

Community Volunteer Services Tanzania



Medicine Internship in Tanzania

Learn directly from doctors and do health checks during outreaches in this vibrant African country

Trip Highlights

The Global Health Initiative Program (GHIP) is a groundbreaking and interdisciplinary initiative designed to enhance community well-being while advancing cutting-edge knowledge in the field of development. An integral part of GHIP is the Sustainable Community Development in Tanzania study abroad program. Employing a community engagement approach, students collaborate with local communities to identify, comprehend, and address prevalent issues. Throughout the program, participants acquire knowledge on development theories, the historical context of development in Tanzania, and gain invaluable insights into specific issues through hands-on community development projects.

This initiative welcomes international students and professionals specializing in various health-related disciplines, including International Health Sciences, Public Health, nursing, midwifery, and medical students. Participants actively engage with local rural health facilities and communities, applying diverse approaches to community engagement and effectively addressing urgent community challenges. The ultimate objective is to equip international interns with practical experience and expertise, rapidly enhancing their skills in a real-world setting.

Objectives:

i. **Improve Quality Access to Sexual and Reproductive Health Rights:**

This objective reflects a commitment to enhancing the accessibility and quality of sexual and reproductive health services. The focus is likely on ensuring that individuals have the necessary information, resources, and support to make informed decisions regarding their sexual and reproductive well-being.

ii. Promote Women and Girls Access to Quality Menstrual and Hygiene Management:

This objective highlights a specific area of focus on women and girls, aiming to ensure their access to high-quality menstrual hygiene management. This could involve initiatives related to education, provision of hygiene products, and creating an environment that supports menstrual health.

iii. Improve Primary Health Care and Education for Marginalized and At-Risk Women, Youth, Girls, and Children:

This broader objective underscores a commitment to addressing health and educational disparities among marginalized and at-risk populations. The emphasis is likely on providing comprehensive primary health care services and educational opportunities to women, youth, girls, and children who may face social, economic, or other challenges.

These objectives collectively demonstrate a holistic approach to promoting health and well-being, with a focus on reproductive health rights, menstrual hygiene management, and targeted efforts to improve healthcare and education for marginalized and at-risk populations.

Is a Medical internship in Tanzania right for me?

Deciding whether a Medical Internship in Tanzania is suitable for you involves considering your career goals and interests. If you're eager to gain practical medical experience for your resume, especially for medical school applications or job opportunities, this internship could be an excellent fit. It provides a chance to stand out in applications and offers valuable experiences for your professional journey.

During the internship, you'll have the opportunity to shadow experienced doctors and nurses, gaining insight into their day-to-day work. This exposure is particularly beneficial for individuals with a strong interest in medicine, offering a unique perspective on medical practices in a developing country.

Additionally, the internship allows you to witness and understand the healthcare challenges faced by people in Tanzania on a daily basis. The scarcity of resources in many medical facilities provides a learning experience on how professionals manage when supplies are limited. You'll also encounter diseases and conditions that may be

uncommon in your home country, broadening your understanding of global health issues.

The flexibility of the project, running year-round, enables you to plan a trip that fits your schedule. Whether you can commit for a short duration or an extended period, with a minimum requirement of two weeks, the internship accommodates various timeframes.

In summary, if you're seeking hands-on medical experience, exposure to diverse healthcare challenges, and the flexibility to choose your duration of involvement, a Medical Internship in Tanzania could be a valuable and enriching opportunity for your professional growth.

What will I do on this Medicine Internship?

During this Medicine Internship, you will engage in various tasks to gain valuable medical work experience. The program is designed to provide a comprehensive understanding of the healthcare field and offers opportunities for hands-on learning. Here are the different tasks and areas of focus:

Tasks:

Observe Professional Doctors in a Hospital or Clinic:

You will have the opportunity to shadow experienced doctors in real hospital or clinic settings. This allows you to observe their daily routines, patient interactions, and medical procedures.

Spend Time in Several Hospital Departments:

The internship provides exposure to different hospital departments, offering a broad perspective on the various facets of healthcare. This may include departments such as surgery, pediatrics, internal medicine, and others.

Learn About Healthcare and Gain Practical Skills During Medical Workshops:

Engage in medical workshops that provide theoretical knowledge and hands-on practical skills. This aspect of the program aims to enhance your understanding of healthcare practices and equip you with valuable skills.

Participate in Medical Outreaches and Practice Taking Health Measures:

Actively take part in medical outreaches, which involves reaching out to communities to provide healthcare services. This hands-on experience allows you to

apply your knowledge in real-world situations, and you'll have the opportunity to practice taking health measures in a community setting.

