

Memorandum of Understanding between GPSA of Quetzaltenango, Guatemala and Queen Margaret College of Wellington, New Zealand, May 1, 2023

Dear Bee,

I am writing to share our enthusiasm for working with Queen Margaret College on our upcoming trip to Thailand. We are confident that this is going to be an exciting and educational experience for Queen Margaret College students. In these documents I would like to share program information with you that summarizes our agreements for the responsibilities and obligations of each party. I would appreciate your indication of your agreement by returning a signed copy of these documents.

Please be aware that the terms and conditions of the trip – the document that spells out such things as waivers, court of jurisdiction, etc. – is typically signed by the parents of the participants. This arrangement is usually preferred as it establishes the primary legal liability relationship between GPSA and the parents.

The following documents are included:

- Program description
- Itinerary
- Curriculum
- Price sheet

We would also like to confirm the following steps to take before the program starts:

Schedule:

- | | |
|--|------------------|
| 1. First commitment of student #'s: | October 1, 2023 |
| 2. Deposits paid (US\$900 per student and paying chaperone), T&C signed - binding: | February 1, 2024 |
| 3. Full payment due from Queen Margaret College: | April 1, 2024 |

Queen Margaret College students who participate in a GPSA experience will be getting hands-on clinical work. They will be working in rural and remote villages. Every day, the students will be working to improve health care for the poor. Queen Margaret College students are going to get to know what life is like for the population living in the poor communities in Thailand firsthand. Most importantly, they will be making a difference.

It is important that participants and parents consider the commitment that they are making when they sign up for a GPSA program. Living conditions in rural Thailand can be challenging. The food can be monotonous and unfamiliar. Road conditions are poor. Participants will not be allowed to use communication devices such as their phones. As part of this commitment, parents will sign a Terms & Conditions form, as mentioned above, after their child has been accepted to our program.

Students who participate in a GPSA experience are in a clinic or school working on health issues every day. Participants and parents should consider if they are mature enough to witness and work with individuals with illnesses as well as discuss delicate topics like reproductive health.

The program is hands on, meaning that the participants will be touching patients, taking blood pressure, measuring heart rate, respiration rate and other medical measurements, just like a nursing assistant or EMT

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would do. They will be exposed to patients and their fluids. Participants must be mature enough to learn, practice and pass the required certification and safety exams before they will be permitted to do some work. Participants who cannot follow the required safety protocols will not be allowed to do some interventions.

While the physical and intellectual challenges of a GPSA trip are many, the rewards are great. Our participants have screened thousands of children for malnutrition, screened thousands for hypertension and provided training to tens of thousands of children about nutrition and hygiene.

We are truly looking forward to working with the outstanding students from Queen Margaret College. I know that this is going to be a very productive partnership for your students and for the people of Thailand.

Sincerely,

Lennert Rohde
Director, GPSA

Mr. Lennert Rohde

Ms. Bee Laing



Make a Difference in Thailand July 6 – 17, 2024

Queen
Margaret
College

GPSA
for Health

GPSA for Health's Thailand program an intensive health care experience for high school students and high school graduates with a passion for careers in medicine, nursing, global or public health, behavioral health, pharmacy, biomedical engineering, dentistry or other health occupations.

The students' GPSA experience begins in their arrival city: Bangkok (BKK or DMK International Airport). Arrival day will be spent in Bangkok and will contain several cultural activities. The second day of the program, the students will be traveling to the village of Mae Sot in Western Thailand. Mae Sot is close to the border with Myanmar and for this reason has many immigrants fleeing oppression or poor economic conditions. Most of the people we serve are stateless, unable to access the Thai healthcare system and, in many cases, unwilling or unable to return to Myanmar. Because these people don't receive care from the Thai government, we work together with a private, donor-funded, non-government organization. Our clinical partners see over 100,000 patients per year.

