

Program Information and Proposal

WELCOME CALIFORNIA STATE UNIVERSITY BAKERSFIELD!

We are excited to offer you this proposal and have you and your students join us on a customized psychology and culture program to Dominica! We look forward to working with you to meet your academic and clinical goals while also immersing students into a new culture. We are here for you every step of the way from pre-departure, throughout your trip, and after you return.

THE THERAPY ABROAD TEAM



PROGRAM LOCATION

Dominica

PROGRAM DATES

June 16-29, 2025

PROGRAM DURATION

14 Days

Pricing Highlights:

- Includes International Airfare
- 24/7 In-Country Support and Therapy Abroad staff
- Includes all lodging, ground transportation, excursions, and meals
- Pre-departure Support

Why Choose Therapy Abroad?

"Therapy Abroad changed the way I see speech-language pathology. Throughout this experience, I've made friends from all over and got the opportunity to make a positive impact in the world." -Hayley M.

SPECIALIZED PROGRAMMING

No other program offers group travel, study abroad, and professional development experiences designed exclusively for psychology, nursing, communication sciences and disorders, speech-language pathology, audiology, physical therapy, occupational therapy, music therapy, and other related fields. Our programs are for anyone aspiring to work in one of these career fields who wants to experience hands-on learning in a real-world setting.

SUSTAINABILITY

Sustainability is at the forefront of our mission and a program aspect we hold in the highest regard. In the creation of this program, we have taken into account the needs of Dominica as well as the goals set forth by their respective ministries. This program has the full support of the Dominican government, including infrastructure and financial support. These aspects are key to continuing the procedures we'll put in place for students and our counterparts. What makes Therapy Abroad unique in this context is that we are working year-round to develop services in other countries. It is not enough to simply "meet the need" for services. Our approach requires working with traditional educational institutions and educators, charitable organizations, nonprofits and community groups to help them answer the questions they have about the field, community health, and education within the ethos of their own community, and design a strategy that is socially-minded and financially viable.



Learning Outcomes

- Increase understanding of norms, languages, and cultures of Dominica and its educational and medical system
- Acquire an understanding and appreciation of how cultural factors influence health issues around the world and for marginalized populations in the US.
- Identify major concepts, theories, and methods that inform our understanding of health backgrounds. Specifically, the various cultures and languages in Dominica.
- Recognize personal values, beliefs, customs, and practices that are shaped by our own culture and how those impact our own health.
- Acquire knowledge and skills so that students may interact effectively and sensitively with people with diverse abilities, backgrounds, and cultural perspectives.
- Communicate effectively, recognizing the needs, values, preferred mode of communication, and cultural/linguistic background of the client/patient, family, caregivers, and relevant others
- Demonstrate an attitude of open-mindedness and tolerance for ambiguity.
- Identify and discuss the educational and medical systems in Dominica, and how those systems are different
- Analyze ethics, global issues, and how one's own values, ideologies, philosophies, and knowledge affect global health approaches and interaction with different cultures

Note:

This course investigates health issues from a cultural perspective and how they are situated in Caribbean culture in Dominica. Students will be engaging in health-related activities and connecting these activities to readings completed before and during the study abroad program. A multidisciplinary approach using theories and research from fields such as Global Health, Medicine, Psychology, Medical Anthropology, and Medical Sociology are used to consider how culture impacts health behaviors.

About Dominica

BACKGROUND

Dominica is a small island nation located in the Caribbean Sea, between the French islands of Guadeloupe and Martinique. Also known as the "Nature Island," due to its lush rainforests, hot springs, waterfalls, and black sand beaches.

Carib people migrated to Dominica from South America in 1493, driving out the Arawak. The first French colonists in 1632 agreed to leave the land to the Caribs. In 1759, the British captured the island and was ceded in 1763. The island finally became fully self-governing under the 1967 constitution.

Therapy Abroad has partnered with Dominica's communities, schools, NGOs, universities and hospitals to help achieve the goals they've set forth for their citizens. In addition to developing critical hands-on skills working with Dominica's population; students can expect to learn about the history, cultural and natural environment of Dominica.

QUICK FACTS

CAPITAL

Roseau

POPULATION

72,000 people

LANGUAGES SPOKEN

*English (official language)
Island Carib, Creole, & Kokoy*

CULTURE

There is diversity amongst culture, and language throughout the country. The island is home to a fusion of African, Caribbean, and European culture.

The official language of Dominica is English. However, French Creole and Antillean Creole are widely spoken.

The majority of the population is religiously affiliated with Roman Catholicism.



