

PRE-MED PROGRAM

PERU

Program Objectives

- ▶ **Physician Shadowing**
Spend time shadowing local doctors and healthcare professionals in a variety of medical settings. We work with health centers as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during the program.
- ▶ **Volunteer Community Service**
Visit remote communities and set up satellite clinics, assisting medical professionals with the treatment of common ailments and illnesses. You will also develop materials and activities for awareness campaigns and healthy living workshops.
- ▶ **Medical-based Learning**
Learn about tropical diseases and medical ethics, as well as practical skills such as suturing and checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common diseases in the region.
- ▶ **Cultural Immersion**
Immerse yourself in the vibrant culture of Peru through captivating experiences, such as witnessing traditional dances, engaging in conversations with locals, and savoring the flavors of authentic Peruvian cuisine. Embark on an enriching journey alongside fellow students, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Peru, including the world famous heritage site, Machu Picchu.

40+

Hours

16+

Hours

9+

Hours

Pre-Med
Program





- Highlights**
- ▶ 40 Physician Shadowing Hours
 - ▶ 16 Volunteer Service Hours
 - ▶ 9 Hours Medical Based Lectures
 - ▶ Gain Medical Skills & Experience
 - ▶ Raise Awareness on Medical Issues
 - ▶ Immerse Yourself in Peruvian Culture
 - ▶ Visit Machu Picchu

Accommodation

Host Family

Transport

Private bus and by foot

Meals

Breakfast will be served at your host each day. Lunch will either be at the placement, host or in the community. Dinner will be served at the host family.

Timings

This schedule is subject to change. However, you will be advised in advance should this happen.

You will depart home before 8am and arrive back at around 6pm. However, this may differ from day to day depending on the activity.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We’re committed to being fully climate-positive by 2024!

By volunteering with us, you’re helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 1	Saturday
All Day	You will arrive into the bustling city of Cusco, located in the Peruvian Andes. Cusco was once capital of the Inca Empire, and is now popular for its archaeological remains and Spanish colonial architecture. After you pass through customs you will be met by a staff member holding a sign welcoming you to Cusco. You will then be taken to your host family where you will receive a warm welcome and any assistance you need with settling into your new home. You will then have time to rest and relax before for the next day.



Day 2	Sunday
All Day	08:00 - 09:00: Breakfast 09:00 - 01:00: Program Induction: Attend a comprehensive project induction session, where you will receive detailed information about the schedule, objectives, safety protocols, and local customs. You will also learn about the Peruvian medical system and important guidelines for your stay. 01:00 - 02:00: Lunch at a Local Restaurant 02:00 - 05:00: Town Tour: Embark on a guided tour of the local area to familiarise yourselves with the surroundings. You will have the opportunity to exchange money and organise a local phone number. 05:00 - 08:00: Free Time 08:00: Dinner, Rest & Relax

Day 3	Monday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Receive an orientation of your health center and dive into your shadowing experience, observing medical professionals in action and learning from their expertise.

Afternoon	01:00 - 04:00: Lunch & Free Time 04:00 - 06:00: Workshop: Triage and Outreach Training Participate in an engaging workshop focusing on triage techniques and outreach strategies, preparing you for community health initiatives. 06:00 - 07:00: Spanish Lessons: Enhance your language skills with Spanish lessons, helping you communicate effectively in a Spanish-speaking medical environment.
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Evening	08:00: Dinner, Rest & Relax
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Day 4	Tuesday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Continue your immersion in the medical field, gaining valuable insights and practical experience.

Afternoon	01:00 - 03:00: Lunch & Free Time 03:00 - 05:00: Explore the vibrant San Pedro Market, immersing yourself in local culture and sampling delicious Peruvian cuisine. 05:30 - 07:00: Workshop: First Aid Learn essential first aid techniques and protocols, equipping you to respond effectively to medical emergencies.
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Evening	08:00: Dinner at Restaurant Enjoy a social dinner with fellow students, reflecting on your enriching experiences.
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Day 5	Wednesday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Community Volunteer Service: Medical Outreach (5 hours) Engage in impactful volunteer work, providing essential medical services to local communities.
Afternoon	01:00 - 04:00: Lunch 04:00 - 06:00: Lecture: Study of the Human Brain Attend an informative lecture focusing on neuroanatomy, deepening your understanding of the human brain.
Evening	08:00: Dinner, Rest & Relax
Day 6	Thursday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Engage in further shadowing activities, gaining real world experience and practical skills.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Workshop: Sutures Participate in a hands-on workshop focusing on suturing techniques, enhancing your procedural skills. 04:00 - 06:00: Visit to Traditional Neighbourhoods: Explore the rich cultural heritage of Peru by visiting traditional neighbourhoods in the city center.
Evening	08:00: Dinner, Rest & Relax
Day 7	Friday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Students will join the rounds at the health center, observing medical procedures, patient consultations, and interdisciplinary teamwork in a healthcare environment.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Spanish lessons: Enhance your language skills with Spanish lessons focused on medical terminology and communication. 04:00 - 05:30: Briefing for the Weekend Trip: Prepare for an exciting weekend excursion with a comprehensive briefing session. 05:30 - 08:00: Free Time at the Main Plaza: Explore the bustling main plaza at your leisure and soak in the vibrant atmosphere.
Evening	08:00: Dinner, Rest & Relax

