PROJECTS ABROAD.

Medical internship for teenagers in Peru



Shadow medical professionals, gain practical skills, and discover Peru during your school break.

3 GOOD HEALTH AND WELL-BEING

SUSTAINABLE DEVELOPMENT GOALS

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Trip highlights:

- Shadow experienced medical staff in a different health and cultural context, plus support community outreach initiatives.
- Pick up essential medical skills through direct observation, workshops, seminars, and a final assessment.
- Fully immerse yourself in Peru's culture through a structured schedule of cultural activities, including a visit to the 'lost city' of Machu Picchu.
- Develop your confidence, independence, and global perspective as you live and work with people from a different culture to your own.

LENGTH
14 Days

SUPERVISION
24/7 local staff

TRANSPORT
Private Vehicle, Train

ACCOMMODATION
Host family, Hotel

SERVICE
35 hours

Overview

The following is included in the cost of your trip (subject to change).








Medical

- Shadow medical staff during daily rounds
- Observe patient interactions
- Intro. to Peruvian healthcare system
- Basic medical Spanish lesson
- Community medical outreach

Rotate through different departments in a local general hospital:

- General Medicine
- Nursing
- Midwifery
- Laboratory & Pharmacy

Practical skills workshop:

- Vital signs
- First aid
- Suturing
- Injections
- Neuroanatomy
- Dissection
- Final assessment

Global Citizenship

- Regular reflection sessions and structured workshops on ethical dilemmas in global healthcare
- Personal growth mapping, values identification, and goal setting

Culture & Leisure

- Vsit Machu Picchu & the Sacred Valley
- Conversational Spanish lesson
- Salsa lesson
- City centre walking tour
- Cookery class
- Sports and games
- Market souvenir shopping
- Cultural Dance evening

Logistics

- Transport in Peru, incl. airport transfers
- Orientation and tour of cities
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

Food/Accommodation

- Three meals a day (all diets catered for)
- Drinking water

Mix medical exposure and Inca exploration during your school break

Combine immersive clinical hospital shadowing and hands-on medical masterclasses with authentic cultural discovery, community outreach, and an iconic weekend excursion to the Sacred Valley & Machu Picchu.



Days 1-2

Arrival and induction

You'll be met on arrival at Alejandro Velasco Astete International Airport (Cusco) by one of our friendly team. From here, we'll take you to your accommodation. Settle in and get to know your host family.

Start Day 2 with a tour of your new surroundings before you dive into a two-hour cultural orientation, where you'll meet more of our staff, and cover what to expect during your time in Peru from both a project and cultural perspective.

After lunch you'll have your first medical workshop, where you'll be introduced to healthcare in Peru before taking a two-hour medical Spanish lesson to help you navigate patient-doctor interactions during your time in Cusco. End your first full day getting to know your fellow medical interns over a relaxed welcome dinner.





Days 3-6

Medical learning & cultural immersion

Day 3 to 6 (Tue to Fri) will be your first week of medical interning. Start your mornings with four-hours of medical shadowing, where you will rotate between hospital departments, shadowing medical professionals. On Thursday morning, you'll perform community outreach at either a local school or old people's home, conducting basic health checks or delivering health education campaigns.

You're familiar rhythm means you stop at lunch time—eat, rest, and relax—before continuing in the afternoon with medical workshops covering topics such as first aid, vital signs, or suturing. You'll also enjoy cultural activites like a cooking class, salsa dance, and walking tour of Cusco.

On Friday evening, prepare for your weekend away with a safety briefing and time to pack your bag.





Days 7-8

Sacred Valley & Machu Picchu

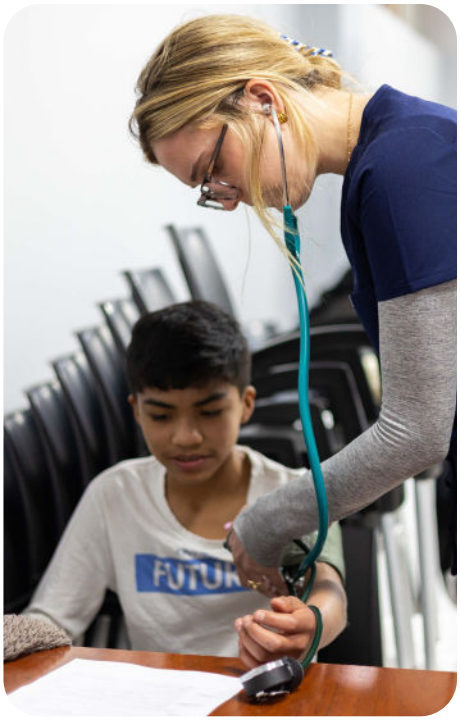
Take a break from medical work to explore Peru's incredible past with your fellow interns on a thrilling weekend tour.

Spend a full day on Saturday (Day 7) journeying through the Sacred Valley (Valle Sagrado de los Incas). This is a lush argicultural and historical area of Peru in the Andes mountains, north of Cusco, that follows the winding course of the Urubamba River. Travel with your expert guide, who will use immersive storytelling to bring the regions rich history to life. End your day by checking into your hotel for the night, before a real "Bucket list" day to follow.

On Sunday (Day 8) you'll be guided around the iconic "lost city" of Machu Picchu. Your expert guide will be on hand again to help you interpret this unique city in the mountains that perches 2,400m (7,700ft) above sea level. Learn how it constructed without using wheels and just using stones that where cut precisely to fit together.

Following your epic weekend of discovery, head back to Cusco for your second week of medical work experience.





Days 9-13

Shadowing and skills development

Return to the rhythm of your first week, with your mornings spent rotating through different hospital departments shadowing medical professionals, plus one morning of community medical outreach.

Continue your learning after lunch with more workshops covering suturing, injections, neuroanatomy, dissections, and a final assessment.

Outside of the hospital corridors, you'll be doing community outreach on the morning of Day 11. Your afternoons wil also include sessions on global citizenship, souvenir shopping, cultural dance performances, plus sports and games with the other interns.

On your last full day (Day 13) you'll celebrate with other interns at a special farewell meal, where you can swap stories, contact details, and celebrate your progress in Peru.

Days 13-14

Departure

Reflect on your journey as you head home.

As well as your suitcase, you'll be taking your new medical knowledge, confidence, global perspective, and some new friends too.



Destination info.

Home to the iconic Inca Empire and large parts of the huge Andes Mountains, Peru is a diverse South American nation with 1,850mi (3,000km) of Pacific coastline.

It's population is mostly made up of historic ethnic groups native to the area, but has significant influence from Spanish colonialism and Asian migration, largely Chinese and Japanese.

Peru has three distinct climates: on the coastline, in the highlands (Andes / Cusco), and in the Amazon rainforest.

LANGUAGE
Spanish

CURRENCY
Sol

NATIONAL DISH
Ceviche

POPULATION
34 million

TIMEZONE
GMT -5

NATIONAL ANIMAL
Vicuna

CAPITAL
Lima

COUNTRY CODE
PE / +51

NATIONAL BIRD
Andean Cock-of-the-rock


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