

# PROPOSED ITINERARY

Days	Setup	Description	City/Community	Lodging (name hotel)
1	Arrival	Arrival Day, Safety Orientation & Welcome Dinner Vida Staff will pick up the team at the SJO airport.		Hilton
2	Orientation	Orientation & Travel: Our local staff members will go over the protocols and guidelines that students will have to follow while working in rural communities. Students will also learn about healthcare disparities in Costa Rica and the challenges our partner communities face		Toliman
3	Clinic 1	We will be working in a local hospital, where students will be working along the side with a local Podiatrist. Students will be exposed to real-life cases and how doctors care for their needs in rural areas.	San Lucas Toliman	Toliman
4	Clinic Day 2 / Case Discussions		San Lucas Toliman	Toliman
5	Recreation Day and Travel Day	Iximche/Xejazmin: We will visit Iximche, a Pre-Columbian Mesoamerican archaeological site in the western highlands of Guatemala. Iximche was the capital of the Late Postclassic K'aqchikel Maya kingdom from 1470 until its abandonment in 1524.	San Lucas Toliman	Toliman
6	Clinic 3	We will collaborate with a local nonprofit organization that specializes in treating patients with diabetes, & diabetes ailments (including diabetic foot). Students will be exposed to real-life cases and see firsthand how doctors care for their patients. Students will be able to compare and contrast patients' needs in a rural area to a more urban setting.	Guatemala	Hilton
7	Clinic Day 4 / Case Discussions		Guatemala	Hilton
8	Recreational Day	Antigua City Tour: We will enjoy a cultural walking tour through the cobblestone streets, ruined churches and beautifully restored homes of the colonial city of Antigua, a UNESCO World Heritage Site.	Sacatepequez	Hilton
9	Departure		La Antigua	