

KIRKWOOD STUDY ABROAD

BELIZE NURSING AND SERVICE LEARNING



March 15-25, 2019
(Spring Break)

3 Credits

The Course: GLS-120 Education Experience Abroad

This Spring semester course is intended for Nursing and Pre-Nursing students. You will volunteer at local clinics and hospitals in Belize. This program is offered through Kaya Responsible Travel (www.kayavolunteer.com). Pre-departure meetings will help prepare you for this service-learning program abroad. While abroad, you will keep a daily journal to utilize for the final portfolio presented in the post-experience meeting.

The Country:

Belize is an English-speaking nation located south of Mexico in Central America. The country is bordered by Guatemala to the west and the Caribbean Sea to the east. Belize is home to one of the world's most mysterious civilizations – the ancient Maya. The Cayo District and Toledo's Deep South in particular are peppered with archaeological sites that date to the Maya heyday (AD 250–1000), where enormous steps lead to the tops of tall stone temples, often yielding 360-degree jungle views.

Your home base will be in the town of San Ignacio. It is located two hours from Belize City, along the Western Highway and is known locally as Cayo. The town and the surrounding communities contain a diverse mix of Creole, Mayan and Mestizo populations. San Ignacio is an attractive market town set among pleasant tropical hills. The friendly people of San Ignacio enable rich cultural exchange. The service work will take place in clinics in the rural communities close to San Ignacio. Nursing and Pre-nursing students have the opportunity to learn about health care in another country as well as provide nursing services at clinics and hospitals in the area.

The Experience Highlights:

- ◆ Spend spring break learning about health care and providing service hands-on in clinics near San Ignacio and Western Regional Hospital
- ◆ Guided excursions to ancient ruins of Xunantunich and Actun Tunichil Muknal Mayan site
- ◆ Learn about medicinal herbs and traditional medicine still used today
- ◆ Try traditional Belizean food and learn more about Kriol, Maya, Garinagu, Mestizo and Mennonite culture
- ◆ Gain practical experience and build your resume
- ◆ Make lifelong personal and professional connections with Belizean and U.S. friends
- ◆ Project work on local sustainable farm

Estimated Program Fee: \$3,950
\$1,000 Global Advantage
Scholarship Available

Includes:

Airfare
Lodging at Nefrey's Retreat
Volunteer Guest House
Most Meals
Health Insurance
Cultural Excursions
Most In-Country Transit

Does not include:

Tuition: 3 credits, Spring 2019
Passport Fee
Personal Expenses

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www.kirkwood.edu/studyabroad

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The Project:

Our project work will focus nursing placements in local clinics and hospital in San Ignacio. You will shadow local doctors and nursing staff, getting involved in general tasks as needed. A few tasks you can assist with include taking blood pressures and heart rates, measuring weight and height and other administrative tasks. The local staff will provide insight into health care in Belize and you will have an opportunity to understand more about the public and private health care systems and access to these for local communities.

Tentative Itinerary: March 15–25, 2019

- Friday, March 15:** Depart Cedar Rapids, Arrive in Belize City, afternoon in Old Belize (Cultural Center and beach on Caribbean Coast) drive to Cayo District, stay in guesthouse in San Ignacio
- Saturday, March 16:** **Program Orientation and Excursion:** Start day with a general orientation to the country and the program. Learn more about the people of Belize, meet the local leaders and learn more about role for the next week. In the afternoon visit the ancient ruins of Xunantunich, the most dramatic of the local Mayan temples with guided expert, learn about the about the history of the city and also try to spot some of the local howler monkeys, dinner at guesthouse
- Sunday, March 17:** **Orientation and Placement visits:** at the local clinics and hospitals, dinner at guesthouse
- Monday, March 18–
Friday, March 22:** **Volunteer Work:** Volunteer at local clinics and local hospitals, work with local experts in small groups, visit Western Regional Hospital in Belmopan, meals provided at guesthouse or on site
- Saturday, March 23:** **Project Work at Barzakh Falah Farm:** Work on a small farm, cultivating sustainable organic food for a home that supports abused and abandoned children. The project uses traditional planting and irrigation methods to grow quality produce. Crops include cassava, corn, grapes, lemon grass, pine nuts and herbs. In addition to growing organic crops, the farm also has animals such as ducks, sheep, goats and chickens, stay at guesthouse
- Sunday, March 24:** **Actun Tunichil Muknal (ATM) Caves:** With an expert guide, explore a network of underground caves and trek through the jungle to experience the Mayan underworld, see ancient remnants of Mayan ceremonies held thousands of years ago, stay at guesthouse
- Monday, March 25 :** Breakfast at guesthouse, drive to airport, depart for the USA

Program Contact:

Trisha Swartzendruber Faculty, Nursing
319-398-5899 x4992
trisha.swartzendruber@kirkwood.edu
Linn Hall room 2172M

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