

**“Sexual and Reproductive Health Care Education Program”
(Prevention of adolescent Pregnancies, Sexually Transmitted Infections, and HIV/AIDS)
Internship Experience
Quito, ECUADOR**

In our global and inter-connected world, the importance of learning from other cultures and professionals is of the utmost importance. Students and professionals alike are seeking opportunities to learn abroad and enrich their education with a cultural exchange. CEMOPLAF offers an enriching education program combined with Spanish classes. Our program functions in a transparent manner, offering quality education and opportunities for participants so that they are able to return home with new skills and knowledge to further benefit their career.

This program will help students learn about the unique methods that are used to educate the adolescents, teens, and communities of Ecuador about the importance of sexual and reproductive health. Each student will not only see first-hand the successes of the program, but will be able to work with the organization to promote sexual and reproductive health education. Students will actively work with the professionals to provide information, and will be given the opportunity to create their own program with expert support. Students will be engaged and involved in the lectures CEMOPLAF gives to local schools, universities and communities and will volunteer at information booths that will be set up in fairs, schools, and concerts to hand out information and answer questions. This close involvement with the people of Ecuador will expose students to the culture, common issues, and provide unique one on one interaction. By directly connecting with the youth of Ecuador, students will gain a better understanding of the mindset and culture of the adolescents and teens.

We hope that the person participating in this program will in turn share their experiences with other participants and Ecuadorian professionals, exchanging ideas, structures, management, differences and organization. This unique program offers a special service-learning experience and provides an opportunity for those interested or already involved in helping people while at the same time providing an opportunity to gain valuable first-hand knowledge. The principal component of the program is to be involved with adolescents, university students and poor communities.

This incredible cultural experience, combined with second-language skills through Spanish classes and Ecuadorian family home-stays, will also leave participants with invaluable life skills that will stay with them forever.

The participants will have the opportunity to participate in activities and interact with Ecuadorian adolescents and teens by providing information through innovative educational methods in an attempt to promote a culture of sexual education in Ecuadorian high schools, universities, and communities.

Overall, this program will provide a rich and diverse experience to all participants, allowing them direct interaction with the youth of Ecuador while at the same time improving their cultural competency and knowledge. They will work hand in hand with Ecuadorian professionals in sexual health in an interesting and thought provoking manner as they give context to the real challenges of providing real and accurate sexual education.

General Objective

The general objective of this program is to promote the internship experience for all participants. The aim is to educate, not to provide humanitarian aid to the people of Ecuador.

This program will establish, train, and develop cultural resources. Participants will develop a clear idea of sexual and reproductive health in Quito. At the end of the program or internship term, participants will have a clear picture of the many aspects of the sexual and reproductive health care in Ecuador. Participants will be exposed to and develop the skills to manage methods how to teach Prevention Pregnancies, sexually Transmitted Infections, and HIV/AIDS.

The program will also provide students with hands-on experience that enables them to decide if they like to work with adolescents and university students between the ages of 12 and 28 years of age.

Specific Objectives

- To provide an unforgettable cultural and learning experience for those interested or involved in medicine, public health, psychology, or other health care professions.
- Facilitate the learning of Spanish through formal classes and daily practice of the language.
- To practice and learn Spanish vocabulary and grammar.
- To provide practical training and information about Sexual and Reproductive Health Care in Ecuador.
- Teach students how to give informative presentations at conferences.
- Teach students how to deliver informative material as assistants.
- Provide workshops in the different schools and universities of Quito.
- To generate a space in which the interested trainee can make decisions based upon past experiences and knowledge, and to develop relevant individual skill sets.
- To create an environment of exchange and conversation regarding health related topics.
- Place participants in home-stays with Ecuadorian families.
- Promote exchanges between foreign students and local adolescents, universities students and poor communities.
- To teach skills in-group dynamics.
- Contribute to initiatives that improve the youth education in Ecuador.
- Perform searches for the information on the subjects to be taught.
- Support the inventory of the gathered information.
- Collaborate in the development of the information to be taught.
- Preparation of the presentation slides, posters, and handouts.
- Assist in the fieldwork.
- Assistance in virtual communication.
- Logistical support.
- Support and design of the teaching materials.

