

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Cultural, Healthcare & Nursing Journey to Peru: Lima, Cusco & the Sacred Valley

**9 days / 8 nights**

**September 21-29, 2019**

**\$5,399** (Based on double occupancy)

Enjoy the unique culture, beauty, and traditions of Peru while you spend time with the locals and healthcare professionals to learn about Peru's unique healthcare system. This adventure includes a very special experience to see a rural clinic in the Sacred Valley and interact with an Andean shaman!

**BOOK NOW 888.747.7501**

#### Peru Highlights

- ✓ Cross a visit to **Machu Picchu** off your bucket list as you step back in time and visit this iconic site.
- ✓ **Accompanying guest program** available on this itinerary.
- ✓ *Your journey leaders and Mount Saint Mary's University Los Angeles are collaborating to develop this educational activity. Continuing nursing education contact hours are currently being determined and will be submitted for approval under Department of Nursing BRN Provider #00335. 8.0 CEU contact hours will be sought.*

#### Program Mission

- ✓ To explore Peruvian art, dance, music, literature, cuisine, architecture, beliefs and religion, as well as language and communication.
- ✓ To learn about the Peruvian health care delivery system including complementary and alternative medicine and ancient healing techniques.
- ✓ To observe the type of healthcare provided for the citizens across the lifespan.
- ✓ To experience the natural beauty of Peru and discover its ancient civilizations.

#### Community Connections

- ✓ Giving back and engaging with the local community is an important part of your journey. During your visit to the Sacred Valley, you will visit a **local rural clinic**.
- ✓ Experience a blessing from an **Andean Shaman** with a ritual including traditional elements to shield against harmful, evil intentions and energies.

#### Educational Interaction

- ✓ Learn about the **Peruvian health care delivery system**, including complementary and alternative medicine (CAM) as well as ancient healing techniques.
- ✓ **Examine health care provider education**, nursing education and models of care.
- ✓ Visit a **natural medicine center** in Cusco to learn about ancient healing techniques.
- ✓ Observe the type of healthcare provided for citizens across the lifespan including care of the family, the elderly, and mental health.
- ✓ Discuss **models of practice**—e.g., the **Roy Adaptation Model**—**grantsmanship**, and **publishing** with your journey leaders.

#### What's Included:

- 4\* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Lima (gateway city set out of Miami)
- Local English-speaking guide
- Meals as mentioned and most tips

#### Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable





📍 Miami, Florida

## DAY 1: Saturday, September 21, 2019

### Fly to Lima

Depart from **Miami** and arrive in **Lima, Peru** this evening. The stunning beauty and friendly people alone are worth a visit! Dinner service will be provided on your flight based on the estimated arrival time of 8:30-9 pm.

Upon arrival this evening, the group will be met and transferred for check-in at your lovely local hotel.

Your centrally located hotel offers all the convenience and services of a first-class hotel with free Wi-Fi and upscale amenities. With onsite restaurant and bar facilities for your convenience, you might also have time to use their gym, spa, and pool.

No meal service is provided today formally.

**Overnight: Jose Antonio Deluxe**  
**Included meals: N/A**



📍 Lima, Peru

## DAY 2: Sunday, September 22

### Welcome to Lima

Morning **Welcome and Orientation** with your **Journey Leaders** will allow for time to meet your fellow travelers and receive information about this program. That will be followed by an orientation with your **National Guide** to receive additional information about Peru as well as today's activities.

Begin your explorations of Lima starting with their main avenues, boulevards, and squares of Colonial Lima. First, visit **San Francisco Convent** built in the 17th century, and its "Catacombs" the ancient underground cemetery of Lima. Then, stop off at the **Main Square** to explore on foot and admire the exteriors of the Government Palace, the Cathedral of Lima, and the City Hall, all examples of Lima's still-present colonial architectural opulence.

