





natural doctors international



# Medical Herbalism in Global Health

# Information Packet: Nicaragua 2014 Last updated June 2013

#### Dear Interested Participant,

Welcome and congratulations on considering attending the Medical Herbalism in Global Health Course in Nicaragua! This packet will help you decide whether our course is right for you and help you better prepare for your trip. Please read it thoroughly. If you would like to apply, please *APPLY ONLINE*. Spaces fill up very quickly. Once we receive your application, you will be officially registered for the course. INCOMPLETE APPLICATIONS WILL NOT BE PROCESSED SO PLEASE FOLLOW ALL INSTRUCTIONS CAREFULLY.

The core of our course Medical Herbalism in Global Health is an international 10-day service learning trip. This includes your travel days so you need to plan 10 days that you can be gone from home. When making flight arrangements, **the first and last dates of your trip are designed to be TRAVEL DAYS.** These are the days you book your flight on. The departure travel day for all options is March 10. The arrival travel day is March 1 for Option 1, Feb. 23 for Option 2, and Feb. 20 for Option 3. REFER TO THIS PACKET FOR SPECIFIC ANSWERS as it has been designed to best prepare you for the trip, or email us if you have additional questions.



Many people ask, What is the Medical Herbalism in Global Health course like? The NDI/Medical Herbalism joint program offers participants a unique opportunity to experience Nicaragua and herbal and naturopathic medicine. Embedded in a rich cultural experience, the NDI course offers a combination of classes in global economics, public health, medical service learning using the *Popular Education* teaching methods developed by Paulo Freire, and clinical service using herbal and naturopathic medicine in a developing country. Participants learn through a variety of teaching methods: experiential, hands-on medical training, and classroom style classes. You will be living with locals in their homes to get a glimpse into the reality of life in a developing country which few experiences offer, working with herbalists, naturopathic doctors and other health practitioners in a third-world clinical setting, and attending classes on global health, global economics, herbal medicine, and Nicaraguan history. Daily group check-in, reflection and insights will provide additional learning opportunities for participants. Check-ins create a space for participants to share feelings and experiences of the day. Reflection is a group processing method where difficult questions are raised and discussed. Insights are a short time out of each day to focus on sharing sacred/creative/contemplative space such as a moment of silence, a prayer, a thoughtful contemplation, a poem, or a song relevant to the brigade experience. We encourage you to bring along any materials you may wish to share for daily insights. All three exercises allow participants a space to integrate and evaluate their physical, mental, emotional and spiritual experience. We expect you will return to your homes with a better understanding of herbalism, naturopathic medicine, global health, of global factors that create health disparity, and it is our hope, a more open heart.

NDI thanks *Witness for Peace* and **Dr. Wayne and Lee Centrone** at *Health Bridges International* for much of the information and support they provided for this packet and many of our classes. We are very grateful to all the organizations that collaborate with us and create responsible volunteer opportunities.

Safe travels.

Dr. Tabatha Parker, ND



# 1. Enrolling for the Course

#### **Costs and Payments**

This course is a collaboration between Medical Herbalism in Global Health and Natural Doctors International. Your payment is therefore made in two portions.

- 1. NDI: This portion of the cost of the Course is \$1300 if you pay online yourself at www.ndimed.org OR \$1400 if you use the online fundraising tool, FirstGiving. This portion of your tuition may be tax deductible; contact NDI for details. NDI no longer accept checks for the payment of Global Health Courses. If friends and family write you a personal check (in your name), NDI cannot give tax write-offs and you cannot send those checks to us. We encourage you to send a personal thank you to direct donors.
- 2. Medical Herbalism in Global Health: The remainder of the cost of the trip is remitted to Medical Herbalism. You may pay online at our secure website, <a href="www.medherb.com/nicaragua.html">www.medherb.com/nicaragua.html</a>, or send check or money order payable to Medical Herbalism to PO Box 13758, Portland OR 97213. This portion of your tuition is NOT tax-deductible. Payments to Medical Herbalism are as follows: \$500 for Option 1, \$1100 for Option 2, and \$1400 for Option 3.

#### vlaaA oT

You must read this packet in its entirety before applying!

If you have questions regarding the course, contact global@medherb.com.

To start your application, visit www.medherb.com/nicaragua.html, download the enrollment and release forms, and return the forms and make a payment of at least the \$400 deposit fee to hold your spot. Later in the year, the enrollment/payment with Natural Doctors International will open. Once your spot is secured with your deposit/application to Medical Herbalism as described above, we will advise you when NDI enrollment/payment opens. At that point, you will follow these steps:

Go to <a href="www.ndimed.org">www.ndimed.org</a>, hover over apply and click on apply to a course</a> to access the NDI Global Health Course Application. Select our course, Medical Herbalism in Global Health, in March 2014. When you apply online, you will be prompted to enter your credit card information to pay your deposit of \$400. If you want to fundraise for your trip, you will only pay a \$100 user fee and will be prompted to set up a Firstgiving page after you have finished your online application. (see firstgiving fundraising tool below). The full balance of NDI's portion of tuition (\$900) is due December 16, 2013, as is your detailed flight itinerary (see final payments below). You are also responsible for purchasing your own flight. Do NOT purchase your flight until you hear from Medical Herbalism that the trip is confirmed. The full balance for Medical Herbalism's portion of tuition must be received by January 17, 2014.

#### What to Have Ready Before Starting the Online NDI Application

The following (all of which can be found online at <a href="www.ndimed.org">www.ndimed.org</a>) will be needed to complete your online application so please gather all needed documents and info prior to starting your application process. You will be asked to upload the following documents:

- 1) Volunteer Disclosure Form
- 2) Current License and CV (NOTARIZED) (if you are a licensed physician or L.Ac.)
- 3) Copy of Current Passport (photo page only)





4) \$100 Application Fee & \$300 deposit (no checks online payments only); Only \$100 if using Firstgiving.

#### **Firstgiving Fundraising Tool**

- 1) Firstgiving allows you to quickly and easily create your own personalized fundraising web page. You can send family, friends and other prospective donors, such as local businesses, a link to a personalized web page describing NDI and your trip. Photos and a detailed message about your goal help create a sense of community with your donors. After you apply to an NDI program, you can get started on NDI's Firstgiving's page (<a href="http://firstgiving.com/ndimed">http://firstgiving.com/ndimed</a>). You must make your own personal page to use the Firstgiving tool. DO NOT GROUP FUNDRAISE ONLINE WITH FIRSTGIVING.
- 2) To use this tool, NDI must assess an extra \$100 fee. In order for your application to be received you must pay \$100 at the end of the online application. You will then set your goal on your personal page on Firstgiving at \$1300. In essence your total will be \$1400. However, the \$100 fee cannot be fundraised and must be paid by you to apply.

