

# CUSCO, PERU

## SERVICE LEARNING TRIP

———— INFO + ITINERARY ————





## CUSCO, PERU

Cusco is the ancient capital of the Inca Empire - you'll probably know the most famous of its ancient ruins, Machu Picchu. It's a major tourist center, home to breathtaking mountain scenery and Inca ruins. Many communities outside the capital speak a native language called Quechua. ¿Runasimta rimankichu? (Translation - Do you speak Quechua?)



### This destination is recommended for:

Volunteers who have an interest in learning about the history of the pre-Inca, Inca, and Spanish civilizations and how they have come together to form the current conditions of life for indigenous people in this region of Peru. The neighboring villages that are still living in extremely low-income conditions have been the primary focus of MEDLIFE's activities in the Cusco area. Cusco is a place where the past is brought to life. Ruins and vibrant relics of Cusco's history may be found just about wherever you turn.

Details of Destination	
Promo video	<a href="#">Cusco, Peru SLT Destination promo video click here</a>
Student Handbook	<a href="#">Cusco destination student handbook</a> (Mobile Clinic station details, phrases in local language and local emergency contacts)
Country	Peru
Country Population	33.5 million
Languages	Spanish and Quechua
Currency	Peruvian Sol \$1 USD = S/.3.92 PEN *Susceptible to fluctuation
Weather	<b>Weather:</b> Winter: Rain Season Summer: Dry Season <b>Humidity:</b>



	Low <b>Precipitation:</b> Rains frequently
<b>Location</b>	Capital of the Inca Empire
<b>Population</b>	428,450
<b>Time from the hotel to the communities</b>	1 hour up to 3 hours
<b>Community Development Project</b>	Greenhouses Corn Dryers Fuel Efficient Stoves Home Renovations
<b>Extra Activities (Not Included)</b>	Gastronomic tours Various museums and historical churches Historical ruins Shopping at Inca markets
<b>Travel Opportunities (Not Included)</b>	<a href="#">Machu Picchu Experience</a> <a href="#">Lake Humantay</a> <a href="#">Rainbow Mountain</a> <a href="#">Cusco City</a> <a href="#">Maras &amp; Moray</a>

## ISSUES COMMUNITIES FACE

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 has been 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.

# TRIP LOGISTICS

## PASSPORT AND VISA REQUIREMENTS

For most SLT volunteers the only requirement to enter countries where we have Mobile Clinics is a current passport that will be 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.

## PURCHASING AIRFARE

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](mailto:info@medlifemovement.org). Once your flight is booked, please make sure to add your arrival and departure information to your booking.

## FLIGHT INFORMATION

**AIRPORT:** Alejandro Velasco Astete international airport

Recommended time frames for arrivals and departures is as follows:

**ARRIVAL:** Saturday from 5:00 am to 2:00 pm.

**DEPARTURE:** Sunday from 5:00 am to 2:00 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](mailto: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](mailto:info@medlifemovement.org) for more information about our insurance options.

## ACCOMMODATION

### **HOTEL SAN FRANCISCO PARDO**

**Address:** 998 Regional, Cusco, Perú

**Phone:** +51 949 338 652

### **SOCIALTEL PLAZA DE ARMAS CUSCO (FORMERLY SELINA)**

**Address:** Calle Garcilaso, 150, Centro de Cusco, Cuzco, Perú

**Phone:** +51 978 368 224

### **HOTEL INKARRI CUSCO**

**Address:** Collacalle 204, Cusco 08003

**Phone:** (084) 242692

## **HEALTH**

Cusco is at a high altitude which can result in symptoms such as: headaches, nausea and fatigue.

Symptoms typically go away within a day or two, but may cause discomfort for some participants, make sure to drink a lot of water upon arrival!

### **TRAVEL HEALTH INSURANCE**

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

### **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](http://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.

### **HEALTH PROTOCOLS**

- **Face Masks:** Volunteers must wear surgical face masks during the Mobile Clinic and comply with all local face mask requirements.
- **Wash and Sanitize Your Hands:** Hand-washing stations and hand sanitizer will be available on clinic days. Don't forget to always wash your hands before eating and at the end of every clinic day to prevent stomach issues.
- **Illness During Trip:** If you are demonstrating symptoms of any illness or feeling unwell, please advise your Trip Leader immediately to get medical care.

