

# GUATEMALA PROGRAM

SUMMER HEALTHCARE FELLOWSHIP

# *Information Packet*

*for Prospective Summer Fellows*



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## **I. Global H.E.E.D Overview**

As an organization, HEED's origin stems from a vision formed by students from Emory University (Atlanta, GA) after visiting a remote, mountainous area in northwestern Guatemala. The area, which consists of 26 municipalities, is morbidly referred to as the "Triangle of Death" because it has the highest child/infant mortality rate in Guatemala.

Global HEED currently works in Calhuitz village, one of the municipalities mentioned above, to assist the local residents in initiatives in healthcare and education. Our mission is to create a self-propagating cycle of social change by fostering the development of servant-leaders and social entrepreneurs who can empower and engage others, either within their own community or other communities throughout the world, to holistically address poverty and multifaceted social issues in a manner that promotes: (1) multidisciplinary collaboration and solidarity, (2) scholarly work and innovation, and (3) equality and respect.

The organization has raised revenues of nearly \$100,000 since its founding, and has used the funding to build a grade school, a community healthcare worker training center, a village pharmacy, and a center for women's education. As we do not have any real overhead costs and do not pay any full-time staff, we are able to donate 90-95% of our funding to our project initiatives.

Global HEED has assisted in creating healthcare education programs in nutrition and hygiene being taught to a number of women's groups in Calhuitz. We have also donated medicine and supplies to the maternal clinic, and have worked with them to take vital signs on children, administer vaccinations, perform pre-natal screenings, and also deliver babies. Our future ambition is to build a health clinic in Calhuitz, which will also serve the 8 other surrounding villages and their 40,000 residents.

**In developing and executing our various initiatives, Global HEED constantly strives to adhere to and promote the following principles:**

1. Encourage grass-roots, people-centered initiatives through the creation of local executive boards in the project areas;
2. Focus on initiatives that develop institutional capacity alongside human and social capital in tandem with traditional brick and mortar initiatives;
3. Ensure broad community participation, including the marginalized, to empower local residents;
4. Foster cross-sector collaboration by involving representatives from governmental, non-profit and business sectors;
5. Ensure durability and self-sustainability of every initiative;
6. Utilize the assets of the community rather than focusing on deficiencies;
7. Engage students and professionals to foster the development of servant-leaders and social advocates with the hope that our interns continue to work with our organization following their experience in order to create a global network of agents of social change
8. Ensure transparency of our organization, providing an open door for discourse and questions about our activities and project infrastructure

Global HEED has successfully engaged college students from some of the top universities in the United States such as Emory, Johns Hopkins, the University of Pennsylvania, UC

Berkley, Northwestern, Stanford, Brown, and Harvard to conduct literature, best practice, and field research in the areas of health, education, and economic development. The interns first receive training in the basic principles, theories and tools used in community building, social change, servant leadership, and previous initiatives that have addressed multi-faceted issues in developing nations. The interns then work together to complete tasks as determined by our partner NGO in Guatemala and the Global HEED committee of Guatemalan residents. Since one of our main missions is to directly engage students, interns are encouraged to attend all of the meetings between local residents and the Global HEED board, as well as to assist in the execution of our various initiatives.

We hope that our program will propel talented students like you to develop the skills and desire to produce a change in the world, and that your experiences with HEED will lay the foundation for you, and the other interns, to become one of the many successful servant-leaders of tomorrow. We are honored that you are considering attending our service trip. We look forward to working with you to directly and comprehensively address the multi-faceted issues that are prevalent in Calhuitz. We are confident that with hard work and passion in addressing these issues, we will make a great impact in the community of Calhuitz; your efforts will resonate in the area for many years to come.

*“When strangers from different nationalities, different cultures, different religions, and different backgrounds unite and work together ... they can truly make a huge difference in the world.”*

- Gina Kong (Emory University), former Guatemala Project Intern

## II. Introduction to the Team

The Executive Board of Global H.E.E.D. is made up of nearly 20 team members who have expertise in the various areas of International Development, Public Health, Microfinance, Medicine, and Business. The Guatemala Strategic Planning Team is a part of the Executive Board.

The Guatemala Strategic Planning Team is made up of the following individuals:

**Heather Hale** is the Guatemala Project Coordinator and is a part of the Guatemala Project Team. She is a graduate of the University of Virginia - Arlington and the Emory University School of Nursing.

**Kaylin Pennington** is a Director of Healthcare Programs and is a part of the Guatemala Project Team. She is a graduate of Stanford University.

**Flora Chang** is a Director of Healthcare Programs and is a part of the Guatemala Project Team. She is a graduate of the University of Pennsylvania.

**Fiorella Castillo** is a former Graduate Fellow in Calhuitz, Guatemala and is a part of the Guatemala Project Team. She is a graduate of Johns Hopkins University, and is currently a graduate student at the Johns Hopkins - Bloomberg School of Public Health.

**GT Wharton** is the Director of Microfinance Education and is a part of the Guatemala Project Team. He is a graduate of the University of North Carolina - Chapel Hill, and is currently earning his MS in Applied Economics at Johns Hopkins University.

**Rebecca Wolpin** is the Linguist Director specializing in Spanish, and is a part of the Guatemala Project Team. She is currently earning her PhD in Spanish Literature at Princeton University.

