



*Dengue Relief Foundation*

**Tropical Medicine  
Fellowship**

# Mission

---

The DRF is dedicated to the task of educating health care professionals (including physicians, public health professionals residents, medical and public health students) about the management of dengue and other tropical diseases in Nicaragua. This fellowship certificate program is also designed to enhance understanding of epidemiologic and socioeconomic factors involved in the spread of tropical infectious diseases and improve the cultural competency of health care professionals serving a growing Latino community in the United States.

# Program Overview

---

This program is currently available to medical fellows for a three week block; longer stays can be arranged. The key elements of the fellowship include:

- ▶ Clinical preceptorships in local hospitals and clinics.
- ▶ Education on the diagnosis and management of dengue.
- ▶ Education as to the development of national public health initiatives and how to manage dengue fever and other infectious diseases from a public health perspective.
- ▶ Spanish language tutoring and immersion
- ▶ Courses in economics, language and the arts offered at the American University of Managua
- ▶ Housing
- ▶ Excursions unique to the preceptorship location
- ▶ Transportation
- ▶ Nicaraguan cuisine
- ▶ Safety

# Arrival

---

Fellows are immediately ushered from the plane and fast tracked to a VIP lounge at the airport as their documents are prepared by customs. Refreshments are provided as the fellows wait for their baggage to arrive. The baggage is secured and accommodated to make for an easy transition into Nicaragua.

# Fellowship Sites

---

## *Managua*

Sprawling along the silvery edges of Xolotlán, broad Lago de Managua, Managua is the nation's capital and nerve center, an urban expanse of unsigned, tree-lined boulevards.

This sultry and seismic 'Daughter of War' and 'City of Peace' is beloved with a proud ferocity by its 1.4 million inhabitants, and its volcanic skyline and cosmopolitan charms have inspired a library's worth of poems. Start by ascending Loma de Tiscapa to Sandino's famous silhouette, with views from the ancient crater lake to monumental Volcán Momotombo, and the new cathedral, built with a concept of modernity. And around you the city pulses, with great nightlife, excellent restaurants and, most importantly, thousands of families rebuilding their nation.



This beautiful capital, the largest city of Nicaragua, is a place where fellows can experience urban Nicaraguan culture, including restaurants, music, theater, and shopping. There are various sites of interest in Managua, including the Old Cathedral, the National Palace of Culture, and the Ruben Dario National Theatre.

Through a partnership with APS, the Atencion Primaria a Salud Health

Clinic, the Managua fellowship site offers opportunities for fellows to learn about the challenges in providing health care in both urban and rural settings, and allows fellows to participate directly in community public health projects.

APS is a non-profit organization directed by Dr. Saul Contreras with the primary objective of providing health care access to impoverished urban and rural communities. Fellows will work with Dr. Contreras in his Managua clinic several days a week and accompany him on trips to different sites Nicaragua where he trains rural health promoters to function as health care providers in their communities. Additionally, fellows will also have the opportunity to work directly with a health promoter on a public health project if interested.

In addition to the APS partnership, the DRF offers preceptorships in the private hospital Cesar Amador Kühl under the auspices of Dr. Rodolfo Correa, the public hospital Velez Paes, and the Mexican-Nicaraguan Friendship Hospital. In short, fellows can observe the dynamics of access to and finance of health care as they can contrast public and private aspects of health care delivery. Fellows will have the opportunity to learn and practice Spanish by living with a Nicaraguan family and attending Spanish language tutoring.

DRF transportation and head driver Mr. José Tomás Cruz will be available for all transportation needs. Mr. Cruz will be responsible for airport transfers and daily transport to and from the clinic, tutoring sessions, and evening activities.

Additional activities may be coordinated by Ms. Kathy Chavez. This may include watching a show at the National Theatre, touring Latin American Art, spending an evening listening to classic Nicaraguan music at the Casa de Mejia Godoy, tasting traditional Nicaraguan cuisine at Restaurant Dona Haydee, visiting a casual barbecue at the Fritanga, or taking a Spanish dance class at Illusions Dance Studio.

On the first Friday of the fellowship, students will dine at the popular restaurant, Los Ranchos, said to have the finest beef churrasco in all of Nicaragua. Fellows can enjoy a night on the town at the disco Moods, where young Nicaraguans go to dance the night away.