You will then have 30 days from the date of registration to raise the initial \$400 deposit/application fee. If you do not succeed, you must make that payment yourself using Firstgiving or you will be taken off the trip roster. Also, if you raise more than your set goal or you cancel, any money will go to the NDI general fund. NDI CANNOT refund extra money raised nor can we apply it to your plane ticket, etc.

#### **Final Payments**

You will need to make your second payment to NDI if you only paid the \$400 deposit at the time of your application. You can do this by going to www.ndimed.org hovering over donate and clicking on donate now to access the NDI Donation, Payment, and Membership Form. If you use Firstgiving your donations are processed automatically. Regardless of the option you have chosen all monetary donations must come in 60 days BEFORE your departure date in order to post to your account. If you fail to pay your balance in full by 60 days, you may lose your deposit and your space may be filled. If for any reason you cannot make this deadline, you will be assessed a \$100 late fee.

**Final payment to Medical Herbalism** must be received by us no later than January 17, 2014. **Your plane ticket** information is due to NDI no later than December 16, 2013.

## **Cancellations & Refunds**

#### **Cancellation Policy**

<u>Cancellation charges ref</u>lect time and expenses NDI cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive in any way. The charges made reflect expenses NDI has incurred in administering your application and planning for your participation. Local families depend on the money from your trips and last minute cancellations cause hardship. We recognize that the majority of those who cancel their reservations do so out of necessity however *exceptions to this policy cannot be made for any reason*. To qualify for any refunds, we must receive notification by email. Cancellation date is the date the notice is received. Additionally, while NDI makes every effort to return refunds promptly, due to our overseas offices it may take up to 120 days to receive your refund.



#### NDI REFUND SCHEDULE

In the unfortunate event that you must cancel your trip, your refund will be determined according to the following formula. The application fee is never refundable or transferable:

#### Days prior to departure: Refund:

Nov. 19, 2013, or earlier	All but the \$400 non-ref	fundable application fee/deposit is returned
from NDI portion; all but \$400	non-refundable application fe	ee/deposit is refunded from Medical
Herbalism tuition		
	he non-deposit remainder of y	=\$450 refundable if you have paid the fee) your Medical Herbalism tuition is
Dec. 20 or later	No refund	

(note: if your payment was made via credit card, Firstgiving, etc. the fees associated with your purchase will be deducted from your refund.)

#### Is my trip transferable?

NDI trips are non-transferable, meaning the trip you sign up for is the trip you must attend.

- 1You cannot sign up for one trip during one year and change to a different trip.
- 2Your payment cannot be used for a trip at another time if you cancel your trip.
- 3Your payment cannot be transferred to somebody else.

#### Unforeseen Trip Cancellation by NDI

NDI reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations, political instability, war or other circumstances. On the rare occasion NDI cancels a trip, all payments received to date will be refunded, including the non-refundable application fee of \$100, however, we are not responsible for other expenses for any canceled trips, including airline tickets.

#### **Cancellation Insurance**

NDI requires TRIP CANCELLATION MEDICAL EVACUATION INSURANCE, which covers your cost if you need to cancel or interrupt your trip for medical reasons, trip delay, lost baggage, & other unforeseen emergencies. You may purchase coverage through your own insurance company or from a travel trip insurance agency. Medical evacuation insurance is due no later than Dec. 16, 2013. A scanned copy of your plan must be uploaded in conjunction with your flight itinerary using the online NDI Flight & Insurance Information Form. This form will be sent to you in a link in a confirmation email after you have filled out your application.

Travelex Insurance (www.travelex-insurance.com), 1-800-228-9792 or 1-800-348-9505.



# **FLIGHTS**

#### **Fliahts**

YOU NEED TO ARRIVE IN NICARAGUA on DAY 1 of your trip AT ANY TIME (the first day listed on the itinerary) and book your flight to leave on March 10. Groups departing from the same city in North America should come on the same flight if possible. If you are not departing from the same city as the group, please plan to arrive the same day as the rest of the group. Detailed flight itineraries must be received no later than Dec. 16, 2013, so that all government paperwork can be processed. You will be required to input your flight itinerary using NDI Flight & Insurance Information Form sent to you in a link via email. We ask if you do not already have a frequent flyer # to please get one and use it for your trip. Miles can be donated to NDI.

#### What Should I do if my Flight is Delayed?

NDI monitors your flight for the trip. Should your original flight be delayed or cancelled and you are on the group flight or pre-approved individual flight, NDI will still pick you up at the airport at the new flight time. PLEASE CALL NDI or EMAIL <a href="mailto:brigades@ndimed.org">brigades@ndimed.org</a> should this happen. If you should miss your flight completely due to your own negligence, or are on a non-NDI approved flight, the group cannot wait in Managua and you will be responsible for getting yourself to Ometepe. In all case, please contact NDI at 011-505-8902-9933 or via email immediately should your itinerary change.

#### What if my bags are lost?

If your bags are lost or delayed, you must fill out a lost baggage form with the proper authorities in the airport in order to retrieve the bag. DO NOT LEAVE THE AIRPORT WITHOUT DOING THIS. If you are on an approved NDI flight, NDI team members will assist you with all this. If you are not, please contact NDI immediately to report the incident and receive advice on how to proceed. Do not leave Managua until you take care of this.

#### What if I want to travel before or after the course?

NDI requests that people do not travel in Nicaragua before the course begins but reserve your traveling for after. The reason for this is twofold. First of all, our paperwork for the government which allows your course to take place must be in by September 6, 2012. Therefore, if you decide you want to travel say, 2 weeks (or 4 weeks) prior to the course start date, that means every person on the trip has to have their flights purchased and inventory in 2 weeks (or 4 weeks) sooner than the set date. This causes financial restraints for all participants and often prohibits us from meeting necessary government deadlines on our end. Secondly, when you arrive in Nicaragua, if you are carrying donations, it is not advisable to carry donations around the country with you. You risk having them stolen, loosing them and having difficulty carrying such a large load. If you are stopped by police, they will assume it is stolen unless you have all the proper paperwork on you and they may confiscate it if you do not. Therefore, we ask participants to NOT travel prior to the trip. If for some reason you still want to travel, you will be assessed a \$100.00 fee and must receive prior authorization from NDI to do so. Traveling after the course is not a problem and there is no penalty for this.





#### Will NDI Pay for my Travel Expenses if I veer from the official itinerary?

Your \$1300 NDI fee covers ALL YOUR BASIC EXPENSES IN NICARAGUA FROM DAY 1 TO

DAY 10 OF THE TRIP rooms, travel, food, non-alcoholic beverages, lodging in Managua, and a ride to and from the MANAGUA INTERNATIONAL AIRPORT. We do not cover the first breakfast on the island (\$5 - \$7) or your free day (optional volcano hike \$25 - \$35), souvenirs or other items you wish to buy personally. We do not cover any other travel costs if you do not accompany the team. Therefore, if you chose to stay longer, you will have to cover your own costs for taxis, rooms, etc that fall outside of the normal NDI itinerary and make your own arrangements. PLEASE RESPECT OUR STAFF; we do not offer travel guide services or help with making personal travel arrangements. If you are traveling, we recommend getting a good travel guidebook for Nicaragua such as Moon Nicaragua or Lonely Planet and finalizing your plans on your downtime. If you have any questions, please contact NDI prior to arriving in Nicaragua.