Day 8	Saturday
All Day	07:00: Sacred Valley Tour: Meet at the pickup point and travel to the artisan foundry Awanacancha where you will visit a small museum and witness the traditional methods of casting dyes and weaving. Enjoy a guided tour of the archaeological site Písac in the Sacred Valley. Travel to Urubamba for a delicious lunch, then journey to the archaeological site, Ollantaytambo, for a fascinating guided tour. Travel to the nearby station to catch the train to Aguas Calientes where you will check in and unwind as you enjoy dinner at a nearby restaurant and settle in for the night.
Day 9	Sunday
All Day	06:00: Machu Picchu Tour: Arise early in the morning to catch the bus to the great Machu Picchu, one of the 7 Wonders of the World. Embark on a captivating guided tour, delving into the rich history and cultural significance of Machu Picchu. Capture the awe-inspiring moments with your camera, immersing yourself in the mystical atmosphere of this UNESCO World Heritage Site. Return to the hotel and enjoy a delicious lunch before packing for your return to Cusco.
Day 10	Monday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Students will engage in a five-hour physician shadowing session, observing medical practices and patient care in various departments.
Afternoon	01:00 - 04:00: Lunch & Free Time 04:00 - 06:00: Workshop: Dissections Participate in an informative workshop focusing on anatomical dissections, deepening your understanding of medical practices. 06:00 - 08:00: Salsa & Bachata Class: Immerse yourself in Peruvian culture with fun and interactive dance lessons.
Evening	08:00: Dinner, Rest & Relax
Day 11	Tuesday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Community Volunteer Service: Medical Outreach (5 hours) Students will participate in a medical outreach program in the community, providing healthcare services and health education to community members.
Afternoon	01:00 - 02:00: Lunch 02:00 - 05:00: Community Volunteer Service: Medical Outreach (3 hours) Students will continue their medical outreach activities, focusing on promoting health awareness and disease prevention in the community.
Evening	08:00: Dinner, Rest & Relax

Day 12	Wednesday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Students will engage in a five-hour physician shadowing session, observing various medical procedures and gaining insights into different specialties within the healthcare setting.
Afternoon	01:00 - 02:00: Lunch 02:00 - 05:00: Community Volunteer Service: Medical Outreach (3 hours) Contribute to the well-being of the elderly by volunteering at a local center, providing companionship and support. 05:00 - 08:00: Free Time: Enjoy some leisure time to explore the city or relax.

Evening	08:00: Dinner, Rest & Relax
Day 13	Thursday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Students will engage in another physician shadowing session, focusing on specialised medical procedures and advanced clinical practices within the medical environment.
Afternoon	01:00 - 02:00: Lunch 02:00 - 04:00: Workshop: Blood laboratory Participate in an educational workshop focusing on blood laboratory techniques, enhancing your diagnostic skills. 04:00 - 07:00: Painting Ceramics with Local Designs: Unleash your creativity with a hands-on traditional ceramics painting session, creating unique souvenirs to take home.

Evening	08:00: Dinner, Rest & Relax
Day 14	Friday
Morning	07:00 - 07:30: Breakfast 08:00 - 01:00: Physician Shadowing (5 hours) Conclude your shadowing experience at the health center, reflecting on everything you have learnt throughout the program.

Afternoon	01:00 - 03:00: Lunch 03:00 - 04:00: Feedback Session: Complete our online feedback form and discuss the program with our staff, as well as prepare for your departure. 04:00 - 08:00: Free time: Enjoy your final moments in Peru, exploring the city or relaxing.
Evening	08:00: Farewell Dinner Come together with fellow participants for a memorable farewell dinner, celebrating the friendships and experiences shared during your Pre-Med program in Peru. Depending on your departure time, bid farewell to Peru as you travel home, carrying with you amazing memories and valuable experiences gained during your Pre-Med program.

Personal Achievements

- ▶ Completed a total of 40 physician shadowing hours
- ▶ Attended 9 Hours of professional medical skills workshops
- ▶ Taught important lessons on hygiene and health to children
- ▶ Completed 16 community volunteer service hours, assisting medical professionals on community outreach for 100+ community members



AAMC Core Competencies

Commitment to Learning & Growth: Gain new knowledge and skills through practical experience in various medical settings, fostering continuous learning and growth.

Cultural Awareness: Understand diverse backgrounds and engage effectively with patients and medical professionals from different cultures.

Empathy & Compassion: Develop strong interpersonal relationships and provide compassionate care through volunteer service and shadowing experiences.

Ethical Responsibility to Self & Others: Navigate ethical dilemmas in healthcare settings and uphold ethical principles during shadowing experiences and medical ethics workshops.

Interpersonal Skills: Enhance interpersonal skills through interactions with patients, fellow students, and healthcare professionals.

Teamwork & Collaboration: Develop teamwork skills by working effectively with fellow students and professionals during collaborative activities such as medical outreach and workshops.

Resilience & Adaptability: Learn to cope with stress, setbacks, and change, developing resilience and adaptability crucial for navigating challenges in healthcare settings.

Service Orientation: Serve others and contribute to community well-being through volunteer service and medical outreach.