







Itinerary: CLCN052618 - Clemson University
Dates: May 26th 2018 to June 07th 2018
Programs: Public Health, Medicine, Dental & Veterinary.
Country: Costa Rica & Nicaragua
Locations: Liberia, Masaya & Granada.
Team Leader: Alejandra Ruiz CR+506.8558.9585 NIC +505.8678.0211



 Dates	 Activities	 Lodging	 Meals
May 26th Sat.	Arrival Day Welcome to Central America! Vida staff members will be waiting for you at the Juan Santamaria International Airport . Depending on your arrival time, we will exchange money, have lunch and then meet our new friends. General Orientation: We'll go over the itinerary, program guidelines and the code of conduct to ensure a safe enjoyable trip! 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! Welcome Dinner: We will savor local cuisine to celebrate our first night in Costa Rica .	Hotel Best Western Irazú +506.2290.9300 San José, Costa Rica.	B: Student L: Student D: Vida
May 27th Sun.	Orientation & Travel Day 8:00am – 3:00pm Orientation: Today we will review all the important information we need to serve our communities. The Medical and Dental Team will receive an overview of public health in Costa Rica, learn about healthy lifestyles and how to promote them during our family outreach visits. We will also review processes and goals, discuss common diseases and practice vital signs. The Veterinary Team will review clinic setup, patient exams, instruments, surgical procedures, sutures, injections, catheter placement, common diseases and conditions. Afternoon: We will travel to Liberia in Guanacaste, known previously for the booming cattle farm industry. Nowadays, a major center for the Costa Rican tourism. Evening: We'll have free time to relax.	Hotel Wilson Principal +506.2666.4222 Liberia, Costa Rica	B: Vida L: Vida D: Student
May 28th Mon.	Family Visit – Liberia 8:00am – 4:00pm: The Medical and Dental team will conduct Family Visits for a unique look into our country's culture while providing important information about healthy habits and personal hygiene. The Veterinary team will have their first opportunity to help make this community a better place! Please remember to wear scrubs, nametags, a surgical cap and bring a pen. Evening: Free night to enjoy	Hotel Wilson Principal Liberia, Costa Rica	B: Vida L: Vida D: Student

<p>May 29th Tue.</p>	<p>Family Visit – Liberia 8:00am – 4:00pm: The Medical and Dental team will continue with the Home Visits, helping more families from the community. The Veterinary team will have their second clinic day and now that we have the protocols down, our work will go even smoother and be even more enjoyable! Case Discussions: During this session we will be able to discuss some of the more notable cases we have observed over the last clinic days and family visits. Evening: Free time to relax!</p>	<p>Hotel Wilson Principal +506.2666.4222</p> <p>Liberia, Costa Rica</p>	<p>B: Vida L: Vida D: Student</p>
<p>May 30th Wed.</p>	<p>Recreation Day Morning Beach Day at Playa Hermosa: Today life is a beach! R & R has been prescribed so enjoy every moment. Evening: Free time to relax.</p>	<p>Hotel Wilson Principal</p> <p>Liberia, Costa Rica</p>	<p>B: Vida L: Student D: Student</p>
<p>May 31st Thu.</p>	<p>Travel Day Morning: We will travel to Nicaragua and we will travel to the colonial city of Granada, the oldest standing city in the Americas. Evening: Free time.</p>	<p>Hotel Paraíso Granada +505.2552.7857</p> <p>Granada, Nicaragua</p>	<p>B: Vida L: Student D: Student</p>
<p>Jun 01st Fri.</p>	<p>Orientation & Recreation Day 8:00am – 2:00pm Orientation: The Medical Team will review clinic setup, role of student, role of the interpreter, patient exams, clinical history and common diseases. The Dental Team will review clinic setup, role of student, basic oral health exam, manual cleaning procedures, extractions, pain management, instrument identification, as well as common diseases. The Veterinary Team will have the morning free to enjoy the city. Afternoon Masaya Volcano: We will travel up to the top of this beautiful volcano to enjoy the view of its crater Evening: Free time to relax.</p>	<p>Hotel Paraíso Granada</p> <p>Granada, Nicaragua .</p>	<p>B: Vida L: Vida D: Student</p>
<p>Jun 02nd Sat.</p>	<p>Clinic Day 3 – Masaya 8:00am – 4:00pm: Another great day to learn while giving! 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? Evening: Free time to enjoy this beautiful city.</p>	<p>Hotel Paraíso Granada</p> <p>Granada, Nicaragua .</p>	<p>B: Vida L: Vida D: Student</p>
<p>Jun 03rd Sun.</p>	<p>Clinic Day 4 – Masaya 8:00am – 4:00pm: Volunteering may be one of the most valuable experiences of your life so embrace this adventure. Case Discussions: We'll have another opportunity to present and converse important cases we have seen in clinic days. Evening: We will travel to Masaya, known as the Cradle of Nicaragua Folklore and we are going to have our Homestay Arrival: Our now internationally renowned families are eagerly awaiting our arrival. It's time to practice our Spanish!</p>	<p>Homestay Masaya Emergency Contact Allejandra Ruiz NIC +505.8678.0211</p> <p>Masaya, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
<p>Jun 04th Mon.</p>	<p>Recreation Day Morning: We're going to visit the Apoyo Lagoon, a beautiful crater lake where we can swim and enjoy the views of the surrounding dry tropical forests. Evening Latin Dance Class: Join us for an intro to Latin dance!</p>	<p>Homestay Masaya</p> <p>Masaya, Nicaragua</p>	<p>B: Vida L: Student D: Vida</p>

<p>Jun 05th Tue.</p>	<p>Clinic Day 5 – Masaya 8:00am – 4:00pm: Let's do our best to positively impact this needy community. Evening Homestays Farewell: An informal get together to say thank you and goodbye to our families.</p>	<p>Homestay Masaya Emergency Contact Alejandra Ruiz NIC +505.8678.0211 Masaya, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
<p>Jun 06th Wed.</p>	<p>Clinic Day 6 - Masaya 8:00am – 4:00pm: Today you just might find something you'd like to do for the rest of your life. Work hard and find out! The Vet Team will be working with large animals. We will support local farmers by providing basic services to their livestock. Don't forget your boots and gloves! Case Discussions: We'll have another opportunity to present and converse important cases we have seen in clinic days. 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 Barceló +505.2280.9810 Managua, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
<p>Jun 07th Thu.</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 have worked and shared this experience over the last few days, and we desire you will fondly remember the beautiful sights, tastes and sounds of the towns and cities you visited while here. Most importantly, we expect 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: Student D: Student</p>

Notes: Parents and loved ones: Please feel free to reach us outside regular office hours by calling 1-888-365-8432 Ext.5

Emergency Contact:

Alejandra Ruiz CR+506.8558.9585 NIC +505.8678.0211

This itinerary is subject to change anytime due to unforeseen circumstances. Volunteers are asked to be punctual for all activities and meals. We will have lunch at the clinics typically from 12:00pm to 1:00pm. During clinic time, curfew is set at 12:00am, unless otherwise stated by staff. Please remember that volunteers are not allowed to drink the nights before clinics or in homestays. When apart from the group, we ask that volunteers please travel in groups of 3 or more and leave valuables at hotel/home stay. Meals: B=Breakfast, L: Lunch, D= Dinner, Volunteer means that the meal is not included & you pay for your meal separately. "Sharing beds might be required"