



Costa Rica

Short-term Faculty-led Study Away Program • Spring Break • March 8-15, 2014

Course Name: **International Service-Learning: FIMRC Medical Mission in Costa Rica**

Course Numbers:
BMS 400

Credit Hours: **2** undergraduate

Course Overview & Objectives:

This program partners with the MSU campus chapter of the **Foundation for International Medical Relief of Children (FIMRC)** www.fimrc.org. Through this partnership, students volunteer their time and skills to support FIMRC's mission of providing access to medical care to millions of underprivileged and underserved children around the world.

Project Alajuelita is an intensive one-week program through which students will gain experience working at the FIMRC clinic in San Felipe, Alajuelita, outside of Costa Rica's capital city of San José. An estimated 12,500 Nicaraguan refugees—mostly women and children—live in this area and suffer from many readily treatable and largely preventable medical conditions.

Participants in this program will live with local host families and work with medical professionals in FIMRC's clinical and community health outreach programs. Students also will have the opportunity to:

- Observe first-hand the disparities between health care "haves" and "have-nots"
- Expand understanding of the people, countries and cultures of Costa Rica and Central America
- Learn principles that may be applied to working with other medically underserved communities

Program Fee: \$2,150

Program Fee Includes: Roundtrip airfare, Study Away student fee, basic medical insurance, and \$1,150 FIMRC participation fee.*

Program Fee Excludes: Ground transportation in Springfield, passport, incidentals/misc personal expenses, and souvenirs. MSU tuition for 2 hours of undergraduate credit. Both Missouri residents and non-residents pay the MO resident per-credit-hour tuition rate, per University policy.

Applications are due by December 6, 2013. A nonrefundable deposit of \$150 will be billed to your student account. Please see Application & Payment Procedures for MSU and Visiting Students on reverse.

Scholarship Eligibility & Financial Aid

Students may apply for the College of Natural & Applied Sciences Study Away scholarship. Applications are due to the Study Away office by November 22, 2013. Please see the scholarship page on the Study Away website. Additionally, students who receive financial aid may apply aid to this program. Contact the Office of Financial Aid at 836-5262 for more information.

**The FIMRC participation fee (\$1,150) covers ground transportation, lodging, meals and volunteer related activities in Peru. Students pay this fee directly to FIMRC, a 501(c)(3) nonprofit organization dedicated to improving pediatric and maternal health in the developing world through the implementation of innovative and self-sustainable health improvement programs. A portion of the FIMRC program fee may be tax deductible.*

Missouri State
UNIVERSITY

An EO/AA Institution

Informational Meeting (attend 1):
November 19, 6:30 p.m. PROF 411
December 3, 6:30 p.m. PROF 411

Application Due:
December 6, 2013

Pre-Travel Meetings:
January 16, 6:30 p.m. PROF 411

Depart Springfield for Costa Rica:
March 8, 2014

Depart Costa Rica for Springfield:
March 15, 2014

Post-Travel Meetings:
April 11, Time & Location TBA

Interested in going?
Contact a Program Director,

Dr. Colette Witkowski, Department Head, Biomedical Sciences
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Dr. Carmen Boyd, Dietetics Program Director, Biomedical Sciences
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**Study
Away!**

Missouri State University Study Away Programs
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W: <http://international.missouristate.edu/studyaway/>

Course Objectives

Though Costa Rica promises universal health care to its 4.2 million native citizens, many of the country's poor - as well as thousands of political refugees from neighboring Nicaragua - have little access to medical care.

This international service-learning course combines academic, cultural competence and community engagement objectives in accord with Missouri State University's public affairs mission. Through this program, students will see the immense need of refugee populations and the extraordinary efforts put forth to provide them hope and good health for the future. This experience will serve as a foundation for students who wish to become more deeply involved in community and global health.

Participants in this program will:

- Be able to speak 20 words/phrases in Spanish prior to departure
- Prepare and present one educational health topic to Nicaraguan refugee and Costa Rican families, with the assistance of an interpreter
- Assist health professionals in the local clinic, soup kitchen, schools and homes
- Keep a daily reflection journal, to be used as the basis for a PowerPoint presentation highlighting their FIMRC medical mission experience and comparing health care in Costa Rica and the U.S.

STUDY TOUR

Dates and activities subject to change.

Pre-Travel Class Meetings:

January 16, 6:30 p.m. PROF 411: Trip details, information, and forms.

