MED LIFE

SERVICE LEARNING TRIPS

MORE IMPACT • FLEXIBLE BOOKING • SAFETY PROTOCOLS • TRAVEL SAFE

SLTs (Service Learning Trips) are for any student looking to give back

To obtain details about Service Learning Trips for high school students, download the brochure below:

Get the High School Brochure

WE ARE THE MEDLIFE MOVEMENT

MEDLIFE is a **501(c)(3) non-profit organization** that partners with low-income communities in Latin America and Africa to improve their access to healthcare, education, and safe housing.

Our ultimate goal is a world free from the constraints of poverty, we empower students and volunteers to become advocates for change through traveling on **Service Learning Trips** and participating in on-campus Chapters.

WHAT IS A SERVICE LEARNING TRIP?

A Service Learning Trip is a **week-long educational journey** to Peru, Ecuador, Tanzania, Guatemala, or Costa Rica, where volunteers work hand-in-hand with the local community on development projects, mobile medical clinics, and more.

These trips allow volunteers to gain a deeper understanding of the root causes of poverty by personally connecting them with the communities that MEDLIFE supports.

MORE THAN A MISSION TRIP

Short-term medical missions and voluntourism have been fraught with ethical problems for decades. **MEDLIFE was born out of a desire to do better.** MEDLIFE aims to provide an effective and sustainable model for medical missions and student involvement in global health.

Our approach involves listening to community needs, analyzing ethical considerations, and acting responsibly. This not only mitigates the risks of harming communities or enforcing the problematic "white savior" narrative, but also enhances the educational experience for students, ensuring they learn the importance of ethical practices, cultural sensitivity, and sustainable development in international health initiatives.

WHERE DO WE WORK?

What You'll Do on Your Trip

Reality Tour

Gain a deeper understanding of poverty and local challenges.

- Walk through the community guided by local residents and MEDLIFE staff
- Learn about day-to-day challenges and community-led solutions
- Explore how long-term development connects to health and education

This experience helps you understand the root causes of inequality—not just the symptoms.

Mobile Clinics

Support local healthcare and learn from professionals.

- Shadow doctors and nurses at rotating clinic stations
- Participate in triage, health education, pharmacy, and more
- Learn about health access in underserved areas

All care is provided by licensed local staff. Volunteers observe, assist, and learn—never replace.

Development Project

Build infrastructure that improves access for communities.

- Work alongside local leaders on projects like staircases or water systems
- Contribute to construction that improves health and safety
- Learn practical skills while advancing long-term goals

Projects are chosen by the community and guided by ethical service practices.

HIGHLIGHTS OF THE TRIP

Learn Through Ethical Service

Support local professionals and community members—never replacing, always assisting. Volunteers shadow local doctors, engage with development leaders, and contribute under ethical, supervised conditions.

Connect Experience to Education

Through nightly discussions and guided reflection, students critically examine global health, development, and systems of inequality—transforming what they see into lasting knowledge.

Understand the Root Causes of Poverty

Participate in immersive activities like the Reality Tour to explore the systemic challenges communities face—and how MEDLIFE and local leaders work together for long-term solutions.

Co-Create Sustainable Impact

All projects are chosen by and co-designed with communities. Volunteers support efforts like building staircases, improving water access, or delivering health education—always within the community's own plan.

Advocate for Justice Beyond the Trip

We don't just ask you to volunteer—we prepare you to become a lifelong advocate. After your SLT, join the MEDLIFE Movement through Chapters, internships, and more.

Build Skills and Your Resume

Earn 40+ service hours and gain hands-on exposure to healthcare systems, development models, and intercultural collaboration.

Experience Culture with Respect

Through carefully designed activities and optional travel extensions, you'll explore the local culture while honoring traditions and engaging with humility.

Connect with Like-Minded Changemakers

Meet fellow students from around the world who share your passion for equity, service, and ethical leadership. Many leave with lifelong friendships and a renewed sense of purpose.

