



# Vida Volunteer Travel Info Session December 2020



# AGENDA

1. Vida Background
2. Leadership Opportunities
3. Changes Due to COVID
4. Overview of Teams and Clinical Work
5. Overview of Homestays and “Adventure Days”
6. 2021 Guatemala Trip Specifics
  - Dates
  - Price Information
  - **Promotional Discount Codes**
7. Itinerary Examples
8. Packing Specifics
9. Questions?



Volunteers for  
Intercultural and  
Definitive  
Adventure

# About Vida



- Official 501c3 non-profit humanitarian organization
  - Main offices are located in Central America
- Provides free medical, dental and veterinary services
- Provides volunteers with unique hands-on learning opportunities under close supervision of bilingual licensed professionals (physicians, dentists, veterinarians).

# Vida's Mission

- Vida's mission is for students to “live with purpose, learn through service”
- Vida's mission statement: 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.
- Vida was just ranked a top nonprofit organization for a fourth consecutive year! Read more about this on Great Nonprofits:  
<https://greatnonprofits.org/org/vida-volunteer>



# Welcome to the Vida Clemson Chapter!



# Leadership Positions Available!

- Current Exec Board is graduating, so looking for new one!
- President position available, and typically there are four more additional individuals on board, one representing medical, one for veterinary, and one for dental
- No previous leadership experience required!
- Only requirement is that you participate in one Vida trip before joining!
  - So you are experienced with the trip and can be able to explain your experience to other future students that may be interested!

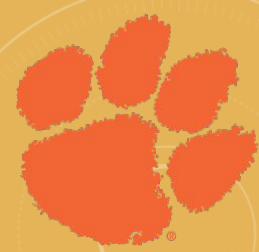
# Changes Due to COVID

- All teams (med, vet, dental) will wear PPE such as masks, face shields, gloves
- Vitals and questions about covid symptoms will be asked before patients are seen
- Social distancing practices will be in place, we will limit the number of students per hotel room.
  - For example, room will have just two students per room or three at most.

**COPY OF ALL CHANGES CAN BE FOUND HERE:**

<https://www.vidavolunteer.org/wp-content/uploads/2018/08/Protocol-and-Guidelines-for-Vida-Trips-Operations-COVID-19-.pdf>





# CONTACT US AND STAY UPDATED!

[clemson@vidavolunteertravel.org](mailto:clemson@vidavolunteertravel.org)

<http://clemsonvida.weebly.com>



# Vida and Clemson

- Exec works closely with Vida representatives in Central America to plan a trip
  - Med team, Vet team, Dental team
- Clemson students travel to Central America
- Vida team leaders will pick us up from the airport and stay with us for the duration of the trip
  - Vida provides all transportation except for flights
- Team leaders act as our guides and supervisors
- For clinical days, we work in local churches or schools
  - Doctors/Vets/Dentists that are hired by Vida

# Vida and Clemson

- We are open to ANY major!
- We are open to ANY pre-health profession!
  - Medical school
  - Dental school
  - Veterinary school
  - PT/OT
  - Nursing
  - PA



# Vida Trip Summer 2016, Featuring Trip Leaders!



# Medical Program



VIDA Medical trips will offer you a unique hands-on experience including:

- Medical Orientation
- Patient Interviews
- Taking Vitals
- Case Studies
- Performing basic physical exams and assessments
- Assist in blood sugar testing, quick dip urinalysis etc.



# Medical Program



- Present diagnosis
  - The formal diagnosis and prescription are the full responsibility of the licensed bilingual physician





# Dental Program



Perform public health screenings and community education discussions to help promote public awareness when appropriate via interpreters.



