

MEDICAL ELECTIVES PLACEMENTS IN ARUSHA, TANZANIA WITH MAASAI LAND EXPLORERS 2024/2025



Mt. Kilimanjaro, Lake Victoria, the Serengeti, and the mystical island of Zanzibar are just a few of the many compelling reasons to find volunteer work in Tanzania. When not exploring these world-renowned wonders, you could be playing some pick-up soccer—a favorite sport in Tanzania—or munching on *Chipsi Mayai* (Swahili for chips and eggs), a popular Tanzanian comfort food.

MAASAI LAND EXPLORERS collaborates with an extensive network of public and private hospitals to provide these enriching programs. We tailor the program to fit your needs, interests, and training. As you travel to various sites, you'll experience what it's like to provide medical care through mobile medical clinics, public health education programs, and first responder training. We work with local community leaders to implement the highest level of healthcare achievable in the area. We seek to find and address the root causes of disease and illness.

MAASAI LAND EXPLORERS medical elective Program Residences provide a comprehensive and well-rounded experience for participants in various healthcare internships. In addition to comfortable accommodations and essential amenities, interns benefit from flexible options, on-site support, and opportunities for personal growth, networking, and local community engagement. MAASAI LAND EXPLORERS ensures a positive and informativeness experience for all participants by prioritizing safety, comfort, and sustainability.

Volunteers are generally expected to work at their placement five days a week. Weekday mornings will start with breakfast with other volunteers at our volunteer house, before you head to your hospital or clinic for around 9am. Mornings will often start with consultation with local staff members to discuss the needs of the day, and you may be asked to help out with a wide range of activities. At around

12pm you'll get a break for lunch, which you can take with other volunteers and local staff.

You will generally finish your placement at around 5pm, though this will depend on the opening times of your placement. When you finish you'll get a chance to unwind with other volunteers and local team members over dinner, and we often organise games and activities of our own in the evenings. Weekends are also your own but there are always plenty of extra Adventures to do in Tanzania!

This is what you can expect from one of our international medical intern ships:

- Work in professional medical environments like hospitals and clinics
- Shadow experienced doctors and nurses
- Get a deeper understanding of global health care issues
- Learn essential medical skills, like measuring blood pressure and blood sugar
- Help deliver basic health care services during community outreaches

Medical Electives Work Experience in Arusha, Tanzania

Our medical electives offer experience across the full range of health care in Tanzania, from the largest national referral centers to the smallest village hospitals. You will be able to encounter and learn about the challenges of low resource healthcare as well as the different healthcare burden in the Tanzanian population.

We work in partnership with hospitals across the country and can offer a medical placement in the department and location of your choice, organized by our professional staff.

Every year we receive applications and organize medical electives for students who choose to come to Tanzania, and a number of other national organizations look to our team to provide the best experience to their elective students. Our staff offer local knowledge and friendly help and want to work to make your elective the best it can be for experiencing health care and are country.

Elective Specialities

We have a range of specialities to choose from. Some of the most popular include:

- General Medicine
- General Surgery
- Orthopaedics
- Ophthalmology
- Paediatrics
- ENT
- Community Health
- Accident & Emergency
- Urology

- Pathology
- Obstetrics and Gynaecology

Your role will be varied and our team will give you as many opportunities to get hands-on experience as possible. As an overview your placement will include:
Assisting in taking a patient's medical history

- I. Updating records and patient information to show current findings and treatments.
- II. Assisting in ordering tests for nurses or other healthcare staff to perform
- III. Helping to review test results to identify any abnormal findings
- IV. You'll then recommend and design a plan of treatment.
- V. Assist in addressing concerns or answer questions that patients have about their health and well-being,
- VI. Assist patients to take care of their health by discussing topics such as proper nutrition and hygiene.

We know that your elective is a once in a lifetime experience, and marks the culmination of years of hard work. Everyone wants something different from their time away, so our team will tailor your elective placement to ensure you get out of it exactly what you want.

Tanzania is the perfect choice for a first experience of tropical medicine in Africa. Lacking the equipment and resources more developed countries enjoy, doctors and nurses here have adapted to deliver the best front-line healthcare possible in challenging conditions – making it a fantastic place for students to experience first-hand the sharp end of clinical medicine and surgery.

You will see things here you will never see in more developed healthcare systems and countries.

Colourful indigenous cultures still thrive here as they have done for centuries... Even our security guards at the MAASAI LAND EXPLORERS's houses are Masai warriors! The influence of tribal cultures and traditional medicine practices are also evident in cases you'll see in the hospitals, adding even greater value to the learning experience. Our permanent bases in Arusha, Kilimanjaro, Dar es salaam and Zanzibar are both wonderfully friendly and safe towns, set among the rugged hills of the southern highlands meaning you can finish work on Friday and be spotting elephant, lion and giraffe at a waterhole by sunset! Arusha is perfectly placed for weekend trips to the paradise island of Zanzibar, world famous for its snorkelling, scuba diving and white sand beaches.

The location of the house and hospital give you the best of both – a genuine experience of African community life off the tourist trail during the week, and dolphin spotting as you soak up the Indian Ocean sunshine at the weekend!

