High School Special Schedule
Peru | 2 weeks

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this two week trip, you will have a unique insight into Peruvian culture and explore some of the country’s most popular tourism sites.

Programme Goals:

Clinical
Spend time shadowing local doctors and nurses in a number of medical facilities. We work with regional teaching hospitals as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during your project.

Community
Visit local communities and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops focusing on the importance of seeking medical help if there is a problem.

Learning
Learn basic medical skills such as checking patients’ vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common ailments and illnesses in the region.

Cultural Immersion:
After your volunteer work, immerse yourself in the rich Peruvian culture by witnessing captivating traditional dances, engaging in meaningful conversations with locals, and savoring the diverse flavors of authentic Peruvian cuisine. Explore the wonders of Peru alongside fellow volunteers, visiting historical sites, ancient ruins, and natural wonders, all while creating lifelong friendships and cherishing unforgettable moments throughout your adventure.
Day 1

Sunday
Arrival in Peru

You will arrive into the bustling city of Cusco, located in the Peruvian Andes. Cusco was once capital of the Inca Empire, and is now popular for its archaeological remains and Spanish colonial architecture.

After you pass through customs you will be met by a staff member holding a sign welcoming you to Cusco. You will then be taken to the host family’s home where you will relax, have a meal and rest for the next day.

Day 2

Monday
Morning:
On Monday morning, we will have a general and medicine induction at the office, where you will be introduced to the staff and receive a city induction.

Afternoon:
You will have lunch at home before participating in a COVID-19 protocol workshop. In the early evening, you will join a 1 hour Spanish language lesson.

Evening:
To ensure your safety and preparedness, we will conduct a workshop on Covid protocols for placements in the evening.

Tuesday
Day 3
Morning:
We will begin the day by visiting health centres, observing medical professionals in the various different departments.

Afternoon:
In the afternoon, there will be a workshop focused on training for outreaches and first aid. We will also visit San Pedro market to explore the local culture.

Evening:
Dinner will be served at the accommodation in the evening.

Wednesday
Day 4
Morning:
Our morning activities will involve participating in health campaigns outside Cusco, where we will reach out to the community and provide necessary medical support.

Afternoon:
After a fulfilling morning, we will take a break for lunch. Following that, we will continue our health campaigns outside Cusco.

Evening:
We will conclude the day with a delicious dinner at home.

Thursday
Day 5
Morning:
We will start the day by visiting health centres and continuing to learn about the medical system in Peru and common illnesses.

Afternoon:
In the afternoon, there will be a workshop on sutures, providing you with valuable skills. Additionally, we will explore the beautiful sites of San Cristobal, Sapantiana & San Blas.

Evening:
Enjoy a delicious dinner at home in the evening.

Friday
Day 6
Morning:
Our morning will be dedicated to visiting health centers and continuing to observe and learn the medical professionals.

Afternoon:
After a fulfilling morning, we will have lunch with a host family. Following that, there will be a briefing for the upcoming weekend trips. You will also have some free time to explore the shopping mall.

Evening:
Dinner will be served at the accommodation.
Day 7
Saturday
Weekend Activities

Day 8
Sunday
Weekend Activities

Day 9
Monday

Day 10
Tuesday

Day 11
Wednesday

Day 12
Thursday

Day 13
Friday

Morning:
We will visit health centres in the morning to learn, observe and support the local staff as much as possible.

Afternoon:
After a productive morning, we will have lunch. In the afternoon, there will be cooking lessons, where you can learn traditional recipes.

Evening:
Enjoy a pleasant dinner at home.

Morning:
Meet at the pickup point and travel to the artisan foundry AwanaCancha where you will visit a small museum and witness the traditional methods of casting dyes and weaving. Enjoy a guided tour of the archaeological site Pisac in the Sacred Valley.

Travel to Urubamba, for a delicious lunch, then journey to the archaeological site, Ollantaytambo for another interesting guided tour.

Travel to the nearby station to catch the train to Aguas Calientes where you will check in and unwind as you enjoy dinner at a nearby restaurant and settle in for the night.

Morning:
We will visit health centres in the morning to learn, observe and support the local staff as much as possible.

Afternoon:
After a rewarding morning, we will have lunch and continue our health campaigns outside Cusco.

Evening:
Dinner will be served as we unwind and reflect on the day.

Morning:
We will visit health centres in the morning and extend our medical support.

Afternoon:
After having lunch with a host family, we will have a workshop on injections. In the afternoon, get ready for exciting salsa lessons.

