



Global Medical Training

The University of Texas at Austin

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ABOUT US

What is Global Medical Training?

Global Medical Training is an international humanitarian organization that provides free medical and dental services to medically-deprived communities in Central and South American countries. One of the primary objectives of GMT is offering healthcare students and others an international experience that will expand their understanding of medicine and dentistry, as well as life outside of North America.

On your trip, you will be exposed to a medical environment where you will have the opportunity to both observe and actively participate in the assessment and treatment of patients who have limited access to healthcare. By working with a team of local doctors, dentists, interpreters, and guides, you will be prepared to make life-changing differences in these medically-deprived communities and create action plans that will improve the well-being of these people.

"CHANGING THE WORLD THROUGH THE
LIVES OF THOSE WE TREAT"

TRIP OUTLINE

What can I expect on my trip?

Each trip consists of about 15-40 students. A trip lasts eight days: two travel days, an orientation day, four clinic days, and a free day. The free day varies for each country (more details can be found in the following sections). Once you arrive at your destination country several GMT staff members will join your group, including translators, doctors, and local staff. Your entire group will live and travel together for the whole week. GMT will book the hotel rooms for everyone to stay in. **The total cost of the trip will be about \$1,295 + flight cost + \$39 insurance + dinner/spending money (we suggest \$200-\$300)**

DAY 1

Arrival Day

When you land at the airport, GMT staff will pick you up and arrange for your transportation to the hotel (this is why we will ask you for your flight information). This day is designed to give all members of the trip the opportunity to arrive at their destination safely, so there are no scheduled activities for this day. Once you arrive at the hotel you are encouraged to bond with your fellow trippers and GMT staff.

DAY 2

Orientation Day

This is the day where you formally meet the GMT staff. The doctors will hold a short crash course to review you on the kinds of diseases that you might come across in the clinic. This day covers a lot of the same information that we go over in workshops, so most of it should sound familiar. The second part of the day is designed to get you acclimated to the country, and there is typically a city tour and/or cultural lesson.

DAYS 3 - 6

Clinic Days

Every clinic day, the group will be transported from the hotel in the city to the villages that we will be serving by bus. The villages are typically about 30-60 minutes away. When the clinic day ends, the bus will take you back to the hotel to give you time to shower before everyone heads out to a group dinner. Once you get back to the hotel, we highly encourage you to take a few minutes to write about your day in a journal. Writing down your thoughts and experiences from that day will help you recall those moments many years down the road, especially if you plan on mentioning details in future essays or interviews!

A TYPICAL CLINIC DAY ITINERARY

7:00 am	Wake up	12:00 pm	Lunch (provided by GMT)
7:30 am	Breakfast	1:00 pm	Clinic
8:30 am	Travel to clinic	5:00 pm	Travel back to hotel
9:00 am	Clinic	7:00 pm	Dinner, free time

When you arrive at a clinic, you will split up into groups of 2-3 students plus a translator. Patients will line up outside the clinic and be assigned to groups as they become available. Your group will conduct patient interviews throughout the day and will document everything that you find. Based on everything you have learned you will predict a diagnosis and determine a treatment plan. At this point, once you feel that you have finished assessing the patient, a doctor will come over to confirm your diagnosis, help you write a prescription, and answer any questions you might have. You will be surprised by how quickly you catch on to the whole process, and by the end of the week you will be predicting accurate diagnoses before the doctor has even come by!

There will also be a lunch break during the day where a local lunch will be provided, but you are strongly encouraged to bring snacks and a water bottle in order to stay nourished throughout the day. You will also have the opportunity to work in the clinic pharmacy at some point during the clinic days if you choose to.

DAYS 7 - 8

Free Day and Departure Day

The final two days are the free day and the departure day. Each destination has a unique free day (detailed below). GMT staff will transport trippers to the airport for their departure. If you are partaking in the Peru extension, you will instead fly out to Cusco on the departure date.



2026-2027 Trip Locations & Dates!

Winter Trips:

Panama (1/2-1/9)

Spring Trip:

Panama (3/14-3/21)

Summer Trips:

Nicaragua (5/10-5/17)

Peru (5/17 - 5/24)

\$1295 to register for the trip: [price breakdown](#)

Itinerary to match that of the Trip Outline

Group flights booked to and from Austin (this is flexible if you would rather come from a different city)

TRIP OUTLINE (CONT.)

Why should I go on a trip?

Aside from advancing GMT's mission to bring awareness to healthcare disparities in communities across the world, trip participants are able to gain hands-on experience in:

- *Taking and interpreting patient vitals and information*

You'll get to practice determining a patient's vital signs and learn how to analyze the results in reference to their medical background.

- *Working with physicians and other healthcare professionals*

You'll get to work with the entire GMT international staff while on a trip, including physicians, translators, and other healthcare professionals, to develop treatment plans focused around a patient's needs. They'll be able to teach you about various diseases and conditions and how they affect local communities, enabling you to develop the same kind of problem-solving and patient-centered mindset that they employ.

- *Collaborating with patients*

With the help of a translator, you'll get to conduct patient interviews and work alongside them to determine a diagnosis and create the health outcomes they want to see. You'll be able to perform objective and subjective examinations and learn how to integrate them in order to provide effective healthcare.

Trip participants further learn about health disparities and their underlying causes present in places all around the world by being able to experience daily life in South America firsthand. Furthermore, trippers will have the opportunity to help educate communities on safe health practices and how to integrate those into their lifestyle.

TIP!

If you are applying to graduate school, a common thing that admissions committees will look for is your commitment in extracurricular activities and things you've learned from those experiences. Talking about all of the things you *learned* on these trips in addition to all things you were able to accomplish will set you apart!

