



Medical Electives

With Adventure Alternative

East Africa and Nepal

We operate in several areas of Kenya, Tanzania and Nepal, offering medical placements to students interested in combining their elective with the experience of differing lifestyles, cultures and medical treatment in developing countries. We integrate our medical students with the community and provide security and support through the very strong network of representatives and staff that we have in Kenya, Tanzania and Nepal.

We set up all the arrangements with the hospital or clinic and provide strong staff back-up to introduce you to life in East Africa or Nepal, and assist with your working routine. We provide accommodation, transport and all the facilities you will need, and you also receive an allowance in local currency for your daily food and living costs. Most electives last six weeks and can be done at any time of the year.

We meet you at the airport and take you through each step of your experience and make sure that you get to experience the social side of life in these countries. It is very colourful and fun. We make your stay comfortable and secure without losing the essence of being in such diverse and incredible countries.

The Medical Elective Programme - what it's all about

The concept is to bring medical students to Kenya, Tanzania and Nepal as part of their ongoing studies at University or their Professional Development Plan (PDP). The student's experience should be as well rounded as possible. The priorities are :

To see a range of conditions which he or she is unlikely to have seen in practise in Europe but, with an ever increasing travelling public, is more likely back home in the future.

To gain invaluable experience in prioritising with limited resources.

To be involved with communities in planning and developing health promotion programmes, allowing multi-disciplinary team work and leadership skills.

To develop personal, financial and organisational skills, within a broad ecological criteria. Remaining sensitive to environmental, social and cultural requirements.

To be part of a programme that increases the profile of health care in the community. To understand the psychological implications of HIV, hepatitis and other socio-economic problems.

All of these areas have a real need for multi-disciplinary health care specialists and doctors.

What a student will be able to do

Competency in clinical skills - students will be observing and assisting with patient diagnoses and treatment, although the range is limited in a clinic without all the lab facilities. Much of their time will be spent in very close contact with patients.

Competency to perform practical procedures - students will assist with triage, vaccinations, minor surgical procedures, births, and a limited range of lab tests (malaria, TB, HIV/AIDS) but major procedures are almost always referred to the larger hospitals, although students will be able to accompany patients to these.

Competency to investigate a patient - much of each day will be spent in close contact with patients and in conditions very different from those in western clinics and hospitals. Students will work with local clinical officers, nurses, doctors and visiting consultants to investigate patients.

Competent to manage a patient - the students will be involved in follow-up procedures and visits, advising patients on use and dosage of drugs, and overseeing mothers through prenatal, birth and post natal counselling.

Competency to give advice on **health promotion and disease prevention** - many of the patients are suffering from endemic diseases and conditions specific to an impoverished and largely unsanitary environment, where tropical diseases are prevalent and education levels are low. Students are involved in giving advice to patients at all time, especially on issues of sanitation, hygiene, baby care and nutrition. The clinics are also voluntary testing and counselling centres for HIV/AIDS, so students can be involved in giving advice to the community on issues of testing as well as on contraception and STDs.

Competency in **communication skills** - this is perhaps the most important skill for students dealing with patients from such a different culture and with a low level of education. Students will find that communicating properly and clearly is vital to doctor/patient understanding. Students will learn from the local staff how important this is, and how to modify their approach to a level which the patients will understand. Students will go on many home visits into the slums with bread and milk, to monitor patients. Their building up of trust and communication with the patients will be vital to the patients' recuperation and welfare.

Competent to **retrieve and handle information** - students will be able to involve themselves in administration of the clinic to some extent and obviously to keep patients records, but there is little opportunity for research other than what the students bring themselves.

General Advantages to be gained from the placement

Understanding of social, basic and clinical sciences and underlying principles

Through daily interaction with patients in such a specialised and unique environment as a shanty town in East Africa or a hospital in Kathmandu, students will find their understanding of social principles challenged and the importance of basic clinical sciences forced home in a very practical and often emotional way, simply because of the cultural and environmental differences.

Appropriate attitudes, ethical understanding and legal responsibilities

Similar to the above, students will find themselves approaching the ethical side of clinical practise in a new way, which will only reinforce the need to act responsibly and have the appropriate attitudes. In a society where ethical protocol is often compromised by a lack of resources, poverty and socio-economic realities very different to those in the West, students will find their approach to these issues challenged.

Appropriate decision making skills, clinical reasoning and judgement

Again, in a society where clinical judgement and decision-making is often dictated by practical resources at hand and the problems of mass poverty, lack of education and even basic Governmental support, students will learn to approach medicine on a far more basic level, without the huge support network that we have in the West. This is done through extensive patient/doctor contact, specific counselling and advice-giving.

Appreciation of the role of the doctor within the health service

Since most developing countries do not have a national health service, and even their governmental health support is rudimentary at best, students will discover the importance of the doctor in such a community where one doctor could be responsible for up to 100,000 people. In Nairobi alone, with a population of several million, there is just one paediatric consultant attached to the main State Hospital. There is no doubt that students will come away with a vastly enhanced knowledge of the sheer status of the educated person and 'Daktari' in Africa or Nepal.