Our Tanzania programme can accommodate 123 students per week making it a great place to get to know other students interested in careers in healthcare from all over the globe.

MAASAI LAND EXPLORERS's provides amazing opportunities to see Tanzanian healthcare and the beauty of our country.

Our partner hospitals and clinics in each destination are carefully chosen to offer as a wide range of clinical opportunities as possible. Traditional home treatments, clinics, pharmacies, local hospitals and regional/national referral centres make up the wide spectrum of healthcare access in the country. Our placements usually focus around hospitals and include internal medicine, emergency/outpatient medicine, paediatrics, obstetrics/gynecology, General Medicine, Dentistry, Pharmaceuticals or Physiotherapy, but we can also arrange more for specialist fields on request.

Your role will be dependent on your competencies and the agreements of the supervising doctors and may range from shadowing to assisting staff members. Doctors are happy to have you involved and your role can include helping the doctors with basic procedures, receiving patients, discussing clinical cases, aiding in management, assisting on ward rounds, helping to clean and tidy away the office, assisting doctors while performing different office tasks and also assisting the patients after treatment.

It is difficult to be specific about the day-to-day work you will do as it is so varied and spread across many areas. Hospitals also range in the patients they see, specialist care they can offer and equipment available. There can be lots to do so you will have the opportunity to be helpful!

Your workload will depend on yourself and your ability cope with the hospital work, as well as your confidence with the work, and as the staff members' confidence in you grows. You should be supervised all of the time while you are there and given help and direction, Initiative is also an important ingredient to a successful placement

As well as the core medical placements, we offer a range of optional programmes giving a broader insight into the realities of healthcare and everyday life in the developing world. We are also able to offer placements at multiple sites to best enable you to experience the range of healthcare in Tanzania.

Work at the Hospital is usually 9am in the morning for ward rounds until around 13:30 in the afternoon although this may vary from site to site. Timetables are very flexible to accommodate an interest in staying longer to get more involved or to give you time to explore Tanzania!

Accommodation varies and can be in a hostel, volunteer house or with local families.

Be assured you will be supported throughout your time in Tanzania by our team who are able to help with elective, administrative and tourist issues. On the first day of the project you will meet a project 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 timetable will be worked out for you based on how much time you want to commit to volunteering.

When you take part in this placement, it is required that you bring along your own white lab coat and a stethoscope as the equipment is not always freely available. Your own hand sanitiser and other personal protective equipment may also be helpful.

Accommodations:

Will depending on volunteer/s choice on staying with a local Tanzanian host family together with other volunteers, Both backpackers hostel and our host family are simple and comfortable, with satellite TV, kitchen and living room, and staff of laundry/cleaning ladies and a cook.

In-country support:

We work directly with the project to provide support during your time in Tanzania. You can expect help from project coordinators, staff at the schools and orphanages, and fellow volunteers. We also provide a 24-hour cell phone number for emergencies. Many of our staff also work with MAASAI LAND EXPLORERS and can come to be friendly faces who can be direct you.

Medical elective program cost in Tanzania main land and in Zanzibar

Weeks	Fees in \$US Dollars
2-3	625
4	675
5	700
6	725
7	735
8	840
9	945
10	1,050
11	1,155
12	1,260

What's included?

- Accommodation (volunteer house or Hostel)
- Free Airport pick up and drop off (24hrs)

- Food (Breakfast and Dinner in a day)
- 1-2days of In country program Orientation and
- Induction session to know the culture, people and city places.
- In-country support
- Free T-shirt and a cap
- Free bottled water 1.5ltrs per day provided in your room.
- Free Wi-Fi use in the house.
- Free day trip to Tarangire National park/ Lake Manyara for a volunteer(s) stays longer than 9-weeks and this also includes Free visit to Maasai Village or to Materuni Waterfalls)
- Pre-departure support from your Program Manager
- Personalized project and Pre-departure information
- Certificate of completion

IMPORTANT THINGS TO NOTE

- A 5% international banking fee or withdraw fees is added at point of payment.
- The Medical elective project has an additional surcharge of US\$50 per week for each student or volunteer and its for additional supervision, materials, and logistics involved and the student will need to pay this amount direct to the hospital DR incharge on arrivals date.
- Independent students or volunteers under the age of 20yrs will have an additional cost of US\$80 per week added to their program fee to cover extra logistical support provided by the local team.
- Additional things to budget for include: Visa, flights, travel insurance (mandatory), vaccinations, criminal background check, public transport to and from your placement each day and return to the airport when your program finishes.
- Recommended spending money: Volunteers in Tanzania generally find US\$75-100 per week to be sufficient for expenses.

