

Information Booklet

Medicine Project 2017

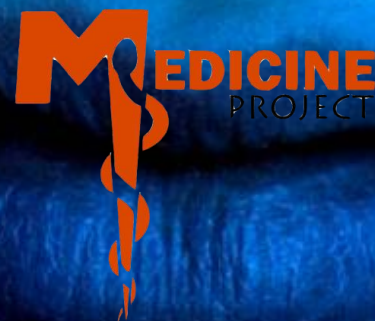


DARE TO MAKE A DIFFERENCE

WHO WE ARE

The Medicine Project is a special project offered by AIESEC.

AIESEC is a non-profit student organization that aims to develop leadership among students of all different backgrounds. Founded in the aftermath of the Second World War in 1948, AIESEC sought to bridge the cultural differences between nations in order to reach mutual understanding and tolerance. Sixty-nine years later, AIESEC has expanded to 126 countries and still enables young people to explore the world, to identify their strengths and pushes them to take up new challenges.



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The Medicine Project is a national project based in Maastricht that aims to provide 3rd year medicine students with the opportunity to do an observational internship abroad for six to eight weeks. Approximately forty motivated and skillful students will be able to experience a different healthcare system, expand their knowledge as health advocates and discover the rich African culture through strong collaboration with our partnership countries Ghana, Uganda and Tanzania. Selected participants will get several intensive workshops on e.g. tropical medicine from health professionals with experience in the field, goal setting and how to make a difference in Africa. This program will prepare participants for their stay and the culture shock. By taking part in the Medicine Project, students will develop flexibility, reactivity and cross-cultural understanding. On return, participants are stimulated to share and reflect on their experience.

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SELECTION

This year, AIESEC selects around 40 highly motivated and talented third year medical students across the Netherlands. The first round of selection is based on an evaluation of the student's CV and motivation letter. The second round will test the student's competences using group exercises and an interview. The selection will essentially look at the candidate's motivation to participate, flexibility, openness, and capacity to undertake action.

"The most beautiful thing of the culture in Ghana was the fact that they are so happy with something little. This really changed my worldview, because in the Netherlands we are so materialistic. I'm much more satisfied with small things now than I was before I went to Ghana." – Ilse Willemse

PREPARATION

Once they are selected, students are offered various workshops to prepare them to the culture shock and to the working conditions of the hospitals they will be assigned to. The preparation phase will also focus on engaging the student's attention on global health and on the issues arising from a rapidly developing society. These workshops will also be an opportunity for students to get to know the fellow participants. Based on their preferences, students will be assigned to a hospital in either Ghana, Uganda or Tanzania in their proposed period of stay.

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« We had a really warm welcome there by our Ghanaian host family. It was a pretty big house with a large compound in the middle; everyday life happened inside the compound. That is, if we weren't out to play football with the numerous kids. »

Douwe de Wit

RECEPTION

During their internship, the exchange participants are hosted by the AIESEC committees in Ghana, Uganda or Tanzania. The accommodation is either a host family or an AIESEC center devoted to students from all over the world. Students are in close contact with AIESEC members during their stay and have a reliable point of support. The AIESEC committee also introduces the exchange participants to the culture of their country and provides them with useful tips for a quick and smooth integration. In the weekends, the participants have the possibility to take part in trips to various sites like national parks and safaris.

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THE INTERNSHIP

The clinical internship lasts six to eight weeks. Students work three to five days a week, with an average working day of six hours. The internship offers students the chance to shadow doctors and observe their practice. Students can take part in minor practical tasks if they are experienced in executing them, like giving injections, measuring blood pressure and performing medical examinations. However, the focus is on observation, as the conditions in these hospitals and the level of knowledge of the students are not adapted to more practical input. Students are expected to show resolve, readiness and reactivity in order to make the most of this internship. AIESEC voluntarily chooses to send students to hospitals that will confront them with the issues arising from a lack of human resources and material. This also means that the participants will experience challenging moments, during which support and communication between the participants themselves are of great value, hence the importance of cooperation, openness, and flexibility.

