



**INTERNATIONAL
SERVICE
LEARNING**
TRAVEL • SERVE • LEARN

Day To Day Itinerary (9 Day)

Saturday	Flight to Country
Sunday	Medical Orientation
Monday	Home Visits / Clinic
Tuesday	Clinic
Wednesday	Clinic
Thursday	Clinic
Friday	Clinic
Saturday	Recreation Day
Sunday	Travel Home

Clinical Time:

- Visit homes to assess the needs for health care
- Evaluate living conditions making connections between lifestyle and health issues
- Set up clinic in school, church, or community center
- Bring/distribute/explain educational materials to families and schools
- Assist in patient assessment with assistance of interpreter
- Collaborate with the physician (diagnosis and treatment) and health care team
- Set up and assist in pharmacy stations



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Daily Itinerary

7:00am	Breakfast
8:30am	Clinic
12:00pm	Lunch
1:00pm	Clinic
3:30pm	Case Discussions
4:00pm	Return to Hotel
5:00pm	Seminar
6:30pm	Dinner
7:30pm	Reflections & Activities

Post Clinical Time: (Evening Seminars)

- Prevention and treatment of common diseases
- Suturing
- Pharmacology
- Medication calculations
- Administering injections
- Tropical disease
- Health assessment
- Physical exam
- Vital Signs
- Diagnostic tests



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Website: www.islonline.org

Instagram: @islmedical

Information: info@islonline.org

Podcast (Spotify/Apple):

“International Service Learning:
Experiential Medical Education”





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Global Health

ISL collaborates with in-country professionals and local Ministries of Health in order to determine how our volunteers can best impact developing communities. On a Global Health team, you will work in our partner communities based in rural/urban areas

We are passionate about providing a conduit for students and professionals to travel and explore new parts of the world. We hold with the utmost conviction that for volunteers to best experience another culture, they need to work with and learn from local professionals as well as with people that live in the communities being served.

We can work with your school to customize as best possible in order to create an experience that matches your goals.



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Countries

- Belize
- Cambodia
- Colombia
- Costa Rica
- Dominican Republic
- Guatemala
- India
- Mexico
- Panama
- Peru
- Tanzania

Later in 2026:

- El Salvador
- Honduras



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Recreational Activities

At ISL we work hard, but also recognize the opportunity to be cohesive as a team so we provide a variety of recreational and cultural opportunities, which vary by location and cost, but can include:

Tranquil beaches	Hikes on volcanoes
Tubing	Cave exploration
Rainforest hikes	Horse riding
Ancient ruins	Ziplining
Snorkelling	Safari
Bicycle riding	Boat Tours

Recreation Day is normally on Saturday, but some recreation activities may be arranged weekdays depending on location and timelines of schedule.



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Cultural Activities

Tour ancient ruins
Shop in local markets
Tour cities
Eat out nightly
Learn traditional dances
Practice cooking local foods
Coffee plantation tours
Artisan tours
Attend faith based services
Teach a class in a local school

Cultural activities occur daily through our patient and community interactions, and there are opportunities to plan many more activities.



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**Value of a
Service-Learning Trip Abroad**

- ★ Enriching service-learning opportunity
- ★ Extend health care to rural inhabitants
- ★ Learn about indigenous cultures
- ★ Explore socio-economic trends that affect daily lives and access to care
- ★ Personal growth / Career development
- ★ Make a difference in the lives of others
- ★ Develop cultural competence



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Treat Major Healthcare Problems

Diabetes

Hypertension

Infections (Wound, Respiratory, Urinary)

Parasites

Malnutrition

Women's Health Issues

Dental & Vision Issues

Gastrointestinal

Learn & Reinforce Clinical Skills

Vital Signs / Pharmacology / Charting

Health Assessment / Hx & Physical Exam

Medical Communication / Teamwork



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Fundraising Options

MYISL Fundraising Page:

Every volunteer has the ability to create and share a personal fundraising page once they've registered for a program. Once the page is created it can be shared with family and friends, with all proceeds applied directly to the account balance.



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Fundraising Options

ISL Grants/Scholarships:

- Needs Based Grant (\$100-\$250) for those who need financial aid
- Media Scholarship (\$100) for those willing to do an Instagram Takeover and create a team video
- Program Leader Scholarship (in-country fee waived) for every 12 students that are recruited to the trip by the leader
- Visit the ISL website (Funding Your Trip / Scholarships) for more information on the above, and other funding options

GoFundMe:

Establish an account on social media and share with friends and family

Scholarships:

Check with your own high school, college, or university to see what travel related funding is available.



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