



# Nursing Electives in Kenya & Tanzania

Redifining Educational Travel



# Table of Contents

---

## Introduction

|                             |   |
|-----------------------------|---|
| Program Objectives .....    | 5 |
| Targeted Participants ..... | 5 |

## Why Choose Elective Africa's Program

|  |   |
|--|---|
| Enrich Your Nursing Career .....                 | 6 |
| A Typical Day as a Nurse in a Kenyan Hospital... | 7 |
| Why Choose Elective Africa Nursing program       | 7 |

## Program Aspects & Requirements

|   |    |
|---|----|
| Key Highlights of the Program .....           | 10 |
| Program Calendar .....                        | 11 |
| Summary of Program Schedule .....             | 11 |
| Basic Placement Requirements .....            | 12 |
| Summary of 24Hours with Elective Africa ..... | 13 |
| Aspects of the Program .....                  | 15 |

## Our Destinations

|                             |    |
|-----------------------------|----|
| Destination Focus .....     | 19 |
| Destinations .....          | 20 |
| Our Program Package .....   | 22 |
| Planning Your Program ..... | 23 |

## Prices

|                             |    |
|-----------------------------|----|
| Program Prices .....        | 24 |
| Pictorial .....             | 25 |
| Featured Testimonials ..... | 26 |
| Contact Us .....            | 30 |



## **Our Mission**

To be the best travel abroad  
placement provider in Africa;  
Redefining EducationTravel





## Introduction

We provide a nursing program with an emphasis on the unique healthcare delivery in developing countries where nurses have more care-provider time to patient-care time than any other medical professional

This placement is suited for nursing students seeking an opportunity to apply theory to practice under supervision. Our program based in Kenya, Tanzania and Uganda is suited to meet nursing elective, clinical preceptorship, independent study or internships abroad requirements.



## Program Objectives

1. Experience healthcare delivery and access in a different setting and culture
2. Provide a rare opportunity to integrate theoretical knowledge in a clinical environment
3. Opportunity to volunteer and help underserved communities
4. Practice assessing and recording health history
5. Performing and documenting physical assessment
6. Enhance the general objectives of nursing education:
  - Delivering holistic nursing care
  - Effective communication
  - Practice evidence-based nursing care
  - Pursue continuous education of self and others

## Targeted Participants

**The program is ideal for nursing students seeking any of the following:**

1. A unique way to meet a nursing program clinical elective requirement.
2. An independent study project abroad.
3. Opportunity to integrate various theoretical concepts and knowledge in a clinical setting with substantial hands-on experience.
4. opportunity to observe and practice delivery of nursing care based upon the goals of health restoration, maintenance and promotion.
5. A means to volunteer in underserved communities in both hospital settings and community-based project.
6. Experience healthcare in a developing world setting.



# Enrich your Nursing Career with Elective Africa



Have a passion  
for Nursing?



Looking for Hands-on  
Experience?



Want to do a nursing  
elective & volunteer  
abroad



LOOK NO FURTHER:  
Facilities Clinical electives  
placement

The nursing elective program is well structured, supervised, and is delivered by qualified doctors and nurses. Participants are evaluated at the end of the program and those who have met program requirements receive a certificate of completion.

We also complete required forms and documentation for students seeking college credit. In addition to meeting program requirements, a reflection paper is required for participants seeking college credits.

The program is usually 4 to 6 weeks long, but can be longer or shorter if needed. While you can enroll in our program at any time, spots are always limited, especially over the summer. Placement is on a first come first serve basis, so the quicker you reserve a spot the better. The number of students we have per group varies from six upwards; this gives you an excellent opportunity to interact with students from other parts of the world.



## A typical day as a nurse in a Kenyan hospital

A day in the life of a nurse in Kenya can hardly be described as 'typical' in comparison to traditional nursing roles in the developed world. While a rewarding profession, Nursing, and indeed all healthcare professionals in Kenya face significant challenges mainly due to the overwhelming demand for healthcare services amidst extremely limited resources shortage of staff, supplies and equipment. For instance, nurse staffing in Kenya is a long way from the recommended 8 nurses per ward, and nursing ratio of 1 nurse for every 4 patients.

While in larger hospitals the role of the nurse may mirror the traditional nursing roles, in more remote and needier areas, nurses often perform work undertaken in other places only by physicians – consult, prescribe, anesthesia and admit patients.

