<table>
<thead>
<tr>
<th>HR</th>
<th>MON 16</th>
<th>TUES 17</th>
<th>WED 18</th>
<th>THURS 19</th>
<th>FRI 20</th>
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</thead>
<tbody>
<tr>
<td>AM</td>
<td>Breakfast 7:00 – 8:00 am</td>
<td>Breakfast 7:00 – 8:00 am</td>
<td>Breakfast 7:00 – 8:00 am</td>
<td>Breakfast 6:30 – 7:00 am</td>
<td>Breakfast 7:00 – 8:00 am</td>
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<tr>
<td></td>
<td>8:15 am Transportation from hotel to CSA Center</td>
<td>9:00-10:00am Introduction to the Health System in the DR</td>
<td>8:15 am – 12:00 pm Visits to different health providers</td>
<td>7:15 am Departure for Neyba</td>
<td>8:30am – 1:00pm Visit to Regional Hospital and clinic in bateyes.</td>
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<td></td>
<td>9:00-10:30 am Intro to the projects, orientation and review of program calendar</td>
<td>10:00 – 11:00 am Panel discussions with professionals-Health System in DR</td>
<td>Group A Non profit provider: Activo 20/30 Hospital Foundation</td>
<td>12:30 pm Welcome to Consorcio PDA of World Vision, Neyba</td>
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<tr>
<td></td>
<td>11:00 am – 12:30 pm Lecture: Dominican Culture and Subculture</td>
<td>11:30 am-12:30pm Planning of workshops to be conducted during week 2</td>
<td>Group B Visit to Villa Mella Public Hospital</td>
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<td>Group C Visit to CEDIMAT Private Clinic</td>
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<tr>
<td>12:30 pm</td>
<td>Lunch at CSA Center</td>
<td>Lunch at CSA Center</td>
<td>Lunch at CSA Center</td>
<td>Lunch at CAET</td>
<td>Lunch at Consorcio DPA</td>
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<tr>
<td>PM</td>
<td>Pick up at Airport Transportation to Maison Gautreaux Hotel in Santo Domingo</td>
<td>2:00 – 4:30 pm Lecture: Dominican history</td>
<td>2:00 – 4:30pm Historical walking tour of the Colonial Zone</td>
<td>2:00 – 4:30 pm Orientation to CAET Center, introduction to CSA partnership with World Vision and description the details of the program</td>
<td>2:00 – 3:00 pm Visit to rural clinics Processing hospital visits</td>
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<td>2:00 – 3:00 pm Processing visits</td>
<td>3:30 – 5:30 pm Dance class</td>
<td>Time to prepare workshops</td>
<td>Time to prepare workshops</td>
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<td></td>
<td>6:30 pm Welcome Dinner</td>
<td>Dinner at Maison Gautreaux</td>
<td>Dinner at Maison Gautreaux</td>
<td>Dinner at CAET</td>
<td>Dinner at CAET</td>
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<td>Packing</td>
<td>Time to plan workshops</td>
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<td>Feedback session</td>
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<tr>
<td>HR</td>
<td>SAT 21</td>
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<td>MON 23</td>
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<td><strong>Group A:</strong> Training of Youth Peer Leaders from World Vision</td>
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<td><strong>Group B:</strong> Working in the garden at the center</td>
<td><strong>Group B &amp; C:</strong> Working in the Construction of latrines and conducting discussion with the families about the use and maintenance of latrines</td>
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<td>12:30 PM</td>
<td>12:30 to 1:30 PM Lunch at CAET / Consorcio PDA</td>
<td>12:30 – 2:00 pm Lunch at CAET</td>
<td>12:30 – 2:00 pm Lunch at CAET</td>
<td>1:30 – 3:00 pm Lunch at CAET</td>
<td>12:30 to 1:30 PM Lunch at the Island</td>
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<tr>
<td>PM</td>
<td>2:30-6:30 pm Share time with the World Vision’s Health Multipliers (Hiking in Loma del Panzo)</td>
<td>2:00-4:30 pm Visit los Guineos River</td>
<td>2:00-4:30 pm Visit Los Guineos River</td>
<td>2:00 pm Departure for Santo Domingo</td>
<td>4:30 pm Back to Santo Domingo</td>
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<td>6:30 PM</td>
<td>Dinner at CAET</td>
<td>Dinner at CAET</td>
<td>Goodbye Dinner at CAET</td>
<td>Dinner at the Hotel</td>
<td>Dinner</td>
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<td></td>
<td>Feedback session</td>
<td>Feedback session</td>
<td>Packing</td>
<td>Feedback session</td>
<td>Packing and Final evaluation</td>
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DETAILED PROGRAM ACTIVITIES:

I) Program Summary:

The program will be broken up into two parts: the first week consisting of orientation to the context of Dominican culture and social services in the Dominican Republic, with emphasis on the provision of health services and programs. These activities are aimed to prepare participants for the service component during the second week of the program. The second week will be concentrated in the field with a service-learning experience in the rural community of Neyba, located four hours from Santo Domingo.

