



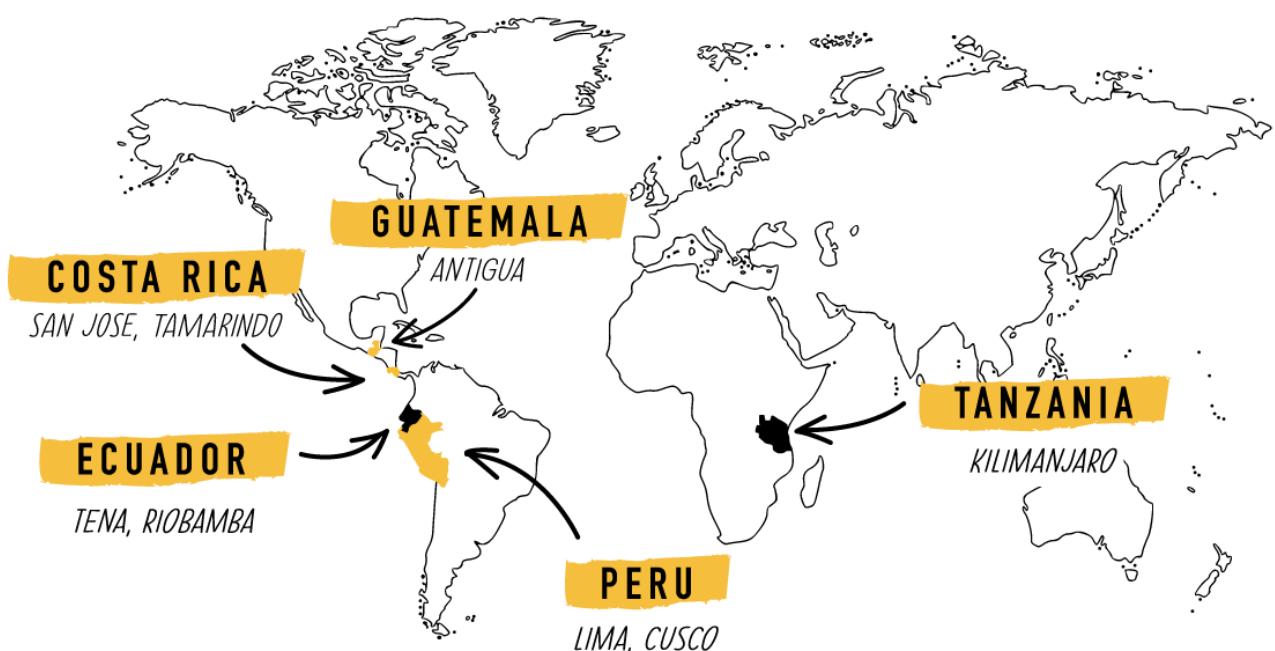
Mission

To build a worldwide movement empowering the poor in their fight for equal access to healthcare, education and a safe home.



Vision

A world free from the constraints of poverty.



Welcome to Peru!

Dear MEDLIFEr,

On behalf of the entire MEDLIFE team, I'd like to thank you for joining us on this Service Learning Trip to Lima.

For years, our partner communities have faced systemic challenges in accessing healthcare, education, and safe housing. These issues don't have simple solutions, but through long-term collaboration with local leaders, MEDLIFE continues to take meaningful steps toward a more just and equitable world.

During the last academic year, our Mobile Clinics provided thousands of consultations in general medicine and dentistry, while our community development projects focused on addressing the root causes of inequality. None of this would be possible without students and educators who choose to learn through service and engage ethically and sustainably alongside our local teams.



This year, we want to focus on making sure both students and communities grow and benefit from this shared experience. MEDLIFE is built on the belief that service is most powerful when it creates opportunities for reflection, understanding, and partnership. Your participation helps strengthen the connection between global learning and community-led development, a collaboration that supports lasting impact for everyone involved.