On Saturday afternoon, fellows will be taken on a tour of downtown Managua to appreciate sites such as the National Theatre, the National Palace, the Cultural Center, and the ruins of the Old Cathedral.

On Sunday the fellows will go to the neighboring town Masaya where they can climb the active volcano of Mombacho at the Mombacho Volcano Nature Reserve. The volcano has fantastic views of Lake Nicaragua and the city of Granada and fellows will have the fortune of seeing hundreds of different plant and animal species. For example, fellows can ride a zip line next to monkeys through the forest of Mombacho. Fellows can then travel into town to shop at the artesian market and eat in a restaurant overlooking Lake Masaya.

The second weekend, fellows will be taken to the charming colonial city of Granada. In Granada, they will visit Apoyo Lake, tour the city of Granada, have dinner at Zichuan, grab drinks at El Club, and spend the night at Hotel TerraSol.

This fellowship is ideal for a fellow interested in providing solutions to access to care issues, learning Spanish, and experiencing the wealth of cultural activities that the capital city has to offer.



## León

Refined, intense and politically progressive, León would be mildly offended if you referred to it as 'Nicaragua's second city.' Formally known as Santiago de León de los Caballeros, the country's original capital was founded by Francisco Fernández de Córdoba on June 15, 1524 - almost two months after arch-rival Granada.



León remains what many visitors look for in a capital city: a cultural center with historic and elaborate churches, thriving universities, fabulous art collections and historic sites. This city is actually a more authentic looking Spanish city.

León has remained proudly Liberal. To hear what this sort of self-confidence sounds like set to a tune, ask any troupe of mariachis to play the city's theme song, 'Viva León

Jodido', then climb on top of Central America's largest cathedral and contemplate anew this most volcanic of views.

As of 2005, the city had an estimated 175,000 inhabitants, which increases sharply during university season as many students come from other Nicaraguan provinces. It is the capital and municipality of the Leon department.

The accommodation for this fellowship site is a comfortable house on the beach convenient for ocean-related activities, including learning to surf, learning to surf and relaxing along the Pacific coast of Nicaragua. Monday thru Friday fellows will attend an Internal Medicine clinic in Leon. They will have Spanish tutoring in the afternoons at the home site. Traditional Nicaraguan meals are included.

Activities may be coordinated by Ms. Kathy Chavez to include a tour of the city, dance classes, volunteering with Quetzal trekkers, and visiting the ruins of old Leon.

The first weekend the fellows are afforded the opportunity to explore León. On Saturday, fellows can hike volcano Mombotombo which is an uninhabited natural reserve of tropical dry rain forest. On Sunday, fellows can visit the mud pits and thermal vents of San Jacinto for a mud bath to relax after hiking Mombotombo.

The second weekend, fellows will be taken to the charming colonial city of Granada. Fellows will visit Apoyo Lake, tour the city of Granada, have dinner at Zichuan, grab drinks at El Club, and spend the night at one of the DRF affiliated hotels Hotel TerraSol or Hotel Alhambra. On Sunday, fellows can ride a zip line through the forest of Mombacho volcano.

This fellowship is ideal for fellows interested in having having a superb clinical experience in a small historic city, learning Spanish, and enjoying a comfortable stay on the beach.



# Granada

Nicknamed 'the Great Sultan', in honor of its Moorish namesake across the Atlantic, Granada was founded in 1524 by Francisco Fernández de Córdoba, and is the oldest city in the New World and was once the jewel of Central America. It was constructed as a showcase city, the first chance that the Spanish had to prove they had more to offer than religion and advanced military technology, and it still retains an almost regal beauty, each adobe masterpiece faithfully resurrected to original specifications after every trial and tribulation.

Undaunted by pirate attacks in 1665 and 1670, Granada rebuilt and grew even richer and more powerful, a conservative cornerstone of the Central American economy. And, after independence from Spain, the city chose to challenge the colonial capital, longtime rival and liberal bastion León, for leadership of the new nation.