The hospital in which you will be placed has an average of 4 nurses serving a ward of about 60 patients. Coast Provincial General Hospital is however one of the better staffed government facilities. The hospital has three shifts in a day:

**Morning: 7.30 a.m. – 4.30 p.m.**

**Afternoon: 1.30 p.m. – 8.30 p.m**

**Night: 7.30 p.m. to 8 a.m.(12hour shift)**

## Why Choose our Nursing program:

We place our nursing participants in developing countries; here nurses have a lot more patient nurse interaction than they have with doctors and therefore a chance for a lot of exposure. In addition, the proportion of nurses to patients provides an opportunity for more work while on program due to their shortage. Participants also acquire an invaluable opportunity to work in a low resource setting which supports character development and benefits the local community.



The overlapping shifts are because of inadequate nurses hence the need to cover the hospitals at peak hours and taper off at non-office hours. There is loading of more nurses at busier times. They do get some 'off days' however - one day a week for day nurses and 2 days for the nurses on night duty.

Subordinate staff is the first to arrive and clean the hospital at about 6.30 a.m. The In-charges (matrons and other senior cadre) then do an early morning round at 7 a.m. which involves

coordinating the sub staff, greeting patients, ensuring systems are working, power (electricity) and generally ruling out faults. The other junior cadre nurses follow at about 7.30 a.m. - they do a 'handing over' from the night staff which includes; -

|                      |   |
|----------------------|---|
| <b>Report Taking</b> | Patients reports, day's events, plan of action, debriefing (updates on any issues)  |
| <b>Nursing care</b>  | The nurses develop a 'nursing care plan'-developing this is what is known as the 'nursing process' which includes; assessing the needs of the patients (from handover to checking in), plan around the needs, implementing and later evaluating |
| <b>Allocation</b>    | This is where a nurse is given a task or a duty with reference to the nursing care plan e.g. admissions and discharges, ward rounds, treatment, ordering or linen changes in conjunction with subordinates                                      |





**There are a few variations on how all this happens depending on the specialty rotations but they all generally follow the same plan.**

| Activity                  | Description  |
|---------------------------|--|
| surgical ward rotations   | <ul style="list-style-type: none"> <li>• Nurses deal with the pre-operative preparation of the patients.</li> <li>• Things like taking consent, physical, mental and nutritional prepping</li> <li>• Starving the patients,</li> <li>• filling observation charts (I/O),</li> <li>• allaying anxiety,</li> <li>• shaving patients,</li> <li>• premedication</li> <li>• patient transfers, etc.</li> </ul>  |
| Intraoperatively          | they do scrub in (which you will be expected to do), observations and 'running' for the scrub nurse  |
| Post-operative management | Generally, follows the PACU (post anesthetic care unit) and involves other aspects of care e.g. dressing, management of operation site, tubes, drains, giving treatment and ordering.  |
| Inventory                 | Is done according to our DDA (dangerous drug act) which ensures review of equipment condition, physical counts of drugs; ward stocks, needed items etc.  |
| Other departments         | <p>Nurses basically implement the Nursing care plans developed in the morning. This includes bed baths, ADL (activity of daily living like physiological care; sleep assisting, medication, ensuring a conducive environment for sleep; walk- physiotherapy; PAC-pressure area care and oral care).</p> <p>In the ICU the nurse's do-systemic assessment, investigations and results analysis, plan for patients, prepare for doctors ward rounds, and write the cardexes.</p> |
| Other activities          | <ul style="list-style-type: none"> <li>• You will also get to do a lot of bedside procedures and assisting.</li> <li>• During removal of catheters the nurses send for culture and sensitivity testing and communicate results to doctors.</li> <li>• Ensuring equipment is safe and available- ambu bags and masks, suction catheters, intubation and urinary catheters and assisting in these procedures.</li> </ul>   |

## Key highlights of the program

- 1.** A supervised, structured and safe elective program abroad.
- 2.** Program is designed in an established network of teaching hospitals and monitored by consultant doctors and registered nurses. We encourage clinical directors and student coordinators to work with us to customize an elective experience that meets unique institutional requirements. We also have programs in rural hospitals and community health centers.
- 3.** We evaluate our participants during and at the end of the program (please see our information booklet for our evaluation form) to ensure that program objectives are met.
- 4.** Opportunity for hands-on experience is unmatched; depending on level of study, our participants get extensive hands-on experience in a supervised setting.
- 5.** We have strong relationships with hospitals in which we place our students and the healthcare professionals that they work with hence we ensure a very productive experience.
- 6.** Students acquire an invaluable opportunity to work in a low resource setting which supports character development and benefits the local community.
- 7.** Volunteer and community service in selected projects.
- 8.** Opportunity to see healthcare in a different setting.
- 9.** Cultural exchange and appreciation of other cultures, including a Safari to the famous Masai Mara and a visit to a Masai village.





