



El Salvador

Short-term Faculty-led Study Away Program • Spring Break • March 17-24, 2012

Course Number & Name: **BMS 400**
International Service-Learning:
Malnutrition in Developing Countries
Credit Hours: **2**

Course Overview & Highlights

El Salvador is one of the poorest countries in the Western Hemisphere. Due to complex economic problems, a high percentage of the population is hungry and malnourished.

Springfield-based Convoy of Hope (COH) international relief organization works closely with educational, governmental and private agencies to provide food aid to the Salvadoran people.

In partnership with COH, this integrated service-learning program combines international community service with classroom instruction and field experience in nutrition and nutrition education.

Students will have the opportunity to:

- Conduct nutrition assessments and health/nutrition education programs
- Participate in food distribution
- Meet with representatives of various organizations involved in developing solutions to food security problems
- Explore the larger issues of free trade, debt relief, immigration, inequality, health care access, sustainable agriculture and others related to nutrition
- Gain first-hand knowledge of Salvadoran culture and of the social, political, economic and other challenges that many developing countries face

Estimated Cost: **\$1,800**

Includes: Round-trip airfare from Springfield; all transportation, lodging and meals in El Salvador*; Study Away student fee. Separated costs not available.

Excludes: MSU tuition for 2 hours of credit (NOTE: Any student enrolled in this course and program will be assessed the MO resident tuition rate, even if the student is not a Missouri resident); passport fees; misc. personal expenses.

Nonrefundable deposit due with application by Fri., Jan. 20, 2012: \$270
(will be billed to your student account)

Balance billed Fri., Feb. 24, 2012: \$1,530

* Program participants will stay in a gated hotel compound near San Salvador that is regularly utilized by Convoy of Hope staff and visitors. These accommodations are clean, comfortable, modern (with access to computers and WIFI), secure and conveniently located near shopping and restaurants. Meals will be a combination of Salvadoran and American cuisines.

Informational Meeting(s): **TBA**

2 Pre-travel Class Meetings: **TBA**

Depart Springfield for San Salvador:
Sat., March 17, 2012

Depart San Salvador for Springfield:
Sat. March 24, 2012

Post-travel Class Meeting
& Final Presentations: **TBA**

Interested in going?

Contact the Program Director,
Carmen Boyd, Dietetics Program Director,
Biomedical Sciences Department
for more information: 836-4352 or
CarmenBoyd@MissouriState.edu



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Study Away!

Missouri State University Study Away Programs

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Course Objectives

1. Students will be able to speak 20 words/phrases in Spanish prior to departure.
2. Students will be able to identify 10 signs and symptoms of malnutrition.
3. Students will prepare and present one educational topic to Salvadoran families, with the assistance of an interpreter.
4. Students will experience working with a food distribution center.
5. Students will demonstrate the ability to perform nutrition assessments of school-age children (including obtaining height, weight and mid-arm circumference — and to analyze the findings to identify malnutrition.
6. Students will be able to discuss two government or private organizations other than Convoy of Hope with a presence in El Salvador and the assistance being given.

Course Schedule & Itinerary

Two 2.5- to 3-hour Pre-travel Class Meetings during Spring 2012: Details TBA

- **February:** Basic orientation; review of malnutrition, anthropometric measurements and analysis; selection of an educational topic (such as Hygiene, Food Safety/Sanitation, Basic Nutrition Concepts, Child Nutrition, etc.) to present to Salvadoran families.
- **March:** Review of student group educational presentations; detailed discussion of travel preparation and plans.

Study Tour:

Our daily schedule in El Salvador will include breakfast at 7 a.m.; work from 8 a.m. until 3 or 4 p.m.; dinner at 6 p.m.; debriefings each evening, in which students will discuss their experiences and present various topics. There will be some limited free time in the evenings.

Sat, March 17: Depart from Springfield airport; arrive in San Salvador, where we will be met by Convoy of Hope representatives and transported to our hotel; brief presentation, orientation to the area and dinner.

Sun., March 18: Work at COH warehouse preparing packages for distribution throughout the week; visits to the local mall, market and a traditional Salvadoran restaurant.

