



Vida Volunteer Travel Info Session



AGENDA

1. Vida Background
2. Clemson's Chapter
 - Introduce Exec
3. Overview of Teams and Clinical Work
4. Overview of Homestays and "Adventure Days"
5. 2020 Guatemala Trip Specifics
 - Dates
 - Price Information
6. Itinerary Examples
7. Packing Specifics
8. 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!



Vida Exec Board:

Claudia Li

Elliott Lyles

Emily Jordan



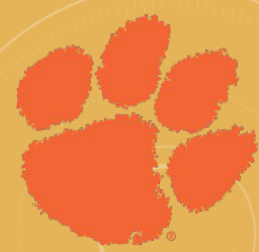
Vida Exec Board:

Sydney Burke



Caitlin Matthews





CONTACT US AND STAY UPDATED!

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.

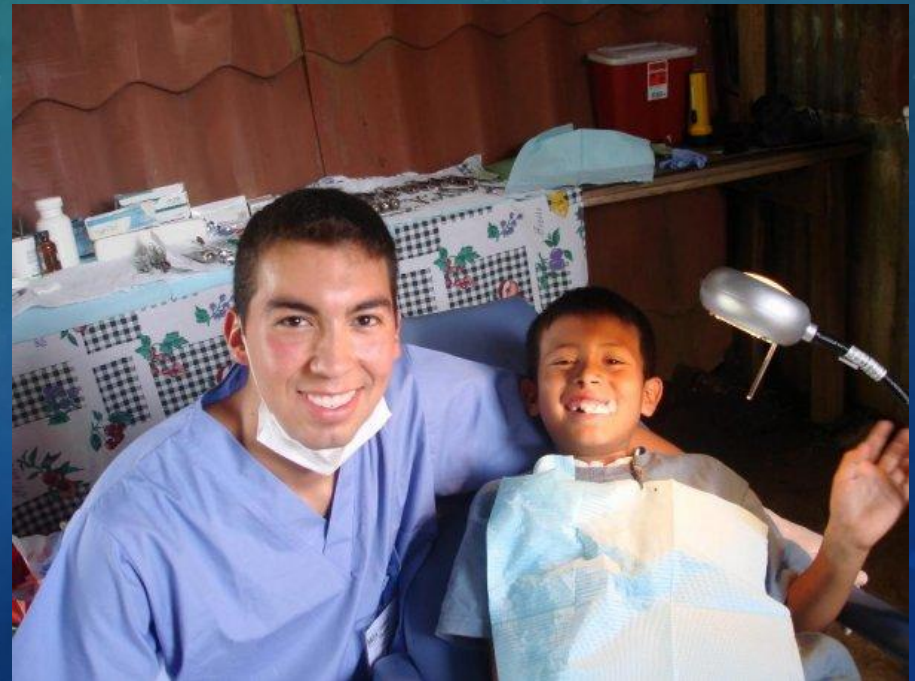


Dental Program



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



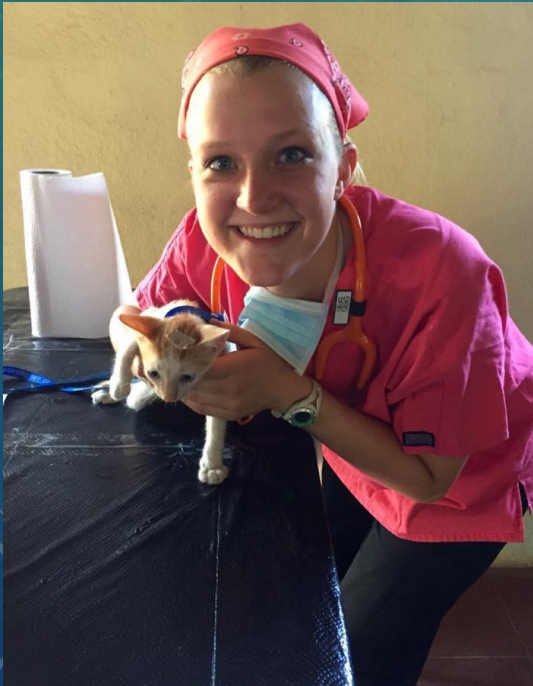
Veterinary Program



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



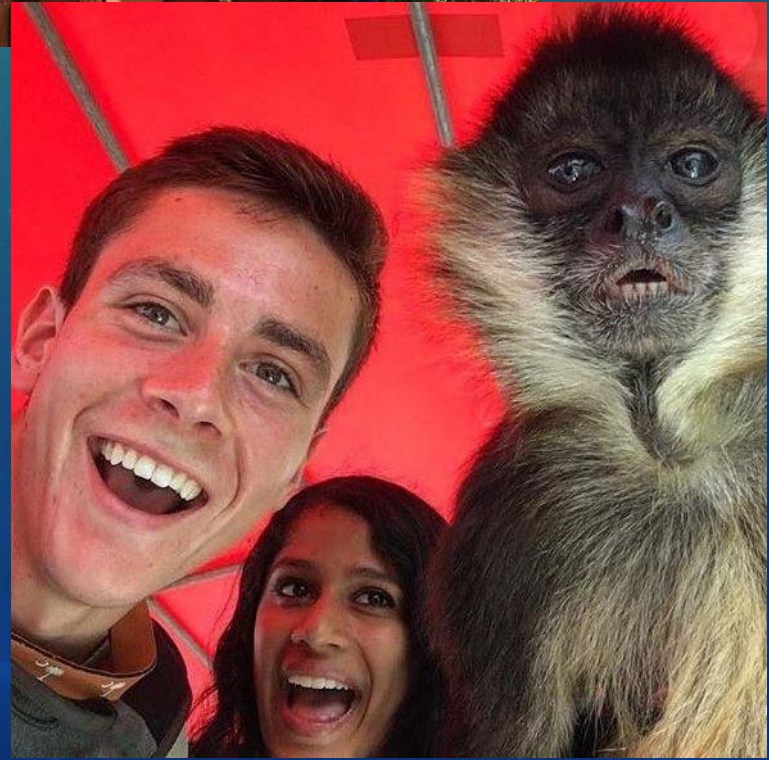
VIDA programs have recreational/adventure days for every trip!

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 16th -- 28th, 2020

Trip Code: **CLGT051620**

Total trip fee: \$1950

Link to register: <https://www.vidavolunteer.org/join-the-experience/>

Note: International
Travel/Health Insurance is
NOT required

How to Register:



JOIN THE EXPERIENCE!



CLGT051620

GET INFO

Looking for

Where do you want to travel?

What are you interested in?

Keyword

Select a country

Select a service

GET INFO

2019

2020

2021

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DE

SEPTEMBER, 2019

No Trips

zendesk chat



Chat with
Vida!

How to Register:



MEDICAL, DENTAL AND VETERINARY TRIP TO GUATEMALA

📍 Guatemala 🕒 13 days 📅 May 16th, 2020 - May 28th, 2020

☰ EVENT DETAILS

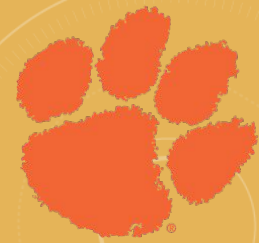
Location: Guatemala

Arrival date: 05/16/2020

Arrival airport: Guatemala City, Guatemala (GUA)

Departure airport: Guatemala City, Guatemala (GUA)

Available Fields: Medical, Dental, Veterinary



Trip Code*

CLGT051620

Special Code

[Apply Discount](#)

If available, enter your special code and click on "Apply Discount"

Student Application