While this experience will certainly be rewarding, its impact will depend on what you bring to it. I encourage you to approach each day with humility, curiosity, and a willingness to listen and learn. The goal is not to "help" or "fix," but to understand, collaborate, and grow together with the communities we serve.

This handbook will guide you through your project site, itinerary, and key information for your week in Lima. I also hope it helps you reflect on what it means to engage ethically and sustainably in global health and development, and inspires you to stay involved with MEDLIFE's mission once you return home.

Real, sustainable change takes time, and it begins with people like you who choose to participate in movements grounded in respect, partnership, and empathy. We're proud to have you as part of the MEDLIFE Movement.

Gracias,

Dr. Nick Ellis

MEDLIFE Founder and CEO

The Dental Service Learning Trip

What will we do **this week?**

- **Experience engaged education during the Reality Tour**, where you'll learn directly from local leaders about the social, cultural, and systemic factors shaping their communities.
- **Shadow licensed local professionals** in MEDLIFE's Dental Mobile Clinics, gaining real-world insight into community-centered healthcare.
- **Reflect and connect** through evening discussions that deepen understanding of global health, equity, and ethical service.
- **Explore and learn** on an optional Saturday cultural excursion, discovering the history, traditions, and beauty of the region.



Key Pillars

Service: By volunteering at a Mobile Clinic, you'll directly help bring accessible medical care, and health education, to the marginalized communities you visit.

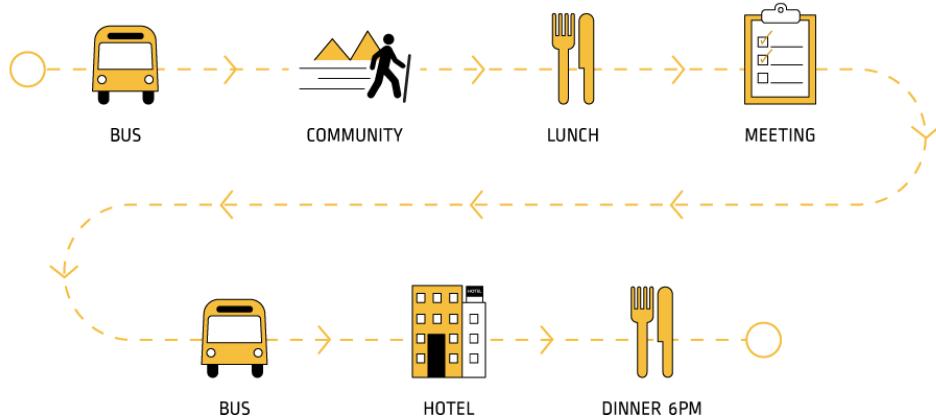
Education: Learn about the historical, political, and economic factors that have shaped the realities faced by families. Deepen your knowledge of global health by shadowing healthcare professionals.

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.

Sample Itinerary

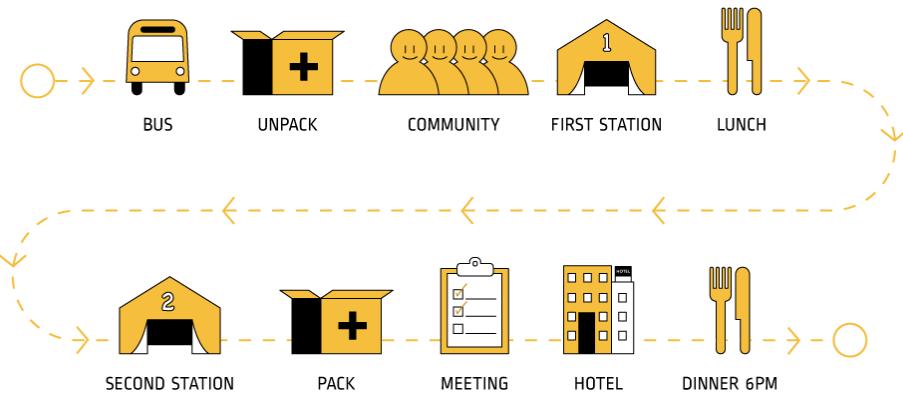
ENGAGED EDUCATION REALITY TOUR DAY

BREAKFAST 7:30 AM



MOBILE CLINIC DAY

BREAKFAST 6:30- 7:00 AM



Health Protocols & Requirements



Face Masks: In addition to complying with local laws and regulations, volunteers must also wear face masks during Mobile Clinics.