Program Design - Methodology

The participants will have the opportunity to learn the follow subjects:

Sexuality

- Elements of sexuality.
- Physical, social, and psychological changes in adolescents.
- Human anatomy.
- Sexual and reproductive rights.
- And participants are encouraged to share their knowledge if they know of new methods that were not covered.

Prevention of Unplanned Pregnancies:

- Statistics of teen pregnancies and maternal and infant mortality rates.
- Risks of teenage pregnancies to the mother and the baby.
- Contraceptive methods including:
 - Natural
 - Temporary (hormones, intrauterine devices)
 - Correct methods of use.
 - The morning after pill and birth control.

HIV/AIDS Prevention

- Statistical data of people infected with HIV / AIDS in the country by social group.
- Basics concepts of HIV/AIDS.
- Forms of transmission.
- Forms of prevention.

Prevention of Sexually Transmitted Infections (STIs)

- Statistical data of people infected with STIs in the country by social group.☐☐
- Classifications, including:
 - Signs and symptoms.
 - Forms of prevention.
 - Interactive techniques that reinforce learning and encourage behavior change in the intervention group.

Target / Goal

To give an unforgettable experience to the interested participants. This program will not solely be a different experience, but a true cultural exchange that will promote significant changes in the lifestyle and perspective of participants while developing the following skills:

- Communication techniques depending on the context and group with which they work.
- Knowledge of the different realities experienced by adolescents and young adults depending on their socio-economic status and sector in which they live.
- Learning from others, both as the intern shares his/her knowledge and hearing adolescent's experiences.

- Management of activities in a playful, funny and caring way that makes teens want to listen and learn.

Start of the Program

The first day the students will go to CEMOPLAF and will receive Cultural Orientation training, Home-stay and Language class orientation, a written Spanish placement test, and registration.

They will be introduced to the Education program by the Coordinator of CEMOPLAF and will receive schedules for the program and Spanish classes (we cannot make any substitutions or changes).

When the participants start the Education program they will go to different schools, universities, and communities around the city with A CEMOPLAF professional with whom they will be working each day of the week.

Program Staff

The staff consists of persons with certified university degrees and plenty of experience

The professionals running the programs are highly trained in handling the issues of sexual and reproductive health.

The program has been designed and administered by CEMOPLAF and will include the coordination, planning and monitoring of the team of educators.

Home-stay

Staying in an Ecuadorian household will allow you to gain insight into the Ecuadorian culture and the important role family plays in daily life. It is also a great opportunity to use your newly learned Spanish.

Participants are being welcomed into the home-stay as if you were a member of their family. This gives the students the opportunity to experience some of the cultural aspects of Ecuador, such as food and family life. We do our best to ensure that students are placed with a compatible family.

Two meals will be provided daily (breakfast and dinner) from Monday to Friday. Participants will be with the same family for the duration of the program. All the families have two or more students in the house. Generally, participants share the same interests, and enjoy having other participants around it helps to have a partner to travel with, not only to other places in Ecuador, but also in Quito. Usually, friendly, enthusiastic, and flexible students tend to create a friendly and positive atmosphere. If there are problems with the family, can be easily and quickly resolved students must discuss them immediately with a **CEMOPLAF** representative so that they can be addressed. We also provide airport pick up upon arrival to Ecuador.

Program includes:

1. Airport pick-up upon arrival.

2. Welcome orientation and an introduction to using public transportation.
3. Coordination of the Education program “Sexual and Reproductive Health Care”
4. 40 hours of Spanish classes and will be put together with other participants that are at your same level.
5. The first week consists of 7 hours of Spanish classes each day. 4 hours in the morning and 3 hours in the afternoon.
6. Housing with an Ecuadorian family during duration of the program, two meals per day (breakfast-dinner) (Monday-Friday)
7. 24/7 in-country support.
8. This program runs for 4 weeks Monday through Friday. It can be longer or shorter, we can be tailored it to your needs. Please let us know how we can assist.