

# FIMRC

Foundation for International Medical Relief of Children



Costa Rica

Dominican Republic

El Salvador

India

Nicaragua

Huancayo, Peru

Ecuador

Uganda

Philippines

La Merced, Peru

*At-a-Glance*

foundation  
FOR INTERNATIONAL  
medical relief  
of children



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# FIMRC: Who We Are

**Our Mission** is to provide access to medical care for underprivileged and medically underserved families around the world. We work to accomplish our mission through three objective pillars:



## Medical Access

First and foremost, we look at needed improvements in healthcare access. In areas where no clinical services are available, we address immediate needs and work with the community to build necessary infrastructure.



## Health Education

We work hard to integrate into our communities to address local needs and launch preventative health outreach programs. We build health education initiatives together, based on the request and input of community members.



## Global Participation

Community member participation is a vital component of our collaborative efforts to create and improve self-sustaining services. Similarly, participation from our global community is critical for our continued growth.

**Ethical.** Our health initiatives are community-driven, self-sustainable, and available to everyone year-round.

**Trusted.** FIMRC is a 501(c)(3), non-profit organization that has served low-resource communities since 2002.

**Grassroots.** 94% of FIMRC project site staff are locals from the community.

**Responsible.** Volunteer safety is a top priority. Travel programs are suspended if safety becomes a concern. All other site services continue as normal.

**Sustainable.** Over 90% of FIMRC's funding is derived from our volunteer programs where volunteers directly contribute to site initiatives, and provide necessary funds for our communities to access health services 356 days each year.



# Costa Rica

## Project Alajuelita

Costa Rica, known for its beautiful terrain and ecotourism, also has one of the most successful universal healthcare programs among middle-income countries. In recent years, however, Costa Rica has seen an influx of refugees from Nicaragua and surrounding areas. FIMRC serves the needs of this growing population, which doesn't have access to Costa Rica's universal healthcare system. Project Alajuelita offers primary care and psychological services for a population that has often suffered varying traumatic experiences. Staff focus on helping the community heal and make a positive change in their health status from both physical and mental perspectives through wellness check-ups, health education, and dance therapy groups.



"This trip was truly life changing. Even though I have worked in healthcare for the past 4 years, it was amazing to learn so much more having limited resources. As much as I could go on and on, it really is an experience you just have to go out on a leap of faith on. You will not regret it."

- Elyshia L.

**500,000.** The International Organization for Migration estimates as many as half a million Nicaraguans call Costa Rica home.<sup>1</sup> This influx of Nicaraguan refugees, lacking health insurance, account for the majority of patients seen by FIMRC's physician and psychologist.

<sup>1</sup> <https://www.paho.org/salud-en-las-americas-2017/?p=2656>



Project Alajuelita was founded in **2004**

## Volunteer Experience:

- Homestay living arrangements
- Enjoy home cooked traditional meals, and embrace the welcoming Costa Rican "Pura Vida" lifestyle that permeates peace and gratitude
- Waterfall hikes, zip-lining, horseback riding, rafting, and weekend beach trips

## Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Student Adventure Program
- ✓ Internship Program

\*See Page 26 for Program Information

## Access

- FIMRC's primary care clinic provides services to patients of all ages, including Nicaraguan refugee population
- Well Child Visit Program ensures healthy child development
- Free mental health counseling with FIMRC psychologist
- Medical campaigns in local soup kitchens and orphanages
- Mobile clinics reach communities

## Education

- Ongoing preventative health "charlas" in clinic waiting room
- Nutritional health education provided at local soup kitchen
- Community health education outreach campaigns in response to prevalence of local health issues
- Home visit health outreach for elderly and people with disabilities
- Healthy habits program focused on group exercise and nutrition

## Participation

- Teen-led "Danza" community dance class for local youth
- Healthy habits group focused on exercise
- Expressive and art therapy sessions
- Casa Club partnership caring for individuals with disabilities
- Group counseling sessions for Costa Ricans and refugees alike
- Community-led women's empowerment groups

# Dominican Republic

## Project Restauración

Resaturación, nestled within a mountainous terrain 12 kilometers from the Haitian border, is home to a unique combination of Dominicans and Haitians who share challenges accessing basic healthcare. The elderly, and individuals suffering from illness or injury living outside of town, find it especially difficult to travel to the health post in Restauración. FIMRC's mobile clinics ensure consistent access to basic health services in these surrounding communities, and training adolescents on triage helps provide support prior to transporting a patient to the health post. Project Restauración's health education expands to incorporate both Spanish and Haitian Creole to better serve the community, particularly pregnant women. FIMRC works in tandem with local health professionals and community organizations to respond to the challenges faced by these converging communities.



