

Help2Serve.Care

PHASE ONE · 14-DAY STRUCTURED SERVICE-LEARNING IMMERSION

Path 2: Single-Track Specialized Immersion

Health-Focused Example

Clinic A and Community A Outreach (Week 1) & Clinic B and Community B Outreach (Week 2)

Note: All volunteer experiences described here are observational. Any clinical intervention is performed only by local licensed staff and providers.

Week 1

Day	Focus	Morning	Afternoon
1	Orientation & Cultural Integration	Orientation activities, team-building, intro to local culture	Walking tour, safety protocols, health asset mapping, fair set-up
2	Local Rural Clinic A — Health Fair & Shadowing	Health fair booths — local integrated topics (e.g., Maternal & Child Health · Weight & Vital Signs · Diabetes Prevention · Nutrition & Healthy Eating · specific local focus integration topics)	Continue booths; fair breakdown 5:00–5:30
3	Local Rural Clinic A — Health Fair & Shadowing	Health fair booths (same topics)	Continue booths; fair breakdown 5:00–5:30
4	Community Outreach A — Door-to-Door	Door-to-door outreach, Community A (health topic examples: Maternal & Child Health · Weight & Vital Signs · Diabetes Prevention · Nutrition & Healthy Eating · specific local focus integration topics)	Continue outreach, new communities/households
5	Community Outreach A — Door-to-Door	Continue door-to-door outreach (same topics)	Continue outreach, new communities/households
6	Community Outreach A — Door-to-Door	Continue door-to-door outreach (same topics)	Continue outreach, new communities/households
7	Free Day & Health Fair Prep	Free time — rest & reflection	2-hr prep meeting for Clinic B

Week 2

Day	Focus	Morning	Afternoon
8	Local Rural Clinic B — Health Fair & Shadowing	Health fair booths (same topics)	Continue booths; fair breakdown 5:00–5:30
9	Local Rural Clinic B — Health Fair & Shadowing	Health fair booths (same topics)	Continue booths; fair breakdown 5:00–5:30
10	Community Outreach B — Door-to-Door	Door-to-door outreach, Community B (same topics)	Continue outreach, new communities/households
11	Community Outreach B — Door-to-Door	Continue door-to-door outreach (same topics)	Continue outreach, new communities/households
12	Community Outreach B — Door-to-Door	Continue door-to-door outreach (same topics)	Continue outreach, new communities/households
13	Program Wrap-Up & Community Appreciation	Program wrap-up (half day)	Community appreciation event (half day)
14	Closing reflection seminar, service hours documentation, closing ceremony; transition to Phase Two	Closing reflection seminar, service hours documentation	Packing & departure prep; closing ceremony; transition to Phase Two

Health-fair and outreach days follow the same daily rhythm: Breakfast · Morning Prep Meeting · Morning Volunteer Work (3 hrs) · Lunch · Midday Huddle · Afternoon Volunteer Work (3 hrs) · Dinner · Evening Debrief & Reflection.

DAY 1

Orientation & Cultural Integration

7:30–8:15 AM	Breakfast
8:15–9:15 AM	Morning Prep Meeting With local experts & U.S. licensed provider (MD, DO, PA, or NP). <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
9:15 AM–12:15 PM	Morning Volunteer Work (3 hrs) Orientation activities, team-building, introduction to local culture & customs.
12:15–1:00 PM	Lunch
1:00–2:00 PM	Midday Huddle Collaborative recap with local leaders & U.S. licensed provider (MD, DO, PA, or NP). <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
2:00–5:00 PM	Afternoon Volunteer Work (3 hrs) Community walking tour, safety protocols, neighborhood health asset mapping, and health fair set-up/prep.
6:30–7:30 PM	Dinner
7:30–8:15 PM	Evening Debrief & Group Reflection <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>

DAY 2

Local Rural Clinic A — Health Fair & Shadowing

Comprehensive Community Wellness, combined with clinic observation & shadowing

7:30–8:15 AM

Breakfast

8:15–9:15 AM

Morning Prep Meeting

With health fair leads, U.S. licensed provider (MD, DO, PA, or NP) and/or local health professionals and leaders. Prepares all participants for the day's stations and responsibilities.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

9:15 AM–12:15 PM

Morning Volunteer Work (3 hrs)

Set up and host booths at community health fairs. Topics may include:

- Maternal & Child Health
- Diabetes Prevention
- Mental Health
- Weight & Vital Sign Checks
- Nutrition & Healthy Eating
- Specific Local Focus Integration Topics

Support interactive sessions, distribute pre-approved education using WHO/UN materials, observe and support screenings, and collaborate with local professionals across multiple health domains.

