



COSTA RICA
MEDICAL AID & IMMERSION TRIP
APRIL 21 - APRIL 28, 2018

Travel to Costa Rica.

Disruptive innovation in responsible travel.

UBELONG Trips are journeys with a social goal. You travel abroad to explore an issue with a team of people led by world-class UBELONG Team Leaders.

UBELONG Trips are about engaging and making a difference. They open your mind and unleash your talent so you can learn, grow and help change the world.



UBELONG
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Join David Rosenblum, M.D., Director of Pain Medicine at Maimonides Medical Center, in a journey to Costa Rica!

The trip is a fascinating exploration of Costa Rica's healthcare system. Go beyond media headlines and glossy postcards to dive deep into what healthcare and life in general in Costa Rica is like. From contributing to public health efforts to connecting with local doctors, the trip gives you a profound insight into Costa Rica.

The trip is led by David Rosenblum, M.D., the highly distinguished director of Pain Medicine at Maimonides Medical Center, and UBELONG Program Officer Martina Kaser, an accomplished social entrepreneur and international affairs expert. They lead the team through a packed itinerary and bring on local experts, including doctors and NGO leaders, to discuss and share with the team. The team also spends time giving back by leading public health workshops in local schools around hygiene, nutrition and sexual education. You will be pushed and stretched beyond your comfort zone. It won't be easy, but that's precisely what makes the trip so special.

The trip focuses on Cartago, one of Costa Rica's dynamic cities, and includes visits to communities in the area. You get immersed by working and living alongside Costa Ricans, and you enjoy cultural events, including a weekend trip to the jungle where you zip-line, gorge jump and raft.

Dates: April 21- April 28, 2018 | Price: US\$1,750 (not including airfare)

INTERESTED? NEXT STEPS?

Contact Dr. Rosenblum: drosenblum@qbazaar.com



MEDICAL AID & IMMERSION TRIP

COSTA RICA

SATURDAY APRIL 21, 2018 - SATURDAY APRIL 28, 2018

Overview

This once in a lifetime trip is a journey into the heart of Costa Rica's healthcare system and society in general. It reaches from one of Central America's most dynamic cities, Cartago, to Costa Rica's famous jungles and beaches.

We go off the beaten track to connect with Costa Ricans of all backgrounds. We share meals with locals, visit their homes and engage them in honest, open dialogue. We learn about the healthcare system and experience Costa Rica's rich culture, including its excellent cuisine and music. We meet doctors and NGO leaders, as well as people from all walks of life. We don't gloss over reality – we dive into Costa Rica's many challenges, including public health issues and the uneven access to healthcare between rich and poor.

Reflecting the spirit of service that is at the core of UBELONG trips, we volunteer on local development projects. We focus on public health and work in local schools and/or clinics to lead workshops with children on hygiene, nutrition and sexual education. The trip is about coming together as a team, as well as growing inwardly and outwardly as citizens of the world making a meaningful impact through volunteer work.

We are led by David Rosenblum, M.D. and Martina Kaser. David is the Director of Pain Medicine at Maimonides Medical Center. He is dual board certified in Anesthesia and Pain Medicine. He is also the founder of QBazaar.com, which is a platform for helping to prepare physicians for specialty board exams. He frequently lectures at academic institutions and conferences, and has made multiple press appearances in New York City, where he is based. He has helped countless physicians build up their



resume for medical school, residency, fellowship and careers in medicine.

Martina is a Program Officer at UBELONG. She has been with UBELONG since 2011 and helps oversee all our programs throughout the world. She has been an integral leader in building UBELONG into one of the world's most innovative responsible travel organizations. Over 6,000 people have served with UBELONG and collectively contributed 4 million hours of service across Africa, Asia, Latin America and Europe.



Pre-Stretch Preparation

The goal of the pre-Stretch preparation is to go over the specifics of the itinerary and provide a framework for the team to arrive in Costa Rica ready to hit the ground running. Participants receive a Preparation Booklet, and there is a Briefing Meeting on Skype with the entire team that is led by Martina. We go over everything from logistics to cultural points to project details.

Stretch

Saturday April 21: Getting To Cartago and Settling In

The team leaves the United States on Saturday April 21. When the team arrives in San Jose, which is the closest airport to Cartago, Martina is at the airport to greet the team. A private van is waiting and we all board to head to our accommodations.

During our time in Cartago, we live with welcoming, friendly local host families whose homes are perfectly situated in middle/upper-middle class neighborhoods. The homes have all modern amenities and offer participants a wonderful way to experience Costa Rican family life.

Our meals are in a variety of establishments. Breakfast and lunch are usually with the host families, and dinner may be in local restaurants or markets. Meals feature many delicious local specialties. We can cater to most dietary needs, including vegetarian and gluten-free diets. Eating well is an important part of the experience.

Upon our arrival at the host families in Cartago, we settle in and relax. We then stretch our legs for an afternoon/evening walk around the neighborhood we are staying in before enjoying our first meal together, a delicious traditional Costa Rican feast.

