

## **International Elective Details**

Course and Travel Information

### Goals and Objectives

- ◆ You are expected to develop educational, professional and personal goals and objectives.
- ◆ The general goals and objectives for all Family Medicine International Electives are:

Goal 1: Develop family medicine knowledge, skills and attitudes which enhance one's ability to provide competent and compassionate care in international settings.

Objective 1.1: Demonstrate the application of new knowledge within the specialty of family medicine which is pertinent to the country and community of the International Elective.

Objective 1.2: Demonstrate new skills within the specialty of family medicine which are pertinent to the country and community of the International Elective.

Objective 1.3: Demonstrate new attitudes within the specialty of family medicine which are pertinent to the country and community of the International Elective.

Objective 1.4: Demonstrate compassionate family medicine care which is culturally appropriate in the country and community of the International Elective.

Goal 2: Learn about the practice of family medicine outside the United States.

Objective 2.1: Describe the practice of family medicine in the country of the International Elective

Objective 2.2: Contrast the practice of family medicine in the country of the International Elective with the practice of family medicine in the United States.

Goal 3: Develop and refine personal and professional goals in international healthcare.

Objective 3.1: Define personal goals in international healthcare.

Objective 3.2: Define professional goals in international healthcare

Objective 3.3: Revise one's personal goals in international healthcare based on this international experience.

Objective 3.4: Revise one's professional goals in international healthcare based on this international experience.

## Course Requirements

- ◆ The specific requirements for each Family Medicine International Elective are at: <http://fammed.uchsc.edu/studentaffairs/year4.aspx>.
- ◆ Forms to document your course hours (FMMD 6410 and 8410) and to evaluate your clinical performance must be obtained prior to your departure from the US, from the Course Coordinator.
- ◆ You will provide a presentation about your experience during **Successful International Experiences** Session Three.
- ◆ You will be provided with the link to complete an evaluation of your experience within 2 weeks of the completion of your elective.

## Responsibility

- ◆ You are responsible for making sure that your site can offer you the resources necessary to fulfill all course requirements.
- ◆ You are responsible for submitting all forms and completing projects on time.

## Education

- ◆ Think about what you hope to accomplish during your elective. This should be reflected in your goals and objectives.
- ◆ Some places will let you work fairly independently. However, make sure that you are getting enough teaching and feedback. If not, ask for more teaching and feedback. **Remember**, you are there to learn!
- ◆ Some places may not let you do much – you will be more of an observer. This may be disappointing to you, but this can still be worthwhile if you are learning. Ask for opportunities to be more involved in hands-on care.
- ◆ If you are not getting sufficient supervision or are only being allowed to observe, talk to your preceptor and see if she/he feels comfortable making changes. *Respect their decision if they do not or are not able to make changes.*
- ◆ Maximize your international experience by learning as much as you can about the country you plan to visit from the State Department website, by searching on the internet and reading travel books such as Lonely Planet.

## Passport and Visa

- ◆ A passport with an expiration date a minimum of 6 months from the date of your departure from the US is required for travel outside of the US.
- ◆ Some countries also require a visa. In many instances the visa must be secured prior to departure from the US and requires an application.
- ◆ Visit the State Department website at <http://travel.state.gov> for full information about international travel and for specific information about the country(ies) you plan to visit.

## Travel Health and Insurance

- ◆ A travel consultation with your primary care physician or a travel clinic is required. The facilities below can be used if your primary care physician is not able to provide a travel consultation.

AF Williams Student Health (303) 724-9000

UCD Travel Clinic (720) 848-0165

Denver Health (303) 436-7230 (probably the least expensive)

- ◆ The CDC website, “Yellow Book,” is a reliable resource to determine what vaccinations and malaria prophylaxis are indicated for travel outside of the US, <http://wwwn.cdc.gov/travel/default.aspx>.
- ◆ Travel and medical evacuation insurance are required. The sites below offer insurance information and discounts.

[www.hthstudents.com/](http://www.hthstudents.com/)

[www.champion-ins.com](http://www.champion-ins.com)

[www.armchair.com/insure/dipint.html](http://www.armchair.com/insure/dipint.html)

[www.internationalsos.com](http://www.internationalsos.com)

Student Discount cards – [www.statravel.com](http://www.statravel.com)

- ◆ It is recommended that you register with the US embassy when you arrive in-country. Sometimes you can register online.