Evening:
Dinner will be served at home in the evening.

Morning:
We will visit health centres in the morning to learn, observe and support the local staff as much as possible.

Afternoon:
After a productive morning, we will have lunch. In the afternoon, there will be cooking lessons, where you can learn traditional recipes.

Evening:
Enjoy a pleasant dinner at home.

Morning:
In the morning, we will actively participate in health campaigns outside Cusco, making a difference in the community.

Afternoon:
After a rewarding morning, we will have lunch and continue our health campaigns outside Cusco.

Evening:
Dinner will be served as we unwind and reflect on the day.

Morning:
We will start the day by visiting health centres and continuing to learn and observe.

Afternoon:
After having lunch at the accommodation, we will carry out online check-in and debriefing questionnaires at the office. Later, you will have free time to explore the handicraft market for souvenirs.

Evening:
We will conclude the program with a memorable farewell dinner.
Day 14

Saturday / Sunday
Departing Peru

The group members will likely be departing at
different times, therefore day 13 and 14 may not be
the same for everyone.

Your exact departure plan will be communicated with
you directly by our local team. If you have longer to
wait around, we will ensure you are comfortable and
well looked-after.

You will have the continued support of Projects
Abroad staff right until you are safely at the airport
to board your plane back home.

Social Media

@projectsabroadglobal
@projectsabroad
@projectsabroad
@projectsabroad

Want to learn more?

We’d be happy to talk to you and and answer any questions
you may have. You can call or email our team, or use the ‘live
chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Student Learning Outcomes

Intercultural Competence
Students will be immersed in different cultures, gaining an understanding of their role within our global
community and developing a deeper cultural awareness.

Leadership Development
Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their
confidence and resilience through team activities and new life experiences.

Healthy Active Living
Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment
Students will be empowered to think for themselves, challenging the “status-quo” and cultivating
transformative decision-making mindsets.

Global Citizenship
Students will be exposed to new perspectives, engage with real-world challenges and contribute to
sustainable development initiatives.

Personal Achievements

- Completed a total of 40 medical-based service hours
- Attended 8 hours of professional medical skills workshops
- Improved Spanish vocabulary through targeted lessons
- Took part and assisted medical professionals on a public health outreach for 50+ remote community members

We’d be happy to talk to you and and answer any questions
you may have. You can call or email our team, or use the ‘live
chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org
High School Special Schedule
Peru | 4 weeks

This project is designed to give you the opportunity to observe medical professionals, learn basic medical procedures and participate in a variety of community health outreach activities. During this two week trip, you will have a unique insight into Peruvian culture and explore some of the country’s most popular tourism sites.

Programme Goals:

▲ Clinical
Spend time shadowing local doctors and nurses in a number of medical facilities. We work with regional teaching hospitals as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during your project.

▲ Community
Visit local communities and present information on various healthcare issues facing the region. You will develop materials and activities for awareness campaigns and healthy living workshops focusing on the importance of seeking medical help if there is a problem.

▲ Learning
Learn basic medical skills such as checking patients’ vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common ailments and illnesses in the region.

▲ Cultural Immersion:
After your volunteer work, immerse yourself in the rich Peruvian culture by witnessing captivating traditional dances, engaging in meaningful conversations with locals, and savoring the diverse flavors of authentic Peruvian cuisine. Explore the wonders of Peru alongside fellow volunteers, visiting historical sites, ancient ruins, and natural wonders, all while creating lifelong friendships and cherishing unforgettable moments throughout your adventure.
Day 1

Sunday
Arrival in Peru
You will arrive into the bustling city of Cusco, located in the Peruvian Andes. Cusco was once capital of the Inca Empire, and is now popular for its archaeological remains and Spanish colonial architecture. After you pass through customs you will be met by a staff member holding a sign welcoming you to Cusco. You will then be taken to the host family’s home where you will relax, have a meal and rest for the next day.

Day 2

Monday
Morning:
On Monday morning, we will have a general and medicine induction at the office, where you will be introduced to the staff and receive a city induction.

Afternoon:
You will have lunch at home before participating in a COVID-19 protocol workshop. In the early evening, you will join a 1 hour Spanish language lesson.

Evening:
To ensure your safety and preparedness, we will conduct a workshop on Covid protocols for placements in the evening.

Day 3

Tuesday
Morning:
We will begin the day by visiting health centres, observing medical professionals in the various different departments.