Please note:

- Rooms throughout the trip are shared with two to three people per room. Couples are always together in a room and do not pay extra for that convenience. If you'd like your own single room for the entirety of our time in Costa Rica, that is OK and the extra cost is US\$650 per person.

Sunday April 22: Taking in Cartago

After breakfast we meet UBELONG's Local Team and engage in a fun, dynamic orientation. The trip is as much about discovering Costa Rica and making an impact through volunteering as it is about coming together, making lifelong friendships and having fun as a team

The orientation delves into the Costa Rican healthcare system as well as Costa Rica in general – the discussion touches upon issues like economics, politics and international relations. After the orientation we embark on a private guided tour of Cartago. We visit Cartago's downtown area with its many plazas, Churches, markets and traditional buildings. Lunch is downtown in an excellent local restaurant.

After lunch we head to one of Cartago's main public hospitals. We meet with local doctors, including pain doctors, and learn about their work. They give us insights into their work and also offer a tour of the facilities.

In the evening, we reconvene to debrief and enjoy another delicious meal. For those people up for it, we then enjoy a night out in Cartago and enjoy its excellent dancing and live music.

Monday April 23 through Wednesday April 25: Giving Back

Our volunteering begins. After breakfast, the team fans out into small groups across Cartago and goes to local schools that serve underprivileged middle and high school aged children. The team members deliver workshops around important public health issues, including hygiene, nutrition, sexual education and dental care.

Team members present lesson plans and materials that they created beforehand with the guidance of David and Martina. The goal is to be dynamic and engaging with the children so that they best absorb

the materials. While Spanish language skills are not required for team members, and translators will be available, having Spanish speaking ability is a strong positive.

Depending on the day, after lunch the team reconvenes for a variety of activities, including:

- Talks with local Costa Ricans and expats from all walks of life to talk about pertinent issues in Costa Rica.
- A Costa Rican cooking class.
- Visits to the beach.
- On two afternoons the entire team goes to one of the schools and helps to renovate a classroom and/or outdoor area by painting, gardening and doing light construction work. It's a fun time to get outside and get our hands dirty.

In the evenings, we enjoy dinners and debrief to come together and reflect on our day's experiences.

Please note:

- To join, team members must be pre-med/pre-nurse college students, in medical/nursing school, residents, practicing nurses/doctors or have a strong interest in the healthcare field. Spanish is not required, but is very helpful to have.



Thursday April 26 and Friday April 27: Off to the jungle!

After a delicious breakfast we bid farewell to Cartago. We travel by private van to reach an ecological reserve located in a Costa Rican National Park. We live in bungalows that are basic but very authentic to the environment we're in. We enjoy talks with the local Rangers to talk about the local environment, and we enjoy nature hikes, as well as zip-lining and rafting. It's a great time to kick-back and relax as a team.

Saturday April 28: Heading home

The team enjoys an early morning breakfast and farewell to our wonderful trip before heading to the airport in San Jose to head home. As always, the UBELONG Team is there to assist and help to make the logistics go smoothly.



Participants

We are looking for 15 to 30 individuals who are curious and energetic team players. You must be eager to learn and ready to contribute to a fast paced, tightly knit team. And you must be ready to work hard, smile and laugh!

You will have the support of the incredible UBELONG Local Team in Costa Rica, as well as David and Martina, the UBELONG Trip Leaders. They join the team in the field to lead all facets of the experience, including the pre-trip preparation, volunteering activities and reflections.



Cost

The price per person is \$1750, contingent on at least 15 people joining the trip. If less than 15 people join the trip, we cannot travel.

What is included:

- Pre-departure support.
- Project access and implementation, as well as speakers.
- 24/7 in the field support and leadership from the UBELONG Trip Leaders and local team.
- Housing and all meals in Costa Rica, except for two dinners in Cartago.
- Touristic costs, including taxi rides, guides and activities.
- Travel medical insurance while in Costa Rica.

What is not included:

- Airfare to and from Costa Rica.
- Visa fees.
- Two dinners in Cartago (budget US\$10 and up per meal).
- Alcoholic drinks.
- Miscellaneous souvenirs and snacks, as well as activities not associated with the team's normal programming.

Important note on itinerary:

The actual trip will aim to closely follow the itinerary presented here. However, as travel is inherently all about change and discovery, the actual itinerary may vary from the one presented here depending on local conditions. In accepting you onto the trip, we expect you to have a flexible and open attitude.



Next Steps

1. If you'd like to join, please e-mail David Rosenblum (drosenblum@qbazaar.com) by March 5, 2018. We advise getting in touch with him much earlier as we have a limited number of spots and we anticipate the trip filling up quickly.
2. You will then receive all the sign-on information, as well as preparation materials to book flights, start packing, etc.
3. About three to five weeks before the trip, meet Martina on Skype for a Briefing Meeting to get ready to head out.
4. Pack, smile and see you in Costa Rica!