Compulsory Safety Briefing: Upon arrival, volunteers will attend an extensive safety briefing .



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.



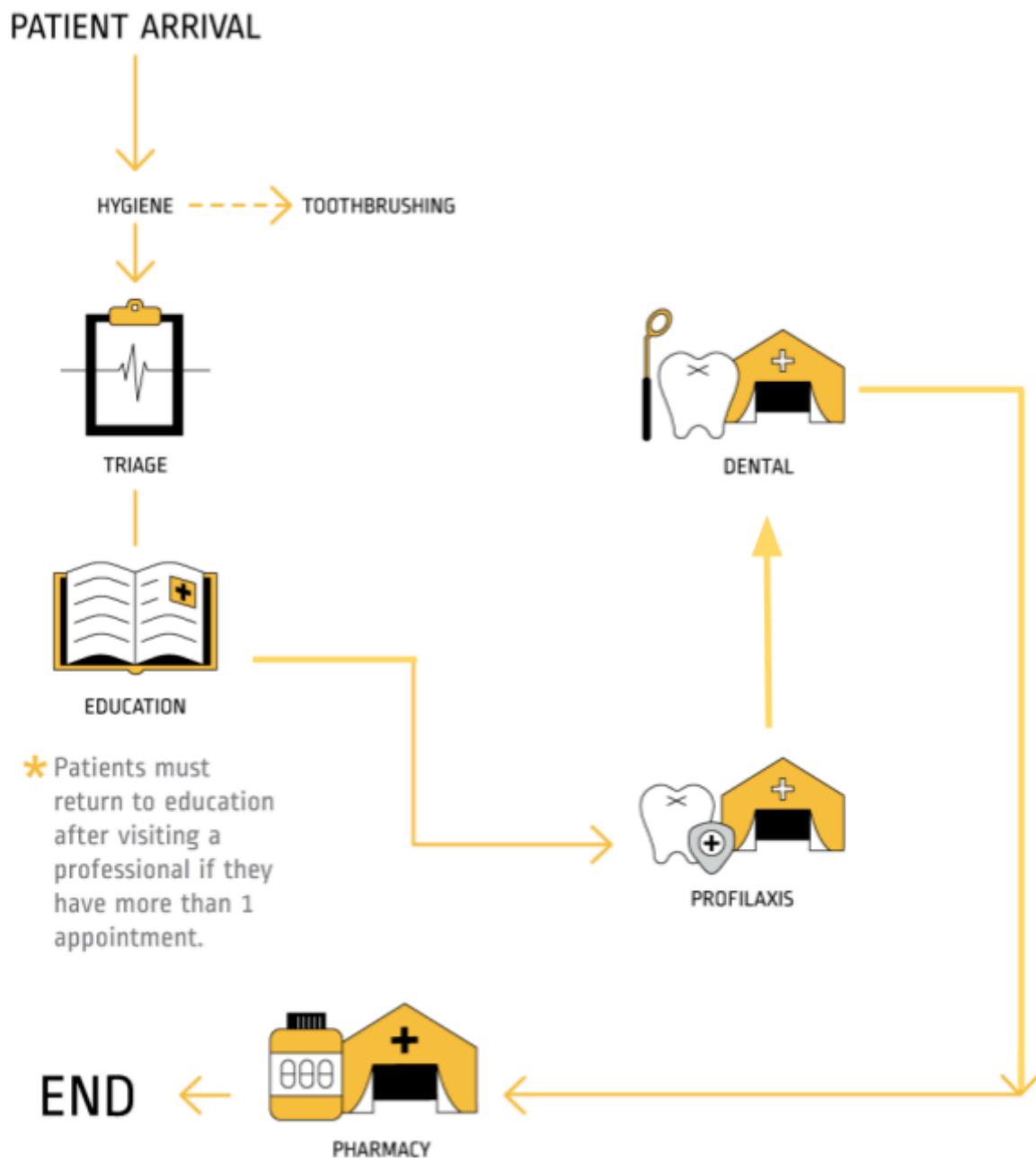
Wash and Sanitize Your Hands: Hand-washing stations and hand sanitizer will be available at Mobile Clinics.