#### When do I need to inform NDI of my plans?

In order for us to reserve hotels in Managua, NDI needs to know your plan to return with the group to Managua at the start of the trip. If you choose NOT to travel back to Managua with the group and later change plans and come to Managua, you may need to cover your expenses if the hotel is booked. **Classes end on Ometepe on March 9 at 3 pm.** The team will travel back to Managua on the 3 pm Ferry. Note: if you are traveling to Costa Rica, you cannot cross the border at night; please plan accordingly.

#### **5 Scenarios**

- 1) The entire team travels back to Managua together on March 9. Airport rides are coordinated by NDI
- 2) You go to Costa Rica or other location in Nicaragua and don't go to Managua. After class on Nov 25, you travel on the ferry with team NDI, and then go your own way in San Jorge.
- 3) You have 3 extra days after the course to travel and want to stay on the island of Ometepe. When classes finish, you are free to get a taxi to the other side of the island on March 9 to explore!
- 4) You are traveling in Northern Nicaragua after the trip ends. You return with NDI to Managua on March 9. In the morning, you go to the bus station to catch a bus to Northern Nicaragua. Your hotel night is covered by NDI, but you make your arrangements and pay your way to the bus station.
- 5) You come back with the team to Managua but your flight leaves March 11, the day after the last day of the brigade. NDI pays for breakfast on March 10. You must cover room and board and make arrangements to go to the airport. Rough estimate \$15/nt hotel, \$15 airport taxi, \$3-7 per meal



# FAQs, Rules and General Info

#### Where is NDI located?

NDI is located on the island of Ometepe in the southern part of Nicaragua, 30 minutes from the border of Costa Rica. Ometepe is in the Department (state) of Rivas. The NDI clinic is in the town of Los Angeles. Your home stays are in Los Angeles, 3 km from Moyogalpa, the main port town on the island.

#### Contacting NDI - Emergency Phone Number

If you are calling from the United States or Canada, please dial 011-505-2569-4613 OR 011-505-8902-

9933. If you are calling locally (anywhere from within Nicaragua) only dial 2569-4613 OR 8902-9933. Please inform your family only to call in the event of an emergency. Due to unreliable phone lines, multiple attempts may be necessary to reach NDI. Emailing <a href="mailto:drparker@ndimed.org">drparker@ndimed.org</a> or <a href="mailto:brigades@ndimed.org">brigades@ndimed.org</a> is the best option in case of an emergency if unable to get through by phone.

#### Where does my money ao?

The cost of a 10-day NDI brigade to Nicaragua is \$1300.00 per person. NDI global health courses are the primary revenue that allows NDI to do the good work we do. Trips costs pay for the course, teachers, admin, employees, NDI doctors, natural medicine pharmacy supplies, and community programs, as well as the hard costs of the trip itself. The remainder of your tuition goes to bring skilled herbal faculty to teach you for this special course, as well as the costs of your stay during Option 1 or 2, if you are attending these.

#### What is our schedule going be like?

A sample schedule can be found at the end of this packet. In general your schedule is determined by:

- 1) The day of week you arrive on
- 2) The quantity of people on the trip
- 3) When the team arrives flights that arrive prior to 1 pm in Managua go to the island that same day. If not we spend the 1st night in Managua and go to Ometepe the next morning at 4:30 AM.
- 4) Other issues may change including Nicaraguan national holidays, time of year for farming, etc.\

#### **Money**

We recommend bringing \$100 - \$300 in spending money. Bring cash. Do not bring travelers checks. **BILLS SHOULD BE NEW OR LIKE NEW** because any marks, tears, or old bills WILL NOT BE ACCEPTED. You can exchange \$20 bills or lower anywhere. into Nicaragua C\$ cordobas (aka *cords/pesos*).

#### **Group Fundraising**

If you choose to group fundraise, for example by holding a bake sale, an event, etc., you must contact NDI prior to the trip to get preapproval. (Note: No group fundraising on Firstgiving). To ensure a





positive experience, NDI suggests groups meet beforehand to determine how fundraising money should be split up fairly depending on the work put in. All work for brigades should be included as volunteer time (ex: fundraising events, donation procurement, thank you letter writing, inventory, etc). In addition to sharing these responsibilities, some teams choose to require attendance at all fundraising events in order to be able to share the profits. Follow these simple rules when group fundraising:

9You must participate in events. If you do not want to work to fundraise, that is perfectly fine, but you will not benefit from group monies raised.

9The team leader dedicates countless hours to ensure your group experience is optimal. It is fair to dedicate a portion of the fundraising pot to the group leader? percentage or actual dollar amount.

9Rewarding the team leader is a great way to say thanks!

# **Accommodations**

#### Accommodations in Managua

We stay at a variety of dormitory style lodging centers in Managua. There may be 5 or 6 other groups staying in the same area. Dorm style means a shared bathroom and bunk beds for up to 15 people. The quarters can be tight, but will prepare you for your host family stay on the island. Men and women stay in the same dorms.

#### Accommodations on the Island - Homestays

NDI chooses accommodations based on the principles of solidarity and accompaniment. In line with these principals and to give you as authentic an experience as possible you will be living with local families which give you an intimate view of the reality of Nicaraguan living and allow you to develop personal relationships. Our program employs women with very few resources and homes may be quite humble. Participants have received training from NDI in food preparation, hygiene, and cultural competency. While all homes are clearly below the poverty standards of North America, homes vary in amenities (distance from the NDI clinic, food served, flush toilets vs. outhouse). All of the women are dedicated to this work and provide you with the best service they can. If you are someone who will feel slighted if you are in a more modest home than your fellow classmates, this course is not for you. YOU MAY NOT REQUEST A NICER HOME as this undermines the empowerment we are trying to help women to cultivate by participating in this exchange.

#### Food & Water

Please drink a lot of purified water - bring a **wide-mouthed** nalgene if possible; it is very important to stay hydrated! NDI provides purified drinking water in both the clinics and with the homestay families. Common foods on the island include tropical seasonal fruits, eggs, gallo pinto (red beans and rice), & soups (vegetable, chicken). Salt, sugar, and oil are used excessively and dairy and meat are regularly used for meals. *Do not expect to eat healthy meals*; most food is fried or in a form North Americans are not used to. While fresh juices are often used, some women use Tang or other prepared powders. Your





host moms prepare WHAT THEY WOULD NORMALLY EAT in their homes. Some may offer a varied menu while others prepare modest meals. *Cheese, cream, milk, cuajada, leche agria are all unpasteurized* and we suggest that you not eat these foods or pork. If eating out, do not eat raw foods washed with water (ie salads, tomatoes, or any fruit that you eat the skin of). If you want to eat fruit, peel the skin or wash it off with purified water. If you think food will be an issue for you, you may want to reconsider this trip. If you choose to go out to eat, NDI does not cover this expense.

