



## **Student Handbook**

**Dar Es Salaam, Tanzania**

**July 20th - August 4th, 2024**

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## **Welcome**

We are delighted to welcome you to FutureDocs Abroad, an extraordinary opportunity to experience medicine in its purest form. You will meet patients, shadow doctors, work in the anatomy lab, observe surgery, and immerse yourself in the vibrant blend of traditions, languages, and customs that reflect Tanzanian culture.

Dar es Salaam is a bustling and dynamic metropolis that serves as Tanzania's economic and cultural hub. As you arrive in the city, you'll notice a mix of modern skyscrapers, colonial-era architecture, and traditional markets, providing a glimpse into its diverse history and development. The country's culture is deeply influenced by its diverse ethnic groups, including the Swahili, Chaga, Sukuma, Maasai, and many more, each contributing their unique practices and beliefs. Tanzanian music, dance, and art play a significant role in daily life, reflecting the country's cultural heritage. You are sure to find many things to love during your two weeks there.

Clinical rotations take place at [The Shree Hindu Mandal Hospital](#), a non-profit charitable hospital located in Dar es Salaam. It was founded in 1964 by the Shree Hindu Mandal, a community organization of Hindus in Tanzania. The hospital provides a wide range of medical services staffed by a team of qualified doctors, nurses, and other healthcare professionals, including general surgery, obstetrics and gynecology, pediatrics, internal medicine, ophthalmology, and more. The Shree Hindu Mandal Hospital is a vital resource for the people of Dar es Salaam. It provides affordable and accessible healthcare to people of all backgrounds, regardless of their ability to pay. The hospital also plays an important role in training healthcare professionals in Tanzania.

Before we take off on our journey together, you will need to become fully oriented with the contents of the student handbook. The handbook houses detailed information relevant to the program and students are encouraged to review the handbook multiple times in the leadup to the program.

## Code of Conduct

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***As a reminder, you signed the following Code of Conduct Agreement as part of your enrollment:***

As a student enrolled in FutureDocs Abroad, I agree to the following expectations with regard to safety and conduct. I agree to complete to the best of my ability all aspects of the FutureDocs Abroad Program and successfully participate both as an individual and a representative of The National Leadership Academies. I agree to conduct myself in such a way that supports my own learning, and supports the learning of my peers, the teaching of physicians, and the guidance of the chaperones.

FutureDocs Abroad is an alcohol-, smoking-, and substance-abuse-free experience. I agree to refrain from use of these substances as well as any illegal substances.

I agree to not engage in any behaviors that will put my health or life at risk, such as but not limited to departing from the scheduled itinerary and tour, entering restricted areas of host medical school and medical centers, entering financial agreements with locals, inviting strangers into the program or hotel, and providing locals with personal information such as passport information, credit/debit card information (other than secure bank/vendor), home addresses, and phone numbers.

I agree to remain in the assigned hotel or dormitory room as indicated by staff. Any changes or breach of this security precaution could lead to expulsion from the program.

I agree to not solicit any FutureDocs Abroad or host university or institution's students or staff for my own personal financial benefit.

I agree to maintain all required dress code standards as set forth by FutureDocs Abroad staff or requested by participating medical school/medical center policies. I also agree to remain with my assigned mentors, physicians, or other assigned staff at all site visit locations.

I agree to abide by the host university or institution's standards and requirements.

I understand not complying with the above-mentioned expectations may result in dismissal from the program and return to the United States at my and my parent's or guardian's expense.

I agree to make FutureDocs Abroad administrators and staff aware as soon as possible of any difficulties I may encounter regarding my health, safety, finances, or any other issue that I consider serious or should be disclosed.

## Immunizations

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### Routine

You *must* be up-to-date on all routine immunizations outlined by the [CDC](#), including:

- DTAP
- Hepatitis A
- Hepatitis B
- Meningococcal
- MMR
- Varicella (Chickenpox)

As a reminder, a copy of your immunization record is due by **March 31st, 2024**. Please reach out to your primary care physician as soon as possible to begin the process of obtaining your records.

### Typhoid

You are also *required* to submit proof of Typhoid vaccination in order to participate in clinical rotations.. We recommend that you schedule an appointment with your primary care physician or a nearby travel clinic as soon as possible if you are not already vaccinated.

