MEDLIFE Chapter Activities Manual

Social/Team Bonding Events

We've found that encouraging our members to get to know each other improves engagement and retention!

Why is it important to host social events?
In addition to volunteering and fundraising, social events are an important component of group bonding.
- Encourages students to meet other students they do not know.
- They build personal connections among existing members and help attract new members.
- Maintains the chapter alive even when SLT or Moving mountains is not happening and helps retain members.
- Helps to reduce stress and promote well-being among members.
- Enhances the overall effectiveness of the chapter's work in promoting healthcare and development initiatives.

Tips and Tricks
- Make time for ice breakers each meeting
- Be creative! You know your Chapter best. Think about fun, out of the box ways to engage your members

Events ideas for General Members

Ideas	Description
Trivia Night / Kahoot	Teams are typically formed and compete against each other to answer trivia questions related to global health issues, social determinants of health, and other relevant topics. Logistical: booking the room, choosing a theme, deciding on the questions Financial: ~$100 for ~10 teams of 50 people

Formals/End-of-year Banquet	Logistical: booking the venue, ordering refreshment, decorating the place, creating a sign-up form Financial: ~$300 for ~50 people
Bingo night	Fun and interactive social event where participants can enjoy playing bingo while learning about MEDLIFE's initiatives and fundraising efforts, with the chance to win prizes throughout the night.
Jeopardy night	Popular trivia game show where contestants are presented with answers and must phrase their responses in the form of a question, testing their knowledge on a variety of topics. It can be adapted as a fun and interactive game for events such as MED Talks or trivia nights.
Mural Painting	Members work together to create a public mural that raises awareness about healthcare and development-related issues, while also beautifying a public space. It can also be an opportunity to engage with local communities and partners, fostering meaningful relationships and partnerships.
Floor Party	Host a floor party to create a fun and engaging environment for members of the MEDLIFE chapter, they may engage in a variety of activities, such as playing games, watching movies, or participating in team-building exercises.
S'mores night & Trip Reunion	Brings together participants who have been on a MEDLIFE trip, to reconnect and reminisce about their experiences while enjoying delicious S'mores. In addition to enjoying S'mores, participants may engage in activities that foster team-building and camaraderie, such as playing games, sharing stories about their experiences, and reflecting on what they learned during the trip.
Game Night	Host a game night where members can come together to play board games, card games, or video games. This is a fun way to get to know each other and bond over friendly competition.
Movie Night	Organize a movie night where members can watch a movie related to health or social issues. This can include documentaries or feature films, and can be followed by a discussion about the issues raised in the movie.

Potluck	Organize a potluck where members can bring their favorite dishes to share with each other. This is a great way to experience different cultures and cuisines while also socializing.
Sports Day	Organize a sports day where members can play different sports together, such as soccer, basketball, or volleyball. This is a fun way to stay active while also bonding with other members.
Networking Event	Organize a networking event where members can meet and network with professionals in the health or social fields. This is a great way to learn about different career opportunities and connect with others in the field.
Art night	Host an art night where members can express their creativity through painting, drawing, or other art forms. This is a great way to relax and de-stress while also socializing with others. Example
Excursion day / Outdoor Adventure	Organize an outdoor adventure, such as a hiking trip or camping trip, where members can explore nature and bond with each other. This is a great way to stay active and experience the outdoors and to talk about the goals of the semester.
Scavenger hunt	Plan a scavenger hunt with clues related to healthcare or development. This can be a fun and challenging way to promote teamwork and problem-solving skills. Example here.
Group cooking class	Plan a group cooking class where members can learn how to prepare healthy and nutritious meals together. This can be a fun and engaging way to learn new skills and promote healthy eating habits.
Game tournament	Host a game tournament, such as a board game or video game tournament, and encourage members to participate and compete. This can be a fun way to build relationships and promote healthy competition.

Friendly Competitions (can be Chapter-wide or school-wide)	• Case study Example 1 and Example 2 • Arts Example • Video Submissions • Poster Submissions Example

MED Talks and other educational workshops

A MED talk is a presentation or speech on a healthcare / development-related topic and also professional/personal growth topic given by a healthcare professional, researcher, or other expert. They can be delivered in a variety of formats, including lectures, panel discussions, and interactive workshops.

Why is it important to host MED Talks

- Provides a platform for sharing knowledge and experiences on healthcare and development-related topics.
- inspire individuals and communities to take action towards improving healthcare and development outcomes, whether locally or globally.
- Fosters community-building and encourages members to engage with one another.
- Offers networking opportunities with professionals and experts in the field, potentially leading to mentorship and career development opportunities.