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« The recognition that we received in return for our donation of medical material was truly unbelievable. » Kim, Rik and Douwe



THINKING OUT OF THE BOX

Depending on their personal goal setting, the students can take part in various projects besides the medical internship. For example, some students from the previous editions of the Medicine Project have resorted to fundraising to finance the purchase of material for the hospitals, where others have participated in the renovation and construction of an educational facility. Students have to think well in advance of what they want to achieve during their exchange and are stimulated to make their experience as sustainable and valuable as possible. AIESEC serves as an intermediate and offers its support in achieving the students' objectives.

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COMING BACK HOME

During the reintegration phase following their exchange, students meet up in the Netherlands to share their experiences and discuss the challenges they have been confronted with. Besides this, AIESEC encourages the participants to share their experience by means of articles, blogs, and lectures. This is meant to encourage students to reflect on their experience and to think of how they can apply the knowledge gained during their exchange to their own lives and practice of medicine.

GHANA

Official language: English

Capital city: Accra

Currency: Ghana cedi (GHS);

GDP per capita: \$1852,2
(the Netherlands: \$40187,12)

Time difference: Amsterdam is 1 hour ahead of Accra

Surface area: 238,533 km²

Population: 25,76 Million

Life expectancy at birth: 66 years

Climate: tropical (average of 30°C, 20°C at night)

- Dry season: December-March with dry desert wind called harmattan; 40°C
- Rain season: April-July, September-November; 30°C

Geography: mostly low planes with the Kwahu Plateau in the south-central area. Half the country lies less than 152 meters above sea level, with the highest point at 883 meters. A tropical rain forest belt extends northward from the shore near the Cote d'Ivoire frontier. This area is called the "Ashanti" and produces most of the country's cacao, minerals, and timber. North of this belt, the land is covered by low bush, park-like savannah, and grassy plains.



UGANDA

Official language: English
Capital city: Kampala

Currency: Ugandan Shilling (USh);

GDP per capita: \$1365,13
(Netherlands: \$40187,12)

Time difference: Kampala is 2 hours ahead of Amsterdam

Surface area: 241.038 km²

Population: 38,85 Million

Life expectancy at birth: 59 years

Ethnic groups: Uganda is one of the most ethnically diverse country in the region. The main ethnic group is called the Ganda (16,9%), followed by the Nkole (9,5%), Soga, (8,4%) and Kiga (6,9%) tribes

Climate: tropical (26°C during the day, 15°C at night)

- Dry season: December-February (morning:16°C, afternoon:28°C) and June-August (morning: 16°C, afternoon: 27°C)
- Wet season: March-May (morning: 16°C, afternoon: 28°C and September-November (same temperatures

Geography: Three main areas: swampy lowlands, a fertile plateau with wooded hills and a desert region. It is home to the tallest mountain range in Africa: the glacier-capped Rwenzoris and to largest lake of Africa: lake Victoria.



TANZANIA

Official languages: English, Swahili

Capital city: Dodoma

Currency: Tanzanian Shilling (TZS)

GDP per capita: \$2,591
(the Netherlands: \$40187,12)

Time difference: Dodoma is 2 hours ahead of Amsterdam

Surface area: 947,303 km²

Population: 50.67 Million (2014 estimation)

Life expectancy at birth: 61 years

Climate: Annual temperature of 20°C, with a cooler climate in the higher mountainous regions.

- Dry season: January-February and June-August
- Wet season: October-December and March-May

Geography: Tanzania is mountainous and densely forested in the northeast, where Mount Kilimanjaro is located. Three of Africa's Great Lakes are partly within Tanzania. To the north and west lie Lake Victoria, Africa's largest lake, and Lake Tanganyika, the continent's deepest lake, known for its unique species of fish. To the southwest lies Lake Nyasa. Central Tanzania is a large plateau, with plains and arable land. The eastern shore is hot and humid, with the Zanzibar Archipelago just offshore.