We work to accomplish home visits in some of the mountainous communities (vision, dental screenings), education (hygiene, first aid and CPR, Sexual Reproductive Health and Rights (SRHR), a School Assessment Activity (vision, dental, personal hygiene, and malnutrition), clinic-based screening (malnutrition for the children under five when they come in to receive their vaccines), clinic-based pre-consult (vital signs measurements).

For their clinical service, students are divided into teams led by trained GPSA staff. Students learn to facilitate several medical interventions and screenings (measuring infant height and weight, blood pressure, heart rate, etc.) and complete an important introductory cultural training.

Participants not only learn more about healthcare, but they also get to know a new and different culture, perhaps making some lifelong friends in the process. Participants will be making a difference and starting their medical careers now!

General information

Curriculum: Accepted applicants will follow an introductory curriculum, developed specifically for high school students. The curriculum will consist of multiple pre-trip preparation sessions. In these sessions, students will be trained and assessed in: community and social issues in Thailand, cross-cultural understanding, and basic medical interventions like measuring blood pressure, auscultation, measuring infant height and weight, etc.

Location: Mae Sot, Thailand.

For questions, please contact:

Lennert Rohde: lennert.rohde@gpsa.org



Blood pressure measurement



Training given by GPSA staff

Suggested Curriculum for Queen Margaret College - GPSA for Health Program: July 6 – 17, 2024



The curriculum is still under development. The pre-departure curriculum will be developed by Partner School faculty in collaboration with GPSA staff. Upon request certain sessions can be delivered asynchronous.

Session 1 - Theory: blood pressure & hypertension

Summary: General theory about blood pressure and hypertension.
Prepared by: GPSA staff
Class by: Recorded session [Blood Pressure & Hypertension Recorded Session](#)
School Faculty
Preparations ahead of time: Watch [What you need to know about Hypertension](#)
Read Cardiovascular Disease (CH 4) from [GPSA Textbook](#)
Supplies: GPSA textbook

Session 2, 3, 4 - Learn how to take blood pressure & interpret results

Summary: Learn how to take blood pressure.
Prepared by: School faculty / school nurse
Class by: School faculty / school nurse
Preparations ahead of time: Watch [Interacting with Patients](#)
Watch [How to take Blood Pressure](#)
Read GPSA Clinical Activities (CH 13) from [GPSA Textbook](#)
Supplies: Sphygmomanometer, stethoscope, GPSA Textbook

Session 5 - Introduction to global health

Summary: Learn about the basics principles of global health.
Prepared by: Vanessa Brombosz
Class by: Vanessa Brombosz (platform of your choice)
Preparations ahead of time: Prepare questions for Vanessa
Read Health and the Developing World Chapter (CH 1) from [GPSA Textbook](#).
Supplies: GPSA Textbook

Session 6 - Theory: Visual Acuity

Summary: General theory about visual health.
Prepared by: GPSA staff
Class by: Recorded session or school faculty
Preparations ahead of time: Watch videos [Visual Acuity](#)

Read the article “The Lancet Global Health Commission on Global Eye Health: vision beyond 2022”.

GPSA Textbook

Supplies:

Session 7 - Theory: Nutrition

Summary:

General theory about nutrition.

Prepared by:

GPSA staff

Class by:

Recorded session or school faculty

Preparations ahead of time:

Read Malnutrition (CH 3) and Nutrition (CH 9) from [GPSA Textbook](#)

Supplies:

GPSA Textbook

Session 8, 9 - Health Screenings

Summary:

Learning how to measure weight, height and calculate BMI.

Learn how to take temperature, respiration and heart rate.

