

SERVICE LEARNING TRIP

DENTAL CUSCO

ITINERARY



**SMILES
MOVEMENT**
Dentistry For Low-Income Families Everywhere



Dear MEDLIFERs,

Thank you for joining the MEDLIFE Movement via a Service Learning Trip with us! Here at MEDLIFE, our mission is to build a worldwide Movement empowering low-income communities in their fight for equal access to healthcare, education, and safe homes. As an SLT participant in Cusco, Peru, you are joining that worldwide Movement!

The following is a sample travel plan for you to review. Please go over it before your trip and don't hesitate to reach out if you have any questions. Thank you for joining the MEDLIFE Movement, and we can't wait to see you in Cusco!

Overview:

Cusco, situated high in the Peruvian Andes, is surrounded by rural indigenous communities and urban settlements where families face significant barriers to essential services. Many communities lack consistent access to healthcare, clean water, and specialized dental care, leading to prevalent oral health issues and untreated dental conditions. By joining a Dental Service Learning Trip in Cusco, volunteers help provide accessible dental care, oral hygiene education, and sustainable preventative treatments to underserved highland communities, contributing directly to MEDLIFE's mission to alleviate poverty.

Highlights of the Week:

- Learn about the unique social and economic challenges faced by rural Andean communities on a Reality Tour
- Gain hands-on experience shadowing local dental professionals at Mobile Dental Clinics
- Shadow dental specialists at MEDLIFE's Permanent Clinic during complex follow-up treatments
- Engage in sustainable community development projects alongside local leaders and community members
- Build cross-cultural connections with residents while experiencing the rich cultural heritage of Cusco

Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll help bring accessible medical care, health education, and a safer home 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.

DAY-BY-DAY ITINERARY

Arrival → Departure

Day 1	Arrival to Cusco	Day 6	Permanent Clinic
Day 2	Walking Tour & Orientation	Day 7	Development project
Day 3	Reality Tour	Day 8	Optional Tourism Activities
Day 4	Mobile Clinics	Day 9	Departure

DETAILED ITINERARY

DAY

1

Saturday

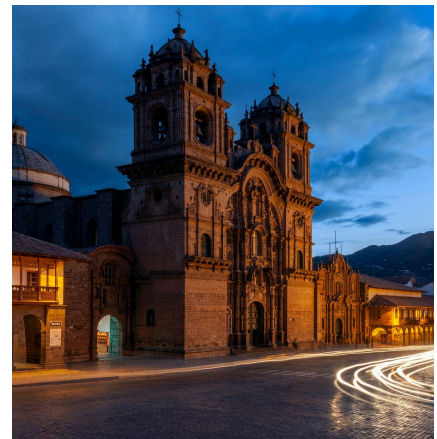
Arrival to Cusco

Arrive at Alejandro Velasco Astete International Airport (CUZ) between 5am and 2pm. 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

Sunday morning will be dedicated to an orientation meeting where we will cover what to expect for the week and review safety precautions.

Today will be an introduction to Cusco for all students with a walking tour led by your Trip Leader. In the afternoon, participants can enjoy some free time to explore the area.

Meals are not provided today.





Overnight
Cusco 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.

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 a partner community for a firsthand look into the daily life of the people in Cusco communities.

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
Cusco MEDLIFE Hostel

DAY

4-5

Tuesday to Wednesday

Mobile Clinics

Every day, Mobile Dental Clinics travel to various communities, with 30-minute to 2-hour travel times. Upon arrival, volunteers unload supplies and attend a brief training session before opening the clinic at 8-9 am. They work until lunch around 11:30 am, then switch stations. Clinics close between 1-3 pm, depending on patient volume.

Volunteers will also visit a permanent clinic to learn from and shadow local doctors while overseeing deeper and more complex treatments for patients. Procedures can include surgeries, permanent dentures, and more!

On free days, they can explore the city.



Overnight
Cusco MEDLIFE Hostel



DAY

6

Thursday

Permanent Clinic

Volunteers visit MEDLIFE's permanent dental clinic to learn about and observe our long-term Patient Follow-Up Program. Patients who require specialized or complex procedures that cannot be completed during Mobile Clinics—such as root canals, oral surgeries, dental implants, or prosthetics and dentures—are brought to the permanent clinic. On this day, volunteers shadow local dental specialists and healthcare professionals during advanced treatments, seeing firsthand how MEDLIFE provides continuous, sustainable care to patients in need.



Overnight
Cusco MEDLIFE Hostel



DAY

7

Friday

Development Project

On Development Project Day, volunteers work alongside local community members and MEDLIFE staff on hands-on development projects that address long-term infrastructure and safety needs in partner communities. Designed in collaboration with local community leaders, these sustainable initiatives may include constructing pedestrian staircases, building water and sanitation facilities, or renovating community spaces and schools. Volunteers engage in physical building and improvement activities, fostering meaningful cross-cultural connections while helping improve quality of life and access to essential services.



Overnight

Cusco MEDLIFE Hostel

DAY

8

Saturday

Optional Tourism Activities

Make the most of your trip by participating in an optional tourism activity or extension. In Cusco, most volunteers choose a Day Trip to the historic ruins of Machu Picchu, a UNESCO World Heritage Site.

[Click here to see the full list of extension options.](#)



DAY

9

Sunday

Departure

Continue exploring Cusco or return home. Depart Cusco anytime between 12pm and 9pm.



INCLUDED

- ✓ 8 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

Travel Advisory

All volunteers require a valid passport of at least 6 months from the SLT start date. You can register for the MEDLIFE SLT without a passport, but you must submit the info at least 2 weeks before the trip. You must ensure your passport validity before departure.

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.

Visit your doctor: MEDLIFE does not require any vaccinations; however, you should follow all CDC requirements and any advice from your medical professional.