



# Heart to Heart Belize

## San Ignacio, Belize

### Partner Information

**Heart to Heart Belize** is a registered nonprofit organization serving communities throughout the Cayo region of Belize. The organization is locally based and community-focused, supporting grassroots health and social service initiatives that address the needs of underserved populations. Through its partnerships with visiting programs, Heart to Heart Belize helps facilitate meaningful community engagement and support for local wellbeing.

### Program Goals

The program is designed to:

- Strengthen community-based healthcare delivery by supporting rural clinics and home-visit initiatives in San Ignacio and the Cayo region through preventive screenings, medication education, and collaboration with local health partners.
- Enhance health promotion and literacy through the development and delivery of targeted health education materials and strategies that address community-identified priorities and improve wellness across populations.
- Build interprofessional competence by engaging students in collaborative practice to deepen understanding of the Belizean healthcare system and compare professional roles across international contexts.
- Foster cultural humility and cross-cultural understanding by promoting meaningful engagement with Indigenous communities and cultural sites to broaden students' perspectives on traditional knowledge and culturally grounded approaches to health.
- Analyze sociocultural and structural determinants of health thereby developing students' ability to identify factors contributing to health disparities in Belize and critically assess their impact on patient and community outcomes.
- Promote reflective practice and professional development by cultivating reflective skills through guided debriefings and self-assessment to strengthen cultural, structural, and interprofessional competence.

### Program Dates

Break between spring and summer sessions

## **Estimated International Program Fee**

\$2,500

The international program fee includes:

- Lodging
- In-country transportation
- Clinical immersion & community engagement activities
- Group cultural activities
- Supplies
- Select meals
- On-site assistance and administration fees

Not included:

- International airfare and related airline fees (e.g., baggage) = \$500 - \$800
- Additional meals= \$50
- Personal expenses and spending money = \$200
- Passport or visa-related expenses

Payment for the program may be made in installments, and a schedule outlining specific payment dates will be provided to participants in advance.

## **TTUHSC Predeparture Requirements**

All participants must complete a set of predeparture requirements, which will be shared after your application is received.

## **Funding Information**

Limited funding is available for students participating in TTUHSC-approved international programs. Additional details, including application deadlines and eligibility criteria, are available at the following link:  
<https://www.ttuhs.edu/global-health/funding.aspx>.

## **Additional Information**

For additional information about the Heart to Heart Belize international program, please contact the Office of Global Health at [globalhealth@ttuhs.edu](mailto:globalhealth@ttuhs.edu).