

TIPS FOR MEDICAL WORK ABROAD:

1. Contact your partner EARLY. Communication may take some time due to internet shortages/slow connection speed.
2. Identify specific lectures/didactics that your partner would like you to present. Prepare these ahead of time and bring on a flash drive that you can give to the partner. Bring all articles, references, etc. on the flash drive. You cannot ensure that you will be able to download anything abroad due to internet outages/slow connection.
3. Be flexible! Arrangements/partnerships made prior to arrival may not work out.
4. Understand that engagement may take time. Initial visit to host country may not produce "outcomes" that you desire.
5. Practice cultural humility. Research your host country's history, religion, and customs. Wear appropriate dress (including your white coat, if this is common in your host country).
6. Attempt to learn (some) of the host country's language. At a minimum, learn greetings, yes, no, please, and thank you.
7. Ensure that your vaccines are up to date and appropriate for your destination.
8. Ensure that you have travel insurance that includes an evacuation plan, and have a plan for blood/body fluid exposures.

What to Take

Cash for Visa Fee

Photocopies of your passport and 2 passport pictures

Copies of health insurance card

Prescriptions and any medications you are taking—enough to last you the entire time you are abroad

Adaptor/convertor for any electronics

Basic first aid kit for personal use

Medications for allergies, cough drops, antibiotic ointment, band-aids, anti-diarrheal drugs

An anti-malarial if needed

Bug spray with deet (25%)

Emergency supply of toilet paper

Hand sanitizer

Single Use' Flash Drive for Personal Use and Teaching

N-95 respirators and surgical masks, if applicable

Hand sanitizer

Disposable gloves

Any other items specific to your specialty