Aptitude for personal development

Aside from the obvious steep learning curve that students experience in the clinic itself, there is the additional benefit of living within the community itself, and discovering the reality of life in such places, which is noticeably different (if not completely opposite) to the Western perception. The back-up, support and social assistance given through Adventure Alternative is based on Gavin Bate's fifteen years of experience of living in Africa and Nepal. Students will find that every day brings a raft of new experiences. These will often be highly emotional as, faced with conditions often only seen in text books, and set in the environment of poverty and social or human rights issues, students find their own morals and principles challenged and hopefully reinforced

Please look carefully at the following places and locations mentioned in this pack. It will give you a good idea of the possibilities available to you, we can then discuss your own trip and tailor-make it to suit your skills and ambitions. We will work with you to accommodate your needs as far as possible. The regions where we currently operate are -

Western Kenya, Siaya	Two clinics and a regional hospital
Eastern Kenya, Embu	Provincial general hospital and two clinics
Central Kenya, Nyeri	Provincial general hospital
City, Nairobi	Large slum community clinic
Tanzania, Moshi	District hospital
Nepal, Kathmandu	Large hospital and clinic

Our staff are many and all of them are involved in our charity Moving Mountains, which we set up as a charitable side to the company Adventure Alternative. We promote pro-poor tourism, invest in the local economy, and have strong principles of responsible tourism. We hope you will see how a charity is run and get involved. We look after many street kids and assist with many clinics and schools. For a lot of visitors to these countries it is the first time they have seen this sort of work on the ground and we are keen for people to experience this as part of the whole experience of working and living in Kenya, Tanzania and Nepal.

The regions where we work in Africa:

Siaya, Western Kenya

Siaya is a rural area close to Lake Victoria and the Ugandan border where we have a very sociable Adventure Alternative house that you would share with other medical students as well as teachers on placement at one of the local primary schools. The house has electricity, solar panels and running water from a catchment tank, with spacious bedrooms, a large living area and kitchen. The toilet is a long drop and the cold shower is in an outhouse but this is rural Kenya; an elective here will provide a safe and clean back-to-basics experience. You will look after your own shopping, cooking and housekeeping, although we do supply you with a home help. You will be very much a part of the local community and have a genuine insight to the life of the local Luo tribe.

Your local AA contact here is Maurice Odindo, a Deputy Headmaster at the local Primary School, Maurice lives next door to the AA house. We have worked with Maurice for many years, both through Adventure Alternative and Moving Mountains, and he was instrumental in the planning and organisation of the nearby Moving Mountains orphanage. Very friendly and overwhelmingly polite with perfect English and a good knowledge of Western life, Maurice is also highly regarded in the community and will be your main person to work with during your stay.

There will be ample opportunity to get involved with the Moving Mountains orphanage, which we are planning to extend to incorporate girls' and boys' dormitories, plus a voluntary counselling and testing centre for HIV/Aids, a Community Clinic, Crèche and accommodation for our full time carers.

Siaya District Hospital

Siaya District Hospital is a large teaching hospital situated in Siaya Town serving an extremely large population of rural people. The hospital itself is quite run down and is lacking in government funding, but government funding is on the increase as they have recently opened a medical and nursing school in the area so there are now a lot of Kenyan student doctors and nurses completing their training at the hospital.

The Superintendent of the hospital, Dr Ochieng, is very keen to accept visiting medical students and is talking of setting them projects to complete during their time in Siaya. He is also very willing to work alongside the doctors at The Dolphil and Bama clinics, so the students can decide how long they want to spend in each area.

Services provided are -

Outpatient clinics - Casualty department, voluntary counselling and testing centre for HIV/AIDS, anti retroviral therapy clinics, chest clinics (TB, COAD, asthma), mother and child health clinics,

antenatal clinics, diabetes clinic, eye unit, dental clinic, ear, nose and throat, immunizations, psychiatric consultations

Inpatient wards - medical, surgical, orthopaedics, paediatrics, obstetrics and gynaecology, maternity

Facilities - X-ray, physiotherapy, occupational therapy, laboratory, theatre, pharmacy

Dolphil Nursing and Maternity Home, Siaya

Dolphil clinic is approx 15 minutes drive on the road from Wagai towards Luanda. It is a private clinic that receives financial assistance from a local church, although it is now essentially self reliant except for large expenditures such as new equipment. It has recently received some money to build a Voluntary Counselling and Testing Centre, which will be ready for use by the beginning of October 2005, after it has gained government approval to open. Many of the staff at the clinic have already received the relevant training in counselling etc to run this new service.

They will also offer free anti-retroviral drug therapy as they are receiving the drugs free from their sponsors. The clinic is operated by three doctors, one of whom is on site 24 hours a day. There is also a team of nurses and laboratory technicians who work in shifts.

Unfortunately apart from very minor procedures, no surgery is carried out at the clinic, but referrals for surgery and for emergency cases are made to the nearby Siaya District Hospital and to Kisumu Hospital. There are opportunities for students to visit Siaya District Hospital under the supervision of the doctors from the clinic, one of whom rotates to work at Siaya District and at the clinic.