| Timing                  | Activities   |
|-------------------------|--|
| <b>Day 1 &amp; 2</b>    | <ul style="list-style-type: none"> <li>• Arrival: Picked up from the airport by our representative and taken to student residence – comfortable shared basic accommodation.</li> <li>• Residence orientation, including introduction to staff that will be taking care of you during your stay</li> <li>• Local orientation on surroundings – where to shop, groceries, access internet, transportation, communication, etc.</li> <li>• Overview of program rules and regulations.</li> </ul>  |
| <b>Day 3</b>            | <p>Program content introduction</p> <ul style="list-style-type: none"> <li>• Overview and discussion of healthcare system in host country.</li> <li>• Introduction to program professional mentors.</li> <li>• Introductions to basics such as using stethoscope for those needing introduction.</li> <li>• Introduction visit to the hospital and meeting staff you will be working with.</li> </ul>  |
| <b>Day 4 through 29</b> | <ul style="list-style-type: none"> <li>• Clinical setting experience &amp; Specialty rotations.</li> <li>• Shadowing doctors and nurses.</li> <li>• Participating in ward rounds.</li> <li>• Observing and assist in a range of bedside procedures such as phlebotomy, insertion of intravenous cannulae, dressing and stitching of laceration, clerkship at casualty, etc.</li> <li>• Observing and assist in surgical procedures such as abscess drainage, cesarean section, appendectomy, ganglion excision, amputations, laparotomies, palmer abscess drainage, manual vacuum aspirations, bilateral tubal ligations, etc.</li> <li>• Rotations in other specialties as may be of interest, such as OBGYN, medicine, psychiatry, pediatrics, surgery etc.</li> </ul> |
| <b>One weekend</b>      | <ul style="list-style-type: none"> <li>• Participate in select community service projects; projects are always ongoing and participants can participate during their free time.</li> </ul>   |
| <b>Extended weekend</b> | <ul style="list-style-type: none"> <li>• A free day for optional activities or excursions i.e. optional trip to the Masai Mara, including a stop to a Masai Village.</li> </ul>  |
| <b>Day 29</b>           | <ul style="list-style-type: none"> <li>• Debrief sessions, evaluation, and review.</li> <li>• Departure BBQ.</li> </ul>  |
| <b>Day 30</b>           | <ul style="list-style-type: none"> <li>• Departure &amp; Pick up at the student resident by one of our representatives and taken to departure point.</li> </ul>  |



Exact timing for the community project and the safari components of the program may change depending on the logistical needs of each participating group