Please note that either administrative routes (intramuscular injection or oral medication) are accepted for the program. Proof of vaccination can come in the form of an International Certificate of Vaccination against Typhoid, a copy of your prescription for the orally administered Typhoid vaccine, or a copy of your routine immunization record that includes Typhoid. Proof of vaccination is due by **May 31st, 2024**.

Please visit the [CDC website](#) for additional information on prevention and resources for getting vaccinated against Typhoid.

### Malaria

You are also *required* to submit proof of having immunization against Malaria in order to participate in clinical rotations at Shree Hindu Mandal Hospital. Again, we highly recommend that you schedule an appointment with your primary care physician or a nearby travel clinic to get a prescription for antimalarial medication as soon as possible.

There are many effective antimalarial medications available. Certain medications are more or less effective in varying regions because of the types of Malaria species that reside there. According to the [CDC website](#),

the most effective antimalarial medications for travelers going to Tanzania are: Atovaquone-Proguanil, Doxycycline, Mefloquine, or Tafenoquine. Please note that the prominent species of Malaria in Tanzania is resistant to Chloroquine and because of this, prescriptions of Chloroquine will not be accepted as a valid form of proof in context of the program.

You must take your antimalarial medication as prescribed in order to ensure maximum effectiveness in protection against the disease. The type of antimalarial drug you are prescribed will greatly influence the 'schedule' in which it's supposed to be taken. We encourage you to plan ahead by creating a reminder for yourself to take your medication on days in which you will be in-country.

The *only* acceptable form of proof for immunization against Malaria is a copy of an antimalarial medication prescription that clearly shows the student's first name, date of birth, and the full name of the prescribing physician. A copy of your antimalarial medication prescription must be uploaded in the Required Documents Form #3 on or before **May 31st, 2024**.

Please visit the [CDC website](#) and the Malaria section of the [2024 CDC Yellow Book](#) for additional information and resources on how to get started.

## Passport Information

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### Getting or Renewing Your Passport

Your passport will need to be valid through February 4th, 2024 in order to enter Tanzania. Tanzania immigration requires all passports to have at least 6 months' validity beyond our departure date from Tanzania. Check the expiration date on your passport.

**This is a VERY IMPORTANT STEP AND TIME SENSITIVE as you will need a valid passport through February 4th, 2024 in order for us to apply for your Tanzanian visa and secure your international flight.**

If your passport is **VALID** through February 4th, 2024, take a picture of the photo page of your passport and upload it in the [onboarding section](#) as soon as possible (Required Document Form #1).

If your passport is **NOT VALID** through February 4th, 2024, visit the [State Department website](#) for instructions on how to renew your passport.

If you **DO NOT HAVE A PASSPORT**, please visit the [State Department website](#) for instructions on how to apply for a passport immediately.

**NOTE:** Current passport application processing times are significant even if you pay for expedited service. Please make sure you apply immediately to avoid delays. All students are required to have a valid passport book to travel to Tanzania. Passport cards are not valid for international travel to Tanzania.

Additionally, confirm that you have signed your passport on the page opposite the photo page. A U.S. passport is only valid once it is signed! If you have NOT signed your passport, use a non-ballpoint pen and make sure the ink is dry before closing your passport. We recommend that you add your contact information in pencil on the Personal Data and Contact Information page as well. If you lose your passport, this will give you the best chance of getting it back.

You must submit a copy of your passport into the student portal by **December 31st, 2023**.

Please inform the Admissions Team of any possible delays in obtaining your passport by emailing [admissions@allaccessmed.com](mailto:admissions@allaccessmed.com), or by calling us at (888)986-6563.

### **Do You Have a Foreign Passport?**

The visa process may differ for students who hold a passport from any country other than the United States. Our Admissions Team will reach out to you directly to discuss details relevant to that process as needed. Please note that additional documentation may be requested to ensure that students are able to re-enter the US after the program.