The Engaged Education Reality Tour



- We will visit communities to learn about the challenges they face and discuss the root causes of poverty.
- We will see the Wall of Shame located in the San Juan de Miraflores district.
- We will also visit the Union Santa Fe community for a firsthand look into our projects.

Sample Mobile Clinic Flow Chart*



Spanish and Quechua Useful Phrases

ENGLISH	SPANISH	QUECHUA
Hello!	Hola!	Ymaynalla
Good morning!	Buenos días!	Allin P'unchay
How are you?	Cómo estás?	Allillanchu
I am fine	Yo estoy bien	Allillanmy
What is your name?	Cómo te llamas?	Iman Suti
My name is.....	Mi nombres es....	Noq'at Suti (Maria)
How old are you?	Cuantos años tienes?	Hayk'a Yuatayqi
I am from United States/Puerto Rico/Canada	Yo soy de Estados Unidos/Puerto Rico/Canada	Noq'a Kani
Please	Por favor	Ama Jinachu
Thank you / You are welcome	Gracias / De nada	Agradeseyki
I'm sorry	Lo siento	Pampachayway
Yes / No	Sí / No	Ari/Mana
I don't know	No lo sé	Manan Llachanichu
I don't understand	No entiendo	Manan Entendinichu
Do you speak English?	Usted habla inglés?	Manan Yachanichu Inlish Simita
I don't speak Spanish/Quechua	Yo no hablo español/quechua	Manan Llachanichu Runasimita
Can I take you a picture?	Puedo tomarte una foto?	Phutuykimanchu
I need help	Necesito ayuda	Yanapaysiwaychis
Here / There	Aquí / Allá	Kaypi/Hakaypi
Right / Left	Derecha / Izquierda	Pa~Na/Lloq'e
Above	Arriba	Wichay
Below	Abajo	Uray
Where is the bathroom?	Dónde está el baño?	Maypi Kan Hisp'akunapaq
Follow me	Sígueme	Jamuy
Wait a moment	Espere un momento	Suyai
Please sit down	Siéntese por favor	Tiyakuy
Please stand up	Párese por favor	Sayariy
Please follow me	Sígame por favor	Jamuy

Mobile Clinic Stations

Triage [Tr]

What is the Triage Station?

The Triage Station is the first station patients visit. Here we obtain their contact information, basic medical history, and other data for the physicians to use during their consultations.

What will I be doing?

1. Fill out the section below on each patient's medical history forms:

Presion/BP		FC/HR		TC/Temp	
Peso/WT		Talla/HT		IMC/BMI	

2. Measure height (Talla/HT), weight (Peso/WT), blood pressure (BP), heart rate (FC/HR) and temperature (TC/Temp)
 - Calculating BMI is optional.
 - BP does NOT need to be taken for kids (anyone with a **niño** history form).
 - For BP, the **systolic pressure goes above the diastolic pressure**.
 - Star the patients' information in the following cases:
 - ➔ If his/her diastolic pressure is higher than 90
 - ➔ If his/her temperature is higher than 38°C (100°F)
3. Guide patients to the waiting area (Education Station)
 - Remember, medical history forms stay with the patient.

Useful phrases for the Triage Station:

ENGLISH	SPANISH
Stand up straight.	Párese derecho.
I am going to measure your height/weight.	Voy a medirlo/pesarlo.
I am going to take your blood pressure.	Voy a tomar su presión arterial.
Take off your shoes/sweater.	Quítese sus zapatos/chompa.
Lift up your sleeve.	Levante su manga.

