

El Salvador



Short-term Faculty-led Study Away Program • Spring Break • March 8-16, 2014

Course Name: **Malnutrition in Developing Countries**

Course Numbers: **BMS 400**

Credit Hours: **2** undergraduate

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

Program Fee: \$1,942

Program Fee Includes: Round-trip airfare, lodging, meals, transportation, Study Away student fee, and basic medical insurance.

Program Fee Excludes: Passport, ground transportation in Springfield, incidentals/misc personal expenses, and souvenirs. \$408 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 January 17, 2014. A nonrefundable deposit of \$300 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.

Informational Meeting:
TBA

Application Due to Study Away:
January 17, 2014

Application Due to Convoy of Hope:
February 14, 2014

Depart Springfield for El Salvador:
March 8, 2014

Depart El Salvador for Springfield:
March 16, 2014

Post-Travel Meeting:
TBA

Interested in going?

Contact the Program Director,
Carmen Boyd, Dietetics Program
Director, BMS Department,
417-836-5603

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**Study
Away!**

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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 2014

January: First meeting will be to discuss basic pretrip details and to choose their educational topic to be presented to the El Salvadoran families. These topics will be provided by Convoy of Hope and may include topics such as Hygiene, Food Safety and Sanitation, Basic Nutrition Concepts, and Childhood Nutrition. Brief review of basic anthropometric measurements, malnutrition and analysis will be done.

February: The second meeting will be held at Convoy of Hope (COH), Springfield, MO and will be conducted by our trip leader from COH. This discussion will include detailed discussion of the itinerary, cultural considerations including basic language skills, and further discussion of the work that the students will be doing. In addition, questions specifically aimed at our stay in El Salvador will be discussed.

March: Students are expected to view the DVD "Innocent Voices" on reserve at Meyer Library in an effort to have a general understanding of the recent history of El Salvador, which impacts the country today. This third meeting will include a brief presentation of the student group educational presentations and a detailed discussion of travel preparations and current 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.

March 8, 2014: 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.

March 9, 2014: Work at COH warehouse preparing packages for distribution throughout the week; visits to the local mall, market and a traditional Salvadoran restaurant.

March 10 & 11, 2014: 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 midarm circumferences—will be completed and analyzed. We will be doing the children's food preparation and service on these days.

March 12 & 13, 2014: Day trips to visit several government and private projects involving malnutrition and agriculture. 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.

March 14, 2014: Afternoon R&R, including visits to tourist sites and the beach.

March 15, 2014: Depart San Salvador.

March 16, 2014: Arrive in Springfield.

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 Credit & 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 Text: 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.

MSU Students: A non-refundable deposit of \$300 will be billed to your University account upon application (deadline Jan. 17, 2014). You will receive a second billing on Feb. 14, 2014 for the balance of the program fee (\$1,642). 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 \$300 (check or money order) must accompany your application (deadline Jan. 17, 2014). A check or money order for the balance of the program fee (\$1,642) and MSU course tuition will be due by Feb. 14, 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 Feb. 7, 2014 will receive a refund of fees paid, less the \$300 deposit and any non-refundable purchases made on his/her behalf.
- If a student is forced to withdraw after Feb. 7, 2014 for a bona fide medical reason, s/he will receive a refund of fees paid, less the \$300 deposit and expenses. A certificate of incapacitating illness or injury from a licensed physician is required.
- Students withdrawing voluntarily after Feb. 7, 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. Expenses will be determined upon the date Study Away receives the notification. Non-payment of fees does not guarantee automatic withdrawal.