

LIMA, PERU

SERVICE LEARNING TRIP

———— INFO + ITINERARY ————





LIMA, PERU



Lima is the 2nd largest city in all of Latin America & home to nearly 10 million people! It's not just the Peruvian capital, Lima has become one of the leading food capitals of the entire world. Lima may be a massive city, but right in the midst of the modern buildings you can find pre-Inca archaeological sites to explore.

This destination is recommended for:

Volunteers who are more confident in a more urban setting and who have an interest in learning more about population growth and migration are welcome. In Lima, the shantytowns known as "pueblos Jovenes" have been the primary target of

MEDLIFE's efforts since they are home to about one million individuals who are living in extremely impoverished conditions. Lima is a contemporary city with all of the amenities you would expect. Lima is also renowned as South America's culinary capital.

Details of Destination

Promo video	Lima, Peru SLT destination promo video click here
Student Handbook	Lima destination student handbook (Mobile Clinic station details, phrases in local language and local emergency contacts)
Country	Peru
Country Population	33.5 million
Languages	Spanish
Currency	Peruvian Sol \$1 USD = S/.3.92 PEN *Susceptible to fluctuation
Weather	Weather: Winter: 15°C / 59°F Summer: 27°C / 80°F Humidity: High

	Precipitation: Occasional drizzle
Location	Capital of Peru
Population	11 million
Time from the hotel to the communities	30 minutes up to 1:30 hour
Community Development Project	Staircases Public Parks Roads Retention Walls
Extra Activities (Not Included)	<ul style="list-style-type: none"> - Gastronomic tours - Surf lessons - Barranco bohemian district - Magic fountain park - Shopping at Inca markets - Lima's historical center and catacombs
Travel Opportunities	<ul style="list-style-type: none"> - Ica and the Huacachina Oasis - Cusco is accessible by a quick trip via airplane

ISSUES COMMUNITIES FACE

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.

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.

FLIGHT INFORMATION

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. Once your flight is booked, please make sure to add your arrival and departure information to your booking.

AIRPORT: Jorge Chavez International Airport

Recommended timeframes for arrivals and departures is as follows:

Lima, Peru

Arrival: Saturday from 5:00 pm to 11:00 pm.

Departure: Sunday from 12:00 pm to 9:00 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. 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 for more information about our insurance options.

ACCOMMODATION

HOTEL NAIA (FORMERLY SELINA)

Address: Alcanfores 465, Lima

Phone: +51 91 870 093

Website: <https://www.naiamiraflores.com/en/>

HEALTH

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. 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 you 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: [Lima Recommended donation list](#)

EMERGENCY PREPARENESS

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	PERU EMERGENCY PHONE	+51 932 036 509 (whatsapp, call, or SMS)
When calling from within North America	MEDLIFE HQ PHONE	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

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 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

DAY

1

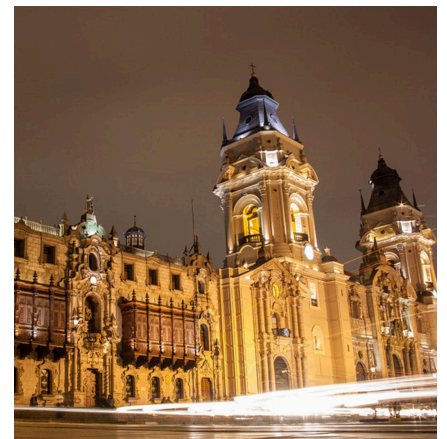
Saturday

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



DAY

2

Sunday

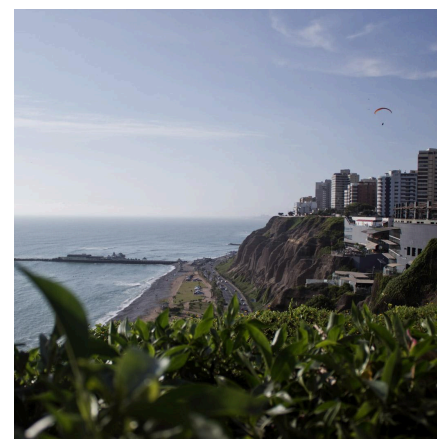
Walking Tour & Orientation

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