Day 1

FLY TO DOMINICA

You will take an overnight flight from LAX to Miami then catch a flight down to Dominica. It will be an early start but you'll arrive in Dominica by mid-afternoon. Our team will greet you outside the airport and have fresh sandwiches and water.

THERAPY ABROAD ORIENTATION

Introduction to staff, program supervisors. Use this time to learn of goals and expectations set forth by supervisors and students.

UNPACK AND RELAX

Take some time to settle in, unpack, and take in the breathtaking views! You'll also meet our local team on the ground. They'll become like family by the time the trip is over!

DINNER

Operating Model

Therapy Abroad program methodology will be based on the principles of cooperative learning with a strong focus on action research and Project-Based Learning (PBL). Participants will be organized into small working groups and assigned tasks and will be challenged to research, organize, and present their findings throughout the program. A Therapy Abroad Facilitator and interpreters will accompany you throughout your program, providing cultural resources and insights along the way and facilitating the learning and engagement process with each of our unique partners.



Did You Know?

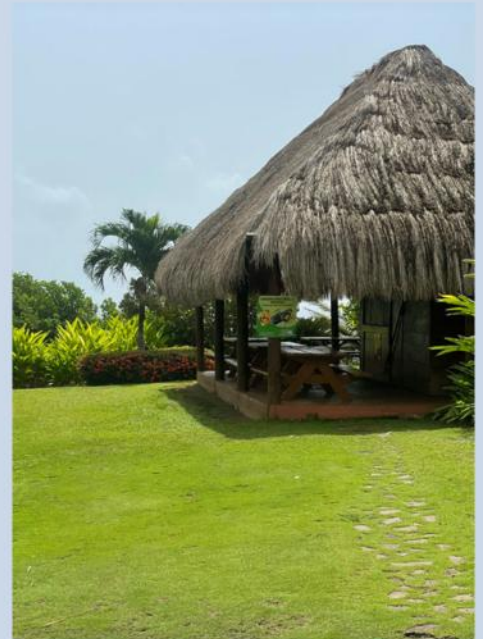
Dominica was named the "Caribbean's Best Nature Island" by Caribbean Journal in 2020, for its natural beauty and commitment to sustainability.

Day 2

KALINAGO TERRITORY

This morning you will head to the Kalinago Territory. There's no better way to connect with the rhythm of tropical life than by visiting the Kalinago Territory, home to the Kalinago. The descendants of the island's original people, the Kalinago, are always eager to treat guests to the joys of living with nothing more than what the land, sea, and sky provide.

Originally known as the Caribs, the Kalinago are believed to have originally come from South America and represent the last remaining tribe of the pre-Columbian Carib Indians, going back to about 3000 B.C.



LUNCH

EMERALD POOL

Take a dip in the cold waters of the Emerald Pool this afternoon to cool off! One of Dominica's most visited attractions, Emerald Pool, is a small 40-foot waterfall that cascades into a pool that appears green in the leafy, filtered sunlight. Located in the heart of the island, at the northern edge of Morne Trois Pitons National Park, Emerald Pool has become rather iconic as a visual representation of Dominica.



DINNER

Did You Know?

Many people get Dominica confused with the Dominican Republic. However, Dominica is its own island in the Caribbean, over 600 miles away from that "other half" of Hispaniola.

Day 3

CASTLE BRUCE PRIMARY SCHOOL

Today, you'll head to the Castle Bruce Primary School. Located in the beautiful bay of Castle Bruce, the Castle Bruce Primary School aims to foster academic and personal development in a caring and challenging environment so that each child can achieve his or her full potential. This primary school currently has 138 students enrolled. Students will have access to work directly with students and teachers in the classroom setting.



LUNCH

DOMINICA CULTURE AND HEALTH CARE TALK

Learn from your guides and local experts about the unique culture of the island and about gain insight from local guest speakers about the health care system.



DINNER

Program Life

Your program will be based in Castle Bruce on the Atlantic side of Dominica – an amazing place filled with rich history, excellent food and friendly people. You will set up a home in our private accommodations with communal areas to relax and hang out, meeting rooms for group discussions or presentations, and comfortable rooms for getting shut-eye. Accommodations have Western-style amenities. Every day you will have access to Wi-Fi, fresh drinking water, western-style toilets and showers, and laundry services (laundry will be on-site or nearby). The cuisine is rooted in Creole techniques with local produce flavored by spices found on the island. Dominican cuisine is a mixture of indigenous Kalinago, African, French, and English influences.