Fortunately spared the worst of both the revolution and the Contra War, Granada's beauty and location are once again attracting business. A massive restoration project—some of it publically funded, but most of it being undertaken by Nicaraguans and interested expats - is rebuilding this fine city to its original glory. It makes a welcoming entry point to Nicaragua. It also makes a very comfortable base for exploring Masaya, the Pueblos Blancos and Volcán Mombacho, or even Managua, just an hour away.

This charming colonial city is located on the Cocibolca Lake with a wealth of history and nearby wonders to discover, such as the Isletas, gorgeous islands perfect for kayaking, the Apoyo Lake, a volcanic crater lake, canopy tours, where one can zip line next to monkeys in the forest, and Ometepe Island.

Monday thru Friday fellows will attend clinic and then walk to Spanish lessons in the afternoon. Activities may be coordinated by Ms. Kathy Chavez and may include a tour of the city of Granada, a visit to a nearby Ecofarm, and kayaking the Iseletas.



The first weekend the fellows will explore the areas around Granada. On Saturday the fellows can hike the Mombacho volcano and have fun zip lining through the forest. On Sunday, the fellows can hike to Apoyo Lake and bathe in its beautiful volcanic swimming hole.

On the second weekend, fellows will take the four hour ferry on Saturday from Granada to Moyogalpa, Ometepe Island. Ometepe is a virtually untouched island in Lake Cocibolca with Santo Domingo Beach connecting two volcanoes. From Moyogalpa, the fellows will take a taxi to Hotel Finca Santo Domingo on Santo Domingo Beach. On Ometepe, fellows can hike either Conception volcano or Maderas volcano, hike to the San Ramon Waterfalls, and visit the Natural Spring Swimming Hole.



Fellows will leave Ometepe by ferry and head for Granada on Tuesday morning. Please note that if a fellow is prone to sea-sickness, please notify us as other arrangements can be made for the ferry.

Granada is a lively city with lots of sights to see and is in close proximity to many exciting locations. This fellowship site is ideal for fellows who want to have a focused clinical experience in a small city, learn Spanish, and be an active explorer.



# Ometepe

Nicaragua's dramatic candidate for 'Eighth Wonder of the World', Isla de Ometepe is exquisite: two volcanic peaks rise from the hazy blue expanse of Cocibolca, 'the Sweet Sea' (Lago de Nicaragua), and form an hourglass of beaches and jungles cinched to a sinuous isthmus between them.



It seems unsullied, and spectacularly so, protected from so many of the world's follies, including a glut of tourist infrastructure, by a cool, clean moat. But it's most certainly worth roughing it a bit to see primary forests trade off with organic farms in the folds of the volcanoes' fertile skirts, teeming with howler monkeys and parrots, and hiding a wealth of archaeological treasures.

This virtually untouched island, is located in Lake Cocibolca with Santo Domingo Beach connecting the Maderas and Conception volcanos.

Fellows should arrive on a Sunday and will be taken from the airport to Granada. In the colonial city of Granada, fellows will visit Apoyo Lake, tour the city of Granada, have dinner at Zichuan, and grab drinks at El Club on Monday. They will spend the night at Hotel TerraSol. On Tuesday, fellows can ride a zip line next to monkeys through the forest of the Mombacho volcano. On Wednesday, the fellows will take the four hour ferry on Saturday from Granada to Moyogalpa, Ometepe Island. From Moyogalpa, the fellows will take a taxi to Hotel Finca Santo Domingo on Santo Domingo Beach.

On Ometepe, the fellows will accompany Dr. Alvarado at his clinic that serves as primary care, family medicine, and emergency medicine. Dr. Alvarado is an excellent teacher and fellows will enjoy a strong clinical experience.

On Ometepe, fellows can hike either the Conception or Maderas volcano, hike to the San Ramon Waterfalls, tour the island by bike, courtesy of hieroglyphics, bike tours, and visit the Natural Spring Swimming Hole.

Fellows will leave Ometepe for Granada on Friday morning. Please note that if a fellow is prone to sea-sickness, please notify us as other arrangements can be made for the ferry. Fellows will then plan to fly back home on Saturday.

This site is ideal for fellows interested in staying in a remote tropical paradise while capturing a strong clinical experience in a rural setting. A basic working knowledge of Spanish language is required for this site.