EXPERIENCE STORY

This summer I could make a dream come true: I had the opportunity to combine going to Africa with a medical internship. The medicine project started with three preparation days in Amsterdam as well as in Maastricht, the Netherlands. Here, we learned about the African culture and prepared ourselves to the trip. Moreover, I met the people I was going to stay with all summer. My journey began on 12th of July when I flew to Kampala, the capital of Uganda. For six and a half week I stayed together with nine other Dutch medical students in an AIESEC house. Other interns from all over the world and a few members of the local AIESEC board lived in this house too. We shared one toilet and one cold shower: the African adventure had started!

My internship took place in the St. Raphael of St. Francis hospital Nsambya, which was half an hour by boda boda (a typical Ugandan motorcycle). Together with Olmo and Melissa I started my internship on the internal ward. Unfortunately, it didn't meet our expectations. The doctors talked really soft and there were about ten people (both doctors and nurses) standing around only one bed at the same time. The staff visited patients in the morning and afterwards everybody disappeared. Even when we asked them, they didn't really involve us. We decided to switch departments and went to the surgery ward. In general, I'm really enthusiastic about surgery and it were two awesome weeks. We saw many operations and the doctors explained everything we asked or didn't understand. We spent our last two weeks on obstetrics and gynecology. We saw every single part of this department and learned that the prenatal care is actually the same in Uganda compared to the Netherlands.

I didn't only learn about medical stuff, but I also learned to be pro-active and ask for the things I want to know. You will often get positive reactions and it makes it possible to make the most of your internship. This skill will help me to learn as much as possible from my internships in the Netherlands too.

Furthermore, we did not only enjoy working in the hospital, but also enjoyed several trips every weekend. We visited the Queen Elizabeth National Park and even better was the safari at Murchison Falls. It was amazing to see lions, giraffes, elephants, buffalos, hippos, crocodiles and many other animals in the wild. We also went hiking for six hours to see all three Sipi Falls. Besides these falls, the nature was beautiful. During our last weekend, we took the ferry to relax and tan on the Sesse island Kalangala.

In short, it was an amazing experience with lots of impressions, beautiful views and learning moments. I got to know the culture, because we worked with locals and lived in the rural areas. We had some fun nights with the Ugandan AIESEC members and spoke to many Ugandan people. I would recommend everybody to apply and experience your own adventure!

Anouk Latenstein, University of Amsterdam



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COST OVERVIEW*

Item	Description	Price (€)
AIESEC inscription fee	Student coach Preparation seminars (workshops, skills trainings, lectures) Service from the AIESEC committee of the host country	299
Accommodation & Pick-up	AIESEC house/ host family/ apartment	100-150*
Vaccination	Routine vaccine checkup Hepatitis A/B Rabies Typhoid Yellow fever	0-180**
Visa		~40***
Flight ticket	Round trip	500-900***
		≈1300
Optional		
Weekends**	Accommodation Transportation Activities	250
Living costs	Food Activities	120
		≈1670

*Exchange lasting 8 weeks

**Depending on your health insurance

***Depending on the country of your internship

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The background of the entire page is a photograph of three people, likely medical students, wearing white lab coats. They are standing on a balcony or terrace, looking out towards a bright sunset. The sun is low on the horizon, creating a strong lens flare and silhouetting the people. The balcony has a wooden railing, and there are palm trees and other tropical plants visible in the background. The overall mood is serene and hopeful.

