



ACADEMIC PROGRAM

June 24 – July 12, 2019

Indigenous Healing & Public Health in Ecuador

**This program could be
developed:
19th January – 9th February, 2020
or
21th June – 12th July, 2020**



1. ACADEMIC PROGRAM

DIRECTION

José Suárez Torres MD., M.P.H., Ph.D
Dolores López BA, MSC, PhD (c)

ACADEMIC SUPPORT:

Emilia Castelo
Natalia Céspedes

Ecuador consists of 14 nationalities and 18 indigenous groups, turning it into a multiethnic and multicultural country.

This program provides students a perspective about ancestral medicine and western health care system from an intercultural perspective in Ecuador. The students will learn about traditional Andean medical practices, indigenous worldview and the organization of the western health systems in Ecuador. The students will participate in field observations of public and private hospitals, indigenous ancestral medical practices and discuss the limitations, possibilities and challenges of the integration of western and ancestral medical practices. The students will learn the relationship between social determinants and health disparities, through a holistic, interdisciplinary and intercultural approach. Ecuador provides a great case study, due to its environmental, social, cultural diversity, and because they are leading the search for new development alternatives based on human and environmental rights.

2. ACTIVITIES CALENDAR

Sunday			
Arrival – Airport Pick up – Overnight at hotel			

Monday			
8:30	9:00	A Cimas staff will pick you up from the hotel	
9:00	13:00	Welcome and introduction meeting and Orientation: security and risks	CIMAS Staff
10:30	12:00	Ecuador a mega-diverse country	Professor
12:00	13:30	Lecture: Historical review of Ecuador	Professor
14:00	14:30	Welcome Lunch	
14:30	15:00	Lecture: Cultural diversity	

Tuesday			
9:00	16:00	City tour and lunch	Cimas Staff

Wednesday			
9:30	10:30	Ancestral Ceremony	Cimas Staff
10:30	11:30	Social and Cultural Determinants of Health	Professor
11:30	12:00	Break	
12:00	13:00	Ecuadorian Health System: Right to Health, Constitution of 2008. National Health System	Professor
13:00	14:00	Lunch	
14:00	15:00	Lecture: Andean Cosmovision	Professor

Thursday			
9:00	10:00	Andean health	
10:00	10:30	Break	
11:00	12:30	Intercultural Health	
12:30	14:00	Lunch	
14:00	15:00	Afro Cosmovision: The Diaspora in Ecuador	Professor

Friday			
---------------	--	--	--

9:00	10:30	Social Determinants of Health: behavioral and psychosocial perspectives (lifestyles). Psychological and socio cultural factors that influence perception. Psychological and socio cultural factors that influence behavior. Psychological and socio cultural factors on how we perceive ourselves and interact with others. Cultural and social differences influence well-being. Social stratification influence well being	
10:30	11:00	Break	
11:00	12:00	Environmental determinants of health: Study on the secondary impacts of pesticides on children under five years.	Professor
12:00	14:00	Lunch	
14:00	17:00	Visit to Public Hospitals	

Saturday
Free day

Sunday
Free day

WEEK 2

Trip: Northern zone of the Highlands:

La Esperanza, Guachalá, Otavalo, Cotacachi, San Clemente, Valle del Chota.

OBJECTIVES:

- Observation of the structures and function of the Health Units.
- Interact with local social actors to understand the dynamics of the communities in health issues.
- Visit the communities in order to understand and know their particularities, their culture, organization, etc.

Monday			
7:45	9:30	Trip to La Esperanza Parish, Pedro Moncayo county	
9:30	10:30	Lecture: Participative Processes in local development	Cimas staff
10:35	11:35	Presentation of Organic Agriculture projects - Ancestral Knowledge, oriented to the improvement of health	CINCA Staff
11:35	13:00	Visit to CINCA Agro ecological farm	CINCA Staff
13:15	14:30	LUNCH – Rancho Manabita	
14:30	15:30	Trip to Cayambe.	
15:30	17:30	Accommodation in GUACHALA	
17:30	19:00	Free time	
19:00	20:00	Dinner at Guachala Hacienda. Lecture: Historical view of Hacienda Guachalá	

Tuesday			
7:30	8:30	Breakfast at GUACHALA and Ckeck out	
9:00	9:15	Trip to Cayambe	
9:30	11:00	Visit QUALISA flower plantation	Plantation Staff
11:00	12:30	Trip to San Clemente	
12:30	13:00	Welcome to the community	
13:00	14:30	Traditional LUNCH Pamba Mesa (with host families and community members)	Families
14:30	15:30	Andean Culture: Conference: The Indigenous organization process	Community leader
15:30	16:30	Demonstration of the Women embroidery project and explanation about the project and the social conditions of women	Women of community
17:00	18:00	Accommodation with Indigenous Host Families	
18:00	19:00	Time with Families	Community leader
19:00	20:00	Dinner with families	
20:00	21:00	Cultural Night: Traditional music, clothing and festivity	Students - Families
21:00		Overnight with families – San Clemente	

