

2019 ANNUAL REPORT



Vida
volunteer.org



10th LIVE WITH
PURPOSE
LEARN THROUGH
SERVICE
SINCE 2009



Our story begins in 2008 when we started as an alternative so that students and volunteers could find a way to learn and serve, living life-changing experiences.

Students from hundreds of universities around the world have joined our movement through service trips, in which Vida hires local professionals from the areas of medicine, dentistry or veterinary medicine, visiting vulnerable communities.

Over the years, we have been welcomed over 10,000 students and thanks to their support and hard work, we have been able to assist more than 200,000 patients and over 100,000 animals.

Message from our Executive Director

We conclude this year with a grateful heart. Providing access to health care in rural communities is an achievement that shouldn't be taken lightly. We wrap up 2019 with more than 350 days of clinics, 12,200 patients attended, and over 5,000 hours dedicated to initiatives that encourage people to take charge of their health.

All of this could not be possible without the selfless efforts of genuinely extraordinary people. The welcoming partner communities, the students who open their hearts to drive change, and the administrative and field staff that are key to supporting our mission.

I welcome 2020 with excitement and inspiration, witnessing the lives that are touched by Vida's Program while shaping my very own. As we continue to expand our geographical reach and increase the services offered by our organization, we will advance our strategic partnerships with local and international partners.



A handwritten signature in black ink, which reads "Lucía Lemus".

Lucía Lemus,
Director



OUR CAUSE

Vida is an active force working in alliance with local health systems and international students, seeking to improve health promotion through mobile clinics, home visits, and educational workshops in local communities.



Vida contributes to the implementation of the United Nations Sustainable Development Goals (SDGs) - an international agenda to end poverty, fight inequality and stop climate change.

We focus on reducing inequalities, increasing health literacy and supporting SDG 3: Good Health and Well-Being. We currently contribute towards three main fields of work: Medical, Dental and Veterinary, each of which focuses on promoting health and ensuring a long-lasting impact. At the same time, participants develop both intercultural & leadership skills in a real-world environment.

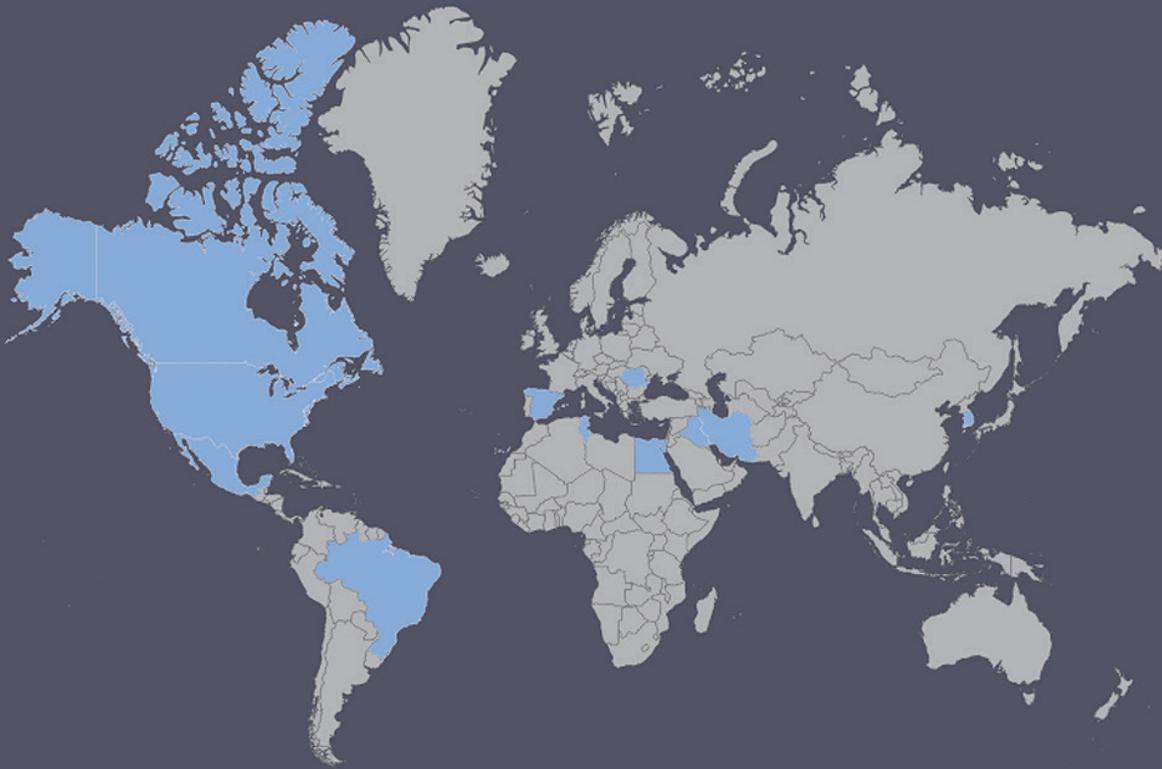
The World Health Organization defines "Health Promotion" as the process that allows people to increase control over their health.

