



CAREER ENRICHMENT



Nursing Program to Lima, Cusco & the Sacred Valley

Peru

8 days / 7 nights

June 5-12, 2016

\$4,799 (Based on double occupancy)

Enjoy the unique culture and traditions of Peru while you spend time with the locals. This adventure includes a very special village experience with local families in the Sacred Valley!

BOOK NOW 888.747.7501

Peru Highlights

- ✓ 8 days & 7 nights
- ✓ Cross a visit to **Machu Picchu** off your bucket list as you step back in time and visit this iconic site
- ✓ Meet with Peter Frost: writer, expedition guide and independent scholar who has been exploring the Andes since 1971 and is credited with discoveries featured in the *National Geographic* documentary, "Inca Mummies"
- ✓ Accompanying guest program available on this itinerary

Community Connections

- ✓ Visit with **families in the Sacred Valley** and provide much needed items for the children (included in your program cost). *Additional donations are welcome but not required.*
- ✓ Spend a day creating new friends as you immerse yourself in village life

Educational Interaction

- ✓ Peru's healthcare infrastructure
- ✓ An exploration of the referral system between primary care provided in villages, health centers, and regional hospital care
- ✓ Leading causes of morbidity and mortality as well as other health outcomes in Peru
- ✓ Education and role expectations of health care professionals throughout the country
- ✓ Impact of cultural traditions, beliefs, and social issues on healthcare in Peru

What's Included:

- 4 & 5* accommodations in Lima & Cusco
- 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 tentatively out of Los Angeles)
- 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



📍 Lima, Peru

DAY 1

Fly to Lima today

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

Upon arrival the group will be met and transferred to your local hotel for check in. Relax this evening and settle into your lovely five star hotel.

Depending on flight arrival time, dinner is on your own tonight (if not provided in flight).

With personalized service and quality amenities, the hotel stands out and is located in popular seaside district of Miraflores. Their facilities include a bar where you can enjoy pisco cocktails, a spa, a fitness center with sauna and an indoor glass-roofed patio with pool and whirlpool.

Overnight: Crowne Plaza Lima

Included meals: N/A



📍 Lima, Peru

DAY 2

Professional program in Lima

Please Note: Breakfast is included daily in your program.

Morning orientation and welcome. All travelers will gather this morning with your national guide and receive further information on the program and today's activities.

Medical members of the program will interact with their professional counterparts late this morning and afternoon for substantive meetings at a **local hospital, clinic or university**.

Guest program

*After the welcome briefing, accompanying guests will explore Peru's capital, a rich kaleidoscope of colonial architecture, revered pre-Columbian sites, charming residential areas, and vibrant shopping districts perched over the blue Pacific. See the 16th century **Plaza Mayor** (main square) still graced by the government palace, city hall and a cathedral. Continue on to see the **San Francisco Convent**, built in the 17th century, and its "catacombs" that functioned as an ancient underground cemetery. Your tour continues along the city's lovely Pacific coast through the enchanting neighborhoods of **San Isidro, Miraflores and Larco Mar**.*

*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.*

Enjoy a welcome dinner at a local restaurant.

Overnight: Crowne Plaza Lima

Included meals: Breakfast, lunch & dinner



📍 Lima, Peru

DAY 3

Explore Lima's cultural history & continued professional interaction

This morning, all travelers will take a curator-guided tour of the unique **Larco Museum**. Gain insight into 3,000 years of Peru's cultural history viewing a vast array of artifacts that comprise the largest private collection of pre-Columbian art in the world. Learn more about the lives of the people who created the beautiful archaeological objects displayed. Enjoy a delicious lunch onsite at the elegant Café del Museo.

Nursing members of the program will continue their day with a visit to a **local medical facility** this afternoon with a focus on:

- Healthcare professionals, as global citizens in the 21st century, need to have an understanding of universal health care issues such as poverty, hunger, malnutrition, illiteracy, and access to health care before global healthcare goals can be achieved.
- Understand and learn from the historical and contemporary healthcare challenges Peru has faced as well as strategies that have been implemented to improve healthcare outcomes.

Guest program

*This afternoon, guests will take a stroll around **Barranco**, Lima's charming bohemian district. Explore the **MATE** which showcases the work of acclaimed photographer Mario Testino. Next, step back in time during a visit to **La Huaca Pucllana**, historical temple ruins that have survived amid urban evolution and development.*

Enjoy some time to explore independently this evening with dinner on your own. Don't want to leave the hotel? The hotel offers everything from fine dining to lighter meals at their full-service, on-site restaurant. You can also check out their lounge or take advantage of their convenient in-room dining.

