



PERU INTERNSHIP: CAREER EXPLORATION IN MEDICINE & HEALTH

**with Focus on Foundations of
Global Health in Rural Villages**

21 DAY INTERNSHIP

HIGHLIGHTS

- Support mobile health clinics in rural Quechua villages while learning about prevalent public health challenges and how care is delivered in remote communities
- Explore the role of traditional Andean medicine in rural healthcare systems
- Spend a night with a Quechua host family and experience daily life, food and customs firsthand
- Get immersed in Peruvian Andean culture through art, music and culinary workshops and hands-on community projects
- Embark on a two-day expedition to Machu Picchu and camp among snow-capped mountains
- Earn a total of 62 internship hours focused on medicine and public health

ACTIVITY LEVEL

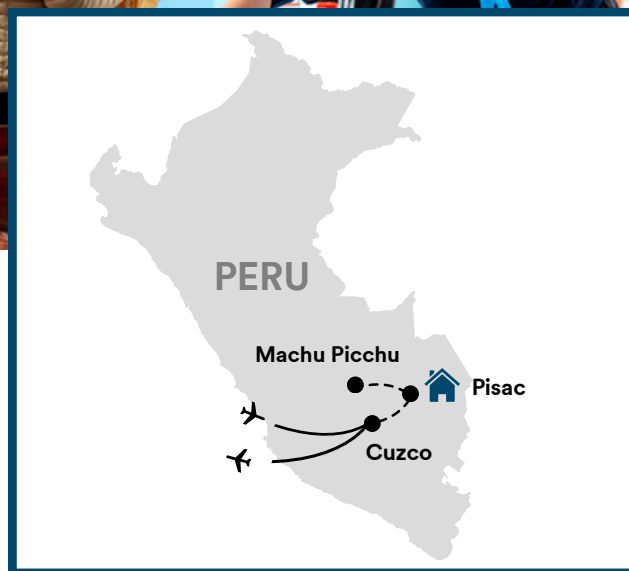
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2026 PROGRAM DATES

- June 27 – July 17

GET IN TOUCH!

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@GLAteens



Explore traditional and modern approaches to medicine in rural Peru. Visit Quechua villages to support mobile clinics, learn about natural remedies and contribute to public health projects that have real impact.

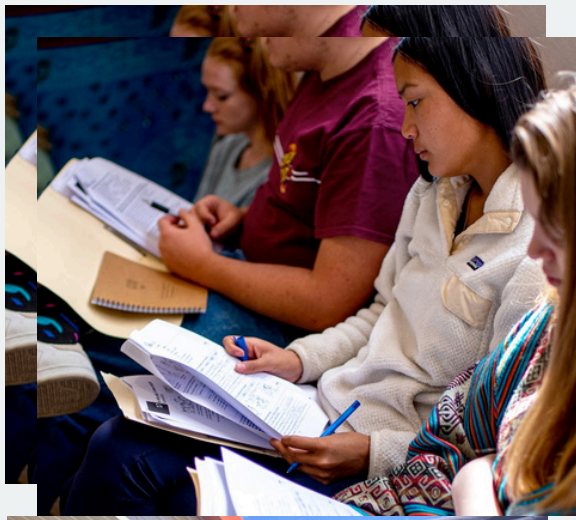
OVERVIEW

On this program, you'll step into the world of global health in Peru's Sacred Valley, where modern medicine meets centuries-old healing traditions. During this immersive internship, you'll support mobile clinics in rural Quechua villages, observe how traditional remedies are used alongside modern healthcare and contribute to community-driven public health initiatives.

Along the way, you'll connect with local medical professionals and traditional healers, engage with Andean communities and deepen your understanding of rural healthcare and career pathways in the health sciences.

Outside the clinic, your adventure unfolds across the breathtaking landscapes of the Andes. You'll trek the scenic Lares Trail, experience life in a Quechua homestay and take in the awe-inspiring ruins of Machu Picchu. Round out your journey with adventure activities like rafting and kayaking through mountain rivers.





INTERNSHIP LEARNING OBJECTIVES

1. Develop a deeper understanding of your goals and professional growth areas, as well as insight into Peru and the medical field.
2. Build knowledge of recent trends, terminology, and case studies within healthcare.
3. Recognize and articulate multiple perspectives within a larger social context.
4. Strengthen your ability to critically analyze quantitative and qualitative information to form informed opinions.
5. Apply observation and analysis to real places and situations where impacts and results can be understood in context.