February 27, 6:30 p.m. PROF 411: Final meeting about safety, what to pack, etc. Possible Spanish language practice.

Medical Mission in Costa Rica:

The program encompasses five 7-hour days of health care and education activities. Participants will divide their time between the FIMRC medical clinic and the surrounding community. Activities may include:

- Managing patient intake, charting vital signs and updating medical records
- Observing and assisting clinic staff with wellchild visits, acute care and psychological evaluations
- Organizing medications in the clinic pharmacy and reviewing instructions with patients and their caregivers
- Accompanying nurses on house visits
- Conducting health education presentations at the nearby soup kitchen and schools; topics may include nutrition, clean water and sanitation, dental hygiene, prenatal care, HIV prevention, etc.

Participants will live with FIMRC-affiliated

homestay families. This arrangement provides for three home-cooked meals daily and the opportunity to get to know Costa Rican people and culture first-hand.

Course Credit & Requirements

Students fulfilling the academic requirements for the course, as outlined below, will receive 2 hours of undergraduate credit for BMS 400. Grades will be based on participation in and completion of the following:

Discussion and Participation (30%):

Students must attend all pre-travel, in-country and post-travel class meetings and participate fully in all assignments and activities.

Daily Log/Reflection Journal & Report

(30%): Students will record their travel itineraries and experiences working with health care professionals and medically underserved populations in Costa Rica, including documentation of one educational session for a Nicaraguan refugee or Costa Rican family. Students also will reflect on how their experiences in Costa Rica challenged, changed or reinforced their pre-existing ideas about the social, economic, political and cultural issues affecting health care in the developing world. This journal will provide the basis for a PowerPoint report comparing the Costa Rican and U.S. health care systems. *NOTE: Students must use the MSU Service-Learning Reflection Journal; no credit will be given for a non-MSU log book or journal. The completed journal must be signed by the Program Director and/or FIMRC coordinator prior to submission.*

PowerPoint Presentation (40%): Students will work in small groups to prepare and present a 10-minute PowerPoint focusing on one aspect of their learning experience with

the FIMRC medical mission in Costa Rica and discussing disparities between Costa Rican and U.S. health care.

Required texts: None.

Application & Payment Procedures

Missouri State University students and others who are approved by a Program Director may apply. Instructions are included on the program application. Students will pay FIMRC fees (\$1,150) directly to FIMRC; see university billing procedures below. *Please note that, while Spanish fluency is not required, any level of comprehension will be useful in communicating with the host families, medical staff and, especially, patients.*

MSU Students: A non-refundable deposit of **\$150** will be billed to your University account upon application (deadline Dec.6, 2013). You will receive a second billing on Jan. 10, 2014 and a final billing on Feb. 7, 2014, for the balance of the program fee (\$850). MSU course tuition will be billed to your University account and is due according to the university payment plan.

Visiting Students: A non-refundable deposit of **\$150** (check or money order) must accompany your application (deadline Dec. 6, 2013). A check or money order for the balance of the program fee (\$850) and MSU course tuition will be due by Feb. 21, 2014.

IN ORDER TO ENSURE PARTICIPATION IN THIS STUDY AWAY PROGRAM, THE ENTIRE AMOUNT OF THE PROGRAM FEE MUST BE RECEIVED BY FEBRUARY 28, 2014. PAYMENT CAN BE MADE ONLINE OR AT THE BURSAR'S OFFICE. Estimated program fees are 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% if rates increase before or during travel.

Cancellation & Refund Policies

- Students who withdraw prior to Jan. 31, 2014 will receive a refund of fees paid, less the \$150 deposit and any non-refundable purchases made on his/her behalf.
- If a student is forced to withdraw after Jan. 31, 2014 for a bona fide medical reason, s/he will receive a refund of fees paid, less the \$150 deposit and expenses. A certificate of incapacitating illness or injury from a licensed physician is required.
- Students withdrawing voluntarily after Jan. 31, 2014, or withdrawing due to medical reasons not protected under the fees refund policy, receive no refund.
- Once the program has started, no refunds will be issued under any circumstances.
- All notifications of withdrawal must be made in writing and sent to the Program Director and Director of Study Away Programs at the Study Away Office, Jim D. Morris Center, Suite 403. Non-payment of fees does not guarantee automatic withdrawal.

