

Het Andere Reizen

International Health Elective "SALUD in Guatemala"

We offer Spanish language training, Volunteering and professional Internships for single travelers and groups. Our educational programs are based on the criteria for responsible travel and aim at showing the open-minded participant the cultural and social reality in Guatemala. This process of cultural learning and respectful interaction contributes to a better understanding between cultures and people. Through our profits, we actively support through financial contributions local development projects and NGOs in the area of community development, social work, education, health and animal rescue.

The SALUD program provides a real encounter with the Guatemalan social and health system; participants are observing Guatemalan doctors, shadowing during physical exams; more experienced participants will actively participate and gain hands-on experience. Participants will be prepared for communicating and treating Spanish speaking patients - a great advantage considering the fast growing Hispanic population in the U.S. and Canada.

Salud at a Glance

Our SALUD program is open to everybody working and/or studying in the area of Medicine & Health. Participants are introduced into culture, traditions, social structure and public health system of Guatemala while learning the language. It is a unique opportunity to dedicate time and thoughts to people that need our help NOW and in the future.

This program includes a total of 80 hours private (1:1) Spanish instruction, depending on already existing language skills, the SALUD participants will be introduced to medical terminology through role plays and real life simulations. Main focus is to improve communication skills and fluency building. Participants are placed with a Guatemalan host family, single or double room and full board (except Sunday).

Participants work 40 hours at a local clinic or hospital, especially suitable for doctors, nurses, physiotherapists, social workers and as preparation for international aid work. You will be assigned based on professional background, interest, and language skills. Positions are available in the following areas: Pediatrics, OB/GYN, Family Medicine, Infectious Diseases (Aids), Psychology, Psychotherapy. Please note that activities can range from shadowing to actively gaining hands-on experience. We encourage all participants to show a professional attitude, be proactive and welcome each experience as new and unique.

In week #1 and #2, participants visit various health institutions, e.g. the local community hospital and the paramedic station, but also social projects like Nuestros Ahijados, Niño Obrero and Camino Seguro, all of them working with disadvantaged children, teenagers and adults, offering basic education, social services, psychological consult and other forms of help that enables to break the circle of poverty. Those educational excursions are complemented with fun activities like Salsa dancing, biking, volcano climbing, visits to coffee and Macadamia Nut plantation, visits to nearby villages etc.

Participants travel on the weekends to the ancient Mayan ruins of TIKAL and to stunningly beautiful Lake Atitlán, combined with the famous indigenous market in Chichi, or with a Mayan Fire ceremony, which gives an exciting insight in the curing and protection rituals of the local Indians. Participants can inquire about further excursions at our helpdesk in Antigua, for example, a relaxing beach weekend at Monterrico's black sand beaches. Please note that schedule of events may change any time **without prior notice** according to number of participants, availability or other factors.

Who Can register?

The SALUD program in Guatemala does require participants to have one of the following backgrounds:

- pre-med students or medical students or doctors, physician assistants and EMTs
- nursing students or nurses, and people working in the public health sector and social workers.

Minimum Spanish skills: High Beginner.

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Salud Program Dates & Pricing

Anytime upon request!!!

Minimum number of participants: 1-2; maximum number of participants per program date: 8-10.

***Please note that this program can be approved as a foreign medical rotation, please check requisites with the foreign placement office of your med school.**

Please contact info@hetanderereizen.nl for further information. When placing your reservation, please submit your detailed CV, motivation letter and references, indicating your Spanish level, age, background, specific requirements such as special diets or allergies, and preferred program date.