**Over 22.1%** of Dominican adolescent females have been pregnant. According to PAHO, "patterns of teenage pregnancy reveal a scenario in which poorer, less-educated girls and those living in rural areas are at a disadvantage and are most vulnerable and at risk."<sup>2</sup> FIMRC's local health promoters and health agents lead educational and empowerment programs to share relevant health knowledge and encourage responsible family planning.

<sup>2</sup> <https://www.paho.org/salud-en-las-americas-2017/?p=4014>

Project Restauración was founded in **2012**



"This mission trip to the DR was nothing short of amazing. We held a health fair, a mobile clinic, and taught classes on HIV and menstruation. I learned so much, faced my fears (a lot of them) and I'm so happy my peers and I were able to go." - Mary H.

### Access

- Offer care to both Dominicans and Haitians through mobile clinics in rural communities
- Assist local staff in rural health posts
- Conduct home visits with local Health Promoters and Youth Health Agents
- Help diabetic and hypertensive patients monitor and work toward controlling their symptoms

### Education

- Lead interactive health education sessions for FIMRC's youth empowerment programs
- Educate community members in diagnosis-specific support groups
- Provide relevant preventative health education during mobile clinic efforts
- Train Health Promoters and Health Agents

### Participation

- Lead seasonal public health outreach campaigns with local partners
- Plan and execute community health fairs
- Engage mothers' centers and schools in nutritional education
- Assist with community surveys and census for regular health assessments

### Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Summer International Health Fellowship
- ✓ Internship Program

\*See Page 26 for Program Information

### Volunteer Experience:

- Homestay living arrangements
- Taste authentic "quipes" and traditional Dominican food throughout Restauración and surrounding communities
- Waterfall hiking, rappelling, rafting, and scenic Caribbean beach

# Ecuador

## Project Anconcito

A strong sense of community affects a region's overall health, and this is why the coastal community of Anconcito is such a special site. Reliant on the local fishing economy, many families struggle with access to quality healthcare and receive most health services from a low-resource government health post. FIMRC works with the local clinics while bolstering the community with an array of health education initiatives. Many programs focus on health and nutrition, including education and community gardening initiatives. Looking to youth as the future, Project Anconcito provides health-focused self-esteem and leadership programming so the young can represent a future that is bright and long-lasting.



*"What truly drew me toward Project Anconcito was FIMRC's emphasis on health education and community outreach. Project Anconcito works not only to educate members of the community on how they can maintain and improve their own health, but also ensures that community members are enabled to help one another."* - Makda M.

**25.3%** of Ecuadorian children suffer from chronic malnutrition.<sup>3</sup> FIMRC's nutritionist at Project Anconcito works with families to create meal plans for children to reach their weight goals. Families can receive free meals by participating in nutritional education sessions.

<sup>3</sup> <https://www.paho.org/salud-en-las-americas-2017/?p=4272>



## Volunteer Experience:

- Guesthouse Accommodations
- Enjoy immersive cultural events and the scenic coastal views of Anconcito
- Whale watching excursions, snorkeling with sea turtles, weekend "Isla de la Plata" island adventures to see the famous blue-footed boobie

## Access

- Observe local health center doctors
- Take measurements for children enrolled in malnutrition program
- Check vitals for patients attending diagnosis-specific health clubs
- Help run community health fairs and community-requested campaigns
- Engineer water purification systems for safe drinking water in schools
- Run dental hygiene campaigns in various community schools

## Education

- Lead preventative health education and raise awareness for informed consent, HIV/AIDS, and other relevant public health issues
- Train Youth Health Agents to educate others on medical topics
- Teach cooking and nutrition classes in various FIMRC programs
- Conduct after-school youth empowerment programs aimed at lowering drug use and teen pregnancy