Topics	Description
Leadership motivation	Perspective on leadership given by a keynote speaker that has created and/or led a social initiative, projects, organizations, etc. Example here
Career inspiration	Invite a keynote speaker (It can be former students at college/high school) to speak about their career experiences, insights on healthcare and development related topics and provide valuable guidance to current members who are interested in pursuing careers in those fields. Example 1 here and Example 2 here

Professional Workshops	- Interview skills - Professional development - Exam prep - Resume-building
Access to Healthcare	How can we improve access to healthcare for underserved communities?
Global Health Issues	What are some of the biggest global health issues we face today, and how can we address them?
Health Education	How can we improve health education in schools and communities to promote healthy living and prevent disease?
Healthcare Innovation	What are some of the most exciting healthcare innovations and technologies that are changing the field?
Mental Health	How can we better address mental health issues and promote mental wellness in communities?
Health Disparities and Social Determinants of Health	What are the social determinants of health, and how do they contribute to health disparities? How can we address these disparities?
Health Policy	How do health policies impact access to healthcare and health outcomes, and what policies should we be advocating for?
Inequality	What are the causes of inequality, and how does it perpetuate poverty? How can we work towards greater equality?
Access to education	How does lack of access to education contribute to poverty, and how can we improve access to education in developing countries?
Structural violence	How do political and economic structures perpetuate poverty and inequality, and what can we do to address these structures?

Gender inequality	How does gender inequality contribute to poverty, and how can we promote gender equality as a means to reduce poverty?
Environmental degradation	How does environmental degradation contribute to poverty, and how can we promote sustainable development to address these issues?
Lack of access to basic services	How does lack of access to basic services such as healthcare and clean water perpetuate poverty, and how can we improve access to these services?
Income inequality	How does income inequality perpetuate poverty, and what can we do to reduce income inequality?
Medical Mission Trips	What are the benefits and drawbacks of medical mission trips, and how can we ensure that they are ethical and effective?
Cultural Competence	What is cultural competence, and why is it important in healthcare and development work?
Social Justice	How can we work towards social justice in healthcare and development, and what role can health professionals play in this work?

Local Community Volunteering Projects

Why is it important to host local community projects?
- Involve yourself in your local community
- Expand the MEDLIFE Movement
- Create change in your community
- Mentor younger students who are also interested in community development and global health issues.

Project Checklists

- ❏ **Identify the most common problems in your community**
- ❏ **Design and distribute a survey to identify what students are interested in doing**
- ❏ **Mentor and partner with local organizations in the area**

❏ First, focus on local youth organizations of students who are interested in empowerment and community development.
❏ Example youth organizations: HOSA, Girls Build, etc.
❏ Other organizations tackling poverty in your community: Hospitals, Shelters, etc.
❏ **Introduce yourself as part of the MEDLIFE Movement**
  ❏ Use email templates online to reach out to different stakeholders
    ❏ Try to offer options such as a phone call, coffee chat or site visits
  ❏ Follow up in two weeks if you haven't received responses
❏ **Discuss the content, date, frequency, relevant parties and the number of students involved during the project with the organization**
  ❏ Come up with a proposal/game plan for future references
  ❏ Reach out to MEDLIFE International if you need help or letter of reference
  ❏ Consider the feasibility and sustainability of the project from both logistical, financial and transportation perspectives
  ❏ Break into smaller subcommittee/chairs to work on the project
❏ **Keep club members in the loop**
  ❏ Allocate at least one meeting to brief students on the community project(s)
  ❏ Set deadlines for signups/registration
  ❏ Create a signup sheet/TinyURL to keep track of attendees

Ideas
Partner with another volunteer organization on campus
MEDLIFE Goods Drive (see our donations list for [Lima, Peru](#) - [Cusco, Peru](#) - [Ecuador](#) - [Costa Rica](#) - [Tanzania](#))
Local soup kitchens
Elderly rehabilitation homes
Food drives/canned food banks
Homeless shelters
The American Red Cross (Blood Drives)

Habitat for Humanity

Local daycares/afterschool programs for students

Free tutoring sessions

Community clean-ups (river clean-ups, street clean-ups, graffiti clean-ups, etc.)

Bagging groceries and local farmer's markets

Local Health Clinics

Ronald McDonald House Charities

Breast Cancer Patient Service Programs (Hope Lodge, I Can Cope, Road to Recovery, Reach to Recovery, Look Good…Feel Better)

Local Community Centers

Volunteer to help run 5Ks and marathons around your community

Look for opportunities in your local community online that interests you and your members!