

CHILDREN WITHOUT BORDERS

Medical Student Visits To Health Clinic in Costa Rica

Goals:

The Medical schools working with the CWB Student Coordinator, Director of Medicine, Director of Operations will develop a customized plan. CWB will make sure that visiting medical students have a comfortable and a stress-free-as-possible stay by:

- Supplying “pre-trip” information to students that will help them prepare, e.g. vaccination information, items they should bring, health/travel insurance, medications, passport information, along with copy of a model daily curriculum.
- Arranging affordable housing that allows for warm showers, private room, two to three meals a day, at least five days a week that consider student allergies and dietary needs. Homes will provide a “family like” atmosphere for students so they feel a part of a Costa Rican family. Affordable hotel arrangements are also available.
- Arranging free time activities (or providing detailed information) that allow for cultural exploration: nightly outings, weekend excursions.
- Preparing an informational handout about possible cultural differences that could impede positive experience to be delivered before travel.
- Providing basic, Spanish medical language skills and/or interpreter.
- Providing “tours” of the neighborhood and surrounding areas, including modes of transportation, locations of various stores, post offices, pharmacies, “fun” places, Internet cafes, etc.

Local Transportation Provided by CWB:

- Transportation will meet incoming students at the airport.
- Students to be brought to Central American Headquarters for introduction and short orientation.
- Transportation will be available daily to deliver students to Central American Headquarters, clinic or other venue.
- Transportation will be available to deliver students to hospital for training.

Model Schedule (to be developed with Interns and Clinic Team):

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 AM	Leave from host's home	Leave from host's home	Leave from host's home	Leave from host's home	Leave from host's home
9 AM-12 PM	Young mothers health class	Work with physician in clinic	Work with physician in clinic	Work with physician in clinic	Hospital rounds in Hospital de Ninos
12 PM-1:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch
1:30 PM-4 PM	dental hygiene project	Work on public health project in barrio	Lecture on parasitic conditions	Work on public health project in barrio	Discuss indigenous health care University of Costa Rica

Possible Options:

- Medical Spanish classes
- Attending rounds in Hospitals
- Other – to be developed with Interns and Children Without Borders

Intern Fees:

To cover operational expenses, arrangements and training, Student Interns will pay Children Without Borders a 1st week fee of \$700 and \$150 for every week thereafter. This fee amount is based on the Model or Comparable Schedule above. Other arrangements with extraordinary expenses may require other mutually agreed upon fees. Transportation to and from San Jose, Costa Rica, lodging, meals, recreation, tours and other discretionary expenses are the responsibility of the students and not included in the weekly Children Without Borders fee. Note that lodging, food and other expenses in Costa Rica are very low compared to the US. Recently, rooming and 3 meals in a local home ranged from \$30-\$50 per day.

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