In **Costa Rica**, it is reported that less than **1%** of people have access to health education activities and **Nicaragua and Guatemala** do not have enough qualified human resources to develop health promotion actions.



volunesia
(noun)

*That moment when you forget
you're volunteering to help
change lives, because
it's changing yours.*



In 2019, students from 116 universities around the world were part of this movement. Students participated from the United States, England, Scotland, St. Kitts, Canada, Egypt, Brazil, India, Iran, Iraq, Mexico, Romania, Taiwan, Tunisia, and South Korea.

MISSION:

To promote human and animal health by bringing together the efforts of students, communities, and the local healthcare systems.

VISION:

To become leaders in the human and animal Health Promotion Movement, through service learning experiences in Central America.

Mission, Vision and Values

Our Values:

Team Work: Working professionally to achieve our vision

Caring: Concerned for our communities and taking action for their well-being.

Accountability: Being responsible for our actions and committed to honesty and transparency.

Passion: We love what we do!

Diversity: We embrace and celebrate our differences.

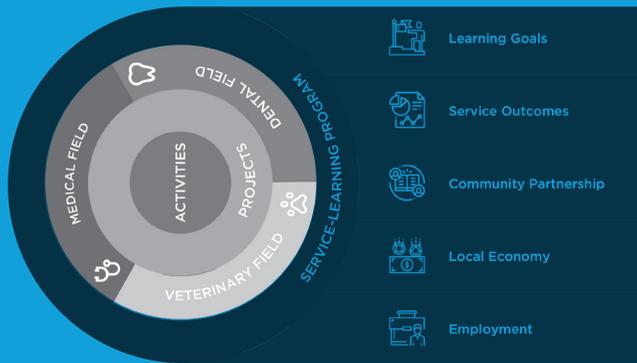




PROGRAM



In 2019, our Service-Learning Program worked in 3 main fields:
Medical, Dental & Veterinary Fields



Service-Learning:

Our program is based on a Service-Learning methodology, put simply, gaining knowledge through serving others.



Dr Bruce Oberstein,
Arizona State University

“

Teaching a study-abroad program is the most rewarding educational activity you will ever have, giving your students a unique academic and cultural life-changing experience. I have worked with VIDA for four years and having a professional organization handling the complex logistical issues and managing every detail, allowed me to focus on my primary duty, which is teaching



Abby Meinke
College of Saint Benedict
and Saint John's University

”

“

Our doctors & translators were all top-notch: friendly, personable, kind, and compassionate. I would recommend Vida to anyone looking for a medical service trip.

”



For six years in a row, our program was awarded **"Top-Rated Non-Profit"** on the website www.greatnonprofits.org thanks to the evaluations and comments of the students.

MEDICAL FIELD

Provide medical services in communities with limited or no access to medical care, reduce the incidence of diseases, and promote health through mobile clinics, home visits, and partnerships with local health systems.

Students develop practical skills to become more empathic professionals, learning to recognize the most common diseases and their different treatment and health promotion options.