## Participation

- Assist youth in seasonal organic gardening projects
- Encourage community service engagement through cleanup efforts and 3Rs of sustainability
- Collect and evaluate house-to-house visit data for community health census
- Collaborate with local government health teams and facilities on necessary public health campaigns

## Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Student Adventure Program
- ✓ Internship Program

Project Anconcito was founded in **2016**

\*See Page 26 for Program Information

# El Salvador

## Project Las Delicias

El Salvador's citizens face challenges related to natural disasters, political turmoil, and gang violence, all which significantly affect access to healthcare. Even though the town of Las Delicias is less than one hour away from the capital, it can take two hours or longer on public transportation to reach the nearest government health clinic. This increases the overall threat that treatable conditions and medical concerns can have on individuals. FIMRC offers the Las Delicias community a reliable means to access medical attention and relevant health education. Community members can receive primary care services as well as public health programs to treat and prevent non-communicable diseases such as diabetes and hypertension. Project Las Delicias also supports youth education initiatives in local schools to build a foundation for long-term community stewardship, health and wellness.



**12.4%** of El Salvador's general population is estimated to be malnourished.<sup>4</sup> The national health system makes efforts to address this health concern, but with limited resources, meeting goals continues to be a challenge. Project Las Delicias provides a nutrition club to test, monitor, and treat malnourished children. Families also have access to nutritional services through FIMRC support groups and collaborative partnerships.

<sup>4</sup> <https://www.paho.org/salud-en-las-americas-2017/?p=4023>

Project Las Delicias was founded in **2008**



"We chose to fundraise for the Clinical Supplies Adopt-a-Project to help protect the people that are willing to better the community and provide essential materials for proper healthcare."

- Eisha S. UBC Chapter President



### Access

- Clinic treats patients of all ages
- Immunization campaigns for newborns
- Prenatal and postnatal care included in maternal and child health services
- Multivitamin and nutritional support provided to children in malnutrition group
- Monthly checkup for patients with diabetes

### Education

- Preventative health education provided to patients in the FIMRC clinic's waiting area
- Local health promoters conduct home visits for expecting mothers to increase attendance for prenatal visits to ensure a safe delivery
- Adolescent health workshops in schools
- Parasite education on health campaigns

### Participation

- Community members congregate at the FIMRC clinic for regular support group meetings for diabetes and hypertension
- FIMRC first aid training sessions
- Partner-led medical brigades
- Nutrition club for families fighting chronic malnutrition and anemia

## Program Options:

- ✓ Custom Partnerships
- ✓ Remote Internships and Master's Degree Practicums

*\*Due to political unrest in El Salvador, FIMRC has enacted a temporary hold on in-country volunteer programs. Project Las Delicias' services continue as normal, managed by local staff and funded by donors and volunteers serving at other FIMRC project sites.*

## Partnership Highlights

- "Nuestra Familia" NGO provides clinic support and free dental treatments
- Adopt-A-Project led by a high schooler funded pediatric vitamins
- FIMRC chapters sponsored Adopt-A-Projects for glucometer strips, clinic safety equipment and more

# India

## Project Kodaikanal

Referred to as "The Gift of the Forest," Kodaikanal is primarily known as a refuge for tourists escaping the heat, sitting nearly 7,000 feet above sea level. The community living in Kodaikanal has limited income sources and often can't afford private health clinic visits. While free, government-provided healthcare is available, accessing care beyond basic health services is often difficult. FIMRC's clinic provides quality care at a low cost, with a sliding scale based on a family's resources. Project Kodaikanal's primary focus is providing medical check-ups in the crèches, where children attend day care. The combination of local partnerships and an established clinic allows FIMRC to serve families from multiple levels, and provide a path forward for healthy futures.



*"Through their network of physicians and public health workers, I had the opportunity to rotate in a variety of different healthcare settings, including private and public hospitals, as well as several different outpatient settings. The interactions I had with the staff, physicians and patients at each site was overwhelmingly positive and both academically and personally enlightening."*  
 - Dr. Catherine Spaulding

**50%** of pneumonia-related deaths in children under 5 are due to household air pollution (HAP).<sup>5</sup> To prevent children from breathing smoke, Project Kodaikanal volunteers and partners help install chimneys in community members' homes for safe, smokeless cookstoves.

