

# PRE-MED PROGRAM TANZANIA

## Program Objectives

- Physician Shadowing**  
 Spend time shadowing local doctors and healthcare professionals in a variety of medical settings. We work with larger regional hospitals as well as smaller and more specialist clinics. You will be exposed to a variety of different departments during the program.
- Volunteer Community Service**  
 Visit remote communities and set up satellite clinics, assisting medical professionals with the treatment of common ailments and illnesses. You will also develop materials and activities for awareness campaigns and healthy living workshops.
- Medical-based Learning**  
 Learn about tropical diseases and medical ethics, as well as practical skills such as suturing and checking patients' vital signs, blood pressure and blood sugar levels. You will be taught how to assist with medical checks and about common diseases in the region.
- Cultural Immersion**  
 Immerse yourself in the vibrant culture of Tanzania through captivating experiences, such as witnessing traditional dances, engaging in conversations with locals, and savoring the flavors of authentic Tanzanian cuisine. Embark on an enriching journey alongside fellow students, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Tanzania, including its stunning wildlife and majestic landscapes.

40+

Hours

18+

Hours

9+

Hours



Pre-Med  
Program





- Highlights**
- ▶ 40 Physician Shadowing Hours
  - ▶ 18 Community Service Hours
  - ▶ 9 Hours Medical Based Lectures
  - ▶ Gain Medical Skills & Experience
  - ▶ Raise Awareness on Medical Issues
  - ▶ Immerse Yourself in Tanzanian Culture
  - ▶ Visit Tarangire National Park

**Accommodation**

Host Family

**Transport**

Private bus and by foot

**Meals**

Breakfast will be served at your host each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

**Timings**

This schedule is subject to change. However you will be advised in advance should this happen.

You will depart home before 8am and arrive back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

**Responsible Travel**

We offset 100% of carbon emissions associated with your in-destination transport. We’re committed to being fully climate-positive by 2024!

By volunteering with us, you’re helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

| Day 1   | Saturday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All Day | <p>Arrive at Kilimanjaro Airport and travel to your designated accommodation and settle in for your stay. You will receive a warm welcome and any assistance you need with settling into your new home.</p> <p><b>Lunch:</b> Take time to settle in to your room and enjoy a home cooked lunch.</p> <p><b>Program Induction:</b> Attend a comprehensive project induction session, where you will receive detailed information about the project schedule, objectives, safety protocols, and local customs. You will also learn about the Tanzanian medical system and important guidelines for your stay.</p> <p><b>Town Tour:</b> Embark on a guided tour of the local area to familiarize yourselves with the surroundings. You will have the opportunity to exchange currency and organise local phone numbers for communication purposes.</p> <p><b>Dinner:</b> Time for dinner, some rest &amp; relaxation.</p> |



