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# VIDA Medical Mission Trip 2019

— Guatemala —

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# What is Vida?

live with  
**PURPOSE**  
learn through  
**SERVICE**

Vida Volunteer strives to empower communities and promote health through high-quality Service Learning Trips in Central America. We believe we can improve the quality of life in the underserved communities that we adopt, while offering students from around the world a hands-on, eye-opening, mind-enriching service learning experience.





# Mission & Vision

## Mission

To promote health by bringing together the efforts of communities, students, and the local healthcare systems.

## Vision

To become leaders in the Health Promotion Movement through a service learning experience in Central America.

# HISTORY

Vida Volunteer, was created in 2008 to be a resource volunteers can depend on to support their cause of helping fellow human beings and animals. As a nonprofit organization, Vida aims to bring people together through service-learning to make this world a better place.

## COUNTRIES:



## PROGRAMS:



- Medical-Public Health
- Dental
- Veterinary

+ 8000  
Volunteers



## **VISSION:**

Healthier  
communities

## **MISSION:**

To positively impact the quality of life in underserved communities while offering volunteers a life changing experience.

# KEY TAKEAWAYS BENEFITS

## ACADEMIC AND INTELLECTUAL:

Interactive one-on-one and hands on clinical experience. Master important curriculum content by helping you make meaningful connections between what you are studying and its many applications.

## CIVIC AND ETHICAL:

Explore and develop skills for a range of ways to serve, including acts of kindness and caring, community stewardship, and civic action. First hand look into American culture and health-care systems.

## SOCIAL AND PERSONAL:

A holistic learning experience that can increase your engagement in learning, provide them access to adults mentors, enhance their preparation for the world of work and become a future global health professional.



# MEDICAL

**With purpose we live, through service we learn**

Have a hands-on life changing experience while providing primary healthcare to rural, underserved, Central-American communities to help improve their overall health and well-being.

**You will have the opportunity to actively participate on service-learning activities like:**



**Take patient  
medical history**



**Take  
vital signs**



**Case  
discussions**



**Take basic  
physical exams**



**Assist in patient's  
evaluations**

**Our main goal is to educate patients on the importance of preventive healthcare and the benefits it brings to their lives.**



# DENTAL

**LET'S BE A CATALYST FOR CHANGE!**

Through this service-learning program you will get a unique interactive shadowing experience helping patients as you learn basic dental techniques. You will have an impact on your patients' oral health care and their quality of life.

As a student you will be encouraged to participate as much as possible during the entire clinic process, always guided by our highly qualified and professional dental team.

**In your Vida experience you will have the opportunity to be involved in activities such as:**



**Diagnosis and  
evaluation**



**Education**



**Cleanings**



**Clinic  
assistance**



# VETERINARY

LET'S BE A CATALYST FOR CHANGE!

Together we can significantly improve the lives of thousands of animals in Central American communities, and therefore the lives of their inhabitants.

Whether you are a pre-vet or advanced vet student, through this service-learning program you can get the interactive one-on-one experience with Vida's highly qualified veterinarians.

## You will be involved in activities such as:



Education  
Prevention



Physical  
Exam



Deworming



Spays/Neuter  
Surgeries



Chemotherapy  
(TVT Treatment)



Preventive  
medicine for  
large animals



# Safety

1. Private transportation throughout the entire service trip
2. Doctors, Team Leader and rest of staff members will always travel with the team
3. Hotels have been pre screened by Vida
4. Host families are pre screened and trained
5. Vida follows up with each of their adopted communities every 4 to 6 months so the communities we work in have been serviced by other Vida teams.
6. 24/7 on call staff members

# Trip details

- Where to? Guatemala
- When? **From January 3<sup>rd</sup> to January 15<sup>th</sup>.**
- Program(s): **Medical, Dental and Veterinary**
- Number of clinic days: **6**
- Trip length: **13 days**

*"I took my Vida journey on the medical team to Costa Rica and Nicaragua. This trip was truly the trip of a lifetime and a simple description can do the adventure no justice. I very much recommend a trip with this organization as they were extremely organized, accommodating and welcoming. The team leaders were wonderful and engaged the whole team in the local culture. The most rewarding experience from this trip was of course the clinic days and family visits. Helping the local communities was heartwarming and eye opening at the same time" (T. Clarke, Vida Alumni)*

# Program cost:

## What's included?

- ✓ Airport pick up and drop off
- ✓ All transportation between sites
- ✓ Lodging
- ✓ Most meals
- ✓ Full day of in country orientation and Medical/Dental study manual
- ✓ 24 hour staff assistance
- ✓ All Medicines, equipment, supplies, and bilingual health professionals
- ✓ Interpreters
- ✓ Evening group activities
- ✓ Some recreational activities
- ✓ Border and customs fees (if applicable)
- ✓ Post trip follow-up (statement of hours logged, survey, recommendation letters upon request)









# JOIN US!

Email:

[waldrop.matthew@uwlax.edu](mailto:waldrop.matthew@uwlax.edu)

[brown.madelin@uwlax.edu](mailto:brown.madelin@uwlax.edu)

Facebook: UWL Vida Volunteer

MyOrgs: Vida Volunteer

INTEREST MEETINGS: 3/28, 4/9, 4/24  
@ 7pm, Centennial 2102

Panajachel & Lake Atitlán, Guatemala  
2018 Vida Trip