We encourage students to make sure the dates of the trip you have chosen do not conflict with any prior engagements before signing up. Click [Here](#) to review our [Cancellation policy](#).

Please fill out the application below. All fields marked with an * are required. Upon submitting your application, you will receive an e-mail from our Student Engagement department no more than 48 hours later.

Program*

Role*

Have you been a Vida Volunteer before?*

Contact Information

Name*

Preferred Name*

First Name

Last Name



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



Front Image



Gradient
Screen Print - 10" wide, 3" below collar



Back Image



Blank



7/29

First 10 people to register will receive a free comfort colors tank top!

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 gradient from green at the top to blue at the bottom. It is decorated with faint, semi-transparent circular patterns, including concentric circles and dashed lines with arrows. A scale with numerical markings (150, 160, 170, 180, 190, 210, 220, 230, 240, 250, 260) is visible on the left side.

Don't forget you need a
passport!!!

If you have a passport, please
make sure it is up to date
through May 2020.

Clemson Study Abroad Information



- You have to tell Clemson you are volunteering abroad!
- You must go to the link below and register for a “non-credit” travel opportunity
 - Link:
<http://www.clemson.edu/studyabroad/other-travel.html>
 - More directions are on the website
- Clemson also requires us to purchase Study Abroad Insurance
 - Cost is \$38.80
 - Link:
<http://www.clemson.edu/studyabroad/insurance.html>
 - Scroll to the bottom of this page and click on the PDF directions at the bottom

Suggested Money Supply

- Not all of our meals are provided by Vida
 - Airport days
 - 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
 - Example: ziplining
- 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 recommendations for Zika virus
 - Insect repellent → Deet
- CDC links:
 - <https://wwwnc.cdc.gov/travel/destinations/traveler/none/guatemala>
- Note: none of these vaccinations are required by Vida