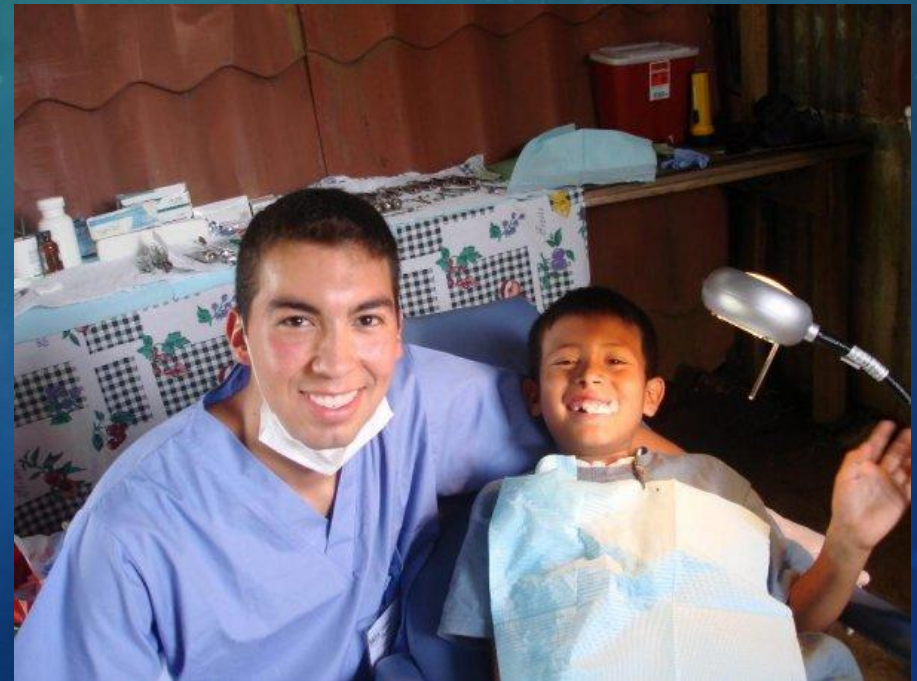


# Dental Program



With our dental program, you get an interactive shadowing experience helping patients as you learn basic dental techniques. You also have a great responsibility helping to educate and motivate patients toward better health while actively participating in the on-site clinic administration.

- Pre-clinic Preparation
- Clinic Set-Up
- Patient Intake and Statistics
- Clinic Informational Background
- Oral Disease and Treatment
- Prevention



# Veterinary Program



VIDA veterinary trips will offer you a unique hands-on experience in primarily canine and feline clinics, but also includes one full day of large animal experience:

- Physical Exams
- Taking Vitals
- Administer and directly assist with:
  - Spay, neuter, etc
- Monitor recovery





# Homestays



- VIDA tries to incorporate homestays with local families for several days as it really shows a unique look into the culture and lifestyle!
- Families are pre screened by VIDA staff members and they have all received VIDA volunteers in the past.
- During homestays, volunteers have a separate room & stay in groups of two or three.
- You'll get to experience real local food
- They love to host students!

# Non Clinical Activities



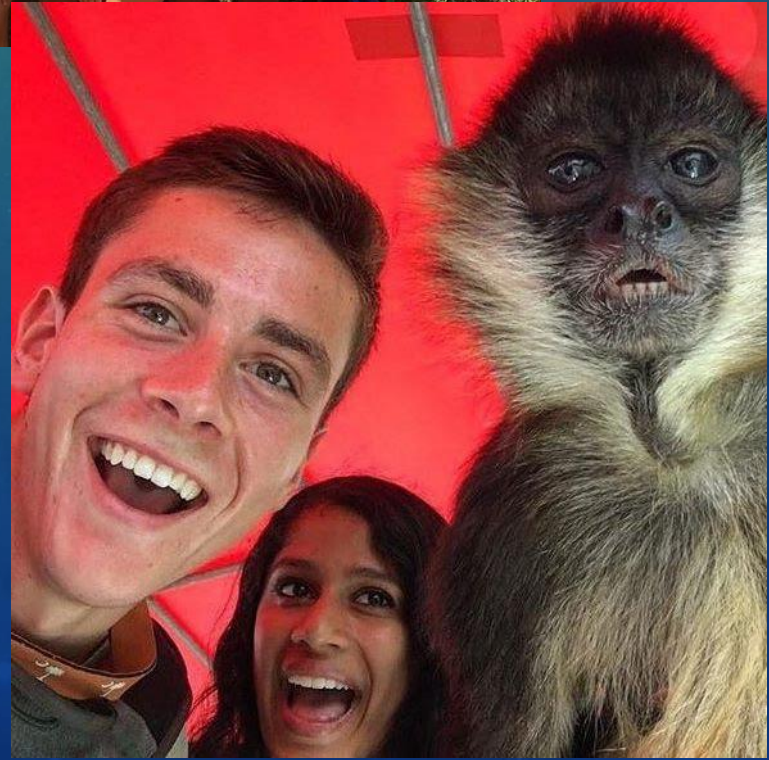
VIDA programs have recreational/adventure days for every trip!