The clinic has a male and a female ward, a paediatric ward and a maternity ward with a delivery suite. There is also a laboratory, mortuary and a theatre for minor procedures.

The clinic also provides chest clinics, mother and child health and family planning clinics, antenatal clinics, diabetes clinics, dental and ear, nose and throat clinics and immunizations

The clinic offers a wide variety of services to a large surrounding population and is run by an administration board committee consisting of doctors, church officials and members of the local community.

Bama Nursing and Maternity Home, Siaya

This is another privately run clinic, very similar to The Dolphil clinic. It is situated on the outskirts of Siaya and offers much the same services as The Dolphil, the only addition being that they often take care of post-operative surgical patients from Siaya District Hospital as the two facilities are physically very close together. Also, because of this, the doctor in charge of the clinic has very close links with a number of staff at the District Hospital, so would easily be able to arrange supervised visits to the district hospital for the visiting students.

The clinic is operated by two doctors, one of whom provides 24 hour emergency cover, as well as a number of nurses, technicians and counsellors working in shifts. There is a male and female medical ward, a maternity ward with a delivery suite and a paediatric ward. There is also a laboratory on site.

The clinic is also a voluntary counselling and testing centre for HIV/Aids, has anti retroviral therapy clinics, chest clinics (TB, COAD, asthma), mother and child health clinics, family planning, antenatal clinics, diabetes clinic, dental clinic and deals with ear, nose and throat conditions and immunizations.

Embu, Eastern Kenya

Embu is a busy market town situated on the south-eastern slopes of Mount Kenya. It has a very friendly community that will do their best to make you feel at home.

Accommodation in Embu is at a hostel, which is walking distance from the Provincial Hospital. The hostel has very good security and you will have a room to yourself, unless you prefer to share, and there is a TV room, hot showers, a café, shop and the staff there are both helpful and courteous.

Your local Adventure Alternative contact here is Gilbert Njeru, who like Maurice has worked with both MM and AA for several years. Gilbert lives close-by and is very friendly and sociable. He is currently completing a Social Work course and oversees all Moving Mountains projects in Embu as well as Adventure Alternative clients. He speaks excellent English.

Moving Mountains supports a Rescue Centre for street children in Embu and Gilbert will be only too happy to introduce you to the supported children and help you get involved with ongoing projects here.

Embu Provincial General Hospital

Embu Provincial General is a relatively large teaching hospital on the outskirts of Embu town. It is the main hospital for Eastern Province, providing both inpatient and outpatient services for a large population.

The hospital has good X-ray facilities and laboratory testing facilities, and referrals are taken from all the surrounding rural clinics and dispensaries. Occasionally referrals are made for some patients to go to Kenyatta Hospital, Nairobi, in particular for major surgery, as there are only facilities for minor and routine surgery in Embu.

There are approximately 30 qualified doctors working at the hospital, ranging from interns to specialist consultants, and the hospital provides education facilities and clinical placements for nursing students. It also trains laboratory technicians and newly qualified doctors are also supervised through their internships at this hospital.

The hospital itself is very clean and tidy, well organised and efficiently run, though it can get overcrowded. At present there are no intensive care facilities, though plans are underway for a six-bedded unit to be constructed.

The services provided by the hospital include a casualty department, VCT centre for HIV/Aids, anti retroviral therapy clinics, chest clinics (TB, COAD, asthma), mother and child health clinics, antenatal clinics, a diabetes clinic, eye unit, dental clinic, it deals with ear, nose and throat problems, immunizations and has psychiatric consultations.

The inpatient wards include medical, surgical, orthopaedics, paediatrics, maternity and obstetrics and gynaecology, there are facilities for X-rays, physiotherapy, occupational therapy and pharmacy. There is also a laboratory as well as a theatre for minor surgery.

Kangaru Community Dispensary, Embu

Kangaru Community Dispensary is a small rural clinic about 10 minutes drive outside of Embu town. The clinic is run by qualified nurses only, with no medical backup. Medical Students therefore would only be able to observe at here as there is not adequate supervision for them. Referrals are made to medical colleagues at Embu Provincial General Hospital if required.

Due to the close proximity of the general hospital, very few services are actually provided at this clinic, though a lot of patients who have had diagnosis made at the General Hospital will attend the clinic for their ongoing treatment i.e. drug therapy and injections, rather than attending the hospital every day.

There is curative treatment for malaria, tuberculosis and COAD at the Kangaru Community Dispensary and outpatient clinics for mother and child health, antenatal and immunizations.

Joykim Nursing Home, Embu

Joykim Nursing Home is a privately run clinic, split between two sites. The main inpatient clinic is situated outside the main town of Embu, approx 10 mins drive, but the Doctor also runs a small outpatient clinic in Embu town. He then transports people to the main clinic if they require admission or surgery. He also refers people to the district hospital if that is what they require.

There are several clinical officers and nurses working at the main clinic as well as a lab technician in the recently built on site laboratory.

