



Public & Community Health Service Abroad

Fall 2019



Introduction

ABOUT FREEDOM NURSING

Freedom nurses are on a mission to impact world health through volunteering internationally with communities in need. We have partnered with Kaya, specialists in service programs abroad, due to their vision being in full alignment with our purpose. Together, we will allow you to experience a responsible, impactful adventure that will foster leadership skills, while creating friendships and memories to last a lifetime.

Kasie Pasquantonio, the founder of Freedom Nursing, has combined her passion for impacting world health, nursing and international travel, to bring you a vehicle to utilize your professional knowledge and skills by contributing on a global scale.

The Freedom Nursing network of professionals are caring, responsible, open-minded, adventurous leaders in the industry. Together, we will strive to enhance the quality of life for the local communities we spend time with, through education of best practice and the latest research available.

ABOUT KAYA RESPONSIBLE TRAVEL

KAYA are a responsible travel organization specializing in meaningful travel experiences for both individuals and groups.

With a mission to promote sustainable social, environmental and economic development, empower communities and cultivate educated, compassionate global citizens, we offer a wide range of volunteer projects and real-life learning environments across 26 countries worldwide.

Kaya programs are safe, well-organized, ethical, relevant and affordable. These key considerations shape our program development as we work together to maximize the experience for participants and the benefits for our communities. We are recognized leaders in ethical service practise, (with specific expertise in health programming) and through ongoing work in our locations, we provide you with hands-on experiences that deliver cultural immersion, positive impact on local communities and work aligned to your area of specialism – allowing you to travel, contribute and grow as responsible, global citizens.

LOCATION OPTIONS

- ECUADOR 2019
- PERU 2019
- MORE TO COME in 2020...

Application Deadline

Applications, with \$315 deposit must be submitted by Feb 15th 2019



Great reasons to join us!

- ◆ Impact World Health
- ◆ Explore New Places
- ◆ Immersive Language Learning
- ◆ Empower Nurses Worldwide
- ◆ Leadership Training
- ◆ Personal Reflection
- ◆ Make Lasting Connections, Friendships and Memories



ECUADOR: Sep 28 - Oct 7, 2019

Cost Overview and Inclusions

ECUADOR

COSTS

\$2280 per person. Not including international flights.

Spanish classes offered as optional extra for **\$10ph**

A non-refundable deposit of \$300 will be required on application, to be deducted from the program fees

(participants joining both Ecuador and Peru programs are offered a \$500 total discount)



✓ INCLUDED

- A total of 9 nights accommodation in Quito hotel
- Meals: B-9,L-2,D-2
- Local English/Spanish-speaking, on-site group leader accompanying the group for day-time activities in and case of emergencies.
- Group transfers to/from airport - 2 pick up times planned. Individual transfers can be arranged for additional \$35
- Private transportation to all activities included in itinerary
- Welcome Orientation and Health and Safety Overview
- Excursions and entrances fees; Salsa Classes, City tour of Quito, Chocolate tasting, 1 day excursion to Otavalo
- US \$5Million liability insurance to protect Freedom Nursing and your participants

✗ NOT INCLUDED

- International flights and/or Domestic flights
- Travel & Medical Insurance (can be included for an additional \$35pp)
- Spanish classes, offered at \$10 per hour
- Recommended and/or required vaccinations and medicines
- Visas, (US citizens do not require a visa for entry - other nationals may require this)
- Police background checks
- Not including 9 lunches and 9 dinners;
- Personal expenses, such as snacks, souvenirs, & meals outside of itinerary, or baggage fees
- Tip and gratuities

kaya
responsible travel

Freedom
NURSING

Program Information

ECUADOR

Location:

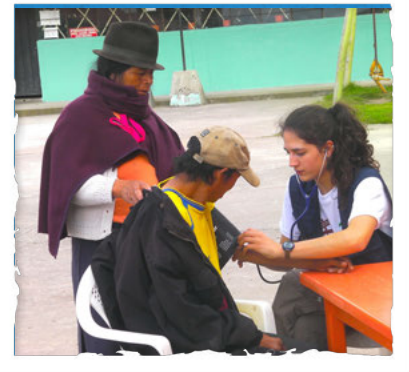
For this program we will be based in Quito, the capital city of Ecuador. It is the world's second highest city with an elevation 9,350 ft above sea level. As a UNESCO World Heritage site, it has a well-preserved historic centre and a warm and relaxed Ecuadorian Sierra culture. It has many wonderful museums, art galleries and attractions to keep you busy in your free time. At night, there is plenty to do with many restaurants offering everything from fried bananas, pizza, steak to classic Ecuadorian cuisine and delicious desserts. You will be spoiled for choice.

.....

