
VIDA Medical Mission Trip: January 2019

— Guatemala! —

Video & Personal Interviews: PLEASE WATCH!

- A glimpse of UWL's medical mission trip to Guatemala in January 2018
- Clinic days, recreation/scenery
- Hear about past volunteers' personal experiences

<https://www.youtube.com/watch?v=WM-YikhsT9c&t=4s>



Our organization has welcomed over 9000 students and thanks to their support and hard work, we have been able to assist more than 160.000 community members and over 50.000 animals since 2008.

+ 9000 Volunteers

=

160 000 patients treated



OUR GOAL THIS YEAR IS 75 STUDENTS...
SECURE YOUR SPOT TODAY!





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

*Clean drinking water provided the ENTIRE trip

*Recommendations on foods to avoid from the team leaders

Trip details

- Where to? **Guatemala**
- When? **From January 3rd to January 15th.**
- 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: \$1950

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)

WHAT IS INCLUDED?

Vida Volunteer works to be a good steward of your money and carefully plans each trip. We want this to be the best experience possible both for you as well as the Central American communities we serve.

This is what your trip fee includes:

- LODGING**
 - Hotels
 - Homestays (With Central American families)
- TRANSPORTATION**
 - Airport - Hotel - Airport
 - Visits to clinic setting and recreational activities
- FOOD-WATER MOST MEALS**
- A TEAM**
 - Team Leader
 - Professional Medical, Dental and Vet team
 - Interpreter
- RECREATION ACTIVITIES**
- SUPPLIES**
 - Medicines
 - Equipment
- COMMUNITY PROJECTS**
 - Funds to finance 2 projects per country
- T-SHIRT**

Vida
VOLUNTEER.org

Fee Breakdown

LCGT010319

Housing	368.20
Transportation	188.99
Food & Water	115.85
Tours	42.97
Miscellaneous	10.73
Professional fees	376.21
Medical supplies and equipment	200.00
Community projects	20.00
Brigade costs	1,322.96
Operational / Other program and administrative costs: (Including: Preliminary negotiations, Logistics Expenses, Volunteers T-Shirt, Administrative Personnel, Office expenses, Electricity services, Water Services, Rent)	627.04

Total fee

1,950.00

Medical Program;Dental Program;Veterinary Program | Trip Cost: \$1950.00

Where to?

Guatemala

Arrival

1/3/2019 , La Aurora International Airport (GUA) Guatemala City, Guatemala

Departure

1/15/2019 La Aurora International Airport (GUA) Guatemala City, Guatemala

Total Participation fee

USD \$1950.00 (What's included?: Private ground transportation, airport pick up/drop off, lodging, Bilingual Health Professionals, guides, interpreters, supplies/materials for clinics, most meals, tours, border and immigration fees.)

Application fee

USD \$200.00 (due with online application)

Deposit

USD \$500.00 ~October

Final trip balance

USD \$1250.00 ~November

[Sign up Now](#)

Expensive, we know...





- There are always options
 - More info to come regarding fundraising opportunities
 - *GoFundMe*
 - Birthday/Christmas money instead of gifts
- It's still early on--start saving now!

****Note:** since flights are NOT included, the earlier you sign up, the cheaper flights you will find (flights are booked individually, not as a group)

Before booking your flights, make sure you talk to Madeline or Matt regarding arrival times, etc. Try to book with at least 1 friend or with someone else who is going!

...but it's worth every single penny

Guatemala 2018 Itinerary

 Dates	 Activities	 Lodging	 Meals
Jan 3 rd Wed	<p>Arrival Day: Welcome to Central America! Vida staff will be waiting for you at the La Aurora International Airport. Depending on your arrival time, we will exchange money and have lunch. At the main exit of the airport, try to exit to your left. There will be many people outside the exit and the Team Leader will be waiting for you.</p> <p>General Orientation: Where we'll go over the plan, guidelines, and the code of conduct to ensure our safety and an enjoyable trip!</p> <p>Welcome Dinner: We will savor local cuisine to celebrate our first night in Guatemala.</p> <p>Reflection Learning Time: "Learning happens when thought is put into action". Join us for a time learning about you and your team. Get ready to know yourself!</p>	Hotel Hilton Garden Inn +502.2423.0909 Guatemala City	B: Volunteer L: Volunteer D: Vida
Jan 4 th Thu	<p>Orientation Day AM Breakfast 8:00am–3:00pm: The Medical Team will review clinic setup, role of volunteer, role of the interpreter, patient exams, clinical history and common diseases. Vida staff members will advise us of morning and lunch break times.</p> <p>Afternoon: We depart for the spectacular colonial city of Antigua, the former capital of all of Central America</p>	Posada Los Búcaros +502 7832.2346 Antigua Guatemala	B: Vida L: Vida D: Volunteer
Jan 5 th Fri	<p>Clinic Day 1: Sacatepéquez AM Breakfast 8:00am-4:00pm Our first opportunity to help make this community a better place! Our first opportunity to help make this community a better place! Please remember to wear scrubs, nametags, and bring a pen.</p> <p>Evening: Free time to explore!</p>	Posada Los Búcaros Antigua Guatemala	B: Vida L: Vida D: Volunteer
Jan 6 th Sat	<p>Clinic Day 2: Sacatepéquez AM Breakfast 8:00am-4:00pm Volunteering may be one of the most valuable experiences of your life.</p> <p>Case Discussions During this session we will be able to discuss some of the more notable cases we have observed over the past few days</p> <p>Latin Dance Class Join us for an intro to Latin dance!</p>	Posada Los Búcaros Antigua Guatemala	B: Vida L: Vida D: Volunteer

