

## help2kids Medical Volunteering Program | Tanzania

### Introductory text

Are you an aspiring medical professional or medical student looking to showcase your skill set and gain remarkable hands-on experience in providing healthcare to underprivileged communities in [Tanzania](#) with **help2kids**, a Switzerland-based NGO dedicated to supporting underprivileged communities in Tanzania since 2009. We offer both short- and long-term medical volunteer opportunities and we would love to hear from you.



Our former medical volunteer, a nurse in an elective placement

## **FREQUENTLY ASKED QUESTIONS**

### **General Information**

#### **WHAT IS THE MEDICAL VOLUNTEERING PROGRAM ABOUT?**

Gain invaluable experience by assisting within local hospitals that will expose you to a variety of tropical and uncommon diseases. You will shadow and observe local professionals as well as get firsthand to help support the local team with basic tasks.

Whether you are taking your elective placement in Tanzania or are looking to gain some medical experience before university, this is a unique chance to experience a brand-new health care system. This unique experience will open your eyes to the world of medicine in Tanzania and will provide you with vital international work experience that will set you apart from others.

#### **WHAT KIND OF MEDICAL EXPERIENCE CAN I GAIN THROUGH THIS PROGRAM?**

- The program gives you a remarkable impression of fulfilment by providing healthcare to the community alongside other local professionals which are effective
- Collaborating with professionals from diverse backgrounds
- Gaining broad experience in international healthcare
- Having a chance to adequately know about the health system in Tanzania and the treatment plans in the context
- Improving overall health of the people in the unprivileged population
- Many medical facilities in Tanzania have limited resources. You will get to see how doctors cope when supplies run out and you will learn to diagnose and treat diseases you would not encounter in your home country.

### **Eligibility & Requirements**

#### **WHO CAN APPLY FOR THIS PROGRAM?**

- Pre-med, nursing, and medical students looking to undertake an elective placement abroad
- Medical Specialists
- Doctors
- Surgeons
- Nurses
- Midwives
- Dentists
- Physical therapist
- Public Health Specialist
- Other healthcare providers

## **Medical Students Elective placements**

Primarily aimed at university students who are looking to undertake their elective placement abroad. The following elective placements are available for Tanzania: medical, midwifery, nursing, and physiotherapy.

We host medical students and have built up strong relationships with universities including Ecole La Source (the world's first secular nursing school, located in the heart of Lausanne, Switzerland) who actively recommend us. We also host students from around the world.

help2kids health team will then have everything planned and organised for your unique rotation when you arrive and help complete any paperwork required and sign off on hours to ensure the placement complies with your university requirements.

### **WHAT DOCUMENTS DO MEDICAL STUDENTS NEED TO PROVIDE?**

- List of Technical Skills
- Evaluation Forms
- Attestation
- Internship agreement letter between you as volunteers and the college you are studying
- Copy of passport (coloured)

### **WHAT DOCUMENTS DO QUALIFIED NURSES, DOCTORS, AND OTHER MEDICAL PROFESSIONALS NEED TO PROVIDE?**

- Medical certificates from recognised Medical College or University
- Valid practicing license

### **ARE THERE ANY AGE RESTRICTIONS?**

- Must be 18 years or above
- For students, must be enrolled to accredited institution (from their home country)
- Must be in subsequent year of medical school or qualified professional
- For qualified health professionals, at least three years of practicing medicine and must have graduated from a recognized medical university or college

## **Roles & Responsibilities**

### **WHAT WILL I BE DOING AS A MEDICAL VOLUNTEER?**

You will be collaborating with qualified local staff from the specific departments where you will gain hands on training, supervised by medical experts.

You will vastly increase your own knowledge while having the ability to help in simple but practical ways. Although we cannot guarantee this, and it is at the sole discretion of your local supervisor you will have the opportunity to gain experience about common health problems within a third world country and understand how these are dealt with. You will get to witness a wide range of cases that you may never come across in Europe, including typhoid, tuberculosis, yellow fever, malaria, dengue fever and more. Depending on your total duration on the programme and if you have any specific requirements for your time in Tanzania, you will get the opportunity to observe and help across many departments.

*Your roles may include but not limited to the following (Under supervision)*

- Taking rounds of the wards
- Taking and recording vitals like Blood pressure, pulse, body temperature, etc
- Prescribing, distributing, and administering of medicines
- Wound dressing
- Injections and vaccinations
- Treating minor injuries
- Catheterization
- Assisting with births
- Getting actively involved in the daily work of the hospital
- Shadowing professionals' medics
- Assist patients (getting them from one service point to another)
- Spend time in several hospital departments Maternity, General medicine, Paediatrics, Surgery, Laboratory, Dental unit, and Palliative care

### **WILL I BE WORKING UNDER SUPERVISION?**

Although your role at the hospitals is observational, most volunteers are assigned basic hands-on tasks such as taking blood pressure and blood sugar levels, dressing wounds, administering IV injections, recording temperatures and more. Please note we cannot guarantee your level of involvement, and this will be at the sole discretion of your supervisor in-country.

### **Placements & Departments**

#### **WHAT DEPARTMENTS ARE AVAILABLE FOR MEDICAL VOLUNTEERS?**

General Medicine, Maternity, Paediatrics, Obstetrics & Gynaecology, Labour Room, Dental Unit, Surgery, Physiotherapy, Outpatients, Laboratory, Radiology, Pharmacy, Palliative care.

## **WHAT HOSPITALS AND DISPENSARIES WILL I BE VOLUNTEERING AT?**

We have partnered with several government & faith-based run hospitals in the local area to ensure you get the best experience. The hospital(s) you will be placed at will be dictated by the departments and specialities you have requested and space at the time. Transport to and from the hospital is included within the programme fee and is provided by tuk tuk or private car.