Prepared by:

School faculty / school nurse

Class by:

School faculty / school nurse

Preparations ahead of time:

Read GPSA Clinical Activities (CH 13) from [GPSA Textbook](#)

Supplies:

Calculator, timer, scale, thermometer, gloves, GPSA Textbook

Session 10 - Certification for screening blood pressure, and health

Summary:

Faculty may observe students following the “15 Steps of Patient Care” in the GPSA Clinical Activities (CH 13) of the [GPSA Textbook](#). These steps should be applied to the clinical activities outlined later in the same chapter: Measuring Blood Pressure, Respiratory Rate, Pulse, Body Temperature, How to take gloves off, How to wash hands

Prepared by:

School faculty / school nurse

Class by:

School faculty / school nurse

Preparations ahead of time:

Practice all skills

Supplies:

Sphygmomanometer, stethoscope, gloves, soap, thermometer, scale, timer

Session 11 - Thailand culture

Summary:

An insight to the local culture and customs.

Prepared by:

GPSA staff (Skype / Zoom)

Class by:

GPSA staff (online platform or your choice)

Preparations ahead of time:

Watch [The White Savior Complex](#)

Watch [The stages of Culture Shock](#)

Supplies:

None

Session 12, 13 - Cross cultural assessment

Summary:

Complete assessment activities and discussion afterwards.

Prepared by:

School faculty

Class by:

School faculty

Preparations ahead of time:

Read Cross-Cultural Assessment (CH 2) from [GPSA Textbook](#)

Supplies:

GPSA Textbook

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Session 14 - Health fair in cafeteria

<u>Summary:</u>	Health fair in the school cafeteria taking people's blood pressure, weight, height, temperature, respiration rate, heart rate and calculating BMI.
<u>Prepared by:</u>	School faculty / school nurse
<u>Class by:</u>	School faculty / school nurse
<u>Preparations ahead of time:</u>	Certify students on health screenings.
<u>Supplies:</u>	Sphygmomanometer, stethoscope, gloves, soap, thermometer, scale, timer

Session 15 - MANDATORY 30 min COVID Prevention Protocol

<u>Summary:</u>	Learn about how to prevent COVID and the program protocols.
<u>Prepared by:</u>	Vanessa Brombosz
<u>Class by:</u>	Vanessa Brombosz (online platform of your choice)
<u>Preparations ahead of time:</u>	Listen to Infectious Disease Prevention
<u>Supplies:</u>	Not applicable

Session 16 - Q&A Session

<u>Summary:</u>	GPSA staff will answer all questions related to the travel program.
<u>Prepared by:</u>	GPSA staff
<u>Class by:</u>	GPSA staff (online platform of your choice)
<u>Preparations ahead of time:</u>	Read staff bio (www.gpsa.org) and prepare questions.
<u>Supplies:</u>	Not applicable

Post-trip

Please let us know if you would like to discuss ideas for post-trip reflection sessions. Suggestion would be to organize school assembly presentations, leading classroom discussions and / or another health fair on your campus. This gives your students a chance to demonstrate what they have learned and talk about their experience.

Draft itinerary for Queen Margaret College - GPSA for Health Program: July 6 – 17, 2024



This itinerary is meant as an example. Changes may occur to the order of events as necessary to accommodate the community's needs.

Saturday, July 6

Arrival at BKK or DMK airport.
3 PM Visit Grand Palace and Wat Prakeaw.
7 PM Dinner at local restaurant.
9 PM Retire to guesthouse near Don Mueang (DMK) airport.
10 PM Quiet time in room (journaling, tweeting, photo journals).
11 PM Lights out.

Sunday, July 7

8 AM Breakfast at hotel.
9 AM Transport to Don Mueang (DMK) airport and fly to Mae Sot.
Noon - Lunch in Mae Sot.
1 PM – 5 PM Clinical certification to make sure everyone is ready to participate.
6 PM Cultural dinner with local community members (dinner-pal).
7 PM Free choice activity (walk, sports, reading, games).
9 PM Homework, reflection sessions: journaling, tweeting, photo journals.
10 PM Quiet time in room.
11 PM Lights out.

