

LIMA

COMMUNITY EMPOWERMENT TRIP





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 Lima, 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!

Overview:

This Community Empowerment Trip takes place in Lima, Peru - the home city of MEDLIFE HQ. MEDLIFE's work in Lima focuses on the human settlements, or "pueblos jovenes" 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. We will also have a chance to explore different areas of Lima and see first-hand the inequalities throughout the city. This experience will help you gain a global perspective and learn how you can make a positive impact both at home and abroad.

Highlights of the Week:

- Walking Tour of the bohemian Barranco district, visit to the LUM (Museum of Tolerance and Inclusion) and a city tour through the old Lima center.
- Reality Tour in MEDLIFE's partner communities
- 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

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

Saturday

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

Lima MEDLIFE Miraflores



DAY

2

Sunday

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 towards LUM Museum (Museum of Tolerance and Inclusion) to gain insight into some of Peru's darkest moments from the recent past.



Overnight
Lima MEDLIFE Hostel

DAY

3

Monday

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
Lima MEDLIFE Hostel

Tuesday

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

Lima MEDLIFE Hostel

Wednesday

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.

Back at the hotel, we will hold an Engaged Education Discussion focusing on the relationship between poverty and education. After two busy days in the field, you will have the chance to relax and enjoy a documentary movie night later today.



Overnight

Lima MEDIFE Hostel

DAY**6****Thursday****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.

In the afternoon, when we return to the hotel, we'll come together for a short talk to reflect on the day's experiences. Continue to connect with local culture in the evening with an Afro-Peruvian Music and Dance Workshop. Be sure to bring your dancing shoes and get ready to boogie!



Overnight
Lima MEDLIFE Hostel

DAY**7****Friday****Development Project**

Today, you will help bring a safe home to communities by working hand-in-hand with locals on a development project that helps meet the community's needs. Before saying goodbye to the community, we will all come together to inaugurate a very special MEDLIFE project.

Afterward, in the field, we will take time to reflect on all that you've experienced this week. You'll be invited to consider how you can continue making a difference even once you've returned home.





Overnight
Lima MEDLIFE Hostel

DAY

8

Saturday

Ica Full-Day Tour!

On Saturday we have an epic full-day tour to the rolling desert sand dunes of Ica to finish off the week! Be ready for adventure, sunshine, beautiful views, and exciting memories!

On Sunday, pack up and take leisurely time in your chaperone groups to collect your final souvenirs and say your goodbyes before departing for home. Come back soon!



Overnight
Lima MEDLIFE Hostel

DAY

9

Onward Travel

The adventure has come to an end. After breakfast at the hotel, head to the airport for onward travel or your flight home. We wish you safe and happy travels!

