



Global Community Health Volunteers (GCHV)
Physical Therapy Team

- Following is a sample itinerary for a ***Physical Therapy Team*** composed of students that are interested in a profession as a **Physical Therapist**.
- This draft itinerary is for a 9-day program, and includes 3 meals per day, in-country transportation, lodging, 24-hour staff assistance, and in-country orientation.
- This itinerary is adapted to the experience of each group in the area where the community is located, the type of program, and is subject to changes before and during the experience.
- Cost for the program is **\$1800.00** plus application fee **\$50.00**. Program cost is based on a minimum of 10 students.

Goal: To learn about global physical therapy issues, provide physical therapy care to populations and institutions with little or no access, experience Nicaraguan culture, and gain perspective on the global landscape.

Safety Measures: Built into every GCHV Program will be many safety precautions specific to the Coronavirus Pandemic to include all breakfasts and dinners at the hotel, lunch served at the clinical sites, dedicated transport to/from the clinical sites with buses cleaned after each transportation, increased screening protocols in the clinical sites, handwash/alcohol stations, masks provided for all students, GCHV employees, and additional/replacement masks provided for all patients/staff in the clinical setting, adherence to any/all State Department/Embassy calls for additional precautions, screenings, quarantines, etc. Additionally, GCHV will have MD's on site to monitor student health on a daily basis to include temperature checks and health screenings prior to departure for the clinic, at lunchtime, and in the evenings after supper.

Day 1 (Saturday)

Meet GCHV staff at the International Airport of Managua.
Transport and settle into hotel
Welcome Dinner

Day 2 (Sunday)

Morning:

“Welcome to Nicaragua” orientation at the hotel.

Afternoon:

General Orientation from local Physical Therapist.

Evening:

Eco-Tourism Activity

Group reflection; discuss tomorrow’s agenda

Day 3 (Monday)

Morning/Afternoon:

Clinic at Centro de Rehabilitacion in Nindiri

Evening:

Seminars (Physical Therapist)

Group Reflection; discuss tomorrow’s agenda

Day 4 (Tuesday)

Morning/Afternoon:

Clinic at Centro de Rehabilitacion in Nindiri

Late Afternoon:

Eco-Tourism Activity

Evening:

Seminars (Physical Therapist)

Group Reflection; discuss tomorrow’s agenda.

Day 5 (Wednesday)

Morning/Afternoon:

Clinic at Centro de Rehabilitacion in Nindiri

Late Afternoon:

Eco-Tourism Activity

Evening:

Seminars (Physical Therapist)

Group Reflection; discuss tomorrow’s agenda

Day 6 (Thursday)

Morning/Afternoon:

Clinic at Piece of Hope Rehab Center in Catarina

Late Afternoon:

Eco-Tourism Activity

Evening:

Eco-Tourism Activity

Group Reflection; discuss tomorrow's agenda

Day 7 (Friday)

Morning:

Clinic at Piece of Hope Rehab Center in Catarina

Afternoon:

Education fair in assigned communities. On this day we will share resources as well as preventative maintenance techniques specific to proper body mechanics.

Late Afternoon:

Eco-Tourism Activity

Evening:

Group Reflection; discuss tomorrow's agenda

Day 8 (Saturday)

Recreation day:

Eco-Tourism Activities

Day 9 (Sunday)

Departure

Specialty Seminars - to include but are not limited to the following:

- Introductory Spanish for Physical Therapists
 - Pediatric Physical Therapy.
 - Eldercare
 - Resources for Physical Therapy
 - Treatment regimens
 - Challenges to Physical Therapy
 - Proper body mechanics
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Potential Eco-Tourism Opportunities: (Facilitated through collaboration with Nica Bike Ecotours)

- Granada Sightseeing
 - Granada Islets
 - Chocolate Museum
 - Zipline
 - Volcan Masaya (Day / Night)
 - San Juan De Oriente
 - Catarina
 - Mercado de Artesania
 - Coyotepe
 - Cultural Cooking Class
 - Cultural Dance Class / Zumba Dance Class
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GCHV Director / Physical Therapy Team Leaders:

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