Areas of Focus:

Clinical Observation: Gain insights into the daily operations of medical professionals by observing their work in clinical settings.

Hospital Departments: Explore various hospital departments to understand the diverse aspects of medical practice.

Healthcare Knowledge: Acquire theoretical knowledge about healthcare through workshops, complemented by practical skills training.

Community Outreach: Engage in outreach programs to apply your medical knowledge in addressing the healthcare needs of communities.

Overall, the internship aims to provide a well-rounded medical experience, combining observation, hands-on learning, and community engagement to contribute to your professional development in the field of medicine.

What are the goals and impact of this project?

Promote Exchange of Medical Knowledge:

The primary goal of the internship is to facilitate the exchange of medical knowledge. Participants are encouraged to actively engage, ask questions, and learn from qualified medical staff, fostering a collaborative learning environment.

Provide Medical Care to Underserved Populations:

Contribute to providing medical care to individuals who lack the financial means or transportation to access clinics and hospitals. This is achieved through medical outreaches, where free screenings are offered.

Raise Awareness about Healthcare Issues:

During outreaches, participants play a role in raising awareness about prevalent healthcare problems such as diabetes and heart disease. The focus is on both prevention and treatment strategies.

Impact of the Project:

- **Improving Access to Basic Healthcare:**

The project aims to enhance access to basic healthcare services for groups in need, addressing barriers that may hinder their ability to receive essential medical care.

- **Promoting Awareness of Non-Communicable Diseases:**

By focusing on awareness during outreaches, the project contributes to educating communities about non-communicable diseases, empowering individuals to make informed health decisions.

- **Enhancing Hygiene Standards:**

The project has identified the improvement of hygiene standards as a goal, recognizing the crucial role of hygiene in preventing the spread of diseases and promoting overall well-being.

- **Improving Healthcare Quality:**

An objective of the project is to enhance the quality of healthcare provided to patients. This involves not only the delivery of services during outreaches but also continuous improvement in the overall healthcare system.

- **Encouraging Understanding of Medical Practices and Knowledge Exchange:**

The project seeks to foster an environment where participants understand medical practices and actively engage in the exchange of medical knowledge. This contributes to the professional development of participants and the overall improvement of healthcare practices.

In summary, the goals and impact of the project are centered around learning, providing essential medical care to underserved populations, raising awareness about healthcare issues, and contributing to broader improvements in healthcare access, awareness, hygiene, and quality.

Safety and Staff Support:

Ensuring your safety and well-being is our top priority. We have implemented various procedures and systems to provide you with the necessary support for a secure and enjoyable trip. Our CVS-Tanzania staff is dedicated to your safety and will be available around the clock to assist you throughout your stay, ensuring a smooth transition into your accommodation and placement. If you encounter any challenges or issues, our team is readily available to provide assistance at any time, offering you peace of mind during your experience with us.

A Typical Day in the Medicine Internship:

1. Morning Routine:

Your day begins with a hearty breakfast shared with your host family, providing a pleasant start to the day. Afterward, you prepare for your day, gather your essentials, and utilize local transportation to reach a nearby hospital.

2. Work Day Schedule:

The typical workday commences around 7:30 am, strategically aligned with the busy morning hours in Tanzanian hospitals. Your work hours generally conclude at approximately 3:00 pm.

3. Supervised Medical Activities:

You'll be assigned a supervising doctor who will guide you through various consultations and medical procedures. This is an invaluable opportunity to actively engage in the medical environment, taking notes, asking questions, and absorbing as much knowledge as possible. There may be opportunities to learn procedures such as taking X-rays and working with medical equipment.

4. Medical Outreaches:

Approximately once every two weeks, you'll participate in medical outreaches. During these events, you'll set up a healthcare station at a local school or community center. Here, you'll conduct health screenings, including measurements like blood pressure, blood sugar, height, and weight. This hands-on experience allows direct contact with patients, providing them with essential early medical screening.

5. Bi-Weekly Medical Workshops:

Every two weeks, you'll attend a medical workshop facilitated by a local doctor. These workshops are designed to impart valuable skills, such as administering first aid or practicing suturing, enhancing your practical medical knowledge.

6. Free Evenings for Exploration:

Evenings are designated as free time, offering you the flexibility to explore your surroundings and build connections with fellow interns. This time allows for cultural immersion and relaxation after your day's activities.

This structured routine provides a balance between hands-on medical experience, educational workshops, and opportunities for personal exploration, ensuring a

comprehensive and enriching experience during your Medicine Internship in Tanzania.

Professional Volunteers and Medical Practicums for Students:

This project extends a warm welcome to both professionals seeking to contribute their skills and university students pursuing medical and healthcare practicums.