The clinic usually handles around 5 births per week, and 10 minor surgery cases, and there are usually around 10 inpatients at any one time. Medical Students would be able to split their time between the main inpatient clinic and the smaller consultation clinic

Other services provided include a VCT Centre for HIV/Aids, anti retroviral therapy clinics, chest clinics (TB, COAD, asthma) mother and child health clinics, antenatal clinics and immunizations.

The inpatients wards include paediatrics, maternity and male and female medical wards. There is also laboratory and pharmacy facilities and a theatre for minor surgery.

Nairobi

Nairobi, and more specifically Kibera, is the location of another Adventure Alternative house. Kibera is the biggest slum in sub-Saharan Africa and is home to almost one million people. It is the location of the Hollywood film *The Constant Gardener* and an incredible melting pot of humanity. The house is similar to the one in Siaya, in that you will be sharing with both fellow Medical students and teachers, it is very sociable, there is running water, hot showers, flush toilets, a comfortable living area with a TV and double bedrooms. It is quite safe but obviously you need to follow common sense rules of keeping doors locked, not opening doors to strangers and looking after your belongings.

Rosie Gathirimu is our AA representative in Nairobi, and like Gilbert and Maurice, is very sociable and friendly. She has worked with AA for many years and is Moving Mountains Charity Co-ordinator in East Africa. She will help you settle in, show you around and introduce you to the staff at the clinic.

Also in Nairobi are Peter Kariuki and Kelly Kioko who are officers of the Moving Mountains NGO in Kenya and they also stay in the house so you will have plenty of company. Our other staff will always be around and people like Eva Muronji will help keep the house in order and teach you how to cook Kenyan food. You are likely to have lots of visitors too, kids who we support, friends and supporters. As time goes on you will be able to join in a really enjoyable and busy Kenyan social life.

Ushirika Community Clinic, Kibera

Ushirika is a busy Community Clinic on the out-skirts of Kibera, it is about five minutes walk from the AA house. Our resident Adventure Alternative contact there is Ishmael Bosire who works full time at the clinic and will help you with all the details of daily routine. Ishmael speaks excellent English and is very gentle and polite.

Routines include daily diagnosis and treatment, twice weekly pre and post-natal baby clinics, weekly vaccination clinics and ongoing treatment/monitoring of patients with infectious diseases such as TB. The clinic has a male and female ward and a maternity ward with a delivery suite.

There are also laboratory facilities, patient counselling, post-treatment care and home visits with health workers four times a week. The clinic is also a voluntary counselling and testing centre for HIV/Aids, has anti retroviral therapy clinics, chest clinics (TB, COAD, asthma), family planning and antenatal clinics.

In the summer of 2005 Moving Mountains built a large HIV/Aids children's clinic on the grounds of Ushirika, the first of its kind in an area that houses nearly one million people. It includes a large immunisation centre and ward. There is a special counselling area for children and adults suffering from HIV AIDS and we plan that this clinic will be linked to the WHO in the future.

We also fund a community health programme at Ushirika which employs six ladies to make home visits and buy bread and milk for bedridden patients. Visitors will have a chance to accompany these health workers and visit homes in the slums, and also undertake sex education talks to local schools and general health education talks in the main clinic.

Nyeri - Central Kenya

Nyeri is a busy town in the middle of Kenya, two hours from Nairobi close to Mount Kenya and surrounded by the biggest agricultural area of the country. This is the breadbasket of Kenya and it is quite high in the Aberdare Range, so a bit cooler than the other places. It is a safe, quite cosmopolitan town with lots of colonial influence, close to great sightseeing places like Thompsons Falls and lodges like the Ark. People are very friendly and the main tribe is Kikuyu. Our Adventure Alternative representative is Samson Kagiri who also looks after Moving Mountains kids as well as the Adventure Alternative clients. He has studied tourism and lives locally. Samson is quite studious, and very helpful and hardworking.

Accommodation is in a local hotel within walking distance of the hospital and all amenities are provided for you. It is called the Batian Hotel and very comfortable.

Nyeri District Hospital, Nyeri

This is a large and busy hospital in the town centre which has patients from a huge catchment area of both urban and rural regions. The intake is very diverse and students find they get experience in many different fields, and there is a strong supervisory element. Students will meet the medical

director and arrange for routines in all areas of the hospital working under either consultants or doctors. This is one of our most popular placements in terms of clinical experience gained and there is also an opportunity to help at weekends and in the evenings at a local slum clinic which Moving Mountains is supporting.

It is the main hospital for Central Province, providing both inpatient and outpatient services for a large population. The hospital has X-ray facilities and laboratory testing facilities, and referrals are taken from all the surrounding rural clinics and dispensaries.

There are approximately 20 qualified doctors working at the hospital ranging from interns to specialist consultants and the hospital provides education facilities and clinical placements for nursing students.

The services provided by the hospital include a d, VCT Centre for HIV/Aids, anti retroviral therapy clinics, chest clinics (TB, COAD, asthma), mother and child health clinics, antenatal clinics, a diabetes clinic, eye unit, dental clinic, it deals with ear, nose and throat problems, immunizations and has psychiatric consultations.

The inpatient wards include medical, surgical, orthopaedics, paediatrics, maternity and obstetrics and gynaecology, there are facilities for X-rays, physiotherapy, occupational therapy and pharmacy. There is also a laboratory as well as a theatre for surgery.