Late this morning visit **Huaca Pucllana**, a vast network of open plazas and beguiling ancient stone masonry that forms a multilayered, towering pyramid, sitting proudly among the now urbanized district of Miraflores, one of Lima's trendiest neighborhoods. Once the religious and administrative center for the coastal people of the Lima Culture (prevalent in the region from 150 to 700 A.D.) though later evolving into a vast cemetery for the Ychma people (900 – 1400 A.D.), Huaca Pucllana is a rare example of a well-preserved, sizeable ancient archaeological site in the heart of a modern-day, bustling city.

Lunch will be provided at Huaca Pucllana's restaurant.

This afternoon, head to the Pueblo Libre District and visit the **Larco Museum**, an eighteenth-century Viceregal mansion that houses more than 3,000 years of Peru's pre-Columbian history. The museum boasts a supremely fine collection of gold and silver jewelry and worship paraphernalia that demonstrates the superb skill of ancient Peruvian gold and silversmiths. The visit will be greatly enriched by the **curator of the museum, who will provide in-depth explanations** and serve as a unique conduit to the past. All areas are illuminated to showcase the beauty of the museum's pieces.

Dinner will be provided this evening at the **Café del Museo**.

**Overnight: Jose Antonio Deluxe**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Lima, Peru

### DAY 3: Monday, September 23

#### Professional Interaction

Those attending the professional sessions will interact this morning in a panel session with various professional experts including **nurses, government officials** and other **policy makers**.

Invited representatives include officials from the **Ministerio de Salud (MINSA)** and **ESSALUD**, the **Peruvian Nursing Association**, and other key professional hosts who can discuss current information on prevalent illnesses, accidents, and needs for healthcare in Peru; the overall healthcare delivery system (traditional & non-traditional) in Peru; how the delivery of healthcare is organized and delivered; type of healthcare providers, their roles, and any provider shortage issues encountered in Peru; overall strengths and limitations of Peru's healthcare delivery system; and future projected needs and plans.

A simple boxed lunch will be provided today to make the best use of your full day.

Later today visit a **clinic or hospital in Lima**, such as Hospital Victor Larco Herrera, before ending the day with a visit to a local **nursing school** such as the Facultad de Enfermería de la Universidad Cayetano Heredia (UPCH).

#### Guest program

*Accompanying guests will visit the **Archaeology, Anthropology and History National Museum** this morning. Head to the Pueblo Libre District to the old Colonial mansion housing this museum. It was an old residence of Peru's viceroys and then of its liberators. Evidence of all cultures in the Peruvian civilization are exhibited in a chronological and didactic way, being the most interesting collections of Chavin, Paracas, Nazca, Mochica, Huari, Chimu and Inca. After lunch, discover colonial art in the **Barbosa-Stern Collection**. Since 1966, Eduardo Barbosa and his wife, Silvia Stern, have collected an impressive compilation of Spanish colonial art. The Barbosa Stern couple's interest in works of art from the Peruvian Viceregal Period drove them to acquire, restore, and preserve countless objects that they found to be of artistic importance.*

Explore the city tonight with dinner on your own.

**Overnight: Jose Antonio Deluxe**  
**Included meals: Breakfast & Lunch**

📍 Cusco, Peru

### DAY 4: Tuesday, September 24

#### Fly to Cusco

Immediately after breakfast, depart the hotel for your flight to **Cusco**. Elevated approximately 11,100 feet above sea level, Cusco is a World Heritage Site and the former capital of the Inca Empire.

**Altitude Sickness** - We recommend you check with your personal physician to see if an altitude sickness medication is right for you. *Those who live at sea level or a lower elevation should pay particular attention.*

**Casa Andina Premium Hotel** is located just a few blocks from the Main Square (Plaza de Armas) and is a great location for exploring the town. The hotel has free Wi-Fi, a restaurant and bar, concierge and room service.

Lunch is on your own this afternoon.

