



Midwifery Electives in Kenya & Tanzania

Redifining Educational Travel



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Our Mission

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



Introduction

This program is cut out for midwifery students seeking an exposure into midwifery in hospitals and community health centers in Africa.

The overwhelming demand for healthcare services in Africa, coupled with extremely limited resources qualifies obstetrics and gynecology as one of the busiest departments in any of the institutions we work with and is a good opportunity to put theoretical training into perspective. One will get to learn and assist a lot in; prenatal and postnatal care, deliveries, family planning and continued maternal health.

Despite us tailoring each program to meet each student's interests, those who gain the most from this program already have the basic theoretical knowledge and have completed some clinical courses.

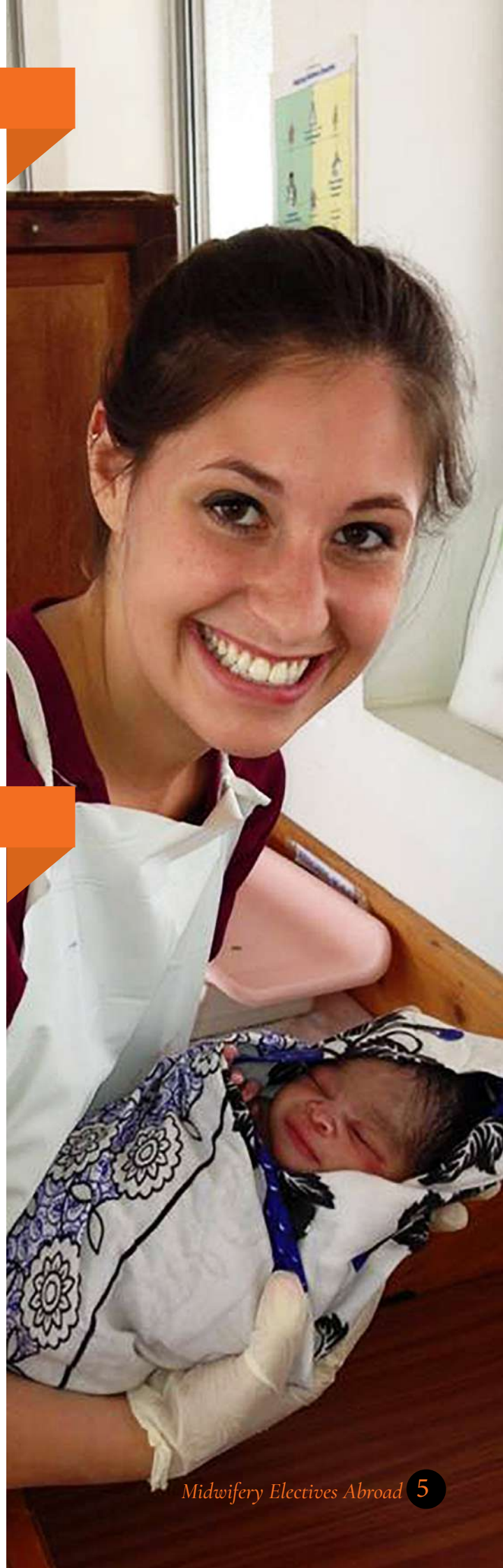
Program Objectives

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 midwifery care.
 - Effective communication.
 - Practice evidence-based nursing care.
 - Pursue continuous education of self and others.

Targeted Participants

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

1. A unique way to meet a midwifery 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 Midwifery Career with Elective Africa



Have a passion
for Midwifery?



Looking for Hands-on
Experience?



Want to do a nursing
elective & volunteer
abroad



LOOK NO FURTHER:
Facilities Clinical electives
placement

The midwifery elective program is well structured, supervised, and is delivered by qualified midwives, nurses & doctors. 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 midwife in a Kenyan hospital

A day in the life of a midwife in Kenya can hardly be described as 'typical' in comparison to traditional midwifery roles in the developed world. While a rewarding profession, midwifery, 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/midwives per ward, and nurse ratio of 1 nurse for every 4 patients.

