



**SMILES
MOVEMENT**

Dentistry For Low-Income Families Everywhere

MEDLIFE & Smiles Movement Dental Service Learning Trips



Mission

Our mission is to provide sustainable, community-driven solutions that empower individuals and promote long-term oral health.



Vision

We envision a world where everyone, regardless of socioeconomic status, has access to essential dental care and education, fostering healthy smiles and thriving communities through sustainable, community-driven solutions.

What is MEDLIFE?



We are a 501(c)(3) non-profit organization.



We partner with low-income communities in Latin America and Africa.



We provide access to medicine, education, and community development projects.



We have 18 years of experience providing international volunteer opportunities and field educational programs.

Our Sustainable Model

- **Listening and Addressing Root Causes:** We prioritize **understanding** and addressing the underlying causes of poverty to ensure our interventions are effective and sustainable.
- **Continuous Support and Follow-Up:** We provide **year-round follow-up** for patients and projects, ensuring lasting impact and ongoing care.
- **Empowering Local Professionals:** We employ local health and development experts to lead and execute our projects, **supporting local economies** and building community capacity.
- **Collaborating With Communities:** We work collaboratively with community members, ensuring that our projects **meet their needs** and empower them to lead their development.
- **Engaging Volunteers All year-round:** Through our **Smiles Movement Chapters**, we keep our volunteers actively involved throughout the year, fostering a deep, ongoing commitment to our mission and the communities we serve.



About Lima



- Lima, home to nearly 11 million people, experiences significant disparities in dental health, especially among low-income communities.
- Access to dental care is uneven across the city, with many residents in poorer districts facing challenges in accessing quality dental services.
- Statistics indicate that dental decay is a prevalent issue in Lima, affecting over 85% of children by the time they reach school age, highlighting the urgent need for preventive care and treatment.
- A lack of preventive dental care means that many residents seek treatment only when conditions become severe, at which point interventions are more complex and costly.



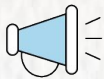
What is a Dental Service Learning Trip?

Week-long educational journey, where volunteers work hand in hand with the local community and local professionals. Our mission is simple: bring back smiles to those who don't have the means to create their own.

HIGHLIGHTS OF THE TRIP



- **Shadow and learn from local medical professionals**, performing services like fillings, extractions, prophylaxis, and dental education.



- **Apply academic theory in real-world settings** through respectful, hands-on fieldwork that prioritizes community perspectives and values.



- **Deepen your understanding** of cultural sensitivity, sustainable development in global health, and the root causes of poverty.



- **Foster personal connections** with communities and follow-up patients supported by MEDLIFE.



Dental SLT Itinerary

Transfer in & Orientation	Reality Tour	Mobile Clinic	Mobile Clinic	Mobile Clinic	Project	GLE (optional)	Transfer Out
Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 PM-11:00 PM TRANSFER IN	7:00 AM Breakfast	6:30 AM Breakfast	6:30 AM Breakfast	6:30 AM Breakfast	6:30 AM Breakfast	OPTIONAL TOUR	3:00 AM-9:00 PM Back to Home
	2:00 PM Bus to community	7:30 AM Bus to community or to permanent dental clinic	7:30 AM Bus to community or to permanent dental clinic	7:30 AM Bus to community or to permanent dental clinic	7:30 AM Bus to community or to permanent dental clinic		
Sunday	2:00 PM - 10:00 PM Reality Tour	8:30 AM - 2:30 PM Clinic Day 1	8:30 AM - 2:30 PM Clinic Day 2	8:30 AM - 2:30 PM Clinic Day 3	8:30 AM - 2:30 PM Clinic Day 3		
	Bus to Hotel	Bus to Hotel	Bus to Hotel	Bus to Hotel	Bus to Hotel		
9:00 AM Walking Tour		5:00 PM Post Clinic Activity	5:00 PM Post Clinic Activity	5:00 PM Post Clinic Activity			
5:00 PM Welcome meeting & Orientation	6:00 PM Dinner	6:00 PM Dinner	6:00 PM Dinner	6:00 PM Dinner	6:00 PM Dinner		

Volunteers Tasks

Volunteers will assist in roles like:

- **Organizing and managing** the registration process for patients.
- **Setting up stations** for dental procedures and educational activities.
- **Preparing dental instruments** for use during procedures.
- **Shadowing and supporting dentists** during dental treatments and procedures.
- **Conducting workshops** to educate the community on preventative oral health practices.
- Providing instruction on proper tooth brushing techniques for children.

