

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Nurse Leaders/AONE Journey to
Lima, Cusco & the Sacred Valley

Peru

8 days / 7 nights

September 30-October 7, 2018

\$5,499 (Based on double occupancy)

Enjoy the unique culture and traditions of Peru while you spend time with the locals. This adventure includes a very special village experience with local families in the Sacred Valley!

BOOK NOW 888.747.7501

Peru Highlights

- ✓ Cross a visit to **Machu Picchu** off your bucket list as you step back in time and visit this iconic site
- ✓ Interact with nurse leaders and allied medical professionals from a variety of **medical facilities and schools** in both Lima and Cusco
- ✓ **Accompanying guest program** available on this itinerary
- ✓ Nanda Journeys and the University of Pittsburgh School of Nursing are collaborating to develop this educational activity. Continuing nursing education contact hours are currently being determined. The University of Pittsburgh School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC) (PO229). **8.0 CNE credits will be sought.**

Community Connections

- ✓ Giving back and engaging with the local community is an important part of your journey. Spend time in a **rural village** interacting with the local families. During your visit to the Sacred Valley, plan to visit a **local school** as well as a **local clinic**.

Educational Interaction

- ✓ **Meaningful interaction and collaboration** between travelers and health care professionals in Peru will focus on the greatest challenges facing Peru today in the equitable delivery of care.
- ✓ **Exchange information** with your Peruvian counterparts with a focus on the health care system: funding and governance; nursing practice: role of nursing, preparing nursing students for expanded roles, workforce challenges, quality & safety issues; nursing education: structure, role in health care policy development.

What's Included:

- 4 & 5* accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Lima (gateway city set tentatively out of Miami)
- Local English speaking guide
- Meals as mentioned and most tips

Not Included:

- Personal expenses at the hotel
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
- Departure taxes where applicable





📍 Miami, Florida

DAY 1: Sunday, Sept 30, 2018

Fly to Lima

Depart from Miami and arrive in Lima, Peru this evening. The stunning beauty and friendly people alone are worth a visit!

Upon arrival, the group will be met and transferred for check-in at your lovely local hotel.

Depending on flight arrival time, dinner is on your own tonight (if not provided in flight).

Your centrally located hotel offers all the convenience, amenities, and services of a first-class hotel with free Wi-Fi and upscale amenities. With onsite restaurant and bar facilities for your convenience, you might also have time to use their gym, spa, and pool.

Overnight: Jose Antonio Deluxe

Included meals: N/A

📍 Lima, Peru

DAY 2: Monday, October 1

Welcome to Lima

Please Note: Breakfast is included daily at your hotel.

Morning **orientation and welcome** with your national guide to receive further information on the program and today's activities.

Later this morning a medical professional will speak to the group to provide an **overview of the medical systems in Peru**. This will provide a foundation for your upcoming exchanges.

Enjoy a delicious lunch onsite at the elegant Café del Museo before taking a curator-guided tour of the unique **Larco Museum**. Gain insight into 3,000 years of Peru's cultural history viewing a vast array of artifacts that comprise the largest private collection of pre-Columbian art in the world.

Your welcome dinner is at a local restaurant.

Overnight: Jose Antonio Deluxe

Included meals: Breakfast, Lunch & Dinner



📍 Lima, Peru

DAY 3: Tuesday, October 2

Professional Interaction

Those attending the professional sessions will interact with nursing counterparts this morning and afternoon for substantive meetings at a **local hospital, clinic or university**.

Guest program

*After the welcome briefing, accompanying guests will explore Peru's capital, a rich kaleidoscope of colonial architecture, revered pre-Columbian sites, charming residential areas, and vibrant shopping districts perched over the blue Pacific. See the 16th century **Plaza Mayor** (main square) still graced by the government palace, city hall and a cathedral. Continue on to see the **San Francisco Convent**, built in the 17th century, and its "catacombs" that functioned as an ancient underground cemetery. The tour continues along the city's lovely Pacific coast through the enchanting neighborhoods of **San Isidro, Miraflores and Larco Mar**.*

*Discover colonial art in the **Barbosa-Stern Collection**. Since 1966, Eduardo Barbosa and his wife Silvia Stern have collected an impressive compilation of Spanish colonial art.*

Lunch will be provided this afternoon with dinner by individual arrangement (own expense).

Overnight: Jose Antonio Deluxe

Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 4: Wednesday, October 3

Fly to Cusco

Immediately after breakfast, depart the hotel for your flight to **Cusco**. Elevated approximately 11,100 feet above sea level, Cusco is a World Heritage Site and the former capital of the Inca Empire. After arriving in the afternoon, enjoy a provided lunch.

Altitude Sickness - We recommend you check with your personal physician to see if an altitude sickness medication is right for you. *Those who live at sea level or a lower elevation should pay particular attention.*

Aranwa Cusco Boutique Hotel is the essence of luxury and comfort in the heart of the Inca city. Built in a colonial mansion of the XVI century, it displays several paintings of the Cuzco school, colonial sculptures and carvings that transport us to the greatness of the time. The elegant rooms are equipped with intelligent oxygen system and heating floor in the bathrooms for a great stay.