12:15–1:00 PM

Lunch

1:00–2:00 PM

Midday Huddle

Debrief with clinical leads, reflect on impact, identify urgent needs, and adjust plans with leadership and/or U.S. licensed provider (MD, DO, PA, or NP).

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

1:00–5:00 PM

Afternoon Volunteer Work (3 hrs)

Continue to host booths at community health fairs — same topic stations as the morning, rotating to reach afternoon fairgoers.

5:00–5:30 PM

Fair Breakdown

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Facilitated by U.S. licensed provider (MD, DO, PA, or NP) and/or local staff — focused on sharing stories, insights, and planning next steps.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 3

Local Rural Clinic A — Health Fair & Shadowing

Comprehensive Community Wellness, combined with clinic observation & shadowing

7:30–8:15 AM

Breakfast

8:15–9:15 AM

Morning Prep Meeting

With health fair leads, U.S. licensed provider (MD, DO, PA, or NP) and/or local health professionals and leaders. Prepares all participants for the day's stations and responsibilities.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

9:15 AM–12:15 PM

Morning Volunteer Work (3 hrs)

Set up and host booths at community health fairs. Topics may include:

- Maternal & Child Health
- Diabetes Prevention
- Mental Health
- Weight & Vital Sign Checks
- Nutrition & Healthy Eating
- Specific Local Focus Integration Topics

Support interactive sessions, distribute pre-approved education using WHO/UN materials, observe and support screenings, and collaborate with local professionals across multiple health domains.

12:15–1:00 PM

Lunch

1:00–2:00 PM

Midday Huddle

Debrief with clinical leads, reflect on impact, identify urgent needs, and adjust plans with leadership and/or U.S. licensed provider (MD, DO, PA, or NP).

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

1:00–5:00 PM

Afternoon Volunteer Work (3 hrs)

Continue to host booths at community health fairs — same topic stations as the morning, rotating to reach afternoon fairgoers.

5:00–5:30 PM

Fair Breakdown

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Facilitated by U.S. licensed provider (MD, DO, PA, or NP) and/or local staff — focused on sharing stories, insights, and planning next steps.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 4

Community Outreach A — Door-to-Door Health Assessments

7:30–8:15 AM	Breakfast
8:15–9:15 AM	Morning Prep Meeting Team huddle with U.S. licensed provider (MD, DO, PA, or NP), local provider, and local language-speaking assistance when needed. Review safety protocol, triage procedures, and cultural sensitivity for community-based care. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
9:15 AM–12:15 PM	Morning Volunteer Work (3 hrs) Door-to-door outreach across Community A, providing pre-approved UN and WHO health education flyers and handouts, and completing pre-approved wellness questionnaires identifying education and urgent needs, and providing follow-up plans with local team if needed. Each small group going house to house includes a local provider and translator when needed to assist with triage and build trust.
12:15–1:00 PM	Lunch
1:00–2:00 PM	Midday Huddle Clinical and team debrief with leadership. Discuss challenges, successes, and community-specific observations. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
2:00–5:00 PM	Afternoon Volunteer Work (3 hrs) Volunteers rotate through new zones, deepening connection and care delivery. Teams document key findings and offer follow-up recommendations to local health staff.
6:30–7:30 PM	Dinner
7:30–8:15 PM	Evening Debrief & Reflection Group storytelling and shared reflections on community impact, team resilience, and what it means to serve those most in need. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>

DAY 5

Community Outreach A — Door-to-Door Health Assessments

7:30–8:15 AM

Breakfast

8:15–9:15 AM

Morning Prep Meeting

Team huddle with U.S. licensed provider (MD, DO, PA, or NP), local provider, and local language-speaking assistance when needed. Review safety protocol, triage procedures, and cultural sensitivity for community-based care.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

9:15 AM–12:15 PM

Morning Volunteer Work (3 hrs)

Continue door-to-door outreach (same topics) in Community A, moving to new communities and households each session to maximize coverage across the full community.

12:15–1:00 PM

Lunch

1:00–2:00 PM

Midday Huddle

Clinical and team debrief with leadership. Discuss challenges, successes, and community-specific observations.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

2:00–5:00 PM

Afternoon Volunteer Work (3 hrs)

Volunteers rotate through new zones, deepening connection and care delivery. Teams document key findings and offer follow-up recommendations to local health staff.

