

What is APEX 6?

APEX 6 is a high-altitude medical research expedition led by six senior medical students at the University of Edinburgh to Huayna Potosí Mountain, Bolivia. Several research projects will be conducted during the expedition to investigate the effects of high altitude on human physiology.

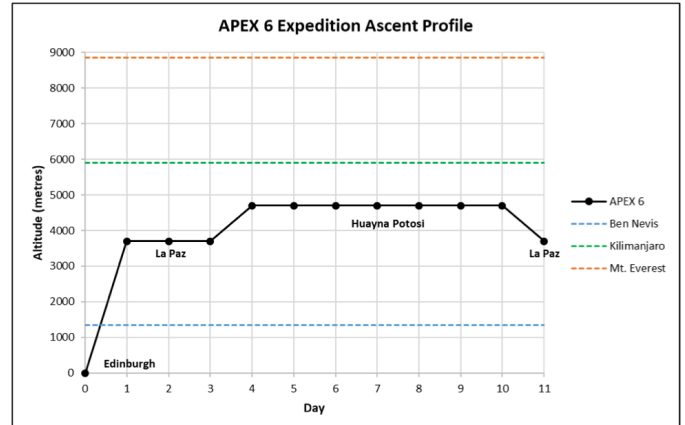
The APEX 6 Team

Expedition Leader: Sophie Hattersley
Logistics Coordinators: Oliver Vick and Denisa Strocckova
Funding Coordinators: Erin Bennett and Alastair Woodhead
Volunteer Coordinator/publicity: Sarah Lewis
Expedition Doctors: Alexandra Cross and Ben Warrick



The Itinerary

The expedition will begin on 30th June in La Paz (3700m) for an initial acclimatisation period of 3 days, before ascending to our base on Huayna Potosí (4700m). We will be traveling to the base by jeep and bus (you don't need to be an expert mountaineer, don't worry!). We will stay on Huayna Potosí for 8 days.



Data and sample collection will be carried out during the acclimatisation phase in La Paz and during our time at Huayna Potosí. The expedition will conclude on our return to La Paz on 10th July.

Volunteering on APEX 6

We are looking for 35 enthusiastic students from the University of Edinburgh to come with us to South America as expedition volunteers. APEX6 is a fantastic opportunity for anyone with an interest in expedition medicine, medical research and all those wanting to see new parts of the world in a unique way!

How do I Become a Volunteer?

Are you a student at the University of Edinburgh? Would you like to go to South America this Summer? To become a volunteer on APEX6 you will need to fill out a short online application form. Successful applicants will then be invited for an interview in November.

Online application opens: 1st October 2019. *(links to this will be on our website and social media pages)*

Online application closes: 6pm, 1st November 2019

Interviews: 9-10th November 2019

Estimated Breakdown of Costs

Expedition cost: £350

This includes all accommodation, breakfast in La Paz and all food during the time on Huayna Potosí. More information regarding costs will be given during our information evening – details below.

Not included: Flights, vaccinations, travel insurance, post expedition travel

Fundraising: Volunteers are all encouraged to fundraise their expedition costs. There are also grants from the university that volunteers will be eligible to apply for. Previous volunteers have been awarded up to £1000.

Find Out More...

Website: More information can be found at our website: www.altitude.org

Information evening: Our volunteer information evening will be held on 17/10/19

Social Media and updates: Be sure to follow our social media accounts for reminders, updates and links to the online application.



apexaltitude



apex6expedition

Onward Travel

Coming on APEX gives you a fantastic opportunity - onward travel! Once the expedition has concluded it is up to you how you want to spend your time. You can choose to fly straight home, onwards to another continent or (like most volunteers have done in the past) to remain in and travel around South America. Popular destinations include Bolivia itself, Peru and Chile, however, all South American countries are within reach.



Travel Profiles

Here are some exciting examples of where APEX volunteers have travelled in the past:

Alastair's Travels

 Misti Volcano, Arequipa	 Colca Canyon by bike	 Meeting Lake Titicaca's locals	 Sacred Valley Ruins	 Machu Picchu
Day 1	Day 4	Day 6	Day 10	Day 11

Following APEX, I left Bolivia by bus early the following morning to join a cycling tour in southwestern Peru. Starting out in the volcano-surrounded city of Arequipa our group headed north, cycling along the rural backroads of Peru. This was a highlight of my trip, as I was away from the tourist hotspots and able to experience a more traditional side of Peru.






My adventure continued onto Colca Canyon, where I saw condors soaring in the morning sun. The pristine road surfaces in the canyon were a lot of fun to ride on and certainly put Edinburgh to shame!

Next I visited Lake Titicaca's floating reed islands, before spending that night at the home of a local family by the lakeside to see the sunset. This was an unforgettable experience, firstly for the quinoa & banana pancakes they made for breakfast, but mainly for how cold it was – I slept in all my clothes, including my expedition jacket!

Fortunately, the next portion of my cycling escapades were slightly warmer and featured a visit to the ruins of the Sacred Valley, a 50 (yes 50) mile downhill cycle through the forest, as well as a roadside football match against a local boy and his dad, played while his mum prepared us lunch.

My South American journey culminated with the customary visit to Machu Picchu, made even more memorable by strike action that added a ten kilometre hike up a railway to get there! It was well worth the visit, as is the bakery in Aguas Calientes (the village next to Machu Picchu) for their incredible desserts!

Erin's Travels

 Tiwanaku	 Death Road	 Coroico Nature Reserve	 Arequipa	 Colca Canyon
Before Exp.	Day 4	Day 5	Day 11	Day 14

My travels actually started before the end of the expedition. A group of us went to Tiwanaku an ancient ruin site. Here we took part in their local festival and 'caught the sun' to bring us good luck for the coming year.

Next up was cycling the Death Road and ending this day with an overnight stay in the Coroico Nature Reserve, home to orphaned monkeys and many other animals. The perfect place to recover from falling off my bike...

My first stop in Peru was Arequipa, a beautiful city and the base for our trip to trek the Colca Canyon. This was hard work but one of my favourite memories from my travels! From here I travelled to Cusco for a short stay and the finally flew to Lima before flying home to conclude a very busy and enjoyable 28 days in South America.

Oliver's Travels

 Salar de Uyuni (Salt Flats)	 Main Street, La Paz	 Isla del Sol, Lake Titicaca	 Sacsaywaman, Cusco	 Machu Picchu
Day 1	Day 3	Day 5	Day 7	Day 11

During APEX, you really get to know the rest of the team. We used some of our time together to organise a trip to the Bolivian Salt Flats; a place not quite like anywhere else in the world. It offered something for everyone, from a quiet escape to giving a sense of adventure (it even makes for some good photos too!)

Even where you first land is an experience of it's own, so I decided to return to La Paz. It was a completely unique city and super cheap with most meals costing less than £1. Make sure to take the walking tour to get your bearings and then explore to your heart's content

Just a few hours from La Paz lies the beautiful Lake Titicaca and its tranquil islands. It was the perfect contrast to the hustle and bustle of La Paz. Isla del Sol can be seen in a day and I would highly recommend adding it to your South America itinerary.

Cusco is the perfect place to base yourself whilst in Peru. Surrounded by ancient Aztec ruins (like Sacsaywaman) and gateway to Macchu Picchu, it's a bit more tourist-friendly and can be a welcome safe haven after a couple of weeks in undiscovered Bolivia.

As one of the wonders of the world, it would have been silly not to visit Machu Picchu. Be sure to book your ticket in advance as it can sell out quite quickly. For me, it definitely lived up to the hype with incredible views and a truly unique story of origin.