

# Vivian Hernandez-Trujillo, '95

Tenares, Dominican Republic

Tenares is a small town located in the mountains of the Dominican Republic. We visited the "campesino" mountain villages to teach first aid. We reached the campos by taking public transportation, walking or, even, riding mules or horses!



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The first aid courses were meant to empower the people. The students learned how to use the resources available to them in nature to treat burns + fractures. They were especially excited to learn CPR because they "wanted to help others" - a great reminder to me of my reason for studying medicine.



We lived with two Franciscan sisters while we were in Tenares. A popular treat for the children was "the candy jar," while their company was a treat for us!



The Children's Health Club we advised put on a play about family gardening for the children in our campo. Many families had begun to grow their own vegetables by the time we left.

