

**Specialty:** Other - mix of internal medicine, infectious/tropical disease, obstetric surgery, and public health

**Country:** Tanzania

**Location:** Moshi and Kilema

**Rural/Urban:** Moshi (urban), Kilema (rural)

**Hospital or non-hospital placement:** Both

**Type of placement:** Pre-clerkship

**Date:** August 1<sup>st</sup> – August 28<sup>th</sup>, 2010

**Project title:** Prevention Through Empowerment

**Organization:** Canada Africa Community Health Alliance

**Website:** [www.cacha.ca](http://www.cacha.ca) & [www.tunaweza.org](http://www.tunaweza.org)

**Main language spoken:** Swahili

**Other language(s):** English

**Project description:** The Prevention Through Empowerment (PTE) project and the Canada-Africa Community Health Alliance (CACHA) are pleased and excited that you will be volunteering/participating in a medical placement at Kilema District Hospital, and the Pamoja Tunaweza Women's Centre, in Moshi, Tanzania this summer. As a non-profit organization we depend on the generosity and support of volunteers to carry out our programmes. Thank you for agreeing to participate and welcome to our team. This letter of agreement will outline some important details regarding your involvement as a volunteer/medical placement with CACHA through the Queen's University Global Health Placement Programme. The volunteer/medical placement will commence during the Spring of 2010 when you will be traveling to the Moshi District of Tanzania and working with the Kilema District Hospital and the Pamoja Tunaweza Women's Centre's clinic and health outreach programme. At the women's centre, your Team Leaders will be Ms. Agnes Mtambo, the administrator at the centre and Dr. Karen Yeates, Director of the PTE project. In Kilema, the Team leader will be Dr. Sister Clarissa Mchallo and Winstone Nyange, CACHA's field officer for Tanzania. Your contact person for the placement at Queen's University will be Constance J. Latimer, Administrative Assistant to Dr. Karen Yeates. In Tanzania, under the direction of the partner organisations, you will be involved in providing health care services to individuals and families in their respective catchment areas. These placements will each provide a varied experience of exposure to medicine and global health issues in a resource poor setting. You must be willing to work independently and realize that at times, the placement will be unstructured from a medical learning perspective. Although a small primary health clinic for women and children is now in existence at Pamoja Tunaweza, you may be required to participate in centre activities that are facilitating social/financial or legal needs of the women's centre's clients.

During your placement in Tanzania you will be working with staff and clients of the Pamoja

Tunaweza Women's Centre and at the Kilema District Hospital. The host organizations are completely within their rights to expect that CACHA volunteers will follow their policies (i.e. work hours, code of conduct, dress code, etc.) It is expected that you will be available to carry out the duties of your placement for the entire duration of the placement.

**Student experience description:** Pamoja IS NOT a health care institute and so do not expect to get a large amount of exposure to patients or health care here. However you will get a real good sense of the culture of Tanzania as well as problems that many women and children face in the country. Kilema is a very good opportunity for you to observe and learn a lot about international medicine. Expect to observe surgeries, rounds, and talk to patients. You will be able to practice some clinical skills here. **\*\*The centre has restructured and is providing primary care to 20-40 patients per day, plus clinical outreach to surrounding clinics\*\***

**Placement safety:**

Yes.

If you follow the safety guidelines that are discussed before departure, and use some common sense, Tanzania is a very safe place.

**Educational experience (out of 10): 5**

**Social/cultural experience (out of 8): 8**

**Does the organization have any religious affiliations?**

Pamoja Tunaweza – No; Kilema District Hospital – Yes, quite a few Christian nuns work and live on the premises, and the head of the hospital is Sister Clarissa, who is both a physician and a nun. Morning rounds are followed by a communal prayer.

**At any point did you feel expected to participate in religious activity?** At Kilema, YES; morning rounds were followed by prayer, and surgeries (like Cesarean sections) were preceded by prayer. However, required participation is minimal, requiring you to hang your head for 20 seconds or so if you want to be respectful. No overt/active participation is ever required.

**Program fee:** \$350

**Dress code:** In Kilema when around the hospital and with patients you are expected to dress professionally and wear your clerk coat. At the women's center and on outreach programs the dress is more casual. Women have strict dress codes as Tanzania has a large Muslim population, modesty is always appreciated.

**Accommodation:** You have the option of staying at the Pamoja guest house while in Moshi. This is just outside of the downtown core, and is about a 20 minute walk to the center. You can also stay at cheaper hostels in town that are closer. Remember that staying at the Pamoja guest house is safer, and any profits go directly to supporting the center. You will need to cook/buy your own food while you are in Moshi. The guest house does have a kitchen for your use. In Kilema, the accommodations are on site at the hospital and food will be cooked for you. You can find additional details in the application manuals that are provided before application to the placement.

**Accommodation cost:**

**Helpful hints:** Be sure to plan a project with the supervisor while in Pamoja. The center can become very boring if there are no outreach programs, and if no women are at the shelter. Think of a project before hand and talk to the supervisors about implementing it while you are there.

**Questions you are glad to have asked before leaving on placement:**

**Questions you WISHED you asked before leaving on placement:** What was expected of us at Pamoja?

**Overall, would you recommend this placement for future students?** Overall I loved my time in Tanzania and would suggest the placement to anyone who would like to get an introduction to Global Health.