

# PERU

# LIMA



**Exploring:** Possibility to do it on your own: **YES**



**Hotel to Main Square:**

1 minute from the Miraflores main square (\*Walking)



**Communities Distance:**

40 minutes to 2:50 hour from the hotel

**Location:** Capital of Peru

**Language:** Spanish

**Currency:** Peruvian Sol \$1 USD = S/3.92PEN  
(Susceptible to fluctuation)

**Weather:** Winter: 15°C / 59°F - Summer: 30°C / 86°F

**Humidity:** High

**Precipitation:** Occasional drizzle

Lima is one of Latin America's major urban centers and home to over 10.4 million people in the Lima Metropolitan Area—representing about 30% of Peru's total population. This level of population concentration makes Lima a powerful place to learn how cities grow, how communities adapt, and how unequal access to health and basic services can develop over time.

While Peru has made progress in many areas, monetary poverty affected 29.0% of the country's population in 2023 (nearly 9.78 million people), and extreme poverty affected 5.7% (about 1.92 million people). These numbers highlight why long-term, community-led partnerships matter—especially in urban areas where rapid growth can intensify pressure on housing, employment, healthcare, and infrastructure.

## Recommended For Students Who...

...want to learn in a dynamic urban environment while exploring how population growth and migration shape access to health and opportunity. Working alongside trusted local partners, participants gain a deeper understanding of the realities faced by underserved communities and the importance of responding with empathy, respect, and collaboration.

Students contribute through a community-driven model focused on long-term impact beyond a single visit, grounded in listening, local context, and sustainable partnership. Volunteers stay in Miraflores, a central and walkable district that supports daily logistics and provides space to reflect after each day's activities.



# PERU

# LIMA

## Projects You'll Support:



### Mobile Clinic Stations:

- General medicine
- Dental
- OB/GYN
- Toothbrushing
- Education
- Triage
- Pharmacy

