





MEDLIFE SLT



Dates 25-26



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

MEDLIFE Destinations

	LIMA, PERU	CUSCO, PERU
		
Location	Capital of Peru	Capital of the Ancient Inca Empire
Population	11 million	428,450
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
Languages	Spanish	Spanish and Quechua
Currency	Peruvian Sol \$1 USD = S/.3.92 PEN *Susceptible to fluctuation	
Community Development Project	Staircases - Public Parks - Roads - Retention Walls	Greenhouses - Corn Dryers - Fuel Efficient Stoves - Home Renovations
SLT Stations	Triage - Education - Toothbrushing - General Medicine - Dental - OB/GYN - Pharmacy	Triage - Education - Toothbrushing - General Medicine - Dental - OB/GYN - Pharmacy
Expected Patient Numbers in Clinics	60-150 patients	40-100 patients
This destination is recommended for	Volunteers who are comfortable in urban settings and interested in population growth and migration are encouraged to join MEDLIFE in Lima. The "pueblos jóvenes" shantytowns, home to about one million people in extreme poverty, are a key focus of MEDLIFE's efforts. Lima, a modern city known as the culinary capital of South America, offers volunteers the chance to explore local attractions and cultural sites in the Miraflores district after their activities.	Volunteers interested in the history of pre-Inca, Inca, and Spanish civilizations and their impact on indigenous living conditions are especially valued. MEDLIFE focuses on the villages around Cusco, where residents live in extremely low-income conditions. Cusco, a living museum with historical ruins and relics, requires visitors to take precautions for altitude sickness. The hotel is near the main square, offering easy access to the city's cultural and historical sites for exploration after volunteer activities.
Extra Activities to do on your own (Not Included)	<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 • Shopping at Inca markets
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

	RIOBAMBA, ECUADOR	TENA, ECUADOR
		
Location	Capital of the Chimborazo province	Capital of the Napo province
Population	459,000	134,000
Weather	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
Languages	Spanish and Quichua	
Currency	American Dollar	
Time from the hotel to the communities	1 to 2:50 hours	1 to 2 hours
Community Development Project	Bathrooms - School Renovations - Home Constructions - Stairs	Bathrooms - School Renovations - Home Constructions
SLT Stations	Triage - Education - Toothbrushing - General Medicine - Dental - OB/GYN - Pharmacy	Triage - Education - Toothbrushing - General Medicine - Dental - OB/GYN - Pharmacy - Nutrition
Expected Patient Numbers in Clinics	40-100 patients	30-100 patients
This destination is recommended for	Volunteers seeking the serene beauty of the Ecuadorian highlands will find Riobamba ideal. Surrounded by stunning mountains, this small city offers many exploration opportunities after volunteer activities. Despite its beauty, Riobamba is one of Ecuador's poorest areas, with nearby indigenous settlements facing hunger, inadequate healthcare, and poor sanitation. MEDLIFE volunteers in Riobamba will gain insight into the rural living conditions of indigenous families and the historical context of their current challenges.	Volunteers eager to step away from the modern world and contribute in Tena, Ecuador's lush jungle city, are highly valued. Known for its biodiversity, Tena is home to native communities facing challenges due to isolation and inadequate infrastructure, limiting access to essential services. MEDLIFE has a strong partnership with the regional government's social assistance program to address these issues. Volunteers stay at a hotel 30 minutes from the city center, with occasional trips to town for essentials. While there are no tourist attractions nearby, the hotel offers a pool and various amenities for downtime enjoyment.
Extra Activities to do on your own (Not Included)	<ul style="list-style-type: none"> • City tour • Restaurants and cafes • Various museums and historical churches 	<ul style="list-style-type: none"> • None
Travel Opportunities (Not Included, can purchase as an add-on)	<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

