

Want to make a *real* difference? Join our brigade!



expedition overview

Tia Volunteer Expedition Adventurers (VEAs) joining us in the field experience close bonding with both villagers and our university medical brigades members.

Be the change

"Vea" (pronounced vay-a) means "she or he sees," in Spanish, which is precisely what you will be doing. You see parts of Mexico that most Mexicans have never seen; you see villagers, unscripted, in their homes and communities; and you see real poverty and have the opportunity to be a vital part of the solution to ending their poverty.

A VEA intercultural experience is deeply moving and one you will never, ever forget!



projects

VEAs arrive in the field mid-week and work on a variety of tasks depending on the nature of the projects chosen by the villagers in our 'teach them to fish' program. Every project requires a medical kit for each of our Promotores (village health workers) and since we buy our medical supplies in bulk to save money, a team is always needed to count out gloves, syringes, bandages, glucose testing strips and other essential items that go in every kit.

VEAs often assist our medical brigade during medical consultations in the villages. Since our Promotores must also learn how to take blood pressure, glucose readings and listen to heart and lungs, VEAs may choose to be the 'patient' during these practices. Others may opt to help in school health education courses, passing out dental hygiene items or helping villagers organize and cook for the graduation ceremony at the completion of the program. Whatever tasks VEAs choose, their work is essential to the mission and will enable them to cultivate new friendships.

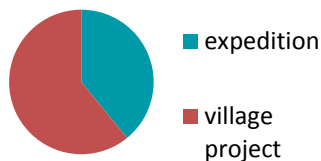
your reward

After the good work you perform in the villages, and the festive graduation party, we return to Guadalajara, where you'll enjoy a carriage ride through the historic colonial center, meet indigenous Huichol artisans, shop in Tlaquepaque, and enjoy Jalisco's famous cuisine, unique to that region. Following a traditional hearty Mexican breakfast you'll have the opportunity to share your photos with your fellow VEAs before heading to the airport. And meaningful personal fulfillment? That almost goes without saying.



all inclusive costs

We give you a great platform to fundraise for part, or all, of your trip. Over 1,500 villagers will be tremendously grateful to each VEA for providing them with permanent, sustainable access to healthcare:



On average, a more intimate expedition with 6 VEAs costs:

Expedition	\$2,675
Village Project	\$4,167
*Total	\$6,842

Expedition costs are *all-inclusive*, so airfare (PHX to GDL), in-country transportation, all meals, lodging, entertainment, liability insurance, prior security check, etc. are all included. You only need money for gifts to bring home.

Village Project costs include all the supplies for our medical kits, brigade direct expenses (food, lodging and travel), and other direct project costs. These are fully tax deductible for anyone who donates \$ to your expedition.



is travel safe in rural Mexico?

In a word, yes. Although you may have read about trouble in Mexico, the places we visit are not experiencing any of these issues. Our founder, Laura Libman, specializes in risk management and teaches courses in the subject. She makes a dedicated trip covering the entire project area to ensure the safety of our VEAs and our brigades. **We choose villages, in part, based on the safety they offer our volunteers.** Since you will be traveling with a team of doctors, medical students, and allied health professionals, there is no need to worry about what happens if you get sick.



who can go?

High school aged through grandparents, even those in their seventies are welcome to join us. VEAs must complete a health questionnaire,

and, depending on the answers, we may ask for an EKG or other documentation from your doctor, but in most cases, the questionnaire is sufficient. If you have an adventurous spirit, are willing to unplug, like to venture off the beaten path, and want to connect in a real way to our global neighbors, you will make the most of this experience.

expedition schedule

Tuesday evening or Wednesday morning arrival in Guadalajara; departure for the villages on Wednesday. Work begins immediately upon arrival, with opportunities to rest, eat, and visit with the local people. Return to Guadalajara after the Friday graduation ceremony. Saturday and Sunday morning we explore the cultural and culinary delights of Jalisco.

what can I expect?

"This was the second project I attended. Anyone who ever saw the impact that Tia has on the local people would immediately become an enthusiastic supporter." ~Barry

"There was not a dry eye including mine as the graduation awards were given. I am proud to have helped as well and it has inspired me to work harder. Laura has set up a remarkable, cost effective process to help thousands of people and once trained the system maintains itself!" ~Dale

"I was impressed at the amount of confidence Promotores have from having been selected by their fellow villagers and, more so for having finished the course successfully." ~Carmen

*We are happy to give you a full cost breakdown. Tia does *not* make any profit on our expeditions. Only our direct costs are part of your package. Even with your expedition costs, the cost per person to help those most in need is still less than \$5!