Project Overview:

While in Ecuador, we will be working alongside a local organization operating as part of the Autonomous Decentralized Government of the Province of Pichincha. This interdisciplinary team of professionals and technicians has the objective of contributing to the human development of the population of the Province of Pichincha in the context of the National Development Strategy prioritizing vulnerable sectors through the management, coordination and execution of social and health services. Our group may collaborate across these 5 areas:

- ✓ **Cervical and breast cancer screening:**
This large mobile unit moves around the rural parishes of Pichincha, providing free care in OB/GYN, and offering mammography, colposcopy and ultrasound, accompanied by a clinical laboratory, in order to enhance the early detection of cervical and breast cancer, and control of pregnancy. It includes counseling and training on sexual and reproductive health issues, prevention of teenage pregnancy, breastfeeding, family planning, and other women's health issues
- ✓ **Prevention of adolescents pregnancy:**
Raising awareness about the incidence of early pregnancy, this initiative addresses students of public schools with informative talks about: sexual and reproductive health, risks in pregnancy, syndromes in newborns, abortion, intrafamilial violence, gender equity, maternal death. The talks are complemented with experiential experiences with simulated babies that are handled by the students in the classrooms and at their homes, allowing them to have a closer idea to the reality of being parents at an early age.
- ✓ **Dental health prevention:**
Focused on the prevention and cure of dental problems in school age children by providing free care in regional schools. Among the procedures are: prophylaxis, resins, amalgams, fluoridations and extractions.
- ✓ **Ophthalmology:**
Check ups and free pterygium and cataract surgeries.
- ✓ **School health checks:**
Health checks are carried out at rural schools combining checks with health education and interactive learning activities for children



kaya
responsible travel

Freedom
NURSING

Public & Community Health Education

Itinerary

Day 1, Saturday | Arrive (-)

Overnight: Quito hostel

The group will fly into Quito, where they will be met by our local team member and transferred to our accommodation in the city. We will have a couple of pick up times through the day

.....

Day 2, Sunday | Orientation, City Tour and Chocolate Tasting (B, L)

Overnight: Quito hostel

After breakfast, we will meet for orientation and presentation on Ecuador and its culture, history and economy, to give us a context for our work. There will also be a presentation of project goals, health and safety, and overview on our plans for the trip.

We will enjoy a welcome lunch together at a city restaurant. Then this afternoon, we will have a Tour of Quito's historical sights in this UNESCO World Heritage site - including the "Basilica de Voto Nacional, and Independence Plaza, and finishing our tour with a chocolate tasting.

This evening we will enjoy a welcome dinner together before we start our work. During dinner, we will touch on leadership training and journals will be handed out.

.....

Day 3, Monday | First Day of Project Work (B,)

Overnight: Quito hostel

Today we will commence our project work, working alongside the Health program in the suburban areas on the outskirts of the city. We will work approximately 6 hours each day, breaking for lunch in the areas where we work each day. We will then return to the city in the mid-afternoon, where participants will have the option of joining Spanish language classes for 2 hours, before enjoying a free evening to explore the city for dinner.

.....

Day 4-7, Tuesday - Friday | Project Work (B)

Overnight: Quito hostel

For the rest of this week, we will continue to participate in the health program initiatives, with time each afternoon for Spanish classes and free evenings.

On the Wednesday evening we will plan a group activity, with plans for either a salsa dancing class or a visit to a local music and dance performance.

.....

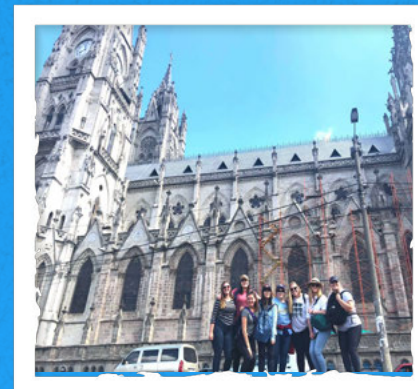
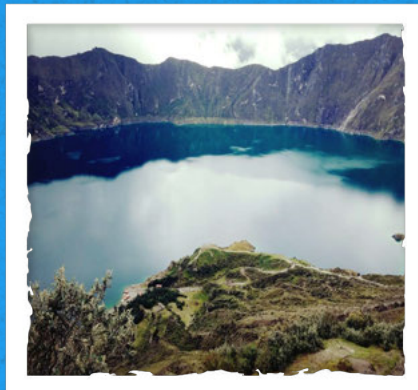
Day 8, Saturday | Group Excursion: Otavalo (B,L)

Overnight: Quito hostel

For our group excursion, we will spend the day visiting **Otavalo markets and Cuicocha lake**. We pass through the middle of the world on the way to the famous Otavalo markets, where you can browse local handicrafts and eat biscocho cookies. After lunch we take a short hike around the Cuicocha volcano crater lagoon, with its beautiful views, before popping into Cotacachi - famous for quality, handmade leather goods

.....

