



Hello,

Welcome to New Life Global Missions and Alegria Midwifery College. Let's go over what volunteering/interning with us looks like!

| <b>Doula Volunteer</b><br>\$10 per day  | <b>Midwifery Medical Intern</b><br>\$30 per day   | <b>Walk in a Midwife's Shoes</b><br>\$10 per day  |
|---|---|---|
| <p><b>You will:</b></p> <ul style="list-style-type: none"> <li>• Help support mothers in labor as a valued team member.</li> <li>• Educate moms prenatally about the processes of labor.</li> <li>• Educate moms postnatally about the 4th trimester.</li> <li>• Be involved in home visits, daily clinic life and outreach programs.</li> </ul> <p><b>You will not:</b></p> <ul style="list-style-type: none"> <li>• Discuss patient details outside the clinic.</li> <li>• Offer medical care as a midwife.</li> <li>• Provide medical advice.</li> </ul> | <p><b>You will:</b></p> <ul style="list-style-type: none"> <li>• Act as an observer for the first 48 hours.</li> <li>• Be offered many opportunities to grow your midwifery skills.</li> <li>• Depending on skill level you will be supervised in births as either an assistant or a primary student.</li> <li>• Be involved in home visits, daily clinic life and outreach programs.</li> </ul> <p><b>You will not:</b></p> <ul style="list-style-type: none"> <li>• Discuss patient details outside the clinic.</li> <li>• Make medical decisions without a staff midwife.</li> </ul> | <p><b>You will:</b></p> <ul style="list-style-type: none"> <li>• Act as an observer for the first 48 hours..</li> <li>• Train and work as a midwife assistant.</li> <li>• Gain an understanding of what the tasks of a midwife include.</li> <li>• Be involved in home visits, daily clinic life and outreach programs.</li> </ul> <p><b>You will not:</b></p> <ul style="list-style-type: none"> <li>• Discuss patient details outside the clinic.</li> <li>• Make medical decisions without a staff midwife.</li> </ul> |

**Work hours:** Typically are Monday through Friday from 8:30am - 6pm. Of course if there's a birth during off hours you will be alerted and have the choice to join. Our clinic runs on shifts, we have staff midwives that rotate shift times. If you would like to be added to a shift we are happy to accommodate.

**Housing:** We have staff quarters close to the clinic as well as volunteer and intern housing in town. Your room is complete with bedding, towels, and wifi. Please leave the volunteer living quarters as clean as you found it. It is unfair for our staff members to have to clean up after you.



**Food and Water:** Will be provided at the clinic and initially in the volunteer house. Each location is equipped with gallon water jugs. We encourage you to get out and try local foods but caution you to eat thoroughly cooked food and avoid fresh street juices.

**Flights:** There are two surrounding airports that we recommend you fly into. Campeche City (CPE) and Merida (MID). We do not charge an airport pick up or drop off fee. You are responsible for the cost of your round trip ticket.

**What to Pack:** It's hot here! So pack for warm weather, but we ask that you dress modestly due to the clientele we serve. While you are here volunteering with us you represent our organization, please remember that. Don't forget to get a beach towel, we will carve out time to visit the beach and show you some of the local sites for a few days!

**Scrubs:** Our clinic maintains a dress code; therefore we will provide you with scrubs for the duration of your stay. These scrubs must be returned to the clinic before your departure. We offer a range of sizes from extra small to extra large and provide scrub skirts and pants. Please note that if you require a size larger than extra large, a fee of \$40 will be charged to cover the cost of purchasing scrubs that fit you.

**Safety:** We prioritize your safety, which is reflected in our “**Safety Policy**”. It states that you must not go out after dark without a staff member accompanying you. Furthermore, even during the daytime, it is preferable to travel in groups of two for added security.

**Smoking & Alcohol:** Alcohol and smoking are not allowed in the volunteer housing. Additionally, we request that you refrain from consuming alcohol at restaurants throughout your time with us. Since you will always be on call and could be needed at a moment's notice, it's important for the local community to trust that our staff members remain ready and capable for work. As newcomers to the area, you will be more conspicuous; therefore, your actions are likely to be noticed.

**Clinic Vehicles:** Volunteers and interns are not allowed to drive clinic vehicles due to past incidents where damages caused by volunteers were not reimbursed. We appreciate your understanding. To facilitate your local travel, we can provide you with a bicycle, taxi contacts for trips outside clinic hours, and transportation to the clinic when you are scheduled for duty.

**What to donate:** We ask all volunteers and interns to bring items for the clinic and or our patients. Here is a short list of ideas:

- Infant Onesies
- Prenatal Vitamins



- Gloves
- Quality Dopplers
- Breast Pumps
- Pregnancy Tea
- Educational Resources
- Childbirth Instruments
- Birth Balls
- Miscellaneous Medical Items

**We are excited for you to join us as a volunteer, where you'll have the opportunity to learn, serve, and work alongside us. This is a unique setting enriched by three distinct cultures, offering plenty to experience and discover!**