These are a few examples of the exciting options they may include:

- White Water Rafting
- Beach Days
- Volcano Hikes
- Horseback Riding
- National Parks
- Canopy /Ziplining Tours







# GUATEMALA

## MAY 18-30, 2021

Trip Code: **OTGT051821**

Total trip fee: \$1950

Sign up at:

<https://www.vidavolunteer.org/events/medical-dental-and-veterinary-trip-to-guatemala-otgt051821/>

Note: International  
Travel/Health Insurance is  
NOT required





# GUATEMALA

## 2021 Trip Timeline

Trip Code	Start Date	End Date	Flight Confirmation	Manuals	Itinerary	Application Deadline	Deposit payment	Final balance payment
<a href="#">OTGT051821</a>	May 18th, 2021	May 30th, 2021	Feb 24th, 2021	Mar 4th, 2021	Apr 3rd, 2021	Jan 18th, 2021	Feb 17th, 2021	Mar 19th, 2021

Clemson University will be partnering with Texas A&M University, College Station for this trip

Note: International Travel/Health Insurance is NOT required



## Medical Information

Please note that Vida requires all participants to have international travel and health insurance. We highly recommend purchasing your policy from [World Nomads](#). They have affordable emergency medical and travel insurance coverage available for specific periods of time. Purchasing your policy through that link will help launch Vida's Financial Aid Program!

**Travel Insurance Provider**

**Policy Number**

**Dietary Restrictions**

**Allergies (Food/Medication)**

**If you wish to list any medical conditions, please do so below**

Note: International  
Travel/Health Insurance is  
NOT required

# Included in Cost:



- Airport PICKUP and drop off
- All transportation between sites
- Accommodations with host families and/or hotels.
- 2 meals per day during clinic days and 1 per day on non-clinic days
- Full day of in country orientation and Medical/Dental/Veterinary Manual
- 24 hour staff assistance
- Medicines, equipment, supplies, and professionals needed to complete successful clinics
- Evening group activities
- Some recreational activities
- Border and customs fees
- Statement of volunteer service hours
- Post adventure follow-up

# Not Included in Costs



- Airfare
- Clemson Study Abroad Insurance
- Some meals
- Personal spending money
- Immunizations (if you choose to get them)

Please note that this trip is NOT for academic credit at Clemson University.

# Airfare



- Trip will be confirmed in early March
  - Only after this date can we start looking at flights
- Everyone is required to submit their flight itinerary to Vida once you have it
- Stay tuned for more information about flights coming soon!

The background features a green-to-blue gradient with faint circular patterns and a scale. The scale is a semi-circular arc with tick marks and numbers ranging from 150 to 260. The text is centered and reads: 

Don't forget you need a  
passport!!!

If you have a passport, please  
make sure it is up to date  
through May 2021.

# Suggested Money Supply

- Not all of our meals are provided by Vida
  - Occasionally we will go out to dinner
  - Plan for about \$10 per meal
  - **Plan for more than \$10 per meal if you plan to order alcohol**
- Bring money for souvenirs!
- Bring money for extracurriculars you elect to do in the city
  - Most are included in trip cost
- Most students bring about \$200-\$300 of spending money

# Immunizations



- Make sure you are up to date on all routine vaccinations
  - It is suggested that vet team gets a rabies vaccine
- CDC recommendations for most travelers:
  - Hepatitis A
  - Typhoid
- CDC links:
  - <https://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>
- Note: none of these vaccinations are required by Vida



# Fundraising Options - Individual



- 1. Request Funds

- You are welcome to use Vida's fundraising templates-family and friends certainly want to support you and your cause!
  - these templates can be used to write letters to help request funds
- Templates: [Fundraising Templates found on FAQ page under question 9](#)