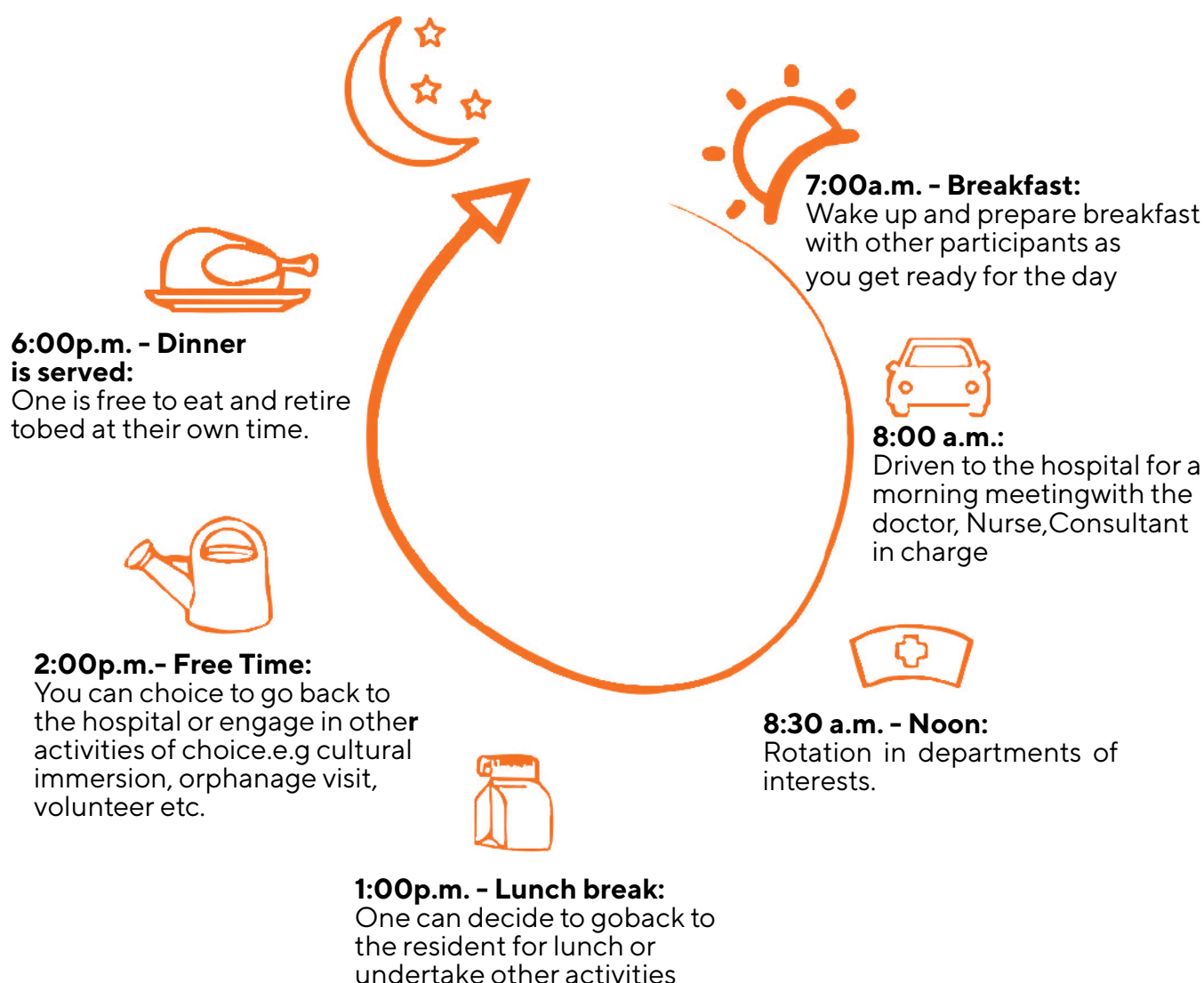
## Basic Placement Requirements

1. Must be at least 18 years of age.
2. Full payment of program fee 3 (three) months prior to starting the program.
3. A non-refundable deposit of \$350 that is deductible from the total program fee.
4. Duly completed online application form.
5. A signed letter on a letter head from the school/ institution showing they are bona fide students at that institution.
6. For medical camps Doctors must show proof of medical qualification e.g. certificates of qualification or copies of practitioners' license.
7. Students must show evidence of enrollment in school such a nursing / medical.





# **24 Hours** with **Elective Africa**



Planning an individualized & structured healthcare elective requires a significant level of preparation. The non-refundable reservation deposit allows us to process your paperwork, plan for your mentorship, book your accommodation and to create your "MyElective" account. The fee also guarantees a spot for you in the program. Prices below are in addition to the reservation deposit.

## How To Apply

To apply you must;

- Be at least 18 years old
- Complete an application at <http://www.electiveafrica.com/apply>
- Provide evidence of enrollment in a university program usually a signed letter from your institution showing that you are a bona fide student in good standing.
- Pay the reservation deposit.

# #ElectiveAfrica

Follow Us for favourite stories from Abroad

✉ info@electiveafrica.com

☎ +1 609 375 8912

☎ +254 (731) 014 379

YouTube Elective Africa



Elective Africa



@ElectiveAfrica



@Elective\_Africa

LinkedIn

Elective Africa



# Aspects of the Program

We have clearly laid our partnership with hospitals that ensure that besides having an opportunity have a mentor. You will observe various clinical activities and have questions to ask; the mentor's role is to explain these activities in a manner that you can understand.

The mentor also gives you the real picture of what is entailed in the delivery of care in your area of interest and this way you learn the best practice to succeeding in the profession. With the hospital time you will also have the opportunity to participate in continuous medical education sessions, which may come in form of presentations by the personnel in the hospital.

This participation enables students to understand the basic tips on patient care; they also get to understand tips on researching on recent medical developments. The daily ward presentations and case analysis at the hospital setting are not only educational forums but a team working session which clearly teaches the students the need for team work in care delivery and interpersonal skills in healthcare delivery.

## Quality Healthcare Internships

Elective Africa incorporates guidelines laid out by universities and schools to ensure that internship placements are structured according to a student's program objectives, level of clinical skills and the individual's specific interest.

Part of the university recommendations are that one is exposed to the health system and observe what the professional does on a day to day basis thus developing and determining whether that career is their best fit. We are keen to follow the guidelines on clinical training.

The students are not involved in any activity that requires prior technical know-how; Students are able to understand through the interaction with other healthcare personnel how care is delivered and in a team context and what the roles of some major players are. Given that head office teams are on ground, we are able to continuously evaluate & monitor the hospital placement structures to ensure that they have the capacity to offer quality learning opportunity for the students.



## Unique Health System

Our destinations of placements have health systems that are characterized by, unique health conditions such as tropical diseases, shortage of specialized medical equipment and inadequate staff for the delivery of comprehensive care.