### Development Projects:

- Community staircases
- School renovations
- Parks and roads

**Expected Patient Numbers in Clinics: 60-150 patients**

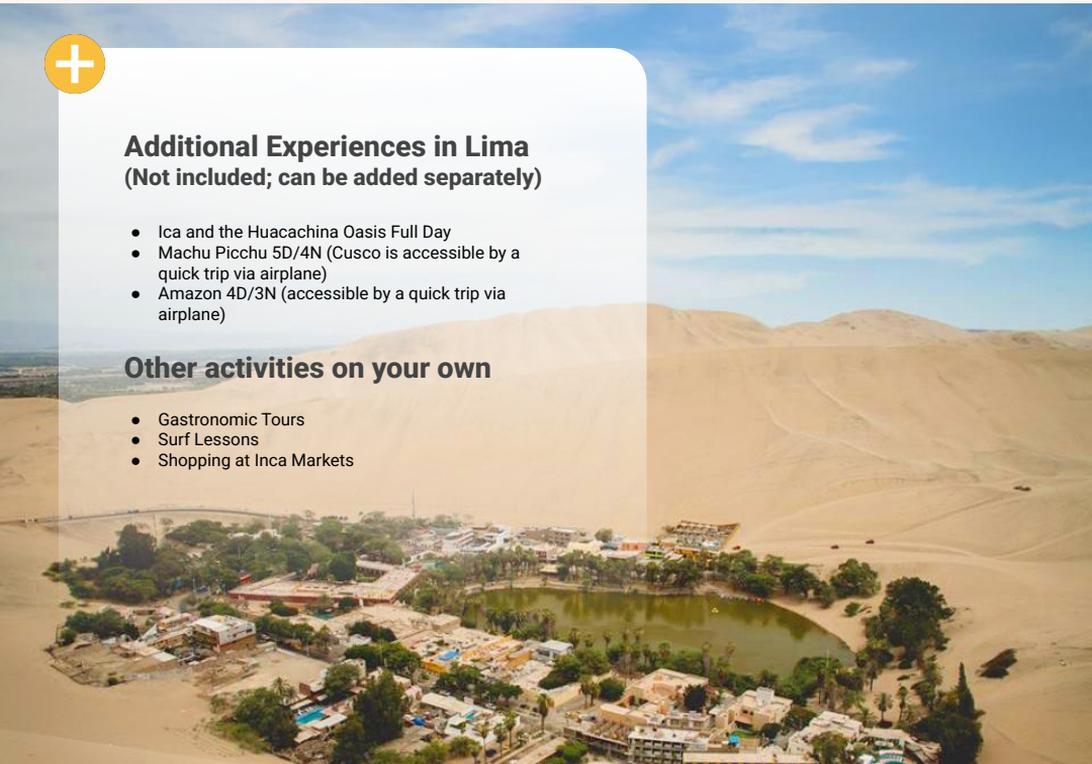


### Additional Experiences in Lima (Not included; can be added separately)

- Ica and the Huacachina Oasis Full Day
- Machu Picchu 5D/4N (Cusco is accessible by a quick trip via airplane)
- Amazon 4D/3N (accessible by a quick trip via airplane)

### Other activities on your own

- Gastronomic Tours
- Surf Lessons
- Shopping at Inca Markets



# PERU

## CUSCO



**Exploring:** Possibility to do it on your own: **YES**



**Hotel to Main Square:**

1 minute from the Cusco main square (\*Walking)



**Communities Distance:**

1 to 3 hours from the hotel



**Location:** Capital of the Inca Empire

**Language:** Spanish & Quechua

**Currency:** Peruvian Sol \$1 USD = S/3.92PEN  
(Susceptible to fluctuation)

**Weather:** Winter: Rain Season / Summer: Dry Season

**Humidity:** Low      **Precipitation:** Rains frequently

Cusco is a major cultural hub in Peru, home to over 428,000 people. The city sits at a high elevation of about 3,400 meters (11,150 feet), and while it's a thriving tourist destination, many of its neighboring communities still face significant challenges. In the Cusco region, a large portion of the population lives in extreme poverty, with over 30% of the rural population lacking access to basic services like healthcare, sanitation, and education. Despite the booming tourism industry, these disparities highlight the importance of long-term, community-driven projects that address the root causes of poverty.

## Recommended For Students Who...

...are interested in the intersection of history and modern-day challenges faced by indigenous communities in the Andes. This destination is perfect for students eager to understand how pre-Inca, Inca, and Spanish histories converge and shape the lives of local populations.

Students will work on projects that empower communities and help develop solutions that are both sustainable and ethical. Volunteers will gain a deeper understanding of how cultural heritage and modern issues like healthcare access, economic disparities, and infrastructure intersect in the Cusco region.



# PERU

# CUSCO

## Projects You'll Support:



## Mobile Clinic Stations:

- General medicine
- Dental
- OB/GYN
- Toothbrushing
- Education
- Triage
- Pharmacy

## Development Projects:

- Greenhouses
- Corn Dryers
- Fuel Efficient Stoves
- Home Renovations

**Expected Patient Numbers in Clinics: 40-100 patients**



## Additional Experiences in Cusco (Not included; can be added separately)

- Machu Picchu Full Day
- Machu Picchu 5D/4N
- Amazon 4D/3N (accessible by a quick trip via airplane)

## Other activities on your own

- Gastronomic tours
- Various museums and historical churches
- Shopping at Inca markets



## ECUADOR

# RIOBAMBA



**Exploring:** Possibility to do it on your own: **YES**



**Hotel to Main Square:**

10 minutes from the Riobamba main square (\*Car)



**Communities Distance:**

1 to 2:50 hours from the hotel

**Location:** Capital of the Chimborazo province

**Language:** Spanish & Quichua

**Currency:** American Dollar

**Weather:** Winter: Rain Season / Summer: Dry Season

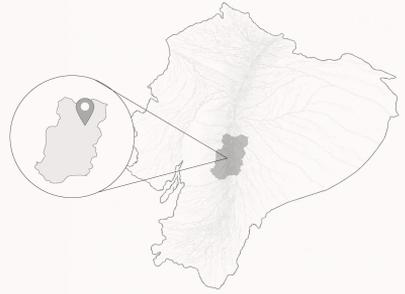
**Humidity:** Low      **Precipitation:** Rains frequently

Riobamba is located in the heart of Ecuador's highlands, with a population of 459,000. Surrounded by majestic mountains and lush vegetation, it offers a serene and picturesque environment. However, Riobamba is one of Ecuador's poorest regions, where over 40% of the population lives in poverty. This includes many indigenous communities who face challenges like poor healthcare, inadequate sanitation, and limited access to education. The region's economic struggles are exacerbated by the isolation of rural areas, where families still live in extremely low-income conditions.

