

Example Itinerary

MEDICINE IN PERU

**The following is an example itinerary. Please note arrangements change from year to year and session to session based on the goals of the programme, need of the community, and size of the groups. Please use this itinerary as a general guide to the structure of the Winter Specials.*

DAY NO.	WEEKDAY	TIME	ACTIVITY
1	Sunday	ALL DAY	ARRIVAL: Arrival day. Pick up from the airport and transfer to accommodation
2	Monday	7:00am – 8:00am	BREAKFAST
		8:00am – 8:30am	Pick up from accommodation and transfer to the office.
		09:00am – 12:30pm	General & medicine induction at the office. The volunteer will be introduced to the staff. City induction.
		1:00pm – 2:30pm	Lunch at accommodation
		3:00pm – 5:30pm	Workshop: Health system in Peru. Spanish lessons
		6:00pm – 7:30pm	Visit San Blas neighborhood and Cusco's center.
		8:00 pm	DINNER
3	Tuesday	6:30am – 7:30am	BREAKFAST
		8:00am – 12:00pm	Shadow doctors and nurses at Health centers
		12:30pm – 1:30pm	Lunch at accommodation
		3:00pm – 5:30pm	Workshop: Training for outreaches/ first aid outreach.
		6:00pm – 7:00pm	Dinner at accommodation
4	Wednesday	6:00am – 6:30am	BREAKFAST
		8:30am – 1:00pm	Health campaign outside Cusco
		1:30pm – 2:30pm	LUNCH
		2:30pm – 6:30pm	Health campaign outside Cusco
		6:30pm – 7:30pm	DINNER
		8:00am	Resting and prepare materials for next day
5	Thursday	8:00am – 8:30am	BREAKFAST
		8:30am – 12:00pm	Health campaign outside Cusco
		12:30pm – 1:30pm	LUNCH
		2:00pm – 5:00pm	Health campaign outside Cusco
		6:00pm – 7:00pm	DINNER
6	Friday	6:30am – 7:30am	BREAKFAST
		8:30am – 12:30pm	Shadow doctors and nurses at Health centers
		1:00pm – 2:30pm	Lunch at host family
		3:00pm – 4:00pm	Workshop: Sutures.
		4:30pm – 7:00pm	Briefing Machu Picchu: explanation about the trip and schedule for the weekend, information about what to take; and free afternoon at the Mall: possibility to buy snacks for the trip, go to the movies, eat ice cream, get money from the ATM etc.
		8:00pm	Dinner at host family and early night
7	Saturday	ALL DAY	Sacred Valley tour
8	Sunday	ALL DAY	Machu Picchu
9	Monday	7:00am – 8:00am	BREAKFAST
		8:30am – 12:00pm	Shadow doctors and nurses at Health centers
		12:30pm – 2:30pm	Lunch at host family
		3:00pm – 5:00pm	Spanish lessons
		6:00pm – 7:00pm	Dinner at accommodation

DAY NO.	WEEKDAY	TIME	ACTIVITY
10	Tuesday	8:00am – 8:30am	BREAKFAST
		8:30am – 12:00pm	Health campaign outside Cusco
		12:30pm – 1:30pm	LUNCH
		2:00pm – 4:00pm	Health campaign outside Cusco
		6:00pm – 7:00pm	DINNER
11	Wednesday	8:00am – 8:30am	BREAKFAST
		8:30am – 12:00pm	Health campaign outside Cusco
		12:30pm – 1:30pm	LUNCH
		2:00pm – 5:00pm	Health campaign outside Cusco
		6:00pm – 7:00pm	DINNER
		7:00pm – 9:00pm	Transport to Cusco
12	Thursday	8:00am – 8:30am	BREAKFAST
		8:30am – 12:00pm	Shadow doctors and nurses at Health centers
		12:30pm – 2:30pm	Lunch at host family
		3:30pm – 5:30pm	Local diseases workshop
		6:00pm – 7:00pm	Salsa lessons
13	Friday	8:00am – 8:30am	BREAKFAST
		8:30am – 12:00pm	Shadow doctors and nurses at Health centers
		12:30pm – 1:30pm	Lunch at accommodation
		2:00pm – 5:00pm	Office: Online Check in, Online Debriefing Questionnaire
		6:00pm – 7:00pm	FAREWELL DINNER
14	Saturday	ALL DAY	DEPARTURE: Departures: Pick up at host family by a Staff member to the airport