Additional Activities and Excursions:

If you have free time during or after your volunteer stay, you will have the opportunity to take part in excursions at your own cost. The following are some examples of activities you can enjoy in Arusha -Tanzania:

- Trekking/hiking Mt.Kilimajaro via Marangu route for 5-days is \$1,500usd per person with all inclusive.
- Visiting Tanzania National parks for Safaris to Serengeti, Ngorongoro and Tarangire for 4days cost \$720usd per person with all inclusive.
- Visiting Maasai villages and Tanzania snake Park cost \$150usd per person
- Day trips to Arusha NP, Ngorongoro or Kilimanjaro cost \$250usd per person

Orientation

On the first day of the project, you will be given an extensive orientation to familiarize yourself with your new surroundings. You will be informed of local customs, and how to get around using public transport. Our team will accompany you on your first trips to help you settle and teach you the local costs. 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.

The cost of volunteering with us for 4weeks on medical program is \$675usd per person.

For Enrolment ; Send us your CV, Motivation and your medical school support letter and a copy of your Country passport front and back page.

What does your program fee cover?

The total cost given above includes a Registration Fee \$250usd (Refundable if you choose not to go but the refund can only be done if you will provide us with enough reasons on why you have cancelled your medical placement) and it also cover cover – 24/7 support from MAASAI LAND EXPLORERS staff, information pack, administration costs, local travel costs to inspect programs and communication costs with volunteers, Program Fees, Airport pick up and drop off , orientation, program supervision, accommodation and meals during volunteer placement period, In-country 24/7 volunteer support and In-country administration costs.

What program Fee does not cover?

Visa, flights, travel insurance (Compulsory), vaccinations, souvenirs, trips or tours you do while in the country, gift to projects staffs and host family, any personal expenses, transfer back to the airport from the program, spending money (volunteers in our different destination generally find US\$50 to be sufficient for basic weekly expenses).

Next steps

We hope you join us in Tanzania! You can apply by filling out the and volunteer application (below) and email it to us at ; info@maasailandexplorers.com and CCDmaasailandexplorer@gmail.com , please add a letter of motivation in English about why you wish to do your medical electives in Arusha, Tanzania, duration of trip, departments you wish to work with, a picture of yourself, a brief description of yourself and finally send us a copy of your Travel passport. The local coordinator will do his best to respect your first priority, but we may not guarantee that all your wishes can be fulfilled. We are always contactable on whats APP ([+255 767 707 352](tel:+255767707352)) to discuss your personal priorities.

Upon receipt of your enrolment form, MAASAI LAND EXPLORERS will send confirmation and a handbook with useful details and further explanations about your project placement.

When you arrive at your respective airport, a member of MAASAI LAND EXPLORERS staff will be there to meet you.

Your arrival airport in Tanzania will be Kilimanjaro Airport (JRO). One of our friendly staff members will be there to greet you at your respective arrival airport. They'll be holding a MAASAI LAND EXPLORERS sign, so they'll be easy to spot.

Kilimanjaro Airport is about a one-hour taxi ride from the town of Arusha. It is also possible for a member of MAASAI LAND EXPLORERS staff to pick you up from the bus station in Arusha if you decide to travel from Nairobi or Dar es Salaam by bus.

If you're volunteering in Moshi, one of our staff members will take you by taxi from Kilimanjaro Airport to your host family or to our house of volunteers. During peak traffic, it will take approximately two hours to drive from Kilimanjaro Airport to Moshi. When the roads are quiet, it will take about an hour.

Once you arrive at your host family or volunteer house, a staff member will introduce you and then you'll have some time to unpack and settle in after your long journey.

OTHER MEDICAL INTERSHIP ABROAD.

Pre-Medicine Work Experience in Tanzania

Want to know what being a doctor is really like? Our overseas medicine work experience placements are the perfect way to find out. Whether you are looking to gain valuable medicine work experience to put on your UCAS application or an in-depth insight into working in a hospital, there is no better way to learn more about medicine than shadowing clinical experts carrying out their day to day duties.

During your time on placement, you will be placed in a different department every week, according to your interests. Within this department, you will be assigned a doctor who will act as your mentor, explaining cases to you and answering any questions you might have.

The type of cases you will observe depends on which departments you are working in.

You can choose from: General Surgery, Paediatrics, Orthopaedics, Obstetrics and Gynaecology, Internal Medicine and many more. As well as spending time on the wards or in the operating theatre, you will also receive several clinical teaching sessions a

week, after you have finished in the hospital for the day. These classes are a great way to understand more about healthcare in the region you are working in, and to pick up some clinical skills, such as stretchering or dressing wounds.

Our placements are perfect for a range of students, including those in year 12/13 looking to gain experience before applying to study medicine at university, gap year students, those studying for their undergraduate degree in a non-clinical subject (for example biomedical science) who hope to go on to medical school and students in their first year of a clinical degree course.

Students generally spend two weeks on a medical placement with us, although it is possible to join the programme for anything from one week upwards. Our programmes run all year round, so you can choose when you would like to go, and how long you would like to go for, 52 weeks of the year.

Working in a hospital overseas is a great experience, not only because of the close up clinical experience you will receive. It is also a great way to learn about healthcare in other countries and to observe the ethical dilemmas doctors face day to day in less well-funded hospitals in other parts of the globe. The cases you will observe will also differ from what you would generally see at home – Typhoid, Dengue Fever, Tuberculosis and Malaria are all a good contrast to what you might find in your local hospital!