ECUADOR



kaya
responsible travel

Freedom
NURSING

Public & Community Health Education

ECUADOR

Day 9, Sunday | Free day (B,D)

Overnight: Quito hostel

Today will be a free day for participants to explore on their own. Ideas include climbing the Pichincha mountain by cable car to obtain a wonderful city views, visit the Middle of the World, taking a trip to the Mindo Cloudforest, or the Guayasamin Art Museum, among many more fun, amazing activities.

At night, we will enjoy a farewell dinner at one of the local restaurants of the city and reflect on our experience.

Day 10, Monday | Departure (B)

For our final day, we will arrange a group transfer to the airport for departure. If more than one transfer time is required, we can adjust costs accordingly.

ACCOMMODATIONS

For this program we will be staying in a comfortable local hostel in Quito's Mariscal quarter. This are of the city is popular with visitors for its many shops, bars and restaurants to enjoy on our free evenings.

Participants will stay 2-4 people to each room with attached bathrooms. Breakfasts are provided at the hostel. Some lunches and dinners are included, (see itinerary) and for the rest, you can explore the many local culinary delights.



kaya
responsible travel

Freedom
NURSING

PERU: October 12-21, 2019.

Cost Overview and Inclusions

PERU

COSTS

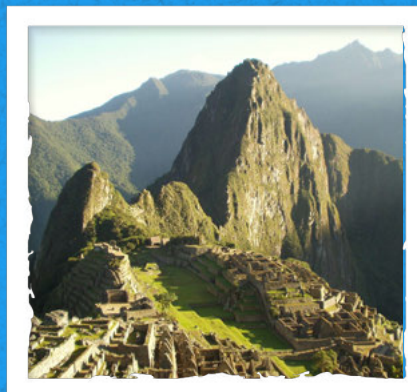
\$2395 per person. Not including international flights.

Machu Picchu excursion **\$385pp** extra

Spanish classes offered as optional extra for **\$12.50ph**

A non-refundable deposit of \$300 will be required on application, to be deducted from the program fees

(participants joining both Ecuador and Peru programs are offered a \$500 total discount)



✓ INCLUDED

- A total of 9 nights accommodation: at local hotel.
- A total of 17 Meals, including daily breakfasts: B-9,L-6,D-2
- Local English/Spanish-speaking, on-site group leader accompanying the group for day-time activities in and case of emergencies.
- Group transfers to/from airport
- Daily transportation to projects.
- Welcome Orientation and Health and Safety Overview
- Excursions and entrances fees; City tour
- US \$5Million liability insurance to protect Freedom Nursing and your participants

✗ NOT INCLUDED

- International flights and/or Domestic flights
- Travel & Medical Insurance
- Spanish classes, offered at \$12.50 per hour
- Overnight Machu Picchu excursion - cost provided as additional extra
- Recommended and/or required vaccinations and medicines
- Visas, (Tourist visas days are available to US citizen at no additional cost, fees may apply for other nationals)
- Police background checks
- Not including a total of 10 meals,: L-3, D-7
Meals are relatively inexpensive, average \$5 USD.
- Personal expenses, such as snacks, souvenirs, & meals outside of itinerary, or baggage fees
- Tip and gratuities

“Travelling as a volunteer you can contribute by working on local problems, while as a tourist you are just a spectator.”

Matteo Bertoletti

kaya
responsible travel

 **Freedom**
NURSING

Program Information

PERU

Location:

Cusco is the the oldest continuously inhabited city on the continent and its legacy as the seat of the Inca Empire is apparent. Considered the capital of the Sacred Valley region, it is a tourist hotspot and the starting point for the Machu Picchu trail. The city streets are lined with original stone walls and crowded with Quechua-speaking descendants of the Incas as well as museums.

Project Overview:

Working in collaboration with a local NGO and community health centers in the communities of the Sacred Valley surrounding the city of Cusco, we will engage in a project working with 2 elements:

- ✓ **Public Health Campaign & Workshop:**
Public Health campaigns to occur in rural clinics in different areas of interest. Our participants will engage in outreach campaigns such as nutrition, maternity, healthy kids initiatives, therapy, and other topics identified by local health centers in the communities.