Tanzania, Moshi

In Tanzania we have full time staff in the town of Moshi, which is at the base of Mt Kilimanjaro. Moshi is a lovely quiet town with all the facilities you might need, thanks to the tourists coming to the mountain. Castro Kapela is our representative and he also runs our safaris and climbs on Kili so he can easily help you should you wish to organise a trip yourself.

Moshi is easy to reach, you can fly into Kilimanjaro International Airport where you will be met or you can take a daily coach from Nairobi. Accommodation will be in comfortable safe town hotels within walking distance of the hospital, and Castro will be on hand all the time to look after you. English is spoken widely and Moshi itself has a good nightlife and is regarded as a safe town to be in.

Mawenzi Regional Hospital, Moshi

Mawenzi Regional Hospital in Kilimanjaro region is a general hospital which serves 7 districts ("counties") with a population of about 1.3 million people. Apart from the daily services, it provides for both in-patients and out-patients, Mawenzi hospital acts as a referral hospital for the 7 districts, though there is a consultancy hospital (K.C.M.C) nearby to which more patients are referred from various parts of the country if necessary.

This hospital has a number of departments like theatre, surgical, paediatrics, surgery, reproductive and child health, X-ray, public health, pharmacy, a dental clinic. It also has immunization programmes, T.B and leprosy programmes, psychiatry and physiotherapy. Mawenzi hospital has also a supervisory support system for nearby district hospitals.

There is a daily in flow of patients ranging between 250 to 300. The Hospital has just established a community support system that aims at providing support to various communities in the region though community-based organizations (CBOS) and NGOS in the provision of home-based care as part of a programme to support the HIV/Aids control and prevention activities.

Travelling to East Africa

From Ireland and UK there are regular flights to Nairobi, Adventure Alternative can assist with any bookings. On arrival at Nairobi's Jomo Kenyatta airport you will be met by Adventure Alternative's Kenyan staff who will escort you to our Nairobi accommodation, close to the Nairobi National Park, and help you settle in. They will be able to assist you initially with all your needs including shopping and phoning home. Things are always new and different at first and it will be important to feel you have friends there who can help you integrate a little into society. There will be people there to offer you help and support. The staff will then take you to your choice of location and introduce you to our local ground team who will settle you into your accommodation and introduce you to the local doctors and hospital staff.

Free time in Africa

It would be a shame to go all the way to Kenya without seeing some of the country and its people. On weekends it would be an easy excursion to visit Lake Naivasha in the Rift Valley or even go up to Mt Kenya. Nairobi itself is a bustling city, an important cultural centre with much to see and do, you can go to Karen Blixen's home or visit the giraffe orphanage. The list is endless and we can help you with all your transport and/or camping needs. At the end of your stay you may wish to go on a safari and it is advisable to give yourself an extra week or so in Kenya to allow for this. You could go on safari for a week and follow it with a week on the coast to relax. Our safari company supports the rights of workers and we actively educate, train and employ ex-street children in the tourism industry. Anything is possible, you just need to chat to us about your plans, or our Kenyan staff can help you organise this whilst in the country.

Cost

For the latest prices please refer to the AA website www.adventurealternative.com

Generally the price includes:

The cost of your placement at the clinic / hospital

Processing of documents

Daily transport to your place of work

Our Kenyan staff and equipment

Accommodation

Food, electricity, gas

Airport transfers

Kenyan / Tanzania and UK administration

Excluded:

Vaccinations and anti malarial tablets estimate £100

Visa £30

Airfare estimate £450 - £550

Insurance estimate £70

Weekend visits are not included

Weekend accommodation if travelling away from our own accommodation

Spending Money for gifts, phone calls, email etc

On visits it is often cheaper to use local transport. Our staff on the ground can help you with this. If you are keen to go on a safari it can be expensive however if our vehicles are not pre-booked you can use them for free, you will then only need to cover staff allowance, food, fuel and park / camping fees.

The regions where we work in Nepal:

Nepal is a truly amazing country which time has forgotten. Kathmandu is a blend of new and old with fantastic restaurants and traditional Buddhist temples. If you are interested in going to Nepal for your elective you can also combine this with a fantastic expedition to the foot of the planet's highest peak, Chomolungma or as we call it Mount Everest! Afterwards you could then travel overland through India or go on an elephant back safari in the Chitwan Jungle.

In Nepal we offer two options for you; 8 week trek and medical elective or a 6 week pure medical elective. We have full time staff in Kathmandu who will look after you excellently and are also able to organise any additional tours or expeditions you want to go on.

6 Week Medical Elective, Nepal

You start in Kathmandu, the bustling capital of the Himalayan Kingdom. Here you will find busy streets full of character and colour. Initially this appears as a never ending maze of fascination with lingering aromas of incense and wonderful street sellers offering great Asian artefacts and treasures such as Yak hair hats, cashmere scarves and Buddhist prayer flags.

As with all areas of beauty in the developing world it doesn't take long to realise that behind the scenes there is a lot of poverty, people needing attention and treatment for conditions which in the West would only be found in text books.