A placement overseas is also a great way to turn two weeks of medical work experience into the adventure of a lifetime! From going on Safari in Tanzania, there are plenty of opportunities to make this experience truly unforgettable!

Pre-Nursing Work Experience in Tanzania

If you are interested in becoming a nurse, our pre-nursing programme is a great way to find out more about what the role involves, and to get an insight into which areas of nursing might be of most interest to you. An increasingly competitive field, it is important to have as much relevant work experience under your belt in order to help you secure a place on the training course of your choice.

Our overseas pre-nursing placements can be tailored to your interests:

Our pre-nursing students can choose to work in the following departments: General Medicine, Surgery, Emergency Medicine, Obstetrics and Gynecology, Pediatrics, Internal Medicine and many more! Whilst getting a feel for what areas of nursing interest you the most, you will also have the opportunity to see cases that you may never have the

chance to observe back home

– tropical diseases such as Malaria, TB and Typhoid are all common in our hospitals overseas.

All hospitals in each country have a range of departments. Examples of the types of cases you might be working on include: the after-care of neurosurgery patients in Czech Republic, the care and rehabilitation of stroke patients in Thailand, neonatal complications or Malaria patients in Tanzania.

Working in one of our partner hospitals overseas also allows you to get an insight into the difference between health cares in other countries and your own. Facilities in some of our partner hospitals are very basic and nurses often have to make difficult decisions on which patient to tend to first, as they are often so short staffed.

Your pre-nursing placement starts here:

Students age 16 or over are welcome to join one of our programmes. Students at school or college who are currently thinking of enrolling for nursing at university, those on a Gap Year, undergraduate students in other disciplines who are hoping to get into postgraduate nursing or those in their first year of a nursing degree are all welcome to join this programme, The average length of a placement with us is two weeks, although anything between one and four weeks is popular too, and some students choose to stay even longer! Our programmes run all year round, so you can decide when you would like to go, and how long for.

Generally, working hours in the hospitals are between 8am and 2pm. depending what department you are in, you could be spending time on the wards or in the operating theatre.

You will be assigned a nurse who will act as your mentor whilst you are on placement. They will guide you through each case, advising you on any procedures that they are carrying out, and answering any questions that you have.

Several times a week, you will have clinical teaching sessions with one of the mentors, who will go through some of the cases you have observed in more detail, as well as teaching you some basic clinical techniques, such as how to take a patient's blood pressure or how to dress wounds effectively.

As well as learning lots which will help you in your future career, taking part in one of our overseas placements is a great way to see a new place and have unforgettable experiences!

From going on safari at sunset in Tanzania to snorkeling on the south coast of Thailand, there is plenty of ways to make your trip unforgettable!

Pre-Dentistry Work Experience in Tanzania

Our pre-dentistry programme is a great way to get a real insight into dental care. With tough competition for university places, getting good work experience is more important than ever.

Learning from highly qualified dentists in a clinical setting will really help your personal statement to stand out to admissions tutors. Spending time working closely alongside a dentist will also help you to decide if a career in dentistry is right for you.

Each of our overseas destinations provides a unique pre-dentistry experience: Throughout our dental placements, our students will be working with experienced dentists who will explain each patient's case in detail. Our mentors are also very happy to answer any questions that you may have. This is an observational placement (as our students have not yet obtained any clinical experience) but there may be some opportunities to help with hands on tasks, such as taking a mould of a patient's mouth.

Dentistry in Tanzania is mainly restorative (as people do not go to the dentist routinely) therefore patients often require extractions, fillings and root canals. Thailand and Czech Republic also have an emphasis on cosmetic dentistry, such as teeth whitening or implants. All destinations see trauma cases.

Your dentistry experience starts here: Working in a dental practice overseas will help you to gain a deeper understanding of the differences in healthcare around the world. In many of the countries we work with, there will be more cases of decay than in the UK. Many of the government practices we work with are also very underfunded and short staffed, which will provide an interesting contrast to dental facilities back home.

As well as getting some fantastic work experience in dentistry, taking part in one of our programmes is a great opportunity to explore an exciting new place. From going on safari in Tanzania to bamboo rafting in Thailand, each destination has plenty to ensure your spare time is unforgettable too!

Students who join our pre-dental programme are generally between 16-18 and in year 12 or 13 at school or college, looking to gain this experience before applying for dentistry at university.

Gap year students, those studying an undergraduate degree and hoping to apply for dentistry as a postgraduate or those in their pre-clinical years of dentistry also join this programme.

Students can travel with us for anything between one and four weeks, or longer. The most popular length of time is two weeks. Our programmes run every week throughout the year, so it is possible to join whenever is most convenient.

Pre-Midwifery Work Experience in Tanzania

Our pre-midwifery placements are a great chance to gain experience of working alongside midwives and other health professionals in a real life hospital environment. Students have the opportunity observe births and C-sections at close range.

Each of our destinations provides a unique pre-midwifery experience:

In Arusha Regional Hospital in Tanzania, students can observe between 10 and 15 births a day on average. Generally these are complex cases as women don't come in to hospital for

You don't need specialist skills to get involved, just time, energy and genuine motivation – but if you do have a particular talent for art, music, sport or anything else it can probably be put to good use! Volunteer placements are very flexible; you can spend time helping out during free afternoons and evenings, or at weekends.