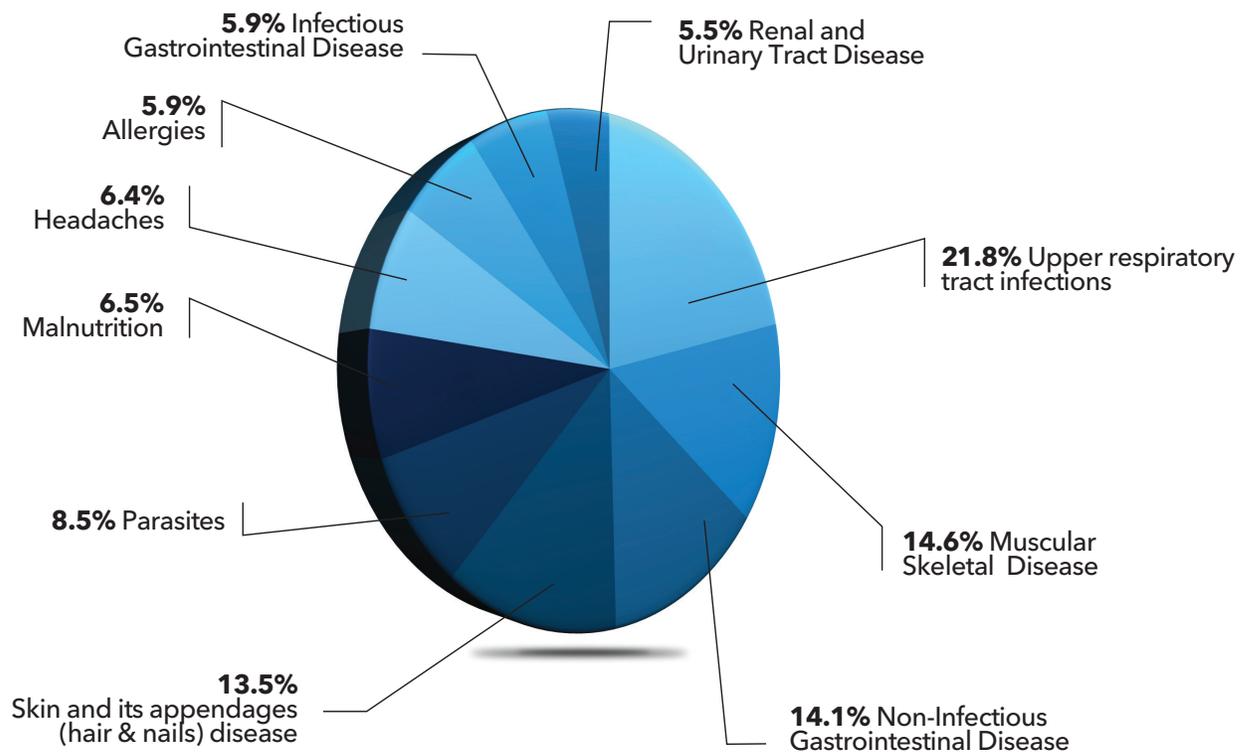
Medical field summary:

517	STUDENTS PARTICIPATED IN THE MEDICAL FIELD
7.979	PATIENTS TREATED IN CENTRAL AMERICA
303	DOCTORS HIRED
468	FAMILIES VISITED
147	CLINIC DAYS
607.992	TOTAL CERTIFIED STUDENT SERVICE HOURS



Guatemala:

From December **2018** to September **2019**, **5,967** patients were treated in Guatemala, in communities from the departments of Sacatepequez, Chimaltenango, and Sololá, resulting in **105** days of direct community service. **70%** of all patients were women, **12%** were children between **5** and **9** years old, and **7.6%** were adults over **65** years old.



Comparatively, **5,753** patients were treated in Guatemala in 2018 and some of the indicators decreased. For example, respiratory tract infections went down from **25.1%** to **21.8%**, and muscular-skeletal disease went down from **18.2%** to **14.6%**.

