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Our records indicate that you are interested / registered in our Intensive 4 day Spanish Medical and Cultural Workshop scheduled in La Paz, Baja California Sur, Mexico.

Our Medical Spanish & Cultural Competency course will be held at:

El Hotel Seven Crown (Centro Histórico)
Revolucion de 1910 No. 1090, Zona Central
La Paz, BCS, Mexico

If you wish to lodge at Hotel Seven Crown, you can reserve a room requesting any specific needs you may have by calling the hotel at 011-52-612-122-3747.

The location is within walking distance to the malecón (boardwalk), restaurants, shops, pharmacies, the cathedral, and the main museum.

You are welcome to stay there at a discounted rate for our attendees (approximately \$89.00 per night includes taxes and breakfast for 1 king bed or \$94.00 per night for 2 full beds, which, also includes taxes and breakfast).

There are several other nearby hotels and Airbnb's available for all budgets.

La Paz is located approximately 2 - 2½ hours by car from Cabo San Lucas. It is a very peaceful, calm “pueblo”, without a great number of tourists, and where many locals do not speak English. (Thus... much Spanish practice is involved.) La Paz has an international airport and it would probably be best to check online as to which carrier and location (La Paz or Los Cabos) would offer you the best rates.

If you choose to travel via Los Cabos, you can either rent a car and drive the 120 miles or take one of the shuttles from the Los Cabos Airport to the Bus Depot in La Paz. It will take about 3 hours, but you will enjoy some of the stunning views and the culture of the area. We suggest using EcoBaja Tours for the shuttle, they have the newest, and more comfortable fleet although a bit more expensive than others.

Once you arrive in Mexico, either La Paz or Los Cabos, you can simply deplane, go through Mexican Customs, and catch a taxi or shuttle (sort of a limousine type service) and ask them to take you to Hotel Seven Crown or to whichever hotel you will be staying at. This should cost approximately \$20 - 25 dollars per person (depending on the peso rate) from La Paz Airport.

You will need your passport to re-enter the US from most countries. At times a \$30 (depending on the peso rate) visa or entry charge is requested when arriving in Mexico. It generally depends on the port and the manner of entry, but, just in case, you may want to come prepared.

Daily Schedule

Our 4-day course is a great opportunity to participate in our full training program and learn in detail about the culture, medical terms, grammar, and key phrases in order to communicate more effectively and efficiently with your Latino patient.

Classes begin every day at 8:00 AM and end approximately at 4:00 PM.

On Monday (last day) we will have covered the essential class material by [noon](#) in order to accommodate those who need to leave early for return flights or other commitments.

Of course, those who wish to stay are welcome to do so and we will be there to continue working with you, practicing your newly acquired skills.

You will have daily homework from the textbook as well as “townwork” where you will have the opportunity to meet and talk to the local population getting directions, acquiring pricing information and availability of medications, products, etc. You will also have the opportunity to observe and/or become involved with the local culture, habits, and medical community.

We will also have the hospital tour arranged one of the afternoons.

In addition, we will have a guest speaker who is a well-known and highly regarded physician in the community who is always happy and eager to share valuable information and answer questions.

You will still have time to enjoy the city in the late afternoons and evenings.

There are many activities that can be enjoyed in La Paz and nearby towns:

- Walk, run or jog on the Malecon (Boardwalk)
- Visit one of the many nearby beaches
- Boat trip to swim/snorkel with Whale Sharks (if in season) +/- 4 hours
- Boat trip to swim/snorkel at sea lion’s colony +/- 6 hours
- Boat trip or camping at Isla Espiritu Santo [from 8 hours to 2](#) days (if you decide to extend your trip)
- Kayaks or SUPs rentals at the bay
- Bicycles rentals
- Hiking trails

- Snorkeling and Scuba Diving
- Visit museums in La Paz
- Day trip to old mining town of El Triunfo (cafes, shops, restaurants, and museum)
- Day trip to charming colonial town of Todos Santos (cafes, shops, restaurants, and famous Hotel California)

Please be sure to bring the following:

1. Spanish-English Pocket Dictionary - (optional – but extremely helpful)
2. Writing material for taking notes
3. Comfortable clothing in general, but at least one semi-formal or professional suit/outfit to be worn when visiting the hospital, residents and/or doctors (i.e. no shorts, sandals or T-shirts, etc. during hospital visits.)

We will send the Text/Workbook to you beforehand but can only do so if you submit your assessment form, which allows us to place you in the proper level.

Fee includes CME Credits and Textbook.

If you are a total beginner, please study the first chapter, as well as pgs. 31, 34-36 and 39-41 in Chapter 2, and pgs 45-47 in Chapter 3 (the more – the better) before coming to class. In this way, you will surely feel more comfortable the first day.

If you have any questions or require additional information, please contact us at your convenience. We are looking forward to seeing you and be prepared to learn a great deal while enjoying yourself as well!

¡HASTA PRONTO!

Rios Associates Health & Safety Protocols

The safety of all attendees and instructors is a top priority to Rios Associates.

By attending our course, you agree to engage in certain beneficial health and safety conduct while attending the course.

We will carry out the following best practices to help attendees and staff stay healthy and to reduce exposure and risk.

Rios Associates will:

- Require attestation of a negative result to a COVID-19 antigen self-test 24 hours prior to the course.
- Strongly encourage the use of masks throughout the course.
- Provide an appropriate amount of hand sanitizer stations.
- Provide enhanced cleaning schedules with enhanced filtration system (using HEPA-filtered air cleaners).
- We will kindly ask to please stay home if feeling feverish or exhibiting other symptoms of COVID-19 (We will work with you to connect remotely and/or study from home. You are also welcome to use your credit for any future course-no expiration date).

*We will continue to update our policies as changes are made or required.

Rios Associates will provide the option to participate in a color-coding system on badges for attendees to identify their comfort level with interactions with other attendees:

- Red Dot or Label = No Contact
- Yellow Dot or Label = I'm willing to elbow bump
- Green Dot or Label = I'm willing to shake hands and hug

LEARNING OBJECTIVES

Acquire the ability to interview patients in Spanish, take medical history, conduct physical exam, give prescriptions and follow up instructions. Intervene with medical emergencies. Develop an awareness of differences in attitudes between Latinos & other Americans concerning time, space, clothing, foods, health & medical care.

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine at the Arizona Health Sciences Center and Rios Associates. The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the ACCME to provide continuing medical education for physicians.

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this live activity for a maximum of *45 AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE INFORMATION

All Faculty, CME Planning Committee Members, and the CME Office Reviewer have disclosed that they have no financial relationships with commercial interests that would constitute a conflict of interest concerning this CME activity.