# Fundraising Options - Individual



- In order to take advantage of Vida's tax-deductible status and ensuring that all donors/sponsors receive an official letter from us that they can use for IRS, they can:
  - **2. Send a check:** all checks should be written out to "Vida". Please send checks with the printed **Check Payment & Donation form** to the address below:

Vida

2612 South Arlington Mill Drive, Unit C  
Arlington, Virginia 22206

\* all checks must be mailed at least 70 days before trip begins. All checks must be drawn from a U.S. bank account

# Fundraising Options - Individual



- **3. Make an online payment:** to make an online payment, donors/sponsors will have to go to our [Make a payment page](#) , select credit card from “payment types” and they’ll need to select “sponsorship”. This form will include a section where the sponsor can write his/her info and the student’s details

# Fundraising Options - Team Effort





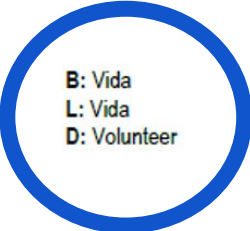
If there is enough demand, we can  
organize fundraisers with  
restaurants:

- Panda Express
- Chipotle
- Ihop
- McAlister's Deli



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What would a “regular  
day” look like?

 <b>Dates</b>	 <b>Activities</b>	 <b>Lodging</b>	 <b>Meals</b>
<b>May 13<sup>th</sup></b> <b>Sat.</b>	<b>Arrival Day</b> Welcome to Central America! Vida staff members will be waiting for you at the <b>Juan Santamaria International Airport</b> . Depending on your arrival time, we will exchange money, have lunch and then meet our new friends. <b>General Orientation</b> We'll go over the itinerary, program guidelines and the code of conduct to ensure a safe enjoyable trip! <b>Welcome Dinner</b> We will savor local cuisine to celebrate our first night in <b>Costa Rica</b> .	Hotel Park Inn +505.2521.5843  San José, Costa Rica	<b>B:</b> Volunteer <b>L:</b> Volunteer <b>D:</b> Vida
<b>May 14<sup>th</sup></b> <b>Sun.</b>	<b>Orientation &amp; Travel Day</b> <b>8:00am-3:00pm Orientation</b> Today we will review all the important information we need to serve our communities. <b>The Medical Team and Dental Team</b> 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 the community workshop processes and goals, discuss common diseases and practice vital signs. <b>The Veterinary Team</b> will review clinic setup, patient exams, instruments, surgical procedures, sutures, injections, catheter placement, common diseases and conditions. The staff will advise us of morning and lunch breaks. <b>Afternoon</b> We will travel to the town of Liberia in Guanacaste, known previously for the booming cattle farm industry. Nowadays, a major center for the Costa Rican tourism. <b>Evening</b> Free night!	Hotel Wilson Marceva +506.2665.6037  Liberia, Costa Rica	 <b>B:</b> Vida <b>L:</b> Vida <b>D:</b> Volunteer
<b>May 15<sup>th</sup></b> <b>Mon.</b>	<b>Clinic Day 1 – Home Visits Liberia</b> <b>8:00am-4:00pm</b> <b>The Medical and Dental Teams</b> will conduct Family Visits for a unique look into our country's culture while providing important information about healthy habits and personal hygiene. <b>The Veterinary Team</b> will have their first clinic day. Please remember to wear scrubs, nametags, a surgical cap and bring a pen. <b>Evening</b> Free time to enjoy!	Hotel Wilson Marceva  Liberia, Costa Rica	<b>B:</b> Vida <b>L:</b> Vida <b>D:</b> Volunteer
<b>May 16<sup>th</sup></b> <b>Tue.</b>	<b>Clinic Day 2 – Workshops, Liberia</b> <b>Morning</b> Vida physicians will facilitate a first aid workshop. <b>The Veterinary Team</b> Will continue with their clinic. <b>Afternoon</b> We will be holding a Community Workshop in which we will be working with community members to identify and create awareness about health concerns that we have observed during family visits. <b>Evening</b> Free night.	Hotel Wilson Marceva  Liberia, Costa Rica	<b>B:</b> Vida <b>L:</b> Vida <b>D:</b> Volunteer
<b>May 17<sup>th</sup></b> <b>Wed.</b>	<b>Recreation Day</b> <b>Morning</b> Beach Day at Playa Hermosa Today life is a beach! R & R has been prescribed so enjoy every moment. <b>Evening</b> Free time to relax!	Hotel Wilson Marceva  Liberia, Costa Rica	<b>B:</b> Vida <b>L:</b> Volunteer <b>D:</b> Volunteer