Price per person: Euro 1295,-

Extension week Spanish & Homestay: Euro 172,-

Extension week ONLY Homestay: Euro 72,-

Included Services:

- airport pick-up AND drop-off (*max. 1 suitcase plus hand luggage per person, penalty for excessive luggage is US\$10 per person per transfer*),
- accommodation in private room/full board/mostly shared bathroom/approx. 4 students per family; *we reserve right to place students in shared rooms during high season*,
- 4 weeks of 20 hours PRIVATE tuition per week, morning or afternoon according to schedule of hospital work and planned excursions, due to schedule change, you might have different teachers each week, **Please note that no classes are held on 25-Jul, Easter Thursday and Good Friday, and throughout Christmas and New Year season*
- 2-3 field trips or socio-cultural activities or health-related talks, during week #1 and #2, including ground transportation*,
**Public or private transportation, accompanied by teacher or MG staff, does not include extra guide services*
- orientation tour & materials, including references for medical and dental treatment
- 24-hour assistance by MG staff,
- Use of our on-site services in Antigua.

Registration:

Registering is easy. Please send your full CV with detailed description of your work experience, special field and/or interest in order to decide which projects will be assigned to you, Motivation letter, References, Letter of good standing of Medical Faculty (for med students).

Please further indicate if you have any specific requirements when staying with the Guatemalan host family, such as special diets, allergies and/or medical condition. Please be aware that you might go thru a cultural adjustment process.

You will have **1:1 language instruction**, NOT group classes which sometimes presents considerable disadvantages to the individual student as the language levels never match 100%. This way, your teacher will be able to adapt to YOUR specific requirements, and what's even more important, you can go at your own pace.

Each participant will be given a wish list for donations prepared based on the needs of the participating clinics and hospitals, and can contact possible donors ahead of time, e.g. churches, communities, friends, pharmaceutical suppliers. Also welcome are donations for clothing, toys and school material.

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PROGRAM FOR SALUD STUDENTS:

Day 1: Reception at airport and private transfer to host families in Antigua.

Week #1:

Day 2:

07:50am Student will be picked up at host family and accompanied to the school
08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)
15:30pm Orientation talk with program coordinator at MG office
16:00-17:30 Orientation walk in Antigua with MG staff

Day 3:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am))
14:45-16:00 Meet at MG office. Visit to **Hospital Hermano Pedro**, Antigua's community hospital, spare medicine and clothing can be donated. *The Association of "Las Obras Sociales del Hermano Pedro" is administrated by Franciscan monks, an NGO that provides a home to over 500 needy and mostly abandoned children, adults and elderly, who suffer from physical and psychological problems. They also have a centre taking care of babies suffering from malnutrition and children suffering from e.g. harelip. Two doctors perform external consultations during the morning and the surgery room is frequently used by foreign medical volunteer teams, coming over to Guatemala to offer free medical care and operations. Throughout the year the hospital receives many volunteers, mainly in the field of childcare, nursing, and occupational therapy.*

Day 4:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)
14:00-17:00 **Bike ride to the outskirts of Antigua** (includes equipment & guide)
Alternatively, we can visit a coffee plantation in San Felipe de Jesus!

Day 5:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)
FREE AFTERNOON

Day 6:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)
14:00-16:00 Meet @ homestay: Visit to **Nuestros Ahijados**, San Felipe. *Breaking the bitter chains of poverty through education and formation, Nuestros Ahijados sponsors 2600 children in their education, the poorest of them taking classes in the onsite elementary school. Offering breakfast, lunch, and snack to the children, in the afternoon they offer home work assistance, extra classes, sports activities in the reinforcement program. The Atkinson clinic offers free medical care for the children and their families, many of which suffer from respiratory problems, due to inhaling smoke from the fire used for cooking in their one room houses, where often whole families live in bare conditions. Further many suffer from diarrhea, all kinds of infections, there are cases of child pregnancies, child abuse and incest. The fulltime psychologist assists the often traumatized and abused children and there is a fully equipped dental clinic as well. Volunteers assist in the project in various fields, like construction and maintenance, education, sports activities and health.*

Day 7 and 8: **Tikal** - including all ground transportation, return flight GUA-FLS-GUA, half-day guided tour of Tikal archeological site, overnight, 1 lunch, 1 breakfast. See full tour itinerary for further details.

