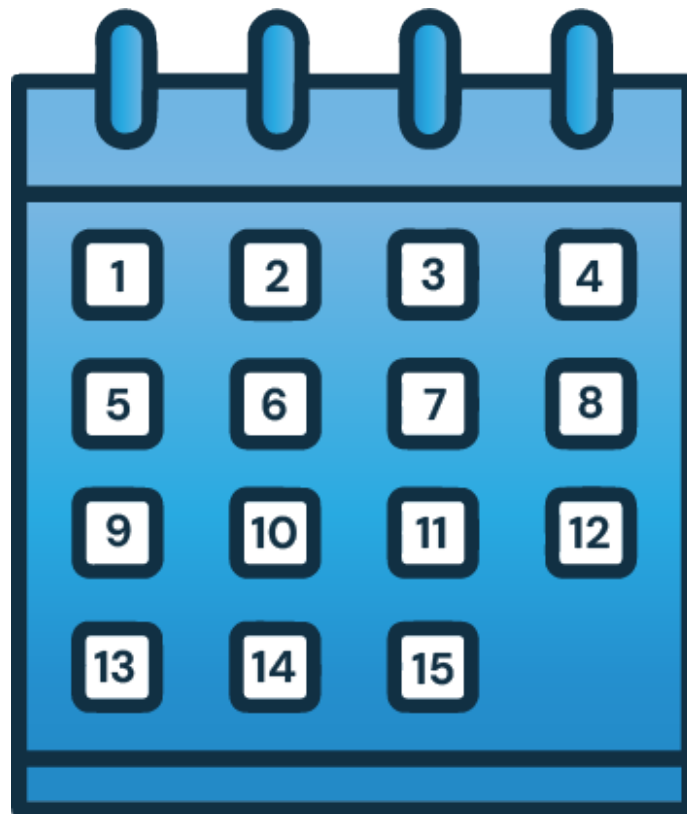


Program Itinerary



Medical
Service
Learning

Contact Us

www.medicalservicelearning.com
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Medical Service Learning

Please note that this is an example itinerary, and the actual schedule may vary slightly.

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Once accepted into the program, a detailed itinerary will be provided prior to your arrival, including specific timings, locations, and any additional details or changes.

DAYS	ACTIVITIES
Day 1	Arrive in Dar Es Salaam, transfer to transit accommodation
Day 2	Travel to Field Campus
Day 3	Orientation Day
Day 4	Hospital Shadowing
Day 5	Hospital Shadowing
Day 6	Hospital Shadowing
Day 7	Traditional Tribal Medicine Experience
Day 8	Free time, recreational activities and local exploration
Day 9	Free time, recreational activities and local exploration
Day 10	Hospital Shadowing
Day 11	Hospital Shadowing
Day 12	Volunteer Project: Community Health Centre
Day 13	Hospital Shadowing, Program Reflection and Farewell Barbeque
Day 14	Transit journey to Dar Es Salaam
Day 15	Depart from Dar Es Salaam

Arrival in Dar Es Salaam



From the moment you land in Dar Es Salaam, we'll be there to ensure every aspect of your transfer and journey is taken care of. We'll meet you at the airport on arrival, and once you've collected your bags, we'll travel together on our private bus to our transit accommodation.

Transit Journey

After a long day travelling, we'll arrive at our transit accommodation for the evening. Dinner and breakfast on Sunday morning will be provided. All groups including staff and students will stay at the accommodation together before continuing onto Iringa the next day.

Arrival In Iringa

Back on the bus, we'll continue the final leg of our transit journey to Iringa. We'll arrive at our Field Campus on Sunday afternoon where you'll meet your hosts and housemates and be shown your room.

You'll spend the afternoon making yourself at home and relaxing after a long journey. Enjoy a nice early night ready for the program to kick off on Monday!

Orientation Day



Orientation Day is designed to give you a comprehensive program overview. You'll be given a welcome briefing, program introduction and we'll run through the itinerary. You will also break into your program group: you will form a close-knit group with three other students who you will complete each component of the program with.