II) Overall Academic Objectives:

At the close of this two-week study tour and service experience, participants will:

- Be familiar with Dominican history, culture and customs and understand how these elements have played a key role in the behavior and culture of Dominicans today.
- Be able to compare and contrast the characteristics of the Dominican social service system to that of the U.S.
- Be able to conduct critical analysis of issues of access to health and social services and information in the Dominican Republic.
- Be familiar with the situation of access to social services in the Dominican Republic for different vulnerable populations.
- Compare and contrast urban and rural life in the Dominican Republic.
- Contribute to a community-based public health initiative.

III) Detailed Description of Activities:

Sun, May 15, 2011

Upon your arrival to the hotel, we will have an initial orientation session to give the group the opportunity to go through the program activities and ask questions that they haven’t had the opportunity to ask. We will have a welcome dinner at the hotel to get a chance to know each other.

Mon, May 16, 2011

At 9:00am, we will meet at CSA’s center to continue a brief orientation and discussion of program activities.

At 11:00am the lecture “Dominican Customs and Culture” will be conducted by Atenas Carmona, an educator and facilitator who has been working training Peace Corps volunteers, Embassy officials and providing cultural orientation for professionals for over 15 years. Atenas will provide an interactive discussion regarding the customs and traditions that form part of the Dominican culture and how these customs have affected the beliefs and behavior of Dominicans.

Lunch will be at CSA’s center.
After lunch, a discussion of the “History of the Dominican Republic” will provide you with a brief background on the events and leaders that have shaped the country’s culture and society today. The discussion will focus on the history of Dominican Independence, including invasions by the U.S. and past dictatorships. This presentation will include viewing of video with ensuing discussion regarding the Revolution of 1965.

**Tues, May 17, 2011**

At 9:00am, participants discussion focused on Platform for the Provision of Health Services in the DR will be given by Dr. Farah Segura, a medical doctor and public health professional with vast experience working with international public health initiatives supported by USAID and has supported in the Ministry of Health in multiple National initiatives to improve HIV/AIDS and Maternal/Child health care. You will be provided with background regarding the Dominican health system and the form by which social services are provided to the population as well as discuss the laws and policy that protects vulnerable groups.

Following the lecture, we will have a panel discussion with different professionals working in public health in an effort to discuss experiences working in different areas in a developing world context. Representatives will include epidemiologists, public health program managers, community educators and non-profit representatives.

In the afternoon, we’ll have a guided tour of the Historical Colonial Zone. The Colonial Zone is said to be the “first city of the Americas”. Participants will visit Columbus’ home, museums and other important historical sites of the Colonial era.

**Wed, May 18, 2011**

In an effort to become familiar with the different services provided at private, public and non-profit clinics, the group will be divided into three to visit three sites. One is a non-profit Foundation, Foundation, which provides a wide array of health services and social programs in a densely populated urban barrio in Santo Domingo. The Villa Mella public hospital is a municipal-level facility that serves a large portion of the urban barrio of Villa Mella, while CEDIMAT is one of the most elite private clinics in the city. In each of these visits, you’ll have a chance to tour their facilities and dialogue with staff working with adolescent health programs and in the HIV/AIDS care unit.

Upon arrival from this visit, we will have lunch and discuss experiences and compare and contrast the services provided at these different facilitates.

From 4:30-6:30pm, you will travel to Eco’s Dance studio where Awilda Polanco will conduct a brief discussion on the DR’s national dance, Merengue, including its origins and evolution. Later, you will learn how to dance merengue, bachata and salsa.

**Thurs, May 19, 2011**

At 7am, we’ll depart for Neyba for the service-learning component. Neyba is located 4 hours from Santo Domingo. These days mark the beginning of a dynamic immersion experience in a rural community of the Dominican Republic. This experience promises to be rich in learning, as you will
have the opportunity to interact with different individuals in the community, while supporting important development projects supported by CSA.

Upon arrival and settling into the retreat center where we’ll be staying, we’ll have a detailed orientation to prepare us for the week of work ahead. We’ll meet the team of World Vision that CSA and have lunch. Later, we’ll discuss with partners the work that CSA has been supporting in multiple health initiatives and learn of the work of World Vision and the public health challenges in target communities. We’ll also discuss in more detail the work we’ll be participating in and have an opportunity to continue to prepare workshop content and activities.