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Week #2:

Day 9:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)

FREE AFTERNOON

Day 10:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)

14:00-17:00 Visit to the **local clinics**. *This can include one of the following options: Hospital Privado Hermano Pedro, Hospital Maria de los Angeles, Centro de Especialidades, Hospital ??? Ciudad Vieja, Centro de Salud, Puesto de Salud.*

Day 11:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)

14:00-17:00 Excursion "**The life of a campesino**", visiting Don Filiberto, a campesino from San Miguel Escobar, and his family. *This project was initiated and sponsored by Familias de Esperanza or Common Hope, an organization dedicated to giving help and hope to desperately poor Guatemalan families by empowering them to permanently lift themselves out of poverty. We take the local Chicken bus to get there. The family's living situation reflects perfectly the typical life outside Antigua - dirt floor, open fire, poor bedrooms for the whole family. Then we hike to Don Filiberto's fields on Agua volcano, passing coffee plants and exotic fruit trees. Don Filiberto explains about local agriculture and how their crops are sold on the market. Afterwards we return for a cup of hot chocolate and a typical snack. You can also receive your first lesson in how to make tortillas.*

Day 12:

08:00-11:30 4 hours private tuition (no break)

12:00-17:00 Visit to the **Camino Seguro**. *Camino Seguro is a non-profit organization founded by Hanley Denning in 1999. Hanley joined with other volunteers to provide hope and assistance to the children of families working in the Guatemala City Garbage Dump. Camino Seguro represents an effort to help the poorest of Guatemala's children break out of poverty in a dignifying way through education. For the many children who come to us each day, the program represents a safe alternative to being in the streets or work in the Guatemala's City Dump. As a part of this intensive program the children receive: assistance with enrollment fees, school supplies, books and uniforms, educational reinforcement and tutoring, daily program of sports and recreational activities, a healthy lunch and snack, support to stay in school, reimbursement of medical expenses, assistance in the form of clothes, shoes and food supplies that they earn attending the program, vacation program consisting of educational reinforcement and recreational activities. Another important component of the school support program is our work with the children's families and schools. Volunteers and local staff make frequent visits to the children's home or school in an effort to further support the children in their education. Camino Seguro has turned the dream of an education into a reality for over 300 children living near the Guatemala City Garbage Dump. Recently a donation made it possible to move into a new building where a clinic has been constructed.*

Day 13:

08:00-12:00 4 hours private tuition (incl. 30 min. break from 10-10:30am)

14:00-16:00 Visit to **Niños Obreros** (school for working children) - or similar project - any school supplies or toys are highly appreciated!!! *This association provides free elementary education to children who are too poor to attend the public school system. The 95 children receive the elementary education, and further receive a snack, a drink and lunch, which is an important part in convincing the parents to accept their children to attend school. Many of the children are partly working, either as shoe shine boys in the central park, selling newspapers, selling fruit on the markets, washing clothes, or collecting wood for the stove-fire. Most of them suffer from malnutrition. In the morning the general school program is taught, by a limited amount of teachers, or interns, and in the afternoon, special activities, learning special crafts and art classes are given. Class space is limited and especially the first grade is very crowded, with children between 6 and 12 years of age, all just starting their education. Preschool age children receive classes from foreign volunteers.*

Day 14 and 15: Lake Atitlán & Chichi - including ground transportation Antigua-Pana-Chichi-Antigua, boat tour on stunningly beautiful Lake Atitlán visiting 3 Mayan villages, visit to the indigenous market in Chichicastengo, overnight in Panajachel.

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Week #3:

Day 16:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 17:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 18:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 19:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 20:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 21:

06:00-13:00 Climbing **Pacaya Volcano***
*Q25 to be paid directly to Pacaya National Park.

Day 22:

FREE DAY in Antigua.

Week #4:

Day 23:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 24:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 25:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 26:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 27:

08:00-12:00 Work @ assigned project (time schedule might vary from project to project)
14:00-18:00 4 hours private tuition (incl. 30 min. break from 16-16:30pm)

Day 28:

Drop-off @ airport.

END OF PROGRAM!