## Recommended For Students Who...

...want to experience the tranquility of the Ecuadorian highlands while learning about the realities faced by indigenous communities. Riobamba offers a unique opportunity to understand how history and geography have shaped the living conditions of the local population.

Students will work alongside community leaders to implement long-term projects that will have a lasting impact on local families. This destination is perfect for volunteers eager to make a meaningful difference in an area that has been largely overlooked by traditional development efforts.



# ECUADOR

# RIOBAMBA

## Projects You'll Support:



## Mobile Clinic Stations:

- General medicine
- Dental
- OB/GYN
- Toothbrushing
- Education
- Triage
- Pharmacy

## Development Projects:

- Bathrooms
- School Renovations
- Home Constructions
- Stairs

**Expected Patient Numbers in Clinics: 40-100 patients**



## Additional Experiences in Ecuador (Not included; can be added separately)

- Quilotoa Crater & Baños Full Day
- Quito, Mitad del Mundo 4D/3N
- Galapagos Island Hopping 5D/4N (accessible by a quick trip via airplane)

## Other activities on your own

- City tour
- Restaurants and cafes
- Various museums and historical churches



# ECUADOR

# TENA



**Exploring:** Possibility to do it on your own: **NO**



**Hotel to Main Square:**

30 minutes from the nearest city (\*Car)



**Communities Distance:**

1 to 2 hours from the hotel

**Location:** Capital of the Napo province

**Language:** Spanish & Quichua      **Currency:** American Dollar

**Weather:** Winter: 24°C - 75.2°F / Summer: 30°C - 86°F

**Humidity:** high      **Precipitation:** Rains frequently

Tena is located in Ecuador's Amazon region, surrounded by rainforest and rich biodiversity. While the area is known for its natural environment, many indigenous and rural communities face persistent challenges related to geographic isolation, limited infrastructure, and restricted access to healthcare and essential services. These barriers make long-term, community-based health initiatives especially important. MEDLIFE has built a strong partnership in Tena with local and regional institutions to support sustainable healthcare access and ongoing community needs.

Due to its location, volunteers stay outside the city center, allowing for a focused and immersive experience centered on program activities and reflection. The setting encourages a slower pace and deeper engagement with the realities of rural healthcare delivery, emphasizing listening, collaboration, and respect for local context.

## Recommended For Students Who...

...are interested in understanding healthcare access in remote and environmentally complex regions. Tena is ideal for students who want to learn how geography, infrastructure, and cultural context shape health outcomes in Amazonian communities.

Students will contribute through a long-term, community-driven model that prioritizes sustainability and ethical engagement. Working alongside trusted local partners, participants gain insight into the importance of patience, adaptability, and collaboration when supporting healthcare initiatives in rural settings.



# ECUADOR TENA

## Projects You'll Support:



## Mobile Clinic Stations:

- Triage
- Education
- Toothbrushing
- General Medicine
- Dental
- OB/GYN
- Pharmacy
- Nutrition

## Development Projects:

- Bathrooms
- School Renovations
- Home Constructions

**Expected Patient Numbers in Clinics: 30-100 patients**



## Additional Experiences in Ecuador (Not included; can be added separately)

- Papallacta Hot Springs & Baños Waterfall Full Day
- Quito, Mitad del Mundo 4D/3N
- Galapagos Island Hopping 5D/4N (accessible by a quick trip via airplane)



# COSTA RICA

# SAN JOSE



**Exploring:** Possibility to do it on your own: **YES**



**Hotel to Main Square:**

2 Minutes from Plaza de la cultura (\*Walking)



**Communities Distance:**

1 to 2 hours from the hotel



**Location:** Capital of Costa Rica      **Language:** Spanish

**Currency:** Costa Rica Colón \$1 USD = ₡561.45 CRC

**Weather:** Winter: 21.5°C - 71°F / Summer: 35°C - 95°F

**Humidity:** high      **Precipitation:** Rains frequently

San José is Costa Rica's capital and cultural center, offering a window into the country's social, economic, and public health realities. While Costa Rica is often classified as a middle-income country, poverty and inequality persist, particularly in urban areas where access to consistent healthcare and preventive services remains uneven. In San José, these challenges are shaped by rapid urban growth, population density, and environmental factors.

