

International Site Snapshot



Hillside Health Care International: Toledo District, Belize

The information presented here is intended to serve as a guide as you explore international rotation/internship sites. The Department of Global Health aims to provide the most up-to date information possible, but information is subject to change. Once you have applied and been accepted to a site, you will receive more detailed information about that site.

Program Overview

This rotation is at Hillside Health Care International Medical Clinic in Eldridgeville, Belize, Toledo District (about 20 minutes outside of Punta Gorda). A rotation or internship at Hillside includes learning opportunities in a variety of settings: the freestanding clinic, mobile clinics in remote villages, community education programs, and home health.

This is a great interprofessional experience as students work closely with and appreciate other members of an interprofessional team (including physical therapists, pharmacists, nurses, etc.).

MPH and MHA students work alongside Hillside's multi-disciplinary teams to further target community factors that often drive health outcomes. MPH and MHA students also gain valuable insight and increase the reach of their project by collaborating with the Clinic Director, Belize's Ministry of Health, Community Health Workers, and other NGOs.



Outpatient Clinic at Hillside Health Care International
Photo credit: [Hillside website](#)

Site accepts the following DMU programs:	DO, DPM, PA, MPH, MHA, DPT * * Subject to program approval
Specialties offered at this site:	Hillside is a unique site that offers an established interdisciplinary medical education program including outpatient, mobile clinic, and community education programs.
Language Requirements:	None

As you are considering this rotation/internship, you may want to research Belize to learn about its history, culture, social customs, and current events. Here are some resources to get started:

- CDC: [Health Information for Travelers to Belize](#)
- WHO: [Belize](#)
- Travel.State.Gov: [Country Information Belize](#)
- CIA World Factbook: [Belize](#)
- BBC Country Profile: [Belize](#)
- Hillside Health Care International's [Website](#)

Language

English is the official language of Belize, but you'll find that Mopan Maya, Maya-Kekchi and Spanish may also be spoken by patients at Hillside.

Immunizations

Consult the [CDC website](#) to check the immunization requirements and recommendations of your site country, countries you will transit through, and countries you plan to visit.

Accommodations 🏠	
Type(s) of Accommodation available:	<input type="checkbox"/> Homestay/Host Family <input checked="" type="checkbox"/> Dormitory <input type="checkbox"/> Hotel/Guesthouse <input type="checkbox"/> Airbnb <input type="checkbox"/> Apartment/House (solo) <input type="checkbox"/> Apartment/House (with other visitors)
Students stay at Abby's House on Hillside's campus.	
Are some meals included in accommodation fee?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No If yes, what meals? <input type="checkbox"/> Breakfast <input checked="" type="checkbox"/> Lunch <input type="checkbox"/> Dinner On Fridays, lunches are provided by the clinic. During these lunches, students hear presentations on the cultures in Belize.

Transportation 🚗	
Arrival Airport:	Punta Gorda (PND) is the nearest airport to Hillside. <ul style="list-style-type: none">• First, arrive by international flight at Philip Goldson International Airport in Belize City (BZE).• Then, travel from Belize City to Punta Gorda can be made by bus or flight.<ul style="list-style-type: none">○ Take an economically priced (about \$12 USD) bus ride from the terminal in Belize City that might be a little crowded and will take about seven hours.○ One-hour flights to Punta Gorda can be booked on Tropic Air or Maya Island Air.
Airport to Site Transfer:	Students are responsible for sharing arrival details with the site coordinator. One of Hillside's staff will pick you up from the Punta Gorda airstrip.
How will I get to the rotation each day?	Abby's House is within walking distance of the clinic.
Additional information about transportation:	<ul style="list-style-type: none">• Hillside provides free transportation to Punta Gorda twice a week.• A public bus from Eldridgeville to Punta Gorda is also available; it costs \$1 USD each way.

Connectivity

Cell phones:	<ul style="list-style-type: none"> • Check with your US carrier to learn about international coverage options. • Once you arrive at the site, you can explore the option of getting a local SIM card. <ul style="list-style-type: none"> ○ To use a local SIM, you'll need an unlocked phone. Before your trip, ask your US carrier or research to find out if your phone is unlocked.
Internet access* (including WiFi):	<ul style="list-style-type: none"> • Abby's House and the clinic do not have a consistent WiFi or internet connection. <p>*Reliable access to the internet and to WiFi is not guaranteed during your international rotation/internship so plan accordingly.</p>
Other tips:	WhatsApp is a widely-used instant messaging and voice calling app. It may be a great way to keep in touch with contacts back home and those you meet locally in Belize.

Estimated Costs

Fees associated with international rotations/internships are the responsibility of the student.

- The following figures are based on 2018 student experiences.
 - While we strive to provide the most updated information, costs are subject to change.
- All estimated costs are listed in US dollars, but in many cases, you'll pay with local currency.

Program Fees:	\$2,000 — 4-week rotation fee, payable to Hillside Health Care International
Visa:	Learn about visas for your destination. Visa rules are subject to change, so always check the entry requirements for the citizenship you hold.
Immunizations:	These costs will vary based on your history and the required and recommended vaccines for the country. Travel vaccinations are not typically covered by insurance.
Airfare:	Varies depending on your airport of origin and personal travel plans.
Other Fees:	N/A
Accommodations:	Included in Program Fees
Meals:	\$30-50/week for groceries
Ground Transportation to site (upon arrival):	Included in Program Fees
Daily Transportation to site:	\$0 — Abby's House is within walking distance.
Miscellaneous Expenses:	<p>These costs can vary greatly based on individual preferences.</p> <p>Some possible expenses to consider:</p> <ul style="list-style-type: none"> • Local SIM card • WiFi access at internet cafes, etc. • Transportation during free time • Meals at restaurants/cafes • Weekend tours/sightseeing

If you have questions, reach out to us: globalhealth@dmu.edu