A mentorship experience in this system thus allows one to learn the strain associated with management of conditions that may not be present at their home countries. The shortage of staff and resources prompts the doctors to be innovative in order to deliver the much needed health services with the limit of resources, an internship with us is therefore a first real interaction between an aspiring healthcare professional and innovation to deliver care.

These partner hospitals are rewarded for their commitment to our programs; every student fee carries a hospital fee that is paid to the hospital of placement. In addition we reward the healthcare professionals with a mentorship fee too. We also conduct special CSR projects with hospitals as a way of giving back.

Our students have also found it very rewarding raising donations in support of the health system especially with the visible resource constraints.

## Global Health Tutorials

Every week our participants come together at the residential house where they take part in global health tutorials coordinated by our local health experts. These sessions address various ethical issues and dilemmas facing professionals in the host country.

These sessions also present the students to raise questions on some of the observations they have made as well as the clear difference they have observed.

These sessions add up to the discussion among the students with similar interests and from different locations. Through these discussions the students are able to understand how culture influences delivery.







## Health & Safety

Our goal is to ensure each student is safe and secure in their placement abroad. Our placement destinations are well selected in zones where the locals are friendly to the foreigners and welcoming to all people. We keep abreast of all security developments and provide necessary information in a timely manner. From the moment you land, our staff will be on hand to provide on-program support. Whether at the hospital or out about town, we are just a call away. We are very keen to advise our students on the measures to take to ensure their safety and that of their belongings.

## Daily Shadowing Journal

Our programs requires participants to keep a daily log of their hospital activities. Keeping a journal of your hospital experience will help you maximize on what you learnt by putting your thoughts to words and serve as a reference during your admissions process. This also helps the students document their daily experiences as well as the key skills learnt while on placement. The journal acts as a monitoring aid to the coordinators on the experiences of the students and assists to correct any deficiencies in the desired experiences.

At the end of the program we issue a review form to evaluate the student's activities and learning as a summation of the daily logs.





## College Credit

We encourage our program participants to work with their college advisors and program sponsors to seek college credit for the program.

To receive a certificate of completion, participants complete at least 50-60 hours. Students who wish to seek the college credits are also encouraged to bring an evaluation form from their school which is filled by the doctors and mentors at the site of placement.



A photograph of a person with blonde hair, wearing a red and black plaid shuka (a traditional Maasai garment), standing in the center. They are looking down. To their left and right are three Maasai men, also wearing red shukas with different patterns (one with yellow circles, one with orange stripes, and one with a solid red pattern). They are standing in a dry, dusty area with a thatched-roof hut in the background and rolling hills under a cloudy sky.

# DESTINATIONS FOCUS

Discover how small a world you occupy, see the world with new lens.

Discover destinations. Discover people.

## Rural Kenya Placements

This destination presents unique chances to experience the rural setting as one gets a rare chance to be mentored and supervised in **Migori County Referral Hospital**. In this hospital one has the chance to encounter the treatment of infectious diseases such as Malaria as well as be able to see the diagnosis, prognosis and treatment of advanced medical conditions.

Out of the hospital, the volunteer and impactful activities are in plenty ranging from visits to children's homes, community engagement for health promotions are among those rewarding activities which one can be involved in. With a slow pace life here unfolds and in silence your passion to health-care profession is rejuvenated and fueled.

Health practitioners in rural setting of Migori speak out to one voice, one calling that of passion. It is common to hear them tell the participants "In a cold world and an icy profession there's is love and compassion in caring

## Urban Kenya Placements

Nairobi, Kenya is a highlight of an urban location of the developing world. This destination presents a unique opportunity for mentorship at **Mbagathi District Hospital**. The ready-made elective at this location allows one to be immersed into unique health system where the health services are delivered at the constraint of resources. A weekly rotation into the main departments enables one gain insight into the work of the healthcare professionals, and how their roles are interlinked to deliver care.

A trek into the country's most iconic buildings, vibrancy of life coupled with the various animal parks and recreational sites gives one unmeasurable adventure which completes your Elective Africa Day. A visit to the elephant orphanage and Giraffe center makes this destination Enriching.

## Tanzania: Arusha Placements

Located at the foot of Africa's fifth tallest mountain; Mt Meru, is the town of Arusha known for its locals' vibrancy hospitality for foreigners and the large pool of adventure. This destination is well loaded with learning opportunities for health-care students.

**Ngarenaro Health Center** opens its gates for a unique rotation in its various departments. Those with an interest women health, reproductive health and maternal health find this location rich with shadowing experience.

**Levolosi Health Center** works closely with Ngarenaro in delivery of care, an internship experience here enables one to fully understand how primary healthcare is delivered, to meet the needs of the populations.