- ◆ In the event of a disaster, contact someone ASAP – either at the embassy or at home.

### Malpractice Coverage

- ◆ You are not covered by the University of Colorado student malpractice insurance. If you do clinical work, your preceptor needs to be notified.
- ◆ Your preceptor and you could be at risk if you provide unsupervised health care outside the US. The basic rule is, “if you do not do something in the US, do not do it outside the US.”

### Things to think about **before** you go

- ◆ Make sure your name is the same on your airline tickets and your passport.
- ◆ Make sure there is an emergency contact number written in the front of your passport.
- ◆ Take a **copy** of your passport with you. Write your contacts on this. Carry the copy separately from your passport. If your passport is lost or stolen, you will be able to get it replaced much more easily if you have a copy (and if you are registered at the embassy).
- ◆ Leave a **copy** of your passport, itinerary and credit card number with a family member or friend. Definitely let someone in the US and your in-country contact know your plans.
- ◆ Check in via email from time to time.

### Things may want to **take** with you

- ◆ If you are doing clinical work, find out if you need to bring: a white coat; scrubs; student ID; stethoscope; any specific equipment or books.
- ◆ If you are going to a country with a high prevalence of HIV and you will be exposed to needles or surgery, consider taking with you the CDC recommended antiretrovirals for post exposure prophylaxis.
- ◆ If you plan to stay with a family, consider taking small gifts for the family members.
- ◆ Extra gifts for any friends you may make there.
- ◆ Business cards with your address, email, etc.

- ◆ Small locks for bags, padlock, towel/wash cloth, extra bag to carry back souvenirs, photos of Colorado/family/etc.
- ◆ Prescription meds – letter from doctor if necessary
- ◆ Determine if you will be driving and need an international driver's license. You can usually process and purchase this at an AAA.

### Money

- ◆ Exchange \$20 or so before you arrive in your destination country (to cover taxi, bus fare, food etc.)
- ◆ The best way to pay for big things is a credit card. However, credit cards are not accepted in all developing countries, especially in small towns.
- ◆ ATMs are the best way to obtain local currency at a good exchange rate. Check with your in-country contact on the availability and reliability of ATMs.
- ◆ Traveler's Checks can be replaced if they get lost. However, it can be a hassle to find a place to cash them. Many stores will not accept them and you are often offered a lower exchange rate.
- ◆ Don't forget about visas and airport taxes on arrival and departure. Ask in advance if you need to pay entrance and departure taxes, the amount and if you must pay in local currency or can pay in US dollars.

### Phone/Internet

- ◆ Most places will have internet access (internet cafés) which is easier and less costly than phone access.
- ◆ Take a list of the international codes for telephone calls, faxes, phone cards, or buy local phone cards: [www.countrycallingcodes.com/](http://www.countrycallingcodes.com/).

### Safety

- ◆ Arrange all your hotels and housing before you depart from the US.
- ◆ Arrange all transportation to and from airport and your hotel/housing before you depart from the US.

- ◆ When in crowded areas or on a crowded bus, carry cash and your passport in money belt, front fanny pack or zipped inside pocket. Wallets in back pockets and backpacks are easy to pickpocket. Be aware of diversion tactics.
- ◆ Americans tend to be friendly. Men in other cultures may misinterpret a woman's friendliness as being an invitation. Avoid being alone with men you do not know and trust in a place where you do not feel safe.
- ◆ Just think twice about whom you can trust. Listen to your intuition – if you feel uncomfortable in a situation or about a situation – get out!
- ◆ If you were to be arrested, insist on having the consular officer at the nearest US embassy notified – you have a right to speak with the consul. The American consul can help arrange legal care, medical care, can contact people back in the US, arrange for money to be transferred to you, etc. Be familiar with what the consul can and cannot do for you.
- ◆ Drugs – Just say NO! Beware of scams (being made a drug carrier unknowingly by having someone plant drugs in your luggage, or by you agreeing to carry a package for someone).
- ◆ Alcohol – Excessive alcohol could make you a target for crime or violence, or arrest.
- ◆ Sex – The only safe sex is sex with only your spouse. This is especially true when traveling outside of the US.