Day 4

THE DOMINICA INFIRMARY

The Dominica Infirmary is the oldest institution in Dominica providing care for senior citizens. The institution was originally set up by the Roman Catholic Church which later formed a partnership with the Government. The Infirmary has 93 patients, 80% of which are geriatric patients. Many of them suffer from mobility issues as well as speech and language issues due to stroke. The D.I. is also a full infirmary that sees patients of all ages with every type of ailment. Students will be able to work directly with patients in all health fields.



LUNCH

SNORKELING AT CHAMPAGNE BEACH

We will have lunch and go for a snorkel tour which will take us to the strange yet beautiful Champagne Beach. Off this beach, can be found a rich array of coral reefs and marine life, but what makes it special are the hot vents that continually emit volcanic gases, causing a weird 'champagne' effect as you swim or snorkel through the water.

DINNER

Did You Know?

Dominica is home to only four amphibians, one being the crapaud, or "mountain chicken." It is one of the largest frogs in the world and only found in Dominica and Montserrat.

Day 5

CASTLE BRUCE SECONDARY SCHOOL

Spend another day visiting the Castle Bruce Secondary School. The mission of this secondary school is to create a rich and enabling environment in which students can do their best in both academic and co-curricular activities, with an emphasis on developing the whole child. The school currently has 400 students enrolled. Some of the extra-curricular and vocational subjects offered at CBSS are woodworking, technical drawing, food and nutrition, clothing and textiles, arts and crafts, drama and dance, and cosmetology.

LUNCH

TRADITIONAL MEDICINE LEARNING

Around the world, in many countries, herbs are used as a natural way of healing. In Dominica despite the introduction of Western drugs and cures, some people are still using plants and home remedies for relief of pain and cure of diseases.

DINNER

Competencies

Gain valuable cross-cultural competencies in addition to improving your cooperative and presentation skills, action research strategies, as well as analytical and communication skills in general. Learn how to convert your ideas into action and understand how you can leverage the power of cooperation when building enterprises that embrace strong social and cultural missions.



Day 6

A SAFE PLACE FOR CHILDREN

Today you'll visit Chances: A Safe Place for Children. Chances is a youth home to about 30 children who have been victims of psychological, physical or sexual abuse for a maximum of six months. Children may have also been victims of abandonment. The purpose of this place of safety is to improve the life chances of children and young people who are vulnerable, abused, excluded, or at risk. Ages range from 1 month old to 18 years old.

LUNCH

FREE TIME

Use this time to relax, debrief, or explore. Our guides and staff will be there to help you organize group activities, go into town to shop, or explore.

DINNER



Free Time

Make it yours: Students with Therapy Abroad will find out that we pack a lot of activities into a two-week program, but we will also make sure you have downtime to relax, write in your journal, use the internet, talk to our staff, or just explore.

Day 7

THE DOMINICA INFIRMARY

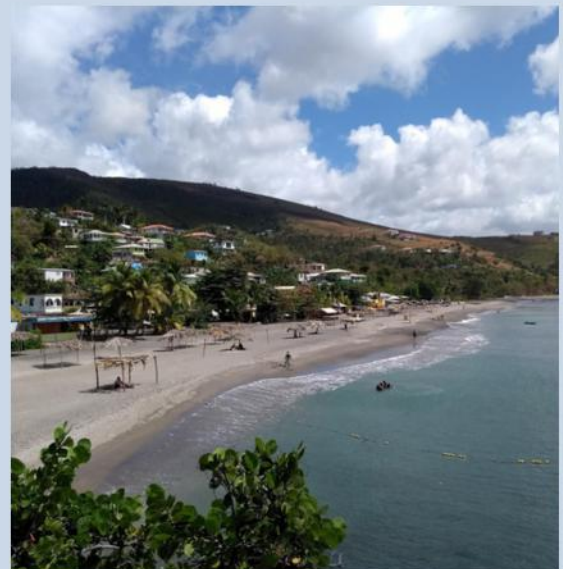
This morning you will return to the Infirmary. You can sit and talk with the residents, help the staff caring for them, attend a Sunday morning service, and more. They love when we bring groups to visit!

LUNCH

MERO BEACH

This afternoon pack your swim suits as we'll visit Mero Beach. Mero beach is touted as the best beach in Dominica. The sand here is silver-gray beach, its calm, warm waters make for an incredible beach to swim.

DINNER & DEBRIEF



Learning Objectives

- Acquire an understanding and appreciation of how cultural factors influence health issues around the world.
- Recognize values, beliefs, customs, and practices shaped by Dominican culture and how those impact health.
- Acquire knowledge and skills so that students may interact effectively and sensitively with people from different backgrounds and cultural perspectives.

