

HIGH SCHOOL SERVICE LEARNING TRIPS
SERVICE LEARNING
IN LIMA
+ MACHU PICCHU





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 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 Lima and Cusco!

Overview:

This Community Empowerment Trip combines Service Learning in Lima with a trip to Peru's most iconic attraction: Machu Picchu.

MEDLIFE's work in Lima focuses on the human settlements, or "pueblos jóvenes" in the outskirts of Lima, where almost 1 million people live in impoverished conditions. These communities consist of small shacks built into the precarious rocky hillsides around Lima and they often lack access to basic services like running water and electricity. In 2020, the entire city was badly hit by COVID-19, but these low-income communities suffered the brunt of the pandemic. With most families living hand-to-mouth on wages from informal jobs, months of strict lockdowns brought financial hardship and food insecurity. During this time, [our COVID-19 relief effort](#) helped make sure that families didn't go hungry, but there is still an ongoing lack of healthcare access.

During your trip, you will explore Lima alongside MEDLIFE staff, visit our partner communities, and learn about our Patient Follow-Up Program. You'll also travel to Cusco, the gateway to Machu Picchu and learn about Andean history and culture. With its combination of tourism and giving back, this trip allows you to experience the best of both worlds!

Highlights of the Week:

- Walking Tour of the bohemian Barranco district and visit to the LUM (Museum of Tolerance and Inclusion)
- 1 day volunteering on a Development Project
- 2 days volunteering on a Mobile Clinic
- Visit to the Mini MED Center - home to our original Community Soup Kitchen!
- Talks and educational discussions with MEDLIFE HQ team
- Witness Machu Picchu, the majestic citadel of the Incas

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:** Service Learning Trips are created with sustainability in mind. In Lima, you may have the opportunity to volunteer on an environmentally friendly project such as a [public park](#) or [eco-bathroom](#).
- **Education:** Learn about the historical, political, and economic factors that have shaped Peru. Deepen your knowledge of global health by shadowing healthcare professionals.
- **Life-changing experiences:** Through eye-opening experiences and building human connections, a MEDLIFE Community Empowerment Trip will deepen your passion for building a world free from the constraints of poverty.

Itinerary in Detail:

DAY

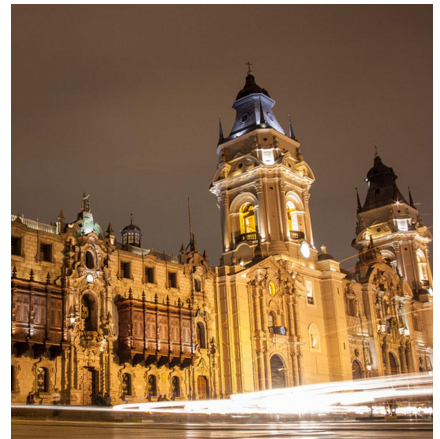
1

Welcome to Peru

Arrive at Jorge Chavez International Airport (LIM) where you will be greeted by a MEDLIFE staff member who will transport all volunteers from the airport to the hotel in the Miraflores district. They will help you check-in and answer any questions you may have about your upcoming week.



Overnight
Miraflores



DAY

2

Journey through history

We will begin the day with a Welcome Meeting to review our itinerary, discuss safety precautions, and get to know the MEDLIFE team. We will then head out for an Orientation Walk in Miraflores, one of Lima's most upscale districts. You will notice the drastic wealth inequality when compared to the areas visited during the Reality Tour.

In the afternoon, we will head to the LUM Museum (Museum of Tolerance and Inclusion) to gain insight into some of Peru's darkest moments from the recent past.



Overnight
Miraflores



DAY

3

Reality Tour

After breakfast in the hotel, we will depart for the Reality Tour for your first immersive experience in the urban settlements where MEDLIFE works. While in the communities, we will hold our first Engaged Education Roundtable Discussion to talk about the harsh realities of living in these settlements.

In the evening, we will have dinner at the hotel before experiencing Lima's bohemian side with a Walking Tour through the colorful streets of Barranco.



Overnight
Miraflores



DAY

4

Mobile Clinic Volunteering

Wake up bright and early for your first day of volunteering at a Mobile Clinic! Staffed by local practitioners, our clinics offer basic medical treatment and preventative screenings to low-income patients. Once the clinic activities wrap up, we will hold a medical talk in the field.

After dinner, we will head to Lima's Magic Water Circuit, where music, water, and laser lights are combined to create an impressive show.



Overnight
Miraflores



DAY

5

Mobile Clinic Volunteering

Help MEDLIFE bring free healthcare to low-income communities with another day of volunteering on a Mobile Clinic. Upon arrival, we will work together to set up each station. Volunteers will spend the morning shadowing medical professionals as they provide treatment and identify patients in need of follow-up care.

After a quick stop at the hotel, head to the airport for your domestic 1-hour flight to your next destination. Arrive in Cusco no later than 10:00pm and get ready for an exciting rest of the week!



Overnight
Cusco



DAY

6

Building Bridges Across Cultures

This morning, you'll have the chance to connect with community members through **Community Day**, featuring interactive icebreakers, guided dances, and group circles. You will also join recreation activities such as gincanas, musical chairs, and traditional dynamic games like *Tiburones y peces* and *Pisa el globo*, where students from a local school will also participate. The day concludes with a friendly mini soccer tournament designed to foster teamwork, friendly competition, and deep cultural connections.



Overnight
Cusco

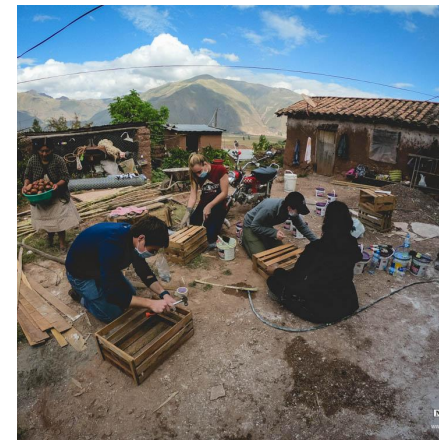
DAY

7

Healthy Homes Development Project

The final day of volunteering will be spent in the Sacred Valley, working on a Healthy Homes initiative. Projects may include constructing a greenhouse, building efficient fuel stoves, renovating homes, and more.

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!



Overnight
Cusco

DAY

8

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. For those who've reserved in advance, there will be an optional trek to Machu Picchu mountain! After a day of exploring, the group will return to Cusco in the evening.

Please bear in mind that a copy of your passport is required for the purchase of Machu Picchu tickets. Availability is limited and tickets can only be guaranteed once issued. Lunch and dinner are not included today.



Overnight
Cusco

DAY

9

Onward Travel

After a busy day of adventures, the journey has come to an end. Head to the airport today for onward travel or your flight home. We wish you safe and happy travels!

