

SERVICE LEARNING TRIP

# RIOBAMBA ITINERARY





## Dear MEDLIFERs,

Thank you for joining the MEDLIFE Movement via a Service Learning Trip with us! Here at MEDLIFE, our mission is to build a worldwide Movement empowering the poor in their fight for equal access to healthcare, education, and a safe home. As an SLT participant in Riobamba, Ecuador, you are joining that worldwide Movement! The following is a sample travel plan for you to review. Please go over it before your trip and don't hesitate to reach out if you have any questions. Thank you for joining the Movement, and we can't wait to see you in Riobamba!

## Overview:

Riobamba, a small city in the Andes mountains of Ecuador, is where it all started. This is the original MEDLIFE home, where Dr. Ellis first was inspired to start the Movement. Though the area is rich in natural beauty, it is one of the poorest provinces in Ecuador and it lacks many basic services. The city of Riobamba is surrounded by many smaller Indigenous villages where realities of everyday life can include malnutrition, lack of healthcare, and no sanitation infrastructure. These challenges can be attributed to a variety of factors, but as the agricultural goods upon which the economy relies continue to decline in value, residents fall deeper into poverty. The arrival of COVID-19 further exacerbated their difficult financial situation, leaving many families with no way to keep food on the table. To make matters worse, recent [volcanic eruptions](#) resulted in severe damage to the crops that communities depended on.

Join us on a Service Learning Trip to Riobamba to help families bounce back from the pandemic and learn about global health in the context of Indigenous families in rural Ecuador. You will work hand in hand with the community to improve their living conditions by bringing a Mobile Clinic and Development Project to families in need. Register today!

## Highlights of the Week:

- Learn about the challenges faced by low-income communities on a Reality Tour
- Gain experience shadowing healthcare professionals at a Mobile Clinic
- Help bring improved infrastructure to families with a Development Project
- Build bridges across cultures by connecting with community members

## Key Pillars

- **Service:** By volunteering on a Mobile Clinic and Development Project, you'll directly help bring accessible medical care, health education, and a safer home to the marginalized communities you visit.
- **Environment:** Service Learning Trips are created with sustainability in mind. In Riobamba, you may have the opportunity to volunteer on a natural resource management project such as a well or water reservoir.
- **Education:** Learn about the historical, political, and economic factors that have shaped the realities faced by families. Deepen your knowledge of global health by shadowing healthcare professionals.
- **Life-changing experiences:** Through eye-opening experiences and building human connections, a Service Learning Trip will renew your passion for building a world free from the constraints of poverty.

## Day by Day

Arrival → Departure			
Day 1	Arrival to Quito & Transfer to Riobamba	Day 7	Last Day of Clinics & Project
Day 2	Walking Tour & Orientation	Day 8	Optional Baños Trip
Day 3	Reality Tour	Day 9	Departure
Day 4-6	Mobile Clinics & Project		

## Detailed Itinerary

DAY

Saturday

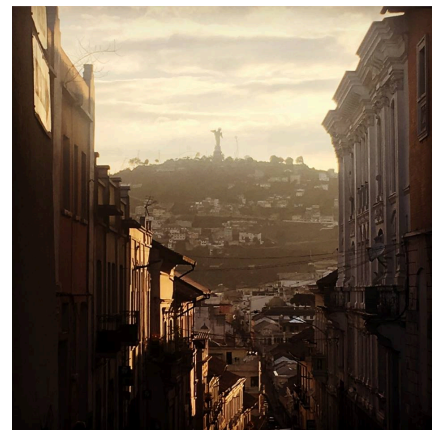
1

### Arrival to Quito

Arrive into Mariscal Sucre International Airport (UIO) between 5pm and 11pm. A MEDLIFE representative will be waiting for you in the International Arrivals area with MEDLIFE sign. Once all volunteers have arrived, you will be shown to the bus that will transfer you to the hostel in Quito.



Overnight  
Quito MEDLIFE Hostel



DAY

Sunday

2

### Transfer to Riobamba

After breakfast in the hostel, we'll board the bus for Riobamba. You can relax and enjoy the views of impressive mountain landscapes and quaint rural villages along the 4-hour journey. After arriving, we'll have lunch and some free time to explore Riobamba's main square.

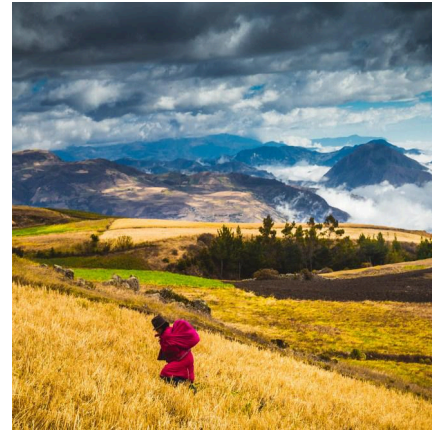
The evening will be dedicated to an orientation

meeting where we will cover what to expect for the week and review safety precautions.

Meals are not provided today.



