

# SERVICE LEARNING TRIP

# DENTAL LIMA

# ITINERARY





## Dear MEDLIFers,

Thank you for joining the MEDLIFE Movement via a Service Learning Trip with us! Here at MEDLIFE, our mission is to build a worldwide Movement empowering low-income communities in their fight for equal access to healthcare, education, and safe homes. As an SLT participant in Lima, Peru, you are joining that worldwide Movement!

The following is a sample travel plan for you to review. Please go over it before your trip and don't hesitate to reach out if you have any questions. Thank you for joining the MEDLIFE Movement, and we can't wait to see you in Lima!

## Overview:

Lima, Peru's capital, is home to MEDLIFE, an organization working in its outskirts, particularly in the "pueblos jóvenes." These areas house nearly 1 million people living in poverty, lacking basic amenities like water and electricity. COVID-19 hit these communities hard, exacerbating financial and food insecurity issues. MEDLIFE's [COVID-19 relief](#) efforts were crucial, yet ongoing support is vital. By joining a Dental Service Learning Trip in Lima, volunteers provide essential dental care and education in these underserved areas, contributing to MEDLIFE's mission to alleviate poverty.

## Highlights of the Week:

- Learn about the challenges faced by low-income communities on a Reality Tour
- Gain experience shadowing healthcare professionals at a Mobile Dental Clinic
- Raise awareness of the importance of early education for children's oral health in preventing dental complications.
- Build bridges across cultures by connecting with community members

## Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Education:** Learn about the historical, political, and economic factors that have shaped the realities faced by families. Deepen your knowledge of global health by shadowing healthcare professionals.
- **Life-changing experiences:** Through eye-opening experiences and building human connections, a Service Learning Trip will renew your passion for building a world free from the constraints of poverty.

## DAY-BY-DAY ITINERARY

Arrival → Departure

Day 1	Arrival to Lima	Day 4-7	Mobile Clinics
Day 2	Walking Tour & Orientation	Day 8	Optional Tourism Activities
Day 3	Reality Tour	Day 9	Departure

## DETAILED ITINERARY

DAY

1

**Saturday**

### Arrival to Lima

Arrive at Jorge Chavez International Airport (LIM) between 5pm and 11pm. A MEDLIFE associate will be waiting for you outside of the airport with a MEDLIFE sign. Participants will arrive at the hostel and have the night to settle in at the hotel and recover from the long travel day. Meals are not provided today, but there are restaurants nearby.



Overnight  
Lima MEDLIFE Hostel



DAY

2

**Sunday**

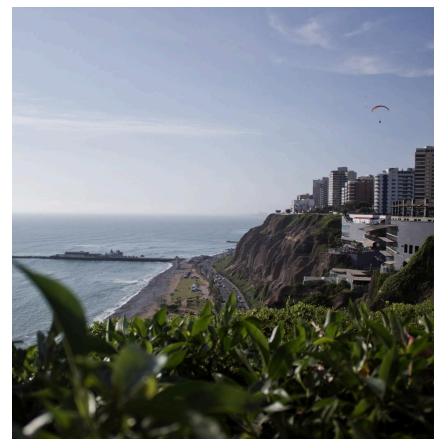
### Walking Tour & Orientation

Sunday is an introduction to Lima for all volunteers with a walking tour of Miraflores led by your Trip Leader. In the afternoon, participants can enjoy some free time to explore the area. The evening will be dedicated to an orientation meeting where we will cover what to expect for the week and review safety precautions.

Meals are not provided today.



Overnight  
Lima MEDLIFE Hostel



DAY

3

Monday

### Reality Tour

At 2:00 pm, volunteers and Trip Leaders will depart for the Reality Tour, providing your first immersive experience in the urban settlements where MEDLIFE works.

Throughout the afternoon, we will explore the harsh realities of living in these settlements and learn about how MEDLIFE works to bridge the gap between Peru's public health system and low-income families. We will also visit the Mini MED Center in the community of Union Santa Fe for a firsthand look at MEDLIFE projects. Additionally, we will participate in a community meeting during the evening. Return to the hostel is expected around 8:00 pm.



Overnight  
Lima MEDLIFE Hostel



DAY

4-7

## Tuesday to Friday

### Mobile Clinics

Every day, Mobile Dental Clinics travel to various communities, with 30-minute to 2-hour travel times. Upon arrival, volunteers unload supplies and attend a brief training session before opening the clinic at 8-9 am. They work until lunch around 11:30 am, then switch stations. Clinics close between 1-3 pm, depending on patient volume.

Volunteers will also visit a permanent clinic to learn from and shadow local doctors while overseeing deeper and more complex treatments for patients. Procedures can include surgeries, permanent dentures, and more!

On free days, they can explore the city.



Overnight  
Lima MEDLIFE Hostel



DAY

8

## Saturday

### Optional Tourism Activities

Make the most of your trip by participating in an optional tourism activity or extension. In Lima, most volunteers choose a Day Trip to Ica, an amazing oasis in the desert.

[Click here to see the full list of extension options.](#)



DAY  
9

Sunday

**Departure**

Continue exploring Peru or return home. Depart Lima anytime between 12pm and 9pm.



## INCLUDED

- ✓ 7 nights dorm room accommodation
- ✓ Breakfast, lunch, and dinner from Monday to Friday
- ✓ Transportation to and from the airport (within the established schedule), and to SLT activities
- ✓ English-speaking Trip Leader
- ✓ Safety equipment (including face masks)

## NOT INCLUDED

- ✓ Flights
- ✓ Tips
- ✓ Pre or post-trip accommodation
- ✓ Optional excursions
- ✓ Weekend meals

### Travel Advisory

All volunteers require a valid passport of at least 6 months from the SLT start date. You can register for the MEDLIFE SLT without a passport, but you must submit the info at least 2 weeks before the trip. You must ensure your passport validity before departure.

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.

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