



Trip Code: Sample
Dates:
Countries: Costa Rica and Nicaragua
Locations: Tentative

Date/Day	Activities	Lodging	Meals
May 14 th Sat	<p>Arrival Day! VIDA Staff will be waiting for you at the airport. You'll have time to exchange money, buy phone cards and have lunch.</p> <p>5:30pm We will have Spanish class today. We will split into groups and learn vocabulary that will be useful in clinics! Be sure to brush up on your Spanish before the trip and bring a Spanish/English dictionary along!</p> <p>6:00pm General Orientation. We'll start to get to know each other and talk about the plan for the trip along with the rules and recommendations we have for your safety and happiness.</p> <p>7:00pm Welcome Dinner in a Typical Costa Rican restaurant!</p>	Hotel Costa Rica	B: Home L: Plane D: VIDA
May 15 th Sun	<p>Orientation Day!</p> <p>7:00am-Breakfast</p> <p>8:00am—3:00pm This is a full day of information to get you ready for the rest of your trip. This important information will be presented in a fun and interactive environment. The Medical Team will go over Clinic Setup, tropical diseases, vital signs seminar, Patient Social History, etc. The Dental Team will review Clinic Setup, role of volunteer, basic exam procedures, manual cleaning procedures, extractions, pain management, and instruments, as well as common diseases. The Veterinary Team will review clinic setup, patient exams, instruments, surgical procedures, and common diseases and conditions as well as sutures, injections, and catheter placement. This important information will be presented in a fun and interactive environment.</p> <p>4:00pm Depart to meet your homestay families! This is the highlight of most people's trip. We recommend bringing some photos and a Spanish phrasebook.</p>	Homestays Costa Rica	B: Hotel L: Orientation D: Homestays
May 16 th Mon	<p>Clinic Day 1:</p> <p>7:30am: We will meet at the homestay meeting point. Your families will know where it is.</p> <p>8.00 am- 4.00 pm It's time to get our hands dirty! VIDA staff will help everyone get going. Let's all work together to make sure this is a successful clinic.</p> <p>Medical Team: Today you will be interviewing patients with your interpreter, but don't forget to practice that newly learned Spanish! You will also be taking all vital signs and completing noninvasive tests. Dental Team: You will observe and participate in basic exams, fluoride treatments, cleanings, and extractions.</p> <p>Evening Soccer match. Tonight we will have an informal soccer game to relax from our first day of work!</p>	Homestays Costa Rica	B: Homestays L: Clinic D: Homestays
May 17 th Tues	<p>Clinic Day 2:</p> <p>7:30am We meet at the homestay meeting point.</p> <p>8:00am-4:00pm Same plan today! It will be another great clinic day!</p> <p>5:00pm Case Presentations: This is a great opportunity for the group to discuss interesting cases we have seen so far.</p> <p>7:30pm Dance Lessons, get ready for Latin rhythms!</p>	Homestays Costa Rica	B: Homestays L: Clinic D: Homestays
May 18 th Wed	<p>Travel Day to Nicaragua</p> <p>7:00am Time to say goodbye to your amazing Nicaraguan families!</p> <p>7:30 am Today we will depart for Nicaragua. When we arrive at the border, we will go through customs and immigration so please pay extra attention to the instructions you are given by the staff and stay with the group. Also, please have your passport and a pen in your carry-on.</p> <p>12:00pm We will stop to eat lunch on the way.</p>	Hotel Nicaragua	B: Homestays L: Volunteer D: Volunteer
May 19 th Thurs	<p>Recreation Day</p> <p>8:00am Breakfast. Please be sure to have your bags packed and bring them to the lobby before you eat!</p> <p>9:00am Today we will go to a private beach. We will have a chance to go on a boat ride, so make sure you bring towel, a change of clothes and sunblock.</p> <p>1:00m Lunch in this small town</p> <p>4:00 pm Depart</p> <p>5:30pm Free time at the hotel</p>	Hotel Nicaragua	B: Hotel L: Volunteer D: Volunteer

May 20 th Fri	Clinic Day 3: 7:00am Breakfast 7:30am Depart for clinic 8:00am-4:00pm You all have the hang of things now, so let's get busy! Notice the cultural differences in the clinics compared to Costa Rica.	Hotel Nicaragua	B: Hotel L: Clinic D: Volunteer
May 21 th Sat	Clinic Day 4: 7:00am Breakfast 7:30am Depart for clinic 8:00am-4:00pm Same plan today! It will be another great clinic day! 7:00pm Case Presentations: You will have the opportunity share all the interesting cases you have seen during the clinics so far, learn from the group's experience and get some feedback from the local professionals.	Hotel Nicaragua	B: Hotel L: Clinic D: Volunteer
May 22 th Sun	Volcano Tour 8:00 am Depart for Volcano. Make sure you have your shoes (not sandals) and a sweatshirt with you on the bus. You may also want to have a snack with you! Please have your luggage ready so that we can leave on time. 9:00am Tour of the Volcano where you will admire the flora and fauna as well as the crater at an altitude of 1.345 meters. 11:00am: Time to tie yourself to a zip-line and ride through the trees on the Canopy Tour! Afternoon Free time get settled into the hotel and enjoy the city.	Hotel Nicaragua	B: Hotel L: Volunteer D: Volunteer
May 23 th Mon	Clinic Day 5: 7:00am Breakfast 7:30am Depart for clinic 8:00am-4:00pm By now you are experts, so keep up the good work! 7:00pm Case discussions. We will divide into program-specific groups and talk about the interesting cases we have seen.	Hotel Nicaragua	B: Hotel L: Clinic D: Volunteer
May 24 th Tues	Clinic Day 6: 7:00am Breakfast 7:30am Depart for clinic 8:00am-4:00pm This is your last day of clinic in Central America, so let's work hard to make it count! Evening Free time	Hotel Nicaragua	B: Hotel L: Clinic D: Volunteer
May 25 th Wed	Recreation and Educational Day 7:00am-9:00am Breakfast at the hotel. You can take this time to sleep in if you'd like. Or, you can get up early and check out the beautiful sunrise over Lake Nicaragua and explore this beautiful, colonial city! 10:00am Recreational activities 12:00m-1:30pm Lunch 2:00pm Visit to souvenir shops 5:00pm Depart for Managua 7:00pm Farewell Dinner: We will have time to reflect on the impact of the program and share our experiences with the team. Don't forget to turn in your trip evaluation! Thank you from all the VIDA staff!	Hotel Nicaragua	B: Hotel L: Volunteer D: VIDA
May 26 th Thurs	Departure Day! As much as you loved the trip, and as much as you have enjoyed Central America, it's time to go home and put what you learned into practice. The adventure doesn't end here! VIDA staff will be with you all day until you depart.	HOME	B: Hotel L: Plane D: Home

Notes: This itinerary is subject to change anytime due to unforeseen circumstances. Upon arrival, you will receive a printed copy of this itinerary. Volunteers are asked to be punctual for all activities and meals. During clinic time, curfew is set at 12:00am, unless otherwise stated by staff. When apart from group, volunteers are asked to please travel in groups of 3 or more and leave valuables at hotel/home stay. Meals: B=Breakfast, L: Lunch, D= Dinner, Volunteer means that the meal is not included & you pay for your meal separately.