Belize is bordered by beautiful, lush tropical jungles on the west and the warm aqua waters of the Caribbean Sea on the east. It is home to the largest cave system in Central America, has the best marine life in the world, and is rich in culture and history.

During spring break, students will stay in the rustic small town of San Ignacio located on the western side of the country along the east bank of the Macal River.

Students will work with the children of San Ignacio, Belize providing health related education; take a hand-cranked ferry across the Mopan river; walk among the Maya ruins of Xunantunich, the ceremonial center where 200,000 Maya lived at the peak of their civilization (2500 BC); learn the secrets of the medicinal plants of the Maya medicine trail; experience the Garifuna drummers while learning different drum-beats and dances that have influenced music throughout Belize and Central America. Take the water taxi to the Belizean Island of Cay Cauker and immerse yourself in the crystal clear water of Pacific Ocean.

Application information
Applications are available from the Office of International Programs. Any student desiring to participate in the program should contact:

Kristyn Quimby, DHEd(c), RDH
Assistant Dean, Senior Lecturer
Dwyer College of Health Sciences
(574) 520-4405
quimbyk@iusb.edu

Dr. Caren Rosso, FACHE
Assistant Professor
Dwyer College of Health Sciences
(574) 520-4619
crossow@iusb.edu

Dr. Lisa Zwicker
Director of International Studies
Wiekamp Hall 3269
Telephone: (574) 520-4231
E-mail: zwicker@iusb.edu

All information is subject to change. This brochure is neither a contract nor an offer to make a contract.

This is a physically as well as intellectually demanding program. If you have a disability and need assistance, special arrangements can be made to accommodate some needs.
The Program

The Dwyer College of Health Sciences in cooperation with the Office of International Programs, offers a spring break program studying culture, history, health-related data, and providing health education and preventive health screenings to the people of Belize. The program is partnered with Heart to Heart. The program will be located in the city of San Ignacio, Belize.

Students admitted to the program will register for Spring semester course number HSC-N390 Health Promotion and Disease Prevention: Belize. This course fulfills the Natural World Common Core general education requirement.

Course Goals and Objectives
- To provide students with an immersion in the culture and language of Belize
- To learn about the history of the health care system in Belize
- To provide students the experience of offering preventive health education to the population
- To explore the different types of medicines, oral hygiene practices, health care practices and health concerns of the citizens.

Health Promotion

The program focus is on health promotion and disease prevention. Belize has one of the highest rates of Type 2 diabetes in Latin America. There is limited access to preventive care, and as a result, many people experience health disparities, especially children. Students will work in tandem with health sciences faculty to develop health education curriculum to present to children in and around the city of San Ignacio, Belize.

Program Fees

The program will include hotel stays and 3 meals a day with snacks. The total price for the one week program is $3,000 plus 3 credit hours of tuition and fees during the spring semester, and $29.90 in student health insurance.

Deadlines

The application is due December 1st and a non-refundable deposit of $300 is due December 15th. The balance must be paid in full or by commitment from Financial Aid by February 1, 2017.

You may get an application by going to: https://www.iusb.edu/intl-programs/application/index.php

Financial Aid

All loans, grants, and scholarships for which participants are eligible at Indiana University can also be used for the Costa Rica program.

The Setting

According to the 2000 United States census, approximately one in eight people in the U.S. has Hispanic origin and about 12% of the country’s population is Latino. Cultural sensitivity is of major concern, especially in health-related settings.