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Group storytelling and shared reflections on community impact, team resilience, and what it means to serve those most in need.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 6

Community Outreach A — Door-to-Door Health Assessments

7:30–8:15 AM	Breakfast
8:15–9:15 AM	Morning Prep Meeting Team huddle with U.S. licensed provider (MD, DO, PA, or NP), local provider, and local language-speaking assistance when needed. Review safety protocol, triage procedures, and cultural sensitivity for community-based care. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
9:15 AM–12:15 PM	Morning Volunteer Work (3 hrs) Continue door-to-door outreach (same topics) in Community A, moving to new communities and households each session to maximize coverage across the full community.
12:15–1:00 PM	Lunch
1:00–2:00 PM	Midday Huddle Clinical and team debrief with leadership. Discuss challenges, successes, and community-specific observations. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
2:00–5:00 PM	Afternoon Volunteer Work (3 hrs) Volunteers rotate through new zones, deepening connection and care delivery. Teams document key findings and offer follow-up recommendations to local health staff.
6:30–7:30 PM	Dinner
7:30–8:15 PM	Evening Debrief & Reflection Group storytelling and shared reflections on community impact, team resilience, and what it means to serve those most in need. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>

DAY 7

Free Day & Health Fair Prep

A rest day — most of the day is free/self-directed.

7:30–8:15 AM

Breakfast

9:00 AM–4:00 PM

Free Time — Rest & Reflection

Self-directed rest; optional cultural excursion.

4:00–5:00 PM

Health Fair Prep Meeting (1 hr)

Review supplies, stations, and roles with health fair leads and providers ahead of Local Rural Clinic B.

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 8

Local Rural Clinic B — Health Fair & Shadowing

Comprehensive Community Wellness, combined with clinic observation & shadowing

7:30–8:15 AM

Breakfast

8:15–9:15 AM

Morning Prep Meeting

With health fair leads, U.S. licensed provider (MD, DO, PA, or NP) and/or local health professionals and leaders. Prepares all participants for the day's stations and responsibilities.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

9:15 AM–12:15 PM

Morning Volunteer Work (3 hrs)

Set up and host booths at community health fairs. Topics may include:

- Maternal & Child Health
- Diabetes Prevention
- Mental Health
- Weight & Vital Sign Checks
- Nutrition & Healthy Eating
- Specific Local Focus Integration Topics

Support interactive sessions, distribute pre-approved education using WHO/UN materials, observe and support screenings, and collaborate with local professionals across multiple health domains.

12:15–1:00 PM

Lunch

1:00–2:00 PM

Midday Huddle

Debrief with clinical leads, reflect on impact, identify urgent needs, and adjust plans with leadership and/or U.S. licensed provider (MD, DO, PA, or NP).

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

1:00–5:00 PM

Afternoon Volunteer Work (3 hrs)

Continue to host booths at community health fairs — same topic stations as the morning, rotating to reach afternoon fairgoers.

5:00–5:30 PM

Fair Breakdown

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Facilitated by U.S. licensed provider (MD, DO, PA, or NP) and/or local staff — focused on sharing stories, insights, and planning next steps.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 9

Local Rural Clinic B — Health Fair & Shadowing

Comprehensive Community Wellness, combined with clinic observation & shadowing

7:30–8:15 AM

Breakfast

8:15–9:15 AM

Morning Prep Meeting

With health fair leads, U.S. licensed provider (MD, DO, PA, or NP) and/or local health professionals and leaders. Prepares all participants for the day's stations and responsibilities.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

9:15 AM–12:15 PM

Morning Volunteer Work (3 hrs)

Set up and host booths at community health fairs. Topics may include:

- Maternal & Child Health
- Diabetes Prevention
- Mental Health
- Weight & Vital Sign Checks
- Nutrition & Healthy Eating
- Specific Local Focus Integration Topics

Support interactive sessions, distribute pre-approved education using WHO/UN materials, observe and support screenings, and collaborate with local professionals across multiple health domains.

12:15–1:00 PM

Lunch

1:00–2:00 PM

Midday Huddle

Debrief with clinical leads, reflect on impact, identify urgent needs, and adjust plans with leadership and/or U.S. licensed provider (MD, DO, PA, or NP).

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

1:00–5:00 PM

Afternoon Volunteer Work (3 hrs)

Continue to host booths at community health fairs — same topic stations as the morning, rotating to reach afternoon fairgoers.