Our on-site supervisors in Guatemala are the following individuals:

1. **Dr. Mario Valdez**, the only doctor serving nearly 20,000 people in the partner community in Guatemala
2. **Nurse Alma**, the Director spearheading health education programs through the Casa Materna
3. **Nurse Juany**, assisting the planning of the health education programs through SIAS, which is funded by the Guatemalan Ministry of Health
4. **Algomir Hossain**, Director of the Grameen Bank in Panajachal & Sololá, Guatemala

### **III. Where We Work**

#### **Overview of Guatemala:**

Bordered by Mexico, Belize, Honduras, El Salvador and the Pacific Ocean, Guatemala is a Central American country that is roughly the size of Tennessee. With a population of approximately 13 million, Guatemala has a long history and vast culture, stemming from the ancient Mayan civilization and leading up to the 36-year old civil war that ended in the mid 1990s. Today, Guatemala includes a broad demographic of Ladino/Mestizo (mixed Amerindian and Spanish), whites primarily of Spanish descent, and many Mayan and non-Mayan indigenous peoples.

Although progress in growth and development has been made since the end of the civil war, the economic and health conditions in Guatemala are still stifling. There has been a dramatic increase in the Gross Domestic Product (GDP) in the past decade. The GDP rose from \$19.3 billion in 2000 to \$35.3 billion in 2006. Yet, even with a GDP per capita of \$5000, a high percentage of the population falls under the national poverty line. Overall, Guatemala is one of the ten poorest countries in Latin America and is the poorest country in the Northern Hemisphere, after Haiti. In terms of healthcare, Guatemala is ranked third in the Western hemisphere in infant mortality.



### **Calhuitz Village in the District of Huehuetenango, Guatemala:**

Global HEED works in the village of Calhuitz, which is located in the department of Huehuetenango. (Departments are equivalent to states). Many of the inhabitants are of Mayan descent. While most people in larger cities and towns speak Spanish, many in Calhuitz speak the dialect of Chu’j and may or may not know Spanish.

Calhuitz remains a remote village in the mountains of Guatemala, connected to outside villages by rocky, dirt roads. Consequently, access to adequate healthcare can be difficult. Many indigenous peoples also continue to suffer from discrimination in Guatemala, further discouraging the people of Calhuitz from seeking outside medical care. In addition to access, the major health problems in the project area include high mortality of mothers and infants, malnutrition, hypertension, diabetes, and trauma-related incidents. This specific area is called the “Triangle of Death” because it has the highest infant mortality and malnutrition rates in the country. In this area, 68% of children under the age of three suffer from malnutrition, and 1/250 pregnancies result in death.

Nonetheless, the people of Calhuitz are extremely generous and kind. People will be quick to accommodate, and it’s important to be polite in return. Remember that you are a guest in Guatemala and that you represent Global H.E.E.D. Please be mindful of local cultures and customs. While we are there to impact change, we must remember that we have just as much to learn from the local people as they have from us.



#### IV. Project Details

##### Healthcare Projects

###### Past and Current Construction Projects

Global HEED has constructed a community healthcare worker training center and a village pharmacy within Calhuitz.

Our future construction project will center around the long-awaited creation of a community health clinic, which will provide medical care to over 40,000 residents of Calhuitz and eight other nearby villages. Construction began during the Summer of 2011, with our Summer Interns assisting with various portions of the construction.



### **Nutrition Health Education Workshops in Communities**

The maternal healthcare house (Casa Materna) staff and Global HEED lead micronutrient education workshops followed by cooking demonstrations with various women's groups. Before the cooking sessions, there is an explanation to the women about the nutritional content of the foods that they are going to cook and how that would impact their child's health. Afterwards, the women are shown how to cook healthy meals that they could feed to their children. Their children are present at these workshops, whose weight and height measurements are taken, so that over time it can be checked how the nutrition education is impacting health outcomes. We also emphasize in all the talks that the food items that are used can be grown at home or obtained in a nearby village, which is important because a lot of the women believe that they need to buy things that come from the main cities in order to properly feed their children.

### **Delivery of Babies within Calhuitz**

Many women from surrounding villages come to Calhuitz to deliver their babies in the Casa Materna. Global HEED summer fellows/interns may have the opportunity to observe a delivery at the Casa Materna and learn about the delivery process through the nurses at the Casa Materna.

We realize that this exercise is not for everyone, and so we don't pressure interns to watch the delivery process if they are not comfortable. They will, however, still get to see how the process in action if there happen to be any deliveries while Interns are in the village.

### **Childbirth Education for Women**

This project is hosted by the Casa Materna, with Global HEED's assistance, on signs of danger before/during/after pregnancy and postpartum hemorrhaging. The project's purpose is to aid the women to be aware of times or circumstances in which they might need to contact a health provider or go to the Casa Materna. The earlier women are able to recognize these signs, the higher the probability that the Casa Materna staff can ensure the survival of the child and baby

### **Training of Traditional Midwives ("Comadronas" in Spanish)**

The Casa Materna hosts sessions for community midwives, helping them to recognize signs of danger before/during/after pregnancy, postpartum hemorrhaging, and emergency obstetric care. Demonstrations are given with the presentations, an example being the use of a doll to show what would be the optimal positioning of the baby in the womb. These presentations are given once a month by the Casa Materna staff.

### **Administering Pre-Natal Screenings**

We assist the Casa Materna staff in measuring & recording the weight and height of pregnant women. We assist in checking for edema and high blood pressure and we also measure the size of the baby in the mother's womb. We may also assist nurses during pap-screens.