Overnight  
Riobamba MEDLIFE Hostel



DAY

3

## Monday

### Reality Tour

Today enjoy a full-day Reality Tour to gain a better understanding of the geographical, political, and social realities of the region. Your first stop is at the Iglesia de Balbanera, the oldest church in Ecuador, where you will hear about Spanish colonization and the influence of Catholicism in Andean Ecuador. Here you can purchase local artisan goods from local vendors before leaving for the the Hacienda Totorillas.

Hacienda Totorillas was constructed in the 19th century and is typical of haciendas that were built in central Ecuador. Here, students will tour the hacienda and learn about agrarian reform from the MEDLIFE staff who have experienced it firsthand.

After touring the Hacienda Totorillas, visit a local hospital in the community of Cebadas and learn about the local health care system in Ecuador and some of the barriers to health care that the people of the surrounding communities face. Walk a short distance within the community to the locally-owned Cebadeñita cheese factory to learn about local entrepreneurship within the community.

On the way back to Riobamba, view the home from afar built for a young patient in need of follow-up care, showcasing the importance of community support in transforming lives.







Overnight  
Riobamba MEDLIFE Hostel

DAY

4-6

### Tuesday to Thursday

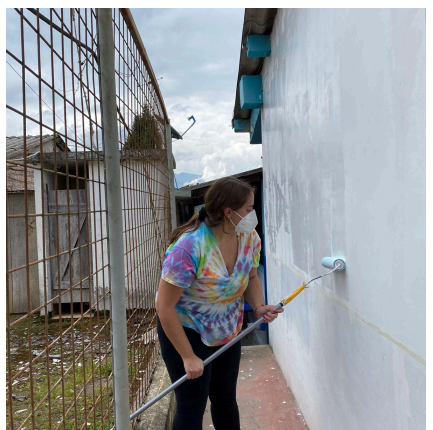
#### Mobile Clinics & Development Project

Mobile Clinics are held at a different community each day of the week. The communities we work with are between 30 minutes and 2 hours away from the hostel, depending on traffic.

Upon arriving in the community, volunteers will unpack all medical supplies from the bus and meet the health professionals who they will be assisting that day. After unloading all Mobile Clinic supplies, volunteers will report to the Mobile Clinic station that they have been assigned to that morning. A brief training session will be provided by the health professionals at each station, and the clinic will begin accepting patients between 8-9am.

Patients will first visit the Triage Station, where volunteers will assist in taking each patient's vital signs. From there, patients will listen to educational talks provided by MEDLIFE nurses in the Education Station, while volunteers hand out educational pamphlets. Patients will then move to either the General Medicine, or OBGYN Stations to receive a medical consultation. Within all medical consultation stations, volunteers will have the opportunity to shadow the physician and learn how the physician works with the patient to evaluate what the patient has presented with, provide a diagnosis, and devise a treatment plan. Finally, patients will be directed to the Pharmacy Station where volunteers will assist nurses to fill the prescriptions that patients have been given during their medical consultations.

Volunteers will stay at their assigned station until they are relieved for lunch by their Trip Leader at around 11:30am. Enjoy lunch on the bus and then report to your second station assignment for the afternoon. Finally, Mobile Clinics will close anywhere from 1-3pm, depending on the amount of patients that day.



During the week, you may have the opportunity to assist in the construction of a community Development Project such as wells, school renovations, or bathroom complexes. Development Projects will vary, depending on community needs.

In the evenings, volunteers will meet in the hotel conference room at 5pm for interactive Post-Clinic Activities before dinner. On days when no activities are scheduled, volunteers are free to explore the city.



Overnight  
Riobamba MEDLIFE Hostel

DAY

7

Friday

### Last Day of Clinics & Projects

After working on either the development project or a mobile clinic, for the first half of the day, all volunteers will then head to the development project site for an inauguration celebration with the community.



Overnight  
Riobamba MEDLIFE Hostel



DAY

8

### Saturday

#### Optional Tourism Activities

Make the most of your trip by participating in an optional tourism activity or extension. In Riobamba, most volunteers choose a Day Trip to Baños, a paradise home to sweeping views, extreme sports, plenty of local tradition.

[Click here to see the full list of extension options.](#)

Depart Quito anytime from 10pm Saturday to 12pm on Sunday.





## INCLUDED

- ✓ 7 nights dorm room accommodation
- ✓ Breakfast, lunch, and dinner from Monday to Friday
- ✓ Transportation to and from the airport (within the established schedule), and to SLT activities
- ✓ English-speaking Trip Leader
- ✓ Safety equipment (including face masks)

## NOT INCLUDED

- ✓ Flights
- ✓ Tips
- ✓ Pre or post-trip accommodation
- ✓ Optional excursions
- ✓ Weekend meals

### Travel Advisory

All volunteers require a valid passport of at least 6 months from the SLT start date. You can register for the MEDLIFE SLT without a passport, but you will need to submit the info at least 2 weeks before the trip. You must ensure your passport validity before departure.

**Visit your doctor:** MEDLIFE does not require any vaccinations however, you should follow all CDC requirements and any advice from your medical professional.

If you're not a U.S. or Canadian citizen, you may need a visa to enter certain countries. It is your responsibility to determine if you need a visa and make appropriate arrangements.