#### I'm a Vegetarian, Vegan, or have another food restriction, what can I eat?

We are sorry but **we cannot accommodate any restricted diets on our brigades.** That said, the majority of food is vegetarian - beans, rice, platanos and cheese. You will be eating traditional foods during your stay that is the standard diet of most of the islanders. Remember, restricted diets are a privilege and your family may not understand why someone would restrict the food they eat.

#### **Bathing Water and the Shower**

There is no hot water and service is erratic. Most homes have an outdoor shower. Water is stored in large concrete holding tanks. The water in holding tanks is treated with Abate, which is an anti-larva pesticide to control mosquito outbreaks. The Ministry of Health mandates this and all sinks in the country are treated (a sock at the bottom of a sink is filled with Abate). This is generally the water you bath with when running water is not available. Some homes may not have water for days, and you must be okay with taking a bucket shower when the running water is not working or when pressure is low.

#### Where do I wash my clothes?

Clothes are washed on cement washboards. You may ask your host family to teach you how to wash clothes if you're up for it. Clothes washing is not included in your costs but is roughly \$2 per load.

#### Power/Water Outages

Be prepared for frequent electrical and water outages. It is just part of what you have to get used to living in Nicaragua. Usually the water comes back on within the day. Often the electricity will come on and off during the day. Also, if you stick a plug in a socket and it will not go it is filled with DIRT.

#### All About the Toilet

Carry your own toilet paper; most bathrooms do not have toilet paper (it is helpful to bring a small amount in your pocket for arrival in the Managua airport; resupply can be bought in Nicaragua). Nothing can get thrown in flush toilets so put toilet paper and tampons in the waste basket. Most of the homes you stay in do not have flush toilets, only outhouses where anything can go down the hole!

#### What is the weather like?

Generally, Nicaragua weather is hot! Casual wash and wear apparel is good. The **Rainy Season** is from *May to November*; the **Dry Season** from *December to April*. If you come during the rainy season, you may encounter heavy rains. No matter when you come, sturdy shoes like cross-trainers or hiking boots.

#### **Bugs. Lizards and Other Things That Crawl**

You are sure to see geckos, ants, cockroaches, flying bugs, tarantulas, scorpions and other insects of unknown origin. Do whatever you need to do to deal with them; some of us are shoo-ers that shoo the bugs away, others are crushers - using brooms, shoes, or whatever is handy. Others just ignore them. You



are sure to encounter no-see-ums and mosquitoes. Applying insect repellant multiple times per day is very helpful or use mosquito netting when you sleep, which you must provide. If attending option 2 or 3 of the trip, a mosquito net can be bought cheaply in Esteli; these are not reliably available on Ometepe if you are only attending option 1, and should be brought from home.

#### Gift Giving

Coming in contact with poverty in Nicaragua produces the natural desire to give generously to whomever is near and in need. However, gift giving can create problems for those who receive a gift as well as for those who do not. Remember, your presence and interest in the people themselves are more important gifts than can be offered and you are not expected to give anything. NDI asks that you not give gifts of money to your families. If you would like to give a gift, please inquire to see if it is appropriate.

## Health

#### **Immunizations and Vaccines Requirements**

Deciding about immunizations is a personal decision each needs to make prior to your trip. MD Travel (<a href="http://www.mdtravelhealth.com">http://www.mdtravelhealth.com</a>) and CDC (<a href="http://www.cdc.gov/travel/">http://www.cdc.gov/travel/</a>) have up-to-date info on what immunizations are required for different countries. Please consult it for current requirements. The only NDI requirement is tetanus. PLEASE MAKE SURE YOU HAVE A TETANUS SHOT BEFORE COMING there are rusty nails and barbed wire all over the island and no emergency services. While past participants may downplay this, we require participants to have a current tetanus shot for a reason.

#### Naturopathic Emergency Medicine Kit

Making yourself an emergency medicine kit will ensure that you are always prepared for most ailments
you may encounter. Here is an example of a personal emergency medicine kit:
□GI: IM Encap or other demulcents for upset tummies, Paraguard (or other parasite protection),
probiotics, smooth move tea if you get stopped up, diarrhea support.
□Lungs/Throat: Lung support is great as well as throat coat tea, lozenges, etc.
☐General Immune Support: Emergency powder or other vitamin C powder.
☐Homeopathy: A small travel kit will do wonders for you and can be a great way for you to practice!
Skin: Be prepared to be itching on your trip. Bring sting stop for bug bites.



# Conduct

#### **General conduct**

If we find your behavior to be inappropriate in any way, or if you participate in illegal activities (be it during a short course, an internship, an externship, or a full time service year) you may be asked to leave the program immediately. If your stay with NDI is cut short due to your own misconduct, you will NOT BE REFUNDED ANY MONEY and you will not qualify for a LETTER OF RECOMMENDATION, so please do not ask for either of these things. In this event, you will be responsible for any expenses incurred to get yourself back to your home country.

#### **Drugs and Alcohol**

Please be aware of your behavior on the island your conduct reflects on us once you leave. While we do not have a strict no-alcohol policy, we encourage participants to refrain from alcohol use during your short time on the island. It is unacceptable to show up for clinic or classes hung over; you will be asked to leave

if you do so. NDI does not condone the use of any kind of recreational drugs, including marijuana. If you are caught soliciting for drugs, using drugs or having drugs in the house or home stays, the hospital, or at any NDI sponsored event, you will be asked to leave immediately and will not receive a refund. NDI is an organization of doctors and thus maintains a level of constraint when it comes to these issues.

#### **Holiday Romances**

Please do not come on the NDI trip to have a holiday romance. THIS IS NOT THE PLACE FOR THAT and can have severe consequences for our organization. If you are interested in extra-curricular activities save it for your vacation time after your time with us. During a short-course it not appropriate to begin a local romance. If NDI hears that this is happening, you will be asked to leave at your own expense.

# What to Expect In the Clinic

#### What will I need to work in a medical setting?

All consults are done in Spanish so bring a Spanish/English medical dictionary if you have one. If you are a licensed ND, you will also need to email us a valid/current medical license beforehand from the state that you practice in. Everyone needs to bring gloves & hand sanitizer. ALL HEALTH PROVIDERS & STUDENTS OF MEDICINE SHOULD BRING A FULL MEDICAL BAG, at minimum, a *stethoscope*, *otoscope* and blood pressure cuff. STUDENTS OF HERBAL MEDICINE are NOT required to bring these instruments, unless you are trained to use them and want to practice on the trip.