While in larger hospitals the role of the nurses and midwives may mirror the traditional roles, in more remote and needier areas, nurses/midwives 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.

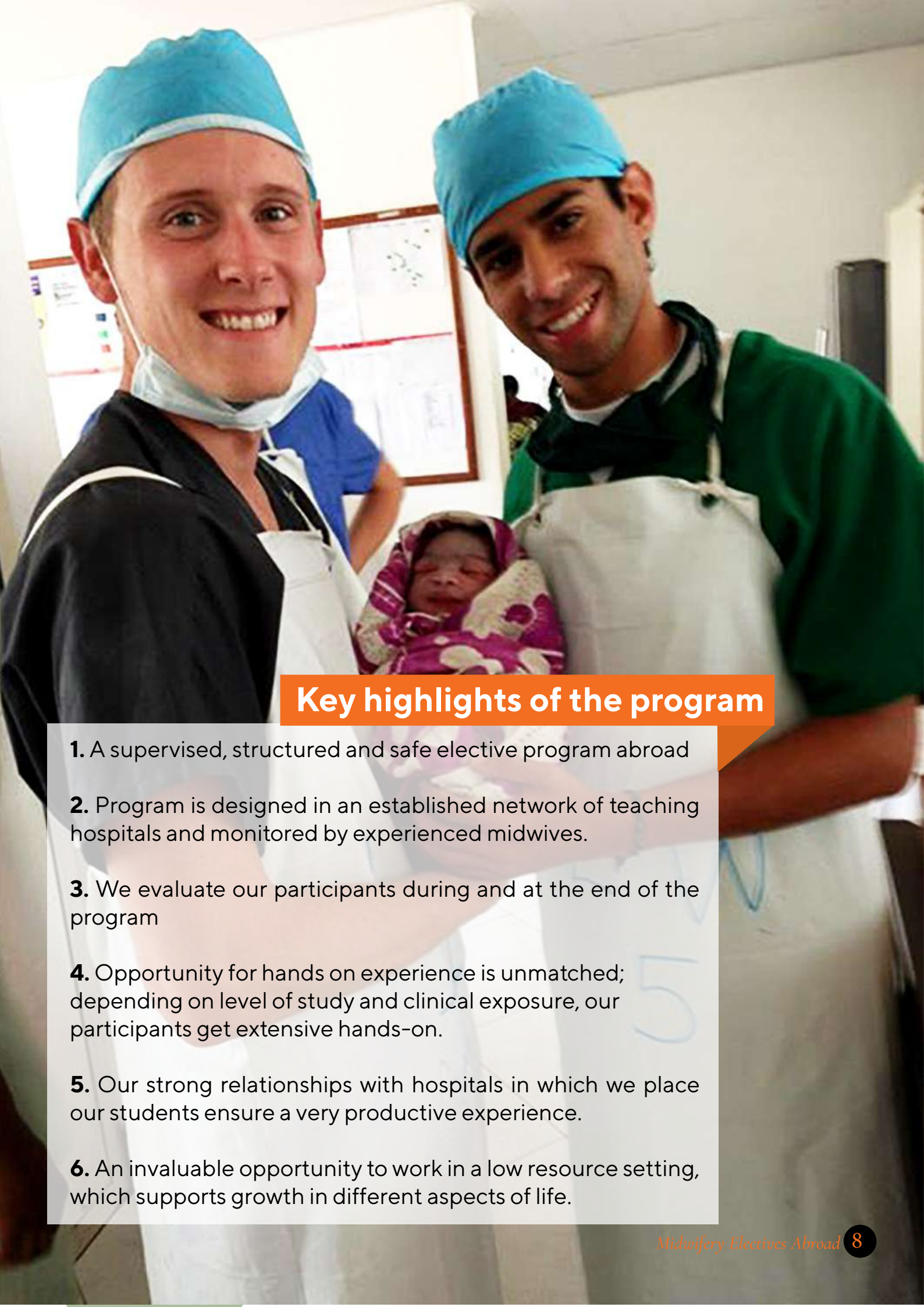
Afternoon: 1.30 p.m. - 8.30 p.m

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

Why Choose our Nursing program:

We place our participants in developing countries; here midwives have a lot more patient nurse/midwife interaction than they have with doctors and therefore a chance for a lot of exposure. In addition, the proportion of midwives 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.