Payment Schedule

(tentative)



- **Deadline to commit to trip: January 16th, 2020**
 - Submit \$200 Application Fee
- **First Deposit: Due Sunday, Feb 15th, 2020**
 - \$500 Deposit
 - Included in total trip cost
- **Final Payment: Due Tuesday, March 17th, 2020**
 - \$1250
 - Included in total trip cost
- **You can also pay the \$1950 total all at once if you prefer**

Payment Schedule



- Concerns with the timeline?
- Email our Vida representative, Eduardo Castillo, to create a personalized payment plan!
 - Email: eduardo@vidavolunteertravel.org

The background is a solid pink color. It features several faint, light-colored circular patterns. On the left side, there is a large circular scale with tick marks and numbers ranging from 150 to 260. Other circular patterns include dashed lines with arrows indicating clockwise or counter-clockwise rotation, and solid lines forming partial circles or arcs.

What would a “regular
day” look like?



Dates



Activities



Lodging



Meals

May 13th
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!
Welcome Dinner We will savor local cuisine to celebrate our first night in **Costa Rica**.

Hotel Park Inn
+505.2521.5843

B: Volunteer
L: Volunteer
D: Vida

May 14th
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 Team 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 the community workshop 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. The staff will advise us of morning and lunch breaks.
Afternoon 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.
Evening Free night!

San José, Costa Rica
Hotel Wilson Marceva
+506.2665.6037

B: Vida
L: Vida
D: Volunteer

May 15th
Mon.

Clinic Day 1 – Home Visits Liberia
8:00am-4:00pm **The Medical and Dental Teams** 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 clinic day. Please remember to wear scrubs, nametags, a surgical cap and bring a pen.
Evening Free time to enjoy!

Liberia, Costa Rica
Hotel Wilson Marceva

B: Vida
L: Vida
D: Volunteer

May 16th
Tue.

Clinic Day 2 – Workshops, Liberia
Morning Vida physicians will facilitate a first aid workshop. **The Veterinary Team** Will continue with their clinic.
Afternoon 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.
Evening Free night.

Liberia, Costa Rica
Hotel Wilson Marceva

B: Vida
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D: Volunteer

May 17th
Wed.

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!

Liberia, Costa Rica
Hotel Wilson Marceva

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D: Volunteer

May 18th Thu.	<p>Travel Day Morning We head to Masaya, Nicaragua known as the Cradle of Nicaragua Folklore. Afternoon Traveling Evening 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: Vida L: Volunteer D: Vida</p>
May 19th Fri.	<p>Orientation & Recreation Day Morning The Medical Team will review clinic setup, role of volunteer, role of the interpreter, patient exams, clinical history and common diseases. The Dental Team will review clinic setup, role of volunteer, 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 explore this beautiful town. Afternoon We will visit San Juan de Oriente, a community of Nicaraguan craftsmen. Some of us will have the opportunity to experience making pottery Nicaraguan style in one of the local workshops. Evening Free night!</p>	<p>Homestay Masaya, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
May 20th Sat.	<p>Clinic Day 3 – Granada 8:00am-4:00pm Now that we have the protocols down, our work will go even smoother and be even more enjoyable! Evening Free time.</p>	<p>Homestay Masaya, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
May 21st Sun.	<p>Clinic Day 4 - Granada 8:00am-4:00pm Let's do our best to make a positive impact in this needy community. Large Animal Day We will have another opportunity to support local farmers by providing basic services to their livestock. Don't forget your boots and gloves! Case Discussions We'll have the opportunity to present and converse important cases we have seen in clinic days. Evening Free night to enjoy!</p>	<p>Homestay Masaya, Nicaragua</p>	<p>B: Vida L: Vida D: Vida</p>
May 22nd Mon.	<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. Afternoon We will travel to the colonial city of Granada, the oldest standing city in the Americas. Evening Free time to enjoy this beautiful town.</p>	<p>Hotel Estación +505.2552.1687 Granada, Nicaragua</p>	<p>B: Vida L: Volunteer D: Volunteer</p>
May 23rd Tue.	<p>Clinic Day 5 - 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! Evening Free.</p>	<p>Hotel Estación Granada, Nicaragua</p>	<p>B: Vida L: Vida D: Volunteer</p>
May 24th Wed.	<p>Clinic Day 6 – Masaya 8:00am-4:00pm Be the change that you want to see in the world! Afternoon We're headed to our hotel in the city of Managua Evening 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: Vida L: Vida D: Vida</p>
May 25th Thu.	<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 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: Vida L: Volunteer D: 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!
- Looking for new exec members!

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?

