

## Important Note:

The following schedule of visits, activities, and excursions is subject to change and substitution. In order for you to get the most out of the lectures and hands-on experience, you should be at least a **mid-beginner** level Spanish speaker (approximately 3 semesters of Spanish in college, or 2 years of high school Spanish). If you are currently at a level below mid-beginner, you may still apply, but we strongly recommend that you also register for at least an additional 2 weeks of classes prior to the start of the SALUD program.

Although clinical observation experiences tend to be mostly shadowing, they may vary from strictly observational/shadowing to more hands on. The amount of hands on work you do during your clinical observation component will depend on your current language and medical skills as well as the organization's needs and your ability to integrate. **It is important to remember that you are not licensed in the host country.**

## Week #1

### Saturday

Arrive Lima. If you signed up for the Lima package, you will transfer from the airport to Lima Hotel in the residential district of Miraflores. Overnight in Lima.

### Sunday

- Under Lima package: Breakfast at hotel, transfer to the Lima airport, fly to Cusco
- If you did not choose Lima package: Airport pick-up in Cusco by host family
- Dinner with host family.
- Free time (a good idea to rest and adjust to the altitude +10,000 feet above sea level).

### Monday

07:30 Breakfast in homestay  
 08:30 Arrive to school (your host family will show you the way)  
 08:35 Welcome and orientation session about the trip  
 08:40 Placement exams (oral & written)  
 09:30 Orientation session  
 13:00 Lunch  
 15:00 City tour of the Imperial city of Cusco (Cathedral, La Compañía, San Blas, Plaza Nazarenas, Plaza de Armas, Plaza Regocijo, City Hall, etc).

### Tuesday - Thursday

08:30 - 12:40 Spanish lessons  
 14:00 - 16:00 Medical Spanish class, vocabulary and role playing

### Friday

08:30 - 12:40 Spanish lessons  
 14:30 Afternoon guided visit to the Sacsayhuaman Fortress (pronounced similar to Sexiwoman), located just outside the city of Cuzco and considered one of the best examples of Inca military architecture. From the air, it appears as a Puma lying down; from the ground, it is an amazing construction of huge (5 meters in height) stones, stacked possibly 2- 4 stories high, precisely joined and brought from 20 kilometers away by a culture who did not have the wheel. Visit the ruins of Qenko and Tambomachay / Temple of the Water

### Saturday - Sunday

Free Weekend (Possible to book excursions at the school)

## Week #2

### Monday

08:30 - 12:40 Spanish lessons  
 14:30 Learn about the use and preparation of medicine with medicinal plants

### Tuesday

08:30 - 12:40 Spanish lessons  
 14:00 - 16:00 Medical Spanish class in groups, vocabulary and role-playing

### Wednesday



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08:30 - 12:40 Spanish lessons  
14:00 - 16:00 Medical Spanish class in groups, vocabulary and role-playing  
18:00 Dance lesson (salsa and meringue)

## Thursday

08:30 - 12:40 Spanish lessons  
14:00 - 16:00 Medical Spanish class in groups, vocabulary and role-playing

## Friday

08:30 - 12:40 Spanish lessons  
14:00 Briefing by Director of General Hospital about and visit to Cusco hospital

## Saturday-Sunday

Free weekend (Possible to book excursions at the school)

### Week #3

## Monday - Friday

09:00 Clinical Observation at hospital in Cusco  
14:20 - 18:30 Spanish lessons and medical vocabulary

## Saturday & Sunday

Free Weekend (Possible to book excursions at the school)

### Week #4

## Monday - Friday

09:00 Clinical Observation at hospital in Cusco  
14:20 - 18:30 Spanish lessons and medical vocabulary  
(Last good bye to all of you amigos! Get ready for packing and last minute shopping)

## Saturday

Depart program

## Getting There:

Participants are responsible for their own transportation to Lima. We recommend Exito Travel ([http://www.amerispan.com/study\\_abroad\\_airfare.asp](http://www.amerispan.com/study_abroad_airfare.asp)). If you opted for the Lima package: upon arriving to Lima, you'll be picked up and taken to a hotel. You MUST let us know at least 8 weeks in advance to book the Lima package. You must pay the package fee when you book it to reserve your spot. The next day you will travel to Cusco and be picked up by your host family. Otherwise, you are responsible to make your own way to Cusco. Students should plan to arrive to Lima on Saturday, and depart Cusco on Saturday. Return tickets are not included in the Lima package. If participants need to arrive a few days earlier or stay a few days later, this is possible at an additional per day cost.

## Re-Cap of What's Included:

- 4 weeks 4 hrs/day classes (20 hrs/wk)
- Private room with host family
- 2 meals daily with host family
- Discussions/Lectures on Peruvian health issues
- Medical visits and clinical observation
- Orientation tour and materials
- Airport pick-up and drop-off
- Travel Assistance Program
- Emergency message service
- One Way Lima-Cusco plane ticket & one night hotel stay in Lima (available at additional cost)

**Suggested Donations (optional):**

- Gloves
- Hair Nets
- Booties
- Sterile Gauze Pads
- Band-Aids
- Stethoscopes
- Suture Kits
- Gowns
- LP Kits
- Used Eyeglasses
- Vitamins (like Centrum multi-vitamins)
- Aspirin, Ranitidine or other non-prescription drugs (small amounts)

**Required Wardrobe:**

- White lab coat (preferred) or scrubs
- Stethoscope
- Please bring a University or Hospital photo ID in order to enter the placement every day