



## Peru - Cusco Classic

**September 29, 2024 — October 5, 2024**

**Starting at: \$3,000**



### OVERVIEW

#### The Need

Peru is located in a highly seismically active area and major earthquakes occur frequently. In addition the country experiences heavy rainfall, flooding, droughts, forest fires, frosts and snowfalls, and the periodic occurrence of the El Niño climatic phenomenon. This makes the community vulnerable and more susceptible to diseases. The total fertility rate in 2011 was 7.7 children per woman, and the mortality rate was 10.6 per 1,000, double the national rate. The main causes of death include several preventable and infectious diseases such as, tuberculosis, pneumonia, malaria, and yellow fever.

The Peruvian healthcare system is similar to those in other Latin American countries, so remote areas are not serviced by medical facilities. In fact, in 2009, the World Health Organization reported that the indigenous people of Peru are in dire need of outside medical assistance to help improve the quality of their lives. To make the situation more serious, communicable diseases are the leading

cause of death throughout the nation. To help provide quality medical care to all citizens, IMR will send volunteers to the Andes high country to provide quality health care and medical services. Our mobile clinics offer assistance to children, women, families, the elderly, and other in-need populations.

You and the rest of the team will educate locals on how to stay healthy and how to care for their loved ones. Together, we will treat a wide variety of acute and chronic illnesses including dengue fever, yellow fever, zika, malaria, and illness related to poor drinking water quality. One of the main focuses of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high. Another main focus of this mission is women's healthcare. We will provide general women's and infant care, as well as strengthen the knowledge and skills of the local midwives.

## Our Work

International Medical Relief began relief efforts in Peru in 2012. Since then, more than 300 volunteers and staff have served over 9,000 patients. IMR continues to strengthen their relationship with the community and provide community health training, medical treatments, medical supplies and equipment, and clinic operations.

With diligent planning and preparation, IMR is dedicated to ensuring that specific goals are met on our missions, each in correlation to the United Nations Sustainable Development Goals 3, 6, and 17.

IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density, and a cadre of future healthcare and public health leaders in association to UNSDG 3: Good Health & Wellbeing.

Our medical mission teams also work toward UNSDG 6: Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving their water quality, and installing water filtration systems that supply communities with clean drinking water and providing education on hydration and hygiene.

In correlation with UNSDG 17: Partnerships for the Goals, our organization works in collaboration and at the request of local hosts where we are under their direct influence and affluence. IMR never goes into a country without a formal invitation where there is a great community need for medical or dental care, and health education.

## This Mission

Situated at 3,400 m (11,150 ft), Cusco is a beautiful city of whitewashed walls, red-tiled roofs, and soaring churches nestled in a fertile mountain basin. If you'd like to explore a bit, you can head to the Plaza de Armas to experience the social heart of this bustling city. As you walk through town, stop in for a visit to

Koricancha Temple, the Main Square, Sacsayhuaman Fortress, Puca-Pucara and finally, a visit to the Inka's Expression Art Workshop where you will see local Andean Artists at work.

Your IMR team will provide medical care to various communities surrounding the city of Cusco and in the Sacred Valley. This is an area where traditional medicine dominates and we will have an opportunity to learn about the botanicals used by local healers. You will also have an opportunity to learn about the rich culture of this beautiful and unique area, where the people are passionate about their religion, crafts, and corn!

## Lodging/Transportation

You will be working in the area around Cusco on this trip and will stay in modest accommodations close to the center of Cusco. Transportation to clinic will be by bus and the rides will be beautiful!

You will love the regional food! If you are adventuresome, you might want to try cuy (guinea pig) but lamb, chicken, pork, sausages, and chalonga (a dried meat) are easily found if you are not in the mood for cuy. Sweet potatoes, scrumptious stews of assorted vegetables with or without meat are amazing, Corn and cheeses in many varieties will be on all the menus – try the corn fritters! If you are a soup lover, Cusco is famous for Chiaro, a soup made with beef or lamb and vegetables. and for Lawa Soup, a cream soup made with ground corn, cheese, eggs, and potatoes. Did we mention the ice cream? Save room for the regional desserts!