This afternoon step back in time with a visit to the fortress of **Sacsayhuaman**, a colossal structure of enormous stones, carved and fitted together with incredible precision; **Qenqo**, the religious center; enjoy a panoramic view of **Puca-Pucara**, the red fortress; and then will visit **Tambomachay** with their water fountains. Afterwards, your tour continues in the Imperial City. Stroll through the **Main Square** to discover the **Cathedral** and admire its exquisite vestibules and priceless paintings from the Cusco School of the 17th and 18th centuries.

Finish your explorations with a visit to one of the most impressive buildings of Incan Cusco: the **Qoricancha (the Golden Temple)**, a temple dedicated to the worship of the Sun God. The interior walls of the temple were said to have been covered in gold.

Discover the coast, the mountains and the jungle through every Peruvian dish while enjoying the most colorful traditional folkloric dances that explore their culture during dinner at **Tunupa Restaurant**. More than 3,000 traditional dances and around 500 typical dishes tell the story through costumes and melodies, ingredients and preparation of food. You will experience the living legacy of the Peruvian people.

**Overnight: Casa Andina Premium (or similar)**  
**Included meals: Breakfast & Dinner**





📍 Sacred Valley, Peru

## DAY 5: Wednesday, September 25

### Sacred Valley

After breakfast at the hotel, head to the Sacred Valley via bus (1.5-hour drive). **Pisac** is a beautiful location where Incan and Colonial influences have reached a perfect balance and created the unique way of life of the local inhabitants. You will get a chance to explore this **Pisac Market** and **Pisac Ruins** today. The market is famous for its fine jewelry, ceramic and textile craftwork. A few miles away, you will drive past the slopes of the mountains that overlook the Vilcanota River where you will find the **Archaeological Park of Pisac** at its ruins site. The most notable of these is the solar calendar (INTIWATANA) that means, "Where the sun is tied".

You will have a chance to learn about herbal and spiritual healing and the use botanicals by the local shamans and other natural healers later this morning. Visit the **Felipe Marín Moreno Botanical Gardens** to gain knowledge of the local medicinal plants. You will be **accompanied by a mystic guide** who specializes in traditional medicine to help educate the group on the topic.

Lunch will be provided at a local restaurant today.

The **Arnwa Sacred Valley Hotel** was built on the banks of the Vilcanota River, on the lands of an old colonial hacienda of the 17th century, just 1.5 hours from the city of Cusco and 30 minutes from the train station in Ollantaytambo, in route to Machu Picchu.

Dinner is on your own this evening at the hotel. An *optional evening seminar* is planned with Journey Leaders on the **Roy Adaptation Model, grantsmanship, and publications.**

**Overnight: Aranwa Sacred Valley (or similar)**  
**Included meals: Breakfast & Lunch**

📍 Sacred Valley, Peru

## DAY 6: Thursday, September 26

### AM Meeting & Train to Machu Picchu

This morning visit one of the last remaining Incan towns, **Ollantaytambo**, which was fiercely guarded by a massive fortress. Explore the large archaeological complex, which used to serve as a wayside inn for royal delegations on long journeys. Surviving structures here include multiple walls and towers that were used to protect the citadel from possible invasions.

Immediately following, stop for a visit at the **Ollantaytambo Rural Medical Clinic**. Spend time learning from the staff about access to care issues facing the clinic. Learn how they treat the local patients and current staffing challenges.

Experience the opportunity to meet and speak with an **Andean Shaman**. Explore the approach to health care delivery and treating illnesses in a location where spiritual healing is practiced. He will do a special blessing with traditional elements to shield the group against harm, evil intentions and bad energy while there.

Lunch will be provided at a local restaurant today.

Late this afternoon you will head to **Machu Picchu**, saying farewell to the Sacred Valley. Take the train to Machu Picchu, following the course of the Urubamba (or Vilcanota) River climbing down a canyon headed to Aguas Calientes.