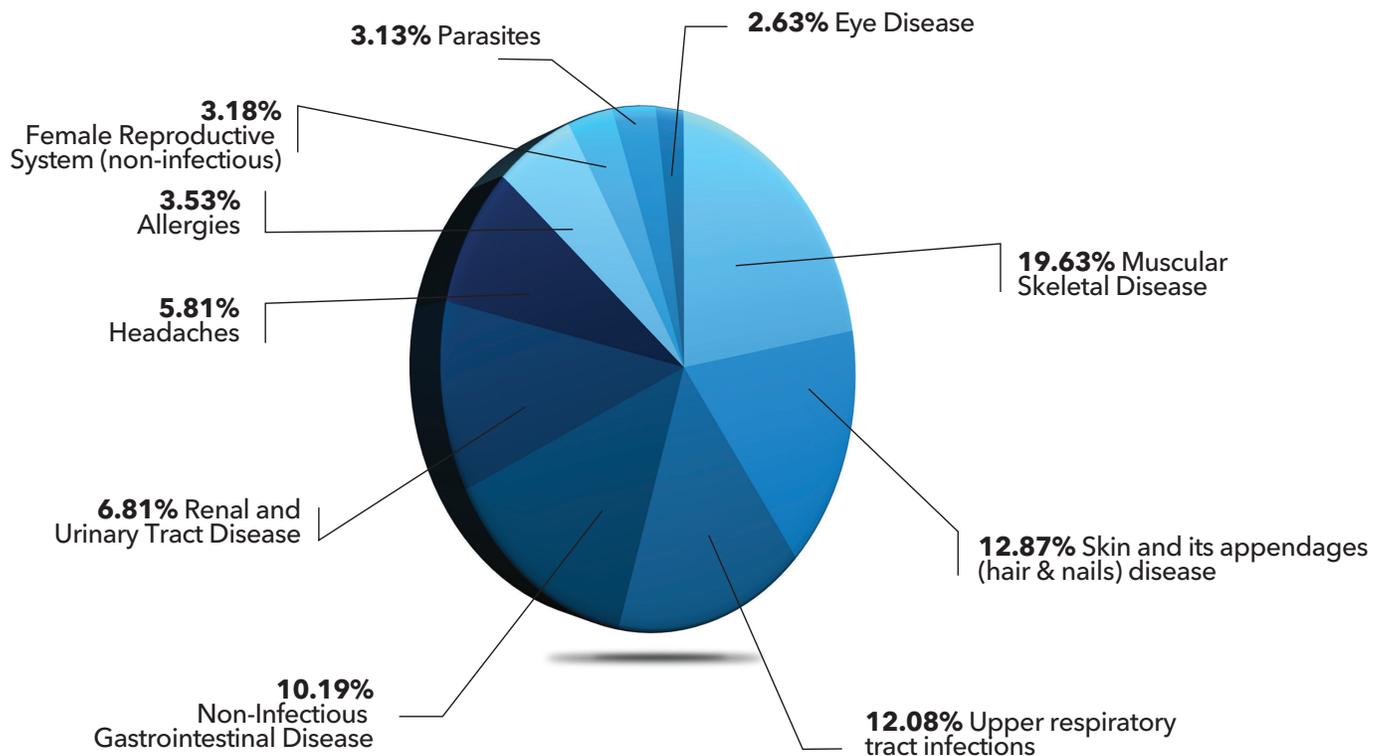
On the other hand, the percentage of patients who reported being healthy when visiting our clinics went up from **2.3%** in **2018** to **4.8%** in **2019**. We are excited about the possibility that Vidas health program is encouraging more healthy people to visit health professionals and educate themselves before getting sick.

While there are many factors to take into consideration when analyzing this data, we are proud to know that the Vida program is one of the options community members seek to improve their health conditions.

Costa Rica:

From December **2018** to September **2019**, **2,012** patients were treated in Costa Rica in the provinces of Puntarenas, Alajuela, and Guanacaste. **69.8%** were women, **9.6%** were children between **5** and **9** years old and **9.1%** were adults over **65** years.

As seen below, the most frequently reported diseases were diseases of the muscular-skeletal system, followed by skin and upper respiratory tract infections.



In Costa Rica, **17** days of Family Visits allowed us to see **1,982** people inside their homes. These visits were carried out in **14** communities, identifying:

18.4% of people did not have social security

4.5% were smokers

12.8% of adults had high blood pressure

6% of adults had type 2 diabetes

10.3% of adults had chronic diseases (2.6% uncontrolled)

4.8% of women delayed Pap smears (more than 2 years)

DENTAL FIELD

55	dental students
1.651	patients treated in Central America
2.487	dental procedures
70%	were preventive procedures (prophylaxis, fluoride, others)
10%	were dental extractions
18	dentists hired
50	clinic days
22.000	total certified student service hours



Provide dental services in communities with limited or no access to dental care, providing patients with educational talks and basic dental services.

