

Important Note:

The following schedule of visits, activities, and excursions is subject to change and substitution. In order for you to get the most out of the lectures and hands-on experience, you should be at least a **high-beginner** level Spanish speaker (approximately 3 semesters of Spanish in college, or 2 years of high school Spanish). If you are currently at a level below high-beginner, you may still apply, but we strongly recommend that you also register for at least an additional 2 weeks of classes prior to the start of the SALUD program.

Although clinical observation experiences tend to be mostly shadowing, they may vary from strictly observational/shadowing to more hands on. The amount of hands on work you do during your clinical observation component will depend on your current language and medical skills as well as the organization's needs and your ability to integrate. **It is important to remember that you are not licensed in the host country.**

Week #1

Saturday

Arrive to San Pedro Sula. If you signed up for the SPS package, you will transfer from the airport to a hotel for the night.

Sunday

- Transfer to SPS airport, flight to La Ceiba
- If you did not choose SPS package: Airport pick-up in La Ceiba by host family
- Free time

Monday

07:30 Placement test and begin private classes. Class this week focuses on General Spanish plus medical vocabulary.
11:00 Welcome and orientation city tour

Tuesday - Friday

07:30 General Spanish with medical vocabulary
11:00 Free afternoon. The school has a private bus and full time guide. Tours are conducted in Spanish/English. The school offers organized activities each afternoon for an additional cost (\$10-15 depending on activity). Students receive a schedule of activities on their first day of classes. Activities include bike tours, guided tours of a Garifuna village, visits to a zoological garden, swimming trips (swimming hole, beach and/or river), butterfly farm, etc. Non-studying travel companions can participate in afternoon activities.

Saturday - Sunday

Free Weekend. Weekend trips are offered by the school for an additional cost. These include visits to the Cuero y Salado Wildlife Refuge, Cangrejal River Rafting, the Pico Bonito cloud forest, Cayos Cochinos National Marine Park, etc.

Week #2

Monday - Friday

07:30 General Spanish with health-related vocabulary
11:00 Break for Lunch
13:00 Clinical observation at either the Public Hospital in La Ceiba or the Public Clinic in the Cacao community.

Saturday - Sunday

Free weekend

Week #3

Monday - Friday

- 07:30 General Spanish with health-related vocabulary
- 11:00 Break for Lunch
- 13:00 Clinical observation at either the Public Hospital in La Ceiba or the Public Clinic in the Cacao community.

Saturday - Sunday

Free weekend

Week #4

Monday - Friday

- 07:30 General Spanish with health-related vocabulary
- 11:00 Free afternoon

Saturday

Breakfast in homestay (may be earlier depending on flight departure time)
 Depart program

Getting There:

Participants are responsible for their own transportation to San Pedro Sula. We recommend eXito Travel (http://www.amerispan.com/study_abroad_airfare.asp). If you opted for the San Pedro Sula package: upon arriving to SPS, you'll be picked up and taken to a hotel. You MUST let us know at least 8 weeks in advance to book the package. You must pay the package fee when you book it to reserve your spot. The next day you will travel to La Ceiba and be picked up by your host family. Otherwise, you are responsible to make your own way to La Ceiba. Students should plan to arrive to San Pedro Sula on Saturday, and depart La Ceiba on Saturday. Return flight is not included in the package. If participants need to arrive a few days earlier or stay a few days later, this is possible at an additional per day cost.

Re-Cap of What's Included:

- 4 weeks 4 hrs/day Private classes (20 hrs/wk)
- Private room with host family
- 3 meals daily with host family
- Clinical observation
- Orientation tour and materials
- Airport pick-up in La Ceiba
- Travel Assistance Program
- Emergency message service
- One Way San Pedro Sula-La Ceiba plane ticket & one night hotel stay in SPS (**available at additional cost**)

Suggested Donations (optional):

- Gloves
- Hair Nets
- Booties
- Sterile Gauze Pads
- Band-Aids
- Stethoscopes
- Suture Kits
- Gowns
- LP Kits
- Used Eyeglasses
- Vitamins (like Centrum multi-vitamins)
- Aspirin, Ranitidine or other non-prescription drugs (small amounts)

Required Wardrobe:

- Scrubs or white lab coat
- Stethoscope

Medical Themes for Conversation

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| 1 - At the Doctor's Office | 11 - A Baby is Born |
| 2 - At the Hospital | 12 - At the Medical Center |
| 3 - In the Pediatrician's Office | 13 - At the Hospital |
| 4 - At the Gynecologist's Room | 14 - In the Lab and the X-ray Room |
| 5 - At the Pediatrician's Office | 15 - Venereal Diseases |
| 6 - With the Dietician | 16 - Hypertension Problems |
| 7 - At the Family Planning Center | 17 - At the drug abuse Clinic |
| 8 - A physical Examination | 18 - Useful Advice |
| 9 - At the Dentist | 19 - At the Cardiologist's Office |
| 10 - At the Emergency Room | 20 - At the Office of Doctor – General Practitioner |