| Day 2     | Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All Day   | <p><b>7:30 - 08:00:</b> Breakfast</p> <p><b>9:00 - 5:00:</b> Day Trip: Maasai Culture &amp; Boma Visit<br/>Students will embark on an immersive day trip to experience Maasai culture firsthand. They will visit a Maasai Boma (village) and engage in cultural activities such as traditional dances, crafts, and interactions with Maasai community members. This experience will provide insight into the rich cultural heritage of the Maasai people and their way of life.</p> <p><b>7:00pm:</b> Dinner, Rest &amp; Relax</p>                                                                                                 |
| Day 3     | Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Morning   | <p><b>07:30 - 08:00:</b> Breakfast</p> <p><b>09:00 - 10:00:</b> Orientation at Hospital 1<br/>Students will attend an orientation session at Hospital 1, where they will receive an overview of the hospital facilities, departments, and staff. They will learn about safety protocols, patient confidentiality, and their roles as observers.</p> <p><b>10:00 - 01:00:</b> Physician Shadowing <b>(+3 hours)</b><br/>Students will engage in supervised physician shadowing activities for three hours, observing medical procedures, patient consultations, and interactions between healthcare professionals and patients.</p> |
| Afternoon | <p><b>11:00 - 02:00:</b> Lunch</p> <p><b>02:00 - 04:00:</b> Physician Shadowing <b>(+2 hours)</b><br/>Students will continue their physician shadowing experience, further observing medical practices and gaining insights into various specialties.</p>                                                                                                                                                                                                                                                                                                                                                                          |
| Evening   | <p><b>05:00 - 06:30:</b> Workshop: Swahili &amp; Culture<br/>Students will attend a workshop focused on learning basic Swahili phrases and gaining cultural insights into Tanzanian customs, traditions, and etiquette.</p> <p><b>07:00:</b> Dinner, Rest &amp; Relax</p>                                                                                                                                                                                                                                                                                                                                                          |
| Day 4     | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Morning   | <p><b>07:30 - 08:00:</b> Breakfast</p> <p><b>09:00 - 01:00:</b> Physician Shadowing <b>(4 hours)</b><br/>Participants will spend four hours shadowing physicians in different departments, gaining exposure to a variety of medical specialties and procedures.</p>                                                                                                                                                                                                                                                                                                                                                                |
| Afternoon | <p><b>01:00 - 02:00:</b> Lunch</p> <p><b>02:00 - 04:00:</b> Physician Shadowing <b>(2 hours)</b><br/>Participants will continue their physician shadowing activities, observing medical rounds, patient consultations, and healthcare practices in a clinical setting.</p>                                                                                                                                                                                                                                                                                                                                                         |
| Evening   | <p><b>04:00 - 05:00:</b> Lecture: Outreach Preparation &amp; Demonstration of Basic Clinical Skills<br/>Participants will attend a lecture focused on preparing for medical outreach activities in the local community. They will also receive a demonstration of basic clinical skills such as vital sign measurements and wound care.</p> <p><b>07:00:</b> Dinner at Restaurant<br/>Enjoy a social dinner with fellow students, reflecting on your enriching experiences.</p>                                                                                                                                                    |

| Day 5     | Wednesday                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Morning   | <b>07:30 - 08:00:</b> Breakfast<br><br><b>09:00 - 12:00:</b> Community Volunteer Service: Medical Outreach in Maasai Community <b>(3 hours)</b><br>Students will engage in a medical outreach program in the Maasai community, providing healthcare services, health education, and basic medical screenings to community members.                                                        |
| Afternoon | <b>12:00 - 01:00:</b> Lunch<br><br><b>01:00 - 04:00:</b> Community Volunteer Service: Medical Outreach in Maasai Community <b>(3 hours)</b><br>Students will continue their medical outreach activities, focusing on promoting health and well-being in the Maasai community through educational initiatives and preventive healthcare measures.                                          |
| Evening   | <b>07:00:</b> Dinner, Rest & Relax                                                                                                                                                                                                                                                                                                                                                        |
| Day 6     | Thursday                                                                                                                                                                                                                                                                                                                                                                                  |
| Morning   | <b>07:30 - 08:00:</b> Breakfast<br><br><b>09:00 - 01:00:</b> Physician Shadowing <b>(4 hours)</b><br>Students will spend four hours shadowing physicians in different specialties, gaining valuable insights into clinical practice and patient care.                                                                                                                                     |
| Afternoon | <b>01:00 - 02:00:</b> Lunch<br><br><b>02:00 - 04:00:</b> Physician Shadowing <b>(2 hours)</b><br>Students will continue their physician shadowing experience, observing medical procedures and professional interactions in a hospital setting.                                                                                                                                           |
| Evening   | <b>04:00 - 05:00:</b> Lecture: Medical Ethics / Tropical Diseases in Tanzania<br>Students will attend a lecture focusing on medical ethics, including principles of patient autonomy, confidentiality, and ethical decision-making. They will also learn about tropical diseases prevalent in Tanzania and their impact on public health.<br><br><b>07:00:</b> Social: Drumming & Dancing |
| Day 7     | Friday                                                                                                                                                                                                                                                                                                                                                                                    |
| Morning   | <b>07:30 - 08:00:</b> Breakfast<br><br><b>09:00 - 01:00:</b> Physician Shadowing <b>(4 hours)</b><br>Students will engage in a four-hour physician shadowing session, observing medical procedures, patient consultations, and interdisciplinary teamwork in a hospital environment.                                                                                                      |
| Afternoon | <b>01:00 - 02:00:</b> Lunch<br><br><b>02:00 - 04:00:</b> Physician Shadowing <b>(2 hours)</b><br>Students will continue their physician shadowing experience, gaining further insights into different medical specialties and healthcare practices.                                                                                                                                       |
| Evening   | <b>04:00 - 05:00:</b> Shopping for Weekend Safari<br>Students will have the opportunity to shop for essentials and souvenirs in preparation for the upcoming weekend safari excursion.<br><br><b>07:00:</b> Dinner, Rest & Relax                                                                                                                                                          |