#### What is the dress code?

All participants are required to wear scrubs and closed toed shoes in the clinic! No exceptions. We recommend at minimum 2 pairs of scrubs (if you do not own them, they are easy to find in thrift stores). Important: No visible tattoos or body piercings (nose rings, eye rings, tongue rings, lip rings, etc). While we respect individual expression, Nicaragua is not North America and tattoos and piercings are often associated with vagrancy or disrespect. They are symbols of wealth (especially tattoos, which most





could never afford). We respectfully ask that you cover up your art!

#### Does this Program Qualify for Preceptor, Clinic or Community Service Hours?

Our official program for students is divided into 24 hours of preceptor/clinic hours (6 four-hour shifts in the clinic), 26 class hours and 10 community service hours. You may be able to get credit through your university by attending an NDI brigade; please *check with your institution prior to your trip to find out if NDI hours will qualify at your school* and bring all necessary paperwork. Paperwork cannot be submitted to our staff after the trip ends. *Note: preceptors shadow NDI doctors but cannot diagnose or treat patients*.

#### Can I receive CE credit for this course and how do the hours breakdown?

NDs' courses may be eligible to receive CE credit for naturopathic doctors through the Oregon Board of Examiners or through the school you are attending. Each state and school has different requirements so please check to see if your course qualifies for CE credit. PLEASE LET COURSE ORGANIZERS KNOW ASAP (global@medherb.com) if you would like to get CE for this course.

#### What Conditions Will I See in the NDI Clinic?

In general a whole range of patients from pediatrics to geriatrics. Common conditions include parasite infections, URIs (pneumonia, asthma, bronchitis), skin infections (scabies), UTIs, pain (from manual labor), diabetes, hypertension, pesticide exposure and arthritis. That said, if it is flu season you may see 20 patients in one day with the same condition. We also encourage you to freshen up on the above diseases before arriving.

#### What can I expect as a typical day as a volunteer in the clinic?

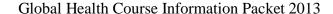
Students can expect to be in clinic for **6 four-hour shifts** (**3 full days**) morning shifts are from 8 am until 12 and afternoon shifts are from 1pm - 5 pm. Lunch is from 12 to 1pm. **Doctors and other seasoned healthcare practitioners will expect to be in clinic 9 four-hour shifts** (**4 full days**). On your downtime, you can explore the island or enjoy various local activities. The clinic is often lacking supplies and other things we take may take for granted as health providers. We often work without electricity or running water. Generally we attend **5-40 patient consultations per day**, with occasional emergencies in between. While we promote your clinic days to locals, we cannot guarantee there will not be a slow day due to unforeseen circumstances like bad weather, crop harvests or religious holidays. You will not see births during the short course, but interns or long-term volunteers may.

#### What can I expect as a Naturopathic or Medical Physician Volunteer?

The experience of a naturopathic physician in the clinic is different from that of a student. On clinic days, physicians provide consultations with 2-4 student preceptors. Physicians take care of patients and teach student counterparts. Non-Spanish speakers are provided a translator. Physicians are in clinic more hours than students, attending patients 4 1/2 days for 8 hours each day. If you have any more questions about what you will be doing as a physician, email Dr. Parker at drparker@ndimed.org .

#### **How will the clinics operate?**

There will be a number of team players in each clinical situation. Our team will include herbalists, course attendees, naturopathic physicians, and NDI support staff. Patients will either line-up outside of





the designated clinic or be assigned a number by a NDI Team Member. At medical stations, course participants will preceptor with herbalists and doctors usually 2 to 4 per doctor. If you are trained to do physical exam, come prepared to do many. At the end of the day, all team members are expected to help clean up for the next clinic day.

#### What type of modalities do you use in the clinic?

We use all forms of available medicines and techniques available to us as naturopathic physicians, including pharmaceuticals and minor surgery, naturopathic manipulation, homeopathy, botanical medicines, nutritional counseling, acupuncture, etc.

## **NDI In-Kind Donation Guidelines**

#### **Our Need**

NOTE: IT IS NOT REQUIRED TO BRING ANY DONATIONS. WE GREATLY APPRECIATE YOUR EFFORTS TO GATHER DONATIONS FOR THIS DELEGATION, AND THEY WILL INCREASE OUR CAPACITY IN THE CLINIC. HOWEVER, PLEASE DO NOT LET THIS KEEP YOU FROM ATTENDING THIS COURSE IF YOU ARE UNABLE TO GATHER THESE DONATIONS FOR ANY REASON.

NDI depends upon our volunteers to bring donated medicine and supplies.

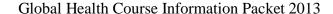
If you are able to seek donations to bring with you, we ask you to seek up to one 50lb. bag of donations. Looking for donations should begin as early as possible in order to ensure a smooth process (see worksheet in appendix to help you with this process). Many steps must be completed to pass customs and travel with donated medicines, but the rewards are great. The more variety of medicine you bring, the better your learning experience will be. *Note: This is not required for this course, but is extremely useful and a great service to the clinic we work with, which works entirely with donated supplies.* 

#### **Getting Started**

Whether you have joined a trip on your own or if you are traveling with a group, obtaining in-kind donations can be easy. Set aside an hour or two a week to work on getting donations. First, contact NDI to find out what companies not to contact and if there is anything we have in the states in back-inventory that we could send you. Otherwise, feel free to contact natural medicine companies, hospitals and doctors offices to see if anyone would like to make a donation to this project and to your service work. Make a list of all possibilities, gather contact info and phone numbers and then start making your calls. If you're in a group, each person should participate in this process assign everyone to contact at least 5 doctor and companies. Vendor fairs are often great places to ask, or student reps.

#### **Customs**

NDI has a contract with the Ministry of Health (MINSA) of Nicaragua that allows us to bring in UNEXPIRED medicine and medical supplies, medical equipment, etc. MINSA requires that everything that enters must be accompanied by a detailed inventory to be allowed into the country. The following details **must** be listed for every item: company that manufactured the product, name, description, LOT#, concentration & type (ex: tablets 100mg, capsules 500mg, OR liquid 2%), expiration date, quantity, wholesale price. Our NDI team in Nicaragua must submit the information you provide us to 4 different departments in Nicaragua for signatures and approval, before getting paperwork approved by customs agents. This is a lengthy process and is the reason we must receive all of your paperwork 60 days





BEFORE your departure in order to ensure your paperwork is processed correctly. **NO DONATION THAT DOES NOT FOLLOW THIS INVENTORY PROCEDURE CAN ENTER THE COUNTRY WITH YOU.** 

#### Vitamins or Supplements with Vitamins

As of January 2010 the Ministry of Health of Nicaragua has put into place stricter controls on the importation of medicines by foreign medical brigades. Controls have been significantly increased on the importation of vitamins. All vitamins must be verified and approved by the Ministry of Health upon arrival from abroad. We can no longer receive bulk donations of any kind - especially vitamins. Containers must be original and sealed. Any product containing vitamins will be sorted separately on your inventory list by NDI, so it is essential to pack these items separately. On arrival, an NDI Team Member will collect all the vitamin donations and take them to MINSA for inspection. If your team does not separate these donations correctly, it can add hours of work on to an already long travel day because the team will have to separate these donations the night they arrive if they have not been presorted.