In your small program group, you will meet your dedicated group Mentor. Together with your Mentor, you'll plan out what you want to get out of the program and discuss your learning objectives. Please refer to the Mentoring Brochure for further information.

You will also take part in a number of seminars, with a session focussing on healthcare in Tanzania and the provision of healthcare services, and a session focussing on the global health issues facing Tanzania. At the conclusion of Orientation Day, you will feel well-informed and excited to jump into hospital shadowing with your Mentor the next day.

Hospital Shadowing

Your hospital shadowing experience will enable you to develop a well-rounded perspective and holistic understanding of the provision of healthcare services in a local and global context.

Under the direct supervision and guidance from your dedicated Mentor, you will gain first-hand experience of the delivery of healthcare services across a number of Regional and District Hospitals in Iringa.

You will also have access to all areas of the hospital, with a focus on the particularly active departments and wards.

Types of departments include but are not limited to :-

- General and Gastro Surgery
- Orthopaedic Surgery
- Emergency Room and General Outpatient Department (OPD)
- Infectious Diseases
- Internal Medicine
- Paediatrics
- Obstetrics and Gynecology
- Maternity Unit
- Neonatal ICU

Volunteering



An essential component of your learning experience is volunteering at a Community Health Centre. The local Community Health Centre we've partnered with is run by inspiring and passionate doctors who work tirelessly to provide the best healthcare services to their community.

Whether it is organising the clinic pharmacy, or improving the design and area of the physiotherapy wing, you'll be involved in diverse projects aimed at improving healthcare facilities within the centre.

The volunteer experience is another aspect through which you'll also experience healthcare delivery in a community context. You'll be working with staff at all levels involved in running the centre, giving you a different kind of exposure and perspective of healthcare delivery in a community setting.

You'll also be improving access to healthcare with part of your program fee being used to support the centre. Your donation will mean the centre will be able to make improvements or buy essential equipment, such as an anaesthetic machine or operating table for the centre's operating theatre.

By supporting the centre through donations and project improvements, your volunteer experience will have a direct and lasting impact on the provision of healthcare services within the community.

Tribal Medicine



You will travel out to a remote tribal village to gain insight into the ancient practices of traditional medicine. With the opportunity to ask questions and engage with a traditional healer, you will deepen your understanding of traditional medicine practices and the healer's role within the community.

To further enhance your learning experience, you will have the chance to interact with community members and families, gaining valuable insight into the reasons people seek the aid of a healer. With language adding an additional layer of complexity, as many tribal villages do not speak Swahili or English, we will ensure effective communication and translation during the village visit through a translator and your Mentor.



Program Reflection

After your final morning of hospital shadowing, you'll return to our Field Campus for an afternoon of program reflection with your Mentor.

This is an opportunity to discuss what you've learned and talk with your Mentor about the key elements of the experience and how you'll be able to draw on this in the future. It's also the chance to ask any final questions, make any comments and say goodbye to your Mentor.

After an afternoon of reflection, you'll end the program with a fantastic barbeque farewell dinner to celebrate the last two weeks with the rest of the students and everyone involved in the program.



Weekend Activities & Free Time



Your weekends are free for you to relax and explore.

It's the chance to unwind and enjoy everything our Field Campus has to offer. Whether you feel like relaxing by the pool or enjoying a drink at the bar with your fellow students, the recreation space is the perfect place for you to wind down and recharge.

Don't forget the bustling centre of Iringa is just down the road. Catch a bajaj with your fellow students and ride into town to explore the local sights. The Maasai Markets is the perfect place to pick up some souvenirs or get a pair of comfy harem pants made.

Alternatively, experience local culture and history by visiting Isimila, the ancient stone age site or pop into Neema Crafts, a workshop and cafe run by individuals with disabilities who make handmade gifts and products.

Departures

Just as we were there to meet you when you arrived, we'll be with you on your return journey home. We'll travel with you on our private bus that will take you from our Field Campus to our transit accommodation.

Finally, we'll transfer you to Dar Es Salaam International Airport where you'll catch your flight home.