

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Introduction to Healthcare & Medical Systems in Peru

9 days / 8 nights

May 21-29, 2023

\$5,999 (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!

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.
- ✓ **Optional Nazca Lines Extension** will be available.
- ✓ **8.0 Continuing Medical Education (CME) credits** will be sought for this journey. ***This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.***

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**.
- ✓ Spend time with the villagers of the **Cuyuni community** outside Cusco to learn about their day-to-day life. You will experience various hands-on activities and share a delicious meal with the villagers, cooked from a variety of local products.

Educational Interaction

- ✓ Learn about the **Peruvian health care delivery system**, including complementary and alternative medicine (CAM) as well as ancient healing techniques.
- ✓ **Meaningful interaction and collaboration** between travelers and healthcare professionals in Peru will focus on the extremes of healthcare in Peru, from city hospitals to the care received by the less fortunate lacking in personnel, facilities, and equipment.
- ✓ Visit a **natural medicine center** in Cusco to learn about ancient healing techniques.

What's Included:

- 4-5* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airports in Peru
- International air to and from Lima (gateway 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: Sunday, May 21, 2023

Fly to Lima

Depart from **Miami** and arrive in **Lima, Peru** this evening. The stunning beauty and friendly people alone are worth a visit! Meal 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.

Casa Andina Premium Hotel is in the heart of the Miraflores district, just a few blocks away from the boardwalk and the main tourist and commercial areas of Miraflores. The hotel has free Wi-Fi, onsite dining, gym, spa, and a heated pool. Guest rooms have a minibar, hairdryer, 24-hour room service and coffee maker.

No meal service is provided today formally.

Overnight: Casa Andina Premium (or similar)

Included meals: N/A



📍 Lima, Peru

DAY 2: Monday, May 22

Welcome to Lima

Morning **Welcome and 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.),

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: Casa Andina Premium (or similar)

Included meals: Breakfast, Lunch & Dinner



📍 Lima, Peru

DAY 3: Tuesday, May 23

Professional Interaction

Those attending the professional sessions will interact this morning and afternoon with various **medical experts**. Hosts will 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.

Lunch will be provided this afternoon.

Later today visit a **clinic, hospital, or nursing school** to meet with staff to continue your discussions.

Guest program

*Today, guests will explore the Bohemian neighborhood of **Barranco**, an area called home by countless artists, photographers, and authors. We will walk along peculiar streets lined with Republican houses, admire the splendid views, and visit the Puente de los Suspiros (Bridge of Sighs). Continue the visit to the **Pedro de Osma Museum**. The collection gathered by Pedro de Osma has allowed to appreciate viceregal art and rescue pieces that otherwise would have been lost. Then, visit Las Pallas; a 'smugglers den' of artistic items and artefacts ranging from the coast, the Andes and the Amazon in origin. 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 from the Peruvian Viceregal Period. They have a passion to acquire, restore, and preserve objects that they found to be of historical documentary or artistic importance.*

Explore the city tonight with dinner on your own.

Overnight: Casa Andina Premium (or similar)

Included meals: Breakfast & Lunch

📍 Cusco, Peru

DAY 4: Wednesday, May 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.

Aranwa Cusco is a 5-star boutique hotel that combines the essence of history, luxury, and well-being, located in the heart of the Inca city. Cusco Boutique is also a hotel-museum built in an old colonial mansion that has been divided into seven strategic areas.

Lunch will be provided this afternoon.

This afternoon the group will 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 visit **Tambomachay** with its water fountains. Afterwards, tour 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 complexes of Incan Cusco. **Coricancha (Qorikancha)** contains the Temple of the Sun, the most sacred site in the Inca religion. Dedicated to the worship of the Sun God *Inti* (and others) the temple's interior walls were said to have been covered in gold. Learn about the Incan people, religion, and history of the complex as you explore the architectural remains.

Dinner will be provided at Incanto Restaurant.

Overnight: Aranwa Cusco (or similar)
Included meals: Breakfast, Lunch & Dinner





📍 Cusco, Peru

DAY 5: Thursday, May 25

Professional Program

This morning professionals will continue the exchange in Cusco. **Compare and contrast modern medicine with the use of herbal medicine** as well as the prevalence of traditional medicines and other complementary and alternative therapies.

Lunch will be provided at a local restaurant today.

This afternoon will focus on the use of natural medicine and its benefits during a visit to a facility like **Casa del Sol Integral Medicine Center**. Dr. Gladys Oblitas Zanabria, who is in charge, also works as a homeopath so will talk to the group about her beliefs and use of natural substances such as plants and minerals.