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 experienced midwives.
3. We evaluate our participants during and at the end of the program
4. Opportunity for hands on experience is unmatched; depending on level of study and clinical exposure, our participants get extensive hands-on.
5. Our strong relationships with hospitals in which we place our students ensure a very productive experience.
6. An invaluable opportunity to work in a low resource setting, which supports growth in different aspects of life.

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



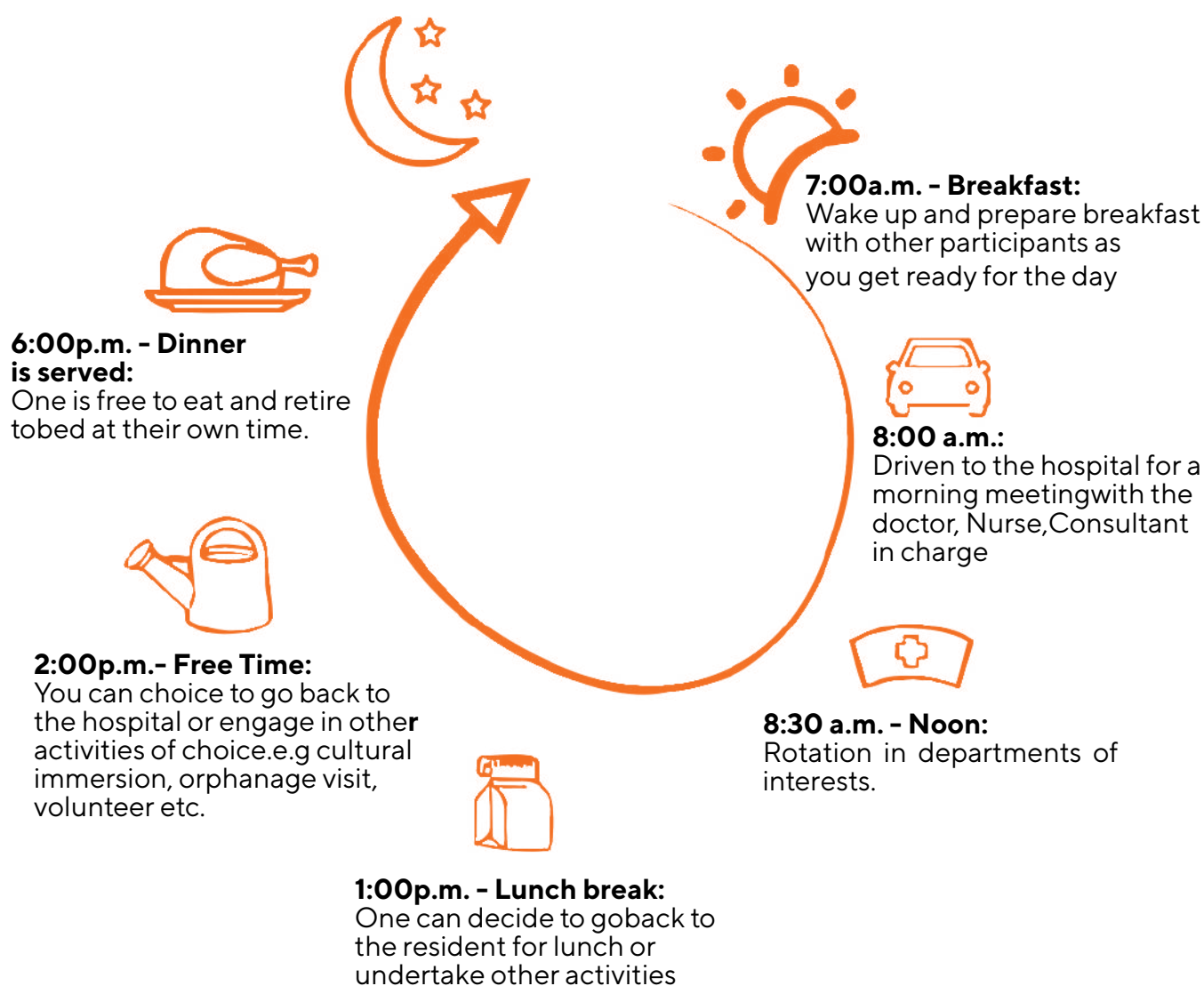
Exact timing for the community project and the safari components of the program may change depending on the logistical needs of each participating group