You will feel a bit of pressure on your arm.

Va a sentir un poco de presión en el brazo.

Education (Ed)

What is the Education Station?

The Education Station is a space to provide health education on various topics such as nutrition, gender-based violence, breast and Pap screening, among other health themes. It also serves as a waiting room for patients before they visit other stations.

What will I be doing?

- Distribute informational brochures.
- Assist the education nurse by keeping the patients and their history forms in order of arrival.
- Determine which volunteer will be monitoring each station (General Medicine and OB/GYN) for openings. When a station is open, inform the education nurse and direct patients to the station.
- Redirect patients who come back from General Medicine or other specialty stations and have consultations at different stations.

Recommendations:

- Be sure to maintain the order of patients by number of arrival. This number will be written on the top of each patient history form. Remain with the patient process to encourage patients to do the same.
- If a patient comes from Triage with high blood pressure or a fever, they should be prioritized to see the doctor immediately.
- Do not send patients to the Pharmacy Station until they have visited every consultation as circled on their history form. Pharmacy is the last station a patient visits in the Mobile Clinic.
- We will treat families as a single unit. This means if a mother or father has come with their children and each one has consultation(s) with various specialists, they must all see the medical provider(s) circled on their patient history forms before proceeding to the Pharmacy Station.

Useful phrases for the Education Station:

ENGLISH	SPANISH
Wait here please.	Espere aquí por favor.
Sit here please.	Tome asiento aquí por favor.
Follow me please.	Sígame por favor.

Dental [Dn]

What is the Dental Station?

The Dental Station offers filling and extraction services to our patients. The Prophylaxis Station provides professional teeth cleaning services performed by local doctors. Our dental professionals will ask you to assist with a range of hands-on duties.

What will I be doing?

- Assist the dentist with organizing instruments, holding the flashlight/suction tube, mixing filling paste, and a variety of other tasks required.
- Complete odontograms and patient paperwork, following the dentist's instruction.
- Help the patient's preparation before consultations.

Recommendations:

- **Take initiative.** In this station, it is vital to work quickly and communicate well with the dentist.
- If you are unsure of your tasks, ask the dentist what needs to be done and listen to his/her instruction

Useful phrases for the Dental Station:

ENGLISH	SPANISH
Tooth/teeth	El diente/los dientes
Dentist	Dentista
To the left	A la izquierda
To the right	A la derecha
Flashlight	La linterna
To clean	Limpiar
Dental chair	Silla dental
Cavities	Caries
Fillings	Curaciones
Extraction	Extracción

Prophylaxis (Prophy)

What is the Prophylaxis Station?

At the Prophylaxis Station, volunteers will primarily focus on professional teeth cleaning and oral hygiene maintenance tasks. Here are the specific duties:

- Help with patient preparation before consultations, ensuring they are ready for the prophylaxis treatment.
- Assist the dentist with organizing instruments for cleaning procedures.
- Hold the flashlight/suction tube during cleanings.
- Complete odontograms and patient paperwork, following the dentist's instructions.
- Provide post-cleaning care instructions to patients.

Recommendations:

- **Take initiative.** In this station, it is vital to work quickly and communicate well with the dentist.
- If you are unsure of your tasks, ask the dentist what needs to be done and listen to his/her instruction

Useful phrases for the Dental Station:

ENGLISH	SPANISH
Tooth/teeth	El diente/los dientes
Dentist	Dentista
To the left	A la izquierda
To the right	A la derecha
To clean	Limpiar
Dental chair	Silla dental
Plaque	Placa
Tartar	Sarro
Scaling	Raspado
Polishing	Pulido
Floss	Hilo dental
Mouthwash	Enjuague bucal
Oral hygiene	Higiene oral
To rinse	Enjuagar

Pharmacy (Ph)

What is the Pharmacy Station?