| Day 8     | Saturday                                                                                                                                                                                                                                                                                                                                                                   |
|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| All Day   | You will enjoy breakfast at home before travelling to Tarangire National Park. Here you will have the chance to spot some of Africa’s great wildlife, including (hopefully) elephants and lions. You will enjoy a packed lunch, but be wary of the monkeys!<br><br>After your full day safari, you will return home to rest and relax. Dinner will be served at the hotel. |
| Day 9     | Sunday                                                                                                                                                                                                                                                                                                                                                                     |
| Morning   | After breakfast, you will hike to Materuni waterfalls. Before lunch, you will visit a coffee plantation and learn about the growing and processing of famous Tanzanian coffee beans.                                                                                                                                                                                       |
| Afternoon | Lunch will be served at the coffee plantation before getting the chance to make some local coffee yourself. You’ll also learn about the inner workings and challenges faced by smaller, independent coffee plantations in the area.                                                                                                                                        |
| Evening   | Dinner will be served at the hotel before an early night ahead of a full day of volunteer work.                                                                                                                                                                                                                                                                            |
| Day 10    | Monday                                                                                                                                                                                                                                                                                                                                                                     |
| Morning   | <b>07:30 - 08:00:</b> Breakfast<br><br><b>09:00 - 12:00:</b> Orientation at Hospital 2<br>Students will attend an orientation session at Hospital 2, familiarising themselves with the facilities, staff, and procedures. They will receive safety instructions and an overview of their responsibilities during their time at the hospital.                               |
| Afternoon | <b>12:00 - 01:00:</b> Lunch<br><br><b>02:00 - 05:00:</b> Physician Shadowing <b>(3 hours)</b><br>Students will engage in a three-hour physician shadowing session, observing medical practices and patient care in various departments of Hospital 2.                                                                                                                      |
| Evening   | <b>06:00:</b> Workshop: Surgical<br>Students will attend a workshop focused on surgical procedures, techniques, and safety protocols. They will learn about different surgical specialties and the role of surgery in patient care.<br><br><b>08:00:</b> Dinner, Rest & Relax                                                                                              |
| Day 11    | Tuesday                                                                                                                                                                                                                                                                                                                                                                    |
| Morning   | <b>08:30 - 09:00:</b> Breakfast<br><br><b>09:00 - 12:00:</b> Community Volunteer Service: Medical Outreach in Maasai Community <b>(3 hours)</b><br>Students will participate in a medical outreach program in the Maasai community, providing healthcare services and health education to community members.                                                               |
| Afternoon | <b>12:00 - 01:00:</b> Lunch<br><br><b>01:00 - 04:00:</b> Community Volunteer Service: Medical Outreach in Maasai Community <b>(3 hours)</b><br>Students will continue their medical outreach activities, focusing on promoting health awareness and disease prevention in the Maasai community.                                                                            |
| Evening   | <b>07:00:</b> Dinner, Rest & Relax                                                                                                                                                                                                                                                                                                                                         |

