

Therapy Abroad 10 Day Pre-OT Program in Belize



Partner Organization: **College of Saint Mary- Occupational Therapy Program**

Student Program Contacts: Olivia Kuehler at OKuehler4331@csm.edu
Megan Didulo at mdidulo0137@csm.edu

Program Location: Belize, Central America

Tentative Dates: Dec. 9-18, 2020

Therapy Abroad		Student Pricing	
<p>Our goal at Therapy Abroad is to provide students with a template of activities that our staff, program directors and consultants have designed with care. However, all program components and activities are customizable to fit the needs of our partners and we will take the same care and attention to detail in making any and all adjustments as needed.</p>		All Inclusive Program Pricing	
		\$2,950	
<p>Student Program Pricing Includes</p>		International Airfare from OMA to Belize City included	
		Deposit Amount: \$300	
		Deposit must be received to confirm space on the program. Full amount of deposit will be deducted from total tuition.	
Pre-Departure Support	AOAT Licensed OT Supervisors		
Group Flight Booking	All Activities Listed in itinerary		
24-Hour Emergency Phone	Team Leader		
Airport Pick-Up / Drop-Off	Facilitators		
All Ground Transport	Local Guides		
Shared Accommodation			
All Meals			
Local Program Facilitator			
Materials, Test and Diagnostic Tools			
24-Hour In-Country Support			



A Note from Our Clinical Director on What to Expect

During your time in Belize, you will be participating in informal assessments, individual therapy sessions, school-based screens and assessments, observations in home environments, caregiver training, and time working and learning from other healthcare professionals. English is the official language of Belize, so all of your activities will be in English. More specifically, you may experience the following under the supervision and guidance of professional AOTA Licensed OTs:

- **Informal functional assessments:** May include interviewing clients, observation in clinical and home environments, and specific skills tests. For children, you may observe how the child plays, how the child uses objects and toys, handwriting and sensory integration and processing. Speaking with parents is also a key component to gain a better understanding of how the child is performing in their home environment.
- **Therapy sessions:** Provide occupational therapy (skills/techniques) based on the child's goals. Provide feedback to parents and/or caregivers regarding ways to help their children at home.
- **School-based services:** Provided in a government-run school for special needs children. We may be asked to do occupational therapy screens or evaluations. This is a great opportunity to provide education to teachers to learn to observe motor skills and identify students where motor difficulties may be impacting on learning or participation.
- **Geriatric Services:** Occupational therapy screens at adult day facilities. You may be asked to spend time with older clients who have never been seen by an occupational therapist. This is an excellent time not only to provide services, but to use your critical observation skills and provide ideas on environmental modifications
- **Community Health Workers Program:** Home visits to children and families who have been identified as needing occupational therapy services. Many of these children have multiple disabilities requiring a myriad of services including physical, speech, and occupational therapy. These visits are geared to provide family members education about how to improve functional independent skills.



THERAPY ABROAD PRE-OT PROGRAM ITINERARY

Wednesday (D)	Day 1: Arrival Airport Pick-up; Transfer to <i>*San Ignacio, Belize</i>; Safety Briefing
2pm	Private transport meets and greets group at the Philip Goldson International Airport. Transfer to Martha's Guest House** for orientation and settling into rooms.
5pm	Safety briefing and Introductions. Settle into rooms
7pm	Group Dinner
<i>Notes:</i>	<i>*San Ignacio is a town in the Cayo District of western Belize, on the banks of the Macal River. It is a vibrant traveler center from where all roads and activities fan out. Together with twin-town Santa Elena, on the east bank of the Macal River, this is the main population center of Cayo, Belize. This area of Belize is known for its tropical forest, beautiful rivers and waterfalls, and Mayn Archeological sites. It is the ideal place from which to explore Belize.</i>
<i>Accommodation:</i>	<i>Martha's Guesthouse: https://www.marthasbelize.com/</i>
Thursday (B, L, D)	Day 2: Orientation to the Community & Program; School Visit, Screenings, Teacher Education and Awareness
8am	<i>Breakfast</i>
9am	Presentation on Therapy Abroad Program, health and safety, and Cultural Awareness
10am	<i>Learn more about your Therapy Abroad staff, Program Supervisors, and Community Hosts.</i>
<i>Morning Discussion</i>	<i>What to expect for the next 9 days. Overview of Itinerary, Introduction to clients and facilities. What are your goals? What are your expectations? What are ours?</i>
12pm	<i>Lunch</i>
1pm	<i>Depart for Santa Elena Primary School</i>
1:30pm	<i>School Screenings and Teacher Education and Awareness</i>



6pm	Dinner
Evening Reflection	What ethical dilemmas could OTs face when working in an underserved /developing area?
Friday (B, L, D)	Day 3: Community Health Workers Program Day 1; Home Health, Begin *Home Stay with San Antonio Mayan Women's Collective
8am	Breakfast
9am	Community Health Workers Program Orientation
10am	Community Health Workers Program: Informal assessments and Therapy
12pm	lunch
1pm	Community Health Workers Program Cont'd
4pm	Meet host families & settle in.
6pm	Dinner
Need	<i>The village of San Antonio, a community of 3,500 people in western Belize, has its roots in Mayan traditions and currently practices subsistence agriculture. As in many cultures around the world where resources are scarce, education for women is not prioritized. Girls often go without attending school beyond primary levels. Government support is not easy to access, and so mothers rely on other forms of income to help support their children's education, and send their daughters to high school. With little education, many girls and boys find themselves unemployed at an early age, perpetuating a cycle of poverty.</i>
Impact and cultural involvement	<i>We'll have the unique opportunity to work with the San Antonio Women's Co-Op and to stay in a local village with host families for 2 nights. We will be leaving our large suitcases at our accommodations in San Ignacio and just taking smaller daypacks for our homestay in the village. Engage with your host family on the topics of Belizean food, language and culture and spend part of each day delivering OT services to families in need.</i>
Homestay	<i>*Students will stay together in groups of 3 or 4 during their homestay. All homestay families have been pre-approved by US government officials and Therapy Abroad staff</i>



