What's the best advice you can give future students to maximize their experience abroad?

"Go with the flow and step out of your comfort zone. Don't worry about looking perfect. Stay up late and get to know people and drink coffee every morning"

"BE CURIOUS. EXPLORE. ASK QUESTIONS ABOUT EVERYTHING."

"Go into the program excited to learn and willing to experience everything. Don't be scared to ask questions or try something new. Go snorkeling with the sharks, participate in cliff jumping, talk to a random stranger, and eat a little bit of everything."

"Journal every single day. On your phone, voice memo, writing, whatever works for you. You will want to share every single detail when you return but will find that words may not suffice. But do not spend your whole trip trying to document every second with pictures. Enjoy the moment"

What items did you not bring that you wish you had?

- More BUG SPRAY
- o Knee-length or maxi skirts
- Small travel bag for excursions
- o Dry-fit clothes
- o Sunscreen

Which devices would you recommend others take in the future?



What items did you pack and NOT need while abroad?

- Laptop
- Too many clothes
- Smaller bottles of soap
- Electronics

Most common ways to communicate with family and friends back home:

#1. Through WiFi-enabled smart phones apps

- Skype
- Whatsapp
- iMessage

#2. Email/ Facebook

Belize Community

Development

"While in Belize you meet incredible people from other fields that are helping others, and getting to share such an experience with incredible people like that makes this trip special. - Travel, help others, learn, and share."

Approximately how much did you spend out of pocket during the program (in USD)?

	Business	Ecology	Engineering	Health Professions	Social Work	Agriculture & Nutrition
Communication	5.00	10.00	0.00	14.62	11.67	17.14
Food:	138.21	102.00	131.25	112.86	266.67	147.14
Going out/free time:	63.21	64.00	55.00	43.57	95.00	30.00
Program related travel/excursions:	83.93	50.00	95.00	121.43	125.00	131.43
Required books/supplies:	3.57	22.00	0.00	16.43	0.00	2.86
Souvenirs/gifts:	60.71	40.00	37.50	59.29	84.17	134.29
Total	414.26	338.00	368.75	398.19	635.83	462.86

What advice do you have for students to budget and spend money wisely?

"Make sure you bring enough cash money with you when you come to Belize. All the bills should be under 20 dollar bills, with a majority of one dollar bills."

"Look around first and see what really speaks to you before blowing money on souvenirs. It is your trip not someone else's. Do not buy too many things for other people. They will understand!"

"Don't buy a lot of souvenirs in tourist towns because they're a lot more expensive."

"Always ask if they can do something for a set amount instead of asking for the task alone - "Can you take me to *destination* for four dollars?" not "Can I have a ride to *destination*?""

What do you wish you had known more about before you left?

"Belize's history.... because current Belize culture makes a lot more sense when you know the country's story."

"I wish I had done more individual research on health topics before I left so I could have taught more and been more informed than I was."

"People really were serious about "Belizean time" and that flexibility is essential."

"When they say it is hot and to drink water... they are not joking."

"I wish I had known more about the Garifuna culture and the history!"

How might students best get to know the people and culture of your host country?

"Attend as many different projects from other teams as possible while also making connections through one's own project."

"In Belize you can just walk up to people and most of them will talk to you. They talk a lot. Also, they are very opening to answering questions about their culture and country and views so that was a really cool learning experience."

"The people are friendly and extremely welcoming. Socializing and participating in local activities was the best way to get to know the people and culture."

"My favorite memories are the conversations, short or long, one-time or multiple, with the amazing people of Dangriga."

Did this program deepen your interest in your academic field of study?

"Now that I've done hands on projects with **business**, I am even more certain that this is a field I would enjoy for a career."

"I wanted to see what **work in conservation** entailed, and now I think it's something I want to work with in the future!"

"I was able to use what I've learned in class to complete the projects in Belize; it confirmed that as **engineers** we can do a lot to help other people raise their standard of living."

"Getting to have hands on experience with the **health field** through health screenings and hospice, made me realize how much I am interested in the health field. It helped me see what it would really be like to help people in need on a daily basis, and that's something I would truly enjoy."

"Being outside of the classroom and learning via real life experiences changed my perspective on **Social Work**."

"This experience allowed me to find out exactly what i want to do with my life – it made me want to travel more and help in the schools with **nutrition!**"

How did you pay for things on a daily basis?

- 1. Cash (exchanged from US currency)
- 2. Cash (withdrawn from local ATM/bank from US bank account)
- 3. Credit Cards/Debit Cards

What credit cards were most accepted?

