

DENTAL SERVICE LEARNING TRIP

— INFO + ITINERARY —



**SMILES
MOVEMENT**
Dentistry For Low-Income Families Everywhere



LIMA, PERU



Lima is the 2nd largest city in all of Latin America & home to nearly 10 million people! Lima is not just the Peruvian capital; it has become one of the leading food capitals of the entire world. Lima may be a massive city, but right in the midst of the modern buildings, you can find pre-Inca archaeological sites to explore.

This destination is recommended for:

Volunteers more confident in a more urban setting and interested in learning more about population growth and migration are welcome. In Lima, the shantytowns known as "pueblos Jovenes" have been the primary target of MEDLIFE's efforts since

they are home to about one million individuals living in extremely impoverished conditions. Lima is a contemporary city with all of the amenities you would expect. Lima is also renowned as South America's culinary capital.

| Details of Destination | |
|------------------------|---|
| Promo video | Lima, Peru SLT destination promo video click here |
| Student Handbook | Lima destination student handbook (Dental Mobile Clinic station details, phrases in local language, and local emergency contacts) |
| Country | Peru |
| Country Population | 33.5 million |
| Languages | Spanish |
| Currency | Peruvian Sol \$1 USD = S/.3.92 PEN *Susceptible to fluctuation |
| Weather | Weather: Winter: 15°C / 59°F Summer: 27°C / 80°F Humidity: High |

| | |
|---|--|
| | Precipitation: Occasional drizzle |
| Location | Capital of Peru |
| Population | 11 million |
| Time from the hotel to the communities | 30 minutes up to 1:30 hour |
| Dental Campaign | (fluoridation and prophylaxis) in elementary schools |
| Extra Activities (Not Included) | <ul style="list-style-type: none"> - Gastronomic tours - Surf lessons - Barranco bohemian district - Magic Fountain Park - Shopping at Inca markets - Lima's historical center and catacombs |
| Travel Opportunities | <ul style="list-style-type: none"> - Ica and the Huacachina Oasis - Cusco is accessible by a quick trip via airplane |

DENTAL CARE IN LIMA: CHALLENGES AND STATISTICS

Lima, Peru's capital, is a modern, sprawling city with a population of 10 million inhabitants. MEDLIFE is headquartered in this diverse city, but for reasons beyond why a typical tourist might stop here. MEDLIFE's work in Lima focuses on the human settlements or "pueblos jóvenes" on the outskirts of Lima, where almost 1 million people live in impoverished conditions.



Dental Care Challenges:

Dental care is scarce in these underserved communities. The limited number of dental clinics and trained professionals means that many residents do not receive the necessary dental care. Only about 20% of the population in these areas has regular access to dental services.

During the COVID-19 pandemic, these vulnerabilities intensified. The majority of residents rely on informal jobs, leading to significant financial and food insecurity when the pandemic disrupted their livelihoods. Dental visits decreased by 50% during the pandemic, exacerbating untreated dental issues.



Prevalence of Dental Issues:

- **Tooth Decay and Cavities:** Over 90% of school-aged children in these communities have experienced tooth decay, with many suffering from untreated cavities.
- **Gum Disease:** Around 70% of adults in low-income areas suffer from gum disease, which can lead to pain, tooth loss, and severe infections if untreated.
- **Dental Trauma:** About 25% of children in rural and low-income urban areas have experienced dental trauma, often remaining untreated due to the lack of immediate and affordable care.
- **Malnutrition:** Poor nutrition directly affects oral health. Approximately 30% of children in these areas are malnourished, leading to weaker teeth and gums and increased susceptibility to dental problems.

TRIP LOGISTICS

PASSPORT AND VISA REQUIREMENTS

For most volunteers, the only requirement to enter countries where we have Service Learning Trips is a passport valid at least six months after your trip. Requirements could change frequently and are communicated to volunteers during the registration process.

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.

FLIGHT INFORMATION

Volunteers are responsible for buying their own airfare. However, our team can help you in this process by providing a flight quote for your group. You can request a flight quote by emailing info@medlifemovement.org. Once your flight is booked, please make sure to add your arrival and departure information to your booking.

AIRPORT: Jorge Chavez International Airport

Recommended timeframes for arrivals and departures is as follows:

Lima, Peru

Arrival: Saturday from 5:00 pm to 11:00 pm.

Departure: Sunday from 12:00 pm to 9:00 pm.