Despite Costa Rica's global reputation as a tourist destination, its tropical climate presents ongoing public health concerns. Conditions such as stagnant water contribute to the spread of mosquito-borne illnesses, which continue to affect many local communities. MEDLIFE works alongside local partners in San José to address these challenges through long-term, community-based health initiatives focused on prevention, education, and access to care.

## Recommended For Students Who...

...are interested in exploring public health challenges within an urban, middle-income context. San José is well suited for students who want to understand how environmental conditions, infrastructure, and social inequality intersect to impact health outcomes.

Students contribute through a sustainable, community-driven model that emphasizes collaboration with local partners and ethical engagement. Participants gain a deeper understanding of urban health systems, prevention strategies, and the importance of long-term approaches to improving community well-being.



COSTA RICA

# SAN JOSE

## Projects You'll Support:



## Mobile Clinic Stations:

- Triage
- Education
- Toothbrushing
- General Medicine
- OB/GYN
- Pharmacy
- Nutrition
- \*Dental is not included

## Development Projects:

- Bathrooms
- School Renovations
- Home Constructions
- Road improvement

**Expected Patient Numbers in Clinics: 15-60 patients**

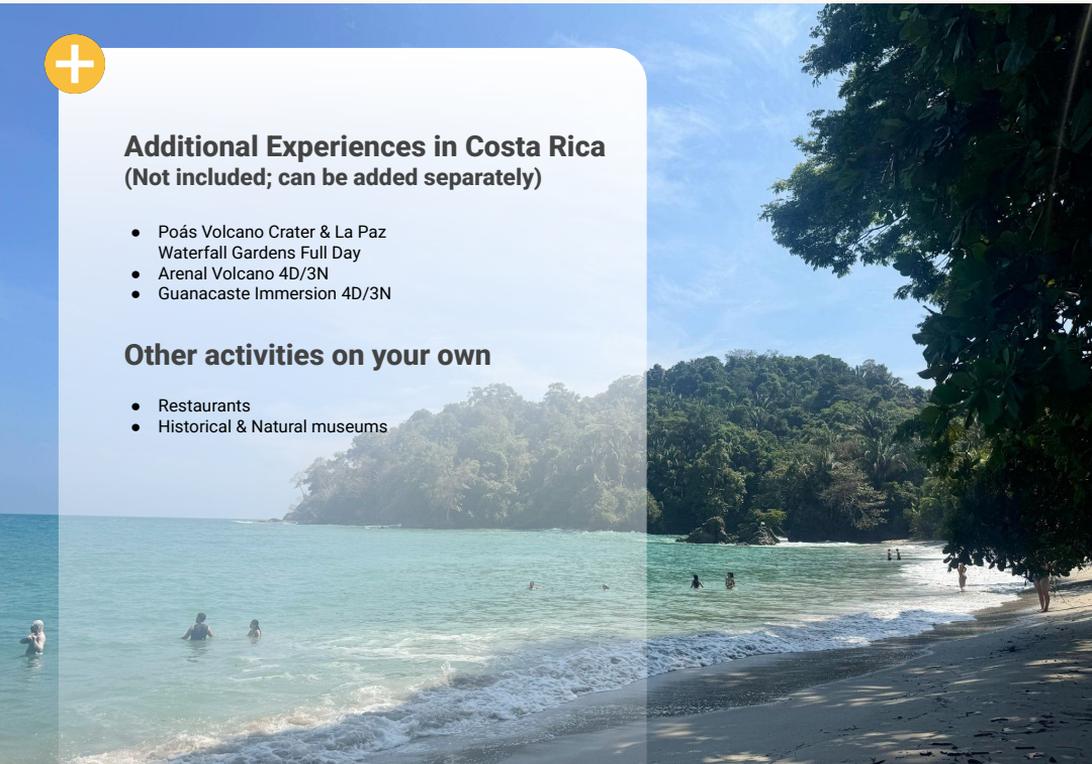


## Additional Experiences in Costa Rica (Not included; can be added separately)

- Poás Volcano Crater & La Paz Waterfall Gardens Full Day
- Arenal Volcano 4D/3N
- Guanacaste Immersion 4D/3N

## Other activities on your own

- Restaurants
- Historical & Natural museums



# COSTA RICA

## TAMARINDO



**Exploring:** Possibility to do it on your own: **YES**



**Hotel to Main Square:**

3 min. from the main Centro de Tamarindo (\*Walking)



**Communities Distance:**

1 to 2 hours from the hotel

**Location:** District of Guanacaste **Language:** Spanish

**Currency:** Costa Rica Colón \$1 USD = ₡561.45 CRC

**Weather:** Winter: 26°C - 79°F / Summer: 35°C - 95°F

**Humidity:** high **Precipitation:** Rains frequently

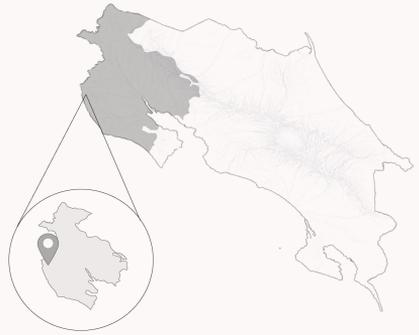
Tamarindo is located in Costa Rica's Guanacaste region, an area shaped by tourism-driven growth alongside persistent social and economic inequality. While the region is known internationally for its coastal environment, many local communities face limited access to education, unstable employment opportunities, and a high cost of living that disproportionately affects rural and low-income populations. These conditions contribute to ongoing disparities in access to healthcare and essential services.

