

CUSCO

HIGH SCHOOL SERVICE LEARNING TRIPS



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 individuals in their fight for equal access to healthcare, education, and a safe home. 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 Movement, and we can't wait to see you in Cusco!

Overview:

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, as borders closed and companies were forced to close, many residents were left unemployed and facing an uncertain future. The pandemic's aftereffects have been particularly severe in rural regions surrounding Cusco, where many families lived in poverty even before the outbreak. 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 cut off from the outside world on two fronts: geographically and linguistically. Members of these communities most often communicate only in Quechua, their mother tongue. [Our COVID-19 relief effort](#) contributed in easing the hunger crisis that was impacting these communities; nevertheless, further support is still required to guarantee the region's full 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. The roads in the rural villages are commonly unpaved, the educational resources available in the local schools are limited to the absolute essentials, and the distance between these settlements and the nearest medical facility can be several hours.

Your Community Empowerment Trip to Cusco will bring free, high-quality healthcare directly to these rural communities. As you come together with the community to learn, connect, and share, you will certainly have a truly transformative experience in Cusco.

Highlights of the Week:

- Learn about the challenges faced by rural communities on a Reality Tour
- Gain experience shadowing healthcare professionals at a Mobile Clinic
- Learn about Andean traditions through hands-on cultural activities
- Experience the wonders of Machu Picchu and enjoy an optional hike

Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Environment:** MEDLIFE programs are created with sustainability in mind. In Cusco, you may have the opportunity to volunteer on an eco-friendly project like [Fuel Efficient Stoves](#).
- **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 Community Empowerment Trip will renew your passion for building a world free from the constraints of poverty.

Itinerary in Brief:

DAY

1

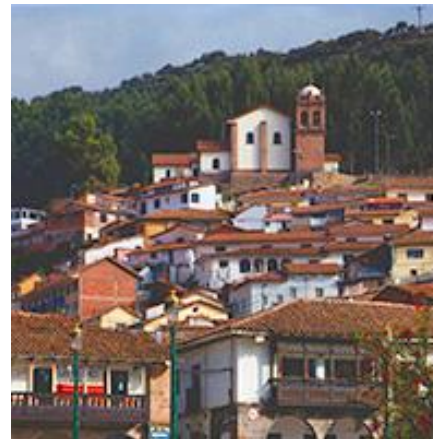
Saturday

Arrival to Cusco

Arrive at Alejandro Velasco Astete International Airport (CUZ) any time between 5 am to 2pm. Take a brief orientation walk to get your bearings. In the afternoon we will gather for our official Welcome Meeting to get ourselves prepared for the exciting week ahead. You can take the afternoon to rest and acclimatize to Cusco's altitude.



Overnight
Cusco MEDLIFE Hostel



DAY

2

Sunday

Introduction to Cusco

This morning you will participate in a thrilling cultural treasure hunt. Teams will be given a series of tasks that will test your courage, skill, and cultural knowledge as you explore the city. The winning team will receive a prize!



Overnight

Cusco MEDLIFE Hostel



DAY

3

Monday

Reality Tour

Today, embark on a Cusco Reality Tour to become acquainted with the region's geographical, political, and social reality. Throughout the tour, you will visit several Cusco districts and examine the relationship between poverty and education.

We'll stop at the Sounds of the Andes Interpretation Center in the afternoon. You will learn about the traditional process of manufacturing musical instruments out of clay and discover the Incas' ancestral sounds. In the evening, we will have dinner at the hotel.



Overnight

Cusco MEDLIFE Hostel



DAY

4

Tuesday

Mobile Clinic #1

Wake up bright and early for your first day of volunteering on a Mobile Clinic! Upon arrival to the community, volunteers will unpack all medical supplies from the bus and meet the health professionals who they will be shadowing that day.

This evening, we will visit Cusco's Planetarium to learn about astronomy, an important aspect of the Incan worldview.



Overnight
Cusco MEDLIFE Hostel



DAY

5

Wednesday

Mobile Clinic #2

Help MEDLIFE bring free healthcare to low-income communities with another day of volunteering on a Mobile Clinic. Staffed by local practitioners, our clinics offer basic medical treatment and preventative screenings to low-income families.

When the Mobile Clinic comes to an end we will return to Cusco for a tasty treat at a local ice-cream shop. Wind down in the evening with a viewing of an inspiring documentary, *Bending the Arc*.



Overnight
Cusco MEDLIFE Hostel



DAY

6

Thursday

Community Visit

You'll have the chance to see one more area of Cusco that MEDLIFE works with - Pisac! Hear from community leaders about life in Pisac, and connect with community members through a much beloved local activity: Soccer!



Overnight

Cusco MEDLIFE hostel

DAY

7

Friday

Healthy Homes & Development Project

This day will be spent in the Sacred Valley, working on a Healthy Homes initiative (such as constructing a greenhouse, efficient fuel stoves, or renovating homes). Afterwards, we will hold our third & final Engaged Education Roundtable Discussion focusing on our safe housing projects. We will reflect on the MEDLIFE week in its entirety, and you'll be invited to consider how you can keep making a difference even once you've returned home!

In the afternoon, we will continue learning about Peruvian culture with a visit to an Incan textile center and experience a traditional offering ceremony to mother earth.



Overnight

Selina Cusco

DAY

8

Saturday

Explore Machu Picchu

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 travelers for years. Your historian guide will lead you on a tour of the ruins, visiting the temples, terraces, and all the best spots for photos. After exploring the citadelle, take another train ride back to the valley and return to Cusco in the evening.



Overnight
Selina Cusco

DAY

9

Sunday

Arrive back at Home!

The adventure has come to an end. Head to the airport for onward travel or your flight home. We wish you safe and happy travels!

