



SERVICE LEARNING TRIPS





SLTs (Service Learning Trips) are for those 18+

To obtain details about the Service Learning Trips for high school students, download the brochure below:

Get the High School Brochure





WE ARE THE MEDLIFE MOVEMENT

MEDLIFE is a **501(c)(3) non-profit organization** that partners with low-income communities in South America and Africa to improve their access to healthcare, education, and safe housing.

In order to achieve the ultimate goal of a world free from the constraints of poverty, we empower students and volunteers to become advocates for change through traveling on Service Learning Trips and participating in on-campus Chapters.



WHAT IS A SERVICE LEARNING TRIP?

A Service Learning Trip is a **week-long educational journey** to Peru, Ecuador, Tanzania, or Costa Rica, where volunteers work hand in hand with the local community on development projects, mobile medical clinics, and more.

The trip allows volunteers to gain a deeper understanding of the root causes of poverty by personally connecting them with the communities that MEDLIFE supports.

MORE THAN A MISSION TRIP

Short-term medical missions and voluntourism have been fraught with ethical problems for decades. **MEDLIFE was born out of a desire to do better.** MEDLIFE aims to provide a more moral, effective, and sustainable model for medical missions and student involvement in global health.

Our approach involves listening to community needs, analyzing ethical considerations, and acting responsibly. This not only mitigates the risks of harming communities or enforcing the problematic "white savior" narrative, but also enhances the educational experience for students, ensuring they learn the importance of ethical practices, cultural sensitivity, and sustainable development in international health initiatives.

WHERE DO WE WORK?





HIGHLIGHTS OF THE TRIP



Engage: Shadow local medical professionals and work alongside community members on a development project



Educate: Connect experiences from the field to academic themes through educational discussions



Build your CV: Gain 40 service hours!



Advocate: Become a global citizen and learn how to advocate for social issues, both locally and abroad



Travel: Explore more of the adventure, culture, and wildlife of our destinations by adding travel extensions to a Service Learning Trip

SLT Itinerary

DAY 0 & 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Transfer in & Orientation	Reality Tour	Mobile Clinic	Mobile Clinic	Mobile Clinic	Project	GLE (optional)	Transfer Out
Saturday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 PM-1:00 AM TRANSFER IN (this might vary depending on location)	7:00 AM Breakfast	6:30 AM Breakfast	6:30 AM Breakfast	6:30 AM Breakfast	7:00 AM Breakfast	OPTIONAL TOUR	3:00 AM-9:00 PM Back to Home
	8:00 AM Bus to community	7:30 AM Bus to community	7:30 AM Bus to community	7:30 AM Bus to community	8:00 AM Bus to community		
	8:30 AM - 1:30 PM Reality Tour	8:30 AM - 2:30 PM Clinic Day 1	8:30 AM - 2:30 PM Clinic Day 2	8:30 AM - 2:30 PM Clinic Day 3	8:00 AM - 1:30 PM Project Inauguration		
Sunday	Bus to Hotel	Bus to Hotel	Bus to Hotel	Bus to Hotel	Bus to Hotel		
9:00 AM Walking Tour 5:00 PM Welcome meeting & Orientation		5:00 PM Talk 1	5:00 PM Talk 2	5:00 PM Talk 2			
	6:00 PM Dinner	6:00 PM Dinner	6:00 PM Dinner	6:00 PM Dinner	6:00 PM Dinner		

*Schedule might change depending on destination.

VOLUNTEER ACTIVITIES



Reality Tour

During the Reality Tour, volunteers will be guided through the community to gain **firsthand insights** into the daily lives and challenges faced by local residents. This immersive experience is designed to foster a **deeper understanding of the socioeconomic factors** affecting the community and how MEDLIFE's initiatives work to address these issues.

Volunteers will have the opportunity to engage with community members, ask questions, and learn about the impact of ongoing projects.



Mobile Clinics

During Mobile Clinic days, volunteers are assigned to various stations where they will **shadow local professionals** as they deliver healthcare services to the community. These stations include triage, dental care, health education, and more. Volunteers will observe and assist in providing essential care, learning about the local healthcare system and the unique challenges faced by low-income communities in accessing medical services. This **hands-on experience** is integral to understanding the importance of healthcare access and the role MEDLIFE plays in bridging the gap.



Development Project

On Development Project days, volunteers will **work alongside local leaders and community members** to help construct or maintain vital infrastructure projects. Whether it's building a staircase, setting up a community garden, or enhancing water access, these projects are carefully selected to address the immediate needs of the community while promoting long-term sustainability. Volunteers will receive **guidance and support** as they contribute to these impactful initiatives, ensuring they learn valuable skills while making a lasting difference.

MOBILE CLINIC STATIONS AT A GLANCE



Triage Station

Here we obtain patients' contact information, basic medical history, and other data for the physicians to use during their consultations.



General Medicine Station

Patients have their medical consultations with doctors who address individual medical issues and identify patients who require follow up care.



Pharmacy Station

After the patient has visited every station indicated on their medical form, they will be directed to the Pharmacy Station to fill their prescriptions.



Toothbrushing

The goal of this station is to educate children from ages 3 and up about dental hygiene.