5:00–5:30 PM

Fair Breakdown

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Facilitated by U.S. licensed provider (MD, DO, PA, or NP) and/or local staff — focused on sharing stories, insights, and planning next steps.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 10

Community Outreach B — Door-to-Door Health Assessments

7:30–8:15 AM	Breakfast
8:15–9:15 AM	Morning Prep Meeting Team huddle with U.S. licensed provider (MD, DO, PA, or NP), local provider, and local language-speaking assistance when needed. Review safety protocol, triage procedures, and cultural sensitivity for community-based care. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
9:15 AM–12:15 PM	Morning Volunteer Work (3 hrs) Door-to-door outreach across Community B, providing pre-approved UN and WHO health education flyers and handouts, and completing pre-approved wellness questionnaires identifying education and urgent needs, and providing follow-up plans with local team if needed. Each small group going house to house includes a local provider and translator when needed to assist with triage and build trust.
12:15–1:00 PM	Lunch
1:00–2:00 PM	Midday Huddle Clinical and team debrief with leadership. Discuss challenges, successes, and community-specific observations. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
2:00–5:00 PM	Afternoon Volunteer Work (3 hrs) Volunteers rotate through new zones, deepening connection and care delivery. Teams document key findings and offer follow-up recommendations to local health staff.
6:30–7:30 PM	Dinner
7:30–8:15 PM	Evening Debrief & Reflection Group storytelling and shared reflections on community impact, team resilience, and what it means to serve those most in need. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>

DAY 11

Community Outreach B — Door-to-Door Health Assessments

7:30–8:15 AM	Breakfast
8:15–9:15 AM	Morning Prep Meeting Team huddle with U.S. licensed provider (MD, DO, PA, or NP), local provider, and local language-speaking assistance when needed. Review safety protocol, triage procedures, and cultural sensitivity for community-based care. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
9:15 AM–12:15 PM	Morning Volunteer Work (3 hrs) Continue door-to-door outreach (same topics) in Community B, moving to new communities and households each session to maximize coverage across the full community.
12:15–1:00 PM	Lunch
1:00–2:00 PM	Midday Huddle Clinical and team debrief with leadership. Discuss challenges, successes, and community-specific observations. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
2:00–5:00 PM	Afternoon Volunteer Work (3 hrs) Volunteers rotate through new zones, deepening connection and care delivery. Teams document key findings and offer follow-up recommendations to local health staff.
6:30–7:30 PM	Dinner
7:30–8:15 PM	Evening Debrief & Reflection Group storytelling and shared reflections on community impact, team resilience, and what it means to serve those most in need. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>

DAY 12

Community Outreach B — Door-to-Door Health Assessments

7:30–8:15 AM	Breakfast
8:15–9:15 AM	Morning Prep Meeting Team huddle with U.S. licensed provider (MD, DO, PA, or NP), local provider, and local language-speaking assistance when needed. Review safety protocol, triage procedures, and cultural sensitivity for community-based care. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
9:15 AM–12:15 PM	Morning Volunteer Work (3 hrs) Continue door-to-door outreach (same topics) in Community B, moving to new communities and households each session to maximize coverage across the full community.
12:15–1:00 PM	Lunch
1:00–2:00 PM	Midday Huddle Clinical and team debrief with leadership. Discuss challenges, successes, and community-specific observations. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
2:00–5:00 PM	Afternoon Volunteer Work (3 hrs) Volunteers rotate through new zones, deepening connection and care delivery. Teams document key findings and offer follow-up recommendations to local health staff.
6:30–7:30 PM	Dinner
7:30–8:15 PM	Evening Debrief & Reflection Group storytelling and shared reflections on community impact, team resilience, and what it means to serve those most in need. <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>

DAY 13

Program Wrap-Up & Community Appreciation

Half day wrap-up, half day community appreciation.

7:30–8:15 AM

Breakfast

9:15 AM–12:15 PM

Program Wrap-Up (half day)

Final reflections, program evaluation, and group debrief on the two weeks of service.

12:15–1:00 PM

Lunch

1:00–5:00 PM

Community Appreciation Event (half day)

Celebration with local partners, clinics, and community members; thank-yous and closing remarks.

6:30–7:30 PM

Dinner

7:30–8:15 PM

Evening Debrief & Reflection

Closing circle — sharing highlights and takeaways from the full program.

Incorporates institutional/course objectives and standardized local objectives & expected outcomes.

DAY 14

Closing reflection seminar, service hours documentation, closing ceremony; transition to Phase Two

7:30–8:15 AM	Breakfast
9:00–10:30 AM	Closing Reflection Seminar & Service Hours Documentation <i>Incorporates institutional/course objectives and standardized local objectives & expected outcomes.</i>
10:30 AM–12:00 PM	Packing & Departure Prep (1.5 hr) Pack, settle final logistics, and prepare for travel.
12:00–2:00 PM	Closing Ceremony
2:30 PM	Transition to Phase Two (or departure, optional)