



Vida Volunteer  
[www.vidavolunteer.org](http://www.vidavolunteer.org)  
1-888-365-VIDA

Dear **[their name]**,

My name is Lucia Lemus and I am the director of the wonderful nonprofit organization Vida Volunteer. Vida is non-profit humanitarian volunteer association based in Costa Rica and a 501c3 charity in the State of Minnesota. We provide free medical, dental, and veterinary care to needy communities in Central America, where most individuals bring home as little as \$2 a day. At the same time, we provide volunteers with a unique hands-on, eye-opening, and mind-enriching volunteer experience. Vida volunteers learn first hand about Central American cultures, participate in home-stays, cultural activities, and work side by side with local licensed health care professionals in mobile clinics. This is an excellent opportunity for those who are pre-professionals and advanced students to test the waters in a highly supervised environment.

**[your name]** will be joining our **[pre-medical/ pre-dental/pre-veterinary]** team in helping the needy communities in Central America from **(----) to (----)**. We support sustainable development and believe in empowering communities by assisting and supporting other non-profit organizations that are based in the communities we serve. Our patients then have continued follow-up and support after our medical mission team has gone back home. Each year, Vida continues to advance the causes of global health care and animal welfare through our veterinary, medical, and dental programs. We have seen many lives changed for the better due to the medical, dental, and veterinary care and education provided to these communities. We also need continued support from people like you.

To make **[your name's]** trip a success, we need your help in one of four ways:

1. Join us on our brigade if you or someone you know is a healthcare professional or student
2. **[your name]** is looking for sponsors (any amount) to help **[him/her]** pay for **[his/her]** travel expenses which are between \$2,300 - 2,500, depending on airfare.
3. Sponsor **(your name) [she/he]** needs to find one person to be **[his/her]** champion to ensure the long-term sustainability of Vida described above and to help **[his/her]** group pay for extra medicines and supplies that we are unable to collect as donations.
4. Donate supplies and equipment or money to purchase needed items. Vida is a 501c3 nonprofit charity in the United States. All donations made to us are tax-deductible. Please visit the Vida [website](#) for a detailed list of items needed.

To sponsor **[your name]**, please visit our [website](#) and enter in his/her name when prompted. Donations for volunteers must be submitted at least 45 days prior to the service trip date). General Donations processed through PayPal will be utilized for trip preparations and medical supplies. Though general monetary donations made to Vida are tax-deductible, please note that donations earmarked for specific volunteers are not tax-deductible. Any check donation can be submitted through PayPal (e-check) or to "VIDA" and sent to the following address, along with our Donations & Contributions Check Information Sheet:

**Vida Volunteer**  
**2612 South Arlington Mill Drive, Unit C**  
**Arlington, Virginia 22206**

We are excited that **[your name]** has taken steps to help the global community and join our unique program, and we hope that we can count on your support to help educate our future healthcare providers about global health issues. My hope would be that one day you might even consider joining us on a trip to Central America to support our mission.

Lucia Lemus, Vida – Executive Director  
[lucia@vidavolunteer.org](mailto:lucia@vidavolunteer.org)