#### **Administering Vaccinations at the Casa Materna and within Communities**

H1N1 vaccinations, Depoprovera, DPT, Tetanus and a bevy of other shots are administered within the Casa Materna and throughout the villages. Mayors from the communities are contacted and told when the Casa Materna staff will be coming to their section of the community, and women & children are gathered on the designated day to receive vaccinations and supplementations (iron, folic acid tablets, albendazole, etc). The administration of vaccinations proceed according to the Guatemalans' Ministry of Health's schedule of infant immunizations (very similar to the US, except for the addition of the BCG vaccine.) Tetanus shots are provided for women of childbearing age (and anyone else needing them), and the H1N1 vaccine is administered to pregnant women.

#### **Measuring Vital Signs for Babies / Young Children in Communities**

Weight and height measurements are taken for children, as well as checking for hepatitis A and signs of other diseases. The children are treated by the Casa Materna staff if they come in with any illnesses. They are given a prescription that they can fill at the nearby village pharmacy.



## **Education Projects**

Global HEED has worked with the community to construct a school within the Calhuitz, which many of Calhuitz's children attend classes in Biology, Math, and other interesting subjects which challenge their minds. Many of the school's dedicated teachers come from out of town during the day, teaching the children a large array of subjects to their kids.

We have also collaborated with Calhuitz in building a Center for Women's Education, which is used as a teaching ground for women's groups which come to Calhuitz from other surrounding villages to learn more about the health education programs. The Center is also used as a housing complex, where the visiting women stay while participating in programs spanning multiple days.

The construction of the school and the Center for Women's Education has been met with vast amount of appreciation from our project partners in the community. We intend to continue to collaborate with Calhuitz on future education projects.

## **Microfinance Focus**

Global HEED has formed a strong relationship with the Banrural Grameen Bank in Panajachal, Guatemala which is approximately 5 hours away from Calhuitz. Global HEED interns will have the unique opportunity to meet with the executive staff of Grameen. The Director of the Banrural Grameen Bank has spent many years working directly with the Dr. Mohammad Yunus, Nobel Peace Laureate and the Founder of Grameen Bank.

Interns will have the opportunity to spend a day with Grameen, learning about their pioneering microfinance lending methodology as well as their core values which they instill within the women's groups to which they lend funds. This experience will serve as a didactic component within the multifaceted approach Global HEED practices to immerse interns into the convoluted institution of international development.

Global HEED Interns will be able to:

- see the practical application of microfinance, and learn the lending methodology which Grameen employs within Guatemala and in other nations
- learn about the various entrepreneurial endeavors that Grameen's women groups create and sustain
- ask questions about the evolving practice of Grameen, how it intends to grow within other developing nations, and how it intends to influence other microfinance institutions

Wikipedia gives a pretty good explanation of Grameen and microfinance, and their articles link to very informative further reading on the subject. To learn more about Grameen and the incredible effects of microfinance, check out [http://en.wikipedia.org/wiki/Grameen\\_Bank](http://en.wikipedia.org/wiki/Grameen_Bank) and <http://en.wikipedia.org/wiki/Microfinance>.

To learn more specifically about Banrural Grameen (Guatemala), find them on Facebook at <http://www.facebook.com/pages/Banrural-Grameen/137250376289611>



## V. Project Partners

### Curamericas

Curamericas Global Inc. was founded in 1983 by Henry Perry III, M.D., Ph.D., M.P.H and Alice Weldon, Ph.D. As a non-profit organization, they aim to improve community health through the establishment of primary health care programs, decrease child mortality rate within the areas they work, and establish a national and local network of healthcare providers within their target regions. Curamericas works in Bolivia, Guatemala, Haiti and Liberia. Global HEED works specifically with the Guatemala division of Curamericas (Curamericas-Guatemala). Within Guatemala, Curamericas works in the department of Huehuetenango (Calhuitz is part of

this department), with Dr. Mario Valdez serving as the National Program Director for Curamericas-Guatemala. Global HEED has partnered with Curamericas, working closely with Dr. Mario to help the Calhuitz community in the best ways possible. During the summer 2010 trips to Calhuitz, Global HEED interns collaborated with Curamericas-Guatemala to help develop and implement various health and hygiene programs.

### **Banrural Grameen Bank**

Grameen Bank has operated in Sololá, Guatemala for three years. The bank's original intention was to set up a three-year project with a target of 3,500 clients and then disperse the project to the local people to continue its operations. However, Grameen Bank successfully expanded to about 7,500 clients in that allotted three years time, and consequently, the local branch requested more funding to remain and expand. As of 2010, Grameen still has a strong presence in Sololá with local employees to help run the administrative aspects of the project. They also maintain a partnership with Banrural, a local, established bank in Guatemala, in order to comply with legal restrictions.

Grameen in Guatemala follows the original Grameen methodology with a few operational changes. They maintain the basic structure of Grameen microfinance, where they provide a system of loans and savings, with incentives for participants to work as a supportive team and to repay loans earlier. As expected, business loan groups are comprised of 4-5 women. The women can each run their businesses individually, but access to future loans is dependent upon group repayment success. At the inception of loan disbursement to a group of women, only two of the women will initially receive loans. If these two women manage to successfully repay their first payments, then the remaining three women will begin receiving loans two weeks later. In other words, all members of a group should receive loan money after a three week period.

