Community Health Services Immersion - Tecate, Mexico
Draft Itinerary March 26th - April 3rd, 2016
San Diego State University Course #HHS350

Saturday March 26th
9:00 am Meet Via Staff at U.S.Border Crossing Otay Mesa
10:30 Rancho Ojai /Welcome/Orientation and Team Building /Los Ninos de Baja Presentation
12:00 Lunch
2:00 Guest Speaker: Comunidades Indígenas de Baja California (ICBC)
5:00 Welcome Dinner

Sunday 27th
7:00 Breakfast
9:00 Service Project: Local Health Center
12:00 Lunch with Community
2:00 Community Arts Workshop
5:00 Dinner

Monday 28th
7:00 Breakfast
9:00 Service Project: Kumiai Home for Minors Garden Sustainable Garden Program
12:00 Lunch
2:00 Lakeside Survey to Identify Medicinal Plants
6:00 Dinner

Tuesday 29th
7:00 Breakfast
8:30 Service Project: English Tutoring at Secondary School,
1:00 Lunch with Purépecha Community
2:30 Hygiene Workshop: How to Wash Your Hands
5:00 Senior Health Center Flor del Canto
6:30 Dinner

Wednesday 30th
7:00 Breakfast
8:00 Service Project: Desert Water Drop with Grupo Beta
12:00 Lunch - Microbusiness Support-Jacume
2:30 Community Recycling Center Visit and Project
6:00 Dinner

**Thursday 31**
7:00 Breakfast
8:00 Service Project: *Learning How to Eat Healthy* at Elementary School, Los Ninos de Baja Promotoras Health and Nutrition Class, Prepare Healthy Lunches for Children
Service Project: Health Indicators, Weight and Measurement Course, IMC.
12:00 Lunch with Community
2:00 Visit Kumiai Museum
4:00 Tecate Tour
6:00 Dinner at Local Taqueria

**Friday April 1st**
7:00 Breakfast
9:00 Community Health Fair - Regional Non-Profit Collaboration for a One-Day Clinic
12:00 Lunch
2:00 Visit Local Health Center (Clinica San Eugenio Tijuana)
6:00 Dinner

**Saturday 2nd**
7:00 Breakfast
8:00 Cultural Activity Visit Valle de Guadalupe
12:00 Lunch in Ensenada
1:00 Tour and Shopping in Ensenada
6:00 Dinner

**Sunday 3rd**
7:00 Breakfast
9:00 Discussion and Wrap Up
10:30 Departure