

MEDLIFE Destinations Comparison Chart

	LIMA, PERU	CUSCO, PERU	RIOBAMBA, ECUADOR	TENA, ECUADOR	SAN JOSE, COSTA RICA	TAMARINDO, COSTA RICA	KILIMANJARO, TANZANIA	ANTIGUA, GUATEMALA
								
Location	Capital of Peru	Capital of the Inca Empire	Capital of the Chimborazo province	Capital of the Napo province	Capital of Costa Rica	District of Guanacaste	Located at the foot of Mount Kilimanjaro	Surrounded by three majestic volcanoes
Population	11 million	428,450	459,000	134,000	339,581	6,375	1,640,087	18.5 million
Weather	Weather: Winter: 15°C / 59°F Summer: 30°C / 86°F Humidity: High Precipitation: Occasional drizzle	Weather: Winter: Rain Season Summer: Dry Season Humidity: Low Precipitation: Rains frequently	Weather: Winter: Rain Season Summer: Dry Season Humidity: Low Precipitation: Rains frequently	Weather: Winter: 24°C / 75.2°F Summer: 30°C / 86°F Humidity: High Precipitation: Rains frequently	Weather: Winter: 21.5°C / 71°F Summer: 35°C / 95°F Humidity: High Precipitation: Rains frequently	Weather: Winter: 26°C / 79°F Summer: 35°C / 95°F Humidity: High Precipitation: Rains frequently	Weather: Winter: 26°C / 79°F Summer: 30°C / 86°F Humidity: High Precipitation: Rains frequently	Weather: Winter: 21.5°C / 71°F Summer: 24.5°C / 76°F Humidity: High Precipitation: Rains frequently
Languages	Spanish	Spanish and Quechua	Spanish and Quichua	Spanish and Quichua	Spanish	Spanish	Swahili	Spanish
Currency *Susceptible to fluctuation	Peruvian Sol \$1 USD = S/.3.92 PEN	Peruvian Sol \$1 USD = S/.3.92 PEN	American Dollar	American Dollar	Costa Rica Colón \$1 USD = ₡561.45 CRC	Costa Rica Colón \$1 USD = ₡561.45 CRC	Tanzanian Shillings \$1 USD = 2,586 TZS	Guatemalan Quetzal \$1 ≈ 7.5 GTQ
Hotel Location *Car/Walking distance from the main square	1 minute from the Miraflores main square *Walking	1 minute from the Cusco main square *Walking	10 minutes from the Riobamba main square *Car	30 minutes from the nearest city *Car	2 Minutes from Plaza de la cultura *Walking	3 minute by foot from the main Centro de Tama *Walking	1 hour from the nearest city *Car	10 minutes from the Antigua main square *Walking

Possibility to explor on your own	Yes	Yes	Yes	No	Yes	Yes	No	Yes
Time from the hotel to the communities	40 minutes to 2:50 hour	1 to 3 hours	1 to 2:50 hours	1 to 2 hours	1 to 2 hours	1 to 2 hours	1 to 2 hours	1 to 2 hours
Community Development Project	Staircases Public Parks Roads Retention Walls	Greenhouses Corn Dryers Fuel Efficient Stoves Home Renovations	Bathrooms School Renovations Home Constructions Stairs	Bathrooms School Renovations Home Constructions	Bathrooms School Renovations Home Constructions Road improvement	Bathrooms School Renovations Home Constructions Road improvement	Bathrooms School Renovations Home Constructions	Home Constructions Sanitation projects School Renovations
SLT Stations	Triage Education Toothbrushing General Medicine Dental OB/GYN Pharmacy	Triage Education Toothbrushing General Medicine Dental OB/GYN Pharmacy	Triage Education Toothbrushing General Medicine Dental OB/GYN Pharmacy	Triage Education Toothbrushing General Medicine Dental OB/GYN Pharmacy Nutrition	Triage Education Toothbrushing General Medicine OB/GYN Pharmacy Nutrition * Dental is not included	Triage Education Toothbrushing General Medicine OB/GYN Pharmacy Nutrition * Dental is not included	Triage Education Toothbrushing General Medicine Pharmacy * Dental & OB/GYN are not included	Triage Education Toothbrushing General Medicine OB/GYN Pharmacy * Dental is not included
Expected Patient Numbers in Clinics	60-150 patients	40-100 patients	40-100 patients	30-100 patients	15-60 patients	15-50 patients	50-200 patients	50-80 patients
This destination is recommended for	Volunteers who are more confident in urban settings and interested in learning about population growth and migration are encouraged to join. In Lima, the shantytowns, referred to as "pueblos jóvenes," have been a focal point of MEDLIFE's initiatives. These areas are home to	Volunteers keen on exploring the history of the pre-Inca, Inca, and Spanish civilizations and understanding their convergence in shaping the current living conditions of indigenous people in this region are especially valued. MEDLIFE primarily focuses on the neighboring villages around Cusco, where	Volunteers eager to experience the serene beauty of the Ecuadorian highlands will find Riobamba an ideal location. Despite being a small city, Riobamba is surrounded by stunning mountains draped in lush vegetation and offers several places to explore after volunteer activities.	Volunteers who wish to step away from the modern world and contribute in Ecuador's lush jungle city of Tena are highly valued. Tena is renowned for its incredible biodiversity and is home to several native communities. These communities often face challenges due to their isolation and	Volunteers eager to dive into Costa Rican culture, engage with local communities, and learn about the nation's history, traditions, and lifestyle will find San Jose a compelling destination. Upon arrival, you'll understand why Costa Rica is often categorized as a middle-income country, yet poverty	Volunteers looking to immerse themselves in a new culture, learn about local customs and traditions, and connect with people from around the globe while making a positive impact on the community will find Tamarindo an enriching destination. Tamarindo, like much of Costa Rica,	Volunteers eager to make a significant impact while immersing themselves in the culture of Kilimanjaro, Tanzania, will find this location particularly meaningful. Known for its iconic mountain, the region also faces challenges such as limited access to	Volunteers interested in immersing themselves in a rich cultural setting while addressing profound social issues will find Antigua, Guatemala, deeply rewarding. Known for its stunning colonial architecture and vibrant cultural scene, Antigua also reveals the stark realities of economic