VETERINARY FIELD

287	veterinary students participated in the veterinary field
154	clinic days
2.636	total animal patients attended
1.611	dogs and cats treated
792	cows
233	poultry
1.231	spay & neuters
73%	were spays
208	families visited by a veterinarian
353.584	total certified student service hours

Veterinary services in communities with limited or no access to the veterinary service, control animal overpopulation and promote animal welfare through mobile clinics and home visits.



Students gain practical experience in animal welfare education, basic surgery, and clinical skills, understanding the importance of high-quality and low-cost sterilizations.





International Veterinary Training Center

INTERNATIONAL VETERINARY TRAINING CENTER

The IVTC is an exciting opportunity for students and professionals to improve their surgical and clinical skills by providing high-quality, ethical, and low-cost sterilization to local animal shelters, working with local professionals. The IVTC aims to help control overpopulation and improve the quality of life of animals that, otherwise, may not receive adequate care.



I could not have passed my surgical and anesthesia exam without the help of the Vida Team! Best wishes, and thank you to everyone! I am very grateful for all the guidance and help.



Mihaela Arafa Mocanu
University of Veterinary Medicine
and Agricultural Science Bucharest

55 participants

145 clinic days

Hired over **100** local professionals

757 spay & neuters

63.800 total service hours



SPECIAL PROJECTS

In 2019, we also worked in partnership with like-minded organizations and universities, that positively impacted communities through Vida.



GLOBAL LEADERSHIP ADVENTURES

Another year of GLA-Vida partnership brought 157 high school students to Central America, between the months of June and August 2019. This partnership provided services in communities in Costa Rica and supported mobile spay & neuter clinics and animal welfare home visits.



126 Spay & neuters

Over **60 families** were visited in their homes and were provided with specific animal welfare recommendations.



MAYO CLINIC

Professionals and students from Mayo Clinic, the # 1 Hospital in the United States, according to U.S. News & World Report 2019-2020, visited us during the month of June 2019. This visit allowed a technical exchange between the health professionals of Mayo Clinic and those of the Costa Rican Ministry of Health and the Costa Rican Social Security Fund - CCSS (the country's Social Security).

171 medical consults.
49 local professionals from the Ministry of Health and the healthcare provider "Caja Costarricense de Seguro Social CCSS" were trained in Suicide Prevention and Mental Health
52 families visited
9 families visited by psychiatrists





IMPROVED COOKING STOVES

Eleven families from the “El Tunino” community in Guatemala benefited from the installation of an improved stove, a type of stove that slows down deforestation through decreased firewood consumption and improves health in rural areas by reducing respiratory and eye diseases in women and children.



PENNY WARS

An exciting fundraising campaign initiated by our co-founder in 2015 to work with elementary school students from the U.S., contributing to our mission by funding a Mobile Veterinary Clinic day.

This was our third year and they raised \$ 1,086.89 which funded an entire day of castrations in the community of Santa María de Jesús, Sacatepéquez, Guatemala, and also provided an opportunity to refresh our local staff in Vida protocols.



IMPACT ACT



**WE MEASURE OUR IMPACT
THROUGH FIVE COMPONENTS:**



**LEARNING GOALS
SERVICE OUTCOMES
COMMUNITY PARTNERSHIP
LOCAL ECONOMY
EMPLOYMENT**

LEARNING GOALS:

Learning Goals provide our program with the opportunity to combine service with knowledge, academics, career development and real-life experiences.

We hope that all students finish their trips as satisfied as possible with the achievement of these objectives.