### **Submitting Your Passport**

As a reminder, we need your passport information in order to attain your ticket for your international flight and your visa to enter Tanzania. The photocopy of your passport ID page is provided to the Tanzanian Immigration Department and must meet the following requirements in order for your visa to be granted:

- Shows your passport as being *valid for at least 6 months beyond our departure date from Tanzania: February 4th, 2024*
- All of the details on your passport must be *clearly legible and free from obstructions* (fingers, light glares, shadows, etc...)
- All four corners of your passport ID page must be within the frame of the photo
- Your passport must be *lying flat on a neutral surface*
- NOTE: Scanned copies of your passport must be in color



We will reach out to you directly if your passport does NOT meet the following requirements. These are time sensitive requests and should be handled in a timely manner. If we do not receive your passport by the deadline, or if we do not hear back from you, you will risk enrollment cancellation.

## Visa Information

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### Attaining Your Tanzanian Visa

Your visa is included in the cost of tuition. We will complete all the necessary application paperwork on your behalf and submit it to the Embassy. You will receive your visa upon check-in at the airport on departure day.

In order for us to complete your application, we must receive your headshot and passport scan by December 31, 2023.

The Admissions Team will reach out to you directly if there are any problems with your visa application. You will be provided a copy of your visa upon arrival at the airport upon checking in with FutureDocs staff members.

**Failure to upload your ID photo or a copy of your passport will result in you not being able to travel to Tanzania and participate in the FutureDocs Abroad program.**



## Domestic Travel

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Our team is in the process of finalizing the international flight arrangements for the group. We will provide you with the detailed information that you need in order to book your domestic flight to the airport that the group will be departing from as soon as possible.

In the meantime, here are a few details to keep in mind:

Students are responsible for organizing domestic arrangements to the airport that the group will be meeting at prior to departing for Tanzania. As soon as we finalize our arrangements, we will provide you with arrival and departure windows for your inbound and outbound domestic flights. You must provide us with a copy of your domestic flight confirmation using the Travel Information Form so that our team can establish a time that we can expect you to arrive, as well as monitor for any potential delays on the day of travel.

FutureDocs Abroad has partnered with Atlas Travel to simplify the process of booking domestic flights for our students at no additional cost. If interested, you will need to fill out the Atlas Travel Registration Form that will be sent out via email in the coming months. An Atlas Travel agent will use the information you've provided to gather a list of various flight options for you that fall within the arrival/departure windows.

Note: Students who use this service do NOT need to complete the Travel Information Form.

We will also provide specific details about travel day (which terminal, check-in time, etc..) along with instructions for navigating the airport to the FutureDocs Abroad check-in table. Our staff will be on-site to ensure students safely navigate to the meeting point should they need assistance in doing so. Upon arrival at the FutureDocs check-in table, students will be introduced to their chaperone and provided a name badge, a copy of their visa, and their international health insurance card that should be kept on them at all times throughout the program.

NOTE: The FutureDocs Abroad check-in table will be located outside of security near the check-in desk of the airline that the group will be flying. We will wait as a group until check-in opens with the airline – then proceed through check-in and security together. Students are not able to check-in for the international flight without the group.

## International Travel

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Stay tuned – we will update you with everything you need to know about our international travels soon!

## Clothing

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### Packing List

Shared below is a basic packing list for FutureDocs Abroad. Keep in mind this list is intended to provide basic guidance for essentials. This does not necessarily include every item that you may personally require.

### Carry-On Items:

- Phone charger and chargers for any other electronics
- Pen(s)
- Small notebook
- Entertainment for the plane ride (headphones, phone, playing cards, book, etc...)
- Empty reusable water bottle (you'll need to fill it up after you get through airport security)
- Tanzanian adaptor and power converter
- A change of clothes for 2-3 days – It is very important to include a change of clothes that will be appropriate for Orientation and the Opening Ceremony (refer to Dress Code section) in your carry-on. In the event that your hold luggage is lost in transit, you will need to be prepared for the first couple of days of the program. Lost luggage normally takes between 1 to 3 days to be returned.
- **Prescription medications\*\***

### Clothing Items:

- 5-6 sets of scrubs for rotations. Packing 5-6 sets of scrubs (and planning to do laundry once or twice) should cover the trip
- 1-2 white full-length lab jacket(s). Short sleeved lab jackets are acceptable
- 2 business casual outfits and appropriate footwear for orientation and the closing ceremony at the university.
  - MEN: Trousers/khakis and collared shirts
  - WOMEN: Knee-length dresses or skirts, trousers, collared shirts, blouses
  - NOTE: No jeans, shorts, or athletic wear
- Clean, comfortable, closed-toe shoes for rotations (sneakers are fine as long as they are clean)
- Clothing for cultural tour – Please refer to Dress Code section below for appropriate guidelines
- Pajamas/sweats for your overnight accommodations

- Travel outfits (2-3 recommended)
- Compression socks for travel. NOTE: Many students and staff experience swelling in their legs/ankles/feet while traveling to and from Tanzania. It is highly recommended that you wear compression socks, drink lots of water, and stretch throughout the airplane ride.
- Socks and undergarments
- Bathing suit & towel if you wish to use the hotel's pool.