INTERNSHIP PARTNER SNAPSHOT: MEDLIFE

Our partner for this internship, MEDLIFE, began operations in Cuzco, Peru in 2005.

MEDLIFE is a 501(c)(3) non-profit organization that partners with low-income communities in Latin America and Africa to improve their access to medicine, education and community development projects.

Its mission is to build a worldwide movement empowering the poor in their fight for equal access to healthcare, education and a safe home.

MEDLIFE empowers students and volunteers to become advocates for change.

SUSTAINABLE DEVELOPMENT GOALS

The 2030 United Nations Agenda for Sustainable Development serves as the framework for discussions and the self-study coursework for our student interns here in Peru. During this travel internship you will focus on three SDGs, including:

INTERNSHIP FOCUS AREA: MEDICINE & PUBLIC HEALTH



Explore topics related to building the case for access to quality healthcare and public health initiatives for an empowered and healthy communities.



CURRICULUM & MERITS

Complete a core curriculum with your peers and through the guidance of your internship supervisor. Build your personal competitive edge as part of a cohort of student interns working in partnership with our non-profit partner. Create a portfolio from completed project work to enhance your college application or future career resume.

By completing this travel internship, you will earn:

- CliftonStrengths Assessment & Debrief
- Personal Mission Statement Updated
- Resume or LinkedIn Resume
- Letter of Recommendation completed by your Internship Supervisor & Internship Director
- Certificate of Completion (62 hours)
- Certificate of Service Hours (variable per internship)
- Professional Headshots for Resume or CV
- Portfolio of Evidence/Internship Log Book (if needed)
- Recommendations via Common App
- Optional: College Credit from Portland State University

Global Leadership Adventures can also provide any supporting documentation and serve as an organization of record, should you want to earn college credits for your internship.

OPTIONAL COLLEGE CREDIT

Global Leadership Adventures is extremely proud to partner with Hartwick College, a private liberal arts institution based in Oneonta, New York, to offer official U.S. undergraduate college credit for students who successfully complete the Career Exploration Travel Internship program.

Through this partnership, eligible students (16+) may enroll in the optional college credit add-on and earn 3 semester credits upon successful completion of the internship coursework. Upon successful completion of the internship requirements, students will receive:

- Official enrollment with Hartwick College
- Faculty evaluation and grading
- Issuance of an official college transcript

The additional fee to earn college credit from Hartwick College is \$500.00. Though recommended, you are not required to purchase the college credit add-on as it is 100% optional!

NOTICE ON INTERNSHIP UPDATES

Every year brings new and exciting opportunities for experiences we can offer students on our programs. While this program is being planned, some activities or details may change between now and the program start date. Please note that references from past participants and previously published information may not accurately reflect every aspect of this program. Refer to the sample itinerary above or to the GLA website for the most up-to-date version of program activities, and please note that further updates may be made between now and the program start date.



ITINERARY

Actual schedule of activities will vary by program session. The information detailed here is typical for what you can expect to experience; however, service work and activities vary depending upon the needs of our local community partners, various celebrations and customs, as well as the weather and specific needs of the student group.

DAY 1: WELCOME TO PERU!

Fly into Cuzco, the gateway to Machu Picchu and the mystical Andes. GLA staff will be at the airport waiting to greet you! We'll drive to our first Home Base in Cuzco where we'll meet our local staff and fellow GLA students. Get settled in and then take a walking tour before your first Peruvian dinner.

DAY 2: ORIENTATION, CUZCO EXPLORATION & INTRO TO PERUVIAN HEALTH

Today marks our first full day together in Peru! We'll begin the day with a comprehensive orientation to review group goals, learning objectives, and internship expectations. Break into Mentor groups and get to know each other better with icebreakers and group activities before heading out to our first day of exploration.

In the afternoon, we'll depart on a Reality Tour, visiting several health and education sites across rural and urban areas of Cuzco. This tour will help us understand the disparities in access to health services between urban and rural communities.

Enjoy dinner in the city's enchanting historical center before taking a leisurely evening stroll through the illuminated Plaza de Armas. We'll spend time exploring Cuzco's quaint cobblestone streets, visiting landmarks that showcase its unique blend of Incan and colonial heritage and soaking in the energy of this cultural hub.