If students arrive outside of the set time frames, they will be responsible for covering the cost of transportation to their site. If your flight arrives outside the timeframes listed please email info@medlifemovement.org. Remember that any additional nights and transfers that are added before/after your trip because of early or late arrival are not included in the Service Learning Trip donation goal, and will be at the cost of the volunteer.

We highly recommend purchasing trip cancellation insurance, which will allow you to cancel for any reason. You can contact info@medlifemovement.org for more information about our insurance options.

ACCOMMODATION

HOTEL NAIA (FORMERLY SELINA)

Address: Calle Alcanfores 465, Miraflores 15074, Peru

Phone: +51 991 870 093

HEALTH

TRAVEL HEALTH INSURANCE

Emergency medical insurance is included in the cost of your trip, but trip cancellation insurance is not included.

COVID 19 PROTOCOLS

- COVID 19 Vaccination is recommended. **NOT REQUIRED.**
- Pre-Trip Covid-19 **TEST NOT REQUIRED.**
- **QUARANTINE** will be required if any participant is sick and tests positive for covid-19 during the SLT.

VACCINATION

MEDLIFE follows the Centers for Disease Control and Prevention's recommendations and requirements. Immunization recommendations for all of our trip locations may be found on this page: www.cdc.gov/travel/destinations/list. We recommend consulting the CDC page and/or visiting a local travel clinic for more information.

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

OTHER

MONEY

We recommend that you have access to at least \$150 to \$200 during your Service Learning Trip week to cover two days of meals, tourism activities, and any additional food, drinks, or souvenirs you wish to purchase.

Volunteers can easily exchange money in the locations they will visit. They can access their bank accounts via ATM or debit card and can also easily change cash with money-exchange officials on the streets or in nearby exchange houses.

WHAT TO PACK

You should plan to look professional but dress comfortably. Jeans, shorts, polos, athletic wear, and t-shirts are all acceptable. In all locations, a MEDLIFE t-shirt will be provided, but you are not required to use it. Check suggested items and checklist for your destination here: [SLT Packing Lists](#)

DONATIONS

Many volunteers organize themselves to bring essential supplies such as medical equipment, educational materials, and hygiene items to the communities they serve. These donated products enhance the effectiveness of healthcare and education initiatives, fostering a direct and immediate positive impact on the lives of those in need. This is not mandatory but if you wish to bring medical or any other kind of donations you can find a recommended list here: [Lima Recommended donation list](#)

EMERGENCY PREPARENESS

In the unlikely event you have a travel or health emergency and there are no MEDLIFE staff to assist you, you can contact us via the following numbers.

| | | |
|--|-----------------------------|---|
| When in-destination or in transit to destination | PERU EMERGENCY PHONE | +51 932 036 509 (whatsapp, call, or SMS) |
| When calling from within North America | MEDLIFE HQ PHONE | 1-844-633-5433 |

Emergency or Medical Assistance Procedure

Before Your Trip: Contact your local emergency authorities

For non-urgent matters, contact your Chapter, MEDLIFE HQ Phone, or email info@medlifemovement.org

FREQUENTLY ASKED QUESTIONS

If you still have doubts and/or question about trip details we suggest you consult our FAQ section of the MEDLIFE movement website to search for the answer. the link is here: <https://www.medlifemovement.org/service-learning-trips/faqs/>

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

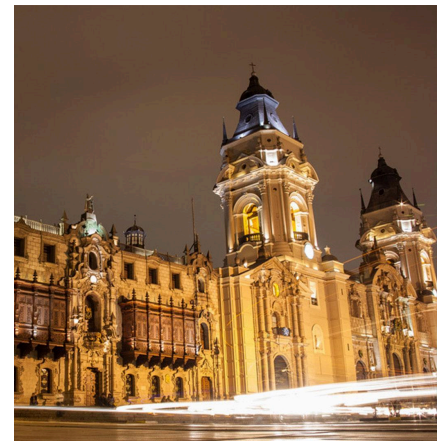
Saturday

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

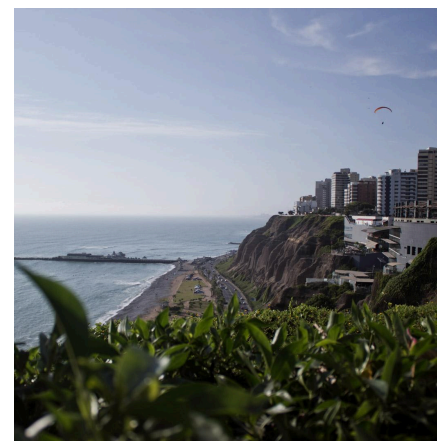
Walking Tour & Orientation

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!



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