Step into the smart, contemporary and cozy confines of **El MaPi Hotel**, amidst the picturesque Machu Picchu Pueblo. Discover an efficient, lively and friendly atmosphere, welcoming guests expecting an unfussy, down-to-earth break. Enjoy the hotels amenities that include an onsite bar, café and spa. The hotel has Wi-Fi, oxygen upon request and a complimentary Pisco Sour drink from the bar! Rooms are equipped for your convenience with a hair dryer, bathroom amenities and mini bar.

Dinner will be provided at a local restaurant.

An additional *optional evening seminar* is planned this evening as well.

**Overnight: El MaPi Hotel by Inkaterra**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Machu Picchu, Peru

## DAY 7: Friday, September 27

### Explore Machu Picchu

**Please note: Today's itinerary includes moderate physical activity with some hiking. For those with mobility concerns, guides will assist with adjusting your activity level accordingly.**

Enjoy a **privately-guided tour of the archaeological ruins of Machu Picchu with a specialized guide.** Known as one of the most beautiful and enigmatic ancient sites in the world, the Andean mountaintop was used by the Inca people as the foundation of hundreds of stone structures, with construction starting in the early 1400s. Your local guide will share cultural knowledge and insights. Explore the terraces, corridors, temples, and other sacred places within the citadel.

Lunch will be provided at the **Sanctuary Lodge** after your morning tour and lecture with your guide. Stop at the **central market** to look for local souvenirs near the train station.

Take the train back to Cusco late this afternoon where you will check back into your Cusco hotel and have time for a late dinner on your own arrangement. *Food and beverage options will also be available for purchase on the train.*

Dinner is by individual arrangement.

**Overnight: Casa Andina Premium (or similar)**  
**Included meals: Breakfast & Lunch**

📍 Cusco, Peru

## DAY 8 Saturday, September 28

### Morning Meeting & Free Time

This morning you will visit the **Natural Medicine Center of Andahuaylillas.** Meet with the staff to learn more about natural medicine and its benefits. Dr. Gladys Oblitas Zanabria, who is in charge, also works as a homeopath so will talk to the group about her beliefs that the body can cure itself through the use of tiny amounts of natural substances, like plants and minerals. She is an author on the use and management of Bach flower therapy and its application in other areas of medicine.

#### **Accompanying guests:**

*Late this morning guests will take part in a culinary experience that starts with a visit to the open-air San Pedro market. Here you will learn about the region's culinary history and unique ingredients. Take part in a fun culinary experience in a beautiful kitchen with individual cooking stations. Learn to cook exotic, delicious and healthy dishes with Red Quinoa, yellow aji and other ingredients that are a distinct part of our culture and heritage, but still easy to find anywhere in the world. Experience rich Peruvian flavors while learning from your local chef. You will take recipes home for the two dishes you prepare, in addition to a famous Peruvian pisco sour cocktail.*

A box lunch for the professionals will be provided today.

Enjoy some time to relax this afternoon after a very busy week. Explore independently or make use of the hotel's amenities.

Say goodbye as you reflect and share memories over your farewell dinner at **Map Café** this evening.

**Overnight: Casa Andina Premium (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**

📍 Cusco, Peru

## DAY 9: Sunday, September 29

### Depart

Depart for home this morning with a flight via Lima and onward to Miami.





📍 Lima, Peru

## Jose Antonio Deluxe

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Lima, Peru

**Telephone:** +51-1-6415050  
<http://hotelesjoseantonio.com/deluxe/>



📍 Sacred Valley, Peru

## Aranwa Sacred Valley Hotel & Wellness

Antigua Hacienda Yaravilca  
Urubamba Sacred Valley, Peru

**Telephone:** +51-84-58-1900  
<http://www.aranwahotels.com/hotel-valle-sagrado/>



📍 Machu Picchu, Peru

## El MaPi Hotel

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Machu Picchu, Peru

**Telephone:** +51-84-211-011  
<http://www.inkaterra.com/byinkaterra/el-mapi-hotel/the-experience/>



📍 Cusco, Peru

## Casa Andina Premium Cusco

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