



# Pre-Health Shadowing Placements

Redefining Education Travel



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## Our Mission

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





## About Us

Elective Africa is a leading organizer of education and expedition travel to Africa. For over 15 years we have been providing placements for healthcare students during their elective terms and pre-health shadowing internships designed for undergraduates aspiring to join a health degree as well as the high school students who have interest in the healthcare field.

*Our Team members represent a young, dynamic and creative team with exposure and expertise in many fields*



## **The Pre – Health Internships**

- Pre-Medical
- Pre-Dentistry
- Pre-Nursing
- Pre-Midwifery
- Pre-Physician Assistant

# Pre-Medical Internship

Becoming a doctor is a gigantic decision, besides there being massive competition in medical school applications, the profession is laden with unique attributes of care which require prior understanding and experience before actual venture. Our pre- medical internships are fashioned with the student in mind to provide them with a chance to shadow the real doctors in a health system that is characterized by scarce resources in equipment and staff.

By testing their ability to work with strenuous conditions: students will evaluate their dedication, attributes and aptitude required to persue this career and at the same time, premeds will gain vast experience into what the medical career entails through observational learning of activities such as ward rounds, child delivery, surgeries, treatment of tropical diseases and medical research.

As an aspiring medic involvement in this activities enables one to gain a broad insight into what the life of a medical doctor entails. This way the students develop interest to pursue the career line. The recommendations we offer gives one an upper edge in medical school's admissions.

The students in the program are also able to personally and practically observe how the patient's perspectives impact on the delivery of health services. Healthcare is delivered in a team context the pre medical student is able to understand how the various personnel within the medical field are interlinked to ensure the delivery of health service to the populations.

## TESTIMONIAL

*"This program helped me get acquainted with the medical world before I even stepped into medical school; I got to do things that wouldn't be possible in America. Everyone was very friendly and welcoming and I felt at home. It was very hard to say goodbye when I left, even after only weeks; I will miss everyone and EA very much!"*

**Sara Ernster**  
Luther College, US



## Pre- Physician Assistant

For one to have an upper edge into the Admission to P.A schools, most universities recommend that one should consider volunteering in a hospital to gain practical knowledge in medicine.

A pre-physician shadowing program overseas presents you with an exposure and opportunity to experience healthcare delivery in a completely different environment. While shadowing you will interact with various patient's perspectives and how culture affects the delivery of quality health services. Students have a chance to observe the professional's physician assistants as well shadow in activities like obtaining patient medical histories, performing examinations and procedures, ordering treatments, diagnosing diseases, prescribing medication, ordering and interpreting diagnostic tests, referring patients to required specialists, and first or second-assist in surgery.

Involvement in this activities through observational learning helps one to be able to gauge and affirm their interest in the field, as well as develop the attitude that is required to pursue the profession.

### TESTIMONIAL

*Elective Africa has surpassed my expectations completely and has given me an experience I could never have gotten in the States. The hospital was very accommodating and I was able to do rotations in all of the departments. The Doctors, Consultants, Nurses and Clinical Officers were very nice and let us watch procedures and teach us as well. I learned so much over a short time.*

**Katie Lobban**  
Colorado State University



# Pre-Dentistry Internship

Dentistry practice in developing countries has unique attributes, the patients present cases in advanced stages of infection, the resources available for the treatment are further limited. This prompts innovation among the dentists. Shadowing in this setting therefore gives one a unique opportunity to view dental practice in real settings and thus learn what the life of a dentist entails.

Dental schools like to see applicants with shadowing experience, as it shows that the student has a solid grasp of what is involved in the practice of dentistry. Shadowing a dentist will give you the opportunity to confirm and demonstrate your desire to pursue dentistry and also help you picture yourself as a practicing dental professional.

Our students have a rare chance to shadow practicing dentists in busy hospitals in activities such as:

Educating patients on oral healthcare  
Examining teeth and diagnosing patients' dental conditions, Assessing treatment options and agreeing treatment plans with patients, Carrying out agreed clinical treatments such as restoring teeth affected by decay and treating gum disease, Maintaining patients' dental records, Keeping abreast of new developments through structured continuing professional development.

## TESTIMONIAL

*...I enjoyed my time at Mbagathi District Hospital in the dental department. It was very interesting to see a public hospital setting in a developing world for the first time. I enjoyed this experience because I was able to observe conditions that are normally not seen back in the states. I was also able to assist the medical professionals such as dentists during root canal and dental scaling procedures.....*