The core of the microfinance program is still the Women's Group meetings, referred to as the "Center Meetings," and much of the program is run autonomously within this group. At each center, up to eight groups of five women (a maximum of 40 women) meet on a biweekly basis to discuss business ideas and other issues. Each business group of 4-5 women elects a president and a secretary (who acts as a second in command) to represent their group. These presidents in turn elect a center chief, who is responsible for running the center meetings and discussions. Elections for all positions are held on a yearly basis. Interestingly, the Women's Group decides internally which business ideas are approved for loans, not an outside Grameen officer.

The Grameen Bank replication in Guatemala does deviate, however, from the original model. For instance, loan repayment collections occur on a biweekly (once every two weeks) basis, instead of a weekly basis. Hossain attributed this difference to the fact that the population of Guatemala is much more spread out in comparison to that of densely populated Bangladesh. Travel costs and overall cost of living are also much higher in Guatemala. Thus, Grameen's loan amounts and interest rates differ in Guatemala. The initial loan size maximum is 1,500 GTQ (about 200 USD). Borrow interest rate is set at 10% annualized, while individual savings rate is 5% annualized. (The original Grameen model set a 16% borrow interest rate and an 8.5% savings rate.) The mandatory personal savings amount is 2 GTQ per biweekly meeting. In addition, this particular branch teaches "10 vows" to participants, a derivation from the "16 vows" used in Bangladesh. In summary, Grameen in Guatemala is careful to follow the core structure and principles of Grameen Bank but will tailor specific aspects of the model to regional needs.

## VI. Informative Itinerary (*Please note that this is subject to change*)

### Day 1:

- Arrive in **Guatemala City** and meet up with the rest of your team. Your trip leader will greet you at the airport with a sign that says, “Global HEED.”
- Our driver, Don Luis, will drive you to the **Hotel Villa Espanola**.

### Day 2:

- Enjoy breakfast (included in your trip costs) at the hotel
- Depart by 9:00 AM with our driver, Don Jorge Yac
- Stop at Hipper Pais, an “American style” supermarket. (You can do all your shopping for cereals, granola bars, pastas, sauces, and other non-perishable snacks while here. You can buy fresh produce in Calhuitz on their market days.)
- Arrive at **Hotel Utz Jay**, which is two streets away from the lake, El Lago de Atitlan. Time permitting, sightsee around the beautiful lake and tour the local shopping areas.

### Day 3:

- Meeting with Mr. Alomgir Hossain of Grameen Bank, Guatemala
- Stay overnight at **Hotel Utz Jay**.

### Day 4:

- Depart by 9:00 AM with Don Jorge Yac. Travel from **Solola** to **Nenton** (8 hours)
- At **Nenton**, change vehicles. One of Calhuitz’s local drivers will take you the rest of the way.
- Evening - Arrive in **Calhuitz**

### Days 5-13:

You will be in **Calhuitz** for the next week, working on projects covered in **Section IV. Project Details** of this pamphlet

### Day 14:

- Leave **Calhuitz** with a local driver for **Nenton**
- By afternoon, meet Don Jorge Yac at Nenton, who will take you to **Solola**
- Arrive at **Corazon del Bosque**. This is one of the first ecotourism sites in Guatemala and serves as a model for many others within the country. Enjoy the park and go bird watching or hiking.
- Stay overnight at **Corazon del Bosque**

### Day 15:

- 10:00 AM Don Jorge Yac will again pick you up and take you back to **Hotel Villa Espanola** in **Guatemala City**
- Stay overnight at **Hotel Villa Espanola**

### Day 16:

- Leave **Guatemala City**. Don Luis will drive you back to the airport.



## VII. FAQ's

**Do I have to be able to speak Spanish, in order to attend a trip?**

No, you do not have to be able to speak Spanish.

Most everyone in larger cities and towns speaks Spanish, but in smaller, remote villages like Calhuitz, people speak indigenous dialects and may or may not know Spanish. In Calhuitz, the dialect is called Chu'j. The Trip Leader will be fluent in Spanish and will be able to converse with the Chu'j speakers, and can speak in Spanish to Dr. Mario and Nurse Alma (who are the main Project Directors in Calhuitz). It is beneficial to know or speak Spanish for daily interactions with the nurses and other staff at Casa Materna, but it is not something that is mandatory as you will have the Trip Leader interpreting conversations for you.

**What is the nature of Global HEED's selection process?**

The application process is not "competitive" per se - we want to make sure that anyone who wants to attend the program and learn about international development projects in healthcare, education, and microfinance are given the opportunity to do so through Global HEED. We will have an informational interview with each applicant, and will make sure to allow any questions to be asked which are not already answered on our website and in this Information Packet. We do, however, anticipate a large number of applicants for a small set of open slots, and because we accept Interns/Fellows on a rolling basis, it is absolutely in each applicant's best interest to apply as soon as possible.

We also ask that each individual who applies has read through the Summer Internship 2011 Information Packet and is seriously contemplating attending the program. By doing so, we can speed the process up a bit, and we can make arrangements for Interns to quickly be on-boarded into the organization and start undergoing our Training Program.

### What does the trip cost cover?

The total cost of the trip is \$1,999 for the Global HEED Summer 2011 Internship Program in Guatemala.