Overnight: Crowne Plaza Lima

Included meals: Breakfast & Lunch

📍 Cusco, Peru

DAY 4

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. After arriving in the afternoon, enjoy a provided lunch.

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.*

The hotel is located in a colonial-era mansion that is considered part of the cultural heritage of the city of Cusco. The building dates back to the 17th century, when the Marquis de Picoaga arrived in the city and built himself a new home, employing stonework and murals. The hotel conserves all the beauty of an old colonial mansion and provides the welcoming service that will make you feel special during every day of your stay.

After lunch at a local restaurant, travelers will explore the cobbled streets and religious splendors of Cusco. Visit the **Cathedral of Cusco**, considered one of the most beautiful Spanish colonial churches in the Americas, and explore a vast array of colonial art on display. Continue on to **Qorikancha (Coricancha)**, the Incan Temple of the Sun, and the main temple of the Incan empire. Built and rebuilt with incredible riches, including walls and floors of gold, little of the original temple remains. The Church of Santo Domingo was built onsite using Coricancha's foundations and some of its remaining stone walls, creating a fascinating mix of Incan and colonial architecture.

Dinner with your fellow travelers will be provided at a local restaurant this evening.

Overnight: Costa del Sol Ramada

Included meals: Breakfast, Lunch & Dinner





📍 Cusco, Peru

DAY 5

Day trip to the Sacred Valley

After breakfast, head to the Sacred Valley today via bus (1.5 hour drive) to visit the **Huama community** and **local school**. Lunch and dinner will be provided today.

Donations will be made for the school children on your behalf. 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 have proper clothes to wear during the winter. Your support will be appreciated!

Overnight: Costa del Sol Ramada

Included meals: Breakfast, Lunch & Dinner

📍 Cusco, Peru

DAY 6

Machu Picchu

Please note: Today's itinerary includes moderate physical activity with some low-difficulty hiking.

Take the Vistadome train to **Machu Picchu** this morning. During the journey, see the hanging bridge that signals the start of the Inca Trail. The railway follows the course of the Urubamba (or Vilcanota) River climbing down and entering a canyon headed to **Aguas Calientes**, the town at the foot of Machu Picchu Mountain. Continue from there to board the mini-buses up to the remnants of the Sacred Citadel of the Incas.

Enjoy your **privately-guided tour of the archaeological ruins of Machu Picchu**. 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. Legends and myths indicate that Machu Picchu was revered as a sacred place from a far earlier time. Explore the terraces, corridors, temples, the solar clock (*Intihuatana*), and other sacred places within the citadel.

Lunch will be provided at the Sanctuary Lodge, and dinner will be by individual arrangement.

Overnight: Costa del Sol Ramada

Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 7

History of Cusco

This morning delegates and guests will visit **Casa Concha House**. View Machu Picchu artifacts excavated by Hiram Bingham between 1911 and 1915, and returned to Peru from Yale University in 2011. Explore a collection that has become central to the study and understanding of Machu Picchu. It will provide you a very good understanding of the visit you had to the site.

After some time for lunch on your own, enjoy an informative history-themed lecture by **Peter Frost**, a writer, expedition guide, and independent scholar who has been exploring the Andes since 1971 and now lives in Cusco. In 2001 and 2002, he led *National Geographic* Society-sponsored expeditions into the remote region of Vilcabamba, exploring the unknown Inca site of Qoriwayrachina. The discovery was featured in the *National Geographic* documentary, "Inca Mummies", which was also the subject of an article in the February 2004 issue of the magazine.

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

Overnight: Costa del Sol Ramada

Included meals: Breakfast & Dinner

📍 Depart for home

DAY 8

Depart this morning for Los Angeles.



📍 Lima, Peru

Crowne Plaza Lima

Benavides 300 - Miraflores

Lima - 18, Peru

Telephone: +51-1-610-0700

www.crowneplaza.com/



📍 Cusco, Peru

Costa del Sol Ramada

Santa Teresa 344

Cusco, Peru

Telephone: +51-1-711-2000

<http://www.costadelsolperu.com/peru/hotels/cusco/>

