

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Mental Health Journey to Peru

Cities: Lima & Cusco

9 days / 8 nights

October 13-21, 2017

\$5,999 (Based on double occupancy)

\$1,899 *Optional* Amazon Rainforest Extension

Enjoy the unique culture and traditions of Peru while you spend time with the locals. This adventure includes a very special experience visiting local hospitals in Lima and Cusco.

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 to visit this iconic site
- ✓ Interact with **medical professionals** from a variety of authorities and hospitals in both Lima and Cusco.
- ✓ **Accompanying guest program** for those not attending the professional sessions
- ✓ **Optional Rainforest Extension** available on this itinerary

Community Connections

- ✓ Giving back and engaging with the local community is an important part of your journey. During your visit to Cusco, plan to visit the **Sociedad de Beneficiencia Publica de Cusco**. This public mental health facility is run by the Public Charity Corporation of Cusco and provides services to patients of all ages who are at high risk of falling through the cracks and have little access to quality mental health care.
- ✓ Through a portion of your program costs, a donation will be provided to the staff to continue their important work for the community!

Educational Interaction

- ✓ **Meaningful interaction and collaboration** between travelers and mental health professionals in Peru will focus on the greatest challenges facing Peru today in the equitable delivery of mental health services.
- ✓ While in Lima and Cusco, exchange ideas about how to address mental health issues in Peru and exchange ideas about how to improve mental health resources in both the U.S. and Peru.

What's Included:

- 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

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

Cultural Program

Today the group will continue the exploration of Peru while learning about the ancient Incan culture. Drive south of Lima, via the Panamericana Highway, to one of the most renowned pilgrimage zones: Pachacamac archaeological site in Lurin Valley. This morning you will explore the **Temple of Pachacamac** as well as the temples of the sun and moon dating back to 200 BC.

Continue onward to catch a glimpse into the special world of the **Peruvian Paso horse**. You will be able to admire the horses and their natural gait special to this breed. Admire the typical dress of their skilled *chalanos* while visiting their facilities.

Lunch will be provided at the Hacienda Los Ficus including a horse show before returning to Lima.

Dinner is by individual arrangement (own expense).

Overnight: Casa Andina PC Miraflores

Included meals: Breakfast & Lunch





📍 Cusco, Peru

DAY 4

Professional Interaction

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

Journey Mission: The primary goal is to develop a thorough understanding of the mental health care systems in Peru through **interaction with medical counterparts and allied health care workers**. Most commonly, there are ongoing issues with a lack of enough medical staff trained to assist those with mental illness or substance abuse issues.

Guest program

*After breakfast 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. 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 5

Morning Meeting & Fly to Cusco

Mental health members of the program will interact with professional counterparts this morning at a **local psychiatric hospital or clinic**.

Guest program

This morning, accompanying guests will explore the bohemian district of Barranco, the home to many of Peru's leading artists, musicians, designers and photographers. Continue to visit the Pedro de Osma Museum, a private art collection located in a historic mansion in the Barranco district.

Head to the airport this afternoon for your flight to Cusco. Lunch will be provided at an airport hotel restaurant. 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.

Enjoy some time to explore independently this afternoon.

Dinner will be provided at a nearby restaurant (short walk from the hotel).

Overnight: Aranwa Cusco

Included meals: Breakfast. Lunch & Dinner



📍 Cusco, Peru

DAY 6

Continue your professional meetings & explore Cusco this afternoon

This morning, continue your professional exchange with a visit to a **local hospital**. Discuss the greatest challenges facing Peru today in the equitable delivery of health care.

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 7

Explore Machu Picchu

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**. 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.

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.

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 for home today

Included meals: Breakfast



📍 Lima, Peru

Casa Andina Private Collection Miraflores

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📍 Cusco, Peru

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