The cost covers:

1. *in-country travel costs*, including airport pick-up and drop-off in Guatemala, round-trip transportation in a privately chartered bus from Guatemala City to project site (over a course of 4 days total), pick-up and drop-off from project site to San Miguel)
2. *housing*: covers nights per person in hotels and housing in project site
3. *food*: bottled water, all meals (airport meals not included), hiring a private cook to accommodate volunteers with dietary restrictions
4. *tourist activities and cultural activities* with residents of project site
5. *airport exit tax*
6. *administrative fees* assessed by local non-profit and Global HEED
7. *project donation fee* (covers costs related to volunteer service activities, including but not limited to construction materials, supplies for the health clinic and/or school, prescription costs for patients, etc.)

You are encouraged to contact friends and family members to help you meet these costs and an accountant to determine what portion of the cost can be used as a deduction for tax purposes.

- The trip cost does NOT cover airfare. **Please do not book any airline tickets until you have permission of the Trip Leader.**
- The cost does NOT cover visa fees (not required for US Citizens).
- The cost also does NOT include expenses related to vaccinations or travel insurance (required for the trip)

### Does Global HEED offer financial aid to attend the trips?

We are not in a position to offer financial aid. We encourage our applicants to apply for aid through your school's international programs office, as they usually have information on small grants available to you.

### Is there a formal Training Program I will undergo before attending the Guatemala Trip?

Yes, the Training Program will cover numerous topics in healthcare, education, microfinance, and international development as it relates to your future experience in Guatemala. The Training Program will be administered by the Global HEED Guatemala Strategic Planning Team, and a few experts or professors from various fields. The program will last about two weeks, via phone/video conference, email, online forum collaboration, PowerPoint presentation and reading articles.

### How is a Global HEED trip different from other organizations?

Global HEED is cheaper than other similar organizations, which charge volunteers up to \$5000 for similar trips. These other organizations often do not have a scholarly component nor do they directly engage their volunteers. All of the funds generated through our programs are used on projects in our working areas, a fundamental departure from the majority of other service programs out there. Our goal is to minimize costs as much as possible to allow as many students to come on our trips as possible. The money you spend on the trip is both a direct investment in the community and an indirect investment in terms of the benefits you will

receive through this memorable and unique experience. Global HEED is operated entirely by students and recent graduates with the purpose of directly engaging other students to address issues related to health, education and economic development in poverty-stricken communities. Unlike other organizations, Global HEED encourages the development of future servant-leaders in addition to scholarly inquiry and research, all while making a positive and lasting impact in communities. We work hard to ensure that our volunteers DIRECTLY impact the community. The service trip is more like an internship because volunteers will be working together for weeks before the trip and weeks after the trip. When you put this experience on your resume, you can list this experience as an internship that will span more than the 2-weeks on-site experience. Global HEED volunteers will have the unique opportunity to:

1. Learn about the principles of community building, social change, servant leadership
2. Learn about the issues related to health, education, and development in poverty stricken communities in developing nations
3. Get exposure to the multi-faceted issues prevalent in developing nations
4. Directly work with local residents to make a positive and lasting impact in a poverty-stricken community
5. Participate in ALL meetings between Global HEED Executive Board members and on-site partners
6. Have the opportunity to develop and implement assessments and proposals that will directly benefit the community
7. Gain preference for Global HEED Executive Board positions after completion of the project trip



#### **Why should I volunteer with Global HEED?**

Aside from an unforgettable experience in a beautiful part of the world, this unique leadership and humanitarian experience will help you stand out when applying for jobs, scholarships, awards, medical school, public health school, law school, business school, and other graduate

schools. While we hope that is not the primary reason to attend the trip, Global HEED offers you many opportunities to take on leadership roles in development by not only being informally trained and educated on the issues in development but also experiencing them first-hand while being able to continue working with our organization even after the trip. We hope you use the training and experience to either create a Global HEED Chapter at your own school to address domestic issues in your own community or continue to develop the skills that you learned during your trip to Guatemala.

#### **How safe will I be on the trip?**

Safety is our number one priority. The stories about Guatemala in the news occur mostly in inner-city areas of Guatemala City. However, our interns will be staying in a guarded hotel (24 hr security guards with gated entrance) in Guatemala City for 2 nights total (the first night they arrive and the last night before they depart)--the interns will not be allowed to leave the hotel premises.

From there, we take a private van with a trusted driver that we have been using for the past few trips and the group will go to Quetzaltenango, which is about 6 hours away from Guatemala City and is a tourist area (a lot of tourists from Europe and the US). Once again, we stay in a guarded hotel (gated entrance). The following day, the group takes another 6 hour drive through the mountains to get to our partner site, Calhuitz.

There is a section of unpaved roads, so in the packets of information we send, we recommend interns get Dramamine medication if they are prone to motion sickness. Calhuitz is a remote town in the mountains of northwestern Guatemala that is comprised mainly of women and children. The town has had outsiders coming in for the past 20 years and the local residents are very welcoming and hospitable. The interns will be staying in a volunteer house built by Global HEED and our partner organization. Global HEED also hires a private cook to accommodate any dietary restrictions. We have provided our trip leader with a cell phone that can make and receive both incoming and outgoing international calls. Interns will be able to call back home every night but if you would feel more comfortable, you can have your own cell phone - you may buy/rent a cell phone from online vendors, such as <http://www.mobal.com/worldphone/index-h.php> or you may Google for other companies.

A good website to look at for up to date information on safety in Guatemala is [travel.state.gov](http://travel.state.gov). Not only will this website give you current travel warnings for numerous countries around the world, but it is an excellent source for information on passport renewal forms, travel tips, U.S embassy location in Guatemala, entry and exit requirements, specific roads that are most dangerous or safe to travel along, safety and security information and much more.