In Kathmandu your base is the Adventure Alternative house, which is just on the outskirts of town. Here you live in our very comfortable three bedroom flat with kitchen, lounge and bathroom. The flat is above the home of our coordinator in Nepal, Ang Rita Sherpa. Gavin (Adventure Alternative MD) has been working and climbing in Nepal for many years. He has climbed Everest three times and is heading back again in 2007. He has also organised a host of other expeditions in the Himalayas and has always worked hand in hand with Ang Rita. In Ang Rita you will find an honest and caring character who will do everything in his power to make sure you have a smooth and pleasant stay.

Your days in the hospital will be busy, Ang Rita will settle you into the routine, introduce you to the staff and ensure you are happy travelling to and from work each day.

At the hospital you will find various departments including anaesthesiology, anatomy, biochemistry, clinical pharmacology, clinical physiology, dental surgery, dermatology, ear, nose, throat (ENT), emergency medicine & general practice, forensic medicine, obstetrics and gynaecology, general surgery, internal medicine, orthopaedic surgery, ophthalmology, psychiatry & mental health, pathology, microbiology, radiology and community medicine. It is possible to specialise in one department or to pick a number of departments to work in.

You will become familiar with prevalent medical and surgical problems within Nepal, getting first-hand experience of many tropical diseases and common health problems of a developing country.

During the elective period you will attend daily ward rounds conducted by the consultants of the respective clinical departments. You will also be posted to the outpatient departments and the casualty rooms where you can see a variety of clinical cases. You will also be involved with

interviewing and examining the patients and observe various diagnostic and therapeutic procedures under the direct supervision of the consultants.

Similarly, you will be encouraged to participate in clinical bedside teachings regularly conducted for the undergraduate students of the Institute of Medicine in Kathmandu. In such sessions you can discuss the clinical findings, investigation plans and therapeutic management of the patients. These regular journal clubs, case presentations and topic discussions provide a rich learning environment for students. Such sessions are particularly useful to develop critical reasoning skills and problem solving skills based on case histories and the real patients.

The community-based programmes for the elective are currently being developed. Such programmes will provide first-hand experiences in the practice of rural medicine as well as insights into the socio-cultural, economic and environmental determinants of health & disease.

8 Week Option – Trek n’ Medical

If you have a bit of spare time and a burning ambition to trek in the Himalayas and gasp at their beauty and magnificence then this is definitely the Medical elective for you!

Due to our background as an expedition company and our connections through our charity, which has done a great deal of work in the Himalayan villages, we also offer you the chance to join one of our trek teams heading to the Base Camp of Mount Everest!

This is one of the world’s greatest hikes to one of the most incredible places on our planet. The round trip to base camp, tucked under the sheer slopes of Everest, takes three weeks, including rest days. Eventually you will reach the tiny settlement of Gorak Shep perched on the edge of the massive Khumbu Glacier, where mountaineers begin their climb to the summit.

This trek is fully supported and you will have a porter to carry your bag. Accommodation on the way is in comfortable lodges or in two-man tents. The food is great, the scenery breathtaking and the people are some of the most wonderful that you’ll ever meet!

Getting to base camp is not possible during the monsoon, when flights to Lukla don’t run, or in winter when severe weather closes the higher passes. If you are planning an elective around March - May or Sept - November then you can join one of our teams heading up. The trek can be before or after your elective and promises to be one of the most amazing journeys you will ever make.

People often worry about their fitness level, however the trek is surprisingly slow-paced, generally with only four hours walking each day. If this is of interest you should download the Everest Base Camp pack from the website (don’t worry when you look at the price as this is greatly reduced for people on an elective)

Generally medical students are on a strict timescale so our usual Trek and Medical Elective is for 8 weeks; 5 weeks on elective and 3 trekking to Everest. If you need to undertake an elective for 6 weeks that is also possible.

Travelling to Nepal

From Ireland and the UK there are regular flights to Kathmandu, Adventure Alternative can assist with any bookings. On arrival in Kathmandu airport you will be met by Adventure Alternative's Nepalese staff who will escort you to our Kathmandu accommodation close to the main town and help you settle in. They will be able to assist you initially with all your needs including shopping and phoning home. The staff will then take you to the hospital and introduce you to the local doctors and hospital staff.

Free Time

Whilst in Kathmandu there is plenty to do. The city is full of fascinating buildings and history, great restaurants and temples. The area of Thamel is the main Western hang out where you can relax in gardens while sipping a G&T or haggle over great bargains in the shops.

At the weekend you can visit the surrounding valley town of Bhaktapur, the monkey temple or go to the KGH hotel just outside town which offers day and weekend relaxation retreats, with a spa, yoga and hot tubs. Kathmandu really has something for everyone, from white water rafting to trekking, from aromatherapy to religious tours. You will find plenty to do at the weekends and the staff are always happy to help you organise things.