Monday, July 8

7 AM Wake up.
8 AM Breakfast.
9 AM Health education at schools/home visits/clinical work (Service work).
1 PM Lunch.
2:30 PM - 5:30 PM Technical and cultural training ¹
6 PM Dinner.
7 PM Free choice activity (walk, sports, reading, games).
9 PM Homework, reflection sessions: journaling, tweeting, photo journals.
10 PM Quiet time in room.
11 PM Lights out.

¹ certain days may also include Thai or Burmese language training

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Tuesday, July 9

7 AM Wake up.
8 AM Breakfast.
9 AM Health education at schools/home visits/clinical work (Service work).
1 PM Lunch.
2:30 PM - 5:30 PM Technical and cultural training.
6 PM Dinner.
7 PM Free choice activity (walk, sports, reading, games).
9 PM Homework, reflection sessions: journaling, tweeting, photo journals.
10 PM Quiet time in room.
11 PM Lights out.

Wednesday, July 10

7 AM Wake up.
8 AM Breakfast.
9 AM Health education at schools/home visits/clinical work (Service work).
1 PM Lunch.
2:30 PM - 5:30 PM Technical and cultural training.
6 PM Dinner.
7 PM Free choice activity (walk, sports, reading, games).
9 PM Homework, reflection sessions: journaling, tweeting, photo journals.
10 PM Quiet time in room.
11 PM Lights out.

Thursday, July 11

7 AM Wake up.
8 AM Breakfast.
9 AM Health education at schools/home visits/clinical work (Service work).
1 PM Lunch.
2:30 PM - 5:30 PM Technical and cultural training.
6 PM Dinner.
7 PM Free choice activity (walk, sports, reading, games).
9 PM Homework, reflection sessions: journaling, tweeting, photo journals.
10 PM Quiet time in room.
11 PM Lights out.

Friday, July 12

7 AM Wake up.
8 AM Breakfast.
9 AM Health education at schools/home visits/clinical work (Service work).
1 PM Lunch.
2:30 PM - 5:30 PM Technical and cultural training.
6 PM Dinner.
7 PM Free choice activity (walk, sports, reading, games).
9 PM Homework, reflection sessions: journaling, tweeting, photo journals.
10 PM Quiet time in room.

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11 PM Lights out.

Saturday, July 13

7 AM Wake up.

8 AM Breakfast.

9 AM – 5 PM Cultural Day

6 PM Dinner.

7 PM Free choice activity (walk, sports, reading, games).

9 PM Homework, reflection sessions: journaling, tweeting, photo journals.

10 PM Quiet time in room.

11 PM Lights out.

Sunday, July 14

7 AM Wake up.

8 AM Breakfast.

9 AM – 5 PM Cultural Day

6 PM Dinner.

7 PM Free choice activity (walk, sports, reading, games).

9 PM Homework, reflection sessions: journaling, tweeting, photo journals.

10 PM Quiet time in room.

11 PM Lights out.

Monday, July 15

7 AM Wake up.

8 AM Breakfast.

9 AM Health education at schools/home visits/clinical work (Service work).

1 PM Lunch.

2:30 PM - 5:30 PM Technical and cultural training.

6 PM Dinner.

7 PM Free choice activity (walk, sports, reading, games).

9 PM Homework, reflection sessions: journaling, tweeting, photo journals.

10 PM Quiet time in room.

11 PM Lights out.

Tuesday, July 16

7 AM Wake up.

8 AM Breakfast.

9 AM Flight back to Bangkok

1 – 6 PM Cultural day in Bangkok.

7 PM Dinner.

9 PM Homework, reflection sessions: journaling, tweeting, photo journals / GPSA Evaluation.

10 PM Quiet time in room.

11 PM Lights out.

Wednesday, July 17

7 AM Wake up and Breakfast.

8 AM Depart for airport (or earlier, as needed)

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Price sheet for Queen Margaret College - GPSA for Health Program: July 6 – 17, 2024



Tuition: Queen Margaret College, Thailand, July 6 - 17, 2024.
Preparation sessions and curriculum development with GPSA Staff and Faculty.

