

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 **low-intermediate** level Spanish speaker (approximately 5 semesters of Spanish in college, or 4 years of high school Spanish). If you are currently at a level below low-intermediate, you may still apply, but we strongly recommend that you also register for at least an additional 2 weeks of Spanish 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. Guatemala also has strict requirements for foreign healthcare volunteers, so we don't recommend this program for anyone under 4<sup>th</sup> year of medical school.

Antigua, Guatemala Hospitals / clinics in which observations are made are:

- Centro de Salud Santa Catarina Barahona
- Obras Sociales Hermano Pedro
- Albergue Hermano Pedro
- Centro de Salud Antigua
- Nuestros Ahijados

**Note:** The school offers 3 cultural activities per week for all participants in addition to the schedule below.

### Week #1

#### Sunday

Reception at Guatemala City airport and private transfer to host families in Antigua. 2-4 students are placed in the same family. You will have your own bedroom unless you request otherwise.

#### Monday

07:30-09:15	Spanish oral exams and orientation talk
09:15-12:00	Cultural/school activity or free time (optional)
Lunch	Host Family
15:45-17:00	Orientation walk in the city
Dinner	Host Family

#### Tuesday

08:00-12:00	Visit to hospital/clinic
Lunch	Host Family
14:00-18:00	Group Spanish classes (including break 15:50-16:10)
Dinner	Host Family

#### Wednesday

08:00-12:00	Visit to hospital/clinic
Lunch	Host Family
14:00-18:00	Group Spanish classes (including break 15:50-16:10)
Dinner	Host Family

#### Thursday

08:00-12:00	Visit to hospital/clinic
Lunch	Host Family
14:00-18:00	Group Spanish classes (including break 15:50-16:10)
Dinner	Host Family

#### Friday

08:00-12:00	Cultural/school activity or free time (optional)
Lunch	Host Family
14:00-18:00	Group Spanish classes (including break 15:50-16:10)
Dinner	Host Family

## **Saturday & Sunday 2-day Monterrico excursion**

Monterrico is a beautiful black sand beach on the Pacific coast of Guatemala. While not as luxurious as the beaches in nearby El Salvador, in Monterrico you can meet backpackers from all over the world. You can relax in a hammock while sipping large but inexpensive piña coladas, visit an animal sanctuary and release a baby turtle into the wild. One can experience a real local flavor here as Monterrico is not a huge resort town.

### **Saturday**

08:00 You will be picked up at your home stay and start your journey by minivan to Monterrico.  
10:30 Arrive at Monterrico Beach, and check in at the hotel Atelie del Mar. The rest of the day and evening you can enjoy the sun, relax at the pool or continue exploring ;-)  
Be careful with entering the ocean, there is a strong current.

### **Sunday**

Breakfast in the hotel (not included).  
You can rest and relax, take some sun, read a book or enjoy the pool or ocean. You can also take a tour to the Biotopo Monterrico-Hawaii where you can see many birds, beautiful and bizarre nature, and at times turtles and other animals. Make sure you enjoy and have fun!! Be careful in the ocean and with sunbathing.  
15:00 You will be picked up at the hotel to go back to Antigua. Please be on time.  
17:30 Arrive in Antigua. Traffic might prolong the time of travel, please be flexible.

## **Week #2**

### **Monday**

08:00-12:00 Cultural/school activity or free time (optional)  
Lunch Host Family  
14:00-18:00 Group Spanish classes (including break 15:50-16:10)  
Dinner Host Family

### **Tuesday**

08:00-12:00 Visit to hospital/clinic  
Lunch Host Family  
14:00-18:00 Group Spanish classes (including break 15:50-16:10)  
Dinner Host Family

### **Wednesday**

08:00-12:00 Visit to hospital/clinic  
Lunch Host Family  
14:00-18:00 Group Spanish classes (including break 15:50-16:10)  
Dinner Host Family

### **Thursday**

08:00-12:00 Visit to hospital/clinic  
Lunch Host Family  
14:00-18:00 Group Spanish classes (including break 15:50-16:10)  
Dinner Host Family

### **Friday**

08:00-12:00 Cultural/school activity or free time (optional)  
Lunch Host Family  
14:00-18:00 Group Spanish classes (including break 15:50-16:10)  
Dinner Host Family

## **Saturday & Sunday 2-day Lake Atitlán excursion**

**Saturday** Lake Atitlán, located among 3 volcanoes in Guatemala's Western Highlands, is surrounded by 14 Indian villages, which range from rustically modern to very remote. Panajachel is the second largest village and a good departure point for visits to other villages. You will spend the night at a hotel.