## Highlights

A true highlight of this trip is working with the Quechua people. The Quechua work the land, and will come to clinic with a variety of complaints, including back pain, dry eyes, and infections. Nutrition is an issue, with potatoes and fats as the staple ingredient in their diet. In their traditional dress, you will find the Quechua to be warmhearted and grateful for your care.



## ITINERARY

*This itinerary is subject to change without notice.*

*Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.*

*If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).*

*If you have any questions regarding flights, please contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).  
Thank you.*

### **Sunday, September 29, 2024**

#### Arrivals

You will need to fly into Cusco, Peru, airport code CUZ. Please arrive in Cusco no later than 2:00pm Peru Time. Upon arrival, team members who have selected Airport Transfer will be transported to team lodging. Team members who have opted out of Airport Transfer will need to arrange transportation from the airport



to team lodging. Once at team lodging, you can check in & freshen up. Enjoy a hearty dinner and attend the team orientation to prepare you for the upcoming week of clinic. Your team leader will assign roles for clinic, address IMR's clinic protocols, and discuss the communities you will be serving in the surrounding areas.

### **Monday, September 30, 2024**

#### Clinic

Enjoy breakfast at your hotel in the morning and then depart for your first day of clinic! Clinics will be held in the Cusco area. You will see some of the mountain villages within a few hours of Cusco, including villages where the Quechua people live and work. There will be a little time for sightseeing around beautiful Cusco a few evenings during the week. Walk through town to find some of the best cuisine Peru has to offer.

### **Tuesday, October 1, 2024**

#### Clinic

You will likely see many patients with mosquito-borne illnesses, as well as those with infections, wounds, and common health problems. Frequently, these patients will go without health care. The Quechua people suffer greatly from a lack of knowledge about how to manage their healthcare, resulting in needless deaths among this already diminishing population.

### **Wednesday, October 2, 2024**

#### Training Day

You and your team will provide training for local healthcare providers to continue IMR's long-term, sustainable education efforts. Education is as important as medical and dental care for our patients. Each clinic includes basic health education according to the specialties and skills of the IMR volunteers, as well as the needs of the local people. When communities become empowered to take health and wellness issues into their own hands, they become self-sufficient. IMR provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

### **Thursday, October 3, 2024**

#### Clinic

One of the main focuses of this mission is dentistry. Because all community members are encouraged to attend, the demand for dental care will be high. Another main focus of this mission is women's healthcare. We will provide general women's and infant care, as well as strengthen the knowledge and skills of the local midwives.

**Friday, October 4, 2024**

## Clinic

On your final day of clinic you'll likely reflect back on all those whose lives you touched during the week - and the lives that touched yours.

**Saturday, October 5, 2024**

## Cultural and Free Day - Depart for Home in the Evening

After a week of working in clinic, today will be your chance to go and explore the historical city of Cusco! There are many things that make this city unique from its ancient Incan architectural ruins, to its lively people and colorful artisans. You are invited to venture to the famous San Pedro Market, ChocoMuseo, Cristo Blanco, or make your way all the way to the beautiful archaeological site of Sacsayhuaman. Interested in extending your stay to see more of the area around Cusco? Watch the sun rise over Machu Picchu, take a train ride through the jungle, learn more about the Incan culture, and more! Our partner, Worldwide Navigators, offers an exclusive trip extension just for IMR volunteers! See the extensions tab on this page for details.



## EXTENSIONS

You're journeying across the globe. Why not extend your stay in Cusco to experience some of the area's top tourist attractions? Join International Medical Relief on an exclusive 5-day, 4-night trip extension provided by their partner, Worldwide Navigators!