TRIP APPLICATION

How can I participate in a trip?

In order to apply and participate in a trip, you must meet/commit to the following requirements:

- Be a member by 1. Paying general GMT dues (\$35/semester or \$60/year), and 2. Filling out the membership form prior to applying
- Be an accepted hornslink member
- Have or already applied for a passport
- Obtain tripper status (34 points in total, broken down into the following)

10 volunteer points

6 social points

3 fundraising points

4 meeting points

3 pre-health points

8 workshop points (6 trip workshops + 2 nontrip workshops)

- Attend the six mandatory trip workshops
- Attend the mandatory trip dinner

WARNING!

If you do not obtain the 34 point requirement *you will be expected to make up the remaining points in the form of donations* (\$10 per point). You must obtain all 34 points before going on your trip, but you can apply to a trip before meeting the point requirement. The donations collected from missing points go directly to funding the trip, including but not limited to medication supply and scholarships.

TRIPPER CONTRACT

I'm ready to apply, what next?

If you would like to sign up for a trip, you must fill out the trip application found through GMT emails and slack. The trip application allows us to collect personal information we need to submit to international GMT staff. It also contains paragraph responses that contribute toward your trip eligibility.

Trippers are selected based on the following:

- Your current GMT points
- Your paragraph responses
- Your classification/seniority

By submitting your application, you agree to commit to being a tripper. Cancellation policies are in place due to the hardship caused by dropping out of a trip.

Once selected, the tripper will have to sign and uphold a conduct agreement that outlines requirements for being a tripper.

WORKSHOPS

What are trip workshops?

Trip workshops are mandatory, weekly meetings that occur on Monday evenings from 7 – 9 PM. There are five meetings in total and return trippers are also required to attend workshops. During each workshop, you'll get a chance to meet your fellow trippers, help prepare yourself and others for your trip, and much more!

TOPIC OUTLINE

What is going to be covered during workshops?

Workshops will cover the following topics:

- Diseases and conditions that you may encounter during your trip (e.g. bacterial infections, parasitic infections, etc.)
- Medications that may be used to treat various conditions
- How to properly write and fill prescriptions
- How to take and record vital signs (e.g. heart rate, blood pressure, respiration rate, etc.)
- How to properly document patient data
- How to effectively collaborate with patients to achieve their desired health outcomes
- A basic level of Spanish
- The ethical concerns around medical mission trips

During orientation day, trippers will attend a presentation from the GMT international staff that will cover much of the same information, especially diseases and taking vitals, but almost all of this will be reviewed by the time you arrive!

Additionally, you are required to bring a stethoscope and blood pressure cuff by the first workshop, because this is when we'll start practicing taking vitals!

PACKING LIST

What should I bring on my trip?

The following is a list of recommended items to bring on your trip. Keep in mind that you may need to bring extra items if you are participating in an extension and that you should leave space for the medicine provided to you.

Clothing

- 4 pairs of scrubs – bring your GMT scrubs too!
- 6 outfits for dinner each night – 4 casual outfits and 2 nicer outfits for the first and last days!
- Comfortable clothes for your free day and flight days
- Socks and underwear – pack extra!
- Sweatshirt or blanket – the hotels may get cold at night!
- Swimsuit and beach towel
- Tennis/running shoes
- Umbrella/poncho – in case it rains!

Other Items

- **PASSPORT** (ensure that it expires more than six months after the trip date)
- Provided medication – these are handed out during trip dinner (you are required to bring this!)
- Blood pressure cuff and stethoscope
- Binder with workshop handouts
- Pens/pencils
- Reusable water bottle
- Snacks
- Hand sanitizer
- Phone Charger
- Sunscreen
- Bug spray
- Stickers and toys
- Toilet paper
- Spending cash (About \$200)

Safety

When traveling to a new country, especially to underdeveloped regions, there is (understandably) always some worry about your safety. However, Global Medical Training is very cautious about where it places its students and always ensures that the area to which we will be traveling is safe. GMT staff members always visit the areas before students arrive to ensure that there are no violence or health risks involved with traveling. Furthermore, the trippers are accompanied by GMT staff at all times, and many of the staff members have great relations with the villages we enter. The hotels are located in the city closest to the villages.

In the event of an emergency, always call emergency services first. Otherwise, all GMT international staff, trip leaders, and UT GMT officers are also always available to help.

[COVID-19 Status in Peru](#) [US DOS Peru Travel Advisory](#)

If you have questions about either of these, please reach out to me! gmttrip@gmail.com

Vaccinations

We do not travel to any locations where malaria is high, so no preventative medication (vaccines) is necessary, but you can take malaria pills if you want to be extra cautious.

UT Restricted Regions Travel Disclaimer

Any participation in travel to a Restricted Region is strictly voluntary, and the traveler assumes full responsibility for all risks associated with this travel.

The University of Texas System provides all students, faculty, and staff traveling internationally on UT-sponsored activities/programs with International SOS, an international emergency assistance service. This is not insurance. Rather, it is a global 24-hour helpline that can provide assistance in the event of a medical or security emergency. For more information about International SOS, visit <http://world.utexas.edu/risk/travelresources/sos>. The UT Member ID is 11BSGC000037. The International SOS smartphone app can be downloaded at <http://www.internationalsos.com/en/membership-app.htm>. If you find yourself in need of immediate assistance while abroad, contact International SOS anytime 24/7 at 1-215-942-8226 (main line) or 1-215-942-8478 (dedicated scholastic hotline)

Contact Information

We hope that this packet was informative and helpful, but if you still have any questions or concerns, please feel free to contact us! Enjoy your trip!

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