

SERVICE LEARNING TRIP

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

Overview:

Lima is Peru's capital and a modern, sprawling city 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 jovenes" in the outskirts of Lima, where almost 1 million people live in impoverished conditions. These communities consist of small shacks, often made of reed mats or plywood and built into the precarious rocky hillsides around Lima. Most of these communities lack access to basic services like running water and electricity. While the entire city was badly hit by COVID-19, these communities were affected severely. With the majority of the population living hand-to-mouth on wages from informal jobs, the pandemic brought months of financial hardship and food insecurity. [Our COVID-19 relief effort](#) helped make sure that families didn't go hungry, but further support is needed to get communities back on their feet.

On a Service Learning Trip in Lima, you will volunteer at one of our Mobile Clinics to bring free, high-quality healthcare directly to these underserved communities. You will also work on a Development Project like a staircase or retention wall to help make the community a safer place to live. Register today for a Service Learning Trip in Lima to join the Movement for a world free from the constraints of 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 Clinic
- Help bring safer homes to families with a Development 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 Lima, you may have the opportunity to volunteer on an environmentally friendly project such as a [public park](#) or [eco-bathroom](#).
- **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	MEDLIFE Mobile Clinics & Project
Day 2	Walking Tour & Orientation	Day 8	Optional Day Trip to Ica
Day 3	Reality Tour	Day 9	Departure

Detailed Itinerary

Saturday

DAY

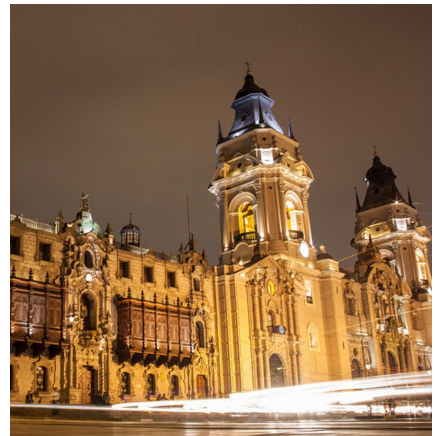
1

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



Sunday

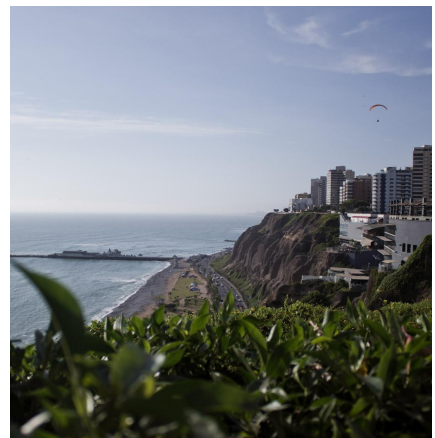
DAY

2

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

After breakfast in the hostel, volunteers and Trip Leaders will depart for the Reality Tour for your first immersive experience in the urban settlements where MEDLIFE works.

Throughout the day, 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 into our COVID-19 relief projects, including the Community Soup Kitchen, bodega, bakery, and computer lab.

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
Lima MEDLIFE Hostel

DAY

4-7

Tuesday to Friday

Mobile Clinics & Development Project

Every day, Mobile Clinics bring healthcare to different communities. The journey to these communities can take anywhere from 30 minutes to 2 hours, depending on traffic.

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.

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.

During the week, you may also contribute to community Development Projects, such as building staircases, public spaces, or roads, based on local needs.

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

Onward Travel

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 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.