



Day 1: Fly to the Dominican Republic

Arrive in Santo Domingo: Touch down in Santo Domingo, the capital and largest city in the Dominican Republic. If there's enough time, you can explore the colonial zone of the city, where the Spanish history is preserved in each timeworn brick you pass.

Day 2: Santo Domingo | San Jose de Ocoa

Health center visit: Visit one of Santo Domingo's health centers, where you'll get a close look at the needs of the community and the kinds of service available to them. Afterwards, you'll head out for San Jose de Ocoa.

ADESJO office visit: The Asociación para el Desarrollo de San José de Ocoa is a non-profit organization that is committed to improving the quality of life for Ocoa's most impoverished community members. Discover how the community organizing, development, and outreach programs work directly for those who need it the most. During an informational talk, you'll get to meet local health professionals to prepare for your upcoming service projects and review the best practices for care in the DR.

Day 3: Rancho Arriba | San Jose de Ocoa

Travel to Rancho Arriba: Today you'll head north to Rancho Arriba, where you will do most of your service work during the trip. After a brief orientation lead by local health professionals, you'll quickly become familiar with the hospitals and clinics in the area—as well as how they function within the community.

Vegetable processing center visit: The key to any healthy community depends on access to fresh and healthy food—and today you'll see how it's done in the Dominican Republic. While strolling through Rancho Arriba's sprawling green landscape you'll discover the nurseries and gardens that make good nutritious choices available to people on the island. After you've explored how it works, you'll get to talk with a local expert about nutritional standards in the Dominican Republic, and discover the different ways they are being met.

Day 4: Rancho Arriba | San Jose de Ocoa

Continue service project: Today you will continue working in the local hospitals and clinics with your group. You'll gain a better understanding of the people in the community, and how their individual needs are met. You'll have a break for lunch before diving back into your service project for the rest of the day.

🌊 **Swimming excursion:** Take in some of the natural beauty that the Dominican Republic has to offer while swimming a local watering hole.

Day 5: Rancho Arriba

Continue service project: Today you will continue working in the local hospitals and clinics with your group. After a lunch break in the Rancho Arriba area, you'll get a formal meet and greet with local nurses who can offer a new perspective on your experiences throughout the past few days and answer any questions you may have.

🌊 **Swimming excursion:** Take the chance to cool off (especially if you didn't get to the first time) in a refreshing Dominican watering hole.

Day 6: San Jose de Ocoa

Agroforestry Tree Nursery: During your visit to the Agroforestry Tree Nursery, you'll learn about the problems that regional deforestation and poverty are having on the island's ecology and economy—and what organizations like this one are doing about it. Hear from local experts on the history and uses of the nursery, as well as a talk about its value as a source of local nutrition-rich foods.

Hydroelectric plant: Discover how a small-scale hydroelectric system is improving the lives of many Dominicans on a visit to a local plant. You'll hear from the community members firsthand during their presentation on what it is like to build and operate the sustainable structure, and what it means for the community.

Day 7: San Jose de Ocoa | South coast beach

Beach visit: Enjoy a day of rest and relaxation on a beautiful Dominican Republic beach in the south coast. Take in the crystal clear water, palm trees and Caribbean sunshine before heading back to San Jose de Ocoa for the night.

Day 8: San Jose de Ocoa | Santo Domingo

Depart for home: Arrive in Santo Domingo, where you'll check in for your overnight return flight home.