DAY 3: COMMUNITY TOUR & ANDEAN CEREMONY

Today, we'll drive to our Home Base in the Sacred Valley. After settling in, we will visit the nearby ruins that tower over our town to receive an introduction to the Inca civilization! In the evening, participate in a traditional Andean ceremony to pay tribute to Mother Earth and create intentions for your time here in Peru!

DAY 4: PROJECT WORKSHOP & COMMUNITY CONNECTION

Begin the day with an interactive project workshop to learn about the long-term community development initiatives you'll be contributing to over the next few weeks. Gain insight into the project's goals, design, and impact while developing the skills needed for hands-on fieldwork.

This day sets the stage for the meaningful work ahead! You'll have the chance to meet the community members you'll be collaborating with, an invaluable opportunity to build relationships, exchange stories and understand the local perspectives that guide these initiatives.

DAY 5: MARAS SALT MINES, KAYAKING & FIRST AID AND CPR TRAINING

Today, we'll visit the pre-hispanic Maras Salt Mines to marvel at the Incan engineering that has stood the test of time. Following this, we'll venture to Piuray Lagoon for a kayaking adventure, exploring the source of Cuzco's water.

In the afternoon, we'll deepen our understanding of medical care by being trained by medical professionals and getting certified in First Aid and CPR!



DAYS 6-9: SHADOWING POP-UP MEDICAL CLINICS, TEXTILES & SKILLS DEVELOPMENT

Over the next four days, you'll shadow doctors as they offer pro-bono medical services to remote Andean communities with limited access to quality medical care. You'll rotate through various stations such as general medicine, triage, dental, pharmacy, education and hygiene under the supervision of medical professionals. Exploring beyond, we'll venture into neighboring communities to learn about the backstrap weaving traditions passed down from Inca times.

In the afternoons and evenings, we'll dive into the internship curriculum that will prepare you to engage in an individual or group project throughout your program and we'll welcome a guest speaker who will enrich our experience by providing valuable perspectives on public health in Peru.

At the end of the day, you will also have time for deeper personal reflection. Break out into smaller groups to discuss what you have learned from your time in Peru thus far.

DAYS 10-11: QUECHUA HOMESTAY & WHITEWATER RAFTING

Embark on an unforgettable journey to the Southern Valley of Cuzco! Today, we'll visit a nearby Quechua community, where we'll cook, share stories with local families and have a rich cultural exchange with the community, experiencing an authentic Andean lifestyle while staying overnight in adobe homes.

The following day, prepare for a thrilling whitewater rafting adventure where we'll conquer Class II and III rapids. We'll return to our Home Base in the afternoon to relax and prepare for the project presentations the following day.

DAYS 12-13: SHADOWING POP-UP MEDICAL CLINICS, GROUP ACTIVITIES & PERUVIAN DANCE

We'll return to our project – shadowing and assisting doctors as they provide free health checks, basic physical exams and assessments. Put your new medical Spanish into practice as you accompany qualified professionals offering medical care!

In the evenings, you will engage in cultural activities such as Peruvian dance: immerse yourself in the local culture by learning the rhythms and steps of traditional Andean music!

We'll also launch into the internship project and curriculum activities. A thought-provoking guest speaker will add depth to our experience, offering unique insights into the intersection of community and Public Health.

DAYS 14-15: ENVIRONMENTAL HEALTH & COMMUNITY WELLNESS

Over the next two days, we'll join the Quechua community of Ampay for a service project that blends environmental restoration with medical traditional knowledge. Guided by community representative Nelba, we'll work alongside local residents to reforest native areas and create sustainable green spaces that enhance air quality and promote healthier living conditions.



DAYS 14-15: ENVIRONMENTAL HEALTH & COMMUNITY WELLNESS - CONTINUED

We'll also explore the medicinal uses of native plants and contribute to the establishment of a seed bank that preserves these species for future generations. Through this collaboration, we'll learn how nature-based solutions and ancestral wisdom come together to support holistic well-being and environmental resilience.

In the afternoons, we'll take time to connect as a group through team-building and reflection activities, reinforcing collaboration and shared purpose within the team. We'll also start preparing for our upcoming visit to Machu Picchu, learning about its remarkable history, cultural significance and architectural legacy.