Jan 7 th Sun	Travel Day AM Breakfast Canopy Santo Domingo Today we're going to fly between the trees on a zip line while catching some great views of the mountains of Guatemala. Afternoon: We head for the town of Ixtahuacán where our homestay families are eagerly waiting for us.	Homestay Ixtahuacán Emergency Contact Amy Garache +502 5535-4662 Sololá	B: Vida L: Vida D: Vida
Jan 8 th Mon	Clinic Day 3: Ixtahuacán, Sololá AM Breakfast 8:00-4:00pm Now that we have the protocols down, our work will be easier and even more enjoyable! Reflection Learning Time: Now that we have experienced on the ground, it's time to reflect in action and on action. What problems did you face? What plan did you put into action? Are you aware on the now?	Homestay Ixtahuacán Sololá	B: Vida L: Vida D: Vida
Jan 9 th Tue	Clinic Day 4: Ixtahuacán, Sololá 8:00am-4:00pm Volunteering may be one of the most valuable experiences of your life. Please remember to wear scrubs, nametags, and bring a pen. Case Discussions We'll have another opportunity to review important cases we have seen in clinics. Homestays Farewell Dinner A get together to say thank you and goodbye to our families.	Homestay Ixtahuacán Sololá	B: Vida L: Vida D: Vida
Jan 10 th Wed	Recreation & Travel Day AM Breakfast 9:00am We head to Panajachel , another colorful town alongside Lake Atitlán Afternoon: Free time to enjoy the place	Hotel Kakchiquel +502 7762-0634 Panajachel	B: Vida L: Volunteer D: Volunteer
Jan 11 th Thu	Clinic Day 5 - Sololá Breakfast. 8:00am-4:00pm: Let's do our best to impact this needy community. Evening: Everyone will be free to explore the city, enjoy one of the local cafés, check email, or do a little shopping.	Hotel Kakchiquel Panajachel	B: Vida L: Vida D: Volunteer
Jan 12 th Fri	Clinic Day 6 - Sololá Breakfast. 8:00am-4:00pm: Our last day to promote what we know is important while helping others! Be proud of your accomplishments and reflect upon your experiences. Case Discussions This will be our last opportunity to share our interesting cases with the rest of the team.	Hotel Kakchiquel Panajachel	B: Vida L: Vida D: Volunteer

<p>Jan 13th Sat</p>	<p>Recreational Day AM Breakfast Lake Atitlán Tour. Today we're going to check out a couple of the lake's picturesque towns. Our first stop will be San Juan La Laguna where Women Weavers will give us a brief explanation of the natural dyeing techniques. You can also purchase products made by them. In the afternoon, we will have a delicious lunch at a restaurant located on the shore of Lake Atitlán while enjoying the spectacular view. Evening Free time to catch up with friends and family or shop at the Santander Street!</p>	<p>Hotel Kakchiquel</p> <p>Panajachel</p>	<p>B: Vida L: Volunteer D: Volunteer</p>
<p>Jan 14th Sun</p>	<p>Travel Day AM Breakfast Afternoon we will travel back to Guatemala City. Evening Reflection Activity and Farewell Dinner Our time knowing ourselves has come to an end and it is time for new learning cycles through feelings, observing, thinking and doing. This is just the beginning! And we are going to have the chance to share the highlights of our experience and to hug our new friends' goodbye!</p>	<p>Hotel Hilton Garden Inn +502.2423.0909</p> <p>Guatemala City</p>	<p>B: Vida L: Volunteer D: Vida</p>
<p>Jan 15th Jan</p>	<p>Departure Day Our adventure together in Central America has come to an end. We hope you will stay in touch with the staff and volunteers with whom you worked and shared this experience over the last few days, and we hope you will fondly remember the beautiful sights, tastes, and sounds of the towns and cities you visited while here. Most importantly, we hope you will remember the people you've helped, their smiles, their handshakes, and their hugs. Our staff will be with you until you depart to make sure you arrive safely to the airport. Although you must leave Central America, may this experience stay with you forever.</p>	<p>Home</p>	<p>B: Vida L: Volunteer D: Volunteer</p>

Clinic Days



Homestays





Recreation Days





**And, of course,
the views**



QUESTIONS? JOIN US!

Email:

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brown.madelin@uwlax.edu

Facebook: UWL Vida Volunteer

MyOrgs: Vida Volunteer

Panajachel & Lake Atitlán, Guatemala
2018 Vida Trip

SIGN UP:

<https://vidavolunteer.formstack.com/forms/2018?trip+code=LCGT010319>