	<p>approximately one million individuals living in extremely impoverished conditions. As a modern city equipped with all the expected amenities, Lima is also celebrated as the culinary capital of South America. Additionally, the hotel where volunteers stay is located in Miraflores, the main touristic area of Lima, offering many opportunities to explore local attractions and cultural sites after volunteer activities.</p>	<p>residents continue to live in extremely low-income conditions. Cusco itself is a living museum, where ruins and vibrant relics of its rich history are visible at every turn. Visitors should be aware of the potential for altitude sickness due to Cusco's high elevation, and take appropriate precautions to acclimatize and stay healthy. Additionally, after volunteer activities, there are many places to explore, with the hotel conveniently located near the main square, providing easy access to the city's cultural and historical sites.</p>	<p>Riobamba is one of Ecuador's poorest areas, bordered by numerous small indigenous settlements grappling with challenges such as hunger, inadequate healthcare, and poor sanitation. Volunteers participating in a MEDLIFE trip to Riobamba will gain insight into the rural living conditions of indigenous families and understand the historical context of their current circumstances.</p>	<p>inadequate infrastructure, which limits their access to healthcare and other essential services. MEDLIFE in Tena has established a long and productive partnership with the regional government's social assistance program to help address these issues.</p> <p>Unlike some other locations, the hotel where volunteers stay is located about 30 minutes from the city center. We will visit the town a few times a week for essentials like snacks, but please note that there are no tourist attractions outside the hotel. However, the hotel offers a nice pool and various amenities to enjoy during your downtime.</p>	<p>remains a pressing issue, including in San Jose where many residents live in challenging conditions. Despite its popularity as a tourist destination, attracted by its tropical weather and lush landscapes, Costa Rica's equatorial climate also presents health challenges. Stagnant waters lead to mosquito breeding, increasing the risk of mosquito-borne illnesses that significantly impact local health.</p>	<p>is known for its stunning natural attractions, but it's also a region where 1.1 million people live in poverty. Factors contributing to this poverty include limited access to education, scarce job opportunities, a high cost of living, and significant income disparities between urban and rural areas. By volunteering in Tamarindo, you can engage in meaningful work that not only helps alleviate these hardships but also provides a fulfilling experience that benefits both the communities you assist and your own personal growth.</p>	<p>essential services and educational opportunities, contributing to local poverty.</p> <p>The hotel where volunteers stay is located far from the city, emphasizing the commitment required to serve in such a remote setting. While trips to the city will be organized occasionally to purchase snacks and supplies, this opportunity is best suited for those who are not looking to explore independently but are focused on contributing positively to the community. By volunteering in Kilimanjaro, you engage in valuable work that aids the local population and enriches your understanding of global issues, making a lasting difference in the lives of those you help.</p>	<p>disparity and widespread poverty that affects much of Guatemala, especially its rural and indigenous communities.</p> <p>In Antigua, volunteers will confront challenges such as limited access to education and healthcare, and a fragile agricultural economy. These issues offer a hands-on experience in tackling the roots of poverty and helping to build sustainable community solutions. This destination is ideal for those committed to making a tangible difference and eager to learn about the complex layers of history and society that define Guatemala.</p>
<p>Extra Activities to do on your own</p>	<ul style="list-style-type: none"> • Gastronomic tours • Surf lessons • Shopping at Inca markets 	<ul style="list-style-type: none"> • Gastronomic tours • Various museums and historical churches 	<ul style="list-style-type: none"> • City tour • Restaurants and cafes • Various museums and historical 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Restaurants • Historical & Natural museums 	<ul style="list-style-type: none"> • Surf lessons • Visit to beaches • Restaurants 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Walking City Tour

(Not Included)		<ul style="list-style-type: none">• Shopping at Inca markets	churches					
Travel Opportunities (Not Included, can purchase as an add-on)	<ul style="list-style-type: none">• Lima's historical center and catacombs• Ica and the Huacachina Oasis.• Machu Picchu (Cusco is accessible by a quick trip via airplane.)	<ul style="list-style-type: none">• Machu Picchu• Rainbow Mountain• Lake Humantay• Lake Titicaca• Amazon Jungle	<ul style="list-style-type: none">• Baños• Quito• Mindo Cloud Forest• Galapagos Islands	<ul style="list-style-type: none">• Baños• Quito• Mindo Cloud Forest• Galapagos Islands• Jumandy Caverns	<ul style="list-style-type: none">• La Fortuna• Manuel Antonio• Poaz volcano	<ul style="list-style-type: none">• Liberia la Fortuna• Guachipelin	<ul style="list-style-type: none">• Safaris (Taranguire, Ngororo Crater, Arusha)• Hiking Mount Kilimanjaro• Hiking to Materuni Waterfalls	<ul style="list-style-type: none">• Lago Atitlan• Mayan Marvels Tour: Tikal Adventure