



We will meet you at the Lima International Airport upon your arrival, and transport you to the hotel in Miraflores (a tourist district in Lima, Peru). Upon arrival of all your team members, we will begin our formal introductions, have icebreaker activities (nothing too cheesy, we promise), and a brief explanation regarding what to expect during your assignment in Peru. At this point, we will answer any questions, explain the itinerary in depth, and go over some fun options for your “free” recreational day.

Depending on how many members we have joining us, you will either be assigned to a room or have an opportunity to choose your roommates. (Males and females will be roomed separately).

Majority of the afternoon will be spent exploring the district where we will be serving (Ventanilla). We will take this opportunity to play with the local children and greet them with toys/clothes. The evening will be reserved for exploring the historical downtown Lima on foot! All city walks are escorted by locals and translator services are provided during the tour.



At the conclusion of the night, we will have an in-depth discussion of the activities of the second day. We will prepare and organize the donated medication with your assistance and have a brief introduction to conversational Spanish. Those of you who need extra practice with vital signs will be given an opportunity to practice ahead. The rest of the night, you are free to spend as you please; however, you must remain at the complex or travel with group leaders at all times.



During the city tour, you will learn interesting facts about the communities we will be serving as well as notice a distinct separation of classes within Lima, Peru.





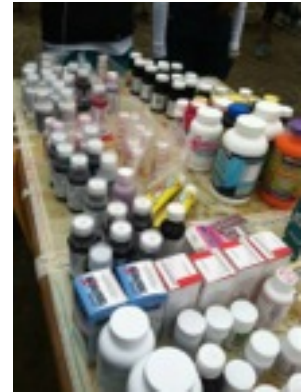
7:00 am – 8:00 am

Breakfast will be provided by IHG.

8:30am – 10:00 am

Meeting: General Orientation

Overview of Clinic Days
Learn how to take patient’s medical history (H&P).
Clinical Spanish phrases to help you obtain the H&P.
Role-play scenarios with your peers and medical staff.
Learn and practice how to take basic vital signs.
Help organize and label all donated medications.



10:15 am – 11:00 am

Prepare for tomorrow

- Prepare “goodie bags” for children of the village. These bags usually consist of stickers, colored crayons, hair clips, bubbles, glow sticks, and anything else fun and child friendly you can think of. Each person must have at least 1 “goodie-bag” to bring to the clinic. You will quickly notice that these gifts will help you while obtaining histories and vitals on children.



“Goodie-Bags” often contain child-friendly items such as stickers, hair clips, toys, etc.



Bike Tour of Lima (3 hours)

Many stops along the way to experience the beauty Lima has to offer. Sites: hidden streets and boulevards in Miraflores, beautiful ancient field of olives, a bike ride along the cliff edge sidewalks and parks overlooking the ocean, lighthouse, modern malls and sculptures.)



We will enjoy a packed lunch in Kennedy Park in Miraflores

(Free WiFi Available)

4:30-5:30 pm

Hospital Visit

We will go on a tour led by the director of the hospital in Lima, Peru. We will visit the pediatric ward, emergency room, trauma surgical unit, as well as the maternity ward. We will learn some interesting facts about the care received at the hospital and have an opportunity to distribute snacks to patients/families.

7:00-8:30 pm

Dinner in Miraflores: Restaurant TBD

9:30-10 pm

Meeting: Reflection. Begin wrapping Christmas presents.

10 pm

The rest of the night is your free time. You may spend it as you wish, provided you stay at the complex. As always, group leaders will remain with you at all times.

Some participants choose to update their journals/blogs about their daily events, while others take the time to review their class notes. **Tomorrow you will be setting up clinic. We strongly suggest that you prepare the “goodie bags” for the children you will be meeting tomorrow as well as your backpack (blood-pressure cuff, stethoscope, pen, snacks, ...)**



Winter Break Day 3:

“CLINIC DAY 1”

7:00 am – 8:00 am

Breakfast will be provided by IHG. Dress in scrubs. No flip-flops.

8:00 am - 8:15 am

Prepare for travel to the village.

Bring the following:

Personal backpack (which you prepared yesterday)

Make sure you packed a snack, lunch will be served at 1:30p

Children’s “goodie-bags” (which you prepared yesterday)

Conversational Spanish “cheat-sheet” (which you received yesterday)

8:15 am

Bus leaves for Clinic Site

PLEASE DO NOT be late. It is your responsibility to have everything packed and ready by 8:15 am.

TBD

We arrive at the clinic site

We will break up into team: Vital Signs, H&P, Treatment Room, Pharmacy. Each team will have access to a translator provided by our organization, Don’t worry if you are not comfortable with asking questions in Spanish. You will be provided with a “cheat sheet” that clearly outlines the questions you may ask during H&P intake. And of course, the translator is there to help you.