## 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: [Cusco Recommended donation list](#)

### EMERGENCY PREPAREDNESS

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	<b>PERU EMERGENCY PHONE</b>	+51 932 036 509 (whatsapp, call, or SMS)
When calling from within North America	<b>MEDLIFE HQ PHONE</b>	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](mailto: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 Cusco	Day 4-6	Mobile Clinics
Day 2	Walking Tour & Orientation	Day 7	Project day
Day 3	Reality Tour	Day 8	Day Trip to Machu Picchu

## DETAILED ITINERARY

DAY

1

Saturday

### Arrival to Cusco

Arrive at Alejandro Velasco Astete International Airport (CUZ) between 5 am and 2 pm. 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 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. For lunch, volunteers will picnic at Mirador Taray (weather permitting), overlooking the Sacred Valley.

Later we will visit a local Hospital where we will learn more about how the public health system of Cusco works and the challenges which the medical staff faces.

Return to the hostel and have some time to rest and relax before meeting in the conference room at 5 pm 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

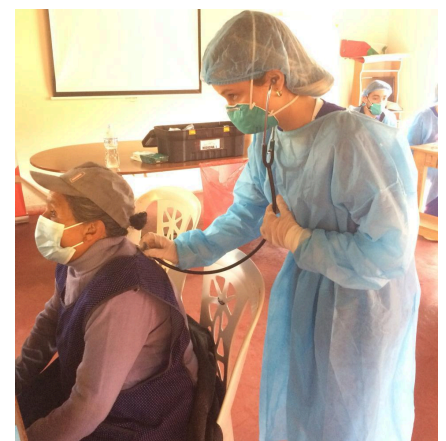
### Mobile Clinic

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.

Upon arriving in the community, volunteers will unpack all medical supplies from the bus and meet the health professionals who they will be assisting that day. After unloading all Mobile Clinic supplies, volunteers will report to the Mobile Clinic station that they have been assigned to that morning. A brief training session will be provided by the health professionals at each station, and the clinic will begin accepting patients between 8-9 am.

Patients will first visit the Triage Station, where volunteers will assist in taking each patient's vital signs. From there, patients will listen to educational talks provided by MEDLIFE nurses in the Education Station, while volunteers hand out educational pamphlets. Patients will then move to either the General Medicine or OBGYN Stations to receive medical consultation. Within all medical consultation stations, volunteers will have the opportunity to shadow the physician and learn how the physician works with the patient to evaluate what the patient has presented with, provide a diagnosis, and devise a treatment plan. Finally, patients will be directed to the Pharmacy Station where volunteers will assist nurses to fill the prescriptions that patients have been given during their medical consultations.

Volunteers will stay at their assigned station until they are relieved for lunch by their Trip Leader at around 11:30 am. Enjoy lunch on the bus and then report to your second station assignment for the afternoon. Finally, Mobile Clinics will close anywhere from 1-3 pm,



depending on the number of patients that day.

In the evenings, volunteers will meet in the hotel conference room at 5pm for interactive Post-Clinic Activities before dinner. On days when no activities are scheduled, volunteers are free 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, 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 2:30 pm - 4:00 pm for a short reflection and debrief with the MEDLIFE team to wrap up the week.



Overnight  
Cusco MEDLIFE Hostel

DAY

8

Saturday

### Machu Picchu Full Day

Wake up early to catch the best views of the famed Inca fortress of Machu Picchu, a UNESCO World Heritage Site that has been astonishing for travelers for years. We'll leave our hotel and head to the Ollantaytambo Station for a 1.5-hour train journey through jagged mountains and cloud forests. You'll disembark at the charming village of Aguas Calientes and then take a 30-minute bus ride to Machu Picchu.

One of the "New Seven Wonders of the World," Machu Picchu is a spectacular and mysterious citadel that



dates back to approximately 1450. Your historian guide will lead you on a tour of the ruins, visiting the temples, terraces, and all the best spots for photos. After a day of exploring, the group will return to Cusco in the evening.

Lunch and dinner are not included today



**Overnight**  
Cusco MEDLIFE Hostel

DAY

9

**Sunday**

### **Onward Travel**

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



## 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