Surgery Volunteer Introduction;

MAASAI LAND EXPLORERS's surgery elective is designed for students interested in surgery. It is an opportunity to get significant hands-on experience in both minor and major surgery as well as more specialized surgical areas, depending on the student interest and the type of elective placement.

Given the integrated management in most hospitals in developing countries and the limited resources and health care staffing constraints, students will have a vast exposure to various surgical disciplines as they rotate through the hospital during their placement.

General Surgery:

This offers students a supporting role in patient care including pre-operative evaluation, operative intervention and post-operative care and management. While under supervision, the student will be involved in pre-operative decision making such as patient assessment and counselling, obtaining informed consent, pre-operative

medication e.g. thromboprophylaxis, antibiotics, blood transfusions, anxiolytics and glycaemic control. Preoperative imaging and radiographic and sonographic interpretation is also an essential part of our program.

The student will also assist intra-operatively in major theatre surgical conditions that require general anaesthesia like resection and anastomosis, explorative laparatomies, partial bilroths gastrectomies and total gastrectomies, appendicectomy, total and subtotal hemicolecotomy, fashioning colostomies, peritoneal toilet. Thyroidectomy, Pancreatectomy, splenectomies and cholangiectomy, hernia repairs are also common. Skin grafts and flaps, surgical toilet the student will also get minor theatre time and assist in procedures under local anaesthetic like simple wound management and debridement, primary and secondary skin closures, incision and drainage, ganglion removals, excisional and incisional biopsies, fine needle aspirations, chest tube placement and removal.

They will also get to watch central nervous line placement and cantor tube placement, suprapubic and urethral catheterization and assist in nasogastric intubation.

Post operative participatory care will include fluid and electrolyte management in burns and stoma care. Surgical patient analgesia and pain management. Stoma care. Heamatology and pathology lab interpretations, Imaging and nutrition.

Reviewing of abdominal drains and management of donor/recipient sites in grafts. In addition to the above, our general surgery experience will expose students to other procedures or enhance skills such as history taking and physical examination. Participation in conferences, case based learning and rounds will be expected.

Paediatric Surgery:

This gives a student the chance to observe and under a supervisor, may perform various procedures on foot, ankle and lower leg, administer procedures focusing on disorders of the lower extremities including damage caused by such chronic conditions as diabetes, and trauma to the feet and ankles, the student will also administer various procedures to congenital malformations.

Orthopaedic Surgery:

Opportunity to participate in diagnosis and active treatment of patients, including case application, manipulation of simple fractures, closed and open reduction, management of orthopaedic implants like external and internal fixation. K-nail insertion,

k-wire insertion and plate & screws are all common occurrences. The student will also get to participate in POP application, attend surgery and post-op management.

Burn Surgery:

Participate in burn related critical care, fluid and electrolyte resuscitation, review of hematologic indices. Management of surgical wounds and surgical procedures related to burn care like skin harvesting and grafting, escharotomys, counseling, reconstructive surgery.

Exposure will include care of both major and minor burns patients. Critically injured techniques will be invasive critical care, Swan-Ganz catheter insertion and monitoring, amongst others. Burns are common in paediatric care in Tanzania due to the tradition of cooking on the communal floor of houses.

Trauma & Emergency Surgery:

Opportunity to get involved with dealing with acute trauma patients. Students learn how to effectively manage patients during the resuscitative and evaluation phases of care. Application of the ATLS protocols, management of multiple trauma, and the management of shock. They will handle emergency intervention such as chest intubations, tracheostomy, and fluid management of shock. Participants will follow patients through treatment and their rehabilitation from acute trauma and help monitor some patients.

They will also take responsibility with the attending to develop appropriate treatment and rehabilitation plans for these patients. The students will work under the direct supervision of the attending and will be expected to attend any conferences and case based learning held.

Surgical Critical Care:

Offers student opportunity to get involved in managing critically ill surgical patients in both the intensive care units and high dependency unit. This will be done both pre operatively and postoperatively. Students learn how to use invasive monitoring and support systems. They also get opportunity to perform procedures such as insertion of arterial lines, central lines, and intubation, perform history taking, physical examination, daily notes and orders, evaluation and treatment planning. Students will work under surgery department resident and attending and are expected to attend any bedside teachings and conferences.

Surgical oncology:

Students get surgical experience focusing on the care of patients with malignant and benign disorders, both inpatient and in the surgical outpatient clinic. Their experience will span preoperative, operative and postoperative management and continued care.

Oral and Maxillary Surgery:

Students participate in the surgical management of oral and head and neck pathology e.g. cystic hygromas, thyroid carcinomas, cleft palate & lips and the correction of congenital

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Your pre-nursing placement starts here:

Students age 16 or over are welcome to join one of our programmes. Students at school or college who are currently thinking of enrolling for nursing at university, those on a Gap Year, undergraduate students in other disciplines who are hoping to get into postgraduate nursing or those in their first year of a nursing degree are all welcome to join this programme.