Dalton Shaw
University of Wisconsin
La Crosse

“
I've been on 2 Vida trips and every time my expectations going into the trip has been surpassed. The knowledge and experiences that I have gained from these trips are unmatched. A couple of my favorite things about Vida is how helpful and welcoming everyone is, from the doctors to the clinic coordinators. My favorite thing is the feeling you get when you leave a clinic day knowing that you made a difference in someone's life.
”



1.077 TOTAL PARTICIPANTS

865

UNDERGRADUATE
STUDENTS

157

HIGH SCHOOL
STUDENTS

55

PARTICIPANTS
IN THE IVTC

98.8% of students say that they achieved their learning goals

95.09% Net Promoter Score

98.4% of students say that the Program met their expectations

92.3% of students say that the Program has an excellent balance of service, culture and recreation

94.8% of students say that the Program helped define their career choice

90% of participants in the Program are women



\$111,059,888

AWARDED IN SCHOLARSHIPS DURING 2019 ALLOWING MORE STUDENTS TO JOIN THE MOVEMENT .



Jesus Noj
Community Coordinator
Sololá, Guatemala

“

The greatest experience and satisfaction that I have lived has been helping the indigenous in need in the communities of my dear Guatemala, especially children and the elderly.

”



Vida trips are designed to meet the community's specific needs, and each activity is carried out within the reality, possibility and best interest of the communities.

SERVICE OUTCOMES

70%

of patients are women
According to the World Health Organization - WHO, the health of women and girls is of particular interest since, in many societies, they are disadvantaged by discrimination and rooted in sociocultural factors. It is women and girls who face the most significant vulnerability in topics such as HIV/AIDS. Studies show that a healthy and empowered woman generates a high impact on the family health of other vulnerable people such as children and older adults.

100%

of the patients consulted rated staff professionalism, time spent with doctor, treatment explanation, decent and respectful treatment and attention given by the doctor as "excellent" or "very good"

82.9%

of the patients surveyed would highly recommend Vida to others.



86.9%

of patients rated the health information received as very positive.

Source: Vida Medical Patients Survey, 2019

COMMUNITY PARTNERSHIPS

All community stakeholders are key to implementing our program, including the local healthcare system, community leaders, and other related organizations.

Our new "Community Partnership Framework" was designed to create a method that selects and monitors communities based on socioeconomic indicators and community relations strategies.

Vida actively participated in 58 partner communities in Central America
Each community was visited an average of 3 times over the year



ZOOM IN

Cañas Dulces de Liberia,

Cañas Dulces is a small community in the province of Guanacaste, Costa Rica. It has a population of 3,600 inhabitants and by working together, we:

Provided medical attention to 9% of the population. Local health center saved \$16,750 on medical consults.

Provided dental attention to 5% of the population. Spay & neuters addressed approximately 6% of the total pet dog population according to the 2016 National Study on Costa Rica's Dog Populations.

This is equivalent to a population control of up to 840 dogs.



Pamela Bello
Community Coordinator
Liberia, Guanacaste, Costa Rica



Vida is an opportunity to reduce inequalities, through providing our families with a humanitarian service



PARTNER COMMUNITIES OF GUATEMALA



DEPARTMENT	MUNICIPALITY	COMMUNITY
Chimaltenango	Parramos	San Jose Calderas Parramos El Chipotón
	San Andres Itzapa Zaragoza Chimaltenango El Tejar	San Andres Itzapa El Cuntic El Rosario Santo Domingo
Sacatepéquez	Sumpango	El Tunino El Yalu / El Arado
	Milpas Altas	La Libertad Santa Rosa Santa Lucía Magdalena Santo Tomás San Miguel Buena Vista
	Santa María de Jesus	Santa María de Jesus
Sololá	Sololá	Colonia Maria Tecún El Tablón El Calvario Chaquijyá San José Chacayá San Felipe, Sj Chacaya Ixtahuacán San Isidro
		Santa Catarina Ixtahuacán
	Nahualá	Nahualá Quiacasiguan Nahualá
	San Lucas Toliman	San Lucas Tolimán



PARTNER COMMUNITIES OF COSTA RICA

PROVINCE	MUNICIPALITY	COMMUNITY
Guanacaste	La Cruz	Barrio Irving Las Vueltas Cuajiniquil La Garita Santa Cecilia Santa Elena Tempatal Guapinol de La Garita Bolaños El Jobo
	Liberia	Pijije Quebrada Grande Cañas Dulces Curubandé Barrio Nazareth Buena Vista El Salto Guardia
	Nicoya	San Martín
	Bagaces	Corazón de Jesús
Puntarenas	Parrita	La Vasconia La Loma Las Vegas
Alajuela	Los Chiles	Coquital El Parque San Francisco Pavon San Gerardo San José del Amparo