### **Toiletries:**

- Toothbrush and toothpaste
- Deodorant
- Brush/comb
- Shampoo and conditioner
- Body wash or soap
- Sunscreen
- Small first aid kit
- If needed, glasses/contacts, contact case and solution
- Bug spray
- Surgical masks (2 week supply)
- Ladies, please be mindful that feminine hygiene items are difficult to come by in brands and styles you might be comfortable with. Be sure to pack these items with you if you'll need them on our trip.
- Advil, Midol, Imodium, Vitamin C, Hydration tablets/packs ....to name a few of the most common items

### **Dress Code**

Below you will find a breakdown of our various activities and the dress code for each.

It is important to keep in mind that Tanzanian people dress conservatively, and visitors should do the same. Men and women should keep their shoulders covered and shorts should always be knee length. The only time when this note is not applicable is on travel days, and our mid-program rest day.

### **Travel to and from Tanzania:**

Ultimately, comfort plays a large part in making long-haul flights pleasurable. Always wear comfortable clothes, and this includes your travel shoes.

- Wear layers – You will need pieces that you can easily take off or put on to help you combat the varying temperatures you encounter throughout your journey.
- Wear something that you can keep on for the next 24 hours – travel time to Tanzania including your domestic travel will be at least 24 hours.

- Wear clothes that don't restrict you.
- Wear natural, breathable fabrics.
- Wear socks and comfortable footwear.

### **Opening and Closing Ceremonies:**

This will be your first and last impression when greeting and saying goodbye to your Tanzanian hosts at Shree Hindu Mandal Hospital. **Dress to impress with a business casual outfit.** Absolutely NO athletic wear, NO jeans, and NO shorts.

**Ladies:** Plan on wearing dresses/trousers/knee-length skirts and shirts with a collar or blouses, and comfortable shoes

**Gentlemen:** Wear trousers/khakis and collared shirts, and comfortable shoes

### **Rotations at Clinical Facilities:**

Students will be asked to wear scrubs, a long white lab coat, and surgical masks for all sessions at the hospital and medical facilities.

- Scrubs can be any color/pattern/short sleeve/long sleeve
- Lab jackets are required for most rotations (Short sleeve if possible as it is very hot)
- Comfortable/clean footwear – You will be on your feet for long periods of time so comfortable, closed-toe, clean shoes. Sneakers are permitted for rotations in the hospital but must be clean.

### **Safari Tour:**

A full safari day is planned at Mikumi National Park. Keep in mind that Tanzanian people dress conservatively, and visitors should do the same. Men and women should keep their shoulders covered and shorts should always be knee length. Another factor to keep in mind is the weather. It will be incredibly hot and humid, so light, natural fabrics like cotton are advisable.

- Wear comfortable/breathable casual clothes (shoulders must be covered and shorts should be knee-length)
- Wear comfortable shoes (sneakers are a great option)
- Bring a sunhat
- Wear sunscreen

### **Rest Day:**

You are welcome to kick back and relax in whatever clothes are most comfortable for you. If you plan on spending time at the pool, be sure to pack a swimsuit.

## Accommodations

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Specific details regarding our accommodations will be located here soon!

## Meals and Water

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### Meals

Breakfast and dinner will be provided at the hotel. A large selection of food will be available including authentic Tanzanian fare, along with a variety of American classics. A lunch buffet will be provided at the clinical facilities.

Meals will also be provided on off-campus activity days and will include lunches in local restaurants depending on the location of activities.

It is important to remember that we will be situated on the other side of the world for this incredible two-week adventure. Most of our meals will be provided in the hotel, however, it is a huge part of cultural immersion to understand that the culinary delights will be very different from home. It is important to come with an open mind and embrace the culinary diversity of our host country.

