challenges abroad

Supporting the futureSense FOUNDATION

PERU HEALTH PROMOTION CHALLENGE

Your Passport to Global Citizenship!



www.challengesabroad.com.au

Certified B Corporation

CARBON NEUTRAL

About Us

Greater Social Equality.
A More Sustainable Environment.
A More Secure World for Everyone.

Challenges Abroad is a social enterprise that provides impactful, customised overseas learning programs for students. Our mission is to develop the next generation of Global Citizens, who as future leaders will help shape a better future for everyone.

Through our programs, we ensure that students not only develop a global mindset but gain vital life and employability skills, enabling them to have a positive impact on the world through their future endeavours.

We are proud to be a Certified B Corporation!
It reinforces that together, we're delivering programs that are not only transformative for students, but also beneficial for communities and respectful of the planet.

The Challenges Abroad Difference

Student Impact
Developing the next generation of Global Citizens.

Community Impact
Delivering long-term development projects that support local communities.

Enviornmental Impact
We are working on becoming a carbon neutral organisation.



Short-Term Programs, Long-Term Impact.

Our Health & Well-Being Challenges enable students to step out of their comfort zone whilst developing global perspectives, learning about new cultures and fostering meaningful connections with the local community.



Global Citizenship:

Broaden your perspectives, embrace cultural diversity, and ignite a lifelong drive to make a difference in the world.



Cultural Immersion:

Discover, connect & experience - dive into vibrant local cultures, learning through meaningful cross-cultural exchange.



Community Engagement:

Lead, inspire & create change - deliver hands-on projects, building skills and leaving a lasting impact on local communities.

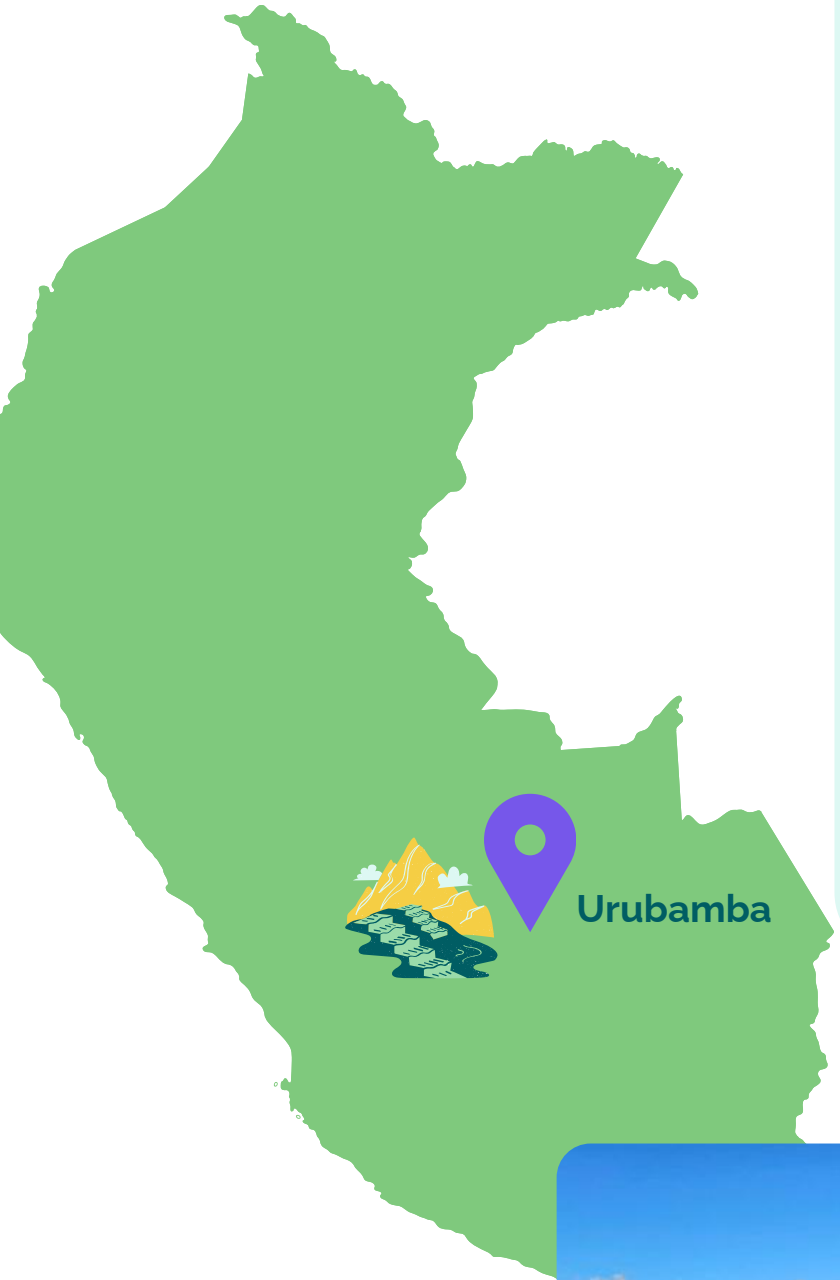
Every Challenges Abroad program supports the goals and objectives of our international development charity, the FutureSense Foundation.