- **For Professionals:**

If you are a professional looking to utilize your expertise to make a meaningful impact, rest assured that we will align your training and skills with a placement where your contributions are most needed. Your support can significantly enhance our ability to create a positive impact within the local communities we serve.

- **For Practicum Students:**

If you are a university medical or healthcare practicum student, we are committed to organizing a practicum placement that maximizes your learning experience. Our goal is to provide you with opportunities to acquire knowledge and skills that will shape the foundation of your professional career. Feel free to reach out to us, and we will work together to organize a specific placement tailored to your educational goals.

Whether you are a seasoned professional or a practicum student, your involvement in this project contributes to our collective efforts in making a positive and lasting difference in the communities we engage with. Contact us, and let's collaborate to create a placement that aligns with your skills, interests, and aspirations.

Types of Placements Available for the Medical Internship:

This internship is designed to offer a comprehensive and diverse medical experience. Through partnerships with local hospitals, participants have the opportunity to explore various departments, broadening their medical knowledge. Here are some of the departments available for internships:

- **Maternity:**

Gain insights into maternal healthcare, prenatal care, and childbirth procedures.

- **General Medicine (Women, Children, and Men Wards):**

Work in wards that cater to general health issues for women, children, and men, providing a well-rounded experience in primary healthcare.

- **Pediatrics:**

Focus on the healthcare of infants, children, and adolescents, understanding specialized medical care for the younger population.

- **Surgery:**

Witness and participate in surgical procedures, gaining exposure to various surgical specialties.

- **First Aid Department:**

Learn and apply first aid techniques, contributing to emergency medical care.

- **Laboratory and Research:**

Engage in laboratory work and research activities, contributing to diagnostic processes and medical advancements.

- **Dental Unit:**

Gain experience in dental care, understanding oral health practices and procedures.

- **Palliative Care:**

Work in palliative care settings, providing support and comfort to individuals with serious illnesses.

- **Pharmacy Department:**

Understand pharmaceutical practices, dispensing medications, and contributing to patient care.

The number of departments available for internship placement may vary based on the duration of the internship. It is recommended to spend at least one week in a department before transitioning to another. If you have a specific interest in a particular department, feel free to contact us, and our team will provide guidance to align your preferences with a suitable placement.

Internship Details:

Start Date: Anytime

Age Requirement: 18 or over

Program Fees: The program fees are structured based on the duration of your stay. Here is the breakdown:

1-4 Weeks:

\$300 per week

5-7 Weeks:

\$280 per week

8-10 Weeks:

\$240 per week

11-12 Weeks:

\$210 per week

Note: The fees are per week and vary depending on the length of your stay. The pricing is consistent for a single participant.

This fee structure covers the costs associated with your participation in the program and includes the services mentioned in previous communications, such as accommodation, meals, transportation, and support. If you have any specific questions about the fee breakdown or payment process, feel free to reach out to the program coordinator or the provided contact person.

Group Discounts:

5 to 7 people traveling together: 5% discount on the program fee.

Above 7 people traveling together: 10% discount on the program fee.

Program Fee Includes:

1. Personal Pre-Arrival Support and Advice:

Guidance and assistance before your arrival.

2. Working Permit:

Necessary documentation for your internship.

3. Airport Transportation (One Way):

Transport from the airport to your accommodation.

4. Accommodation:

Host family or hostel accommodation.

5. Meals:

Three meals a day provided.

6. Swahili Language Training and Cultural Orientation:

5 days of Swahili language training, orientation, and cultural immersion.

7. Possibility of Ongoing Swahili Language Training:

Continued language training throughout your trip.

8. Local Prepaid SIM Card Registration:

Access to local communication services.

9. Daily Two-Way Transportation to Placements:

Transport to your internship placements via dalla-dalla (local minibus) or bicycle.

10. 24/7 Personal Support and Guidance:

Continuous support from CVS-Tanzania's workers.

11. Certificate of Completion (Upon Request):

Recognition for your participation.

Additional Costs (Not Included in Program Fee):

1. **Visa:**

Required visa fees.

2. **Airline Tickets (Flights):**

Personal responsibility for flight costs.

3. **Vaccinations and Medical Insurance:**

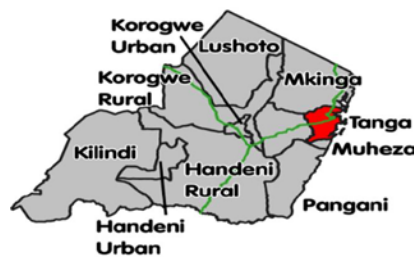
Necessary vaccinations and health insurance.

4. **Private Transport:**

Any private transportation needs.