Local Economy

“



We consider the Parramos Homestay Program to be part of our family and life project. It is a unique activity within the community that allows families to share our culture and receive affection and gain respect for visitors from other countries. The family in its role as a secure social unit allows us to serve with love and friendship

Sóstenes Salazar and family
Parramos, Chimaltenango,
Guatemala.

”



Shirley Robleto
Manager, family-owned
transportation
company Trochisa
Costa Rica

“

Being part of Vida has meant great satisfaction, learning a lot, and an opportunity for our company to grow while providing help to so many people in need

”

We buy locally to help strengthen the community's economy.

We work with local pharmacies, hotels and other community providers. In many cases, we provide training and work closely with local women so they can provide food and lodging services to our teams.



58 Families belong to our Homestay Program.

\$72,917.72 paid annually to host families for services.

\$7,505.56 paid annually to providers
of cultural activities

\$46,110.72 paid annually to small local pharmacies.

\$162.753 paid to transportation providers

\$42,462.51 paid to providers of recreational activities

\$225,231.07 paid to various lodging providers

Employment

Each year, Vida hires local physicians, veterinarians, health promoters, dentists, interpreters, and team leaders.

All students are supervised by local licensed professionals to practice and work closely with local leaders. Our offices in the USA, Guatemala, Nicaragua, and Costa Rica employ professionals from various areas permanently.

\$289.545 paid in professional services

73% of all staff members are women

- 12** Team Leaders
- 70** English-Spanish Interpreters
- 35** Spanish - Mayan Interpreters
- 31** Physicians
- 10** Dentists
- 34** Veterinarians and Veterinary Assistants
- 16** Community Coordinators in 6 provinces/departments of Guatemala and Costa Rica



VIDA HEADQUARTERS:

22 employees in the United States, Guatemala, Nicaragua and Costa Rica. The total distribution of salaries by gender is **14%** more in women than in men. **40%** of the Executive Committee is made up of women.

FINANCIAL INFORMATION





INDEPENDENT AUDITORS' REPORT

Board of Directors
VIDA
Arlington, Virginia

We have audited the accompanying financial statements of VIDA (a nonprofit organization), which comprise the statements of financial position as of September 30, 2019 and 2018, and the related statements of activities, cash flows, and functional expenses for the years then ended, and the related notes to the financial statements.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with accounting principles generally accepted in the United States of America; this includes the design, implementation, and maintenance of internal control relevant to the preparation and fair presentation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditors' Responsibility

Our responsibility is to express an opinion on these financial statements based on our audits. We conducted our audits in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditors' judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. Accordingly, we express no such opinion. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of significant accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our audit opinion.

Opinion

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of VIDA as of September 30, 2019 and 2018, and the changes in its net assets, and its cash flows, for the years then ended in accordance with accounting principles generally accepted in the United States of America.