<sup>5</sup> <https://www.who.int/phe/en/>



Project Kodaikanal was founded in **2004**

## Volunteer Experience:

- Guesthouse Accommodations
- Enjoy the vibrant culture, authentic Indian cuisine, and mountaintop views within Kodaikanal
- Temple visits, museum tours, mountaintop hikes, elephant meetings, and market shopping on weekends

## Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP and Custom Partnerships
- ✓ Summer International Health Fellowship
- ✓ Student Adventure Program
- ✓ Internship Program

\*See Page 26 for Program Information



## Access

- Malnutrition checks given to children in local crèches (pre-schools)
- Assist in consults as doctor sees patients of all ages at FIMRC clinic
- Observe and aid dental campaigns and oral hygiene treatments
- Observe within government and private hospitals to understand the differences in services
- Support physical therapist at CSI, a school for children with special needs



## Education

- Provide teacher health education training materials and supervise teachers' presentation to parents
- Run school health campaigns on culturally appropriate health topics
- Lead reproductive health talks and provide girls with hygiene products
- Teach lessons to students in school for youth with disabilities
- Preventative health education at the FIMRC clinic and on outreach



## Participation

- Work with local partner to install chimneys in homes to reduce respiratory illness
- Engage with health centers and hospitals to fulfill public health campaigns
- Participate in women's group meetings for empowerment and health-focused discussions
- Contribute to Pasam Health Trust's annual surgery camps

# Nicaragua

## Project Limón

With an economy based primarily in agriculture, many of Nicaragua's citizens work as subsistence farmers. Evenings are often spent outside on porches, enjoying time with loved ones. This rich sense of community serves as a contrast to the country's economic hardships. As the second-poorest country in the Western Hemisphere, quality healthcare is often out of reach. In Limón, FIMRC works directly with the adjacent government health post to improve access to healthcare, filling in gaps of pediatric and OB/GYN services the government cannot provide. Often times mothers will ride a bus for over 2 hours to arrive at FIMRC's clinic because they have developed personal relationships with the care team and trust in the high-quality services their children will receive. The Project Limón staff work both individually and on a community level to change the trajectory of healthcare in Limón.



Each year, 28.5% of Nicaraguan children under the age of 5 are diagnosed with an acute respiratory infection.<sup>6</sup> With access to FIMRC's pediatrician at Project Limón, parents are able to bring their kids to receive proper treatment for any medical concern. Specialized care is also offered to children with disabilities who can participate in FIMRC's therapy program, as well as women in the community who can be seen by FIMRC's OB/GYN doctor.

<sup>6</sup> <https://www.paho.org/salud-en-las-americanas-2017/?p=4286>

Project Limón was founded in 2009



### Access

- FIMRC's clinic provides pediatric and OB/GYN consultations for the community
- Nutrition program cares for malnourished kids
- Immunizations given in partnership with local health post, with antenatal and postnatal care
- Developmental exams are conducted to ensure proper growth in children, mentally & physically

### Education

- Preventative health education is offered at the FIMRC clinic and during health outreach events
- Youth in the learning therapy program receive elementary-level education through FIMRC
- Monthly home visits given to expecting and new mothers to review health modules and to provide support for a healthy family

### Participation

- Hypertension and diabetes support groups meet for vitals checks and management
- FIMRC's self-sustaining, community-led women's group provides communal support through various challenges
- Local partnerships enable patients to receive a well-rounded approach to health services



"After a devastating hurricane, FIMRC helped organize disaster response including collection of donations and acquisition of necessities including food, water and medical supplies for so many families who lost everything. This work was truly inspirational and a unique opportunity that I will always cherish."

- Abi T.

## Program Options:

- ✓ Custom partnerships
- ✓ Remote Internships and Master's Degree Practicums

*\*Due to political unrest in Nicaragua, FIMRC has enacted a temporary hold on in-country volunteer programs. Project Limón's services continue as normal, managed by local staff and funded by donors and volunteers serving at other FIMRC project sites.*

## Support Highlights:

- Mothers who graduate our prenatal care program receive "New Mom Kits" to continue caring for their baby
- Jewelry made by women's group is sold by Project Limón alumni
- FIMRC leads natural disaster response efforts with local partners and officials

# Peru

## Project Huancayo

At 10,000 feet above sea level, the view of the natural glaciers surrounding the city of Huancayo is breathtaking. At such high altitudes, the majority of healthcare challenges are centered around chronic, non-communicable diseases such as anemia and diabetes. FIMRC works with local partners to combat these illnesses by offering services in clinical health as well as community health campaigns and health education initiatives. Project Huancayo also provides psychosocial support and self-esteem programming for women and children in the region who may have experienced trauma, and works with local entities to empower the current and next generations to make changes that foster a safe, harmonious environment for generations to come.