Lunch will be provided at a local restaurant.

Enjoy some time to explore independently this afternoon after a short **city tour**. Dinner will be on your own. Don't want to leave the hotel? The hotel offers everything from fine dining to lighter meals at their full-service, on-site restaurant. You can also check out their lounge or take advantage of their convenient in-room dining.

Overnight: Aranwa Cusco
Included meals: Breakfast & Lunch



📍 Sacred Valley, Peru

DAY 5: Thursday, October 4

Sacred Valley & Train to Machu Picchu

After breakfast, head to the Sacred Valley via bus (1.5-hour drive). First stop is the **Pisac Market** for a brief chance to see the local wares and do some shopping.

Continue onward to spend the morning at a **local community school**. Spend time engaging with the staff and students.

***Donations will be made for the school children on your behalf based on current needs before travel. In this area, the cold is intense and kids don't have proper clothes to wear during the winter. For those interested in bringing additional donations, your support is appreciated!*

Lunch will be provided at the fantastic Huayocari Restaurant before heading on to visit the **Ollantaytambo Rural Medical Clinic**. Spend time learning from the staff about access to care issues facing the clinic staff. Learn how they treat the local patients and current staffing challenges.

Late this afternoon you will head to **Machu Picchu**, saying farewell to the Sacred Valley. Take the Vistadome train to Machu Picchu, following the course of the Urubamba (or Vilcanota) River climbing down a canyon headed to Aguas Calientes. Continue from there to board the mini-buses up to the remnants of the Sacred Citadel of the Incas.

Step into the smart, contemporary and cozy confines of **El MaPi Hotel**, amidst the picturesque Machu Picchu Pueblo. Discover an efficient, lively and friendly atmosphere, welcoming guests expecting an unfussy, down-to-earth break. Enjoy the hotels amenities include an onsite, bar, café and spa. The hotel offers local flavors and organic options for your dining pleasure. The hotel has Wi-Fi, oxygen upon request and a complimentary Pisco Sour drink from the bar! Rooms are equipped for your convenience with a hair dryer, bathroom amenities and mini bar.

Dinner will be provided at your hotel this evening.

Overnight: El MaPi Hotel by Inkaterra
Included meals: Breakfast, Lunch & Dinner



📍 Machu Picchu, Peru

DAY 6: Friday, October 5

Explore Machu Picchu

Please note: Today's itinerary includes moderate physical activity with some low-difficulty hiking.

Enjoy your **privately-guided tour of the archaeological ruins of Machu Picchu** early this morning. Known as one of the most beautiful and enigmatic ancient sites in the world, the Andean mountaintop was used by the Inca people as the foundation of hundreds of stone structures, with construction starting in the early 1400s.

Explore the terraces, corridors, temples, the solar clock (*Intihuatana*), and other sacred places within the citadel. Lunch will be provided at the Sanctuary Lodge after your morning tour and lecture with your guide.

Stop at the **central market** to peruse for local souvenirs near the train station.

Take the train back to Cusco late this afternoon where you will check back into your Cusco hotel and have time for a late dinner on your own arrangement. *Food and beverage options will also be available for purchase on the train.*

Overnight: Aranwa Cusco
Included meals: Breakfast & Lunch



📍 Cusco, Peru

DAY 7: Saturday, October 6

History of Cusco

This morning the group will visit **Casa Concha House** with a private guide. View Machu Picchu artifacts excavated by Hiram Bingham between 1911 and 1915, and returned to Peru from Yale University in 2011. Explore a collection that has become central to the study and understanding of Machu Picchu. It will provide you a very good understanding of the visit you had to the site. Your visit today will also include time for an informative history-themed lecture about the *Rise and Fall of the Inca Empire*.

Lunch is on your own this afternoon with some time free to explore independently. Make use of your fantastic location to explore a local market or enjoy the amenities of your lovely hotel.

Say goodbye as you reflect and share memories over a farewell dinner at Map Café this evening.

Overnight: Aranwa Cusco
Included meals: Breakfast & Dinner

📍 Cusco, Peru

DAY 8: Sunday, October 7

Depart

Depart for home this morning with a flight via Lima and onward to Miami.

Included meals: Breakfast



📍 Lima, Peru

Jose Antonio Deluxe

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Lima, Peru

Telephone: +51-1-6415050

<http://hotelesjoseantonio.com/deluxe/>



📍 Machu Picchu, Peru

El MaPi Hotel

Av. Pachacutec 109
Machu Picchu, Peru

Telephone: +51-84-211-011

<http://www.inkaterra.com/byinkaterra/el-mapi-hotel/the-experience/>



📍 Cusco, Peru

Aranwa Cusco

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Telephone: +51-84-60-4444

<http://www.aranwahotels.com/en/hotel-cusco/>