**Kaloleni Health Center** operates and mainly handles the outpatient cases tropical disease prevention campaigns, as well as rural health-care delivery. This destination is heavily laden with off hospital activities including visit to national parks as well as local area excursions. Education with fun and impact awaits you here



# Our Destinations

## Coastal Kenya Placements

Malindi destination stands out as part of the coastal land which captivates with its fascinating culture, striking architecture and the vibrant Swahili culture.

**Malindi Sub-district Hospital** is as well activity laden with cases that are absent in the developed world

## Coastal Kenya Placements

Sun sand and ocean define the Kenyan coast as a destination for travel and adventure, but it is the presence of the second largest hospital in Kenya that makes it a distinct placement location.

**Coast Provincial General Hospital** Serves patient population of around three million people has an inpatient bed capacity of 700 and is rich in specialties within the medical field. Shadowing in this hospital is enriching and utterly rewarding. The ward rounds, the CMEs as well as the specialist's presentations to students not forgetting the broad range observational learning opportunities makes it stand out as the ideal destination to launch your healthcare profession.

For those with mental health interest **Port Reitz Hospital** in Mombasa Kenya is an ideal destination to further supplement your experience we are in partnership with **Bomu Hospital** which is a private hospital it helps one to clearly be able to draw a line between public and private healthcare delivery as well as the influence of income on health seeking behavior.

## Tanzania: Moshi Placements

Besides the elegant beauty of the town that lies at the foot of Mt Kilimanjaro, Moshi Tanzania is endowed with a distinct culture, which anyone one wants to be immersed into. Our Hospital of partnership here;

**Mawenzi Regional Hospital** serves a population of approximately 1.7 million people. It has elaborate departments such as medical wards, surgical wards, a pediatric ward, a physiotherapy unit, a gynecological and prenatal ward, which includes a labor ward, a HIV-unit, tuberculosis clinic, X-ray unit and a laboratory. Mentorship in this departments on a rotational basis with one's interest is rewarding and educative it gives one a panoramic view of what the healthcare field and profession entails.

## Our Program package :

1. Hospital fees for each student payable to the placement hospital and CTA stamp for Tanzania.
2. Personalized elective placement with supervision fees paid to mentors assigned at the hospital.
3. Large & secure shared accommodation & with meals.
4. Internet connectivity is available at the residence and weekly laundry services.
5. Airport transfers.
6. Daily morning group one-way trip to the placement hospital
7. Incountry support including our head office teams in your placement locations.
8. Detailed pre-departure support



# Planning Your Program

## Trip Planner (MyElective)

Planning an elective/internship experience abroad can be one of the hardest things. We provide support from the moment you sign up to the moment you arrive for your placement.

Upon signing up you will have access to our MyElective account, our online portal provides you with detailed information of your residence, the support staff, hospital placements, and mentors.

Our head office staff comes in handy to make sure you are well prepared and are only a call/email away for any enquiries you may have regarding your placement.

## Visas, Flights & Insurance

As with any other type of travel, a placement abroad calls for necessary precautions. Students are required to make ample arrangements with regards to comprehensive travel insurance to cover health and personal belongings for the duration of your placement.

Our operations team will be at hand to advise you as you arrange for your flights, insurance and visa

## Fundraise your travel

Travelling abroad can be a costly affair when you factor in the program fees, air tickets, travel insurance and so many other travel related costs.

**The EA Fundraiser Tool** offers a unique solution to raising these funds as you plan to discover a meaningful travel experience with us. Through the tool you are able to create your own campaign profile, share and publicise to attract as much audience to aid in your fundraising.

Your quest in raising funds is not just limited to our fundraiser tool, other options open for exploration include;

- Undertaking sporting events such as cycling, sponsored walks and hikes
- Cake sales at work, school and fairs
- Organising a talent show/fashion show
- Hosting themed dinner parties & baby sitting