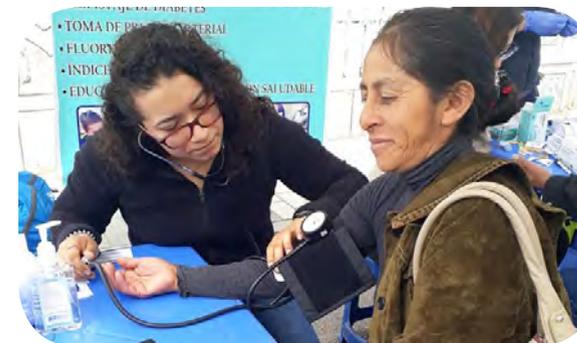


"This week has been the most incredible experience of my life. I left Peru with a heavy but glowing heart and a family made of the most selfless, fearless and loving caregivers that not only changed the community, but also left changed themselves."

- Madalyn N.

The 13.6% rate of teenage pregnancy in Peru increases to 22.5% in rural settings.<sup>7</sup> At Project Huancayo, community education covers reproductive health and topics to address those rates. FIMRC gives extensive support to teenaged girls before and after giving birth.

<sup>7</sup> <https://www.paho.org/salud-en-las-americas-2017/?p=3232>



Project Huancayo was founded in 2007

### Access

- Health campaigns to test vitals and make referrals in medically underserved communities
- Provide HIV and STI testing services in remote communities
- Support holistic aid programs for children with malnutrition or anemia
- Offer prenatal/antenatal care to pregnant women and their babies
- Assist and observe hospital staff with clinical procedures and rounds

### Education

- Social/personal skill development and support for adolescent mothers
- Cover topics of mental health and well-being, fostering community support and building resilience
- Teach preventative health topics at community health fairs
- Implement education programs for children living in orphanages
- Train mothers on nutritional health to then lead community workshops

### Participation

- Self-sustainable cuy project breeds guinea pigs for economic income and nutritional anemia support
- Ongoing, activity-based service in various children's homes based on needs identified
- Build handmade ovens as resources for women in nutrition program to cook & gain financial independence
- Lead youth empowerment groups for making healthy life choices

### Volunteer Experience:

- Homestay accommodations
- Experience traditional Peruvian culture, food and Huancayo's town market centers
- Embark on high elevation, weekend hikes to glaciers, alpine lakes, or visit iconic sites like Machu Picchu

### Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Summer International Health Fellowship
- ✓ Internship Program

\*See Page 26 for Program Information

# Peru

## Project La Merced

La Merced, a city located on the edge of the Amazon, is surrounded by traditional indigenous communities who are often unable to access the hospital and other health services found in the city. To meet the needs of this unique population, FIMRC works with local partners and community leaders to combine traditional health practices with current medical advancements through health screenings and health education campaigns. Programs prioritize basic health needs and build upon that foundation with health awareness. In communities that lack easy access to clean water, the FIMRC team organizes outreach efforts to teach entire households the tools they need to purify water for safe drinking. Additionally, since La Merced is deeply rooted in nature, many of FIMRC's programs are centered around protecting the environment and extending that care to the community's health.



**20%** of adults suffer from mental health conditions, including depression, anxiety, and alcoholism, according to 2015 estimates.<sup>8</sup> The Peruvian health care system is reforming its mental health services, and with local entities Project La Merced addresses related topics through community health education and advocates for mental health promotion. Ongoing outreach efforts give families useful knowledge, tools, and support.