Education Station

A space to provide health education on various topics such as nutrition, gender-based violence, breast and Pap screening, among other health themes.



OB/GYN Station

Addresses women's health issues, including breast exams and cervical cancer screenings. (Only female volunteers over 18 years old are permitted at this station). Not available in Tanzania.



Dental Station

Bringing quality dental care directly to communities with convenience and expertise. Not available in Costa Rica and Tanzania

WHAT ARE VOLUNTEERS SAYING ABOUT MEDLIFE?



"What I really liked about the SLT was that I was able to observe a lot of the things that I learned in my classes such as pharmacology, immunology, anatomy, and human physiology in clinical settings."

Marco, University of California Santa Cruz



"This kind of trip opens your eyes. You need that in your life because you get perspective...It's a once-in-a-lifetime experience and if you have the chance, you should do it."

Varinder, SLT Volunteer and Parent



"Visiting the communities and learning about all these different peoples' lives was super impactful and the patients gave me life-long lessons. I met MEDLIFE members and leaders from all over the globe who I still keep in contact with today."

Sydney, Ohio State University



"The best thing about the SLT is that students get to learn leadership and see different things around the world that they would normally not learn...I think this is one of the best things for students to do instead of just taking classes and learning about it from afar."

Professor Clifford Lo, Harvard Medical School

View all the Testimonials

TRAVEL SAFE WITH MEDLIFE

Service Learning Trips Safety. At MEDLIFE we take safety seriously. We encourage you to read this page in conjunction with our [FAQs](#) and [booking conditions](#).



What's Included In Our Trips



Safety Measures

Comprehensive safety protocols throughout the journey.



24/7 Support

Dedicated assistance from our experienced team and staff.



Travel Insurance

Medical emergency insurance for the duration of the trip



Expert Trip Leaders

Knowledgeable local leaders and staff.



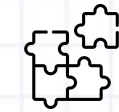
Accommodations

Comfortable and safe hotels/lodges reflecting local culture



Transportation

Seamless logistics including airport transfers and intercity travel



Cultural Immersion

Interactions with local communities, traditions, and cultures



Optional Activities

Engaging experiences tailored to your curriculum goals (per request)



Meals

Delicious and diverse meals, catering to dietary needs and restrictions



Pre-Trip Safety Meetings

MEDLIFE staff held pre-safety meetings to prepare for traveling abroad.

SLT Dates 2025/2026

			Peru		Ecuador		Costa Rica		Tanzania	Guatemala	
			Max Capacity	170	120	100	70	50	50	50	30
Season	Start Date	End Date	Lima	Cusco	Riobamba	Tena	Tamarindo	San Jose	Kilimanjaro	Antigua	
Winter	Dec, 27	Jan, 4	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Winter	Jan, 3	Jan, 11	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Winter	Jan, 10	Jan, 18	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Spring	Feb, 28	Mar, 8	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spring	Mar, 7	Mar, 15	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Spring	Mar, 14	Mar, 22	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Spring	Mar, 21	Mar, 29	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	Apr, 18	Apr, 26	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	Apr, 25	May, 3	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	May, 2	May, 10	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	May, 9	May, 17	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	May, 16	May, 24	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	May, 23	May, 31	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	Jun, 6	Jun, 14	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	Jun, 13	Jun, 21	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	Jun, 20	Jun, 28	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	Jun, 27	Jul, 5	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	Jul, 4	Jul, 12	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	Jul, 11	Jul, 19	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Summer	Aug, 15	Aug, 23	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Summer	Aug, 22	Aug, 30	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

PRICING & INCLUSIONS

We are deeply committed to crafting **fully sustainable and ethical programs** that resonate profoundly with our values and honor the communities we engage with. The cost of the service learning trip is termed 'donation goal' for a significant reason: it supports hiring local staff, ensures follow-up, sponsors the development projects, facilitates preparations including pre-workshops for communities, and much more.

Pricing is intricately tied to group size and destination. For the most up-to-date pricing details, we invite you to visit [our website](#) or [book a call](#) with a MEDLIFE advisor here.

INCLUDED

- ✓ 7 nights dorm room accommodation
- ✓ Breakfast, lunch and dinner from Monday to Friday
- ✓ Transport to Mobile Clinics and Development Projects
- ✓ English-speaking Trip Leader
- ✓ Safety equipment (including face masks)

NOT INCLUDED

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



OUR FOUNDING MODEL

MEDLIFE supports our work through volunteer donations and our [Moving Mountains program](#). Both sources of funding create sustainable solutions for poor communities and help MEDLIFE move closer to accomplishing the mission of a world free from the constraints of poverty.



VOLUNTEER DONATION GOALS

Volunteer donation goals for [Service Learning Trips](#) cover the trip costs and provide funding for our year-round work. These goals fund the prep, execution, and follow-up for mobile clinics, development projects, and educational workshops the volunteers support during the trip.

[Learn More](#)



MOVING MOUNTAINS

Our [Moving Mountains giving program](#) ensures that 100% of donations are allocated to fund a variety of programs and projects, including educational workshops, significant development projects, and medical treatments for patients.

[Donate Now](#)