Minimum 9, maximum 15 student participants.

- Minimum 9 student participants, US\$ 4340 per student participant, includes ½ chaperone complementary, double occupancy. (additional chaperones pay full fee).
- Minimum 12 student participants, US\$ 4030 per student participant, includes 1 chaperone complementary, double occupancy. (additional chaperones pay full fee).

The deposit deadline (US\$900 per student and paying chaperone) is February 1, 2024.

Summary of the program:

Location: Bangkok and Mae Sot, Thailand
Dates of the program: July 6 - 17, 2024
Accommodation: Dormitory

The Tuition includes:

- Transportation from the beginning of the program to the end, including airport transfers, buses, boats, or other conveyances from the airport in Bangkok, Thailand.
- Pre-departure information and on-site orientation in Mae Sot, Thailand.
- Housing.
- Meals (Breakfast/Lunch/Dinner will be provided daily).
- Technical and Cultural Training.
- Textbooks and lab supplies.
- Social Activities (cultural program on weekends).
- Field support from GPSA while in host country.
- HQ support from GPSA Guatemala office.
- Introductory curriculum, developed specifically for high school students.

Please note that there may be limited weight allowance for checked luggage on the flight to Mae Sot and back. For more information, please check with your Program Coordinator.

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The tuition does not include airfare to or from Bangkok International Airport. The program begins and ends at BKK or DMK International Airport, Bangkok, Thailand, at the time stated in the program materials. Baggage fees, airport fees, taxes, and/or duties and other costs related to arriving or departing from BKK or DMK International Airport are not included. There may be limited weight allowance for checked luggage (15 kg for checked, 7 kg for carry-on luggage), this may change without notice) on the flight to Mae Sot and back. Any Visa fees are not included. The tuition does not include daily snacks or souvenirs. Students are encouraged to bring approximately US\$5 per day to cover snacks and some additional to cover souvenirs. The fee does not include obtaining a passport or required immunization. Participants must show proof of immunization for Hepatitis A, Hepatitis B, Chickenpox, Tetanus (within 10 years), Typhoid, and measles and COVID-19. Your doctor will likely recommend additional vaccinations and treatments. The CDC and other agencies recommend Malaria chemoprophylaxis for the Mae Sot region. Please consult with your doctor concerning the appropriate prophylaxis for you or your child. The fee does not include health insurance. Participants must show evidence of health insurance including international coverage.

GPSA programs are popular and many weeks during the year are fully booked more than one year in advance, sometimes with a waiting list. We understand that some schools wish to return year-after-year to the same location at the same time of the year and may not be able to commit several years in advance. To accommodate returning partners while still being fair to those that may be on the waiting list, partners who have completed a partnership programs in two or more consecutive years at the same time of the year and location get priority for that same time and location until 11 months before departure. If a new MOU is not signed 11 months before departure, that time and location will be released to those who might be on our waiting list. Partners may check as frequently as they wish to determine if their weeks are at risk. No partnership programs are guaranteed without a signed MOU.

If an accepted participant withdraws more than 60 days before the program start date (as stated in the program description), then the partner or participant will receive a full refund of any amounts paid excluding the non-refundable deposit. Refunds are not granted after 60 days before the program start date. No exception is made for medical conditions that cause withdrawal. No refund whatsoever will be given for any participant who is expelled from the program. All claims and disputes arising under or in connection with this agreement shall be resolved by mediation in the city of Quetzaltenango, department of Quetzaltenango, or at any other place mutually agreed upon by the parties. The mediation shall be conducted in a confidential manner in accordance with the Rules of Conciliation and Mediation of the Guatemalan Judiciary.

Changes in the roster of participants less than 30 days before departure may be impossible or may incur additional charges.

Mr. Lennert Rohde

Ms. Bee Laing