**Friday, May 20, 2011**

As an introduction to public health issues in rural areas of the Dominican Republic, the day will be dedicated to visiting health facilities to become familiar with the health infrastructure that exists locally. In the morning, we’ll visit two public health facilities and in the afternoon, we’ll travel to a clinic managed by World Vision in a batey community, communities primarily made up of Haitian-Dominicans and Haitian immigrants. This afternoon visit will also help in the understanding of the dynamics that exist between the DR and Haiti and the public health challenges that exist in these communities.

Upon arrival to the center, you’ll have some time to finish preparing workshops.

**Sat, May 21, 2011**

We will initiate the service component with a 3-day workshop with World Vision’s team of peer youth educators. The objective is to review content related to youth public health issues such as drug use, prevention of STIs, family planning and others.

In the afternoon, following lunch, we’ll divide into small groups and take a walk in the communities with the youth leaders. You’ll have an opportunity to get to know the families you’ll be working with during the week.

**Sun, May 22,-Tues May 24, 2011**

The group will be divided into small groups for the service learning components: one facilitating the lectures with the group of youth peer leaders, and the other small groups working with families on the construction of latrines. During the work with families, you will not only aid in the construction of the latrine but also will conduct 1:1 interaction to educate the family regarding hygiene and use of the latrines. CSA staff will aid in the translation and also provide you with educational materials to support in this process.

On Tuesday afternoon, we will have lunch and depart for Santo Domingo for some rest and relaxation. Dinner will be at the hotel upon arrival.

**Wed, May 25, 2011**

We will have a fun day of adventure, where we will travel to Bayahibe where we will go on a boat ride to the beautiful Saona Island, where we’ll spend the day at the beach swimming and snorkeling.
In the afternoon, we will have some extra time to do some shopping for gifts to bring home. Upon arrival to the hotel, we'll have a pizza dinner and program wrap-up and evaluation.

**Thurs, May 26, 2011**

We’ll get packed up and depart for the airport.

**Sun 09. Jan 2011**

**LODGING AND OTHER LOGISTICS**

During the first week in Santo Domingo, we’ll be staying in a small hotel in double and triple rooms. Hotel Maison Gautreaux: [http://www.maisongautreaux.net/Inicio.html](http://www.maisongautreaux.net/Inicio.html)

During week two, we’ll be spending the week together as a group in a retreat center in the mountains of the rural province of Bahoruco, located about 3.5 hours Southwest of Santo Domingo.

**PROJECT INFORMATION**

CSA has been working to support World Vision’s efforts in country. World Vision is a Christian organization that works to improve the development and well-being of communities throughout the world. It was founded in 1950 to provide help to children who had become orphaned as a result of the Korean War. Today, World Vision has grown to become an organization who works in comprehensive development, relief efforts, as well as social justice. Its mission is to create a better future for children and their families.

The office in the Dominican Republic has been operating since 1989, focusing its programs on promoting the development of communities through active participation and local leadership. The programs are currently focused in the following areas: education, health, agriculture, economic development, social justice/defense, and relief efforts. Through branch offices in 15 different communities in the D.R., World Vision’s programs have expanded to benefit both urban and rural communities alike.

Since the Southwest Region is the poorest area of the Dominican Republic, World Vision has prioritized the efforts of their branch offices, located in Batey 6 (25 minutes from Barahona), Tamayo (25 minutes from Barahona), Jimani and Neyba, Bahoruco to channel ongoing assist.

CSA’s support to this project has consisted of:

Community garden project: In response to the research conducted on malnourishment in 2007, World Vision has designed an intervention to help encourage families to incorporate more fruit, vegetables and proteins into their diets.
Medical outreach: For medical professionals, there is a great need to provide periodic medical care to the 4,000 families in the area that World Vision supports. Part of their program includes providing families with a minimum of three check-ups per year. The support of medical teams helps to make this goal a reality, prioritizing communities that are located further from area clinics and hospitals, where the cost of transportation is often a barrier for families to access care.

Reparation and construction of homes: Families are selected by World Vision, based on needs, to receive support in the reparation and/or construction of homes. These projects consist of families that are unable to repair their homes on their own and live in situations of extreme poverty. Groups work together with the beneficiary families to repair and/or construct their homes.

Due to the lack of sanitation in these communities, at the beginning of 2010, we initiated efforts to build latrines for selected families, with the understanding that this would also contribute to a reduction in preventable illnesses among these families.

OTHER FAQs

Q: How should I pay for CSA program fees?
A: In the case of volunteer groups, we require that leaders send a 50% deposit 45 days before the group's arrival and full payment 30 days before the program start date. These payments can be made either by check and sent via Fed Ex or by wire transfer. Checks should be made out to Community Service Alliance and sent to: Calle Mario Garcia Alvarado #50, Quisqueya, Santo Domingo, Dominican Republic. Please send us the tracking number for follow up purposes. If you would like to send the payment via wire transfer, we’ll provide our information upon request. Keep in mind that wire transfers take five days to hit our account in the Dominican Republic. DO NOT SEND CHECKS VIA SNAIL MAIL (USPS MAIL).