**Sunday** Chichicastenango is located 20 miles north of the lake and is one of the most colorful destinations in Guatemala. Every Thursday and Sunday, Chichi attracts indigenous people from all over Guatemala bringing produce, textiles, and beautiful handicrafts to sell. At the center of the market is the Church of Santo Tomás, which hosts a spiritual combination of Mayan pagan rites with traditional Catholic devotion.



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## Week #3 & #4

**Mon -Friday**

08:00-12:00	Clinical observation
Lunch	Host Family
14:00-18:00	Private tuition (including break 15:50-16:10)
Dinner	Host Family

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### Potential Observational Visits and Clinical Observation Placements

Please note: not all placements will be visited.

**OBRAS SOCIALES HERMANO PEDRO** - Hermano Pedro is a public hospital (privately funded). It is a place unlike any other – a multi-service facility providing a home and loving care for the elderly and orphaned, the mentally challenged, and the chronically ill. They currently have approximately five hundred beds (including cribs) and routinely provide a permanent home to more than 250 people ranging in age from just a few days old to over ninety years old. Most of the residents have chronic disorders such as cerebral palsy, muscular dystrophy, mental retardation, Alzheimer's, polio paralysis, deafness and blindness, and senile dementia. Services including a nutrition program and a school for handicapped children.

**NUESTROS AHIJADOS, THE GOD'S CHILD PROJECT** - This project offers poor children and families in Guatemala a dignifying and permanent way to break out of poverty. These programs address both the present and future needs of very poor children by providing food, shelter, clothing, education, medical care, structure, guidance and the support they need to one day make it on their own. Nearly 2600 children and their families benefit from this project. There is a free clinic, a full time psychologist, a Mothers Club which supports civic events, social workers that visit families, a school, reinforcement for students that attend public school, a dental clinic and a food distribution program. Nuestros Ahijados intends to break the cycle of poverty by empowering children through education.

**CENTRO DE SALUD** - A publicly funded health center. It has a main building with a couple of clinics. In addition to small clinics ("puestos") around the countryside that assist people from the local community with their health needs, including: vaccination programs for children, first aid, talks about healthcare, dental care, etc. The director is man driven by passion for the poorer population of Guatemala and their right to health care.

**HOSPITAL PRIVADO HERMANO PEDRO** - This is a visit to see the more luxurious types of hospitals at the upper end of the range. It is a private hospital with private rooms, sophisticated equipment serving only the patients that can pay for the services.

**Getting There:**

Participants are responsible for their own transportation to Guatemala City. Upon arriving to Guatemala City, you'll be picked up and taken to Antigua (about 45 minutes by car). Students should plan to arrive on a Sunday, and depart on a Saturday. If participants need to arrive a few days earlier or stay a few days later, this is possible at an additional cost.

**Re-Cap of What's Included:**

- 4 weeks 4 hrs/day general Spanish classes (20 hrs/week)
- Private room with host family
- 3 meals daily (excluding Sundays and some excursion days)
- 6 study-related visits, including ground transportation
- 2 weeks clinical observation
- Orientation tour & materials
- 2 weekend excursions (Monterrico and Lake Atitlan)
- Airport pick-up in Guatemala City
- Travel Assistance Program
- Emergency message service

**Suggested Donations (optional):**

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| <ul style="list-style-type: none"> <li>➤ Gloves</li> <li>➤ Hair Nets</li> <li>➤ Booties</li> <li>➤ Sterile Gauze Pads</li> <li>➤ Band-Aids</li> <li>➤ Stethoscopes</li> <li>➤ Suture Kits</li> </ul> | <ul style="list-style-type: none"> <li>➤ Gowns</li> <li>➤ LP Kits</li> <li>➤ Used Eyeglasses</li> <li>➤ Vitamins (like Centrum multi-vitamins)</li> <li>➤ Aspirin, Ranitidine or other non-prescription drugs (small amounts)</li> </ul> |
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**Required Wardrobe:**

- White lab coat (preferred) or scrubs
- Stethoscope

**\*\* Itinerary subject to change\*\***