

VOLUNTEERS AROUND THE WORLD, MEDICAL OUTREACH, PERU, EXAMPLE TRIP ITINERARY (15 days)

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	n/a	8-10am	8-10am	6:30-7:30am	6:30-7:30am	6:30-7:30am	6:30-7:30am
AM	Depart USA	<ul style="list-style-type: none"> • Arrive CUZ • Transport to VAW office (20-30 minutes) • Brief General Orientation • Meet host family 	<ul style="list-style-type: none"> • Rest & Acclimate, Group 1 • Health check, Group 2 	Mock clinic	Asilo	<ul style="list-style-type: none"> • Hospital Tour • Intake data entry 	<ul style="list-style-type: none"> • Hospital Tour • Intake data entry
LUNCH	n/a	12-2pm	12-2pm	12-2pm (packed lunch)	12-2pm (packed lunch)	12-2pm (packed lunch)	12-2pm (packed lunch)
Mid-day	FLY	<ul style="list-style-type: none"> • REST • Acclimate • Downtown Cusco Tour 	<ul style="list-style-type: none"> • Rest & Acclimate, Group 2 • Health check, Group 1 	<ul style="list-style-type: none"> • Med & Supply Distribution • Clinic prep 	<ul style="list-style-type: none"> • Med & Supply Inventory • Prep for next clinic 	Prep for next clinic	Prep for next clinic
PM	<ul style="list-style-type: none"> • FLY • Arrive LIM • Immigration & customs • Pick up luggage, re-check 		Rest & Acclimate	<ul style="list-style-type: none"> • Medical Intro Class 	<ul style="list-style-type: none"> • Clinic • Post-clinic meeting • Med & Supply Inventory 	<ul style="list-style-type: none"> • Clinic • Post-clinic meeting • Med & Supply Inventory 	<ul style="list-style-type: none"> • Clinic • Post-clinic meeting • Med & Supply Inventory
DINNER	n/a	7-9pm	7-9pm	7-9pm	9-11pm	9-11pm	9-11pm
QUIET HOURS	AIRPLANE	11pm-6am	11pm-6am	11pm-6am	11pm-6am	11pm-6am	11pm-6am
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	6:30-7:30am	8-10am	6:30-7:30am	6:30-7:30am	8-10am	8-10am	8-10am
AM	Clinic	Rest (free time)	<ul style="list-style-type: none"> • Hospital Tour • Intake data entry 	<ul style="list-style-type: none"> • Anatomy Class • Intake data entry 	Free day	Free day	Free day
LUNCH	12-2pm (packed lunch)	12-2pm	12-2pm (packed lunch)	12-2pm (packed lunch)	12-2pm	12-2pm	12-2pm
Mid-day	<ul style="list-style-type: none"> • Post-clinic meeting • Intake data entry • Med & Supply Inventory • Prep for next clinic 	Rest (free time)	Prep for next clinic	Education day	Free day	Free day	Free day
PM	Free evening	Education day prep	<ul style="list-style-type: none"> • Clinic • Post-clinic meeting • Final med & supply count 	<ul style="list-style-type: none"> • Post-clinic week meeting • Finalize intake data • Turn all supplies & data in to Site Coordinator 	Free day	Free day	Free day
DINNER	7-9pm	7-9pm	9-11pm	7-9pm	7-9pm	7-9pm	7-9pm
QUIET HOURS	11pm-6am	11pm-6am	11pm-6am	11pm-6am	11pm-6am	11pm-6am	11pm-6am
	Saturday	Sunday					
BREAKFAST	6:30-7:30am	n/a	<p>CLINICS: Clinic locations are typically 30-90 minutes from the volunteer office. Clinics are usually 4-6 hours long</p> <p>EDUCATION DAY: Lesson plan should be approved by Site Coordinators</p> <p>MEETINGS: Post-clinic meetings, data entry and med/supply inventory are <u>mandatory</u> for all volunteers</p> <p>FREE DAYS: Should be planned ahead of time with Site Coordinators</p> <p>*AIRPORT: Special arrangements can be made for individuals not on the group flight, at the individual's cost (\$15 for private taxi from CUZ; 20-30 minutes)</p>				
AM	<ul style="list-style-type: none"> • Transport Cusco-CUZ (20-30 minutes) • Depart CUZ 	FLY					
Mid-day	FLY	Arrival USA					
PM	FLY						