

## Medical healthcare Internship Placements in Tanzania



### Project

Medical Healthcare Internship at Arusha Regional Hospital

### Project Overview

If you are looking for valuable hands-on medical experience, then this internship is a great opportunity. There are many health issues to be explored and there is an obvious lack of manpower and resources in the local hospitals located in the major cities where we operate.

As a medical intern you will study at these rural health posts and community clinics. Participants spend the majority of their internship learning from and assisting a qualified doctor or healthcare professional. Work responsibilities vary with your education, skills, and previous experience.

### Orientation

On the first day of the project you will be given an extensive orientation to familiarize you with your new surroundings. You will be informed of local customs and how to get around using public transportation. A project co-coordinator will also meet you to explain your role as an Intern. The orientation will cover all the relevant information about your project, including safety issues. An individual timetable will be worked out for you based on how much time you want to commit to volunteering.

### Internship work

In the internship you will select a particular area of interest related to medical / healthcare issues and explore the issue further with the help of an assigned supervisor.

Please note: the project supervisor DOES NOT develop internships as this is up to the intern to get as much or as little out of their projects.

Job responsibilities of interns joining a medical internship in Tanzania (or to somewhere else where we operate) vary with education, skills, experience, and qualifications. Interns are not allowed to perform diagnoses or surgical operations.

Most of the time interns will help the doctor or work as an assistant to doctors. Interns measure blood pressure (BP), temperature, height, weight, as well as assist doctors and the medical staff in the health centers.

Interns may also help in health camps (if available at that time), distribute medication, provide tips to patients referring to health, nutrition and sanitation as well as counseling patients, and possibly participate in the treatment for minor injuries/wounds and/or maintain records of patients treated.

### **Location**

The Project is located 15 minutes from the centre of Arusha Town and is roughly one hour away from Kilimanjaro International Airport or 10 minutes drive from Arusha central coach station.

### **Accommodation and Food**

Accommodation is down to the choice of the individual volunteer. There is the option of staying with a host family located near to where the project is based or to stay in our volunteer house.

Each has its own advantages. Staying with a host Family will allow you to really immerse yourself into the local culture and learn the local language.

The volunteer house will allow you to meet other volunteers who are on the same project as you or working on other projects in the area. It is a great change to share ideas and support one another in your experience.

The house provides a comfortable, safe, homely environment and includes shared living facilities, running water, hot showers, western style bathroom facilities and TV/DVD sitting room for rest and recreation in the evenings.

Three meals will be provided each and every day at both accommodations, and normally consists of a variety of local style foods, Meats, seafood's and vegetarian options.

### **Qualification requirements**

Interns interested in joining the internship healthcare / medical program must possess health care certification, such as an ID as a medical student, EMT or paramedic certification, or nursing or physician's credentials. Medical interns without credentials are not allowed to work in this program because of the potential liability risk. Hospitals require a copy of your resume, clearly stating credentials and education, before your arrival to the project.

### **Physical fitness**

No Physical requirements need but remember the local environment can take its toll on some people especially those who are not use to tropical weather or the African heat. This climatic condition can tier some people very quickly and in some cases if spent to long in the sun can make you feel ill. Ensure son protection, drink plenty of water and keep in shade when you can.

### **Typical Working day**

The typical working day starts at 9 in the morning after being provided breakfast by your host family or at the volunteer house. The morning working session will take you up to 1.00 in the afternoon where you will normal receive lunch at the project you are working with. The afternoon session will commence at 2.00 and finish anytime from 3 to 5 depending on the work required of that day. The typical working week is 20 to 30 hours.

On the first day of the project you will meet the project co-coordinator who will explain your role as a volunteer. The orientation will cover all the relevant information about your project including safety issues. An individual time table will be worked out with depending on the hours you want to work and the tasks that the projects have at that time.



### Know before you go

Remember that there is additional Visa costs which will be dealt with in country. Also take care in knowing what medical insurance and vaccinations to take before your departure. We will provide you with all the relevant information and advice once you have signed up to this project.

### Extra Activities

Located on the foot hills of Mt Meru which creates a beautiful landscape view, Arusha provides a large diversity of activities and adventures. Having Arusha National park boarding the town and being the base point for the national parks in the Northern safari circuit such as Lake Manyara, the Serengeti, Tarangire and Ngorogoro creator not to mention Mt Meru and Kilimanjaro national parks makes Arusha a truly wonderful place for holiday makers, travelers, and Volunteers.

With Tanzania allocating more its land to National Parks than any other country in the world, most located near Arusha, you are sure to find the animal and natural environments that you desire. Here you will find the big five including over 25 000 other animals and over 400 bird species, not forgetting that over 120 tribes exist in Tanzania many of them living in Arusha so making it a colorful and truly vibrant culture.

There is also the option of a range of cultural trips available. With the Maasai tribe inhabiting the land in and around Arusha it is most recommended to visit a Boma, a small family unit in which the Maasai live, and experience their unique way of living. Also available are the coffee plantation tours in which they're rife in the area and the Tanzanite cultural experience, the opportunity to learn about and purchase a jewel stone a 1000 times rarer than diamond and only found in Tanzania. Other trips include water fall and forest hikes, cycle rides and canoeing safaris.

Arusha Town also boasts a large number and diversity of Hotels, lodges, backpackers and restaurants, providing beautiful, relaxing locations with great food and drink at very low costs.

### Program costs

Costs vary depending on length of stay, ranging from 400 USD for 2 weeks, up to 900 USD for 12 weeks, and includes airport pick-up (not for boarding school), room and boarding during entire stay, Project manual, Travel expenses to and from projects, 24-hour emergency support, assistance from a local coordinator and introduction days.

### Enrolment

To enroll, fill in our volunteer application form located at <http://www.micatz.org/book-now/volunteer-form/>

Please add a letter of motivation in English describing yourself and explain why you wish to work as a volunteer, attached with a picture of yourself.

Upon receipt of your enrolment, we will mail you a confirmation, an invoice, and a pre-departure handbook.

Before you leave you will receive detailed information about your local coordinator, project and accommodation.

To read more about your program placement location, fees and date in Tanzania then go to <http://www.micatz.org/wp-content/uploads/brochure.pdf> and also please see the attached volunteer programs brochure for Tanzania.

Your program fee contributes towards personalized volunteer placement, project donation, language instruction, cultural education, meals, accommodation and transportation to and from all MaasaiLand Explorer placements and programs. It also contributes towards pre-departure guidance from MaasaiLand Explorer headquarters staff and 24 hour access to in-country staff.

Let us serve the poor, the unfortunate and the lonely according to the graces we have received. Let us do the humble work adventurously with enthusiasm.

Whenever you think, you alone won't make much a difference to the deprived  
Remember: You alone matter MUCH to them.

**Contact info**

MaasaiLand Explorer

P.O. Box 275,

Arusha, Tanzania

Web: [www.maasailandexplorer.com](http://www.maasailandexplorer.com)

Tel: +255 655707352; Email: [info@maasailandexplorer.com](mailto:info@maasailandexplorer.com)