



challenges
abroad

Supporting the



futureSense
FOUNDATION

PERU HEALTH PROMOTION CHALLENGE

Your Passport to Global Citizenship!

www.challengesabroad.com

Certified



Corporation





Peru, Heart of the Andes

Peru is known for its ancient Incan ruins, vibrant textiles, and world-famous cuisine, but beyond Machu Picchu and bustling markets lies a quieter, more profound side of the country.

In the breathtaking **Sacred Valley**, surrounded by towering mountains and terraced fields, the Peru Health Promotion Challenge begins.

Here, you'll work closely with rural communities, embracing traditional ways of life and learning from deep-rooted cultural practices. Each day is a chance to make a lasting impact while gaining insight into the rich heritage and resilience of Andean life.



Challenge Snapshot

The Challenge

Peru's Sacred Valley faces gaps in health education and care. Limited resources, few trained professionals, and low awareness contribute to preventable health risks. Strengthening local education and training is key to healthier, more resilient communities.

The Goal





To **build community capacity in general health education and access.**



The Solution (where you come in)

By joining this **team of global changemakers**, you will be helping us **address these barriers with the local community in the Sacred Valley.** Using **YOUR skills**, you will **design hands-on and engaging activities to build community capacity and health education!**

What's in it for you?

-  **Make friends for life** as you connect with other Global Citizens from across Australia
-  **Boost your employability** by gaining transferrable skills such as teamwork, communication, adaptability and more!
-  **Make a real impact** on the world as you work towards sustainable development projects.
-  **Experience something new, fill your camera roll with life-long memories and have an unforgettable adventure!**



Location:
The Sacred Valley



Upcoming Dates:
[Click here to view our website](#)



Cost:
\$1,850



Duration:
15 days



The Essentials

Accommodation & Meals

You will stay in **shared dorm-style rooms and bathrooms**, likely sharing your room with **2-3 other participants**. While you will be provided with home comforts, these will be different to your usual standards, but all part of the challenge! On the trek you will be sleeping in a **sleeping bag on a mat in a tent or hut**, usually sharing with **1 or 2 others**. At some campsites there are only **drop toilets available**. In Aguas Calientes and Cusco you'll be staying in a **dorm room in a hostel with shared bathrooms**.

We provide **3 vegetarian meals per day Monday-Friday** (we can accommodate to further dietary requirements such as vegan, gluten free, nut free and other allergies), with weekends being your free time to explore local restaurants!

In-Country Transport

Any **required transport for project work and airport pick-up and drop-off**. Our team can also help you organize transport so you can explore the area in your free time.

In-Country Support

As well as supporting you in your project work, our team will be a **24/7 contact for you during your time overseas...** they'll also have the best recommendations on how to spend your free time!

Pre-Departure Support

We will provide you with a **Welcome Pack, Packing List and Program Brief to help you prepare** for your travels. Our team are there every step of the way for extra support, and we'll organize a **pre-departure meeting 6-weeks before you go** to make sure everyone is on the same page and ready for the adventure.



“The pre-departure support is unparalleled. There is a lot of room for challenging yourself and personal growth - definitely a once in a lifetime opportunity that shouldn't be passed up!”

Global Citizen, Natan'El



Sample Itinerary

Your program is **customized to meet both the interests & experience of your team, as well as current community needs**. We will confirm specific program activities and schedule in your pre-departure meeting and briefing pack around **6-8 weeks before you travel**. In the meantime, here is a sample itinerary and activities you could be involved in:

Arrival & Orientation

Touch down at **Cusco Airport** and get ready to begin your journey! A member of our local team will be there to welcome you and take you to your new home for the next 2-weeks. Your orientation will include:

- Culture and language workshop
- Full introduction to your program & schedule
- A welcome dinner & local tour with your team

You'll have plenty of time to settle in, explore, and start feeling at home in your new community.



Project Days - Community Impact

Your weekdays will be packed with **meaningful community engagement!** Working as a team, you'll design & deliver fun, hands-on health promotion activities at our partner schools - **raising awareness of important health topics & helping to improve overall community health.**

Workshop themes might include: Women's Health & Hygiene, Nutrition & Healthy Lifestyles, Non-Communicable Diseases, First Aid & Safety.

Each day you'll also have **dedicated time to plan & prepare**, ensuring your workshops are impactful and engaging.



Departure

As your program comes to an end, it's time to **say goodbye to your new friends and the community that has been your home**. This morning, you'll either travel with our team to the airport for your flight home or continue the adventure by joining our **extension trip** for even more incredible experiences.



Discover Peru

Evenings & Weekends - Time to Explore!

This is your time to make the most of everything Peru has to offer:

Sample local restaurants

Wander through bustling markets

Explore the Indigenous Quechua culture

Walk through the beautiful Andes mountains

Visit the salt mines

There are endless ways to soak up the culture!

You could spend your free weekend relaxing in **Cusco** where you can dive into the city's rich history and heritage. Or you could even plan a visit to the infamous **Rainbow Mountain** - the perfect mix of adventure, culture and discovery!



[Find more travel inspo in our blog!](#)





Extend Your Travels



Day 1: Trek Briefing

Arrive in Cusco for your trek briefing, city adventures, and last-minute essentials

Day 2: Soraypampa

Depart early for breakfast in Mollepata, then trek 3 hours to lunch. Continue 4 more hours to glimpse the snow-capped Humantay Mountain, before dinner and camping in Soraypamapa (3,500m).



Day 3: Salkantay Pass

The toughest day takes you from 3,300m up to the 4,600m Salkantay Pass, the trek's highest point. Descend into the cloud forest, then after lunch continue to camp in Collpabamba (3,200m).

Day 4: Santa Teresa

Walk 2 hours to lunch in Wiñaypoco, then follow rivers, waterfalls, and tropical forest trails. In the afternoon, opt for a soak in Santa Teresa's hot springs before camping overnight.



Day 5: Aguas Calientes

You'll walk along the Urubamba river to Hidroeléctrica before heading to Aguas Calientes where you will spend the night before your trek to Machu Picchu tomorrow!

Day 6: Machu Picchu

You will take the first bus (5.30am) to Machu Picchu to get there bright and early before the crowds and have a guided tour through the citadel. You will then have the afternoon to yourself to explore the ruins before catching the transport back to Cusco.

Day 7: Home Time

You'll be taken to Cusco airport to catch your flight home or continue your Global Citizenship journey elsewhere!





What Next?

Sign up!

All you need to do is apply on our [website](#) and pay the **\$250 booking deposit**. Once accepted, you can **pay the remainder of your program fee in fortnightly, monthly or quarterly installments** leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

 hello@challengesabroad.com

We can also add you to a **group chat on WhatsApp** so that you can connect with others who are interested in joining the challenge or are even signed up and preparing to travel!

For more insights on what your Challenges Abroad experience could look like, follow us on:



@challengesabroad



@challengesabroad







By far the best thing I have done! The Salkantay Trek up to Machu Picchu is incredible, you'll go through so many different environments - the journey there is just as good if not better than the final day at Machu Picchu. I would recommend this program to anyone!

Global Citizen, Jack



Things to start considering:

-  International flights
-  Travel insurance (might be covered by your university)
-  Visas
-  Vaccinations

Elevate your Experience

If you're keen to take on an extra challenge, becoming a **Challenge Leader** will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.

Ready to become a global leader? Find out more and apply [here](#).





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