# All Prices are in USD

Reservation Deposit USD350

| Destination   | Duration  | Amount  |
|---|---|---|
| <b>Nairobi, Kenya</b><br>Safari Extra at \$628<br>\$450 for every extra week extended.<br>\$80 for additional day extended.   | 2 Weeks<br>3 Weeks<br>4 Weeks<br>5 Weeks<br>6 Weeks | \$2,450<br>\$2,900<br>\$3,350<br>\$3,800<br>\$4,250 |
| <b>Mombasa, Kenya</b><br>Safari Extra at \$628<br>\$450 for every extra week extended.<br>\$80 for additional day extended.   | 2 Weeks<br>3 Weeks<br>4 Weeks<br>5 Weeks<br>6 Weeks | \$2,400<br>\$2,850<br>\$3,300<br>\$3,750<br>\$4,200 |
| <b>Kisumu, Kenya</b><br>Safari Extra at \$628<br>\$400 for every extra week extended.<br>\$80 for additional day extended.    | 2 Weeks<br>3 Weeks<br>4 Weeks<br>5 Weeks<br>6 Weeks | \$2,250<br>\$2,650<br>\$3,050<br>\$3,450<br>\$3,850 |
| <b>Arusha, Tanzania</b><br>Safari Extra at \$785<br>\$500 for every extra week extended.<br>\$80 for additional day extended. | 2 Weeks<br>3 Weeks<br>4 Weeks<br>5 Weeks<br>6 Weeks | \$2,350<br>\$2,850<br>\$3,350<br>\$3,850<br>\$4,350 |
| <b>Migori, Kenya</b><br>Safari Extra at \$628<br>\$400 for every extra week extended.<br>\$80 for additional day extended.    | 2 Weeks<br>3 Weeks<br>4 Weeks<br>5 Weeks<br>6 Weeks | \$2,250<br>\$2,650<br>\$3,050<br>\$3,450<br>\$3,850 |

## Adventure Treks

3 Days 2 Nights Mara, Kenya Safari  
 3 Days 2 Nights Serengeti, Tanzania Safari  
 Kilimanjaro Climb

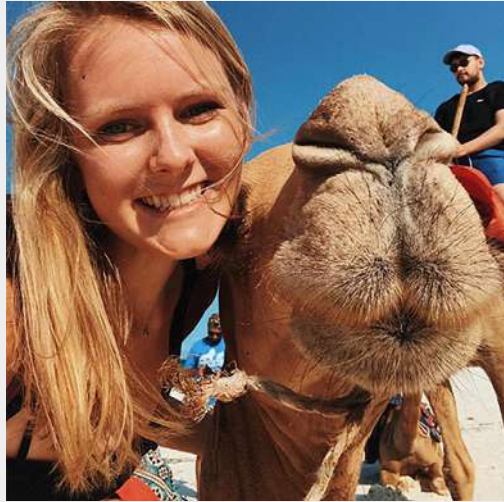
Via a wire transfer to our TD Bank in the US with the following details:

**Account Name:** Elective Africa, LLC  
**Account Number:** 435-5667804  
**Routing / Fedwire / ABA #:** 054001725  
**Elective Africa Address:** 1775 Eye Street  
 Washington DC 20006

Via credit or debit card payment through our PayPal account:









# Testimonials

## 1. Jake Prested, University of York

### Engaging, Challenging, Educational and Enjoyable

This has been the standout moment of my entire nursing program and I feel no other part of my training has been as engaging, as challenging, as educational or as enjoyable. This did not feel like a tourist experience and nor did it feel like any nursing placement I have had before. It was immersive and immediately I was learning new things. Culturally, both the hospital environment and the local area are very different. The unique thing about Elective Africa is the step it takes to allow you to embrace and learn from this cultural shift in a way you never could on a holiday.

Trips to local schools, orphanage take on more meaning alongside your role at the hospital and you feel for a short time part of this vibrant, colorful human and beautiful country. The value of life and simple things in life take on new beauty. At the hospital, I was rarely a bystander; I developed practical skills, which at home in England, I did not have the chance to learn and the momentum of the hospital experience carried me towards trying something I had not previously considered in Midwifery. I was honored and delighted to have the chance to help deliver babies and gain hands-on experience in this area.

## 2. Kyle Howell, University of Colorado

### A wonderful Experience

Since I was a child I dreamt of coming to Africa, a soulful desire. Now, with Elective Africa, I am in Kenya. The people are truly lovely. I am well cared for in my Digs here with a cook, a driver to take me to and from the hospital, and someone here to help me with EVERYTHING else.

The government hospital is definitely for the poor. The last 3+ days I have been in Labor and Delivery where life is not taken for granted. Both clean and sterile gloves can be hard to find, no soap, no hot water... supplies, in general, can be scarce.

Today while holding a woman's leg and letting her squeeze my fingers with the pain of delivery, the ocean breeze gently blew through the window. In between contractions, I watched monkeys play outside. Happy to say the baby and mom are fine.

I love being a nurse !





## The ER Experience

The ER experience was absolutely amazing. I learnt so much. The doctors wanted to keep me and show me how they work and what they see on a daily basis. The nurses were kind and welcoming and they let me work. Everyone answered all my questions. Anthony also made sure I was included in his department and was welcomed.

