

SERVICE LEARNING TRIP **TENA** 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 Tena, 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 Tena!

Overview:

Tena is an urban center in the Amazon rainforest in Ecuador. It serves as the primary economic and governmental hub for a network of surrounding Indigenous communities. Due to isolation and poor infrastructure, residents have limited access to healthcare and other basic services. Travel restrictions and health risks have exacerbated this lack of access during the pandemic. Although [our COVID-19 response](#) brought hunger relief and some limited healthcare services to the region, many communities have had to rely on local resources and traditional medicine to get through the pandemic. The area also faces environmental problems caused by the large-scale industrial extraction of natural resources in the Amazon. This has resulted in serious health complications for its inhabitants, including higher rates of cancer and skin diseases.

By coming on a Service Learning Trip to Tena, you will empower local communities in their recovery from COVID-19 by bringing free healthcare and improved infrastructure. Sign up today for a trip today and join the MEDLIFE Movement!

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 safer homes 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 Tena, you will have the opportunity to learn about how Indigenous communities live sustainably in the Amazon.
- **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 Itinerary

Arrival → Departure

Day 1	Arrival to Quito	Day 4-6	Mobile Clinic & Project
Day 2	Transfer to Tena	Day 7	Inauguration Day
Day 3	Reality Tour	Day 8	Optional Papallacta Trip

Detailed Itinerary

DAY Saturday

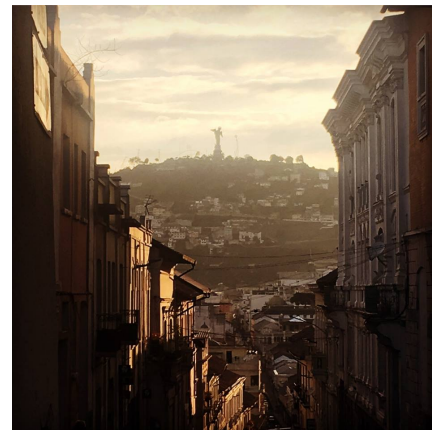
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Arrival to Quito

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 Tena

After breakfast in the hostel, we'll board the bus for Tena. You can relax and enjoy the scenery as the mountain landscape transforms into lush jungle along the 5-hour journey. After arriving, we'll have lunch and enjoy some to relax and settle in at the hostel. You can even go for a dip in the pool!

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
Tena MEDLIFE Hostel

DAY

3

Monday

Reality Tour

Kick off the Reality Tour with a visit to the Community of Ahuano where you'll meet a local family. We will learn about the importance of traditional medicine and discuss the education system as we visit a school.

After lunch, head to the community of Shiripuno to learn more about the local culture of Tena. We will visit a women's co-op, view a traditional dance, learn how to make chocolate from cacao, and find out more about the local culture and dress of the Amazonian rainforest.

Return to the hotel and have some time to rest and relax before meeting in the conference room at 5pm for a presentation. We will discuss MEDLIFE's work and you will receive your Mobile Clinic station assignments for the week. Afterward, volunteers are free for the night.



Overnight
Tena 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
Tena MEDLIFE Hostel

DAY

7

Friday

Inauguration Day

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
Tena MEDLIFE Hostel



DAY

8

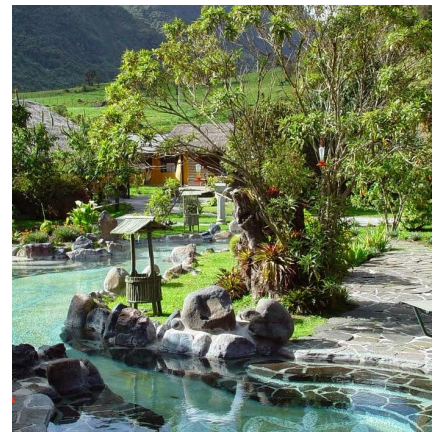
Saturday

Optional Tourism Activities

Make the most of your trip by participating in an optional tourism activity or extension. In Tena, most volunteers choose a Day Trip to Papallacta relaxing hot springs.

[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.