<sup>8</sup> <https://www.paho.org/salud-en-las-americas-2017/?p=3232>



Project La Merced was founded in **2014**



### Access

- Host health campaigns in rural communities
- Assist and observe health professionals in the La Merced Hospital within multiple units
- Help communities create their own access to water sanitation and proper hygiene resources
- Screen for anemia, testing hemoglobin levels in children, adolescents, and pregnant women

### Education

- Lead emergency preparedness trainings with school staff and first-aid trainings for students
- Cover maternal health, reproductive health, family planning, and other topics on outreach
- Incorporate whole-family learning with water & hygiene (WASH) programming in pre-schools
- Create reusable health education resources

### Participation

- Host youth camps during school breaks to foster learning and connect health topics to the surrounding environment
- Hold participatory workshops with local partners, institutions, and medical facilities
- Support orphanages and smaller government clinics with overlooked issues, like dental health



*"One of my most memorable experiences. It's beautiful to see how everyone looks out for one another and how, even with limited resources, they manage to find a way."*

- Stephanie V.

### Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Summer International Health Fellowship
- ✓ Internship Program

\*See Page 26 for Program Information

### Volunteer Experience:

- Guesthouse Accommodations
- Become immersed in the landscape, culture, and authentic community engagement events in La Merced
- Hike to suspension bridges, waterfalls, waterslides, lookout viewpoints, and more on weekend excursions

# Philippines

## Project Cavite

The Philippines is made up of more than 7,000 islands (2,000 of which are inhabited), making it extremely difficult to provide consistent, quality healthcare for all its citizens. FIMRC's work in Cavite, located on Luzon island a few hours from Manila, focuses on five socioeconomically challenged neighborhoods, or barrios. Working with the University of Philippines Medical College (UP) and other local health facilities, Project Cavite provides regular health screenings for non-communicable diseases to educate families about their health status. Our community programs help assess regional needs, support individuals changing their lifestyle through diet and exercise, and promote the sharing of health knowledge for healthier living.



"Hands down, this was the greatest trip of my entire life. It was an honor to serve PH communities, participating in various activities such as first aid workshops, house to house check-ups, youth programs, X-ray screenings, and so much more. Thank you to FIMRC for providing me with an opportunity to immerse myself into a culture and serve my home country." - Jay O.

26.8% of deaths in the Philippines are expected to be related to non-communicable diseases (NCD).<sup>9</sup> Through education, vitals screenings, and cardiovascular zumba classes, Project Cavite helps raise awareness, refer patients, and prevent NCDs.

<sup>9</sup> <https://apps.who.int/iris/bitstream/handle/10665/272596/9789241565585-eng.pdf?ua=1>



Project Cavite was  
founded in 2015

## Volunteer Experience:

- Guesthouse Accommodations
- Explore sites and cuisine in Cavite, the fast-growing, "historical capital" of the Philippines
- Panoramic views of the Taal Volcano plus weekend excursions with boating, waterfalls, and whale-watching

## Program Options:

- ✓ Global Health Volunteer Program
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Summer International Health Fellowship
- ✓ Internship Program

\*See Page 26 for Program Information

## Access

- Increase essential health service capacity through health worker support on house-to-house visits
- Conduct fun, psychosocial activities with patients at the Philippines General Hospital's Cancer Institute
- Through health campaigns and vitals screenings in rural barangays, refer patients for consultations
- Shadow and observe clinicians in various health facility settings

## Education

- Train local Barangay Health Workers on protocol for serving as medical allies in communities
- School-based health club to endorse healthy living behaviors
- Community health trainings with the Department of Health and other partner organizations
- Teach preventative health lessons to youth in schools and families in surrounding neighborhoods

## Participation

- Work with UP graduate health & social work schools to establish community health boards and health skills trainings
- Foster self-confidence and leadership skills through empowerment groups in after-school involvement clubs
- Immersive experience working with urban hospitals, rural health units, and community level health stations

# Uganda

## Project Bududa

Breathtaking is an understatement when describing the landscape that surrounds the Bududa district; the contrast of the red dirt with the lush green vegetation offers a new experience with each walk from the FIMRC guesthouse to the clinic. In Bududa, FIMRC staff keep busy treating as many as 100 patients per day, totaling 25,000+ patients each year. The limited resources of the government hospital create a large gap in available care; a gap that FIMRC's Health Center fills. Project Bududa maintains FIMRC's only maternity ward, delivering over 300 babies each year. These services are bolstered by the large outreach network of Community Health Educators (CHEs), government employees trained by FIMRC to provide health education and follow-up home care. The unwavering community support of FIMRC's services directly mirrors the positive changes in the community's health.



