**HPW 430, Advanced Practicum**

**Culture and Health in Nicaragua**

**June 13-27, 2017**

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**Course Description:** Students travel to Granada and the island of Ometepe in Nicaragua to explore culture and health practices from a personal and global perspective through interaction with an underserved population. Students are actively engaged in learning about the culture, customs, and lifestyle of approximately 30,000 residents on the island of Ometepe. This course provides the opportunity for student reflection on personal values, perceived human rights and similarities and differences between cultures within an underserved population and the student’s home community. In addition, students have the opportunity to learn about the natural world on the island through visits to local farms, a coffee plantation and hiking trips.

The student experience on the island of Ometepe includes clinic work, providing health care for the residents of the island. In addition, students will visit a maternity clinic, and a school for at-risk children and teens where they provide nutrition and physical activity programming. 3 credits.

**Course Materials and D2L** – D2L is used as a course management tool only. Grades will be posted in D2L and the final reflection paper needs to be submitted to the D2L Dropbox by the designated due date.

Required materials and books:

* Journal and writing implements
* ***Moon Handbook on Nicaragua*,** by Amber Dobrzensky 5th Edition,

(ISBN-13:978-1-61238-356-9) This book provides information about the places that we will visit, as well as excellent background on the culture, politics, history and other aspects of Nicaraguan culture that are important and will be helpful when preparing your presentations.

**UWSP COMMUNITY BILL OF RIGHTS AND RESPONSIBILITIES**

**Academic Conduct:** This course is part of the UW-Stevens Point academic community, therefore, academic and personal integrity is important. Additionally, UWSP values a safe, honest, respectful, and inviting learning environment. As each student is entitled and encouraged to contribute during this experience abroad, specific expectations are necessary to ensure a thriving learning environment. Expectations include: being on time and prepared for all activity while in Nicaragua and being accountable for personal actions and behavior. Inappropriate behavior, hurtful language, or any other behavior that may be disruptive to the instructor, other students or Ometepe residents is considered unacceptable. For additional information, please refer to the statements on Academic Standards as outlined by the Office of Student Rights and Responsibilities. You can read the full text of Chapter 14 on “Student Academic Standards & Disciplinary Procedures” at <http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

**LEARNING OUTCOMES**

**Knowledge (Know)**

*HPW 430 students will:*

* Gain an understanding of the culture and lifestyle of a population of people living on the island of Ometepe in Nicaragua through education sessions provided by residents of Ometepe (mayor, physicians, teachers) and visits to a variety of cultural sites
* Compare and contrast health care delivery and the health education needs of an impoverished, underserved population and their home communities by visiting clinics and the maternity center on the island
* Better understand sustainable food systems and the importance of agriculture to the island economy
* Compare and contrast lifestyle and its contribution to prevalent disease and illness in the residents of Nicaragua/Ometepe and the United States

**Skills (Be able to)**

*HPW 430 students will:*

* Actively participate in clinic and volunteer work utilizing skills such as taking blood pressure, communication and empathy.
* Demonstrate teamwork and presentation skills by creating group presentations for peers on a variety of topics related to the culture, lifestyle and health of Ometepe residents
* Develop community building skills through interaction and engagement with other students, residents of Ometepe, clinic staff and interpreters
* Physically challenge themselves by participating in a variety of hikes on the island where they will also learn about the natural world of Ometepe

**Dispositions (Value/Appreciate)**

*HPW 430 students will:*

* Reflect on their thoughts and feelings about this cultural immersion experience through journaling and two debriefing sessions
* Describe, in the debrief sessions, how experiencing life outside their comfort zone, both physically and emotionally, can help them grow to their full potential and better face life’s challenges
* Gain renewed appreciation for that which we consider to be our human rights in America, such as clean water and access to basic health care services
* Reflect on their core values and how this experience might impact their lives

**1. Class Meetings and Assignments Prior to Trip:**

Prior to departure, we meet as needed to review and discuss the following:

* Course overview – review the syllabus, slide show of the Ometepe experience with description of the island and its residents
* Important health and safety considerations while traveling in Nicaragua and living on the island of Ometepe – In-service provided by UWSP Health Services
* Review of packing list – the essentials you will need
* Expectations for student conduct and participation

Assignments Prior to the Trip:

* Assigned reading – The Background section of Moon Nicaragua, pages 367-405 and Conduct and Customs, pages 420-428
* Group Presentations – groups will be formed and topics assigned. Assignment descriptions and a grading rubric will be provided. Create your 20-25 minute presentation prior to trip departure. There is no written component to this assignment that needs to be turned in and no technology is used for presentations. Make your topic interesting and fun using creativity!
* Each student writes three goals or expectations for this trip prior to departure. Goals are due in the D2L Dropbox on June 9. You will need to reflect on these during the final debriefing session prior to leaving Nicaragua.

**2. While in Nicaragua and on the island of Ometepe**:

A. Full participation in the complete cultural immersion experience. This includes attendance at all volunteer work, tours and cultural excursions, engagement in community building and a very positive attitude!

B. Keep a daily journal to include what you did and why you did it, but more importantly, how you felt about it, what you learned from your experiences and implications for the choices you will make in the future. Be creative - use poetry, drawings, etc.

C. Group Presentations on assigned topics –In groups you will present to peers on a variety of topics related to Nicaraguan/Ometepe culture, heath, education, government, politics, food systems, etc.

D. Participation in the debriefing discussions to be held at the mid-point of the trip and again on the last evening, which will include a reflection on your goals/expectations.

**3. Post trip Final Reflection (2 pages) -** When you return home and have had time to process your experience, write a two-page final reflection on your experience. For example, compare and contrast what you anticipated and expected from this experience with the reality of what actually happened. What will you most remember from this experience? What life lessons did you learn? How will you apply what you learned to future challenges and experiences? Please finish your paper with a quote that captures your experience and could be used on the HPHD Study Abroad website.

**Due in the D2L Dropbox by Sunday, July 9 at 11:59 pm.**

**Course Points:**

Three goals – submit to Dropbox 25 points

Participation in cultural immersion 500 points

Journal 200 points

Group presentation 75 points

Participation in Debrief Sessions 100 points

Final Reflection – submit to Dropbox 100 points

TOTAL 1000 points

**Grades:** 95-100% - A

90-94% - A-

87-89% - B+

84-86% - B

80-83% - B-