After the patient has visited every station indicated on their patient medical history form, they will be directed to the Pharmacy Station to fill their prescription(s). We will collect data in this station that will help MEDLIFE understand the quantity prescribed by each specialist and the quantity received by our patients. We will also collect the patient medical history forms to analyze medical data and enroll patients into MEDLIFE's Patient Follow-Up Program.

What will I be doing?

- Maintain the line for the Pharmacy Station so only one patient is seen by the nurse at any given time.
- Collect the patient's medical history forms in order received.
- Record the quantity prescribed and the quantity received on the pharmacy accounting sheet, following the instructions from the pharmacy nurse.
- If there's a medication being prescribed in a different dose than being given, alert the nurse immediately to consult with the physicians.
- Make sure the patients take the hand-written prescription with the physician's instructions with them.

Recommendations:

- Read through the data collection process as soon as you arrive at this station.
- Have one person writing down the data and another organizing patients and placing patient history forms in the folder.

Useful phrases for the Pharmacy Station:

ENGLISH	SPANISH
Let's form a line.	Formemos una fila.
Wait here, please.	Espere aquí, por favor.
One patient at a time.	Un paciente a la vez.
Give me your prescription and form.	Deme su receta y ficha.
We will keep the form.	Nosotros nos quedamos con la ficha.

Toothbrushing (Tb)

What is the Toothbrushing Station?

The goal of this station is to educate children from ages 3 and up about dental hygiene. The Toothbrushing Station is for children only, and children do not need a medical history form to participate. Please note, this is the only station without a medical professional, so you need to be proactive about setting up and running the station.

What will I be doing?

- **Setting up:**

- Request a table and a bucket filled with water from the Trip Leader.
- Set up the table with toothbrushes, water cups, toothpaste, and fluoride.
- Have an empty bucket of water to allow kids to spit into after brushing their teeth.

- **Once the station is ready and kids begin arriving:**

- Register all kids on the recording sheet provided at the station, including name and age. Please do not worry about the correct spelling of names.
- Hand each child a toothbrush with toothpaste and a water cup.
- Demonstrate how to properly brush their teeth with the giant mouth and toothbrush props.
- Ask if they want to apply fluoride. If they choose fluoride, advise them and their parents that they can't drink or eat for an hour and cannot drink milk for the rest of the day.

IMPORTANT: Do not apply fluoride to children younger than 3 years of age.

Useful phrases for the Toothbrushing Station:

ENGLISH	SPANISH
Toothbrush	Cepillado de dientes
What is your name?	Cómo te llamas?
How old are you?	Cuántos años tienes?
Take a toothbrush and a cup.	Toma un cepillo y un vaso.
Brush your teeth in a circular form.	Cepíllate los dientes en forma circular.
Rinse your mouth.	Enjuágate la boca.
Don't drink the water.	No tomes el agua.

Spit out here / there.	Escupe aquí / ahí.
Wash your toothbrush.	Lava tu cepillo.
Now we will place flouride in your teeth.	Ahora pondremos flúor en tus dientes.
Open your mouth wide.	Abre la boca bien grande.
Don't eat or drink anything for an hour.	No comas ni tomes nada por una hora.
Don't drink milk for a day.	No tomar leche por un día.

Where We Work



PERU



Country Overview:



Capital: Lima



Lima Population: 9,674,755



Language: Spanish

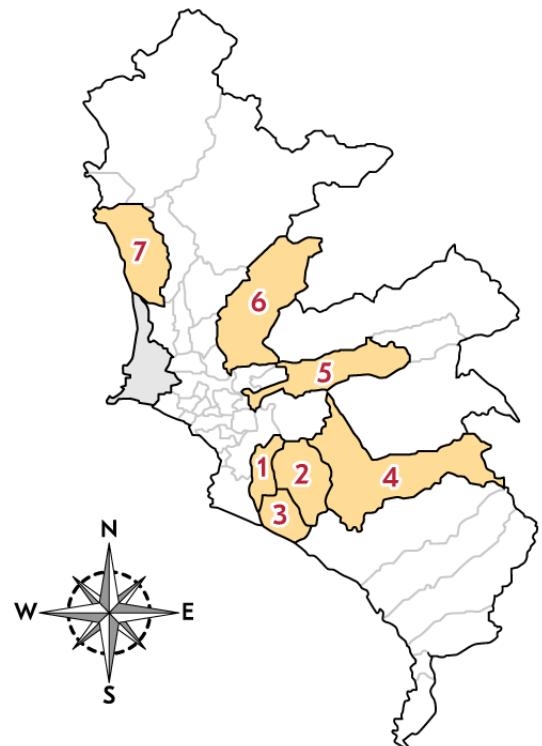


Currency: Sol (S.)

Exchange Rate (approximate): \$1 = S/.3.83

Where we work in Lima

1. San Juan de Miraflores (Pamplona)
2. Villa Maria del Triunfo (Nueva Esperanza, Tablada de Lurín)
3. Villa El Salvador
4. Pachacamac (Manchay)
5. Ate (Huaycan)
6. San Juan de Lurigancho
7. Ventanilla



Dental Health in Peru: Issues Communities Face

Lima, Peru's capital, is a sprawling city with a population of over 11 million. MEDLIFE's headquarters is located in this diverse city, not for typical tourist reasons, but to address the pressing needs of the human settlements or "pueblos jóvenes" on Lima's outskirts. Nearly 1 million people live in these impoverished areas, where small shacks made of reed mats or plywood are precariously built into the rocky hillsides. These communities often lack access to basic services like running water and electricity.

Common Dental Health Issues:

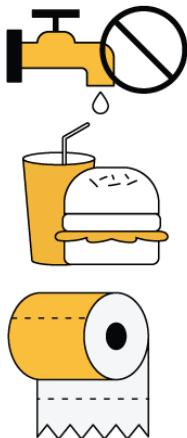
- **Tooth Decay and Cavities:** Tooth decay is prevalent in these communities due to limited access to dental care and poor oral hygiene practices. According to the Peruvian Ministry of Health, over 90% of school-aged children have experienced tooth decay, with many suffering from untreated cavities.
- **Gum Disease:** Gum disease, including gingivitis and periodontitis, is common due to inadequate oral hygiene and lack of dental services. It is estimated that around 70% of adults in low-income areas suffer from some form of gum disease, which can cause pain, tooth loss, and severe infections if untreated.
- **Dental Trauma:** Children and adults in these communities often suffer from dental trauma due to accidents and injuries, compounded by the lack of immediate and affordable dental care. Studies show that about 25% of children in rural and low-income urban areas have experienced dental trauma.
- **Malnutrition:** Poor nutrition, common in these impoverished areas, directly affects oral health. A lack of essential nutrients can lead to weak teeth and gums, making residents more susceptible to dental problems. Approximately 30% of children in these areas are malnourished, which impacts their dental health.
- **Access to Dental Care:** The limited number of dental clinics and trained dental professionals in these areas makes it difficult for residents to receive necessary dental care. Only 20% of residents in low-income communities have regular access to dental care, leading to untreated dental conditions.

Safe & Respectful Behavior in the Communities



- Always follow the instructions of your Trip Leader and other MEDLIFE staff.
- It is not permitted to take photos during medical care or in the clinic. Please be respectful with all patients, as they are receiving medical attention.
- Do not leave your station. If you need to use the restroom or to grab a snack, please tell your Trip Leader so they are aware of where you are and can find a temporary replacement for your spot.
- The Trip Leader will alert volunteers when it's time to eat lunch and change stations.
- Every student is responsible for reporting missing utensils or materials from each station.
- Do not pet or feed animals. We cannot determine if they have diseases, rashes, or a poor temperament.

General Recommendations



- Do not drink tap water. It can make you sick!
- Exercise caution when eating street food-- especially meat.
- Please throw your toilet paper in the trash instead of flushing it. Plumbing systems in Peru cannot handle massive amounts of toilet paper. It will clog the pipes and risk flooding.