IMPORTANT: If you are going to be taking photos (and photos are greatly encouraged!), please ask the patient for permission first. You will find that many (if not ALL) will gladly pose with you.

9:30 am

Clinic Doors Open

1:00-3:00 pm

Break (Lunch served approximately 1:30 pm)

Everyone will have an opportunity to share their experiences and ask questions. We will then re-evaluate the structure of the “clinic,” and make any necessary adjustments in order to speed up the patient flow and efficiency of the clinic

All of the completed “medical records” containing medical histories will be collected at this time, so please ensure everything is filled out properly. We will be using this data to assess potential ailments we might see in the clinics. This will dictate which types of medication must be available during the subsequent clinic hours.

3 – 5:30pm

Clinic Doors Re-Open

7:30pm

Dinner

9:00pm

Meeting: Re-cap of today’s events. – Can wrap Christmas presents.

Tomorrow will be your second day of Clinic. Please use time tonight to prepare, ask any last minute questions, & ensure you have a clean pair of scrubs.



Winter Break Day 4:

“CLINIC DAY 2”

7:00 am – 8:00 am

Breakfast will be provided by IHG. Dress in scrubs. No flip-flops.

8:00 am - 8:15 am

Prepare for travel to the village.

Bring the following:

Personal backpack (which you prepared yesterday)

Make sure you packed a snack, lunch will be served at 1:30p

Children’s “goodie-bags” (which you prepared yesterday)

Conversational Spanish “cheat-sheet” (which you received yesterday)

8:15 am

Bus leaves for Clinic Site

PLEASE DO NOT be late.. It is your responsibility to have everything packed and ready by 8:15 am.

TBD

We arrive at the clinic site

We will break up into team: Vital Signs, H&P, Treatment Room, Pharmacy. Each team will have access to a translator provided by our organization, Don’t worry if you are not comfortable with asking questions in Spanish. You will be provided with a “cheat sheet” that clearly outlines the questions you may ask during H&P intake. And of course, the translator is there to help you.

IMPORTANT: If you are going to be taking photos (and photos are greatly encouraged!), please ask the patient for permission first. You will find that many (if not ALL) will gladly pose with you.

9:30 am
1:00-3:00 pm

Clinic Doors Open

Break (Lunch served approximately 1:30 pm)

Everyone will have an opportunity to share their experiences and ask questions. We will then re-evaluate the structure of the “clinic,” and make any necessary adjustments in order to speed up the patient flow and efficiency of the clinic

All of the completed “medical records” containing medical histories will be collected at this time, so please ensure everything is filled out properly. We will be using this data to assess potential ailments we might see in the clinics. This will dictate which types of medication must be available during the subsequent clinic hours.

3 – 5:30pm
7:30pm
9:00pm

Clinic Doors Re-Open

Dinner.

Meeting: Re-cap of today’s events. –Can wrap Christmas presents

Tomorrow will be your second day of Clinic. Please use time tonight to prepare, ask any last minute questions, & ensure you have a clean pair of scrubs. Tomorrow morning, you may be asked to teach us how to take basic vitals.

Winter Break Day 5:

“CLINIC DAY 3 & XMAS event”



7:00 am – 8:00 am

Breakfast will be provided by IHG. Dress in scrubs. No flip-flops.

8:15 am
9:30 am
1:00-2:00 pm

Bus leaves for Clinic Site

Clinic Doors Open

Break



Social Event: Christmas Related Activities (Hot chocolate/ Food/Hand out Christmas Presents/Music/Dancing).



Winter Break Day 6:

“RECREATIONAL DAY”

4:00 am
7:00 am
9:00 am

Departure for Huancachina
Arrive in Huancachina. Breakfast provided by IHG.
Begin Camping/Sand Dunes Adventure !
We will be camping in the sand dunes over-night
-Food Provided
-Camping equipment Provided
-Dancing/Beverages
-Sand Boarding at Night
-Sand Dune Buggy



Winter Break Day 7:

Free Day

8:00 am
9:00 am

Breakfast in Huancachina
Depart to Lima

1:00-2:00 pm

Arrive in Lima Peru
Rest
Lunch



Winter Break Day 8:

“Last Day”

TBD

Breakfast will be provided by IHG.
TRANSPORTATION WILL BE PROVIDED TO THE AIRPORT (

***AS WITH ANY MEDICAL SERVICE TRIP SUCH AS THIS, EXACT TIMING OF EVENTS IS SUBJECT TO CHANGE TO ACCOMMODATE ALL WORK-RELATED ACTIVITIES (SKILLS WORKSHOPS, VILLAGE-VISITS, CLINICS).**