

TTD X OHFC

QUEBRADILLAS, PUERTO RICO

You will be joining Sana and Shana in beautiful Puerto Rico to volunteer with OHFC and to impact communities across the island

students and professionals are welcome

TTD X OHFC Impact

The work of each group consists of three main activities

- Community Missions
- Grade School Education
- Nonprofit Assistance

TTD X OHFC Experience

Each day provides opportunities for the group to enjoy the beautiful island of Puerto Rico. There are many activities to choose from and our local team is available to facilitate them all.

TTD X OHFC Amenities

- Private 7-bedroom home
- Vehicles and Drivers
- Island Guide
- Breakfast prepared in home
- Private Sunrise Yoga



**ONE HUMAN FAMILY
COALITION**

A background photograph showing a group of healthcare professionals, including nurses and doctors, in a clinical or hospital setting. They are wearing scrubs and stethoscopes, looking towards the right side of the frame.

TTD X OHFC IMPACT

Community Missions

Community missions are the foundation of OHFC's work. You will join our local volunteers to visit the people we serve, in their homes. Delivering homecare supplies, executing basic exams, providing health education, encouraging healthy patient-provider relationships, and simply spending quality time are the main focuses of each mission.

Grade School Education

You will spend time in schools and with other organizations providing quality health education to grade school students in isolated communities of Puerto Rico.

Nonprofit Assistance

Everything is possible when we work together. Multiple days will be designated for joining other nonprofit organizations to assist them in impacting their communities. This work is dependent on the organization we are assisting and their specific needs.



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TTD X OHFC EXPERIENCE

Free time is available each day after ~4:30 pm and you are able to schedule one full day off. Our team will facilitate all your activities.

** items are an extra cost.*

Beautiful Beaches

Puerto Rico is home to some of the most beautiful beaches in the world!

Adventure Guajataca

Spend your time swimming, hiking, rope swinging, visiting historical sites, or simply laying back in a hammock under the shade of a coconut tree.

Jungle Zipline *

Zipline from peak to peak and take in breathtaking views of the mountains of Northwest Puerto Rico.

Coastline Horseback Ride *

Enjoy a 2-hour private horseback ride along beautiful beaches, through almond tree forests, and across Palm Tree meadows.

Historical Sites

Quebradillas is full of rich history and stories of Pirates, Spanish Conquistadors, and Native Taino Indians. Your Local Island Guide is your access to the amazing past of Puerto Rico.

Pirate Putt Putt *

An exciting pirate themed putt-putt course and bar located in walking distance of your home.

Live Music *

Spend an incredible evening with local musicians as they perform for you at Q Jazz Club and Pizzeria.



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TTD X OHFC AMENITIES

Private Home

A beautiful 7 bedroom home located one block from La Plaza de Quebradillas, the center of town. Your home is in walking distance from local restaurants, cafés, bakeries, nightlife, and more.

Vehicles

We provide enough vehicles and drivers for your group every day for all your missions and activities.

Island Guide

Your Island Guide is your primary driver, translator, and facilitator for all your missions and activities. Our guides are locals of Quebradillas and are your personal access to everything Puerto Rico.

Breakfast Chef

A friendly local chef will arrive to the house each morning to prepare breakfast for you just the way you like it. We have several options to choose from including a healthy smoothie bar.

Sunrise Yoga *

For all of those who like to start the day early and loose. Each morning local yoga instructor, Dharana, will lead your group in private sunrise yoga sessions at locations of your choosing.



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TTD X OHFC ITINERARY

SAMPLE ITINERARY

DAY 1 | Arrival

TBD: Arrive to SJU Airport (San Juan)

Your Island Guide will pick up your group and drive you to your home in Quebradillas and facilitate the rest of your day including grocery shopping and dinner plans.

TBD: Group Orientation

DAY 2 – 6 | Volunteer Work

6:45 am – Sunrise Yoga

7:45 am – Breakfast

8:30 am – Depart for day's mission

12:00 pm – Lunch

1:00 – ~4:30pm – Resume day's mission

Post mission Activities

8:30 pm – Brief of next day's mission

Day 7 | Departure

TBD: Depart from SJU Airport (San Juan)

Your Island Guide will drive your group to the airport at the appropriate time.



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IMPACT

EXPERIENCE

FALL IN LOVE WITH



PUERTO RICO



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