Volunteers will rotate through the different stations every day, gaining a comprehensive experience in various aspects of dental care and community health education.



The Dental Clinic Stations



Triage Station

Here we obtain patients' contact information, basic medical history, and other data for the physicians to use during their consultations.



Education Station

A space to provide health education on various topics such as nutrition, gender-based violence, breast and Pap screening, among other health themes.



Toothbrushing

The goal of this station is to educate children from ages 3 and up about dental hygiene.



Profilaxis Station

The Prophylaxis Station provides professional teeth cleaning services performed by local doctors.



Dental Station

Bringing quality dental care directly to communities with convenience and expertise. Not available in Costa Rica and Tanzania



Pharmacy Station

After the patient has visited every station indicated on their medical form, they will be directed to the Pharmacy Station to fill their prescriptions.

Develop Yourself

- **Challenge Yourself and Develop Skills:** Learn to work effectively within diverse teams of healthcare providers and community workers, while engaging in challenging environments that enhance your [problem-solving](#), communication, and leadership skills.
- **Cultural Competence and Perspective:** Gain exposure to diverse healthcare systems and cultures, enhancing your understanding and respect for different ways of life, which helps [combat the white savior narrative](#) by emphasizing collaboration and mutual learning.
- **Earn Service Hours:** Accumulate service hours that contribute to your personal and professional development.
- **Advocacy for Social Issues:** Learn how to effectively [advocate for social issues](#) both locally and internationally, empowering communities and promoting sustainable change.



What to pack to Lima:

April-November is winter

Bring long pants and sweatshirts

December-March is summer:

It gets hot! Bring a hat, and plenty of
sunscreen

No matter the season:

Highly recommended bringing your scrub
A good pair of closed-toed shoes or
hiking boots

Donation Goal

\$1,650 USD per person (Lima, Peru)

- Accommodation for 8 nights
- Meals (Monday - Friday)
- Transportation (To volunteer activities, Airport)
- Emergency and Medical Insurance
- Mobile Clinic Materials (doctors, nurses, medicines)
- Patient Follow-Up Program and other programs
- ***Does not cover flights or extra expenses***

What is not covered: Roundtrip airfare, Meals over the weekend, Any tourism excursions, Personal expenses.

**We have many ways to
reduce our Donation Goal!**



Lower your **Donation Goal**

# Volunteers	Lima
<5	\$1650
6-17	\$1600
17-40	\$1550
41+	\$1500

Lower your Donation Goal

# Volunteers	Regular Price	QR Discount \$50 off	GTM Discount \$250 off	Ambassador Discount \$150 off
6-17	\$1600	\$1550 Per member	\$1300 Per member	\$1150 Per member

All discounts are cumulative up to a free SLT donation goal. **There are no refunds for accumulated discounts.**

What do I need to secure my spot?:

Non-refundable deposit required to register:



\$200 USD Deposit



Full payment

60 or 45 days prior to SLT
(depending on destination
and season)

Before you go, make sure to...

Travel Advisory

- Valid passport required (6 months beyond trip start). Register for MEDLIFE SLT without passport; submit info 2 weeks before trip. Ensure passport validity before departure.

Visit your doctor: MEDLIFE does not require any vaccinations however, you should follow all CDC requirements and any advice from your medical professional.

If you're not a U.S. or Canadian citizen , you may need a visa to enter certain countries. **It is your responsibility** to determine if you need a visa and make appropriate arrangements.



Time frames

Lima:

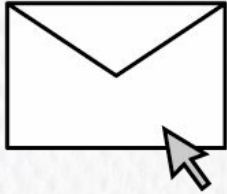
Jorge Chavez International Airport (LIM)

- Arrival: Saturday 5pm-11pm
- Departure: Midday Sunday- 9pm



How to book my flight?

1. We can help you requesting a quote with our partner travel agency, please email your Chapter Coach to request this quote.
2. Flight information must be send to 30 days before your departure date.
3. You can individually purchase your airfare. **The sooner the cheaper.** Once your trip is confirmed please make sure to buy your airfare.



Health & Safety

- ✓ International Health Insurance
- ✓ MEDLIFE In-Country Staff
- ✓ First Aid Kits
- ✓ Experienced Drivers & Guides





For more information please contact MEDLIFE at [USA] 1-844-MEDLIFE [1-844-633-5433]

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