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 as midwifery, nursing or medical program



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

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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





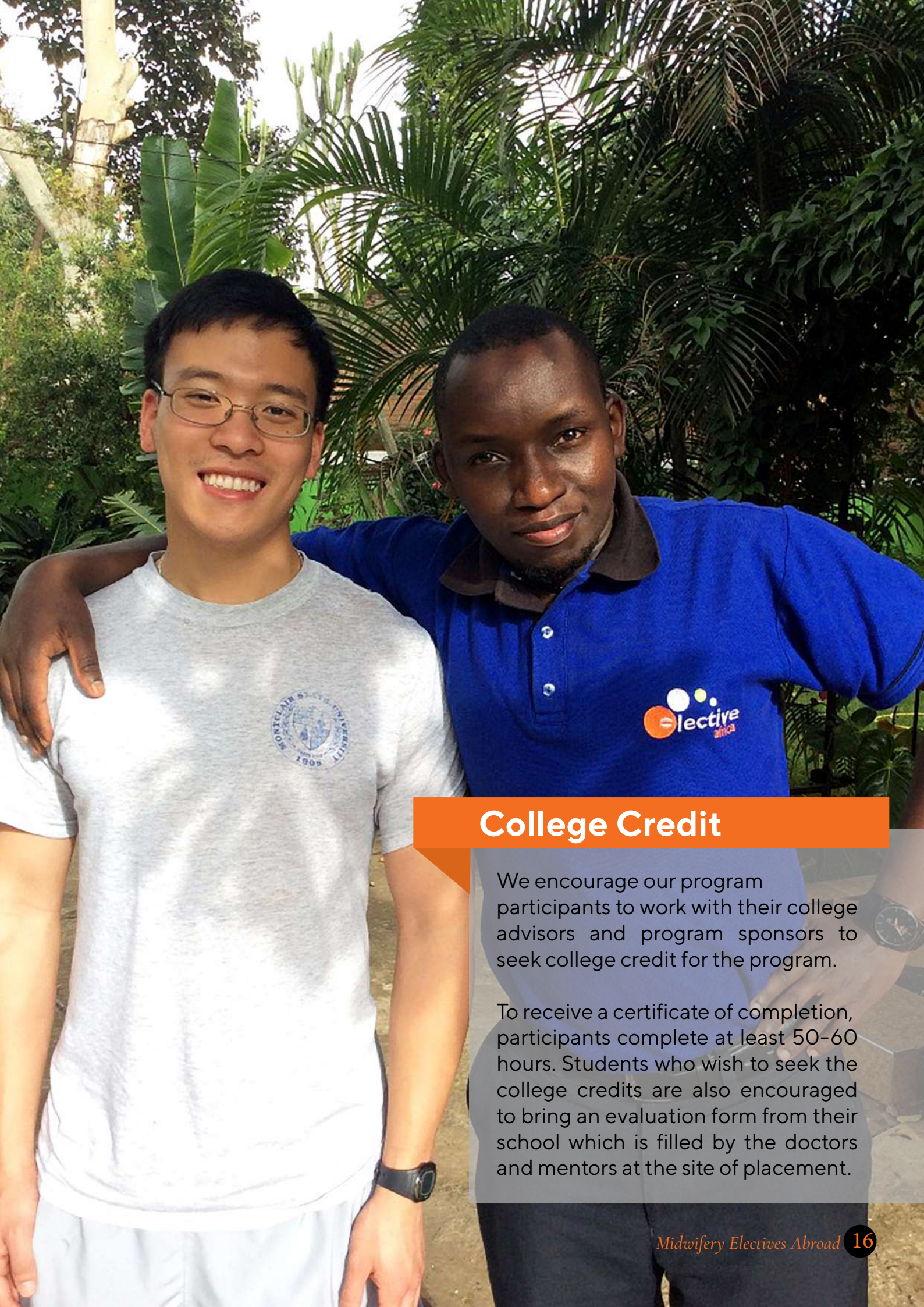
Health & Safety

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 woman with blonde hair, wearing a red and black plaid shuka (a traditional Maasai garment), standing in the center. She is looking down. To her left and right are three Maasai men, also wearing traditional shukas. The man on the far left has a red shuka with yellow circular patterns. The man in the middle has an orange and red striped shuka. The man on the far right has a red and black plaid shuka. They are standing in a dirt area with a thatched-roof building 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.

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

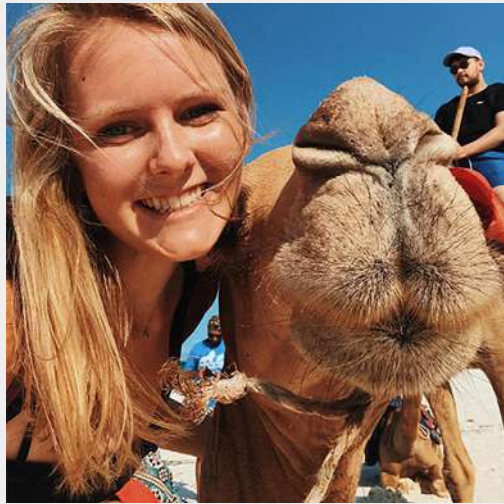
Routing / Fedwire / ABA #: 054001725

Elective Africa Address: 1775 Eye Street
Washington DC 20006

Via credit or debit card payment
through our PayPal account:



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Testimonials

1. Laura Ettridge Oxford Brookes University

Engaging, Educational and Enjoyable Experience!

I have spent 4 weeks in Mombasa Kenya, I am a 2nd year Student Midwife studying in the UK and decided to come on the Elective Africa as part of my University module along with a friend on maternity wing.

We have had the opportunity to work on Antenatal, Labour Ward, Postnatal, Gynae wards and Theater, NBU and have even been to intensive care, we had the choice to spend time where we felt would be appropriate so decided to split our time over the different wards. All the staff couldn't have been more helpful and were eager to help with our learning experience. It is up to you how involved you get clinically but the staff will support you either way we kept an online blog of our hospital experiences which we found helpful to reflect on what had happened each day.

The hospital care was very different to that provided in the UK however it is so interesting to experience another culture's approach to healthcare. On top of the hospital we spent a lot of time working with children from a local school and had a fantastic time teaching their lessons, playing sports and dancing. Our Safari was AMAZING and as one of the highlights of the trip for me. The whole program was so well organized and the staff is super friendly and couldn't do enough to help make our trip a good one. I would highly recommend that you come on an Elective Africa program and see for yourself how good it is.

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.

3. Caitlin MacLennanPenman, McMaster University

Engaging, Educational and Enjoyable Experience!

Elective Africa provided us with an excellent placement opportunity for Midwifery students with previous experience conducting vaginal deliveries. The nurse-midwives were supportive and we were able to have a lot of hands-on opportunity. Experiencing the culture of birth in Tanzania was eye-opening and formative, especially coming from a place where labor is feared and epidural rates are very high. I will go home with a new sense of admiration of the strength of women, more confidence with my abilities as soon-to-be midwife and with a better understanding of birth in East Africa context.

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

[Click to Visit Website](#)



To find out more kindly contact us:

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