The average length of a placement with us is two weeks, although anything between one and four weeks is popular too, and some students choose to stay even longer! Our programmes run all year round, so you can decide when you would like to go, and how

Generally, working hours in the hospitals are between 8am and 2pm. depending what department you are in, you could be spending time on the wards or in the

You will be assigned a nurse who will act as your mentor whilst you are on placement. They will guide you through each case, advising you on any procedures that they are carrying out, and answering any questions that you have.

Several times a week, you will have clinical teaching sessions with one of the mentors, who will go through some of the cases you have observed in more detail, as well as teaching you some basic clinical techniques, such as how to take a patient's blood pressure or how to dress wounds effectively.

As well as learning lots which will help you in your future career, taking part in one of our overseas placements is a great way to see a new place and have unforgettable experiences!

From going on safari at sunset in Tanzania to snorkelling on the south coast of Thailand, there is plenty of ways to make your trip unforgettable!

Pre-Dentistry Work Experience in Tanzania

Our pre-dentistry programme is a great way to get a real insight into dental care. With tough competition for university places, getting good work experience is more important than ever. Learning from highly qualified dentists in a clinical setting will really help your personal statement to stand out to admissions tutors. Spending time working closely alongside a dentist will also help you to decide if a career in dentistry is right for you.

Each of our overseas destinations provides a unique pre-dentistry experience: Throughout our dental placements, our students will be working with experienced dentists who will explain each patient's case in detail. Our mentors are also very happy to answer any questions that you may have. This is an observational placement (as our students have not yet obtained any clinical experience) but there may be some opportunities to help with hands on tasks, such as taking a mould of a patient's mouth. Dentistry in Tanzania is mainly restorative (as people do not go to the dentist routinely) therefore patients often require extractions, fillings and root canals. Thailand and Czech Republic also have an emphasis on cosmetic dentistry, such as teeth whitening or implants. All destinations see trauma cases.

Your dentistry experience starts here: Working in a dental practice overseas will help you to gain a deeper understanding of the differences in healthcare around the world. In many of the countries we work with, there will be more cases of decay than in the UK. Many of the government practices we work with are also very underfunded and short staffed, which will provide an interesting contrast to dental facilities back home.

As well as getting some fantastic work experience in dentistry, taking part in one of our programmes is a great opportunity to explore an exciting new place. From going on safari in Tanzania to bamboo rafting in Thailand, each destination has plenty to ensure your spare time is unforgettable too!

Students who join our pre-dental programme are generally between 16-18 and in year 12 or 13 at school or college, looking to gain this experience before applying for Gap year students, those studying an undergraduate degree and hoping to apply for dentistry as a postgraduate or those in their pre-clinical years of dentistry also join this programme.

Students can travel with us for anything between one and four weeks, or longer. The most popular length of time is two weeks. Our programmes run every week throughout the year, so it is possible to join whenever is most convenient.

Pre-Midwifery Work Experience in Tanzania

Our pre-midwifery placements are a great chance to gain experience of working alongside midwives and other health professionals in a real life hospital environment. Students have the opportunity observe births and C-sections at close range.

Each of our destinations provides a unique pre-midwifery experience:

In Iringa Regional Hospital in Tanzania, students can observe between 10 and 15 births a day on average. Generally these are complex cases as women don't come in to hospital for

You don't need specialist skills to get involved, just time, energy and genuine motivation – but if you do have a particular talent for art, music, sport or anything else it can probably be put to good use!

Volunteer placements are very flexible; you can spend time helping out during free afternoons and evenings, or at weekends.

Surgery Volunteer Introduction;

MAASAI LAND EXPLORERS's surgery elective is designed for students interested in surgery. It is an opportunity to get significant hands on experience in both minor and major surgery as well as more specialized surgical areas, depending on the student interest and the type of elective placement.

Given the integrated management in most hospitals in developing countries and the limited resources and health care staffing constraints, students will have a vast exposure to various surgical disciplines as they rotate through the hospital during their placement:

General Surgery:

This offers students a supporting role in patient care including pre-operative evaluation, operative intervention and post-operative care and management. While under supervision, the student will be involved in pre-operative decision making

such as

patient assessment and counseling, obtaining informed consent, pre-operative medication e.g. thromboprophylaxis, prophylactic antibiotics, blood transfusions, anxiolytics and glycaemic control. Preoperative imaging and radiographic and sonographic interpretation is also an essential part of our program.

The student will also assist intra-operatively in major theatre surgical conditions that require general anaesthesia like resection and anastomosis, explorative laparatomies, partial bilroths gastrectomys and total gastrectomys, appendicectomy, total and subtotal hemicolectomy, fashioning colostomys, peritoneal toilet. Thyroidectomy, Pancreatectomy, splenectomys and cholangiectomy, hernia repairs are also common. Skin grafts and flaps, surgical toilet the student will also get minor theatre time and assist in procedures under local anaesthetic like simple wound management and debridement, primary and secondary skin closures, incision and drainage, ganglion removals, excisional and incisional biopsies, fine needle aspirations, chest tube placement and removal.

