

## ITINERARY | DAY-BY-DAY

### CAREER ENRICHMENT



### Dental Health Journey to Lima, Cusco & the Sacred Valley

**Peru**

**9 days / 8 nights**

**October 28 – November 5, 2017**

**\$4,999** (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 dental exam experience with children in 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 and visit this iconic site
- ✓ Interact with **dental health professionals** from a variety of facilities in both Lima and Cusco with a key mission to investigate various methods of teaching the techniques of dentistry in other countries.
- ✓ **Accompanying guest program** for those not attending the professional sessions.
- ✓ **Optional Rainforest Extension** available on this itinerary.

### Community Connections

- ✓ Visit a **local orphanage** in Cusco for the opportunity to provide a **dental exam** on the children. Provide information and advice to the staff on how to best assist the children with improving their oral health.

### Educational Interaction

- ✓ **Meaningful interaction and collaboration** between travelers and your counterparts in Peru will focus on learning how good oral health is taught to the children of Peru and how they view the importance of this.
- ✓ While in Lima and Cusco, **exchange ideas** about the influence of diet and other factors in the oral health of the population.
- ✓ **Interact with your professional counterparts** and discuss issues of common interest including etiology of dental caries in children, periodontitis in the adult population, and dental development issues in newborns and infants.

### What's Included:

- 4\* 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 business hotel. With onsite restaurant and bar facilities for your convenience, you might also have time to use their gym, spa, and pool. The rooms have free Wi-Fi, hair dryers, minibar, and safe deposit boxes for your convenience.

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

**Included meals: N/A**

📍 Lima, Peru

### DAY 2

#### Welcome to Lima

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

Morning **orientation and welcome briefing**. 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: Jose Antonio Deluxe (or similar)**

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



📍 Lima, Peru

### DAY 3

#### Professional Interaction

Professional members of the program will interact with their counterparts this morning and afternoon for substantive meetings at a **local dental office or university**.

*Journey Mission:* The primary goal is to develop an appreciation of the diversity of Peru, its oral health care needs in rural vs. urban areas, its methods of teaching the techniques of dentistry, its programs to teach oral health to the local children, and the local flavors and practices of oral health.

#### 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.*

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

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

**Included meals: Breakfast & Lunch**







📍 Sacred Valley, Peru

## DAY 4

### Fly to Cusco & Transfer to Urubamba

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, the group will be met and transferred directly to the town of Urubamba, Sacred Valley.

**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.

Enjoy some time to explore independently this afternoon after you check in to your local hotel.

Lunch and dinner will be provided today.

**Overnight: Casa Andina PC Valle (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**



📍 Sacred Valley, Peru

## DAY 5

### Sacred Valley Exploration

This morning visit a local community like the **Huama Community village**. This will be your first opportunity to do simple **oral exams** for the local children. Donations for the 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 this afternoon.

After lunch the group 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.

Dinner will be provided this evening back at the hotel.

**Overnight: Casa Andina PC Valle (or similar)**  
**Included meals: Breakfast, Lunch & Dinner**

📍 Cusco, Peru

## DAY 6

### Day trip to Machu Picchu

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

After breakfast, head to **Machu Picchu**, saying farewell to the Sacred Valley. Take the Vistadome train to Machu Picchu, 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, before you return to the train station for your journey back to Cusco.

Check into your local hotel where a late dinner is on your own arrangement this evening.

**Overnight: Casa Andina PC (or similar)**

**Included meals: Breakfast & Lunch**



📍 Cusco, Peru

### DAY 7

#### History of Cusco

This morning the group 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. Enjoy an informative history-themed lecture about the *Rise and Fall of the Inca Empire*.

Lunch will be provided this afternoon.

This afternoon will be an opportunity for the group to visit a **local orphanage** and the professionals to **provide oral exams** to the children living in the facility. You will have time to teach them simple oral health techniques and to share your findings with the staff. You are of course welcome to bring supplies to leave behind!

Dinner is on your own arrangement this evening.

**Overnight: Casa Andina PC (or similar)**

**Included meals: Breakfast & Lunch**



📍 Cusco, Peru

### DAY 8

#### Cultural Program

This morning the group will explore the **San Pedro Market** for a chance to browse the local goods.

From there, the group 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 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.

Lunch is by individual arrangement with some free time to explore independently this afternoon.

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

**Overnight: Casa Andina PC (or similar)**

**Included meals: Breakfast & Dinner**

📍 Cusco, Peru

### DAY 9

#### Depart

Depart for home today (via Lima).

**Included meals: Breakfast**





📍 Lima, Peru

## Jose Antonio Deluxe

Calle Bellavista N° 133 - Miraflores

Lima, Peru

**Telephone:** +51-1-641-5050

<http://hotelesjoseantonio.com/deluxe/>



📍 Urubamba, Peru

## Casa Andina PC Valle

5to Paradero Yanahuara, Valle Sagrado

Urubamba, Peru

**Telephone:** +51-9-8476-5501

<http://www.casa-andina.com/destinos/valle-sagrado?lang=en>



📍 Cusco, Peru

## Casa Andina Private Collection

Plazoleta Limacpampa Chico 473

Cusco, Peru

**Telephone:** +51-84-232-610

[http://www.casa-andina.com/en/destinations/cusco/hotel-cusco-peru\\_casa-andina-private-collection](http://www.casa-andina.com/en/destinations/cusco/hotel-cusco-peru_casa-andina-private-collection)