Participants on a Challenges Abroad program are therefore, not only directly impacting the community through their project, but are part of a sustainable community development initiative that will have a long lasting, positive impact.

futureSense
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Peru: Land of the Incas

Peru is a land of ancient Incan ruins, lost civilizations and stunning landscapes. It's home to part of the Amazon Rainforest and the legendary Machu Picchu - one of the Seven Wonders of the World.



Day 1
Arrival

Arrival Airport: Cusco Airport
Transfer: ~ 2 hours by private bus
Accommodation: Local guest house
Location: Urubamba, Sacred Valley

Touch down in Peru! Welcome to the Sacred Valley - once the heartland of the Inca Empire. Surrounded by towering Andes peaks, ancient terraces, and vibrant villages, this region has been home to thriving communities for centuries.

After meeting your group mentor at the airport, travel through spectacular mountain landscapes to Urubamba, a town nestled in the valley between Cusco and Machu Picchu. As you arrive, the fresh mountain air and dramatic scenery signal that your adventure has officially begun. As the evening sets in, gather for your Welcome Dinner - your first taste of Peruvian cuisine.





TRAVEL • SEE THE WORLD IN A DIFFERENT LIGHT • TRAVEL EVERYWHERE

Week 1

Days 2-3
Program & Cultural Orientation

The first couple of days are about building confidence, connection and excitement. You'll dive into Peruvian culture and language, get to know our Hub team supporting you throughout your challenge, learn more about the communities you'll be working alongside and how your program contributes to long-term development projects. This is where the real impact of your journey begins to take shape!

Days 4-7
The Sacred Valley

Spend four immersive days embedded in the local community, contributing your skills, knowledge and passions to our long-term health promotion initiatives. With dedicated time to plan as a team, we'll help to make sure you're ready to contribute in a meaningful way - learning just as much from the community as you share. This hands-on experience builds confidence, uncovers new strengths, and leaves a lasting, sustainable impact.

Beyond your workshops, soak up the Sacred Valley's vibrant traditions and landscapes - wander colourful markets bursting with textiles and handmade crafts, and visit remarkable Incan sites.

Potential workshop topics:
Mental, Social & Emotional Wellbeing (confidence, leadership, teamwork), Nutrition, Healthy Lifestyles, Hygiene & Sanitation, First Aid & Safety, Non-Communicable Diseases, Reproductive & Women's Health.







Week 2

Days 8-9
Your Free Weekend 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
👉 Hike through the 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!





Days 10-14
The Sacred Valley

These five days follow a similar rhythm to the first - contributing to health promotion activities, leading workshops, and coming together as a team to reflect on the impact you're making. The difference? You return with stronger skills, growing confidence, and deeper connections, stepping back into the community with a clearer sense of purpose. Somewhere between the first day and the last, you'll begin to recognise your own growth as a Global Citizen.



The Sacred Valley was the agricultural heartland of the Inca Empire, chosen for its soil and climate - and many of the terraces you'll see are still used for farming, over 500 years later!

Departure & Extension Trip

Day 15
Departure

The final day offers time to reflect on the skills you've developed, the experiences you've shared, and the perspectives you've gained. Our team will drop you off at the airport for you journey home or onwards travels. Or you might even want to extend your time in Peru with us!

Days 15-21
Extention Trip!

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. Take the first bus (5.30am) to Machu Picchu and enjoy a guided tour through the citadel. You'll then have the afternoon to explore the ruins before catching the transport back to Cusco.

Day 7: Home Time. You'll be taken to Cusco airport for your journey home or onwards adventure!