Afternoon:
In the afternoon, there will be a workshop focused on training for outreaches and first aid. We will also visit San Pedro market to explore the local culture.

Evening:
Dinner will be served at the accommodation in the evening.

Day 4

Wednesday
Morning:
Our morning activities will involve participating in health campaigns outside Cusco, where we will reach out to the community and provide necessary medical support.

Afternoon:
After a fulfilling morning, we will take a break for lunch. Following that, we will continue our health campaigns outside Cusco.

Evening:
We will conclude the day with a delicious dinner at home.

Day 5

Thursday
Morning:
We will start the day by visiting health centres and continuing to learn about the medical system in Peru and common illnesses.

Afternoon:
In the afternoon, there will be a workshop on sutures, providing you with valuable skills. Additionally, we will explore the beautiful sites of San Cristobal, Sapantiana & San Blas.

Evening:
Enjoy a delicious dinner at home in the evening.

Day 6

Friday
Morning:
Our morning will be dedicated to visiting health centers and continuing to observe and learn the medical professionals.

Afternoon:
After a fulfilling morning, we will have lunch with a host family. Following that, there will be a briefing for the upcoming weekend trips. You will also have some free time to explore the shopping mall.

Evening:
Dinner will be served at the accommodation.
| Day 7 | Saturday
Weekend Activities |
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<tr>
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<tbody>
<tr>
<td>Full</td>
<td>Meet at the pickup point and travel to the artisan foundry Awanacancha where you will visit a small museum and witness the traditional methods of casting dyes and weaving. Enjoy a guided tour of the archaeological site Pisac in the Sacred Valley. Travel to Urubamba, for a delicious lunch, then journey to the archaeological site, Ollantaytambo for another interesting guided tour. Travel to the nearby station to catch the train to Aguas Calientes where you will check in and unwind as you enjoy dinner at a nearby restaurant and settle in for the night.</td>
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| Day 8 | Sunday
Weekend Activities |
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<tbody>
<tr>
<td>Full</td>
<td>Arise early in the morning to catch the bus to the great Machu Picchu, one of the 7 Wonders of the World. Embark on the amazing tour and capture the moments through photos and sightseeing. Return to the hotel and enjoy a delicious lunch before packing for your return to Cusco. Share your exciting memories of the weekend over dinner at the host family.</td>
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<thead>
<tr>
<th>Day 9</th>
<th>Monday</th>
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<tbody>
<tr>
<td>Morning:</td>
<td>We will visit health centres in the morning to learn, observe and support the local staff as much as possible.</td>
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<tr>
<td>Afternoon:</td>
<td>After a productive morning, we will have lunch with a host family. Later, you will have Spanish lessons and a medical workshop on dissections.</td>
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<tr>
<td>Evening:</td>
<td>Enjoy a tasty dinner at the accommodation.</td>
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<tr>
<th>Day 10</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Morning:</td>
<td>We will visit health centres in the morning to learn, observe and support the local staff as much as possible.</td>
</tr>
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<td>Afternoon:</td>
<td>After a rewarding morning, we will have lunch and continue our health campaigns outside Cusco.</td>
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<tr>
<td>Evening:</td>
<td>Dinner will be served as we unwind and reflect on the day.</td>
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<tr>
<th>Day 11</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Morning:</td>
<td>We will visit health centres in the morning to learn, observe and support the local staff as much as possible.</td>
</tr>
<tr>
<td>Afternoon:</td>
<td>After a productive morning, we will have lunch in the afternoon, there will be cooking lessons, where you can learn traditional recipes.</td>
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<tr>
<td>Evening:</td>
<td>Enjoy a pleasant dinner at home.</td>
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<table>
<thead>
<tr>
<th>Day 12</th>
<th>Thursday</th>
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</thead>
<tbody>
<tr>
<td>Morning:</td>
<td>We will visit health centres in the morning and extend our medical support.</td>
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<tr>
<td>Afternoon:</td>
<td>After having lunch with a host family, we will have a workshop on injections. In the afternoon, get ready for exciting salsa lessons.</td>
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<tr>
<td>Evening:</td>
<td>Dinner will be served at home in the evening.</td>
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<tr>
<th>Day 13</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>Morning:</td>
<td>We will start the day by visiting health centres and continuing to learn and observe.</td>
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<tr>
<td>Afternoon:</td>
<td>After having lunch at the accommodation, you will have free time to explore the handicraft market for souvenirs.</td>
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<tr>
<td>Evening:</td>
<td>We will conclude the program with a memorable farewell dinner for the two week volunteers.</td>
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</table>
### Day 14
**Saturday**
**Weekend Activities**

Day 16
**Monday**
- **Morning:** Start the day with a delicious breakfast, followed by visiting health centers for an observational and learning experience, gaining insights into the healthcare system and procedures.
- **Afternoon:** After lunch with a host family, participate in Spanish lessons and a workshop on neuroanatomy.
- **Evening:** Enjoy a delightful dinner at the accommodation.