#### **Do you register us with the US Embassy in Guatemala?**

We will be registering interns with the US Embassy in Guatemala at <https://travelregistration.state.gov/ibrs/ui/> so they know your whereabouts. Sometimes the travel site has technical difficulties, so if we are not able to register you, we will be sure to let you know in advance.

#### **Is health & travel insurance required? Do I have to pay for it myself?**

Yes, we do require our interns to show proof of vaccinations, travel insurance and health insurance that will cover any international hospital care. You will have to pay for your own - Global HEED does not purchase insurance for interns and it is not covered through the trip cost paid to Global HEED. Plans cover things like missed flight connections, baggage loss and recovery, accidents and sickness, emergency medical treatment and emergency evacuation. Having insurance is a necessary precautionary measure in the case of any unforeseen problems during your time in Guatemala.

**What are the requirements to serve as a Global HEED Summer Healthcare Fellow?**

Volunteers must be 18 years or older. There is no language requirement although fluency or proficiency in Spanish is an asset. Global HEED, at this time, does not require academic transcripts, letters of recommendation, or interviews. In addition to filling out the application and paying the trip cost, interns are also required to sign a liability form, purchase airline tickets, get vaccination shots, and obtain travel insurance.

**Where do I buy insurance?**

We require that all Global HEED Summer Healthcare Fellows get health insurance through Gallagher Charitable International, their website is <http://www.aaintl.com/>. The cost of the insurance will usually run between \$60-\$80, and Global HEED can help sign you up. Once we have the exact quote for the insurance, we will send the quote to you and you can write us a check for the amount. We will sign you up for the insurance in the meantime and use your check to reimburse us.

You should look into travel insurance on your own - there are plenty of sites out there which you can find through Google.

**When should I arrive to Guatemala City?**

We require that you arrive into Guatemala City (La Aurora Airport) during daylight, preferably around noon. The Global HEED Project Trip Leader will be waiting for you outside the airport exit (only ticketed passengers can enter the airport). The trip leader will have a sign that says "Global HEED" or "Curamericas". You should book your departure flight from Guatemala City during the daytime as well.

**Electrical Outlets in Guatemala?**

No difference between USA and Guatemala

**In Calhuitz, should I bring a shower basket and wear shower slippers?**

Yes, you definitely should.

**Do American cell phones work in Guatemala?**

If your provider offers a temporary Global service with a SIM card (many do—just ask), you can generally get cell service on American phones, although rates are expensive. You have to ask your cell carrier to activate these services—they will not work automatically on most phones. If you do not want to pay the high fees or use an American cell phone, it is possible to buy or rent Guatemalan phones for a reasonable price. TIGO is the brand that works in Calhuitz, and once you purchase the phone, you reload minutes by buying prepaid cards, which are sold everywhere. You might want to check out this website for purchasing a phone: <http://www.mobal.com/worldphone/index-h.php> or you may Google for other companies. If you buy a cell phone, please make sure you buy the cell phone that works in Guatemala (there is a phone on there that does not work in Guatemala). The \$49 cell phone doesn't work in Guatemala (the website has a listing of the countries in which the phone will operate for each phone). The cell phone cost per minute is ~\$3 per minute using a cell phone from the website. You can buy a cell phone in Guatemala that will work and will be much cheaper--around 5 cents per minute. Just an option for interns whose family members may feel more comfortable having their son or daughter have their own cell phone. Interns will also have occasional access to the internet at a nearby internet cafe.

**How should Project Interns/Fellows buy cell phones in Guatemala, if desired?**

The Trip Leader will go with Interns/Fellows by taxi service to a store to buy the cell phones.

### **What is the hotel like and how will Interns/Fellows get there?**

A taxi driver will take Interns/Fellows to a hotel that is 15 minutes from the airport; next door is a Burger King. The hotel is secure with an onsite security guard. 2-3 people will stay in each room. On the day of arrival of the Interns/Fellows, the Trip Leader will go to the airport and pick up the Interns/Fellows. Interns will be given the phone numbers for the Trip Leader and the hotel in case they have difficulties locating the Trip Leader who is to pick them up at the airport.

### **What does “microfinance” refer to?**

Microfinance consists of loans, credit, capital, and other financial services that are made available specifically to the poor, who often do not have access to standard financial services since banks and other institutions consider them to be high-risk. This specific population also often does not have credit or a high enough credit rating thereby preventing them from obtaining loans. In addition, a large number of people live in rural or remote areas where formal banking institutions are not present. Most banks also do not consider offering small, low-risk loans because the transaction and processing fees can be prohibitively high. Despite being considered high-risk by formal institutions, microfinance initiatives serve as a viable alternative as they often do not require collateral. Microfinance initiatives are based on the fact that the poor have survival skills that make them credit-worthy. Microfinance aims to reduce poverty of the clients and spur local economic development by providing clients with assets and capital while reducing economic stress. Microcredit dates back to the 1970s but has become increasingly popular in developing nations. The World Bank estimates that 7000 formal microfinance institutions currently exist and reach over 20 million people in poor and developing nations. During the mid- 1970s, Muhammad Yunus, a native economist of Bangladesh, realized the prohibitive barriers to credit access and other financial services for the poor. He believed that "giving the poor access to credit allows them to immediately put into practice the skills they already know- to weave, husk rice paddy, raise cows, peddle a rickshaw. And the cash they earn is a then a tool, a key that unlocks a host of other abilities and allows them to explore their own potential". Yunus, therefore, started the Grameen Bank, a successful community-based financial institution that has provided micro-credit to 7.34 million people, 97% of which have been women. Since 1977, the bank has loaned 6.55 billion dollars out of which 5.87 billion dollars have been repaid. Many other models have been developed and implemented throughout the world based on the Grameen bank model. According to Muhammad Yunus, "The accepted human rights are food, shelter, health and education, and the basic responsibility of a society is to make sure that an environment exists so that people can have these things. Employment is also a right, but society can't assure wage-based work for everybody, so the alternative is self-employment. The big financial institutions currently ignore almost two-thirds of the world's population. So I say the right to credit should have the topmost priority on the list of human rights."

