

### **What should I pack?**

- Business casual attire for clinic
- Whitecoat
- Small notebook + pen
- Stethoscope
- Walking shoes (suitable for cobblestone roads)
  - Do not bring heels or any shoes that you cannot walk comfortably in!
- Backpack/cross-body bag
- Athletic clothing for hiking
- Attire for nightlife/group dinner
  - It's chilly at night so bring jeans/pants/a jacket
- Rain jacket/umbrella
- Sunscreen
- Sunglasses/hat
- Shampoo + other toiletries
- Hand sanitizer + tissues
- \$100-200 (convert to Guatemalan quetzales BEFORE leaving the U.S.)
  - Everything is relatively cheap in Antigua so you probably won't need more than this for the week

### **What will I be doing each day?**

- Students will work with local physicians and other health professionals to take complete patient histories and perform physical exams. Students will also work alongside nutritionists to counsel diabetic, hypertensive, and other patients to adopt healthier dietary practices. Students will finish seeing patients around 2-3 PM each day and will be free to spend their afternoons as they please.

### **How much will travel expenses/housing cost?**

- Students have spent anywhere from ~\$250-650 on airfare and a total of \$175ea to book a shared Airbnb for the week. Students will fly into Guatemala City and can pre-book shuttles through the secure travel website <https://antiguatours.net/shuttles/> for \$15/person into Antigua.

### **Is Antigua safe?**

- As in all cities, students should not walk alone at night. However, Antigua is a very small, safe, and touristic city that is completely navigable by foot. Using the buddy system, students have never felt unsafe in the past when enjoying the Antigua nightlife.

### **How should I prepare?**

- Students should already be conversational in Spanish and would benefit greatly by taking the Medical Spanish Elective during the Spring Semester of their 1<sup>st</sup> year of medical school. In this class, students will learn take a complete patient history in

Spanish and will enjoy lectures given by Spanish-speaking physicians of various specialties.

**What should I expect to gain from this experience?**

- Students should expect to gain more clinical experience in one week than they have in their entire first year as medical students. Students will have the opportunity to take complete medical histories, perform physical exams, present cases to attending physicians, and consult with the professionals to help diagnose and create treatment plans. By working in the Guatemalan healthcare system, students will learn how culture and societal norms impacts patient health, and how to better attend to Spanish-speaking patients throughout their future medical careers.