Day 15
**Sunday**
**Weekend Activities**
- **Full Day:** Spend quality time with your host family, getting to know their daily routines, traditions, and customs. Immerse yourself in the local lifestyle, engage in conversations, and deepen your understanding of Peruvian culture.

### Day 18
**Wednesday**
- **Morning:** Enjoy breakfast before joining healthcare professionals for an observational experience at health centers, where you can learn about different medical cases and procedures.
- **Afternoon:** After a delightful lunch, participate in a workshop on PCR (Polymerase Chain Reaction), a fundamental technique in molecular biology.
- **Evening:** Experience the joy of traditional dance as you immerse yourself in the local culture.

### Day 19
**Thursday**
- **Morning:** Start the day with a hearty breakfast, followed by observing healthcare professionals at work in health centers, further deepening your understanding of medical practices.
- **Afternoon:** After lunch with a host family, enjoy a movie night for relaxation and socialising with fellow volunteers.
- **Evening:** Dinner will be served at home in the evening.

### Day 20
**Friday**
- **Morning:** Indulge in a delicious breakfast before continuing your observational experience at health centers, gaining valuable insights into patient care and healthcare management.
- **Afternoon:** After lunch at the accommodation, take a small trek to Cristo Blanco, while enjoying sweet treats and fostering connections with the local community.
- **Evening:** Enjoy a delicious at dinner at home in the evening.
<table>
<thead>
<tr>
<th>Day</th>
<th>Activities</th>
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</table>
| Day 21   | **Monday**  
Spend the afternoon indulging in pizza and hanging out with fellow volunteers, fostering camaraderie and creating lasting memories.  
**Weekend**  
Activities  
Day 22  
**Sunday**  
Day 23  
**Monday**  
Morning:  
After breakfast, join healthcare professionals for an observational experience at health centers, observing various medical procedures and interactions.  
Afternoon:  
After lunch at the accommodation, engage in some artwork as you paint the cookies and.  
**Day 24  
**Tuesday**  
Morning:  
Start the day with a hearty breakfast, then head to the daycare for an activity-filled day with the kids.  
Afternoon:  
After lunch at the accommodation, engage in some artwork as you paint the cookies and.  
Evening:  
Enjoy a delightful dinner at home in the evening.  
Day 25   
**Wednesday**  
Morning:  
Enjoy breakfast before participating in a health campaign outside Cusco, assisting the healthcare professionals in action and learning about community outreach programs.  
Afternoon:  
After a satisfying lunch, engage in a workshop focused on the hematology laboratory, deepening your understanding of this important medical field.  
Evening:  
Dinner will be served at home in the evening.  
Day 26   
**Thursday**  
Morning:  
Start the day with a nutritious breakfast, followed by accompanying healthcare professionals at health centers to observe and learn from their expertise.  
Afternoon:  
After lunch, embark on a guided visit to Huasao swamp, immersing yourself in the natural beauty of the area and taking a break from the observational experience.  
Evening:  
Enjoy a dinner at home in the evening.  
Day 27   
**Friday**  
Morning:  
After breakfast, continue your observational experience at health centers, observing medical professionals and gaining further insights into patient care.  
Afternoon:  
After having lunch with a host family, there will be an office session for online check-in and debriefing questionnaires. You will also have free time to explore the handicraft market and purchase souvenirs.  
Evening:  
Gather for a farewell dinner, celebrating the meaningful experiences and connections made during your time in Peru.
Day 28

Saturday / Sunday
Departing Peru

The group members will likely be departing at different times, therefore days 27 and 28 may not be the same for everyone.

Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after.

You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

Want to learn more?

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Social Media

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Personal Achievements

- Completed a total of 80 medical-based service hours
- Attended 24 Hours of professional medical skills workshops
- Learnt relevant Spanish expressions and improved medical vocabulary
- Took part and assisted medical professionals on a public health outreach for 100+ remote community members

Student Learning Outcomes

Intercultural Competence
- Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development
- Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living
- Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment
- Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

Global Citizenship
- Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.

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