



Peru Volunteer Mission 2013

August 21 - September 6, 2013

Join a team of Insight World Aid volunteers who will travel to Peru in order to provide medical, dental and humanitarian services to an impoverished community in the Andes.

We will set up a temporary medical clinic and build solar stoves for people who have minimal resources to prepare their meals without burning polluting fuel such as garbage, plastic and charcoal.

This trip will feature sightseeing in Cusco (the ancient city of the Incan Empire), the Sacred Valley of the Incas and breath-taking Macchu Picchu.

Meditation instructions and practices will be included. This adventure will conclude with a daylong meditation retreat at a seaside location.

An information session is planned for Sunday, June 30, 12 - 2 p.m at Insight Meditation Center, 108 Birch Street in Redwood City.



Friends of the Trip Fundraising Campaign

Our Friends of the Trip Campaign for Cambodia 2013 helped us to bring medical supplies and vitamins to the

Cambodia Mission an Outstanding Success

"She was so happy," Nancy said. "She was so grateful and her family said how scared they had been and how scared she was. They were glad we got the babies out safely." She paused. "The family asked me if I would name the babies as they see it as a blessing. So I said 'Sure, I'll name them!'" So now there is a new baby David and baby Nancy in Cambodia. Nancy looked at me as a smile spread over her face like morning light. "The family is so happy that we saved their lives."

~ from Lauren Smith's Cambodia Mission blog

Insight World Aid's first overseas mission was considered a great experience by all of those involved. In February of 2013 a brigade of volunteers participated in two weeks of travel, service, sightseeing and meditation practices in Cambodia.

Twenty-six men and women left the comfort and safety of their homes in order to practice bringing an end to suffering in the world. Although we all came from different backgrounds we teamed together traveling and working in harmony. Our time together was aided and enlivened by the teachings and practices of mindfulness and compassion.



Our volunteer service may have made a small impact on the lives of a few Cambodians who live in impoverished conditions but perhaps a bigger and lasting one on our own lives. This maiden voyage of IWA was a beautiful and memorable proof-of-concept of our slogan Wisdom and Compassion in Action.



It's the coming together of children who from the outside we may think are impoverished. Though as we were touched one by one, child by child, we fell. We tumbled into a world of grace. These little children opened our eyes and left within us something. There is no name for this something, it just is.

~ from Rik Center's Cambodia Mission blog

See the full trip blog on our website or Facebook page.

Insight World Aid Needs Volunteers

We are still in need of a Volunteer Coordinator, a Local Projects Team, fundraisers, grant researchers and grant writers. Opportunities to practice compassion in action continue to be available. All teams welcome volunteers. No experience necessary! Visit our website for details.

people we served on our mission. We are now asking for similar support for our volunteer medical mission to Peru.

Please support the Insight World Aid team of volunteers in their efforts to provide important services to Peruvians.

We are fundraising to provide needed medications and supplies to be used while in Peru. All donations will go toward services in Peru and are fully tax-deductible under federal and state tax laws. Please support us in our intentions to help those in need.

Support Insight World Aid

1. **Volunteer:** Insight World Aid (IWA) is in need of volunteers. We appreciate help from both people with medical training and qualifications, and also people with non-medical skills.

IWA is seeking volunteers to help fundraise and research grants. No experience needed. Opportunities to volunteer are also available on the communications, local projects and international teams.

If you would like more information regarding donating your time and skills to IWA please visit our website and download a volunteer description list and application.

2. **Donate** - Insight World Aid is now accepting donations. As a non-profit 501 (c) (3) organization, donations made to IWA are tax-deductible. If you would like to make a donation at this time please send your check to our mailing address below or visit our website to donate through PayPal.

3. **Spread the word** – If you know someone who may be interested in our work, please forward this information to them or give them the link to our website.

How to contact us

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