Q: How much money should I bring while in the DR?
A: In Santo Domingo, you will have access to numerous ATMs and places to change cash. CSA also has connections with local companies that can cash personal checks if necessary. If you are coming with a group, all of your expenses will be covered by your program. However, if you would like to bring spending money to buy souvenirs, snacks and other incidentals, that is fine.

Q: Should I bring traveler's checks, cash, credit cards or bank cards?
A: It is always a good idea to a small amount of cash. Credit cards are widely accepted and most bank cards can be used in ATMs also. Travelers checks are much more difficult in that you have to exchange them with your passport at authorized banks.

Q: Do I have to make my own flight arrangements?
A: Yes. CSA can recommend airlines that fly in and out of Santo Domingo and often offer group rates but, we require individuals and groups to make their own arrangements.

Q: Do I need a special visa to enter to the country?
A: You will need a passport to enter the Dominican Republic. For most countries, you will buy a tourist visa upon arrival to the airport for US$10. You will be asked to write an address for contact purposes. Please write CSA’s address: Calle Mario Garcia Alvarado No. 50, Quisqueya, Santo Domingo. If you are not a citizen of the U.S. or Canada, please verify with the Dominican Embassy for your specific visa requirements. Acquiring any/all necessary documents are the responsibility of the participant.
Q: Do I need medical insurance?
A: We require that you have medical insurance that covers you overseas. If your current insurance does not cover you overseas, we can recommend companies that offer temporary coverage for traveling, such as Medex (http://www.medexassist.com) and CSA travel insurance (http://www.csatravelprotection.com) company.

Q: What if my flight is cancelled or delayed?
A: In the case that your flight is cancelled or delayed, CSA asks participants to please call our office at 809-363-0961 or our cellular phone at 809-224-4197 to let us know that you will be arriving late.

Q: Who will meet me at the airport?
A: One of CSA’s staff members will be waiting outside baggage claim for you at the airport. They will have a CSA sign with your name on it so that you can easily identify us. Keep in mind that at the Santo Domingo airport, we cannot enter the baggage claim area so; we’ll greet you after you have claimed your bags. If someone in your group has lost a bag, don’t panic. Simply file a claim; give the agent’s CSA’s information and send a group member out to inform us that your group has lost bags so that we can assist you.

Q: How much luggage am I allowed to bring?
A: Most airlines allow only one checked bag. You can check online with the airline you are flying with for specific requirements. Be sure to save the luggage tickets provided to you by the airline because they’ll be checking these tickets in Santo Domingo. We recommend that you travel light. Take note of the packing list we’ll send to you with recommendations about things to bring, such as sunscreen, water bottle, bug spray and light weight clothing.

Q: What is the food like?
A: Dominican food is not very much different that American food. Dominican food typically consists of rice and beans. Meals are often cooked with fresh vegetables which are peeled or washed with purified water. Some of the meals provided include: spaghetti, chicken and rice, eggs, plátanos, beans and rice, fish, etc. Your third meal (which is usually lunch) can be eaten at local restaurants or you can buy food at a local supermarket and keep it at CSA’s center.

Q: Will I be able to make and receive phone calls?
A: Participants are advised to use local phone cards to make calls home. You will be provided an initial phone card and instructions upon arrival. You can give your family and friends CSA’s number and later your cell phone number for emergency purposes.

Q: What immunizations are needed to travel to Dominican Republic?
A: No shots are required; BUT we suggest you have a CURRENT Tetanus Shot (within last 5-10 years) and that all your childhood immunizations are current. If you have further questions, please check with your personal physician. For more information, check the Center for Disease Control website at www.cdc.gov and select traveler’s health information.

Q: What about the water?
A: We will supply pure drinking water for you, which will come from bottled water bought at a store. Tap water is not recommended to drink. Water served in a restaurant is filtered or
bottled and is safe to drink. There are also many small stores available to purchase personal bottled water if desired.

**Q: How safe is it?**

**A:** We have not had any security problems with our participants. Santo Domingo is not considered a dangerous city but like any other city crime does exist. Therefore we recommend taking certain precautions to avoid any problem. Team members are advised not to be out alone after dark. Extra money and passports can be stored in your suitcase or in your room. And anything of significant value that isn’t necessary for the trip should be left at home.

**Q: What about bugs?**

**A:** Dominican is home to a variety of wonderful crawly creatures. Mosquitos can be bothersome and therefore it is recommended that participants bring a can of repellent.

**Q: I’m staying with a host family; what should I bring as a housewarming gift?**

**A:** Bring something small, but personable, like a family picture or a T-shirt or something from your hometown or school. Chocolate is also something people love!