

- **Clean up after yourself.**
- **If you see a problem, be part of it's solutions.**
- **Consider others as much as you consider yourself...** Even better, consider others more.
- **Look at yourself first.** If something is not working, take 100% responsibility and look at how you contributed to the situation first before pointing fingers at others.
- **Practice transparency.** If something triggers you, bothers you, is not clear or does not makes sense, practice confronting it from a grounded non-emotional place directly. Often the stories we create about what we experience are interpretations based on our personal filters. Take some time to see if the situation brings up any personal disturbing feelings and emotions and once you release the identification with it bring it up with the people involved directly in a calm and balanced way.
- **Don't gossip, go to the source.** If challenges and confrontations do arise in the space it is important to handle them responsibly and go directly to the source of the challenge rather than pulling others into it. Venting to others does not solve anything and instead only creates a larger drama bringing others down.
- **Practice the art of listening.** True listening is listening without filters and interpretations. Practice listening to everything with fresh ears as if you are hearing everything for the first time. True listening requires a silent mind without thinking of our response.
- **It is up to you how much you want to gain from being here.**

## We look forward to welcoming you in the rainforest...

As you prepare for your trip feel free to contact us at any point for advice, guidance or further questions.

[service@Paititi-Institute.org](mailto:service@Paititi-Institute.org)

Many blessings,  
*The Paititi Institute*