### **How much money should I bring?**

All of your meals and in country transportation are covered by your H.E.E.D. fees. You should only bring money for snacks, souvenirs, and emergency costs. This totals no more than \$150-200 usually, but this amount is left to your discretion.

### **What about any information on food?**

- There will be a cook during your stay in Calhuitz- She will prepare food for you while you are in the village. Meals in transit to Calhuitz will be at various restaurants.
- **Where is the closest market?** The market is 20-30 minutes away and sells fresh vegetables and fruit. Every Saturday there is a flea market that offers more variety.
- Touristy areas are good about cleaning vegetables and fruits, and restaurants in these places can generally be trusted. Eating food from street vendors is never really a good idea.

### **Lodging information for Calhuitz?**

Fellows and interns will be staying at the Volunteer house.

### **What to bring to Calhuitz?**

Bring IPOD, laptop, dvds, a raincoat, rainboots, sandals for the shower, and towels.

- Clothing you should bring to Calhuitz -Interns should pack lightly and bring old clothes; those you can leave behind. Don't carry clothes with a military theme or that has the US flag on it. Dress conservatively.
- Baby Wipes—they are awesome for everything.
- We will provide a separate packing list for our Project Interns/Fellows, for a full list of items to pack.

### **What is the weather like in Guatemala?**

Rainy season starts around mid-May and ends around October or November. In Guatemala City, Panajachel, and other, low areas, it is fairly warm and even muggy. In Calhuitz and higher climates, it is cold (during both seasons) and rainy if you are there for the rainy season. Fellows should be prepared for such weather, with warm clothing and rain gear.

### **What about the language and culture?**

Most everyone in larger cities and towns speaks Spanish, but in smaller, remote villages like Calhuitz, people speak indigenous dialects and may or may not know Spanish. In Calhuitz, the dialect is called Chu'j. The Trip Leader will be fluent in Spanish and will be able to converse with the Chu'j speakers, and can speak in Spanish to Dr. Mario and Nurse Alma (who are the main Project Directors in Calhuitz). It is beneficial to know or speak Spanish for daily interactions with the nurses and other staff at Casa Materna, but it is not something that is mandatory as you will have the Trip Leader interpreting conversations for you. The Guatemalan culture is overall extremely generous and kind. People will be quick to accommodate, and it's important to be polite in return. Remember that you are a guest in Guatemala and that you represent Global H.E.E.D. It is also important to note that indigenous populations will tend to get discriminated against in larger cities, which affects their choices in living and behavior.

## **VIII. Intern Testimonials**

Our interns and fellows come from a variety of backgrounds. Students in nursing, public health, French, and computer science have all been a part of our team and we continue to seek a great range of interests among our volunteers. No matter their field of study, Global H.E.E.D.'s trip participants have found volunteering with us to be very eye-opening and inspiring. A few former interns have provided the following testimonials regarding their experiences working abroad with Global H.E.E.D.:

### **Intern Testimonial #1**

"I had an amazing time on the service trip to Calhuitz with my group. Some of the experiences were hard, but others were amazing, like being the first to hold a newborn baby girl. There are people in Calhuitz surviving with such few resources that it really made me appreciate everything I have so much more. This is a once in a lifetime opportunity to help a population that isn't even on a map, let alone a widely publicized village to receive aid from international sources. If you can find the time in your schedule to make this trip, I guarantee you'll never forget it!"

- Martina W. (University of Pennsylvania), Summer Intern 2010

## **Intern Testimonial #2**

“My experience volunteering with Global HEED was unforgettable. From the moment our group of interns arrived in Calhuitz, the magnitude of kindness and hospitality of the people of Calhuitz, as well as the team of nurses and community health workers at Casa Materna, was truly overwhelming.

“Over the course of our stay in Calhuitz, our main duties as volunteers were to assist with the provision of basic health services, health outreach, vaccinations, prenatal screenings and preparation of educational materials for training traditional birth attendants (comadronas). We observed and/or helped facilitate health education workshops covering topics such as stages of pregnancy, antenatal/postnatal care, family planning, common micronutrient deficiencies and hygiene/hand washing.”

“Our team of interns also helped compile data from personal interviews seeking to elucidate health disparities related to nutritional status and perceptions about the quality/breadth of services offered by Casa Materna, which doubles as a clinic and birthing center. Several of us assisted with births at Casa Materna, experiences that permanently changed us as individuals and aspiring public health and medical professionals.”

“I feel very fortunate to have shared these formative experiences with such an exceptional group of people. We are all deeply indebted to the people of Calhuitz for welcoming us with open arms and inviting us into their lives if only for a short time.”