After Your Trip

Take your experiences from the field and put them into action at home by participating in MEDLIFE activities all year round. **Keep the momentum going!**

Moving Mountains

- Moving Mountains is our fundraising campaign that supports our day-to-day work of bringing medicine, education, and development to communities.
- MEDLIFERs participate in Power Hours where they invite their contacts to donate, often completing some wild fundraising challenges!
- Learn more about our Moving Mountains campaign [here!](#)

Grow the Movement

- If you have friends or acquaintances who attend a different school/university and would be interested in starting a MEDLIFE Chapter, refer them to us via our Grow the Movement campaign.
- Encourage others to get involved with MEDLIFE and travel on a Service Learning Trip.
- Recruit new members for your MEDLIFE Chapter.
- Learn more about Grow the Movement [here!](#)

Leadership Activities

- Give back to your own community by participating in your Chapter's local volunteering activities.
- Running for an E-Board position at your Chapter.
- Become a MEDLIFE Ambassador or Active Member to unlock discounts on your next SLT.

Keep in Touch

- Follow us on [Facebook](#), [Instagram](#), [LinkedIn](#), [TikTok](#), and [Twitter](#), and check out the latest updates from the field on our [blog](#).
- If you have photos or stories you'd like to share, send them to us at media@medlifemovement.org
- Tell the stories of the people you met and things you saw on social media and tag us.

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

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.

In Transit to Destination

- Contact our Peru Emergency phone

At Your Accommodation

- Seek out your Trip Leader or a MEDLIFE Representative (there will be a MEDLIFE Representative at your hotel for the duration of your trip)
- Speak to reception
- Contact our Peru Emergency Phone

During Mobile Clinics

- Seek out your Trip Leader
- Mobile Clinic nurses and doctors are available to attend

During Excursions

- Seek out your MEDLIFE Trip Leader
- Contact our Peru Emergency Phone

During Departure

- Contact our Peru Emergency Phone

Insurance Coverage

MEDLIFE volunteers are covered with emergency medical and evacuation insurance up to \$250,000 USD with a \$250 USD deductible once on a trip.

Medical Hotel Visits

In all MEDLIFE locations, a doctor's visit to your hotel can be arranged should you be feeling unwell. The costs vary from \$50 - \$100 USD though they are typically lower than paying the \$250 insurance deductible. Our staff or hotel reception can assist with coordinating a visit.

Emergency Cash Recommendation

We recommend that you bring \$250 USD in cash (in addition to your spending money) to cover the insurance deductible in case you require medical attention. If you have access to a credit card that you can use in case of emergency, we would recommend that you bring that as well.

National Emergency Numbers	Nearest Embassies
<p>Police: 105</p> <p>Tourist Police: +51 980 122 335 (Whatsapp Number)</p> <p>Fire Brigade: 116</p> <p>Medical Emergency: 106</p> <p>Civil Defense: 119 in case of earthquakes or other natural disasters</p> <p>Peruvian Red Cross: 01-266-0481</p>	<p>Embassy of the United States of America Address: Avenida La Encalada cdra. 17 s/n, Santiago de Surco 33, Peru Phone: +51 1 6182000</p> <p>Canadian Embassy Address: Bolognesi 228, Miraflores 15074, Peru Phone: +51 1 3193200</p> <p>British Embassy Address: Torre Parque Mar, Av. José Larco 1301, Miraflores 15074 Phone: +51 1 6173000</p>

Lima Emergency	Insurance Provider	Lima Accommodation
<p>Clínica Delgado Address: Elías Aguirre 365, Miraflores 15074 Phone: (01) 3777000</p>	<p>Trawick International Inside USA: 833-425-5101 Outside USA: 603-952-2686</p> <p>MEDLIFE Staff can assist with any claim in- destination</p>	<p>Hotel NAIA (Formerly Selina) Address: Calle Alcanfores 465, Miraflores 15074, Peru Phone: +51 991 870 093</p> <p>QEMA Lima Location: Calle Alcanfores 329, Lima 15074 Phone: +51 908 731 234</p>