# *San Juan del Sur*

This sand-fringed, half moon of a cove, hemmed in by stunning cliffs and filled with boats in repose, is most likely the most visited destination in Nicaragua. It's easy to understand why San Juan del Sur (SJDS) is so popular. The gateway to some of Nicaragua's best and most accessible beaches, it offers the same white-sand geology, excellent surfing and sunny, dry resort weather as Costa Rica's Nicoya Peninsula, an hour south.

San Juan del Sur is the surfer's paradise with a collection of 14 beautiful beaches, thus this area is wonderful for anyone who enjoys the beach or wants to get involved in a vast array of activities. Here, you're still able to walk along stretches of almost pristine shoreline and find yourself a hammock, and some rice and beans served by the beach.



Monday thru Friday, fellows will attend clinic in the morning and then enjoy a short walk to the Latin American Spanish School for a two-hour afternoon session of Spanish classes. The rest of the afternoon will be free for the many activities available around San Juan such as surfing, visiting the nature reserve, visiting the canopy, playing soccer or volleyball with neighborhood children, visiting the mountain top cross, participating in community service projects like cleaning the beach, renting bicycles, visiting the ecofarm, or visiting the Home for Pregnant Women.

Fellows will stay at Hospedaje Yaosca where they are free to cook in their own kitchen. San Juan is a relaxing beach town with fresh lobster and red snapper that is a must to be tried at any one of its many restaurants. On the weekends, the bars fill up with a fun nightlife.

On a weekend, fellows will be taken to the charming colonial city of Granada. Fellows will visit Apoyo Lake, tour the city of Granada, have dinner at Zichuan, grab drinks at El Club, and spend the night at one of the DRF affiliated hotels Hotel TerraSol or Hotel Alhambra. On Sunday, fellows can ride a zip line next to monkeys through the forest of Mombacho volcano.

This fellowship site is ideal for the fellow who wants to relax by the beach and focus on improving their Spanish in addition to gaining invaluable clinical experience.



# Frequently Asked Questions

---

## *1. How is the arrival coordinated?*

Fellows will arrive at Sandino International Airport and be received by driver Mr. José Tomás Cruz. Mr Cruz will take the fellows to a nearby ATM to withdraw the appropriate currency, cordobas. Mr. Cruz will further supply the fellows with a cell phone, which will contain all necessary contact information and \$10 worth of minutes. Fellows will then be taken to their accommodations by Mr. Cruz. At this point the fellow can make calls home and to the DRF.

## *2. Safety*

Safe transport is included and arranged by the fellowship. Living conditions are chosen for safety. The DRF has a relationship with an advanced, United States-level, the Pellas Hospital, located in Managua, should any emergencies occur. Fellows should never walk alone at night and should avoid wearing expensive jewelry or handbags.

## *3. Prophylaxis*

Malaria prophylaxis is not necessary for any of the fellowship sites. DEET mosquito repellent is recommended. In addition, ciprofloxacin, metronidazole, bactrim and albendazole are recommended and can be purchased at the fellowship site.

# Fellowship Program Prices

---

- ▶ Managua - \$2,300
- ▶ Granada - \$2,300
- ▶ Leon - \$2,400
- ▶ San Juan del Sur - \$2,200
- ▶ Ometepe - \$2,200

# Contact Information

---

## *Mailing Address*

327 Pacific Heights Dr.  
Santa Rosa, CA 95403

## *DRF Representatives*

### **David Copenhaver**

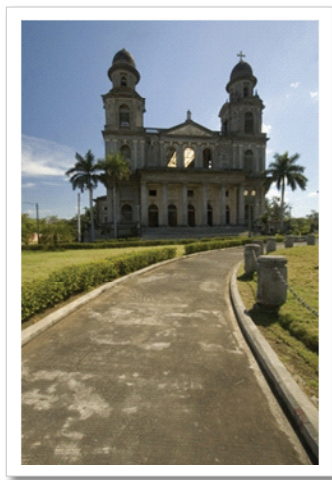
(310) 801-3064  
dcopenhaver@gmail.com

### **Aileen Chang**

(917) 834-1181  
ayc2113@columbia.edu

### **Erika Copenhaver**

(707) 327-9568  
ecopenhaverlaw@aol.com



Dengue Relief Foundation  
327 Pacific Heights Dr.  
Santa Rosa, CA 95403