SLT Itinerary

DAY 0 & 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
Transfer in & Orientation	Reality Tour	Mobile Clinic	Mobile Clinic	Mobile Clinic	Project	GLE (optional)	Transfer Out
Saturday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**	**Sunday**
6:00 PM-1:00 AM **TRANSFER IN** (this might vary depending on location)	**7:00 AM** Breakfast	**6:30 AM** Breakfast	**6:30 AM** Breakfast	**6:30 AM** Breakfast	**7:00 AM** Breakfast	OPTIONAL TOUR	**3:00 AM-9:00 PM** Back to Home
	8:00 AM Bus to community	**7:30 AM** Bus to community	**7:30 AM** Bus to community	**7:30 AM** Bus to community	**8:00 AM** Bus to community		
Sunday	**8:30 AM - 1:30 PM** Reality Tour	**8:30 AM - 2:30 PM** Clinic Day 1	**8:30 AM - 2:30 PM** Clinic Day 2	**8:30 AM - 2:30 PM** Clinic Day 3	**8:00 AM - 1:30 PM** Project Project Inauguration		
9:00 AM Walking Tour 5:00 PM Welcome meeting & Orientation	Bus to Hotel	Bus to Hotel	Bus to Hotel	Bus to Hotel	Bus to Hotel		
		5:00 PM Talk 1	**5:00 PM** Talk 2	**5:00 PM** Talk 2			
	6:00 PM Dinner	**6:00 PM** Dinner	**6:00 PM** Dinner	**6:00 PM** Dinner	**6:00 PM** Dinner		

*Schedule might change depending on destination.

MOBILE CLINIC STATIONS AT A GLANCE

Triage Station

Here we obtain patients' contact information, basic medical history, and other data for the physicians to use during their consultations.

General Medicine Station

Patients have their medical consultations with doctors who address individual medical issues and identify patients who require follow up care.

Pharmacy Station

After the patient has visited every station indicated on their medical form, they will be directed to the Pharmacy Station to fill their prescriptions.

Toothbrushing

The goal of this station is to educate children from ages 3 and up about dental hygiene.

Education Station

A space to provide health education on various topics such as nutrition, gender-based violence, breast and Pap screening, among other health themes.

OB/GYN Station

Addresses women's health issues, including breast exams and cervical cancer screenings. (Only female volunteers over 18 years old are permitted at this station). Not available in Tanzania.

Dental Station

Bringing quality dental care directly to communities with convenience and expertise.Not available in Costa Rica, Guatemala and Tanzania

WHAT ARE VOLUNTEERS SAYING ABOUT MEDLIFE?

"What I really liked about the SLT was that I was able to observe a lot of the things that I learned in my classes such as pharmacology, immunology, anatomy, and human physiology in clinical settings."

Marco, University of California Santa Cruz

"This kind of trip opens your eyes. You need that in your life because you get perspective…It's a once-in-a-lifetime experience and if you have the chance, you should do it."

Varinder, SLT Volunteer and Parent

"Visiting the communities and learning about all these different peoples' lives was super impactful and the patients gave me life-long lessons. I met MEDLIFE members and leaders from all over the globe who I still keep in contact with today."

Sydney, Ohio State University

"The best thing about the SLT is that students get to learn leadership and see different things around the world that they would normally not learn…I think this is one of the best things for students to do instead of just taking classes and learning about it from afar."

Professor Clifford Lo, Harvard Medical School

View all the Testimonials

TRAVEL SAFE WITH MEDLIFE

At MEDLIFE we take our volunteers' safety very seriously. We encourage you to read this page in conjunction with our FAQs and booking conditions.

What's Included In Our Trips

Safety Measures
Comprehensive safety protocols throughout the journey.

24/7 Support
Dedicated assistance from our experienced team and staff.

Travel Insurance
Medical emergency insurance for the duration of the trip

Expert Trip Leaders
Knowledgeable local leaders and staff.

Accommodations
Comfortable and safe hotels/lodges reflecting local culture

Transportation
Seamless logistics including airport transfers and intercity travel

Cultural Immersion
Interactions with local communities, traditions, and cultures

Optional Activities
Engaging experiences tailored to your curriculum goals (per request)

Meals
Delicious and diverse meals, catering to dietary needs and restrictions

Pre-Trip Safety Meetings
MEDLIFE staff held pre-safety meetings to prepare for traveling abroad.