Guest program

*Today, guests will start your day with a **cooking class** that will share the chef's unique vision of food and culture of Peru and how they use regional products such as quinoa, yellow peppers, and trout in their dishes. Prepare a few dishes and enjoy your creations for lunch. This afternoon you will explore the artistic and bohemian **neighborhood of San Blas**, home to many artists. You will have time to visit some workshops and contemplate the artist's works as you explore and chat with them. Finish your explorations with a visit to the **San Blas Church**, built in 1563 on top of an Inca Sanctuary.*

Dinner is on your own this evening.

Overnight: Aranwa Cusco (or similar)

Included meals: Breakfast & Lunch

📍 Sacred Valley, Peru

DAY 6: Friday, May 26

Community & Rural Clinic Visits

After breakfast, head to the Sacred Valley via bus (1.5-hour drive). First stop is to visit a **rural community school and village**. Donations for the school children are of course welcome. Clothes to keep them warm, shoes, and medicines are hard to come by here. In this area the cold is intense, and kids don't always have proper clothes to wear during the winter.

Lunch will be provided at a local restaurant today in the Sacred Valley.

This afternoon a meeting will be requested with staff at the **Ollantaytambo Rural Medical Clinic**. Spend time learning about access to care issues facing the clinic and their clientele, many of which are from the indigenous community living in the valley. Discuss the services they can provide and challenges they face due to limited funding. Learn how the socioeconomic conditions lead to issues with malnutrition, poor overall health and increased morbidity and mortality rates due to higher rates of preventable illnesses.

Check into your local hotel and overnight. **Casa Andina Sacred Valley Hotel & Wellness**. This lovely 5* property is built along the Vilcanota riverbank on the lands of an old 17th century colonial hacienda. The hotel has a spa, art gallery, craft store, onsite dining, library, orchid garden, and outdoor pool. Guest rooms have a minibar, Wi-Fi and a hairdryer.

Dinner will be provided at the hotel this evening.

Overnight: Casa Andina Sacred Valley (or similar)
Included meals: Breakfast, Lunch & Dinner





📍 Machu Picchu, Peru

DAY 7: Saturday, May 27

Explore Machu Picchu

Check out and head to **Machu Picchu** this morning via train. **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 based hotel with 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: Aranwa Cusco (or similar)

Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 8 Sunday, May 28

Cultural Explorations

Today you will spend the day with the villagers of the **Cuyuni community** to learn about their day-to-day life through demonstration and participation in daily activities. Arrive at the community to be greeted by traditional music played by musicians as you walk with the villagers to participate in a ritual offering of gratitude to *Pachamama* (Mother Earth) and the *Apus*, mountain protector deities. Meet with women in their characteristic colorful dress and learn about the herding practices of the villagers. Next, learn about the agricultural routine: planting, harvesting, rope braiding, plowing the fallow earth and loading the llamas with *champa*, cut and dried sod that is a primary source of fuel. Here in the fields, you will see a demonstration of a *huatia* featuring flavorful Andean potatoes cooked on wood inside of a small, dried earth oven.

Participate later today in the Llama Pilluy ceremony, or **Llama Festival**, with dancing and music that commemorates the llamas as principal work companions and cargo carriers for the community. Visit the weavers in a community work session and learn how they spin the animal fiber and use dyes made from natural products from the region. See weaving on back strap looms, the traditional technique used to produce some of the most beautiful textiles of the region.

Finally, we will share a delicious meal with the villagers, cooked from a variety of local products from the region before heading back to the hotel.

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

Overnight: Aranwa Cusco (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Cusco, Peru

DAY 9: Monday, May 29

Depart

Depart for home today after breakfast.

Included meals: Breakfast



📍 Lima, Peru

Casa Andina Premium Hotel

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<https://www.casa-andina.com/en/destinations/miraflores/hotels/casa-andina-premium-miraflores>



📍 Sacred Valley, Peru

Aranwa Sacred Valley Hotel & Wellness

Antigua Hacienda Yaravilca
Urubamba Sacred Valley, Peru

Telephone: +51-84-581900

<https://aranwahotels.com/hoteles/aranwa-sacred-valley-hotel-wellness/>



📍 Cusco, Peru

Aranwa Cusco Boutique Hotel

Calle San Juan de Dios 255
Cusco, Peru

Telephone: +51- 84 604444

<https://aranwahotels.com/en/hotels/aranwa-cusco-boutique-hotel/>