Cost

For the latest prices please refer to the AA website www.adventurealternative.com

Generally the price includes:

The cost of your placement at the clinic / hospital

Processing of documents

Daily transport to your place of work

Our Nepalese staff and equipment

Accommodation

Food, electricity, gas

Airport transfers

Nepali and UK administration

Excluded:

Vaccinations estimate £70

Visa \$20

Airfare estimate £450 - £600

Insurance estimate £70

Weekend visits are not included

Weekend accommodation if travelling away from our own accommodation

Spending Money for gifts, phone, email etc

If doing the Trek and Medical Elective then the following is also included:

Internal flight to Lukla

All cost for your hike including permits, porters, guides, cooks, food, accommodation, all group equipment, staff – wages, insurance, equipment and medical.

On visits it is often cheaper to use local transport. Our staff on the ground can help you with this.

General Medical Elective details for Africa and Nepal

Working in the Clinic / Hospitals

An elective in East Africa or Nepal is very educational, emotional and rewarding but it is also hard work. You will frequently be dealing with conditions that are rarely seen in the West. Saying this you are not alone and will have the emotional support of our staff and the professional consultants to rely upon.

It is possible to specialise, after a few days in the clinic / hospital, however this is up to your consultant who will assess your abilities. Some people prefer to observe, others to be very hands-on. It really is an open book when it comes to possibilities and will depend on the demand, need and your abilities at the time.

Before you go out it is possible to talk to our A&E nurse who has been working in East Africa and Nepal for several months a year for the last 6 years. She is very experienced and will give you a good insight into life in an African or Nepali hospital. There are also a number of blogs online from previous medical students, accessible through our website.

Within African and Nepalese culture you will be well respected within society thanks to your education and experience. It is important that you live up to this and behave well. It is easy to cause offence unwittingly in a conservative and traditional society, however we will make sure you are well briefed on this before travelling.

You will be working a five day week and will have many responsibilities placed upon you, however we try to organise days off around the weekend to allow you to travel and explore the area. Our staff are there to help and travel with you so you can explore and get the best out of everything African or Nepalese in a safe, enjoyable way. The staff are all young, mature and great fun!

Accommodation and living arrangements

Depending on your location the accommodation varies, however you will always find safe and comfortable surroundings with staff close at hand and the ability to go out for a drink in the evening to unwind or neighbours to call on for a cup of tea. You become part of the community and are well respected. Do not be surprised if you end up at the odd local wedding or funeral –both of which are parties by the way!

In Moshi, Nyeri and Embu we use very good hotels. They are basic, however you will find everything you need; friendly staff, safe rooms, modern showers and great food.

In Western Kenya, Nairobi and Kathmandu you live in our own houses, which are safe, secure and comfortable. The accommodation is basic in comparison to Western standards, however quite upmarket by local standards with TV, lounge, radio, bedrooms and a shower / toilet room. Again our staff all live close at hand.

We give you a budget on arrival, which covers your food and house expenses. The staff will show you where to buy food and meals. The choice is quite good and you should try the Kenyan and Nepalese food which is delicious, if you want some goodies from home most of the bigger supermarkets now sell everything that your local store does.

Insurance

You will need to organise your own insurance for your elective. It is now quite easy to get cover from credit cards, brokers or even Tesco's! You can try STA and also look at the insurance options available online through the AA website.

Bureaucracy / Visas

At least three months prior to going to Kenya, Tanzania or Nepal your details will be taken by us and passed onto your consultant who will organise all the paperwork for your elective position. It is essential that you supply us with a letter from your medical college stating your position and year of study as a medical student.

For medical students there is no need for a work permit or letter from the Immigration office. For qualified doctors it is necessary for the Kenyan, Tanzanian and Nepali Medical Board to arrange for a working permit to be issued and this may take some extra time.

On arrival in East Africa or Nepal medical students will simply fill out the standard entry form saying they are on holiday and pay for a Kenyan visa (\$50) or Nepalese visa (\$20) or / and a Tanzanian visa (\$50), currently there is no visa requirement for Irish citizens, in Tanzania.

Donations and equipment needed

We have tried to ensure that the clinics and hospitals remain entirely self-sufficient, but in Kenya and Nepal this is often a hard task. Purchase of drugs is an ongoing expense as many of the residents of the area simply cannot afford the cost of some drugs.

If you are interested in helping to purchase some drugs for the clinic then do talk to us.

Then again, there is always a need for replacement and renewal of items in the clinics / hospitals, everything from thermometers to gluco-strips, to larger items such as microscopes. At present AA donates sums of money for this and our charity helps out where possible.

Some medical schools and individuals make donations to our charity, which are specifically for medical use. If this is possible then you can do this and at the end of your time there we can send you out the money so that you can purchase the equipment, along with the consultant and our staff.

We will also discuss with you exactly what personal equipment you will need to bring.

Applying for a medical programme with Adventure Alternative

- An application form needs to be filled out along with a medical form which can be downloaded from our website or sent to you in the post. A £250 deposit is also required.
- Once you receive confirmation from Adventure Alternative that your application has been accepted, and the dates and locations confirmed, then you need to look at purchasing a flight to Nairobi or Kathmandu.
- You will also need to get the necessary immunisations and buy malaria tablets from your GP.