MEDLIFE works with local partners in the Tamarindo region to address these challenges through long-term, community-based health initiatives. By focusing on prevention, education, and sustainable support, these efforts respond to the realities faced by communities living beyond the reach of the area's tourism economy.

## Recommended For Students Who...

...are interested in understanding the contrast between economic growth driven by tourism and the needs of underserved communities. Tamarindo is ideal for students who want to explore how income inequality, access to education, and cost of living impact health outcomes in coastal and rural regions.

Students contribute through a collaborative, community-driven model focused on sustainability and ethical engagement. Working alongside trusted local partners, participants gain insight into the importance of long-term approaches that support health access while respecting local context and priorities.



COSTA RICA

# TAMARINDO

## Projects You'll Support:



## Mobile Clinic Stations:

- Triage
- Education
- Toothbrushing
- General Medicine
- OB/GYN
- Pharmacy
- Nutrition
- \* Dental is not included

## Development Projects:

- Bathrooms
- School Renovations
- Home Constructions
- Road improvement

Expected Patient Numbers in Clinics: 15-50 patients



## Additional Experiences in Costa Rica (Not included; can be added separately)

- Rincón de la Vieja Volcano Full Day
- Arenal Volcano 4D/3N
- Guanacaste Immersion 4D/3N

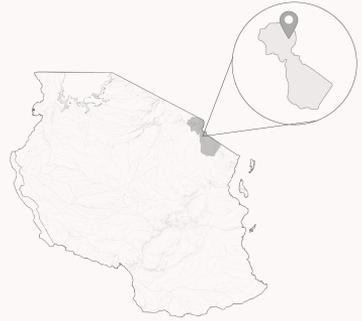
## Other activities on your own

- Surf lessons
- Visit to beaches
- Restaurants



# TANZANIA

## KILIMANJARO



**Exploring:** Possibility to do it on your own: **NO**



**Hotel to Main Square:**

1 hour from the nearest city (\*Car)



**Communities Distance:**

1 to 2 hours from the hotel

**Location:** At the foot of Mount Kilimanjaro **Language:** Swahili

**Currency:** Tanzanian Shillings \$1 USD = 2,586 TZS

**Weather:** Winter: 26°C - 79°F / Summer: 30°C - 86°

**Humidity:** high **Precipitation:** Rains frequently

Kilimanjaro is a region in northern Tanzania where many communities face ongoing challenges related to access to healthcare, education, and essential services. While the area is internationally recognized for Mount Kilimanjaro, the realities of daily life for local populations are shaped by geographic distance, limited infrastructure, and economic constraints. These factors make sustained, community-based health initiatives especially important.