| Day 12    | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Morning   | <b>07:30 - 08:00:</b> Breakfast <p><b>09:00 - 01:00:</b> Physician Shadowing <b>(4 hours)</b><br/>Students will engage in a four-hour physician shadowing session, observing various medical procedures and gaining insights into different specialties within the hospital setting.</p>                                                                                                                                                                                                                                                                                                 |
| Afternoon | <b>01:00 - 02:00:</b> Lunch <p><b>02:00 - 04:00:</b> Physician Shadowing <b>(2 hours)</b><br/>Students will continue their physician shadowing experience, focusing on specific medical cases and patient interactions under the guidance of healthcare professionals.</p>                                                                                                                                                                                                                                                                                                               |
| Evening   | <b>04:00 - 06:00:</b> Workshop: Orthopaedic<br>Students will attend a workshop focusing on orthopaedic medicine, including common injuries, treatments, and rehabilitation strategies. They will learn about the musculoskeletal system and the role of orthopaedic surgeons in patient care. <p><b>06:00:</b> Social: Cookery Class<br/>Students will have the opportunity to participate in a traditional Tanzanian cookery class, learning how to prepare local dishes and experiencing the cultural richness of Tanzanian cuisine.</p> <p><b>08:00:</b> Dinner, Rest &amp; Relax</p> |
| Day 13    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Morning   | <b>07:30 - 08:00:</b> Breakfast <p><b>09:00 - 01:00:</b> Physician Shadowing <b>(4 hours)</b><br/>Students will engage in another four-hour physician shadowing session, focusing on specialized medical procedures and advanced clinical practices within the hospital environment.</p>                                                                                                                                                                                                                                                                                                 |
| Afternoon | <b>01:00 - 02:00:</b> Lunch <p><b>02:00 - 04:00:</b> Physician Shadowing <b>(2 hours)</b><br/>Students will continue their physician shadowing experience, observing surgeries, consultations, and patient examinations to further enhance their understanding of medical practice.</p>                                                                                                                                                                                                                                                                                                  |
| Evening   | <b>04:00 - 06:00:</b> Workshop: Educational Outreach Preparation<br>Students will participate in a workshop focused on preparing educational outreach materials and presentations for community health programs. They will learn effective communication strategies and how to engage with diverse audiences. <p><b>07:00:</b> Dinner, Rest &amp; Relax</p>                                                                                                                                                                                                                              |
| Day 14    | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Morning   | <b>07:30 - 08:00:</b> Breakfast <p><b>09:00 - 12:00:</b> Community Volunteer Service: Health Education <b>(3 hours)</b><br/>Students will engage in a community service project focused on promoting hygiene education and disease prevention at a local Maasai school. They will conduct interactive sessions and distribute educational materials to students and teachers.</p>                                                                                                                                                                                                        |
| Afternoon | <b>12:00 - 01:00:</b> Lunch <p><b>01:00 - 04:00:</b> Students will continue their community service activities, addressing important health issues and empowering students to adopt healthy behaviours and practices. <b>(3 hours)</b></p>                                                                                                                                                                                                                                                                                                                                               |
| Evening   | <b>07:00:</b> Social: Farewell Dinner<br>Students will gather for a farewell dinner to celebrate the conclusion of their program and reflect on their experiences. They will have the opportunity to share stories, exchange contact information, and express gratitude to the local staff and community members who supported them during their stay.                                                                                                                                                                                                                                   |

## Personal Achievements

- ▶ Completed a total of 40 physician shadowing hours
- ▶ Attended 9 Hours of professional medical skills workshops
- ▶ Taught important lessons on hygiene and health to children
- ▶ Completed 18 community volunteer service hours, assisting medical professionals on community outreach for over 100 remote community members



## AAMC Core Competencies

**Commitment to Learning & Growth:** Gain new knowledge and skills through practical experience in various medical settings, fostering continuous learning and growth.

**Cultural Awareness:** Understand diverse backgrounds and engage effectively with patients and medical professionals from different cultures.

**Empathy & Compassion:** Develop strong interpersonal relationships and provide compassionate care through volunteer service and shadowing experiences.

**Ethical Responsibility to Self & Others:** Navigate ethical dilemmas in healthcare settings and uphold ethical principles during shadowing experiences and medical ethics workshops.

**Interpersonal Skills:** Enhance interpersonal skills through interactions with patients, fellow students, and healthcare professionals.

**Teamwork & Collaboration:** Develop teamwork skills by working effectively with fellow students and professionals during collaborative activities such as medical outreach and workshops.

**Resilience & Adaptability:** Learn to cope with stress, setbacks, and change, developing resilience and adaptability crucial for navigating challenges in healthcare settings.

**Service Orientation:** Serve others and contribute to community well-being through volunteer service and medical outreach.