- You will need to organise your own travel insurance. A visa is easily bought on arrival at the airport in Kenya, Tanzania or Nepal and we will discuss this with you. It is a normal tourist visa, not a working visa since you are not receiving a salary from the local hospital.
- You can download our policy regarding safe travel in a developing country, with respect to exposure to HIV AIDS especially, from our website. There you will also find health and safety and risk assessment procedures, which your university may require.
- You will need to ask your university to provide a letter confirming your status as a medical student which we will send to the hospital to accompany our correspondence with them.
- Instalments can then be made for the cost of your stay in-country and the full balance must be paid 6 weeks prior to travel. Inclusions and exclusions are on the invoices, but the cost of the placement includes all costs in-country except for personal expenses and weekend travel.

Our staff will have your information and provide the on-ground logistics for you on arrival at the airport. You are assisted to the hospital where you meet the staff, and are helped to move into your accommodation. You also receive an allowance in local currency to take care of your daily food and transport costs.

At all times you will have contact with us in the main office in N. Ireland. The companies in Kenya, Tanzania and Nepal are subsidiaries of the company in N. Ireland so you can be sure that we will remain responsible for you and have contact with both you and all of our staff, at all times.

For weekends and longer periods of independent travel you will have access to our own vehicles and qualified safe drivers at a heavily discounted rate, when available. You can work with our in-country staff to organise safaris, visits and all your travel requirements. We have a full complement of experienced and enthusiastic staff who will help make your stay all the more special.

Every area where we operate has our own representative who will be looking after you personally. It is a very sociable and enjoyable experience and they will all be keen to make you feel at home and feel a part of their country.

At the hospital itself you will work with the medical director or consultant to discuss your exact daily routines and timings. You will be able to mention your preferences and you will find all the medical staff happy to try and accommodate you.

We hope you will enjoy your stay in East Africa or Nepal, and that it will prove a valuable and important part of your education.

The Alternative in Adventure Alternative!

No nasty surprises - We give you the full price of the trip. No hidden additional charges, and no trip kitties. Exclusions are shown up front and we make sure that the cost of the trip really does include everything from the moment you land. We do not provide airplane tickets, but we can offer advice on how to get the best flights for each destination.

Quality satisfaction guaranteed - We're committed to bringing you the best quality trip, expedition or safari. We have a very strong network of staff in all our major destinations so that you can be sure of honesty, integrity and enthusiasm from our staff. We take your safety and security very seriously and will not shirk our responsibilities. We have risk assessments in place which can be

viewed on the website. Our staff are really very good and have been working with us for many years.

Someone to talk to - With us you can always talk to someone who will help you with enquiries about the trips we offer. We'll do all we can to assist, you whether you're calling from home or abroad. Call us and we'll call you back and talk you through everything in your own time.

We don't outsource! - We have many years of collective experience in the main countries where we operate, and in other areas we use our own expert professional guides with an enviable combined mountaineering and expedition portfolio. When you book with us we can tell you exactly who will be looking after you in-country and who the guides will be. No inexperienced trip leaders or unknown local people in charge to worry about.

We promote tourism - We don't operate as an agency. We start up local companies in the developing countries where we operate and we offer proper full time careers to our employees abroad. This gives us a team of highly loyal staff who will ultimately give you the best trip. We operate within strict guidelines of fair employment and equal opportunity and we publish all the details on our website. This is not just an idle comment about ethical tourism, this is long term strategy to create employment and futures, as well as positively developing the relationship between tourist consumer and local community.

Commerce supporting Charity - We support the charity Moving Mountains which looks after street children in East Africa and runs community projects in Nepal. Moving Mountains was set up by AA Director Gavin Bate. It is our company policy to use the UK company, and all the companies we operate abroad, to fund all the overheads of the charity and the NGO we have in Kenya. In this way all the money donated to MM goes to the beneficiaries. We encourage people to get involved with the charity while they are on holiday in Kenya or Nepal to see how we work, and to see aid work on the ground. Every person who books on an AA trip is in some way contributing to hospitals, schools, orphanages and the welfare of many hundreds of children and their families. Almost all of our employees in East Africa were once beneficiaries of Moving Mountains.

Easy does it - We want to make the online information and booking experience simple. In easy steps you can download all the information for each trip from our site, you can email us an enquiry or a booking form, and you can pay online. Or you can receive everything in the post. Either way, whatever is best for you is okay with us. Our website is very informative and easy to navigate. We only ask you for information that is strictly necessary to complete your reservation with us. We fully respect all data protection regulations and your personal details.

We care - we have a very conscientious and motivated team of people working under the AA umbrella and the MM charity, who want to give you the best trip ever, not a conveyor belt holiday but one that will be remembered as really special. From our Gap trips and career breaks in Kenya or Nepal and our special safaris, to our bigger mountaineering trips and treks in some of the really wonderful places in the world, we care about personal service and company integrity.

Thank you for your interest in our Medical Electives. Clinics and hospitals in Africa and Nepal welcome your support and help; you have a unique skill and vocation that is highly regarded. We can guarantee an amazing experience that will make a big difference to many people in disadvantaged and needy communities, and an experience you will hold dear in your professional and personal life for a very long time.