I am still working in the ER. It is amazing. The doctors are fun and easy to talk with. The nurses are kind. Today I was starting an I.V. (Branula) on this young man with a Broken ankle. I would get it just under the skin and he would pull away. The doctor was helping hold his arm. I talked to the patient about relaxing. Finally, he did and it went right in. The doctor said she never heard someone talk to a patient like that. She was amused. We are learning from each other

## Saying goodbye to Kenya

My time here is almost over. Way too short!! Sunday, I took the day to go up the coast to snorkel. The swimming was wonderful but the dressy seafood was the BEST! So nice to get out of the city.

Kenya, the people are proud, their hearts are open, and everyone gets along. Sadly, my time is ending. The experience through Elective Africa was intense and fulfilling. The last 4 days I spent on Safari. 3 days in Maasai Mara and 1 day in Nakuru. Holy MAGICAL! The photos are a small glimpse of this experience. I am so grateful the Kenyans have reserved so much land! And the Maasai living near the park area huge part of this effort. They guarded our camp. And we spent a few hours with them. They don't like people to take their photos. However, we were invited in and they happily agreed. But no photos outside of this.

Really, the best way to travel for me is to volunteer. Through this experience, I had authentic interactions with the locals. Everyone was kind, open and easy to talk to. Phares was so helpful, so was Justina who was also very responsive. A peaceful, intelligent, industrious, authentic people, the Kenyans. My heart is forever fuller!! Thank you so much, Elective Africa. The staff at E.A were nothing short of wonderful.



### 3. Tanya Raven, University of Nottingham

#### Rewarding Experience

My Name is Tanya Raven a second year Mental Health Nursing Student from The University of Nottingham in England.

Mmmh okey, I was looking for a place in Africa to work within the gender-based violence. In the course of my search elective Africa came up and appeared to me as the best opportunity for me and this opportunity packaged in the way I desired was present in Kenya and Mombasa Kenya to be precise. It was easy for me therefore to choose it as it presented what I exactly wanted.

#### 1. What was your general expectation as you travelled to Kenya, and as you started off your rotation?

After my choice of Kenya, of course informed by my desire to learn and experience mental health nursing, my general expectation was to see how the health system here deals with issues relating to GBV. I also expected to much learn on how the nursing care differs with England. It was also in my expectation to learn about culture and social effects that influence on the health and possibly borrow leaf and learn something to take back to England

#### 2. What are some of the key health concerns in the region you were placed for an elective?

If I was to state one, I would definitely agree with the statistics of Kenya that HIV AIDs is a major problem for the health system. Besides the inadequate accessibility to the health services and the inadequate resources makes the delivery of care unique across the various conditions.

#### 3. What are some of the experiences you had in the hospital of placement, that shaped your rotation/elective?

One of such was in the labour ward where I got to see the Caesarean section and how it is conducted. This was both an amazing experience and a tragic experience for me but very educative I must say. With regards to my main area of objective working with the nurse at the gender based centre and listening to her counsel people was definitely amazing and the Nurse was friendly and overly inspirational



#### 4. What would you say in your opinion are the challenges in the delivery of care in the hospital you were placed at?

Low resources levels(funding) would be my number one challenge in the GBV center that was evident and also in the labor wards it's something that was out rightly observable.

The health care professionals have to greatly improvise but some services can only be delivered when the resources are adequately present. Resources short-ages is a big challenge.

#### 5. What was your best moment during your placement in Kenya?

At the hospital, seeing people being counselled was amazing but the best of it was the sight of relief in the patients when for example a HIV test came out as negative. Basically, the whole experience of a new health system, new ways of care delivery and different culture was all very rewarding.

On the Recreational aspect, Visiting Holla park, seeing Giraffes and getting to hold a crocodile and put it on my head was very amazing. Visiting the South coast beach and having other students from Hong Kong and sharing perspectives with them was actually a very great experience.

#### 6. Is it something you would like to have again?

Absolutely this is an experience I would like to have again. Once I qualify I would like to come back and volunteer for a longer period and be able to help. I would definitely choose to come with Elective Africa and my advice to anyone out there thinking of travelling for the elective to choose Elective Africa but more so to get to learn a bit of Swahili.

I end by saying Kwaheri – goodbye and Asante – Thank you, the top Swahili words I learnt. Learning Swahili was very amazing as well.

[Read More Testimonials Here ...](#)

[Click to Visit Website](#)





## To find out more kindly contact us:

### Kenya Office:

6th Floor, The Chancery,  
Valley Road, Nairobi, Kenya.  
P.O. Box 100158-00101  
[www.electiveafrica.com](http://www.electiveafrica.com)

### US Office:

Suite 1150, 1775 Eye Street NW  
Washington DC 20006, USA  
Tel: +1(609) 375 8912  
[info@electiveafrica.com](mailto:info@electiveafrica.com)

[Click to Visit Website](http://www.electiveafrica.com)

[Contact Us Here !](#)