As these two days come to a close, we'll review travel logistics, pack our essentials and get ready to embark on the next phase of our journey: exploring one of the most awe-inspiring wonders of the world!

DAYS 16-17: LARES TREK

¡Vamonos! For the first part of our journey to Machu Picchu, we will be transported to the starting point of our trek in the town of Lares. From there, we'll hike through traditional farming communities and alpine meadows to the first campsite where we'll camp under the stars for the night.

The next morning, we'll continue on the Lares Trek and reach the highest point of the pass. We'll hike alongside local herds of alpacas before descending into the Sacred Valley. We'll board a train to Aguas Calientes, the town below Machu Picchu, and settle in for the evening before an early start the following day.

DAY 18: MACHU PICCHU

Today is the day! We'll take a bus to the ruins to explore the Lost City of the Incas. Our guide will be on hand to tell you more about the fascinating history of this UNESCO World Heritage archaeological site. In the afternoon, we'll eat lunch and visit the local artisanal market before taking the train back to Ollantaytambo and returning to our Home Base.

DAY 19: COOKING CLASS & SAN PEDRO MARKET IN CUZCO

Today, we will travel to Cuzco. We'll pack and prepare for our journey home before reveling in our final days with a few leadership and reflection activities.

Take part in a local cooking class, where you'll learn to prepare traditional Peruvian dishes using fresh, local ingredients. This hands-on experience will immerse you in the rich culinary traditions of Peru, giving you a taste of the country's vibrant flavors and culture. In the afternoon, we'll visit the famous San Pedro market to try local fruits and snacks!

DAY 20: FINAL DAY & FAREWELL DINNER

As our journey comes to a close, we'll take time to reflect on everything we've learned and experienced throughout the past three weeks: from clinical observations and community health initiatives to the relationships we've built along the way. This final day is an opportunity to celebrate our growth, shared achievements and the lasting impact of our work in the field.



DAY 20: FINAL DAY & FAREWELL DINNER - CONTINUED

In the afternoon, students will share highlights from their internship experiences through presentations, showcasing the skills, insights and perspectives they've developed. We'll then participate in a leadership and reflection activity, bringing together key lessons from our time in Peru and considering how they'll shape our paths moving forward in public health and medicine.

We'll conclude our program with a farewell dinner honoring the connections we've made and the unforgettable experiences that have defined our time together!

DAY 21: DEPARTURE DAY

Before we know it, our Peruvian adventure has come to an end. Head to the airport today with memories that will last a lifetime! Staff will assist students with their check-in and accompany them until they have safely departed for their gates. ¡Buen Viaje!

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PROGRAM SPECIFICS

- **Tuition:** \$7,299
- **College Credit Add-on:** \$750
- **Internship Hours:** 62
- **Service Hours:** 36
- **Ages:** 14 - 18
- **Student-to-Staff Ratio:** 6-to-1
- **Accommodations:** Exclusive Hotel Block
- **Arrival and Departure Airport:**
 - Cuzco (CUZ)



GLA HOME BASE

Home Base is a locally-owned property in the Sacred Valley. Students stay in gender-segregated rooms and have ensuite bathrooms. During excursions, students will stay in local homestays, lodges, hotels and tents provided by GLA.

GLA HOME BASE OVERVIEW

- Pool
 - Home Base 1: Pisac - No
- Air conditioning
 - Home Base 1: Pisac - No
- Remote
 - Home Base 1: Pisac - No



FOOD

Home Base staff will prepare authentic Peruvian cuisine for you to try! In Peru, breakfast is simple and typically includes eggs, fresh rolls and jam. Lunch and dinner contain rice, potatoes, fish, and many locally-grown fruits, such as cherimoya, lucuma, citrus fruits and pineapple. Pollo a la brasa, also known as Peruvian chicken, is one of the most consumed dishes in the country. Salsas, sauces or dips are essential to Peruvian cuisine and a must on every table!



CLIMATE

The climate in the mountainous Cuzco region is dry and sunny in the summer months; however, mornings and nights are cold. Expect to strip down to short sleeves during the day, but wear hats, sweaters, gloves and scarves at night! The GLA Coordination team will provide enrolled students with a packing list specifically for the trekking portion of this program.