Saturday (B, L, D)	Day 4: Community health Workers Program Day 2: Activities with San Antonio Mayan Women's Collective
8am	Breakfast with host family
9am	Community Health Workers Program: Informal assessments and Therapy
12pm	Lunch
1pm	Afternoon choice of activities offered by the San Antonio Women's Co-Op: <ul style="list-style-type: none"> ✓ Traditional Mayan Cooking Class ✓ Pottery Making
5pm	Return to homestay
6pm	Dinner with Homestay Family
<i>Reflection Question</i>	Working in a different culture, specific issues in Belize when working in health care
Sunday (B, L, D)	Day 5: Activity Day: Xunantunich; Free Afternoon (End of Homestay)
7am	Breakfast with host family
8am	Depart for day tour of Xunantunich Ancient Maya Archaeological Site! Today we will see excavations of temples, ball court, and a residential complex revealing the lifestyle of Ancient Maya culture. We will board the small hand-cranked ferry to cross the Belize River, then walk directly to the ceremonial center and museum.
12pm	Lunch
1pm	Free Afternoon (Options for shopping, swimming, excursions)
4pm	Return to San Ignacio
6pm	Dinner
<i>Discussion</i>	<i>Debriefing and Reflection of host family stays</i>
Monday (B, L, D)	Day 6: Hospital Visit; Octavia Waight Home for the Elderly; Screenings
8am	Breakfast
9am	Depart for local Hospital tour
9:30am	Orientation to medical care at the hospital, meet with local staff



12pm	Lunch
1pm	Depart for Octavia Waight Center
1:30pm	Visit with long term care residents. This will be a great opportunity for students to visit with a geriatric population and caregivers, to discuss the challenges of daily life, work with caregivers and on environmental modifications, and better health and wellness techniques.
6pm	Dinner
Discussion Topic	<i>Belize does not currently have an individual with Disabilities Education Act (IDEA) law to give special services for children. A) How would national legislation impact services for children? B) What are the obstacles to improving services if there is no federal law?</i>
Notes	Octavia Waight Home for The Elderly: http://www.octaviawaightcentre.org/
Tuesday (B, L, D)	Day 7: OT Sessions with *NaRCIE; Afternoon Activity: Cave Tubing & Rainforest Hike
8am	Breakfast
9am	Depart for Belmopan (Capital City of Belize)
10:30am	Evaluations and with school age children 3-12 years old
12pm	Lunch
1:30pm	Cave Tubing. You will issued with a headlamp, life vest, and an inner tube for the cave tubing part of the tour. You will hike through the jungle to start the tour, with a presentation on medicinal plants, Belize cave systems, and use of the cave to the Mayan people. The tubing part of the tour lasts approximately an hour and a half.
4pm	Return to Accommodation
6pm	Dinner
Notes:	<i>*National Resource Center for Inclusive Education (NaRCIE)</i>



Wednesday (B, L, D)	Day 8: Transfer to *Caye Caulker
8am	Breakfast
9am	Depart for Belize City
12pm	Water Taxi to Caye Caulker
1pm	Lunch
2pm	Caye Caulker safety briefing
2:30pm	Free time on the island
6pm	Dinner
Notes:	<i>*A caye (/ˈkiː/ or /ˈkeɪ/), also spelled cay or key, is a small, low-elevation, sandy island on the surface of a coral reef. Cays occur in tropical environments throughout the Pacific, Atlantic and Indian Oceans (including in the Caribbean and on the Great Barrier Reef and Belize Barrier Reef). Caye Caulker is located approximately 20 miles off the coast, north-northeast of Belize City.</i>
Accommodation	Tropical Paradise Hotel https://www.tropicalparadisehotel.com/en-gb
Thursday (B, L, D)	Day 9: Snorkeling Excursion; Relax & Shop on the Island
7am	Breakfast
8:30am	Snorkeling Excursion to Hol Chan Marine Reserve*
12pm	Lunch
1pm	Relax and enjoy the remainder of your time on Caye Caulker
6pm	Final Dinner
Notes:	<i>*Hol Chan Marine Reserve- Hol Chan Marine Reserve is a marine reserve close to Caye Caulker, off the coast of Belize. It covers approximately 18 km² of coral reefs, seagrass beds, and mangrove forest. Hol Chan is Mayan for "little channel".</i>
Friday (B)	Day 10: Departure Day
7am	Breakfast
8am	Water Taxi to Belize City
9am	Transfer to Philip Goldson Airport for departure
Program Concludes	



A Note on Program Safety: Our Highest Priority

Safety is part of a systematic and comprehensive process and we understand that safety concerns are a part of planning for any overseas travel. As such, we have made safety our highest priority. Each and every project and country of placement is rigorously and personally evaluated for safety by the directors of Therapy Abroad. We don't work in countries that are considered unsafe and we organize your program from beginning to end so that we can account for all of the details. From the time that you depart for one of our programs until you arrive back home, our goal is to provide you with a smooth and worry-free educational travel experience and portal for professional development.

As a student or professional on one of our programs you will be part of a group and you will always have an experienced group facilitator. We do not outsource our programming or staffing, which means that we personally select our program sites, accommodation, ground transport and hire and train our own leaders. Our managing director is in charge of making sure that all of our students have easy access to medical care, clean food and water and communications at all times on our programs.

Chad Allen
Co-Founder & Managing Director