Wednesday			
7:30	8:30	Breakfast with host families	
9:00	10:00	Explanation of the agricultural calendar it's symbolism.	Community leader
10:00	11:30	Outdoors activities: hike to the community medicinal plants trail	
11:30	12:30	Plowing with Ox - (these activities will depend on the weather)	Community leader
12:30	13:30	Lunch with host families	Host families
14:00	16:00	Harvest activities	Community leader
16:30	18:00	Meeting with a midwife: Explanations about the medicinal plants used to care of pregnant women	Midwife
18:00	19:00	Integration activities	Community leader
19:00	20:00	Farewell Dinner	Community leader
21:00		Overnight with families – San Clemente	

Thursday			
7:30	8:30	Breakfast with host families and Check out	
9:00	10:30	Trip to Ambuquí - Valle del Chota	
10:30	11:00	Accommodation in Hosteria El Kibutz	
11:00	12:30	Free time at La Hostería el Kibutz	
13:30	14:30	Lunch Hosteria El Kibutz	
15:00	17:00	Conversation: Reality of social issues of afro Ecuadorian population in the zone.	Community leader
17:00	18:30	Free time	
19:00	20:00	Dinner Hosteria El Kibutz	
20:00	21:00	Cultural night: afroecuadorian dance and music.	Community leader
21:00		Overnight at Hosteria El Kibutz	

Friday			
7:30	8:30	Breakfast at Hosteria El Kibutz and Check out	
9:00	10:30	Trip to Cotacachi	
10:30	11:00	Meeting with UNORCAC (Union of Peasant and Indigenous Organizations of Cotacachi).	Community leader
11:30	13:30	Workshop with midwives. Simulation of	Midwife

		Ancestral Birth practices; conversation about participative and intercultural process.	
13:30	14:30	Lunch in Cotacachi: Restaurante La Marqueza	
14:30	15:30	Free time: Walk around Cotacachi City	
15:30	16:00	Accommodation In La Casa Sol in Peguche	
16:00	17:00	Trip to Agato: Visit to Traditional Handcraft Workshop	
17:00	19:00	Meeting with Yachak Guillermo Santillán community Agato Centro de Saberes Andinos Pakarinka (Andean Knowledge Center	
19:00	20:00	PACHA MANCA DINNER	
21:00		La Casa del Sol – Overnight	

Saturday			
7:30	8:30	Breakfast and check out La Casa Sol	
8:30	9:30	Visit to Peguche Waterfall	
9:30	10:30	Visit to workshop in Peguche – Warmi Maki	
10:30	10:45	Trip to Otavalo	
10:45	13:30	Visit the Plaza de Ponchos Otavalo	
13:30	15:00	Lunch in Otavalo – Mi Viejo Café Restaurant	
15:00	17:30	Trip back to Quito	

Sunday Free day			
--------------------	--	--	--

Week 3

Monday			
--------	--	--	--

9:30	10:30	National system of health	
10:30	11:00	Break	
11:00	12:00	Model of Integral Health Care	
12:00	14:00	Lunch	
14:00	15:00	The Health of Priority Groups	
14:30	15:30	Chronic non-communicable diseases	

Tuesday			
9:30	10:30	Agrarian Modernization of export and tropical diseases	
10:30	11:00	Break	
11:00	12:00	Epidemiological Transition * Trip explanation	
12:00	14:00	Lunch	
14:00	15:00	Free time for reading and preparing oral presentations	

Wednesday, Thursday			
OBSERVATION TRIP TO HEALTH ENTITIES IN SANTO DOMINGO DE LOS TSÁCHILAS			
OBJECTIVES:			
<ul style="list-style-type: none"> • Know the environmental, social and epidemiological dimensions of tropical diseases in an area of agro-export plantations; the rapid urban expansion and the impacts on health. • Learn about the functioning of the health system and access to health in Santo Domingo de los Tsáchilas. • Learn about the uses of medicinal plants in a Tsáchila community 			

Wednesday			
07h00	10h00	Trip to Santo Domingo.	
10h30	12h30		

		Visit HOSPITAL GUSTAVO DOMÍNGUEZ	
12h30	14h00	Hotel accommodation and lunch	
14h30	17h00	Visit hospital of the Ecuadorian Social Security Institute Conference: The functioning and access to the health system of Social Security Tour and explanation of the areas of health services Visit Gerontology Center	
17h00	18h30	Integration workshop	

Thursday			
08h00	09h00	Breakfast at hotel	
9h00	9h30	Tsáchila community trip	
09h30	12h30	Visit to Tsáchila community Worldview and health. Conversation with Tsáchilas leaders	
12h30	13h00	Trip back to hotel	
13h00	14h00	Lunch	
14h00	16h30	Return trip to Quito	

Friday	
Final oral presentations End of the program	

Sunday Return to USA	
-------------------------	--