

<https://www.emra.org/emresident/article/global-health-prep>
<https://globalhealthimmersionprograms.org/category/medical-electives/>
<https://www.electiveafrica.com/blogs/what-i-wish-you-knew-before-traveling-to-africa-for-a-healthcare-internship>

Questions to ask

- Experience: Make sure you have discussed the experience at length with both a U.S.-based and a host country mentor. You need both. Make sure you have their cellphone numbers in case of emergency. Here are some questions to ask:
 - What will be my expectations and responsibilities? What will be my role in the team?
 - What are people in the hospital/site like? What languages are spoken? Will I be working through an interpreter?
 - Place of residence and local travel safety?
 - Local emergency contacts?
 - Will evacuation insurance be provided?
 - Expected impact in the local community?
 - Common health conditions and how are they managed differently at the site?
 - Common pitfalls for people who have traveled before?
 - Ask to talk to students/residents who have participated in experience in the past and ask them about:
 - Safety, cost, interaction with local people
 - Were mentors easy to reach? Helpful with questions?
 - Site information and safety: familiarize yourself with the host site
 - Local history, culture, and language, recent political events
 - Water, food, toiletries, medication availability
 - Healthcare system
 - Consider taking UN Security in the field course module
 - Search State Department website for any travel advisories for the country
 - Make a travel clinic appointment:
 - Vaccines, antimalarials, HIV prophylaxis (in case of needlestick if working clinically), bug spray, mosquito net
 - Two weeks before traveling:

- Get local currency (some banks will exchange for free if requested in advance)
- A working cellphone can be invaluable when navigating a new location. You can use it to look up information and call for help: find out if your carrier has coverage in host country or get unlocked cell phone and buy international SIM card or local SIM card on arrival. Download offline map in case you get lost in area without reception. Bring a small portable back-up battery. Download dictionary/translation app.
- Make copies of passport and other important documents in case you lose them
- If you take medications, make sure you have enough
- Buy a few nonperishable snacks
- Buy hygiene items that may be hard to find in host country
- Share accommodation contact information with family/training program
- Bring personal protective equipment if working clinically (N95, surgical masks, and goggles, and even gloves may be less readily available in the host site).