<b>May 18<sup>th</sup> Thu.</b>	<p><b>Travel Day</b>  <b>Morning</b> We head to Masaya, Nicaragua known as the Cradle of Nicaragua Folklore.  <b>Afternoon</b> Traveling  <b>Evening</b> Arrive to Homestays Our now internationally renowned families will be eagerly awaiting our arrival. It's time to practice our Spanish!</p>	<p>Homestay  Emergency Contact  Pablo Bonilla  +505.8696.9075  Masaya, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Volunteer  <b>D:</b> Vida</p>
<b>May 19<sup>th</sup> Fri.</b>	<p><b>Orientation &amp; Recreation Day</b>  <b>Morning</b> The <b>Medical Team</b> will review clinic setup, role of volunteer, role of the interpreter, patient exams, clinical history and common diseases.  <b>The Dental Team</b> will review clinic setup, role of volunteer, basic oral health exam, manual cleaning procedures, extractions, pain management, instrument identification, as well as common diseases.  <b>The Veterinary Team</b> will have the morning free to explore this beautiful town.  <b>Afternoon</b> We will visit <b>San Juan de Oriente</b>, a community of Nicaraguan craftsmen. Some of us will have the opportunity to experience making pottery Nicaraguan style in one of the local workshops.  <b>Evening</b> Free night!</p>	<p>Homestay  Masaya, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Vida  <b>D:</b> Vida</p>
<b>May 20<sup>th</sup> Sat.</b>	<p><b>Clinic Day 3 – Granada</b>  <b>8:00am-4:00pm</b> Now that we have the protocols down, our work will go even smoother and be even more enjoyable!  <b>Evening</b> Free time.</p>	<p>Homestay  Masaya, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Vida  <b>D:</b> Vida</p>
<b>May 21<sup>st</sup> Sun.</b>	<p><b>Clinic Day 4 - Granada</b>  <b>8:00am-4:00pm</b> Let's do our best to make a positive impact in this needy community.  <b>Large Animal Day</b> We will have another opportunity to support local farmers by providing basic services to their livestock. Don't forget your boots and gloves!  <b>Case Discussions</b> We'll have the opportunity to present and converse important cases we have seen in clinic days.  <b>Evening</b> Free night to enjoy!</p>	<p>Homestay  Masaya, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Vida  <b>D:</b> Vida</p>
<b>May 22<sup>nd</sup> Mon.</b>	<p><b>Recreation Day</b>  <b>Morning</b> We're going to visit the <b>Apoyo Lagoon</b>, a beautiful crater lake where we can swim and enjoy the views of the surrounding dry tropical forests.  <b>Afternoon</b> We will travel to the colonial city of <b>Granada</b>, the oldest standing city in the Americas.  <b>Evening</b> Free time to enjoy this beautiful town.</p>	<p>Hotel Estación  +505.2552.1687  Granada, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Volunteer  <b>D:</b> Volunteer</p>
<b>May 23<sup>rd</sup> Tue.</b>	<p><b>Clinic Day 5 - Masaya</b>  <b>8:00am-4:00pm</b> Today you just might find something you'd like to do for the rest of your life. Work hard and find out!  <b>Evening</b> Free.</p>	<p>Hotel Estación  Granada, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Vida  <b>D:</b> Volunteer</p>
<b>May 24<sup>th</sup> Wed.</b>	<p><b>Clinic Day 6 – Masaya</b>  <b>8:00am-4:00pm</b> Be the change that you want to see in the world!  <b>Afternoon</b> We're headed to our hotel in the city of Managua  <b>Evening</b> Farewell Dinner A chance to share the highlights of our experience and to hug our new friends' good bye!</p>	<p>Hotel HEX  Managua, Nicaragua</p>	<p><b>B:</b> Vida  <b>L:</b> Vida  <b>D:</b> Vida</p>
<b>May 25<sup>th</sup> Thu.</b>	<p><b>Departure Day</b>  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 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. Remember to take \$45 with you to cover departure fees.</p>	<p>Home</p>	<p><b>B:</b> Vida  <b>L:</b> Volunteer  <b>D:</b> Volunteer</p>

Soak in  
Deet  
insect  
repellent

# Suggested Packing List

Note: We  
will NOT be  
doing  
laundry!