### An estimated 25.4%

of Ugandans with HIV (all ages) are not on anti-retroviral therapy (ART).<sup>10</sup> As an ART-certified, Health Centre III, the FIMRC clinic provides HIV tests, treatment, and ongoing counseling for patients with HIV. Additionally, the clinic hosts HIV-positive support groups, runs large campaigns to reduce harmful stigmas/discrimination, and assigns/trains FIMRC Guardians to manage medication for children with HIV.

<sup>10</sup> <http://www.unaids.org/en/regionscountries/countries/uganda>

Project Bududa was founded in 2006



"SIHF in Bududa, Uganda was the most genuine, raw, authentic experience that I have ever had and it will forever change my life. I gained so much experience in the medical and international health field and made some really amazing friends."

- Natalie T.



### Access

- Observe and assist in FIMRC's health center, the most-visited clinic in the Bududa district
- Offer antenatal, postnatal, and holistic maternal-child health services through midwife consults and immunization outreach efforts
- Prevent mother-to-child HIV transmission, with safe deliveries at the FIMRC maternity ward

### Education

- Support preventative reproductive health outreach with FIMRC's local CHEs
- Cover relevant health topics in clinic waiting area
- Post-consultation review of treatment and management of prescribed medication
- Reinforce importance of using bed netting for malaria prevention, and re-treat mosquito nets

### Participation

- Lead fun and educational activities with FIMRC's Orphans and Vulnerable Children
- Attend women's and men's self-started economic support groups
- Participate at "Post Test Club" meetings for community members with HIV
- Plan & support annual World AIDS Day march

### Program Options:

- ✓ Global Health Volunteer Program
- ✓ Nursing Fellowship
- ✓ CHIRP
- ✓ Custom Partnerships
- ✓ Summer International Health Fellowship
- ✓ Internship Program

\*See Page 26 for Program Information

### Volunteer Experience:

- Guesthouse Accommodations
- Fresh Ugandan meals prepared by guesthouse/clinic staff
- Take breathtaking nature walks, summit Bududa's iconic Mt Nuusu, or roadtrip to Sipi Falls, the Nile River, coffee roasting, or a wildlife safari

# Volunteer Programs

FIMRC's international volunteer programs are adapted to fit various interests, time availabilities and skill levels. All programs follow FIMRC's grassroots, sustainable model.

## GHVP - Global Health Volunteer Program

This is FIMRC's flagship international volunteer opportunity. It is a flexible, year-round program that hosts volunteers of all ages and skill levels. Short-term and long-term options are available.

- ✓ Available 365 days/year
- ✓ Serve up to 12 weeks
- ✓ You pick arrival and departure dates

**Costa Rica • Dominican Republic • Ecuador • India • Huancayo, Peru • La Merced, Peru • Philippines • Uganda**

## SIHF - Summer International Health Fellowship

Our fan-favorite option for future health professionals. This 4- or 8-week authentic immersion and service program includes intensive clinical exposure, community health outreach and implementation of a sustainable project.

- ✓ June and July
- ✓ Tailored for pre-health, MPH, and 1<sup>st</sup> or 2<sup>nd</sup> year medical students
- ✓ First come, first serve

**Dominican Republic • India • Huancayo, Peru • La Merced, Peru • Philippines • Uganda**

## SAP - Student Adventure Program

A two-week service learning trip for high schoolers. This program is an exciting mix of international healthcare exposure, community service, and organized excursions.

- ✓ 2 summer sessions offered for each site
- ✓ Chaperoned
- ✓ First come, first serve

**Costa Rica • Dominican Republic • Ecuador • India**



## GHNH - Global Health Nursing Fellowship

Tailored for recent nursing graduates and nursing professionals. Participants improve upon nursing skills and gain rural health experience through providing culturally sensitive care to families.

- ✓ Flexible 4-week sessions
- ✓ Global and public health learning modules
- ✓ Customized based on interests

**Costa Rica • Dominican Republic • Ecuador • India • Huancayo, Peru • La Merced, Peru • Uganda**

## CHIRP - Comparative Health Immersion Rotation Program

This elective clerkship provides a global perspective to 3rd and 4th year medical students, residents, and students in physician assistant, pharmacy, and nursing school programs.

