

Dominican Republic Itinerary
Public Health- 1 week

bridgestocommunity.org | (914) 923-2200



Welcome

Thank you for choosing Bridges to Community for your Service Learning experience! We are excited to host you in the Dominican Republic, where you will support our mission to alleviate poverty in some of the poorest communities of the DR. The public health discipline is of special significance to combat problems in rural regions, as it addresses social problems involving health and wellbeing specific to location and culture, and combines education, behavior change and a demand for community-wide participation for success. On your trip, we invite you fully immerse yourself in the daily life of the Dominican people, empower a community in need, learn about another country and culture, and to practice your Spanish!

**Itinerary
At a
Glance**

- DAY 1:** Arrive in the Dominican Republic, travel to Santo Domingo and Colonial City tour
- DAY 2:** Orientation, travel to the community, settle in and welcome ceremony
- DAY 3:** Workday, evening reflection
- DAY 4:** Workday, evening reflection
- DAY 5:** Workday, evening reflection
- DAY 6:** Workday, farewell activity
- DAY 7:** Leave community, rest and relaxation at the beach
- DAY 8:** Travel home

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Day One	<ul style="list-style-type: none"> -Your group will be met at the airport by BTC staff with a Bridges to Community sign -Our private bus will transport us to our hotel in Santo Domingo, where we will stay the night -Tour of the Colonial Zone, the first city founded in the "New World" by European explorers -Dinner at a local restaurant in the area
Day Two	<ul style="list-style-type: none"> -After breakfast, we will have orientation to review and guide you in what to expect for the week -Travel to the community in a private bus, stopping for lunch in the town of San Juan. Once we reach the community, we will settle into our dorm accommodations for the week, meet our local work team and take a tour of the community
Day Three	<ul style="list-style-type: none"> -In the morning, we will participate in an important aspect of public health in the community. Depending on BTC's programming plan, this may include workshops, community health surveys and screenings, and reforestation projects. -In the afternoon, we will work for a few more hours. The afternoon will provide time for recreation playing with the local children in the youth center. After dinner, we will have a reflection to meditate on our purpose, history, and related public health topics in the Dominican Republic
Day Four	<ul style="list-style-type: none"> -In the morning, we will participate in an important aspect of public health in the community. Depending on BTC's programming plan, this may include workshops, community health surveys and screenings, and reforestation projects. -In the afternoon, we will continue the public health program. After dinner, reflection.
Day Five	<ul style="list-style-type: none"> -We will spend the morning working on a construction project to improve sanitation in a family's home, which includes mixing cement, pouring a floor or building a latrine. -In the afternoon, we will wrap up the construction project. After dinner, we will have a reflection.
Day Six	<ul style="list-style-type: none"> -In the morning, we will participate in an important aspect of public health in the community. Depending on BTC's programming plan, this may include workshops, community health surveys and screenings, and reforestation projects. -In the afternoon, we will continue the public health program. -This evening we will have a special gathering and musical presentation to say goodbye to the community and our new friends
Day Seven	<ul style="list-style-type: none"> -After breakfast, we will head in a private bus to a hotel on the beach for some well-earned rest and relaxation. -We will wrap up our week with a Final Reflection to conclude our week together, and discuss how we can all continue to be Agents of Change in our own and global communities
Day Eight	<p>Our time together has come to an end! Your group will be accompanied to the airport by BTC staff. Thank you for your traveling with Bridges to Community, we hope your experience was rewarding and enjoyable!</p>



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**Program
Components**

Workshops: Education is the foundation for creating sustainable behavior change. Workshops help communities explore and learn about preventative measures, importance and impact of one's actions, specialized treatments, and daily hygiene practices to ensure a healthy lifestyle. Volunteers will receive a selected public health campaign in advance and will provide dynamic workshop(s) on their topic for applicable audiences.

Health Screenings: Early detection of diseases and illness can save lives. Volunteers will participate in community-wide screenings, visit home to home to test community members for prevalent diseases, take vitals and refer new and ignored cases to the local health post. Particular attention will focus on cases of diabetes, hypertension and pregnancy complications.

Home Visits: Volunteers may participate in home visits to community members to conceptualize living conditions, providing depth and background to community need. Visits may include specialized health cases, community surveys and/or distribution of health information.

Professional Training and Exchange: International medical and public health professionals have much to offer local medical staff by way of training courses and exchanges to improve the knowledge and skills of local doctors, nurses, health promoters and community leaders. Depending on the volunteers' background, training courses in disease identification, First Aid and CPR, specialized field work, etc. can be provided to improve the quality of healthcare offered in communities.

Construction and Material Distribution: Sanitation and water system infrastructure is integral to community hygiene. Volunteers will work alongside masons to build complimentary projects public health objectives, such as latrines, stoves, house floors and water systems. Other projects include distribution campaigns of supplementary materials for families to put their new knowledge into action at home. All construction and material distribution are accompanied by workshops to educate about the importance of the project, it's proper use and it's role in the prevention of sanitation-related disease and illness

Reforestation: wood burning stoves are the norm in the Dominican Republic communities, contributing to respiratory illnesses as well as regional deforestation. Trash disposal options are usually by burying or burning. Volunteers will provide workshops that explain the effects of smoke on the lungs and resulting illnesses, the importance of forested areas on the environment, and will provide alternatives to trash burning. Volunteers will also help in reforestation initiatives in an attempt to mitigate complete deforestation and climate change in the region.