

ITINERARY | DAY-BY-DAY

CAREER ENRICHMENT



Speech-Language Pathology Journey to Lima, Cusco & the Sacred Valley

Peru

9 days / 8 nights

July 1-9, 2017

\$5,999 (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

- ✓ 9 days & 8 nights
- ✓ 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**

Community Connections

- ✓ Giving back and engaging with the local community is an important part of your journey. Spend time in a **rural village** interacting with the local families.
- ✓ During your visit to the Sacred Valley, visit **Ollantaytambo Medical Center** to meet with their staff and tour their facility. The remote, indigenous communities surrounding Ollantaytambo are medically under-served due to lack of access to primary medical care as a result of geographic isolation, poor road conditions, and irregular transportation. Learn how they assist the local community.

Educational Interaction

- ✓ **Meaningful interaction and collaboration** between travelers and healthcare professionals in Peru will focus on the greatest challenges facing Peru today in their speech-language pathology services. Peru is reported to have a mid-level program to train professionals to work mostly with neurological disorders, dysphagia and deafness (in comparison to other countries in the region).
- ✓ While in Lima and Cusco, discuss **access to quality care**, their scope of practice in pathology and audiology, models for service delivery, and relationship to other areas of practice like OT and PT.

What's Included:

- 4* & 5* 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

Fly to Lima

Depart from Miami 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 for check-in at your lovely local hotel.

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

Your hotel offers all the convenience, amenities, and services of a first-class hotel with a contemporary design and an unmistakable touch of Lima. With onsite restaurant and bar facilities for your convenience, you might also have time to use their gym, sauna, and pool.

Overnight: Casa Andina PC Miraflores

Included meals: N/A

📍 Lima, Peru

DAY 2

Welcome to Lima

Please Note: Breakfast is included daily at your hotel.

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.

Later today, 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.

Enjoy some free time late this afternoon. Your welcome dinner is at a local restaurant.

Overnight: Casa Andina PC Miraflores

Included meals: Breakfast, Lunch & Dinner



📍 Lima, Peru

DAY 3

Professional Interaction

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

Journey Mission: The primary goal is to develop an appreciation of the diversity of Peru, its health care needs in rural vs. urban areas, its developing early intervention programs, its programs of service to persons with disabilities and autism, and its special education and literacy programs.

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. The 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.*

Lunch will be provided this afternoon with dinner by individual arrangement (own expense).

Overnight: Casa Andina PC Miraflores

Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 4

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. 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.*

Aranwa Cusco Boutique Hotel is the essence of luxury and comfort in the heart of the Inca city. Built in a colonial mansion of the XVI century, it displays several paintings of the Cuzco school, colonial sculptures and carvings that transport us to the greatness of the time. The elegant rooms are equipped with intelligent oxygen system and heating floor in the bathrooms for a great stay.

Lunch will be provided at a local restaurant.

Enjoy some time to explore independently this afternoon 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: Aranwa Cusco
Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 5

Continue your professional meetings & explore Cusco this afternoon

This morning, continue your professional exchange with a visit to a **local hospital or school**. Discuss cultural beliefs impacting persons with disabilities in Peru and how children with autism are identified.

Guest program

Guests will gain a unique insight into Peru's food and culture late this morning through the use of regional products like quinoa, yellow peppers, and trout. Your class starts with a short tour of the traditional San Pedro market before heading to the 11th floor Rooftop Kitchen facility, offering breathtaking views of the city. The class consists of the preparation of an appetizer and main course which you will get to enjoy afterwards.

After lunch, the group will reconnect to 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 will be provided this evening.

Overnight: Aranwa Cusco
Included meals: Breakfast, Lunch & Dinner





📍 Cusco, Peru

DAY 6

Day trip to the Sacred Valley

After breakfast, head to the Sacred Valley via bus (1.5-hour drive). First stop is the **Pisac Market** before heading on 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. Your support will be appreciated!

Lunch will be provided at Huayocari Restaurant before heading to the **Ollantaytambo Medical Center** to meet with their staff and tour their facility.

Guest program

Guests will visit the Inca Fortress of Ollantaytambo. Here you will find the best surviving example of Inca town planning - many of the building foundations in old town were built by the Inca, and the majority of the Inca canchas, or blocks, are still intact today.

Return to Cusco for dinner at a local restaurant.

Overnight: Aranwa Cusco

Included meals: Breakfast, Lunch & Dinner

📍 Cusco, Peru

DAY 7

Explore 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, following the course of the Urubamba (or Vilcanota) River climbing down a canyon headed to **Aguas Calientes**. 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.



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 is on your own.

Overnight: Aranwa Cusco

Included meals: Breakfast & Lunch

📍 Cusco, Peru

DAY 8

History of Cusco

This morning delegates and guests will visit **Casa Concha House** with a private guide. 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 about the *Rise and Fall of the Inca Empire*.

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

Overnight: Aranwa Cusco

Included meals: Breakfast & Dinner

📍 Cusco, Peru

DAY 9

Depart

Depart for home today (via Lima).

Included meals: Breakfast



📍 Lima, Peru

Casa Andina Private Collection Miraflores

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📍 Cusco, Peru

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