Day 8

YES, WE CARE

This program facilitates personal home care for the elderly and handicapped who are housebound. Yes, We Care sends people in the health field out into the community to visit individuals in their homes. They help with OT, PT, and nursing. There are approximately 150 homes they visit to take care of their patients. Students will be able to go out into the field with the staff of Yes, We Care and work directly with patients in their home setting to learn their stories of culture of health in Dominica.



LUNCH

FREE TIME

This afternoon relax around Castle Bruce, play a pick-up game of soccer on the nearby fields or work on your projects.



DINNER & DEBRIEF

Journaling & Reflection

Students will be expected to journal for the course (and personally if they choose!). Three components will be part of the journal.

Students will be given prompts each day. Prompts might include how the day's activities reflected an assigned reading; identifying a cultural practice in Dominica and comparing it with practices in the US; consider a major concept from the course and evaluate how cultural beliefs/values/norms might impact it; simply reflect on events from the day.

Day 9

PRINCES MARGARET HOSPITAL

Students will change settings and have a unique experience in the local hospital. Princess Margaret Hospital is the major trauma facility of Dominica, located in the northern Goodwill part of the capital, Roseau. There are approximately 15 house/resident doctors and 12 specialists. The hospital has a four-bed Intensive Care Unit. It is listed as providing curative and rehabilitative services, including medical, surgical, obstetrics, gynecology, pediatric, neonatal, hemodialysis, psychiatric, accident and emergency care, referrals for overseas tertiary care, ambulatory specialist clinics and diagnostic services including radiography, laboratory and blood banking. You'll spend the morning touring the hospital and learning about the services.



LUNCH

THE OLD MARKET

Later, head back into Roseau to visit Dominica's old market. This is an incredibly historic place. This was one of the major trading markets in the Caribbean, and unfortunately, was primarily used as a slave-trading market for centuries. Today, the market has found new life as a center of arts and crafts on the island, showcasing local goods and giving traders and craftspeople a place to sell their unique cultural creations.

DINNER & DEBRIEF

Partnerships

In Dominica, Therapy Abroad organizes all of its community engagement through local non-profits and government ministries. We work closely with our partners to ensure we are meeting the needs of the country.

Day 10

YES, WE CARE

This will be the second day working with this organization. Students will visit homes on different parts of the island with the staff of Yes, We Care and work directly with patients in their home setting to learn their stories of culture of health in Dominica.

LUNCH

INTERVIEW PROJECT

Today's home visit will be set up so that students can complete an in-person interview with someone living in Dominica about a pre-approved topic related to health. Topics might include physical or mental health, health care, learning about health, health treatments, or personal definitions of health.

Students will work with Therapy Abroad staff to identify a client, caregiver, family member, or staff member working with yes, we care to complete their interview.

DINNER



Did You Know?

Natives of the Greater and Lesser Antilles, the Kalinago people, were the first inhabitants of the land. 3,000 Kalinago people still live on the island today, mainly in the Kalinago territory.

Day 11

PHARCS - INSTITUTE FOR GERIATRIC PATIENTS WITH ALZHEIMER'S AND DEMENTIA

During your last day for clinical and academic experiences, you'll visit PHARCS, an institute for geriatric patients with Alzheimer's and Dementia. PHARCS provides dignified care aimed at enhancing quality of life for seniors. They encourage an active lifestyle, raise awareness of persons suffering with Dementia and de-stigmatizing Dementia in the Caribbean. They also help raise awareness of elder abuse. This is an outpatient facility where patients come to the institute to get care their needs.



LUNCH

INTERVIEW PROJECT CONT.

Students can complete an in-person interview with someone living in Dominica about a pre-approved topic related to health. Topics might include physical or mental health, health care, learning about health, health treatments, or personal definitions of health.

Students will work with Therapy Abroad staff to identify a client, caregiver, family member, or staff member working with PHARCS to complete their interview.

DINNER



Did You Know?

Dominica is home to nine volcanoes, with Morne Diablotins being the highest mountain on the island. It is a six hour hike to the top, in which you can see the islands of Guadeloupe and Martinique.

Day 12

HEAD TO PORTSMOUTH

Today we will head up to Portsmouth (about 1.5 hour drive from Castle Bruce), the second largest town in Dominica. Upon arriving in Portsmouth, you'll have time to check in and get settled at your new accommodations. After lunch you'll spend the afternoon working on your interview project and meeting with your faculty.

This evening we will head out to a relaxing spot on the beach for dinner.