CliftonLarsonAllen LLP

Tampa, Florida
January 24, 2020

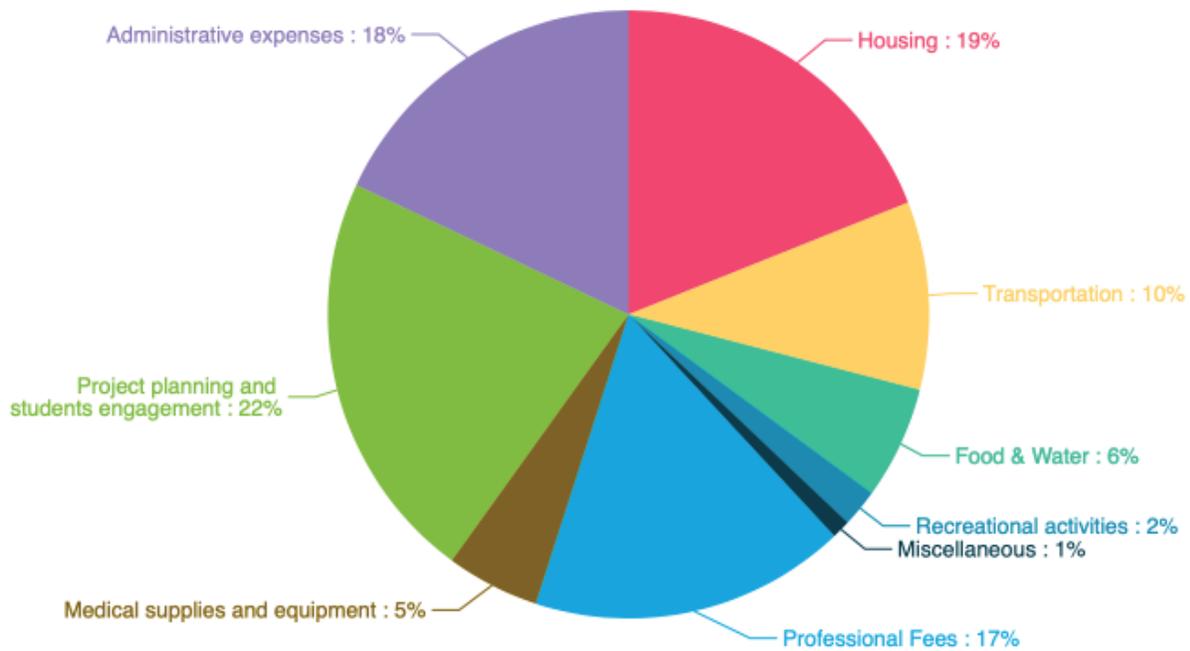
VIDA
STATEMENTS OF FINANCIAL POSITION
SEPTEMBER 30, 2019 AND 2018

	2019	2018
ASSETS		
CURRENT ASSETS		
Cash and Cash Equivalents	\$ 634,209	\$ 579,913
Certificate of Deposit	154,878	152,051
Other Accounts Receivable	15,069	18,497
Total Current Assets	804,156	750,461
LONG-TERM RELATED PARTY RECEIVABLE	140,223	129,088
PROPERTY AND EQUIPMENT		
Property and Equipment	261,257	240,994
Less: Accumulated Depreciation	(114,388)	(99,618)
Net Property and Equipment	146,869	141,376
Total Assets	\$ 1,091,248	\$ 1,020,925
LIABILITIES AND NET ASSETS		
CURRENT LIABILITIES		
Accounts Payable	\$ 3,777	\$ 12,333
Accrued Liabilities	105,303	83,826
Deferred Revenue	134,054	155,383
Current Maturities of Long-Term Debt	6,034	5,384
Total Current Liabilities	249,168	256,926
LONG-TERM DEBT (Net of Current Maturities Shown Above)		
Mortgage Payable	43,930	49,977
Total Liabilities	293,098	306,903
NET ASSETS WITHOUT DONOR RESTRICTIONS	798,150	714,022
Total Liabilities and Net Assets	\$ 1,091,248	\$ 1,020,925

VIDA
STATEMENTS OF ACTIVITIES
YEARS ENDED SEPTEMBER 30, 2019 AND 2018

	2019	2018
REVENUES, GAINS, AND OTHER SUPPORT WITHOUT DONOR RESTRICTIONS		
Contributions	\$ 19,055	\$ 11,484
Program Service Revenue	1,789,652	1,540,217
Interest Income	3,119	1,904
Exchange Rate Effect	4,651	565
Total Revenues, Gains, and Other Support Without Donor Restrictions	1,816,477	1,554,170
EXPENSES		
Program Services	1,455,983	1,284,355
Supporting Services	276,367	275,895
Total Expenses	1,732,349	1,560,249
CHANGE IN NET ASSETS WITHOUT DONOR RESTRICTIONS	84,128	(6,079)
Net Assets Without Donor Restrictions- Beginning of Year	714,022	720,101
NET ASSETS WITHOUT DONOR RESTRICTIONS - END OF YEAR	\$ 798,150	\$ 714,022

TRIP FEE BREAKDOWN





CONTACT INFO

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