	SAN JOSE, COSTA RICA	TAMARINDO, COSTA RICA
		
Location	Capital of Costa Rica	District of Guanacaste
Population	339,581	6,375
Weather	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
Languages	Spanish	
Currency	Costa Rica Colón \$1 USD = ₡561.45 CRC * Susceptible to fluctuation	
Community Development Project	Bathrooms - School Renovations - Home Constructions - Road improvement	Bathrooms - School Renovations - Home Constructions - Road improvement
SLT Stations	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
Expected Patient Numbers in Clinics	15-60 patients	15-50 patients
This destination is recommended for	<p>Volunteers keen to immerse themselves in Costa Rican culture and engage with local communities will find San Jose compelling. Despite being a middle-income country, poverty remains a pressing issue in San Jose, where many residents live in challenging conditions. Costa Rica's tropical weather and lush landscapes attract tourists but also present health challenges. Stagnant waters lead to mosquito breeding, increasing the risk of mosquito-borne illnesses that significantly impact local health.</p>	<p>Volunteers seeking cultural immersion and the opportunity to connect with people globally will find Tamarindo enriching. Known for its stunning natural attractions, Tamarindo is located in a region where 1.1 million people live in poverty, heavily affected by migration. Migrants, in particular, are living in very poor conditions with limited access to education, scarce job opportunities, and poor health. Volunteering in Tamarindo allows you to engage in meaningful work that alleviates these regional hardships while providing a fulfilling and growth-oriented experience.</p>
Extra Activities to do on your own (Not Included)	<ul style="list-style-type: none"> • Restaurants • Historical & Natural museums 	<ul style="list-style-type: none"> • Surf lessons • Visit to beaches • Restaurants
Travel Opportunities (Can purchase as an add-on)	<ul style="list-style-type: none"> • La Fortuna • Manuel Antonio • Poaz volcano 	<ul style="list-style-type: none"> • Liberia la Fortuna • Guachipelin

	KILIMANJARO, TANZANIA	ANTIGUA, GUATEMALA
		
Location	Located at the foot of Mount Kilimanjaro	Surrounded by three majestic volcanoes
Population	1,640,087	18.5 million
Weather	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	Swahili	Spanish
Currency	Tanzanian Shillings \$1 USD = 2,586 TZS *Susceptible to fluctuation	Guatemalan Quetzal \$1 ≈ 7.5 GTQ *Susceptible to fluctuation
Community Development Project	Bathrooms - School Renovations - Home Constructions	Home Constructions - Sanitation projects - School Renovations
SLT Stations	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	50-200 patients	50-80 patients
This destination is recommended for	Volunteers eager to make a significant impact while immersing themselves in the culture of Kilimanjaro, Tanzania, will find this location particularly meaningful. Despite its iconic mountain, the region faces challenges like limited access to essential services and educational opportunities, contributing to local poverty. Volunteers stay at a remote hotel, reflecting the commitment required. While occasional trips to the city are organized for supplies, this opportunity is best for those focused on community service rather than independent exploration. By volunteering in Kilimanjaro, you engage in valuable work that aids the local population and enhances your understanding of global issues, making a lasting difference.	Volunteers seeking a rich cultural experience while addressing profound social issues will find Antigua, Guatemala, deeply rewarding. Famous for its stunning colonial architecture and vibrant cultural scene, Antigua also highlights the stark economic disparity and widespread poverty affecting much of Guatemala, particularly rural and indigenous communities. Volunteers will tackle challenges such as limited access to education and healthcare, and a fragile agricultural economy. This destination is ideal for those committed to making a tangible difference and eager to learn about the complex history and society of Guatemala.
Extra Activities to do on your own (Not Included)	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Walking City Tour
Travel Opportunities (Can purchase as an add-on)	<ul style="list-style-type: none"> Safaris (Tarangire, Ngororo Crater, Arusha) <ul style="list-style-type: none"> Hiking Mount Kilimanjaro Hiking to Materuni Waterfalls 	<ul style="list-style-type: none"> Lago Atitlan Mayan Marvels Tour: Tikal Adventure