LEADERSHIP

Global Leadership Adventures started as an educational institute, so we continue to think and act like educators—not tour operators—as we deliver life-changing programs. We intentionally weave a leadership curriculum into the daily experience on our programs. Through group discussion, meaningful service, workshops, speakers and excursions, staff guide students to reflect on program events through the lens of leadership, and celebrate outstanding examples of leaders they encounter in the local community. Lending this context to the experience creates opportunities for students to dig deep into their vision, purpose and knowledge of themselves and the world.



ABOUT GLOBAL LEADERSHIP ADVENTURES

Global Leadership Adventures was founded in 2003 by Fred Swaniker, a native of Ghana, TED Fellow and educational entrepreneur whose work has been praised by Barack Obama. Born as a global extension of the revolutionary African Leadership Academy, Global Leadership Adventures now operates programs centered around leadership, sustainable community service projects, and meaningful travel across Africa, Asia, Europe or the Americas. Through life-changing adventures, we strive to inspire the next generation to realize their potential to transform the world and their role in it.

GLA HAS BEEN FEATURED IN:

The New York Times

 **USA TODAY**

 **NBC NEWS**

The Boston Globe

seventeen





OUR EXPECTATIONS

BE PRESENT | Our mission at GLA is “to inspire the next generation to realize their potential to transform the world and their role in it.” To that end, we expect GLA students to maintain high standards of personal behavior and to be open-minded. The culture may be different, sometimes shockingly so. GLA will challenge students as they are expected to work hard and be present physically and mentally for all activities. We also ask students to take a step back from regular use of technology - particularly their smartphones - so as to maximize their engagement with the program and their fellow participants. Students may get hot, dirty and bug-bitten along the way, but their contribution can transform the community. The goal is for each student to return home having had a life-changing experience.

NO TOLERANCE | GLA has a no-tolerance policy towards drugs, alcohol, tobacco and disruptive behavior. Those who violate or are suspected of violating this policy will be immediately dismissed from the program at the sole discretion of GLA staff.

COMMUNITY-LED EXPERIENCES | GLA makes every effort to offer thoughtfully crafted programs for teens and young adults. Detailed planning and exhaustive communications with partners are indispensable parts of our program development process. However, occasionally service and activities are adjusted from session to session, due to weather, changing needs of our local community partners and/or various cultural celebrations and customs. We expect participants to be open-minded and flexible, willing to embrace the experience when plans change. GLA makes every effort to communicate adjustments to students and families with advance notice. We expect you to be open-minded and flexible.

MENTORSHIP | GLA is not a therapy program. Our staff are highly skilled, professional, caring and fun, but they are not licensed therapists. GLA programs can be physically and emotionally demanding, and applicants should be in good physical and mental health.



ESSENTIAL ELIGIBILITY CRITERIA

At Global Leadership Adventures, we welcome age-eligible teens who are excited about the opportunity to travel to apply for our programs. To ensure a safe and meaningful experience for everyone in the group, we follow essential eligibility criteria. While our intent is not to be exclusionary, it's important to note that GLA programs are not therapeutic programs and are not able to support struggling teens seeking behavior or mental health outcomes.

Applications are carefully considered and screened to align with these criteria. It is not uncommon for GLA to require supporting documentation or information in the application screening process to confirm eligibility or suitability for program participation. Failure to disclose full medical history may also result in the application not being accepted, additional fees, and/or removal from the program. Please discuss with our team for any further clarification or concerns and visit <https://www.experiencegla.com/policies/essential-eligibility-criteria/> to view the full essential eligibility criteria list.



WE'RE HERE TO HELP

CONTACT US | Want to learn more about Global Leadership Adventures and our available programs? Our Admissions Team has expertise and insights into our slate of program offerings, and we're happy to answer any questions you might have. We have collectively visited or staffed many of our GLA programs around the world, and we have advice to share on everything from getting your travel documents together to what a typical day on a program is like. Call us at 1-858-771-0645 any time during office hours for assistance.

ENROLL NOW | We encourage you to enroll on your 1st choice program as early as you can! In fact, our most popular programs fill up early every year, and many students end up putting off the quick and easy application process only to end up on the waiting list. The best way to ensure that you save your spot is to place your deposit and apply early. You can easily enroll online at www.experiencegla.com/enroll.

