

SERVICE LEARNING TRIP

CUSCO

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 the poor in their fight for equal access to healthcare, education, and a safe home. As an SLT participant in Cusco, 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 Movement, and we can't wait to see you in Cusco!

Overview:

Known as the most beautiful city in South America and the gateway to Machu Picchu, Cusco has become the home of a booming tourism industry. Unfortunately, the region's economy was hit hard by COVID-19. As borders closed and businesses had no choice but to shut down, many locals were left unemployed and facing an uncertain future. The flow-on effects of the pandemic have been particularly severe for rural communities surrounding Cusco, where many families lived in poverty even before the pandemic. These Indigenous communities are isolated both geographically and linguistically, often only speaking their native tongue of Quechua. [Our COVID-19 relief effort](#) helped address the hunger crisis in these communities, but further support is needed to ensure the region's recovery. Families have relied on agriculture to make a living but their income can be unstable due to heavy rains and earthquakes that can affect their crops. In the rural villages, the roads are often unpaved, schools are stocked with only the most basic teaching supplies, and the closest hospital may be hours away.

Your Service Learning Trip to Cusco will bring free, high-quality healthcare directly to these rural communities. As you come together with the community to learn, connect, and share, you will certainly have a truly transformative experience in Cusco.

Highlights of the Week:

- Learn about the challenges faced by rural communities on a Reality Tour
- Gain experience shadowing healthcare professionals at a Mobile Clinic
- Help bring a safe home to families with a renovation project
- Build bridges across cultures by connecting with community members

Key Pillars:

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Environment:** Service Learning Trips are created with sustainability in mind. In Cusco, you may have the opportunity to volunteer on an eco-friendly project like [Fuel Efficient Stoves](#) and [Greenhouses](#).
- **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 Cusco | Day 4-6 | Mobile Clinics |
| Day 2 | Walking Tour & Orientation | Day 7 | Project day |
| Day 3 | Reality Tour | Day 8 | Optional Day Trip to Machu Picchu |

Detailed Itinerary

DAY

1

Saturday

Arrival to Cusco

Arrive to Alejandro Velasco Astete International Airport (CUZ) between 5am and 2pm. A MEDLIFE associate will be waiting for you outside of the airport with a MEDLIFE sign. Take the rest of the day to rest and acclimatize to Cusco's altitude.

Meals are not provided today, but there are restaurants nearby.



Overnight
Cusco MEDLIFE Hostel



DAY

2

Sunday

Walking Tour & Orientation

Today you will participate in a walking tour of the most beautiful city in South America, led by a MEDLIFE Trip Leader. During the walking tour, your Trip Leader will show you the route from the hotel to the Plaza de Armas, indicate the best places to exchange money, and offer restaurant and attraction recommendations that volunteers may take advantage of during free time throughout the week the week.

The walking tour will end at the Plaza de Armas and you will have the rest of the afternoon to eat lunch and explore the city's historic district.

In the evening, all volunteers will report to the hotel conference room for a presentation to brief you on the week. We will also review safety recommendations for your stay in Cusco.

Meals are not provided today.



Overnight
Cusco MEDLIFE Hostel

DAY

3

Monday

Reality Tour

Today head out on a full day Cusco Reality Tour that will help get you oriented to the geographical, political, and social realities of the region. During the tour, you will visit various districts of Cusco before stopping at a primary school to discuss the relationship between poverty and education. You will then head to a regional hospital to learn about the Peruvian healthcare system. For lunch, volunteers will picnic at Mirador Taray (weather permitting), overlooking the Sacred Valley.

Return to the hostel and have some time to rest and relax before meeting in the conference room at 5pm for a presentation. We will discuss MEDLIFE's work and you will receive your Mobile Clinic station assignments for the week. Afterward, volunteers are free for the night.



Overnight
Cusco MEDLIFE Hostel

DAY
4-6

Tuesday - Thursday

Mobile Clinic

From Tuesday through Thursday, volunteers will participate in medical Mobile Clinics held in various communities in Cusco and the Sacred Valley. Each day, the Mobile Clinic will be held in a different community.

When we arrive, volunteers unload medical supplies from the bus and meet the health professionals they'll be assisting. After a brief training session, the clinic opens its doors to patients between 8-9am.

Patients start at the Triage Station, where volunteers help record vital signs. Then, they attend educational talks by MEDLIFE nurses while receiving informative pamphlets. Next, they visit the General Medicine or OBGYN Stations for consultations. Volunteers can shadow the physician, observing the patient evaluation, diagnosis, and treatment plan. Finally, patients head to the Pharmacy Station where volunteers assist in filling prescriptions.

Volunteers work until their lunch break around 11:30 am, then switch to their afternoon station. The clinics close between 1-3pm, depending on patient volume.

In the evenings, we gather for interactive Post-Clinic Activities before dinner. On free days, volunteers are encouraged to explore the city.



Overnight
Cusco MEDLIFE Hostel

DAY

7

Friday

Development Project

The final day of the Service Learning trip will be spent in a MEDLIFE partner community, volunteering on a development initiative. Projects may include activities such as home renovations, fuel-efficient stoves, or building a greenhouse!

After the project has been completed, take part in an inauguration with the community to celebrate all that you've achieved!

We'll return to the hostel around 2:30pm-4:00pm for a short reflection and debrief with the MEDLIFE team to wrap up the week.



Overnight
Cusco MEDLIFE Hostel

DAY

8

Saturday

Optional Tourism Activities

Make the most of your trip by participating in an optional tourism activity or extension. In Cusco, most volunteers choose a Day Trip to Machu Picchu, a majestic archaeological wonder.

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



Overnight
Cusco MEDLIFE Hostel

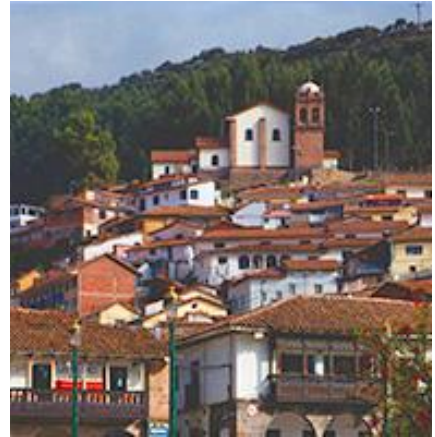
DAY

9

Sunday

Onward Travel

Continue exploring Peru or return home. Depart Cusco anytime between 5am and 2pm.





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 will need to submit the info at least 2 weeks before the trip. You must ensure your 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.