**Faith Han –Buffalo University**



## Pre- Nursing

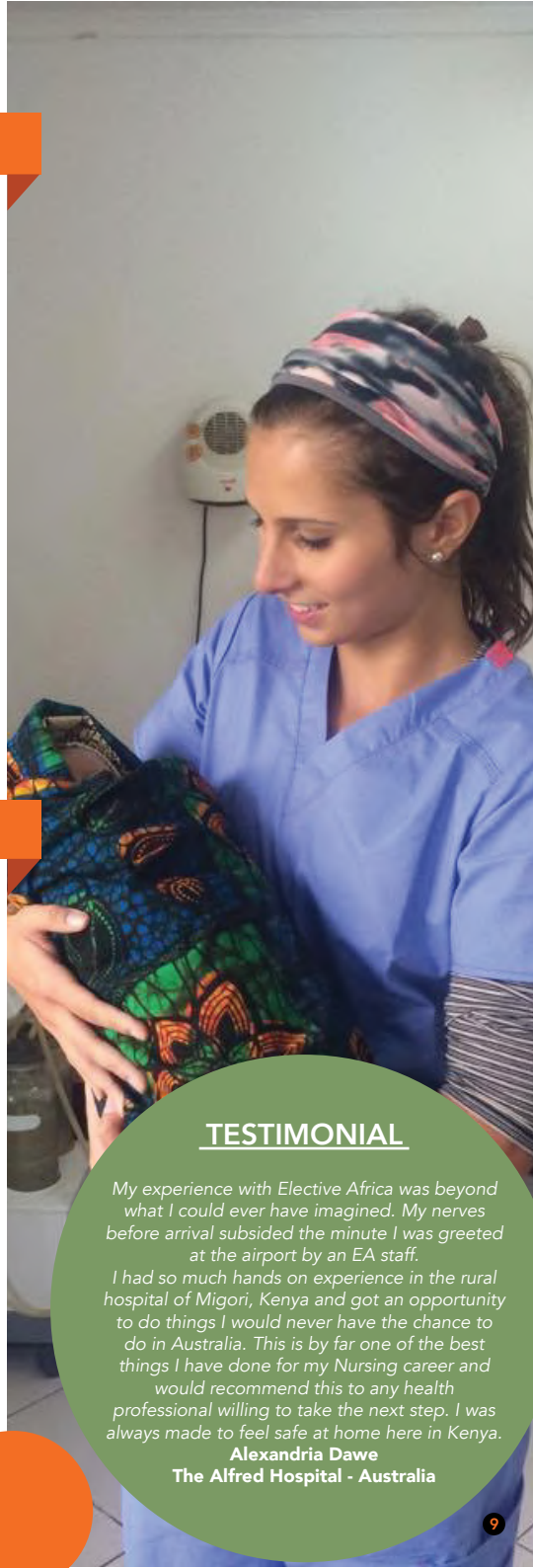
If the thought of helping young and old people battle with flu to life threatening illnesses attracts you, this program is a good match for you. The pre-nursing program is tailored for students looking to take up nursing as a career.

Nursing shadowing activities include; Protection, Promotion, and Optimization of health and abilities, Prevention of illness and injury, Alleviation of suffering through the diagnosis and treatment of human response, and Advocacy in the care of individuals, families, communities, and populations. In a unique health system which nurses give the biggest percentage of care you have an opportunity to learn. A pre nursing shadowing opportunity enables the students realize the value that is attached to nursing care and eventually grow massive interest into the nursing career.

## Pre – Midwifery

The pre-midwifery program is specifically aimed ensuring one gets exposure to the career of midwives. The full range of services that revolve around the care of the mother right from the pre-natal stage through to the delivery and after delivery has unique attributes in developing countries. This may involve the balance that the large numbers that the professionals have to deal with to deliver to them quality health services.

One is through shadowing thus exposed to a diverse health system characterized by high patient loads and heavy cultural influences in delivery of maternal care. Observing the midwives deliver the care at the limit of resources and in straining atmospheres clearly helps one establish the skills and attitudes that are key to success in this field. Besides one gets to understand how the health system functions and how the team of the



### TESTIMONIAL

*My experience with Elective Africa was beyond what I could ever have imagined. My nerves before arrival subsided the minute I was greeted at the airport by an EA staff.*

*I had so much hands on experience in the rural hospital of Migori, Kenya and got an opportunity to do things I would never have the chance to do in Australia. This is by far one of the best things I have done for my Nursing career and would recommend this to any health professional willing to take the next step. I was always made to feel safe at home here in Kenya.*

**Alexandria Dawe**  
The Alfred Hospital - Australia

# Aspects of the Program

## Structured Internships With Mentorship

We have clearly laid our partnership with hospitals that ensure that besides having an opportunity to shadow you will have a mentor. While shadowing and observing the various clinical activities you will 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 the 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 Pre-Health Shadowing 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 laid out by AAMC on clinical shadowing experiences for pre – medical students.

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 shadowing 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, the shadowing 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 shadowing 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 constrains.

## 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 also 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 pre - health shadowing requires our participants to keep a daily log of their hospital activities. Keeping a journal of your shadowing 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 premed 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.



# 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 shadow in **Migori County Referral Hospital**. In this hospital one has the chance to shadow the treatment of infectious diseases such as Malaria as well as be able to shadow 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 love and compassion in caring.

Migori  
Nairobi  
Malindi  
Mombasa  
Arusha  
Moshi

## 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 pre health 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, a shadowing 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 healthcare 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

## Urban Kenya Placements

Nairobi, Kenya is a highlight of an urban location of the developing world. This destination presents a unique opportunity for shadowing 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.

# 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 Kilimanja-ro, 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. Shadowing 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. Internet connectivity is available at the residence and weekly laundry services
4. Airport transfers
5. Daily morning group one-way trip to the placement hospital
6. Incountry support including our head office teams in your placement locations
7. Detailed pre-departure support



# Planning Your Program

## Trip Planner (MyElective)

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

Pay with  **PayPal**



# 24 Hours with Elective Africa



### 6:00p.m.

Dinner is served. One is free to eat and retire to bed at their own time.



### 2:00p.m.- Free Time

You can choose to go back to the hospital or engage in other activities of choice.e.g cultural immersion, orphanage visit, volunteer etc.



### 1:00p.m.- Lunch break

One can decide to go back to the resident for lunch or undertake other activities



### 7:00a.m.: Breakfast

Wake up and prepare breakfast with other participants as you get ready for the day



### 8:00 a.m.

Driven to the hospital for a morning meeting with the doctor, Nurse, Consultant in charge



### 8:30 a.m. - Noon

Rotation in departments of interests.

Planning an individualized and 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;

1. Be at least 18 years old
2. Complete an application at <http://www.electiveafrica.com/apply>
3. 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.
4. Pay the reservation deposit.

To find out more kindly contact us

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