#### **Importance of Details**

NOTE: THE QUANTITY OF MEDICINES THAT ARE DECLARED IN THE FINAL DONATION INVENTORY FOR THE BRIGADE MUST BE BROUGHT DOWN. Do not list donations that you will not bring into the country NDI can be penalized for this. YOU ARE JEAPORDIZING OUR CONTRACT IF THESE SIMPLE RULES ARE NOT PROPERLY FOLLOWED. Please take whatever extra time necessary to ensure that what you write down on the inventory form gets brought with your team. Proper coordination to collect, properly inventory and submit all paperwork is necessary plan early with your team! THIS IS THE MOST IMPORTANT PIECE OF INFORMATION IN THE PACKET. IF WE DO NOT FOLLOW THESE GUIDELINES ALL VITAMINS OR MEDICINES CAN BE TAKEN AWAY FROM US BY MINSA.

# Inventory Checklist All donations Are at least 1 year away from expiring from the day you enter Nicaragua (i.e., Feb. 2015 or later expiration date) All donations that are listed on your inventory are packed All donations that contain any vitamin (for example Vitamin C, or an herbal immune booster that contains vitamin C) are packed together in separate suitcases, not mixed with other donations or personal items so they may be easily separated. REQUEST A USER CATALOG and bring it with your donation for each major product that is not self explanatory.

#### **The Inventory Form**

NDI supplies an excel worksheet inventory form. PLEASE CONTACT <a href="mailto:brigades@ndimed.org">brigades@ndimed.org</a> for the inventory template and training on how it should be used. <a href="mailto:PLEASE DO NOT SUBMIT INCOMPLETE">PLEASE DO NOT SUBMIT INCOMPLETE</a> FORMS. Complete an In-Kind Donation Form (see appendix) or fill it out yourself for each donation you receive to ensure you have all necessary information. When donors submit a single total sum for a donation you must estimate separate items prices - for example a doctor submits 200 bottles of vitamin C, 100 of vitamin E and 20 bottles of Fish Oil worth \$500.00. You could estimate that each item would be 1.57 each. You would only have 3 lines of inventory (if each separate product had the same lot and





expiration numbers) and you would fill in the inventory accordingly. Your group should assign an inventory leader that can be trained by a NDI team member on this process. If you are an individual bringing donations, please contact brigades@ndimed.org to go over this process.

#### What Does NDI Need?

Often our treatment options are limited by the fact that we do not have access to a lot of natural medicine in Nicaragua. For those of you who have more clinical experience, spend a day in your

medicinary thinking about what you might want to have with you in Nicaragua. Are there certain products you always use? Remember, we use anything and everything we get, the only exception is expired products. Here is an idea of some things we would LOVE to have!

#### **Essential Medicines Used at NDI:**

We recommend picking 1 or 2 things from each category below. The more well rounded your donation bags are, the more fulfilling an experience you get in the clinic because there is more of a variety to choose from when prescribing. ANY KIDS' FORMULAS (we have very little specific for kids but have tons of pediatric patients)! Here is an idea of things to consider:

Botanicals or Tinctures any herbs that treat our common conditions this is the list of most used herbs: Althea officinalis (Marshmallow), Aesculus spp. (Horse Chestnut), Arctostaphylos uva ursi (Uva Ursi), Barosma betulina (Buchu), Berberis vulgaris (Barberry), Boswelia serrata (Frankinsense), Calendula officianalis (especially succus), Cimicifuga racemosa (Black Cohosh), Collinsonia (Stone Root), Dioscorea spp. (Wild Yam), Eschscholtzia californica (California Poppy), Glycyrrhiza glabra (Licorice), Hydrastis Canadensis (Goldenseal), Mahonia (Oregon Grape Root, Passiflora incarnata (Passoionflower), Piper Methysticum (Kava Kava), Scutellaria lateriflora (Skullcap), Viburnum opulus (Cramp Bark), Ulmus fulva (Slippery elm).

**Homeopathy** We can always use combo remedies like Cold Calm, Nux Vomica, Sinusalis, Roxalia and common remedies of all potencies.

**Immune support** Immune support is essential, usually one good immune support combination is great that might have a combination of vitamins and immune support herbs. Emergen-C packets.

**Gut:** Parasite medicine (formulas, kids formulas), gastritis formulas, bitters, digestive supportive tonics ulcer preparations, probiotics (Florastor makes a product that does not need refrigeration, which is optimal). **Protein Powders,** Fiber.

Musculoskeletal and topical: ARNICA CREAM, other musculoskeletal cremes, Glucosamine, Pain formulas, CALENDULA (creams or succus), Tumeric/boswelia/bromelain combos.

Other - headache formulas, QUERCETIN, EYE DROPS and saline eyewashes, eardrops, Melatonin.

**Respiratory:** any respiratory combos, pneumonia formulas, dry and wet cough formulas, and kids formulas.





#### Urinary: CRANBERRY, Kidney stone formulas, UTI combos

**Vitamins** WE NEED SINGLE VITAMINS. We do not have access to good quality single vitamins, or high dose vitamins. The following vitamins are preferred but ANY VITAMINS are greatly needed. HIGH DOSE Vit C, C for Kids, E, A, Bs, FOLIC ACID, Calcium, Magnesium, Cal/Mag combos, Potassium, Chromium, antioxidants, Niacin, MULTIS especially PRENATAL and KIDS' Multis.

Womens Health - Yeast Arrest, Vaginal Suppositories, Vag Packs, women's menstrual/PMS herbs and formulas, menopause formulas.