Important items to pack	You may want to consider bringing
Scrub tops and pants (1 per clinic day)	Camera with extra batteries or battery charger
Tennis shoes/closed toed shoes for clinics (2 pairs)	Aloe Vera (for sunburn relief)
1 towel & washcloth	Hat and sunglasses, flip-flops and water shoes for shower/beach
Personal Canteen Water Bottle	Shorts/ lightweight pants/skirts and shirts
Wristwatch that counts seconds	1 lightweight jacket/sweater (Depending on sites visited. We recommend checking local weather reports before your trip).
Day pack/Backpack	Swimming suit
Sunscreen and bug repellent	Prescription glasses (may be difficult to wear only contact lenses throughout trip)
Rain poncho and/or umbrella	Antibacterial hand gel
Flashlight and batteries	Journal and pens
Personal products (shampoo, conditioner, soap, razors)	Spanish phrase book or dictionary
Dental volunteers should bring eye protective wear	Garbage bag for dirty scrubs/clothes
Dental and Veterinary volunteers are required to bring scrub hats/skull caps or bandanas to keep their hair back, as well as headlamps	Sheets and travel pillow
Stethoscope (Medical and Veterinary) and Blood Pressure Cuff (Medical)	A generous supply of over-the-counter or prescription medicine you are currently taking.
Rubber boots and work gloves for working with large animals (Veterinary Program)	Battery operated alarm clock
Minimum of \$200-400 US dollars depending on the length of your trip for meals and souvenirs	TSA approved luggage locks (VIDA is not responsible for lost, misplaced nor stolen items)



# What Should I Pack?

- Filtering Water Bottle
  - Can't drink the water
- Vitamins
- Snacks
  - Granola bars
  - Crackers
- Travel Size Febreze
- Portable Fan (with batteries)
- Flushable Sanitary Wipes
- Hand Sanitizer
- Pocket Knife
- Luggage Lock
- Shower Shoes
- Homestay Gift



# What Should I Pack?



- Antibiotics
  - Cephalexin, amoxicillin, ciprofloxacin, metronidazole, diflucan
- Imodium
- Laxatives
- Benadryl/Loratadine
- Cough drops
- Prescription drugs
  - Birth control, etc
- Epi pens
- Band-aids and Neosporin
- Painkillers
- Fever relievers



# Suggested Donations



Medical	Dental	Veterinary
Exam & Sterile Gloves (not expired)	Toothbrushes	Exam & Sterile Gloves (not expired)
★ Stethoscopes	Toothpastes	Collars & Leashes
Blood pressure cuffs ★	Dental floss	Heating Pads
Digital thermometers	Gauze	Headlamps & Electric Razors

Vida also accepts:

- Clothing donations
  - Old Clemson t-shirts
  - Socks
  - Packaged underwear
- Toy donations
  - Stickers
  - Coloring books and crayons
- Please do not bring candy to give to the children

★ Blood pressure cuffs and stethoscopes are required for members of the med team; they are not donated, they are to be used by Clemson volunteers

# What's in it for you?

- Build your resume!
  - Speak about your experiences in interviews
- Experience in the field
- Travel and Experience a new culture!

# Does Vida actually help my future? Yes!

We took the time to go through the pictures of the past few groups and record some of the schools/programs/jobs that our former students are now attending!

- MUSC
- USC School of Medicine
- Mississippi State University  
College of Veterinary Medicine
- University of Pennsylvania  
School of Veterinary Medicine
- University of Georgia College of  
Veterinary Medicine
- Florida College of Veterinary  
Medicine
- Many other of our former students are preparing to apply, currently interviewing, and working to get hours to get into their school of choice!
- Teach for America
- Registered Nurses



# Questions?