Volunteers stay in a remote setting outside major urban areas, creating a focused environment centered on program activities and collaboration with local partners. Occasional visits to nearby towns are organized for basic supplies, but the experience prioritizes engagement, reflection, and commitment over independent exploration. MEDLIFE's work in Kilimanjaro emphasizes long-term support, ethical partnership, and responsiveness to local needs.

## Recommended For Students Who...

...are interested in learning about healthcare delivery in remote, resource-limited settings. Kilimanjaro is well suited for students who want to understand how geography, infrastructure, and access to education intersect to influence health outcomes.

Students contribute through a sustainable, community-driven model that values collaboration, patience, and cultural respect. Working alongside trusted local partners, participants gain insight into the importance of long-term approaches when supporting health initiatives in rural regions.



## TANZANIA

# KILIMANJARO

### Projects You'll Support:



### Mobile Clinic Stations:

- Triage
- Education
- Toothbrushing
- General Medicine
- Pharmacy
- \* Dental & OB/GYN are not included

### Development Projects:

- Bathrooms
- School Renovations
- Home Constructions

**Expected Patient Numbers in Clinics: 50-200 patients**



### Additional Experiences in Kilimanjaro (Not included; can be added separately)

- Tarangire National Park Safari Full Day
- Materuni Waterfalls & Arusha 3D/2N
- Rundugai Hot Springs & Ngorongoro Safari 4D/3N



# GUATEMALA

# ANTIGUA



**Exploring:** Possibility to do it on your own: **YES**



**Hotel to Main Square:**

10 minutes from the Antigua main square (\*Walking)



**Communities Distance:**

1 to 2 hours from the hotel

**Location:** Surrounded by 3 majestic volcanoes

**Currency:** Guatemalan Quetzal \$1 ≈ 7.5 GTQ **Language:** Spanish

**Weather:** Winter: 21.5°C 71°F / Summer: 24.5°C - 76°F

**Humidity:** high **Precipitation:** Rains frequently

Antigua is located in Guatemala's central highlands and is known for its colonial architecture and historical significance. While the city is often associated with cultural heritage, many surrounding communities face persistent challenges related to poverty, limited access to healthcare, and educational barriers—particularly among rural and Indigenous populations. These conditions reflect broader structural inequalities that continue to shape daily life across the region.

MEDLIFE works with local partners in and around Antigua to support long-term, community-based health initiatives that respond to these realities. The focus is on sustainable engagement that addresses health access and education within a complex social and historical context, emphasizing collaboration and respect for local knowledge.

## Recommended For Students Who...

...are interested in understanding how history, culture, and social inequality intersect to influence health outcomes. Antigua is well suited for students who want to learn about healthcare access in regions shaped by agricultural economies, rural migration, and longstanding disparities.

Students contribute through a community-driven model that prioritizes ethical engagement and long-term impact. By working alongside trusted local partners, participants gain a deeper understanding of the structural factors affecting health and the importance of sustained, collaborative approaches.



# GUATEMALA

# ANTIGUA

## Projects You'll Support:



## Mobile Clinic Stations:

- Triage
- Education
- Toothbrushing
- General Medicine
- OB/GYN
- Pharmacy
- \* Dental is not included

## Development Projects:

- Home Constructions
- Sanitation projects
- School Renovations

Expected Patient Numbers in Clinics: 50-80 patients



## Additional Experiences in Antigua (Not included; can be added separately)

- Lake Atitlán Full Day
- Mayan Marvels 4D/3N

## Other activities on your own

- Walking City Tour