SLT Dates 2025/2026

			Peru		Ecuador		Costa Rica		Tanzania	Guatemala
		Max Capacity	170	120	100	70	50	50	50	30
Season	Start Date	End Date	Lima	Cusco	Riobamba	Tena	Tamarindo	San Jose	Kilimanjaro	Antigua
Winter	Dec, 27	Jan, 4	☑	☑	☑	☐	☐	☐	☐	☐
Winter	Jan, 3	Jan, 11	☑	☑	☑	☐	☐	☑	☑	☑
Winter	Jan, 10	Jan, 18	☑	☑	☐	☑	☑	☐	☐	☑
Spring	Feb, 28	Mar, 8	☑	☑	☑	☐	☑	☐	☐	☐
Spring	Mar, 7	Mar, 15	☑	☑	☑	☐	☑	☐	☐	☑
Spring	Mar, 14	Mar, 22	☑	☑	☐	☑	☑	☑	☐	☑
Spring	Mar, 21	Mar, 29	☑	☑	☐	☑	☑	☑	☐	☑
Summer	Apr, 18	Apr, 26	☑	☑	☐	☐	☐	☐	☐	☐
Summer	Apr, 25	May, 3	☑	☑	☐	☐	☑	☑	☐	☐
Summer	May, 2	May, 10	☑	☑	☑	☐	☐	☐	☑	☑
Summer	May, 9	May, 17	☑	☑	☑	☑	☑	☑	☑	☑
Summer	May, 16	May, 24	☑	☑	☑	☐	☑	☑	☑	☑
Summer	May, 23	May, 31	☑	☑	☑	☑	☑	☑	☐	☐
Summer	Jun, 6	Jun, 14	☑	☑	☐	☑	☑	☑	☐	☐
Summer	Jun, 13	Jun, 21	☐	☑	☑	☐	☐	☐	☐	☐
Summer	Jun, 20	Jun, 28	☑	☐	☑	☐	☐	☐	☐	☐
Summer	Jun, 27	Jul, 5	☑	☑	☐	☐	☐	☐	☐	☑
Summer	Jul, 4	Jul, 12	☑	☑	☑	☐	☑	☐	☑	☑
Summer	Jul, 11	Jul, 19	☑	☑	☑	☐	☐	☑	☑	☑
Summer	Aug, 15	Aug, 23	☑	☑	☐	☑	☑	☐	☐	☐
Summer	Aug, 22	Aug, 30	☑	☑	☐	☑	☐	☐	☐	☐

PRICING & INCLUSIONS

We are deeply committed to crafting **fully sustainable and ethical programs** that resonate profoundly with our values and honor the communities we engage with. The cost of the Service Learning Trip is termed 'donation goal' for a significant reason: it supports hiring local staff, ensures follow-up, sponsors the development projects, facilitates preparations including pre-workshops for communities, and much more. **Pricing is intricately tied to group size and destination.** For the most up-to-date pricing details, we invite you to visit our website!

INCLUDED

- ✓ 8 nights dorm room accommodation
- ✓ Breakfast, lunch and dinner from Monday to Friday
- ✓ Transport to Mobile Clinics and Development Projects
- ✓ English-speaking Trip Leader
- ✓ Safety equipment (including face masks)

NOT INCLUDED

- ✓ Flights
- ✓ Tips
- ✓ Pre or post-trip accommodation
- ✓ Optional excursions
- ✓ Weekend meals

OUR FOUNDING MODEL

A large portion of our work is supported through volunteer donations and our Moving Mountains program. Both sources of funding create sustainable solutions for low-income communities and help MEDLIFE move closer to accomplishing the mission of a world free from the constraints of poverty.

VOLUNTEER DONATION GOALS

Volunteer donation goals for Service Learning Trips cover the trip costs and provide funding for our year-round work. These goals fund the prep, execution, and follow-up for mobile clinics, development projects, and educational workshops the volunteers support during the trip.

Learn More

MOVING MOUNTAINS

Our Moving Mountains giving program ensures that 100% of donations are allocated to fund a variety of programs and projects, including educational workshops, significant development projects, and medical treatments for patients.

Donate Now