Highlights:

Itinerary:

Day 1: Arrive in Cusco

Arrive in the breathtaking city of Cusco. Situated at 11,150 feet, this remarkable city features a rich history, mouthwatering cuisine, and vibrant colors everywhere you look.

Spend the morning wandering through the cobblestone streets and visiting the sites of the main square. We'll then head to Sacsayhuamán fortress, an impressive example of Inca military architecture. Onward to Kenko, where the sun, moon, and stars are worshipped. We'll end our day to visit to the Inka's Expression art workshop, where you will be able to see artists working in silver, paint, and wood – the perfect place to see Andean art.

Day 2: Rainbow Mountain

Don't forget your camera! Today we journey to the infamous Rainbow Mountain, located close to Cusco. We'll wind through gorgeous mountain roads making our way to the colorful range.

Your guide will lead you on a short hike to reach the top of the Rainbow Mountain.

We'll return to Cusco in the evening for a night of cultural activities and delicious local cuisine.

### Day 3: Treasures of the Sacred Valley

Today you'll get to know the Sacred Valley. We'll stop along the way to visit Moray, to view the enormous circular terraces that were used by the Incas as a botanical laboratory many years ago.

We'll continue to Ollantaytambo, one of the most fascinating building complexes of the Inca Empire and the site of one of the Spanish Conquistadors rare strategic defeats. Famous for its terraced fields (cut into the hillsides), Ollantaytambo was an effective fortress as well as a religious center. We'll end our day with a visit to the village of Ollantaytambo, the only "living Inca town" and the best remaining example of Inca urban planning, with stone-paved streets that have been continuously inhabited since the 13th Century.

### Day 4: Machu Picchu

Today is the day you've been waiting for! We'll catch the early morning train to Aguas Calientes, located at the base of Machu Picchu. This is no ordinary transport! The train ride is an experience within itself with cinematic views surrounding you.

We'll explore the ancient Incan ruins and hear stories of how this city was built. Don't forget your camera! These are memories & views you'll never want to forget.

Spend the evening down in Aguas Calientes enjoying Peruvian cuisine with a view of the rushing river below. Explore the streets of this charming town and maybe take a soak in the local hot springs.

### Day 5: Machu Picchu | Departure Home

There is nothing quite like a sunrise on Machu Picchu. If you're up for it, get a head start before the sun and hike up the trail to the ruins. Watch as the morning fog lifts from the lush mountains and spend another day exploring the ruins.

This afternoon, we'll head back to Aguas Calientes to catch the returning train back to Cusco for our departures back home.

What's Included:

You Will Need to Provide:

5-Day, 4-Night All-Inclusive Tour Starts at \$1,900. Contact Worldwide Navigators to book this extension or get more information.





## FLIGHTS AND PRICES

### Minimum Donation

***Your generous donation helps to save and change lives every day***

Your generous donation of **\$3200** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

### Donation Payment Deadlines

\$3000 due by July 1, 2024

\$3200 due by September 1, 2024

## Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

## FLEXIBLE FLIGHT OPTIONS

### Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team's accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

### Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

### Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if you would like to extend your stay in the area to tour and explore, or if the routing from your home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team's accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com).

### Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service

## Featured Enhancements

Airfare & Airport Transfer:

**Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.**

Single Supplement:

\$100 per night

Airport Transfers (for independent flyers):

\$50 each way

Malpractice Insurance:

\$129.50 to \$279.50

Continuing Education (CE/CME) Credits:

\$350

Personalized Scrubs (2 sets):

\$50

IMR T-Shirt:

\$15

Partner Program:

Starting at \$25 per month

*\*\* To purchase any of the above Featured Enhancements for your mission please contact our office at [office@imrus.org](mailto:office@imrus.org) or call at (970) 635-0110*

## Your Donation to IMR for Your Mission Cost Includes:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

## Additional Costs That You Are Responsible For:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. [You have the option to](#)

[fly independently, or on a group flight with IMR](#)

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by incountry arrival/departure or USA arrival/departure