

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Patient Safety & Quality Initiatives in Nursing Journey to Peru

**Lima & Cusco**

**8 days / 7 nights**

**November 4-11, 2018**

**\$5,499** (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 opportunity to give back with a visit to a local humanitarian organization.

**BOOK NOW 888.747.7501**

### Peru Highlights

- ✓ 7 nights / 8-day journey through Peru
- ✓ Cross a visit to **Machu Picchu** off your bucket list as you step back in time and visit this iconic site. Your day trip will include an expert guide bringing your visit to life.
- ✓ Look for opportunities to **connect with Peruvian nurses** to share cultural differences and universal similarities while visiting **local hospitals and clinics** and talking with **nursing colleagues**.
- ✓ **Accompanying guest program** – alternate activities will be provided for guests who do not wish to attend the meetings.
- ✓ *Optional Rainforest Extension will be available*

### Community Connections

- ✓ Giving back and engaging with the local community is an important part of your journey. Spend time visiting a local non-profit or other humanitarian organization in Cusco such as the **Orphanage for Girls**.

### Educational Interaction

- ✓ **Explore Peru's rich cultural heritage** as you learn about nursing education as it applies to patient safety and quality initiatives in Peru. Learn about **perioperative nursing** in Peru as compared to the U.S. through roundtable discussion sessions with your counterparts.
- ✓ **Meaningful interaction and collaboration** between travelers and your counterparts will provide the chance to discuss operating room and other safety initiatives that can improve patient morbidity and mortality. Being an advocate for the patient is key!

#### 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 tentatively 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, November 4, 2018

### 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 to Peru today.*

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

Your centrally located Jose Antonio Deluxe Hotel offers all the convenience, amenities, and services of a four-star 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. Rooms have a mini bar, laptop-size safe and a hairdryer. The hotel is a ten-minute walk from the Miraflores area.

**Overnight: Jose Antonio Deluxe (or similar)**

**Included meals: N/A**



📍 Lima, Peru

## DAY 2: Monday, November 5

### Professional Interaction

**Please Note:** *Breakfast is included daily at your hotel.*

Professional members will spend the day meeting with your Peruvian counterparts. Begin your program with meetings with a **local hospital** and/or **local nursing society** to discuss patient safety and nursing care in Peru compared to the United States. Help foster a meaningful exchange discussing ways to reduce morbidity and mortality by implementing patient safety and quality initiatives in the perioperative setting.

**Mission of the program:** This primary objective for this trip is gain an overview of patient safety and nursing care in Peru as compared to the U.S. including discussions of nursing education and roles. Discuss patient safety initiatives to reduce morbidity and mortality such as surgical safety checklist, high reliability training, communication handoff, infection control, prevention of retained surgical items and prevention of medication errors.

### Guest program

*Today 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. Your welcome dinner is at a local restaurant.

**Overnight: Jose Antonio Deluxe (or similar)**

**Included meals: Breakfast, Lunch & Dinner**





📍 Lima, Peru

### DAY 3: Tuesday, November 6

#### Morning Cultural Exploration & Afternoon Professional Meeting

Start your day with 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. Enjoy lunch at the onsite Café del Museo.

This afternoon, continue your professional exploration with a visit to a **local nursing college** to meet with faculty (and students if available) to learn about nursing education in Peru.

#### Guest program

*This afternoon, guests will take a stroll around Barranco, considered to be the city's most romantic and bohemian, being the home and working place of many of Peru's leading artists, musicians, designers and photographers. In the 19th-century, it was a very fashionable beach resort for the Limeño aristocracy, and many people used to spend the summer here. While there visit the Pedro de Osma Museum which exhibits Peruvian artistic pieces from the fifth to the eighteenth century. Paintings from the eighteenth-century Cuzco school are among the highlighted pieces of the viceregal art collection.*

Dinner is by individual arrangement (own expense).

**Overnight: Jose Antonio Deluxe (or similar)**

**Included meals: Breakfast & Lunch**

📍 Cusco, Peru

### DAY 4: Wednesday, November 7

#### 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. Lunch will be provided at a local restaurant after arrival before hotel check-in.

**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.

Enjoy some time to rest and acclimate this afternoon before heading out on an exploration of the Imperial City. Stroll through the **Main Square**, where you will see the Cathedral and admire its exquisite vestibules and priceless paintings from the Cusco School of the 17th and 18th centuries. Continue on to see **Qoricancha** (the Golden Temple), dedicated to the worship of the Sun God, whose interior walls were said to have been covered in gold.

Dinner will be provided at Inka Grill Restaurant.

**Overnight: Aranwa Cusco (or similar)**

**Included meals: Breakfast, Lunch & Dinner**





📍 Cusco, Peru

## DAY 5: Thursday, November 8

### Professional Program

Continue your professional exchange today with plans to visit additional **hospitals and/or clinics** to meet with your nursing counterparts.

One of the biggest advantages to international travel includes bridging the educational and cultural gap between professionals. Continue discussions around the major health challenges faced by medical professionals in Peru.

Lunch & dinner will be provided today.

#### Guest program

*Today, guests will enjoy a mix of past and present, beginning with the Cementerio General de la Almudena in Cusco (Almudena Cemetery), where Catholic beliefs syncretize with Andean cosmovision, indicative of true Cusco culture. Built in 1845, the cemetery preserves a part of the city's history from the Republican era and shows artistic representations of that period's cultural imagination. Next, explore the San Pedro Market, Cusco's main street market, inundated with aromas, tastes, sights, and colors of the local products of the Cusco region. To complete the day, discover Sacsayhuaman, a colossal structure of enormous stones, carved and fitted together with incredible precision. At this Inca archaeological site, we will have a beautiful overlook views of the city of Cusco.*

**Overnight: Aranwa Cusco (or similar)**

**Included meals: Breakfast, Lunch & Dinner**



📍 Machu Picchu, Peru

## DAY 6: Friday, November 9

### 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** early this morning. 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 after your morning tour and lecture with your guide.

Stop at the **central market** to peruse 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.*

**Overnight: Aranwa Cusco (or similar)**

**Included meals: Breakfast & Lunch**





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📍 Cusco, Peru

## DAY 8: Sunday, November 11

### Depart

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

**Included meals: Breakfast**

📍 Cusco, Peru

## DAY 7: Saturday, November 10

### Humanitarian Visit & Free Time

This morning you will spend visiting a local non-profit or other **humanitarian organization** in Cusco. This could be an orphanage like the one dedicated to local girls in the community. *A donation will be made on your behalf to the organization chosen for the visit.* Spend time with the staff giving back in a meaningful way. This may include helping with a project or spending time and getting to know their stories.

Lunch will be on your own arrangement after you are dropped off at the hotel for some time to explore on your own. Your well-located hotel will make exploring the neighborhood very easy. The hotel is located near Regocijo Square, two blocks from the Main Square of Cusco.

Say goodbye as you reflect and share memories over a **farewell dinner and show** at the Tunupa Restaurant. Enjoy a Pisco Sour drink this evening as you celebrate the end of what we believe will be a fantastic program and the chance to make some new friends.

*\*We recommend you pack your bags and settle your incidental expenses as you will depart early the following morning for the airport for your flight back to Lima and onward to the U.S.*

**Overnight: Aranwa Cusco (or similar)**

**Included meals: Breakfast & Dinner**



📍 Lima, Peru

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📍 Cusco, Peru

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