- ✓ **Healthy Kitchens**
This initiative supports local families by addressing hygiene and sanitation issues on the Healthy Kitchens Volunteer Project. Often kitchens in lower income communities are dirty, do not have clean water, ways to keep food refrigerated, or storage options. They also contain smoky open-fire cookers which cause respiratory and ocular issues This project has three elements; firstly cleaning the kitchens, secondly providing a ceramic water filter, building a cleaner burning stove, installing ecological refrigerators and installing cupboards for food storage, and thirdly educating families about hygiene and sanitation good practice. These elements aim to improve the lives of family by tackling the current problem and providing solutions.



kaya
responsible travel

Freedom
NURSING

Public & Community Health Education

PERU

Itinerary

Day 1, Saturday | Arrive in Cusco, Orientation, & Project Introduction (L,D)

Overnight: Local Hotel

Arrive into Cusco's Alejandro Velasco Astete International Airport (CUZ) and be met by your Kaya representative. After collecting luggage, we will have a group lunch and then be transferred to our accommodation. With a few hours to settle in, the group will meet up in the late afternoon for Program Orientation, receive an overview of our projects, and go over important health & safety information. The group will then head to a local restaurant for dinner. During dinner, we will touch on leadership training and journals will be handed out.

Day 2, Sunday | Cusco City Tour & Free Afternoon (B,L)

Overnight: Local Hotel

After breakfast, we will head out for a City Tour to help us catch our bearings on our new community as well as visit some important archaeological sites within Cusco. The group will have an opportunity to have lunch together at the end of the City Tour. There will be free time in the afternoon to explore Cusco on our own and possibly check out some more sites, such as local markets, museums, craft store, or even grab a cup of coffee and enjoy the surroundings!

Day 3, Monday | Health Campaign in Rural Community (B,L)

Overnight: Local Hotel

We will start our morning off with breakfast then head out to a community 40 min outside of Cusco to take part in a health campaign. Around 3pm, we will depart the community and return to Cusco. Volunteers will have a chance to take part in Spanish Lessons in the late afternoon for an additional charge. Volunteers can also take the time to explore Cusco some more and scope out the best restaurant for dinner.

Day 4, Tuesday | Healthy Kitchens Project (B,L)

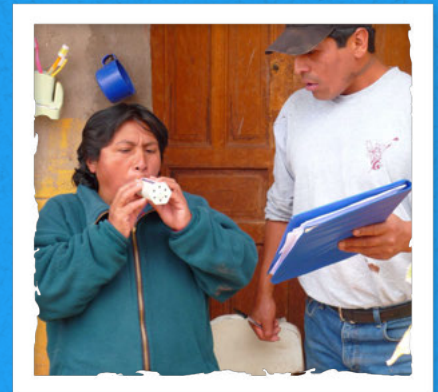
Overnight: Local Hotel

After breakfast at the hotel, we will travel to the Healthy Kitchens Project site about 30-40 min outside of Cusco. This will be a full day of project work within the community. Upon our return to Cusco, volunteers have another opportunity to take part in Spanish Lessons. The remainder of the evening is free to do as we please and check out another restaurant for dinner.

Day 5-6, Wednesday to Thursday | Health Campaign in Rural Community & Project Work (B,L)

Overnight: Local Hotel

For both days, we will depart our accommodation after breakfast and head to a rural community for a health campaign. Topic TBD. Afterwards, we will go back to our project on the Healthy Kitchens worksite. In the late afternoon, we will return as a group to Cusco, where again we can sign up for Spanish Lessons or head out into the downtown for dinner.



kaya
responsible travel

Freedom
NURSING

Day 7-8, Friday to Saturday | Machu Picchu Weekend Excursion (optional) (B)

Overnight: Local Hotel

This optional overnight excursion is planned for the next 2 days. If a number of participants opt not to participate in the excursion, an additional day of service work can be arranged.

We will have the morning off on Friday to do as we please. In the afternoon, we will head out towards Machu Picchu via train to Aguas Calientes, a more convenient location to explore the ruins. We will stay for the night. Early Saturday morning, the group will visit Machu Picchu, the most famous site of Inca Civilization in Peru. We will spend the majority of our morning here before our return to Cusco.

Day 9, Sunday | Free Day & Farewell Dinner (B,D)

Overnight: Local Hotel

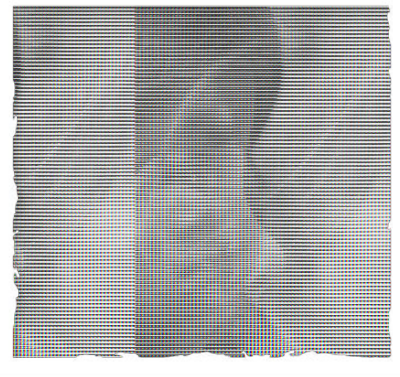
Spend the morning and afternoon relaxing or take part in another mini adventure. The group will meet in the evening for a Farewell Dinner.

Day 10, Monday | Departure (B)

Transfer to airport for flights home.

ACCOMMODATIONS

For this program we will be staying in a local, Cusco city center Hotel with twin or triple rooms with private bathrooms, A/C and Wifi. Breakfast will be provided at the hotel.





For more information please connect with the Kaya team

Call **1 413 517 0266** or email **info@KayaVolunteer.com**