Day 13

PORTSMOUTH – HORSEBACK RIDING IN THE WATER & PURPLE TURTLE BEACH

Today we will divide into groups. Some will go to the beach while others will go horseback riding. The groups will alternate activities so everyone gets to do both. The horseback riding will take you through the forest on the Waitukubuli Trail. You'll have walk along the sandy beach with your horse and take pictures with the crystal-clear water of the Caribbean Sea behind you.

You'll enjoy lunch at the Purple Turtle Beach Club. It's located right on the beach with beautiful views. The rest of the afternoon will be for finishing up any work on your projects, packing, and reflecting on your trip.



Did You Know?

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Day 14

FLY HOME TODAY!

We hope you've had an incredible time and will stay in touch with us.

Use this time to reflect on your clinical experiences and appreciate the culture you learned about!

Please complete a review for us online at [GoOverseas](#) so other prospective students can learn about your experience.



Did You Know?

Dominica is home to over 365 rivers, one for every day of the year!

Flight Details

We work hard to coordinate a group flight for staff and students to ensure travel is seamless. Below are flights we currently have on hold for your group. The utilization period start date is March 1. Names & dates of births are due May 1.

DOMINICA
AIRPORT

DOUGLAS-CHARLES
AIRPORT (DOM)

Itinerary

Flight	Departure	Date	Time	Terminal	Arrival	Date	Time
AA1640	Los Angeles Intl, CA, US (LAX)	15Jun25	23:59	NOT PRE-DETERMINED	Miami Intl, FL, US (MIA)	16Jun25	08:13
AA3465	Miami Intl, FL, US (MIA)	16Jun25	10:05		Dominica Melville Hall, DM (DOM)	16Jun25	13:45
AA3465	Dominica Melville Hall, DM (DOM)	29Jun25	14:30		Miami Intl, FL, US (MIA)	29Jun25	17:55
AA2100	Miami Intl, FL, US (MIA)	29Jun25	21:13		Los Angeles Intl, CA, US (LAX)	29Jun25	23:58

Accommodation Details

You will be staying at the Therapy Abroad Center located in the Castle Bruce area. It is in a beautiful, peaceful atmosphere on the eastern coast overlooking the bay. There are approximately 1350 residents in the area. The accommodation and surrounding area is safe, supported and comfortable.

Your accommodation will offer communal areas to relax and hang out, and comfortable rooms for resting after a long day.

ACCOMODATION INCLUDES

- Towels
- Homemade local meals
- Sheets
- Wi-Fi
- Pillows
- Blankets
- Fresh drinking water
- Western-style toilets/showers

Program Pricing Includes:

- Pre-Departure Curriculum Development
- Full Coordination with Study Abroad Department
- Pre-Departure Support
- International Flights
- Custom T-Shirts
- WIFI Access
- 24-Hour Emergency Phone
- All Meals
- All Accommodations
- Pre-Departure Materials
- Local Program Facilitator
- Materials, Tests, and Diagnostic Tools
- 24-Hour In-Country Support
- Airport Pick-Up/Drop-Off
- International Travel Insurance
- All Ground Transportation
- Organized Excursions
- Clinical Clock Hours
- Therapy Abroad Staff

Final Payments are due 60 days prior to departure. Therapy Abroad recommends that individuals obtain commercial trip cancellation and personal property insurance to protect against foreign travel risks.

Refund Policy: 75 Days Prior to Departure - Loss of student deposit payment | 45 Days Prior to Departure - 50% of Program Fees | 30 Days Prior to Departure or later - No refunds will be made.

SAFETY AND RISK MANAGEMENT

Safety is a part of a systematic and comprehensive process and we understand that safety concerns are a part of planning for any overseas travel. As such, we have made safety our highest priority. Each and every location, accommodation, and activity is rigorously and personally evaluated for safety by the directors of Therapy Abroad. Dominica is considered a safe country, with a small population, good sanitation, and developed tourist infrastructure. Due to the nature of what we do, we work closely with the ministry of education and health to organize your program from beginning to end so that we can account for all of the details. From the time that you depart for our program until you arrive back home, our goal is to provide you with a smooth and worry-free educational travel experience and portal for professional development.

As a student or professional on one of our programs you will be part of a group and always have an experienced group facilitator. We do not outsource our programming or staffing, which means that we personally select our program sites, accommodation, group transport and hire and train our own leaders. Our managing director is in charge of making sure that all of our students have easy access to medical care, clean food and water and communications at all times on our programs.

Therapy Abroad contact information for emergencies:

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