# **NDI** Packing List

#### **Clothes To Bring**

☐You will need clothes for 10 days - pack light but come prepared.	
□Flip flops for showering and in home (do not go barefoot or you can easily get a parasite)	
□Hat	
□Long pants	
□T-Shirts/tank tops for 10 days	
□Shorts (for down time) - cannot wear in clinic	
□Long sleeved shirt (1) you cannot work in the fields without long shirt and pants	
□SCRUBS - 2 pairs minimum (5 days in clinic)	
□Pajamas	
□Rain poncho or rain-resistant light jacket	
□1 Skirt/dress	
□1 Sneakers or walking shoes for heavy walking	
□1 Shoes/sandals/chacos/tevas	
□1 PAIR HIKING BOOTS (if you are preparing to climb the volcano, not tevas or other sandals)	
□Socks, underwear, etc	
□Swim suit	
<u>Medical Teams</u>	
Must Haves	
□All Brigade Members: Clinic clothes - you will need scrubs and closed toed shoes for the clinics.	
□IF you are trained to use them, Medical Bag including stethescope, portable EENT kit with charger and speculums, BP cuff, thermometer and thermometer covers, hand sanitizer, gloves, notebook, pen light (TH ARE ESSENTIALfor those trained to use them your experience will be severely hindered in the clinic if you a full kit.) If you are not trained to use these, you do not need to bring them.	ESE ITEMS
□PENS & SHARPIE MARKER	
□WHITE STICKY LABELS for medicine	



□ZIPLOCK BAGS for pill dispensing

#### **Gear & Supplies To Bring**

□Any medicines you may need (in their original containers - pack them in your carry-on!)
□Earplugs (you will want earplugs!)
□Flashlight/extra batteries (Petzl headlamp works great!)
□Notebook, journal and <b>pens</b>
□Wide-mouthed water bottle
□Work Gloves - we work on a farm 1 day please come prepared with work gloves to protect your hands!
□Any supplements, immune boosters, tinctures, etc to keep you healthy.
□Backpack/small daypack
□Camera and extra film (optional)
□Eyeglasses, contact solution
□Insect repellent (with DEET, sorry folks!)
☐ Mosquito Net (for those attending option 2, these can be purchased cheaply in Esteli - if you are only attending Option 1, the Ometepe portion, nets are NOT reliably available on the island which has a very limited selection of consumer products of any kind)
□Insight material for group insights (insights are creative ways we will inspire each other to reflect on some of the things we experience- poems, quotes, songs, prayers, etc. be creative!)
□Saline Nose Spray (for airplane and dusty conditions on the island)
□Snack foods (trail mix, granola bars, nuts, dried fruit)
□Spanish dictionary or phrase book
□Sun Block (15+ or 30+) - Super Salve sun salve is awesome
□Sunglasses
□Tampons/pads



□Tissues (moistened towelettes)
□Toiletries: soap, shampoo, toothbrush, toothpaste
□Towel (check out REI for quick drying chamois camping towels)
□Travel alarm clock
□Lots of patience and a sense of

#### What Should I Bring

It is important to pack well for your NDI Volunteer Experience. As those of you who are experienced travelers know, *pack compactly and lightly*. Don't bring more than you can carry comfortably for a mile or two *with your own two hands*. We suggest bringing only a carry-on bag and small day-backpack. Most airlines now only allow 1 checked piece of luggage which, optimally, will be used for your 50lbs of donated medicines and supplies. You should not need more than a carry on suitcase for 10 days for your personal luggage. Sheets are provided but towels are not. **Materials like tampons, disposable cameras, film, batteries,** etc. are not as easily available. Leave irreplacable valuables, such as jewelry, at home. Lastly, remember that all clothing is cleaned on concrete wash boards which is rough on clothes, so pack accordingly. **Carry your passport, money and other important documents, such as a drivers license, on your person.** 

# **NDI Inventory Checklist**

The process of bringing donations can go very smoothly if proper procedures are followed. In order to ensure, please follow the following guidelines when doing inventory and packing the medicines for transport.

□All donations are at least 1 year away from expiring from the day you enter
Nicaragua (Feb 2015 or later) - you have not accepted expired or near expiring
donations
■NO BULK donations have been accepted, for example: 9,000 vitamins in one big
bag.
□All donations are in sealed containers that are properly labeled and clearly show
what the product is with expiration date, label, etc.
□All donations are properly entered into the inventory excel sheet
□Note: Packing and finalizing the donation list should happen TOGETHER. Do
not submit an inventory list that has not been packed - the reason is that once you
submit your finalized list 60 days prior to your trip, it cannot be changed. Many groups
wait until the last minute to pack and then end up leaving things behind that are on the
list that do not fit. PLEASE DO NOT DO THIS - DO NOT ADD ADDITIONAL
DONATIONS OR TAKE OUT DONATIONS that have already been submitted to
NDI and the Nicaraguan government.
□All donations listed on your inventory excel sheet are packed; this has been double-
checked
□All donations are packed in suitcases or duffle bags. Do not use a large box to pack
items. Although it may seem more convenient, many airlines and customs agencies
DO NOT ACCEPT ITEMS THAT ARE PACKED IN BOXES - you must pack all
items in actual suitcases.
□Glass has been properly wrapped prior to packing to provide for safe transport
(Tinctures commonly break due to improper packing - don't let this sad thing happen to
you!!).
□All donations that contain any vitamin (for example Vitamin C, or an herbal
immune booster that contains vitamin C) are packed together in separate suitcases, not
mixed with other donations or personal items so they may be easily separated.
☐Bags have been weighed to ensure they neither over 50lbs or very light weight.
1



# NDI 10-Day Global Health Course SAMPLE Itinerary

#### Day 1 Sat. arrival

Arrivals & Stay at Backpacker's

#### Day 2 Sun

#### **Classes - AM Clinic PM**

4:30am .......Shower & Pack
5:00am... Leave Managua
9:00 am ......BREAKFAST
11:30 am...... Check-In/Meet
Families
12:00 pm .....LUNCH
1:00 pm ......Clinic
5:30 pm ......DINNER

7:00 pmClass/Processing/Insight

#### Day 3 Mon - ClinicLA

7:00 am ......BREAKFAST 8:00 am ......Clinic 12:15pm ......LUNCH 1:00 pm ......Clinic 5:30 pm ......DINNER

#### Day 4 Tue Clinic LA

7:00 am .......BREAKFAST 8:00 am .......Clinic 12:15 pm ......LUNCH 1:00 pm ......Clinic 5:30 pm ......DINNER 7:00 pm ......Classes

#### Day 5 Wed Clinic LA

7:00 am **BREAKFAST**8:00 am ...... *Clinic*12:15 pm ...... **LUNCH**1:00pm ...... *Clinic*5:30 pm ...... **DINNER**7:00 pm ...... Classes

#### Day 6 Thurs - Clinic Day

#### Los Angeles

7:00 am**BREAKFAST**8:00 am ...... *Clinic*12:15 pm ...... **LUNCH**1:00 pm ...... *Clinic*5:30 pm ...... **DINNER**7:00 pm ...... Classes

#### Day 7 Fri - Campo AM

# <u>Classes - PM</u> 5:30am ....

5.50am ....

#### **BREAKFAST**

#### Day 9 Sun

6:00 am	BREAKFAST
7:00 am	CLOSING
	<b>EXERCISES</b>
12:00pm	LUNCH
1:00 pm	Pack and
	Goodbyes
2:30 pm	leave for Ferry
6:00 pm	<b>DINNER</b> Arrive
	in Managua
	(Backpacker's)

## Day 10 Mon

WAKE EARLY AND GO TO THE AIRPORT

•

Classes include: cultural competency, logistics, expectations, socioeconomics, free trade, Cafta, Nafta, IMF, World Bank, Maquilas (sweatshops) and effects on health, feed a family, globalization, international health organizations, Nicaraguan Health, Clinic Training.