They will also get to watch central nervous line placement and cantor tube placement, suprapubic and urethral catheterization and assist in nasogastric intubation.

Post operative participatory care will include fluid and electrolyte management in burns and stoma care. Surgical patient analgesia and pain management. Stoma care. Heamatology and pathology lab interpretations, Imaging and nutrition.

Reviewing of abdominal drains and management of donor/recipient sites in grafts. In addition to the above, our general surgery experience will expose students to other procedures or enhance skills such as history taking and physical examination. Participation in conferences, case based learning and rounds will be expected.

Podiatric Surgery:

This gives a student the chance to observe and under a supervisor, may perform various procedures on foot, ankle and lower leg, administer procedures focusing on disorders of the lower extremities including damage caused by such chronic conditions as diabetes, and trauma to the feet and ankles, the student will also administer various procedures to congenital malformations.

Orthopedic Surgery:

Opportunity to participate in diagnosis and active treatment of patients, including case application, manipulation of simple fractures, closed and open reduction,

management of orthopedic implants like external and internal fixation. Nail insertion, k-wire insertion and plate & screws are all common occurrences. The student will also get to participate in POP application, attend surgery and post-op management.

Burn Surgery:

Participate in burn related critical care, fluid and electrolyte resuscitation, review of hematologic indices. Management of surgical wounds and surgical procedures related to burn care like skin harvesting and grafting, escharotomys, counseling, reconstructive surgery.

Exposure will include care of both major and minor burns patients. Critically injured techniques

will be invasive critical care, Swan-Ganz catheter insertion and monitoring, amongst others.

Trauma & Emergency Surgery:

Opportunity to get involved with dealing with acute trauma patients. Students learn how to effectively manage patients during the resuscitative and evaluation phases of care. Application of the ATLS protocols, management of multiple trauma, and the management of shock. They will handle emergency intervention such as chest intubations, tracheostomy, and fluid management of shock. Participants will follow patients through treatment and their rehabilitation from acute trauma and help monitor some patients.

They will also take responsibility with the attending to develop appropriate treatment and rehabilitation plans for these patients. The students will work under the direct supervision of the attending and will be expected to attend any conferences and case based learning held.

Surgical Critical Care:

Offers student opportunity to get involved in managing critically ill surgical patients in both the intensive care units and high dependency unit. This will be done both pre operatively and postoperatively. Students learn how to use invasive monitoring and support systems. They also get opportunity to perform procedures such as insertion of arterial lines, central lines, and intubation, perform history taking, physical examination, daily notes and orders, evaluation and treatment planning. Students will work under surgery department resident and attending and are expected to attend any bedside teachings and conferences.

Surgical oncology:

Students get surgical experience focusing on the care of patients with malignant and benign disorders, both inpatient and in the surgical outpatient clinic. Their experience will span preoperative, operative and postoperative management and continued care.

Oral and Maxillary Surgery:

Students participate in the surgical management of oral and head and neck pathology e.g. cystic hygromas, thyroid carcinomas, cleft palate & lips and the correction of congenital.

Speciality Focus

Our goal is to give you the opportunity to observe and shadow physicians in the specialties that you have chosen to focus your career on or are interested in. These specialties include Emergency Medicine, OB/GYN, Pediatrics, Internal Medicine, and General Surgery. A further focus is available on the specialties of ENT, Epidemiology, Orthopedics, Ophthalmology, and region-specific tropical medicine. Physician-Assistant students will shadow a Clinical Officer, which is the Kenyan equivalent title.

	Sample Schedule A	Sample Schedule B	Sample Schedule C
Week 1	Emergency	General Surgery	Internal Medicine
Week 2	Neurosurgery	Orthopedic Surgery	Pathology
Week 3	Obstetrics & Gynecology	Intensive Care	General Surgery
Week 4	Cardiology	Pediatrics	Cardiothoracic Surgery
Week 5	Dermatology	Obstetrics & Gynecology	Obstetrics & Gynecology
Week 6	Tropical Medicine	Radiology	Oncology

Patient Interaction

Our goal is to properly introduce you to the etiquette involved with patient interaction. By directly interacting with the patients, you will begin to develop your own style of bedside manner. The patient always comes first, and your interaction cannot be treatment or diagnosis of any type, but there will be opportunities to communicate regularly with the patients. This is where you begin to show the compassion that is leading you to want to become a member of the healthcare field.

It is important to remember that at no time are you to attempt to nor will you be allowed to perform any duties or answer any questions that reach above your level of training. You cannot diagnose, treat, or discuss a patient's case with them. These guidelines are set in place by the Association of American Medical Colleges and protect both MAASAI LAND EXPLORERS's liability as well as your own.