- **Kitengule Hospital Dar es salaam, Tanzania**

Founded in 2010 has over 110 beds, 6 delivery beds (seeing over 80 deliveries per month). In total there are an average of 700 patients daily, with around 150 of them being admitted.

We can place participants in the following departments: General Medicine, Paediatrics, ENT, Obstetrics, Gynaecology, Physiotherapy, Surgery, Emergency Treatment Unit, RCH, Radiology, Ophthalmology, Outpatient, and Inpatient departments <https://pkitengule.com/>

- **Rabininsia Memorial Hospital Dar es salaam, Tanzania**

Founded in 2021 has over 500 hospital beds, 8 delivery beds (seeing over 105 deliveries per month). In total there are an average of 1100 patients daily, with around 300 of them being admitted.

We can place participants in the following departments: General Medicine, Neurosurgery, Cardiology, Paediatrics, ENT, Obstetrics, Gynaecology, Neurology, Surgery <https://www.rabininsiamemorialhospital.co.tz/>

- **Massana Hospital Dar es salaam, Tanzania**

Founded in 2021 has over 40 hospital beds, 5 delivery beds (seeing over 35 deliveries per month). In total there are an average of 400 patients daily, with around 160 of them being admitted.

We can place participants in the following departments: General Medicine, Paediatrics, Maternity, Laboratory, X ray facilities, Gynaecology/Obstetrics, Operation theatre for surgeries, Dental Unit <https://mhsmassanahospital.co.tz/>

- **Mtakuja Dispensary Dar es salaam, Tanzania**

Has about 6 hospital beds, 3 delivery beds seeing over 70 outpatient patients on daily basis.

We can place participants in the following departments: General medicine, Outpatient department, Labour unit, RCH, Maternity, Laboratory, CTC.

- **Mico Dispensary Dar es salaam, Tanzania**

Has about 4 hospital beds, 3 delivery beds seeing over 55 outpatient patients on daily basis.

We can place participants in the following departments: General Medicine, Outpatient department, Labour unit, RCH, Maternity, Laboratory

### **Daily Schedule & Free Time**

#### **WHAT DOES A TYPICAL DAY LOOK LIKE FOR A MEDICAL VOLUNTEER?**

Your varied role and the ever-changing scenarios of a hospital will mean every day is different. You will be volunteering from Monday to Friday for approximately 6 hours per day, between 8:30am and 3pm - including a one-hour lunch break, which you are welcome to return to the accommodation if preferred. If you are volunteering on the Tanzania medical programme as part of your medical elective placement, then we can ensure that you work the required number of hours per week. Night shifts are also available on request.

When you first arrive at the hospital you will spend time with the matron. After providing a full introduction and tour of the hospital, you will then discuss the departments you are interested in, and a work schedule will be created for you. Once you have finished your placement for the day, all volunteers (across all programmes) always meet back at the accommodation and spend the rest of the day together or otherwise

#### **WILL I HAVE FREE TIME DURING THE PROGRAM?**

You will have every weekend off from volunteering and this is the perfect time to explore everything this beautiful country has to offer. You are more than welcome to simply relax around the accommodation and amenities in Dar Es Salaam, but most volunteers will use this time to travel and see the country. Alternatively, if you are looking to see as much of the country as possible during this time, travel with other volunteers.

### **Logistics & Accommodation**

#### **WHERE WILL I BE STAYING?**

Accommodation will be at the [Friendly Gecko Volunteer House](#) You will live on the **help2kids** Campus not far from the beautiful Indian Ocean in Kunduchi out of Dar es Salaam. The volunteers have access to a well-equipped kitchen and living room and an outside area to relax in their free time.

### **IS TRANSPORTATION PROVIDED TO AND FROM THE HOSPITAL?**

No, but transportation arrangements will be made to ensure volunteers' comfort and convenience.

### **Fees & Costs**

#### **HOW MUCH DOES THE PROGRAM COST?**

For the Student Nurses volunteering you will have to pay some additional fees:

- Permit fees from National Nursing Council CHF 75 per person
- Hospital Resources Fees CHF 50 per person
- Hospital Supervision fees CHF 50 per person

For the Student Doctors volunteering you will have to pay some fees:

- Permit fees from Medical Council Tanzania CHF 85 per person
- Hospital Resources Fees CHF 60 per person
- Hospital Supervision fees CHF 60 per person

#### **WHY DO I NEED TO PAY A CONTRIBUTION TO THE NURSING OR MEDICAL COUNCILS?**

It is important to note that the internship placements grouped as “Medical” require interns to contribute to either Nursing or Doctors Councils under Ministry of Health. This supports the operation of placements and covers supervision for interns on medical-related placements. The amount of contribution varies, as it is not the same for every clinic/hospital. However, to cover the contribution sufficiently, we ask volunteers to budget up to the following below

### **Additional Considerations**

#### **WILL I BE ABLE TO ENGAGE IN OTHER VOLUNTEER ACTIVITIES WHILE IN TANZANIA?**

Whilst in Tanzania, you will also have the opportunity to assist with our teaching, childcare for no additional costs. All our programmes in Tanzania are in the same region and everyone shares the same accommodation.

### **Get involved | Contact Information**

#### **WHO CAN I CONTACT FOR MORE INFORMATION?**

You can reach us at [volunteer@help2kids.org](mailto:volunteer@help2kids.org) for any additional information you may need. For more details, check out our [Volunteer General Information](#). To get started [Sign up](#)

