

## **Becket-Chimney Corners YMCA**

### **Travel and Service Programs – Health Memo**

ICEP Peru 1

#### **About the Program**

BCCYMCA partners with the Lima YMCA of Peru to facilitate a 30 day cultural immersion program for teenagers. The group will be based out of this YMCA, where they will stay in dorm-style housing. While in Lima, the group will visit historical sites around Lima, make

multiple trips to a local Y-sponsored orphanage for children with disabilities, and take part in cultural activities at the Y including box-drum lessons, cooking classes, and dance classes. The group will spend 3 days in a poorer suburb of Lima doing construction work, 3 days at a coastal camp in Azpitia helping prepare for the summer season, and about one week in homestays with families in Lima. Towards the end of the program the group will fly to Cusco to explore the Sacred Valley, visit Machu Picchu, and visit with children at an afterschool program.

#### **For Physicians**

The following information is to aid you in choosing appropriate care for your patient.

This individual will be traveling in Peru from July 12<sup>th</sup> to August 11<sup>th</sup>, 2024. Based on last year's itinerary, program components will include:

- 19-21 nights Lima
- 2 nights Independencia (just outside Lima)
- 1-2 nights Azpitia
- 7 nights Cuzco including a 1-2 day trip to Machu Picchu and 1 night in Aguas Calientes (city, rural and mountainous)
- Individuals and their families have been directed to information from the CDC and World Health Organization concerning health risks associated with this destination.
- All participants will self-administer their own medications while traveling.
- Program activities will include but are not limited to moderate hiking, service projects with young children, outdoor service projects (tree planting, painting etc., construction projects), and challenge/ropes course activities.
- Aspects of this program can be emotionally / mentally challenging, such as homestay experiences in a foreign country.