Accommodation Features

- Located in safe and secure neighbourhoods: MAASAI LAND EXPLORERS's Program Residences are situated in neighbourhoods known for their safety, providing peace of mind to participants and their families.
- Comfortable beds and living spaces: Accommodations include comfortable beds for a good night's rest and spacious living areas for relaxation and socialization.
- Full-time housekeeping staff: Each residence features meals prepared by our in-house chefs, allowing participants to enjoy hot meals and maintain their dietary preferences.
- Laundry facilities: On-site laundry staff ensuring interns can easily have freshly cleaned scrubs and personal clothing throughout their stay.
- Wi-Fi access: Reliable Wi-Fi access is available throughout the residences, enabling participants to stay connected with friends and family, complete online coursework, or research local attractions.
- Shared with other program participants: Participants share accommodations with fellow interns, fostering a sense of camaraderie and teamwork while allowing them to build lasting professional and personal connections.
- Supportive and collaborative environment: The shared living spaces promote a supportive atmosphere, enabling participants to discuss their experiences, exchange ideas, and learn from one another.

Transportation

- Provided to and from the program site: We do arrange transportation for participants to and from their internship sites, ensuring a hassle-free and punctual commute.
- Access to local transportation for weekend activities and excursions: Participants have easy access to local transportation options, allowing them to explore nearby attractions, cultural sites, and recreational activities during their free time.

Safety and Security

- 24/7 security staff in gated community: The Program Residences are situated within gated communities, featuring 24/7 security staff to maintain a safe and secure environment.
- Well-maintained residences: Regular maintenance and upkeep of the residences ensure a comfortable, clean, and safe living experience.
- Conveniently located near hospitals or clinics: The accommodations are strategically located close to hospitals or clinics, making it easier for participants to commute and access emergency medical care if needed.

Healthcare Policy

Our goal is to help you develop a thorough understanding of healthcare policy and observe the differences that exist between the various healthcare models in both developed and developing healthcare systems. Your lecture series will include the reasons why a system can be effective in one country but not in another. Seeing the comparison between various healthcare models is enlightening. Seeing some of them in action provides you with an incomparable experience.

Keeping You Safe

It is our goal to keep you safe during your medical intern-ship experience. In each of the areas we serve, your residence will be in a gated community. Your transportation to and from the hospitals and clinics will be provided. Transportation to the area adventures and are resorts or restaurants deemed to be safe is provided as well. For your own personal safety, you will have our AMANI HOSTEL staff helping you during your visit.

Your Project Coordinator will be available to you 24 hours a day, and will probably live at the residence itself. Wi-Fi is always available at the residences and local cell phones will be made available to you.

Your Orientation

After your arrivals to Arusha, Tanzania, our experienced coordinator will lead an exciting orientation session. This is your chance to get comfortable with your surroundings and dive into the local culture, while also receiving important health and safety advice.

During the orientation, you'll receive a comprehensive introduction to your program, accommodations, and the exciting projects that await. Plus, you'll learn all the do's and don'ts of local customs, giving you a head start on immersing yourself in the rich and vibrant culture of Tanzania.

Your Accommodation

Your accommodation is included in your package from arrivals night until last day morning of your last week, so you can rest assured that you'll have a comfortable place to call home throughout your journey.

You'll be staying in shared rooms with other international volunteers, giving you the perfect opportunity to make lifelong friends from around the globe. You'll be accommodated in single-gender dorm-style rooms, ensuring maximum comfort and privacy.

But that's not all – we've got your meals covered too! You'll enjoy two delicious meals per day from Monday to Sunday and this is Breakfast and Dinner. Plus, if you're a vegetarian, no problem! We can vegetarian meals for you.

NB; Once you have booked your flight ticket to Kilimanjaro International Airport then please send us your flight arrivals details and on arrivals date you will find our Volunteer Manager/Coordinator at the Airport check out point with your name in our company Sign board.

Your induction and orientation in Tanzania

You will have your induction on the next working day after your arrival. Your Projects Abroad Coordinator will pick you up from your host family to show you around. You will start the day by going to our office where a member of staff will go through our handbook for projects in Tanzania with you. You'll also get to hear more about how we run our projects in Tanzania.

You'll also receive an induction pack. The pack contains important information, like a map of the town with important places highlighted, and local Projects Abroad staff contact information.

You will then be taken around the town of Arusha or Moshi and shown important sites and landmarks. Your coordinator will show you where important amenities like internet cafes, the post office, and exchange bureaus are.

Navigating public transport in a foreign country can be tricky, so your coordinator will take the time to show you how to use the local dalla dallas. You'll also see the best route to and from your placement so you can feel confident about making your way there each day. Projects Abroad covers all necessary work-related transport costs.

Your first day at your volunteer or intern ship placement in Tanzania

We understand that you need some time to get to know the placement before diving right into your work. That's why your first day at your placement is all about learning. You'll get to meet the local staff and other volunteers on the project.

Your supervisor will also show you around, explain how things are run, and give you an idea about your role and what's expected of you. With a proper introduction to your placement, we ensure that you'll get to make the most of your project when the real work starts on your second day.

Support, safety, and backup

Your safety and security is our prime concern. We have many procedures and systems to ensure you have the support you need to enjoy your trip with peace of mind. Our MAASAI LAND Explorers staff are available 24 hours a day to help, and will be on-hand to make sure you settle in well at your accommodation and placement. If you encounter any problems, they will be available to help at any time.

CONTACT

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