Mon. & Tues., March 19 & 20: Teams of students will distribute food and provide education to Salvadoran students and families at no less than three elementary schools. In addition, nutrition assessment of the school children — including height, weight and mid-arm circumferences — will be completed and analyzed. We will be doing the children's food preparation and service on these days.

Wed. & Thurs., March 21 & 22: Day trips to visit several government and private projects involving malnutrition and agriculture. Visits to

an orphanage, childcare program (Salvadoran WIC), AIDS home, malnourished children's home and a sustainable agriculture project are planned. A half-day visit with World Food Program in the field is being arranged. We hope to be able to visit the American Embassy. CENTA, El Salvador's version of USDA, may be included in our itinerary, if time allows.

Fri., March 23: Visit to a nearby school where we will present health education programs and distribute food; afternoon R&R, including visits to tourist sites and the beach.

Sat., March 24: Depart San Salvador in AM; arrive in Springfield mid-evening.

3-hour Post-travel Class Meeting & Student Final Presentations: April (details TBA)

Open to the campus and general communities, presentations will emphasize the study away service-learning experience.

Course Requirements

Students must fulfill the academic requirements for the course as outlined below:

- A. Attend all pre- and post-travel seminars
- B. Present and submit for grading one written report on an aspect of malnutrition with which they worked specifically; a daily journal; one educational session for a Salvadoran family; and a PowerPoint presentation (to be developed in small groups and presented at the post-travel class meeting)
- C. Participate fully in all projects and activities
- D. Attend all lectures, presentations and relevant excursions offered during the study tour
- E. Each evening, one student or group of students will be assigned a topic to present to the group
- F. Participate in a return focus group to share impressions, ideas, experiences and suggestions for future programs
- G. Complete a pre-test and post-test

Assessment of Learning:

Grades will be based on participation in and completion of course requirements as follows:

- Exams, quizzes and activities associated with the pre- and post-travel seminars: 25%
- Reflective log: 25%
- PowerPoint Presentation of Experience: 25%
- Discussion and Participation: 25%

Required texts:

- World Health Organization. *Management of Severe Malnutrition: A Manual for Physicians and Other Senior Health Workers*. Geneva, CH: WHO, 1999. Available to download at no charge at <http://whqlibdoc.who.int/hq/1999/a57361.pdf>
- Penland P, Chandler G, Prado L. *Lonely Planet Nicaragua and El Salvador*. Lonely Planet Publications: 2006.

Application & Payment

Missouri State University Dietetics majors/minors and others who are approved by the Program Director may apply. Instructions are included on the program application.

A **non-refundable deposit of \$270** will be billed to your student account upon application (due by **Jan. 20, 2012**). The balance of the program cost (\$1,530) will be billed to your account on **Feb. 24, 2012**.

The published program cost is based on rates in effect on the publication date of this flyer and may be subject to change. **Program participants agree to a potential increase of up to 10% in the program fee if costs increase before or during travel.**

Cancellation & Refund Policies

- Students who withdraw prior to **Feb. 27, 2012**, will receive a refund of fees paid, less their deposit and any non-refundable purchases made on his/her behalf.
- If a student is forced to withdraw after **Feb. 27, 2012**, for a bona fide medical reason, s/he will receive a refund of fees paid, less their deposit and expenses. A certificate of incapacitating illness or injury from a licensed physician is required.
- Students withdrawing voluntarily after **Feb. 27, 2012**, or withdrawing due to medical reasons not protected under the fees refund policy, receive no refund.
- Once the program has started, students withdrawing receive no refund under any circumstances.
- All notifications of withdrawal must be made in writing and sent to the Program Director and to Elizabeth Strong at the Study Away Office, Jim D. Morris Center, Suite 403. **Non-payment of fees does not guarantee automatic withdrawal.**
- Any plans by a participant not to travel and return with the group must also be submitted in writing to the Program Director and the Study Away Office.
- The program may be cancelled if enrollment is fewer than 5 participants. In this event, students will receive a full refund.

Voucher Eligibility & Financial Aid

If you entered MSU as a freshman in 2009 or 2010, you may use the **Study Away \$500 voucher**. Students who receive financial aid through MSU may apply that aid to the program, if eligible. Contact the Office of Financial Aid at **836-5262** for more information.