Meals are not provided during travel with the exception of the meals and snacks the airline provides. Although this may differ from airline to airline or route taken, generally, two meals and soft drinks, water, and coffee will be provided on the long-haul section of your journey. A snack may be provided on the connecting flights to Tanzania. If you would like to purchase additional snacks in the departure or connecting airport, it is advisable to carry a widely accepted bank card (Visa or Mastercard) to make purchases in the airports easily.

**Be sure you have indicated any special dietary requirements on the medical history form so we can be sure to not only prep the chef ahead of your arrival, but also pre-request any special requirements for meals that may be provided on your long-haul flight to Tanzania. If you have any concerns, please reach out to the Admissions Team.**

## Water

**Tanzanian tap water is not safe to drink, or brush your teeth with. Only drink and brush your teeth from bottled water during the program.** One bottle of water is provided within the hotel room daily per person. Bottled water is easily accessible in local convenience stores either within the hotel or right across the road. Chaperones will be organizing trips to the local convenience store as needed.

It is strongly advisable not to digest the ice while in Tanzania. Ice is generally produced from tap water. Small fridges are located in all hotel rooms to refrigerate drinks.

## Electronics

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### Powering Electronics

The voltage supplied in electrical outlets, as well as the outlet type, varies in countries throughout the world, so in order to charge your devices when you visit another country, it's important to check the voltage and outlet requirements of your host country.

- You will need an adaptor for all electrical devices as the sockets in Tanzania are different
- The standard voltage is 230 V in Tanzania. This is different than the standard voltage of 120 V in the US
- The power outlet frequency differs in Tanzania at 50 Hz compared to the U.S. at 60 Hz

Be warned! Be especially careful with moving, rotating and time related appliances like clocks, shavers, hairdryers, and hair straightening devices to list a few. You will not be able to use these electrical appliances in Tanzania without an **adaptor and converter**.

[Find voltage converters at AMAZON.COM](#)

[Find combo plug adapters/converters at AMAZON.COM](#)

### International Cell Phone Use

In all likelihood, your cell phone plan does not accommodate international texting, calling or data use. If you use these functions while traveling abroad, you will likely rack up a huge roaming bill – possibly in the

thousands of dollars. To ensure this doesn't happen, be sure to turn off your cellular data and put your phone in airplane mode before we depart on our international flight. You will still be able to connect to Wi-Fi where available while on airplane mode. It's safest to leave your phone in airplane mode for the duration of the trip, and only use Wi-Fi for internet access, in order to avoid a surprise phone bill when you get back.

Local sim cards are available to purchase from the airport or local convenience stores with unlimited data and free local texts and calling for a 30-day period. Cost depends on the provider, but most local sims range between \$5-\$15. If you plan to utilize this option, you may want to check your phone is unlocked and available to be used by alternative carriers before you depart from the U.S.

Alternatively, you can explore options with your cell service provider for international travel plans. Most cell service providers offer a daily or monthly plan ranging from \$5-\$20 per day for international travel. Be sure to explore all the limitations before traveling.

## Currency and Payment

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Tuition includes all program costs, international airfare, accommodations, local in-country transportation, and meals, including breakfast, lunch, and dinner while on location. Please note that meals are not provided during travel to and from our host destination, with the exception of meals provided by the airline.

Students may want to bring pocket money for their own personal expenses, shopping, personal care items, souvenirs, snacks, etc. (\$100-\$300 should be more than adequate). In advance of your trip to Tanzania, we recommend you decide on how you will pay for personal expenses while abroad. You may choose to carry a credit card, withdraw Tanzanian Shilling using an ATM card, bring U.S. dollars to exchange, or some combination of these options.

Visa and Mastercard are widely accepted in Tanzania; Discover and American Express are rarely accepted. If you plan to use a credit card while in Tanzania, be sure to ask your credit card company about their international transaction fees and alert them of your international travel plans beforehand to avoid security holds. Check the expiration date on your credit/debit cards and make a separate note in a safe place of their numbers and the service number on the back of the card.

**NOTE:** We highly encourage students to withdraw Tanzanian Shilling from a nearby ATM instead of exchanging physical U.S. Dollar bills. Bills must be in mint condition in order to be accepted for exchange (free from ANY wrinkles, stains, creases, writing, tears, etc...).