- ✓ Offered year-round
- ✓ Tailored to academic credit requirements and experience levels

**Costa Rica • Dominican Republic • Ecuador • India • Huancayo, Peru • La Merced, Peru • Philippines • Uganda**

## Custom Programs and Partnerships

FIMRC develops unique experiences for individuals and groups. We work hand-in-hand with academic advisors, faculty-led courses, and professionals to create complementary partnership models.

- ✓ 365 days/year
- ✓ Adaptable criteria
- All Project Sites • FIMRC Headquarters**

## Internship Program

Serve long-term at a FIMRC site make a sustainable impact through an intern project.

- ✓ 365 days/year
- ✓ Adaptable criteria
- All Project Sites • FIMRC Headquarters**



**The quality care** we're intentional about providing is only possible because so many have joined our mission.



**It's thanks to you** that our local staff and communities have access to the tools and resources they need to provide medically underserved children and their families with an array of well-rounded, grassroots health services.



**The impact you make** goes exponentially further when you share your excitement and passion for FIMRC's mission with your friends and family!



## Next Steps:

- 1 Contact [missions@fimrc.org](mailto:missions@fimrc.org) with any questions! Include your preferred location and travel dates to determine if we have availability.
- 2 Upon confirmation of availability, you will receive a welcome email that walks you through the official enrollment process.
- 3 Begin filling out your volunteer profile and start fundraising for your trip!
- 4 Ensure that your profile and payment are complete by your enrollment deadline.
- 5 Receive your Pre-Departure Packet... read it!
- 6 Pack your bags, you're off to serve! Enjoy your trip!!



Travel  
AND  
serve

# Frequently Asked Questions

## What's Included

The cost of your program includes the program donation that supports our project sites, housing, meals, as well as on-site and airport transportation. Excursions and trips for non-volunteer related activities, as well as the associated costs, are not included.

## Safety

At all of our project sites, we arrange transportation and housing to maximize safety. We work with our project staff to ensure that they are trained on safety measures and that you receive orientation upon arrival in-country. We require medical evacuation insurance. We constantly update our safety protocol to ensure that we are doing our best to keep you safe. We work tirelessly to ensure that you have a safe and comfortable experience. Safety is our priority!

## Fundraising

All volunteers receive access to FIMRC's custom fundraising platform. Through your very own FIMRC account, you can raise funds in support of your volunteer trip. This is a great way to include family and friends and allow them to contribute to your work in a tangible manner.

## Refund Policy

We operate on an innovative model of financial sustainability supported by all of our volunteer programs. In order to ensure the vitality of all project sites, program donations and housing/transport fees submitted to FIMRC cannot be refunded. However, we will happily apply any received donations or fees towards a future experience at one of our project sites or towards the account of another volunteer of your choice.

## Availability

With 94% of our site staff being local community members, our operations run year-round. Therefore volunteer opportunities are offered 365 days/year.

## Chaptership

The Chaptership Program extends to over 70 chapters in the United States, Australia and Canada. Our Chapters travel, fundraise, and volunteer in their local communities. For more information about joining or starting a chapter in your area, visit [www.fimrc.org/chapters](http://www.fimrc.org/chapters).

## Alumni Program

Returned volunteers are invited to join FIMRC's alumni network that includes over 4,000 world travelers who are passionate about FIMRC's mission! More information at [www.fimrc.org/alumni](http://www.fimrc.org/alumni).

*"I am often asked about the best way for people to have an impact in communities we serve. Thankfully, there are many ways to give back. Whether you choose to volunteer or support from afar, you should know that lives will be touched and changed forever. That's what matters the most."*  
- Meredith Welsh, CEO

## Ways to Contribute

- ✓ Make a one-time donation at [www.give.fimrc.org](http://www.give.fimrc.org)
- ✓ Set up recurring contributions at [www.giving.fimrc.org](http://www.giving.fimrc.org)
- ✓ Start or join a chapter; visit [www.fimrc.org/chapters](http://www.fimrc.org/chapters)
- ✓ Choose a specific program to sponsor at [www.fimrc.org/adopt-a-project](http://www.fimrc.org/adopt-a-project)
- ✓ Plan a trip! Email [missions@fimrc.org](mailto:missions@fimrc.org)



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