FOR MORE INFORMATION:

Contact your local AIESEC office for dates of
info evenings

Additional questions can be sent via mail to:
medicineproject@aiesec.nl

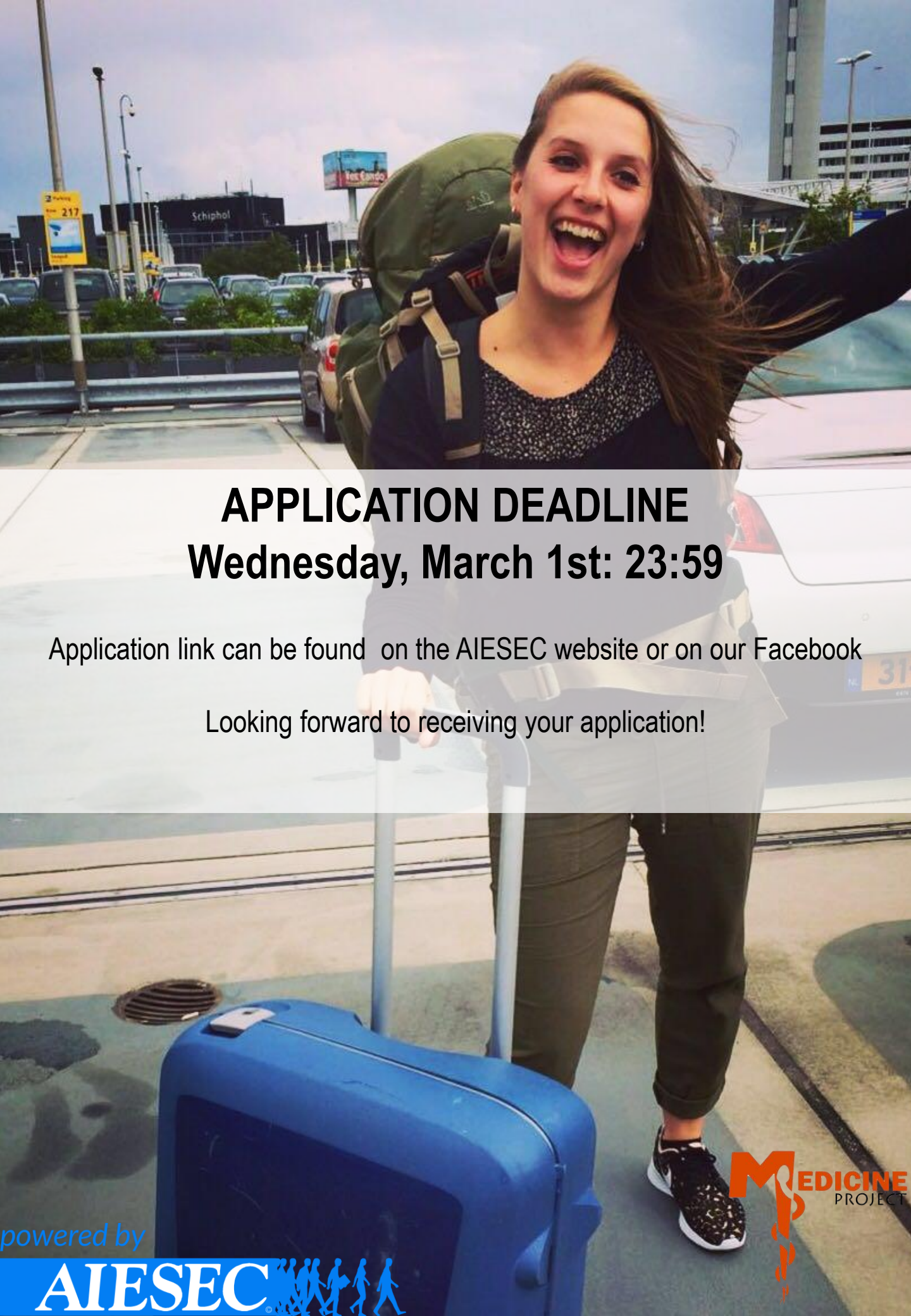
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APPLICATION DEADLINE

Wednesday, March 1st: 23:59

Application link can be found on the AIESEC website or on our Facebook

Looking forward to receiving your application!

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