



January 2024

Welcome UTK Volunteers!

My name is Irvin Neal, and I will be the Team Leader for your trip to Belize. We would like to thank you in advance for visiting our beautiful country. Here are some things to keep in mind while you prepare to travel.

Packing Tips

- Make sure you have read all the documents for your program in your MyISL Portal, especially the Packing List.
- For field clinic and house visit days you will need scrubs, face masks, gloves, stethoscopes, otoscopes (or otolites) and blood pressure cuffs.
- You will also need a beach towel, insect repellent, sunscreen, and hand sanitizer.
- A hat or cap and sunglasses will come in handy for outdoor activities.
- Purified water will be provided, but please bring a **reusable water bottle** to refill water as needed.
- You will need to bring cash (clean, newer bills) for laundry (\$10) and souvenirs. You will also need a credit card for emergencies and travel insurance or if you have to access a health facility.
- For your R&R day, you will need a backpack or carry on luggage to take personal belongings and clothing for departure day

Optional Donations - most needed items:

- Vitamins – children's and adults'
- Pregnancy Tests
- Urinalysis Strips
- Gift package items for local families: travel sized hand sanitizer, crayons, drawing books, small toys etc.

Arrival Instructions:

- On the airplane: You will need the address of your first hotel for the form on the plane. You will find that address below.
- Upon arrival at the airport: go through Immigration. Once cleared, proceed to Customs, where you must declare any donations you are bringing.
- After exiting Customs: you will be met by an ISL Staff member holding an “ISL” sign with a logo identical to the one above.

Your trip itinerary below gives a fairly accurate schedule for your trip, but it may change due to unforeseen circumstances. Our phone numbers are below. Keep them handy. If you have questions, concerns or flight delays, please contact Diane Marque. The numbers and emails of in-country staff should only be used once you have started your program or for emergencies.

See you soon!

Irvin



Emergency Contacts

Denise Neal, ISL-Belize Country Coordinator,
+501-614-4334, deniseneal@islonline.org

Diane Marquez, ISL-USA Director,
816-392-7817, diane@islonline.org

Housing

San Ignacio Town:

The Log cab-Inn
Mile 68 George Price Highway,
San Ignacio, Cayo District
PH:+501-824-3367
Website: <https://logcabinn-belize.com>

Caye Caulker:

Enjoy Hotel, Pasero Street, Caye Caulker, Belize
1-501-226-0305

Team: #BZE030824UTK
March 8-16, 2024
Belize - 9 days Itinerary
**This itinerary is subject to change*

Goal: To learn about global health and nursing issues, provide acute care to populations with little or no access, experience Belizean culture, and gain perspective on the global landscape.

Day 1 – Friday March 8th Arrival

Meet your Team Leader at the airport; travel to housing in San Ignacio Town, approximately 2 hours from the Philip Goldson Airport

Dinner

Discuss tomorrow's agenda
(*Dinner provided by ISL*)

Day 2 – Saturday March 9th Practical and Professional Orientation

Morning: Market tour

Breakfast

"Welcome to Belize" Orientation with ISL staff

Lunch

Afternoon: Medical Orientation with local physicians (discuss taking vital signs and patient histories, patient examination, house visits, community triage, health care system in Belize)
Practice practical clinic scenarios

Evening: *Dinner out*

Group Reflection; discuss tomorrow's agenda
(*Breakfast & lunch provided by ISL; dinner paid by volunteer*)

Day 3 – Sunday March 10th Home Visits

Morning: *Breakfast*

House Visits in **Blackman Eddy**, a community along the main highway approximately 25 minutes from housing. Split into groups and visit homes, assess living conditions and the need for acute care. Common acute health concerns include lice, scabies, parasites, diarrhea, and acute childhood illnesses

Lunch

Afternoon: Visit an Archaeological Site (ISL pays entrance, volunteers pay guide US\$6)

Evening: *Dinner Out*

Group Reflection; discuss tomorrow's agenda
(*Breakfast & lunch, provided by ISL; dinner paid by volunteers*)

Day 4 – Monday March 11th Clinic 1

Morning: *Breakfast*

Clinic in **Blackman Eddy** (volunteers rotate through stations performing patient interviews, taking vitals, and helping in the pharmacy. They will also have the opportunity to observe the

examination/diagnosis/treatment process where appropriate.

Lunch in community

Afternoon: Continue with clinic

Post clinic discussion with physicians

Clean up work area, return to housing

Evening: Dinner

Group Reflection; discuss tomorrow's agenda

(Breakfast, lunch & dinner provided by ISL)

Day 5 – Tuesday March 12th Home Visits 2

Morning: Breakfast

Home Visits in **Camalote, Bullet Tree Area**, a community with a mix of native English and Spanish speaking immigrants, approximately 15 minutes from housing. Split into groups and visit homes, assess living conditions and the need for acute care. Common acute health concerns include lice, scabies, parasites, diarrhea, and acute childhood illnesses)

Lunch

Option to do the chocolate making tour for US\$14 per person (*volunteers pay*)

Or Relax by the pool

Dinner

Discussion about nursing in Belize with a Belizean Nurse

Group Reflection; discuss tomorrow's agenda

(Breakfast, lunch, dinner provided by ISL)

Day 6 – Wednesday March 13th Clinic 2

Morning: Breakfast

Leave to set up clinic in **Camalote area, Bullet Tree**

Lunch in community

Afternoon: Continue with clinic

Post clinic discussion with physicians

Evening: Dinner

Group Reflection; discuss tomorrow's agenda

(Breakfast, lunch provided by ISL, dinner paid by volunteers)

Day 7 – Thursday March 14th Clinic 3

Morning: Breakfast

Open clinic in **Georgeville** (volunteers rotate through stations performing patient interviews, taking vitals, and helping in the pharmacy. They will also have the opportunity to observe the examination/diagnosis/treatment process where appropriate.

Final evaluation session with physicians

Afternoon: Continue with clinic

Final evaluation session with physicians

Return to housing, trip evaluation

Dinner

Dance Class! (Learn about the cultural music and do some local dances)

Pack

(Breakfast, lunch, dinner paid by ISL)

Day 8 – Friday March 15th R&R

Morning: Early morning departure to Belize City to head to Caye Caulker

Breakfast

Check into hotel if rooms are available or store luggage

Option to snorkel ½ day, (US\$50) *Volunteers Pay*

Or Lay out on the beach and relax

Dinner Out

(Breakfast, lunch & dinner paid by volunteer)

Spend the night at Caye Caulker (Enjoy Hotel)

Day 9- Saturday March 16th Departure

Morning: *Breakfast*

Check out of hotel

Travel to Airport for departure 45 minutes boat ride and 20-minute drive to airport

(Breakfast paid by volunteers)

Meals

Dinners bought inland will range between US\$10 to \$20 depending on choice. There is a wide variety and price range.

Meals on the island of Caye Caulker are a bit higher depending on what is ordered.

We do have places that have price ranges similar to those inland.