- Kaylin P. (Stanford University), Summer Intern 2010, who decided to join the Executive Board after returning from the Guatemala Internship

## **Intern Testimonial #3**

“Our trip to Guatemala was great! I had never been outside the United States before the Global HEED program, but the residents of Calhuitz, Guatemala made me feel right at home. The local on-site team was very helpful in enhancing the interns’ experience, and the residents of the community were very appreciative of the work that we were doing.”

“After seeing how little healthcare access there is in Guatemala, I became even more motivated to help during my time as an intern. The experience made me see how blessed we are here in the United States.”

“During our time in Calhuitz, every day was a new experience, whether it was travelling to neighboring villages for conducting medical checkups, aiding the teaching lessons for midwives, or watching a baby being born at the Casa Maternal (maternal healthcare house). In my two weeks as a Global HEED intern, I met many wonderful people and had an experience that was both extremely rewarding and a lot of fun.”

- Evan K. (Emory University), Summer Intern 2010

## **Intern Testimonial #4**

“I will never forget the experiences that I had in Calhuitz. Global HEED gave me the opportunity to interact with and learn from many different people. It was an incredible experience being able to work with the other interns and graduate fellows since everyone came with different experiences and could contribute something innovative to the projects.”

“Our team met with the Banrural Grameen Bank (before we spent time in Calhuitz), so that we could learn about microfinance. We had the opportunity to travel to a village Grameen served, and attend a women’s group meeting centered around their microfinance projects. While the success of microfinance programs is evident on paper, it was incredible to experience the programs in action and see how a small loan proved to be life changing for many women. It was impossible to miss the sense of empowerment and confidence that these women exuded as they spoke about their experiences raising goats or selling fabric.”

“Each team member on my internship trip was highly motivated to make the projects successful and worked to maximize our time in Calhuitz. We were able to implement a very important strategic initiative within the village, which would allow the Casa Materna (maternal healthcare house) to create & teach health education programs in hygiene and nutrition, which we also were able to learn and add our own voice to! The initiative is still sustainable today, and due to our efforts many women in the village are gaining access to healthcare they would not previously have had.”

“The community was incredibly welcoming and the residents always seemed to have time to stop and converse with us. Some of my favorite memories from the trip are interactions that we had with the residents of Calhuitz. Whether it was playing a game of soccer with a group of young girls or helping teenage boys with their English homework, all of these interactions allowed me to experience the rich culture of Calhuitz and see what a unique and amazing place it is. During my three weeks with Global HEED I was exposed to countless experiences that left a lasting impact. My time in Calhuitz was truly unforgettable!”

- Alyssa S. (Brown University), Summer Intern 2010

### **Intern Testimonial #5**

“My experience in Calhuitz, Guatemala is truly one that I will never forget. Not only was this trip my very first time in a foreign country, but it was also my first time being immersed in a setting completely different than I had ever experienced before. Our intern group was a wonderful, eclectic mix of public health students, pre-med students and myself, a nursing student.”

“This trip was especially important to me because it solidified what field of nursing I would like to enter into for my career as an RN. I had really enjoyed my maternity rotation during the spring semester prior to leaving for Calhuitz, but I was still wavering in my decision to commit to the field. Our group’s work with Nurse Alma in the Casa Materna (maternal healthcare house) made it clear that labor and infant delivery with underserved populations was the place for me.”

“The experiences I enjoyed most on this trip involved assisting with the birthing of infants, teaching health education to various communities, assisting with prenatal education and exams, and midwife training seminars with Nurse Alma. I am extremely grateful that I was able to attend this trip and hope to return one day to Calhuitz.”

“Thank you to Global HEED and the women of Calhuitz for helping to solidify my place in this world as a labor and infant delivery nurse!”

- Jessica M. (Emory University, School of Nursing), Summer Intern 2010

## **IX. Payment Guidelines for Guatemala Program Interns**

The total cost of the trip is \$1,900. You can find what the cost covers in the FAQ's section, under the "What does the trip cost cover?" question.

If you decide to join us, here are the payment guidelines. We are always here if you have any questions, of course!

### **1<sup>st</sup> Payment: \$600 Deposit**

A non-refundable deposit of \$600 is due within 2 weeks (i.e. 14 days) of accepting an offer to become a Global HEED Summer Intern, in order to secure your place on the trip.

### **2<sup>nd</sup> Payment: \$1,300 Remainder**

We will require that all interns pay the remaining \$1,300 (of the total sum of \$1,900) at least 3 weeks (i.e. 21 days) before their trip's departure.

Anyone not in compliance with this stipulation will be asked to pay *an additional* \$150 logistical fee. We have an agreement with our project partner in Guatemala to send food & housing costs within a certain amount of time before the trip, and in order to adhere to the standards agreed upon, we need all interns to submit payment at least 3 weeks before their trip's departure date.

### **Payment Method**

Go to the website and use the "Donate" button on the homepage at [www.GlobalHEED.org](http://www.GlobalHEED.org). You will be able to pay via credit card.

## **X. Contact Us**

If you have any additional questions, please send an email to [contactus@globalheed.org](mailto:contactus@globalheed.org). We are happy to answer any specific questions you may have!

Interested students can go to our website and apply online. Once you have applied, someone from the Executive Team will reach out to you for a 15-20 minute informational interview where you can ask more questions about the experience. We look forward to working with you!