The Essentials

Accommodation & Meals

You'll be staying in dorm-style accommodation, sharing your room with up to 3 other participants. There are western showers and toilets, as well as communal spaces for relaxing. While the amenities are basic, the accommodation is safe, clean, and in a great location for exploring the surrounding area!

We provide 3 vegetarian meals per day Monday-Friday (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 organise transport so you can explore the area in your free time.

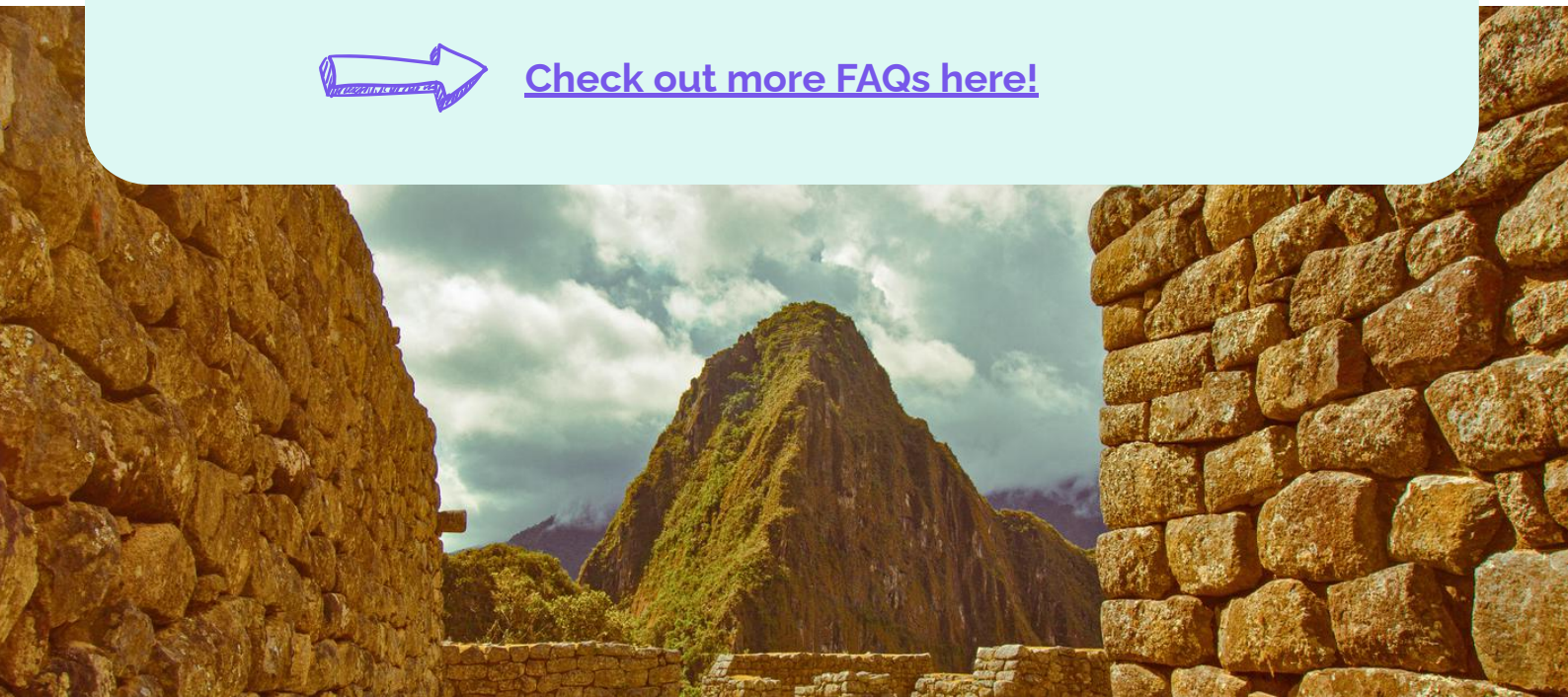
In-Country Support

As well as supporting you in your project work, our team will provide 24/7 support 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 organise a pre-departure meeting 4-weeks before you go to make sure everyone is on the same page and ready for the adventure.

Check out more FAQs here!



What's 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 instalments 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.au

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!

Things to start considering:

- **International flights**
- **Travel insurance**
- **Visas**
- **Vaccinations**



Dates:
Dates TBC through the website



Cost:
$3,150
(possible credit/funding options here)



Extension trip:
Machu Picchu Trek
$1,220

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. Find out more and apply **here.**

"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


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