Note: The program fee covers a comprehensive range of services, while additional costs include visa fees, flights, vaccinations, medical insurance, and private transport. Participants should be aware of these additional expenses when planning their internship.

AREAS OF OPERATION IN TANGA REGION



What You'll Experience in the Program:

1. **Firsthand Experience of the Tanzanian Healthcare System:**

Immerse yourself in the Tanzanian healthcare system, gaining firsthand experience and understanding of its operations, challenges, and strengths.

2. **Knowledge Exchange with Local Clinic Staff:**

Engage in a meaningful exchange of knowledge with local clinic staff, fostering a collaborative learning environment where experiences and insights are shared.

3. **Operation of Small Health Clinics with Limited Resources:**

Gain valuable insights into the operations of small health clinics that operate with limited resources. Understand how healthcare professionals navigate challenges to provide essential services.

4. Study of Local Diseases and Treatment Methods:

Study local diseases prevalent in the region and understand the methods of treatment employed by healthcare professionals. This offers a unique perspective on healthcare practices in Tanzania.

5. Exploration of Tanzania Through Day Trips, Safaris, or Mountain Climbs:

Beyond the healthcare setting, seize the opportunity to explore the diverse landscapes and culture of Tanzania. Embark on day trips to discover local attractions, go on safaris to witness wildlife, or challenge yourself with mountain climbs for an adventurous experience.

This program goes beyond clinical observations; it provides a holistic experience encompassing cultural immersion, knowledge sharing, and exploration of the rich and diverse aspects of Tanzania. It's a unique opportunity to contribute to healthcare while gaining a deep understanding of the local context.

Safari & Mt. Kilimanjaro Trip:

For medical intern students or participants, there's an exciting opportunity to enhance your experience in Tanzania through a Safari and Mt. Kilimanjaro trip. Participants are invited to apply for this tour before arriving in Tanzania, specifically focusing on tourism activities like mountain climbing Kilimanjaro and visiting national parks.

Details:

Tour Operator: White Snow Travel Company (Website: [White Snow Travel](#))

Offerings: **Tour Activities:** Explore the beauty of Tanzania by embarking on a safari and experiencing the awe-inspiring climb of Mt. Kilimanjaro.

Special Rates for Interns and Volunteers: White Snow Travel Company is offering special, discounted rates for interns and volunteers associated with the program.

This additional opportunity allows participants to not only engage in medical internships but also to explore the natural wonders of Tanzania, creating a well-rounded and memorable experience. For more information or to apply for the tour, interested individuals can connect with White Snow Travel Company.

Program Requirements:

To participate in the program, volunteers or interns must meet the following requirements:

1. **Age:** Participants must be 18 years or older at the time of joining the program.
2. **Open Mind and Flexible Attitude:** A key requirement is to possess an open mind and a flexible attitude. The program involves working in a new and different environment, and participants should be adaptable to diverse circumstances.
3. **Energy and Enthusiasm:** Volunteers or interns are expected to bring energy and enthusiasm to the program. A proactive and positive approach is crucial for making a meaningful difference in the community.

These requirements are in place to ensure that participants are well-prepared for the unique experiences and challenges of the program. It emphasizes qualities such as adaptability, openness, and a genuine passion to contribute to the community

Financial Commitment:

Participants should be prepared to cover the costs associated with engaging in this program, as outlined in the program details and fee structure.

-This communicates the expectation that participants will need to financially commit to the program, covering any fees or expenses as specified by the program.

Application Process:

Our application process is straightforward and user-friendly. Follow these steps to apply:

Fill Out the Signup Form: Visit our website at www.cvstanzania.or.tz and complete the signup form. This step is not binding; it helps us assess volunteer placement availability during your preferred time and enables us to send you more detailed information about your placement, associated costs, and visa requirements.

Email the Executive Director: Address your email to the Executive Director, Mr. Simon Mashauri, at cvs.tanzania@gmail.com.

Receive Access Information: Once your signup form is processed, you will receive access information to our secured volunteer website. This site contains additional essential information to help you prepare for your stay in Tanzania.

This simple and efficient application process ensures that you have the necessary details to make informed decisions about your volunteer placement. If you have any

questions or need further assistance, feel free to contact Mr. Simon Mashauri, our Executive Director, via the provided email address. We look forward to welcoming you to our program!

Contact Address:

Community Volunteer Services Tanzania (CVS-Tanzania)

P.O, Box 303, Tanga, Tanzania, East Africa

Kiomoni Street/Nearby-Amboni Caves

Tel/Fax +255272645450

Mobile: +255743462880 / WhatsApp: +255716462880

Email: cvs.tanzania@gmail.com

Website: <http://www.cvstanzania.or.tz>