Day 8 Sat FREE DAY!!!!! Hike Volcano

# NDI EXPECTATIONS of BRIGADEERS

You are embarking on a physically, mentally, emotionally & spiritually challenging service-learning experience. It is important that you understand what this entails to ensure your satisfaction. You will encounter long days, hot weather, a foreign diet, and environmental onslaughts, without the familiar creature comforts and luxuries of North America. This list of expectations will help prepare you for the NDI brigade; if you answer NO to any questions or have any questions - please contact Medical Herbalism in Global Health or NDI before signing up.

(Note: During the online application process you will be prompted to verify that you have read and accept the following). □ I am willing to participate in group discussions, processing sessions and insights. □ I am able to work in heat over 90 degrees F with humidity levels of 80% or more. I understand that air-conditioning and/or fans are often not available. □ I understand that travel in a developing country may be uncomfortable and by North American standards, might be considered unsafe, including travel in cramped vehicles, buses, ferries, wooden boats, etc. □ I am willing to be near/smell DEET bug spray as my travel mates may be spraying it all the time! □Countrywide fumigation campaigns and liberal use of chemicals & pesticides in homes & restaurants occur regularly to control mosquitoes. I understand I may be exposed to trucks spraying pesticide to control mosquitoes. My home or work area may be sprayed without advanced warning and I understand that fumigation may happen where I will be working and living. □ I understand that respiratory onslaughts including indoor open fires (with which the majority of homes cook), outdoor burning of trash including leaves, plastics and other toxic materials, volcanic ash, etc. are likely to be encountered on a daily basis. □ I can be flexible with my diet. I understand the staple foods are beans & rice, and the *majority of the food is fried*, prepared with lots of salt & sugar. I understand that the idea of vegetarianism is not understood in a country of such poverty in the same way as my own country. I understand that NDI cannot guarantee that any of my dietary restrictions can be met and that a strictly vegetarian, vegan, gluten free or other restricted menu is not available. □ I can stay in a home stay situation in a home that is considered very poor in the USA where beds are uncomfortable, with outside latrine toilets, & without the amenities that I am used to in the USA. I am able to live with little personal space/privacy. □ I understand that 10 to 14 hour days are common, rising at 5:30 or 6:00 am every morning, ending at 9 pm every night, and have very little personal time and that this is not a vacation. □ I understand that I may be exposed to any number of diseases including malaria, dengue, or scabies, lice, for all of which I may be advised to take a pharmaceutical. I understand there is a good chance I may get a parasite or diarrhea while traveling. □ I understand that I will be in a remote area of Nicaragua on an island that has limited emergency care services and that in the event of an emergency, I will need to be transported at my own expense to Managua for treatment, a 1 hour ferry ride followed by a 3 hour drive. ☐ I agree to NOT rent/ride motorcycles or mopeds during my time with NDI. □ I understand I will be working in clinical settings that do not meet the standards of developed countries. I may observe any number of situations in the clinic that go against my common sense and education as a doctor including drawing blood without gloves, recapping needles, overuse of antibiotics, dirty facilities, lack of water/sinks/hand washing, etc. I will come prepared with my own medical gloves and antibacterial hand cleanser. ☐ I understand there is a clinic dress code scrubs/closed toed shoes. I understand no visible tattoos or body piercings (nose rings, eye rings, tongue rings, lip rings, etc) are allowed in the clinic. I understand that I will be respectfully asked to cover up my art!

□ I understand I cannot travel before the brigade begins. If I choose to travel beforehand I understand I will be

charged a \$100 fee and may need to find someone to transport my donations for me.
□ I understand that this is not a vacation and that my conduct can impact the work of NDI. I will not engage in illegal activities, drugs or excessive alcohol consumption, including public drunkenness. I will also understand the inappropriateness of engaging in holiday romances with locals during my stay on the island. I also understand the inappropriateness in engaging in holiday romances during my stay on the island. I also understand that I may be asked to leave if I engage in any of these behaviors and will not receive a refund.
☐ I agree to the NDI Cancellation Policy. I realize that if I have to cancel my trip, I may not be able to receive a refund. I understand that \$400 of my trip is a non-refundable application fee.
□I understand that my full payment to NDI is due 60 days prior to my flight departure date (this will be the same date as your trip start date, unless you are traveling beforehand). I also agree that if an extension is given by NDI if I cannot pay in full 60 days prior to this date, I will be assessed an additional \$100 fee. I understand that my full payment to Medical Herbalism is due 30 days before departure.
☐ I have read the section on the breakdown of where my money goes and how NDI uses it.
□ I understand that if I choose to fundraise, I can only do so using the online fundraising tool, Firstgiving. I also understand I will be assessed a \$100 fee to use this service which will be assessed when I apply to the course. I understand NDI no longer accepts checks.
□ I agree to the NDI In-Kind Donation Guidelines. I will do my best to fundraise for donated medicine and medical supplies for this trip and agree to carry one 50 lb. bag of donations with me that I fundraise or NDI sends to me. I will not accept medicine with an EXPIRATION DATE LESS THAN 1 YEAR from the day I enter Nicaragua.
□ I understand that I must keep a full record of each donor (whether cash or In-Kind) and will write my thank you letters to all my donors, and send a copy to NDI by email after the trip unless I am using Firstgiving in which case these letters will be automatically sent to my donors.
□ I understand that a full inventory recorded on an NDI Inventory Form (not included in this packet), of every item that is donated by my group is complete and accurate with all the necessary information. It must be sent to Nicaragua 60 days prior to my trip along with my flight information. I AGREE THAT ALL ITEMS DECLARED IN THE FINAL INVENTORY IS BROUGHT DOWN AND NOT LEFT BEHIND.
☐ I agree to use a NON-SCHOOL, personal email for all NDI correspondence and add ndimed.org to my safe email list I agree to check & respond to NDI emails in a timely fashion.
□ I will be added to the NDI Online Newsletter so that I may get trip and future event updates and get a newsletter about my the outcome of my trip which I can share with family and friends. I will also receive a free membership for one year to NDI.
☐ I will consider joining the NDI facebook cause, become a fan of NDI's facebook page, and make Goodsearch my homepage ( <a href="www.goodsearch.com">www.goodsearch.com</a> ) with Natural Doctors International as my charity.
□ I agree to give NDI rights to any photos taken on the trip that I am included in, and to allow NDI to use my photos if I share them with NDI. If I take pictures in clinic or with patients I will not post them on any social networking sites like Facebook.
☐I come with an open heart and the excitement to learn and grow from my Nicaraguan brothers and sisters! I agree that I am embarking on this adventure with NDI and am willing to take the necessary steps to ensure my fullest possible participation.