



Volunteer with THO last minutes quick Tips

What do you need to do before coming?

- Vaccination. Check with your tropical disease doctor what you need to take before coming
- Make sure that your passport it's ok (dates)
- Travel assurance (common are Cigna, Henner,)
- Money (card and cash)

What do you need to bring?

- Towel
- Soap/ shampoo + hairbrush + hair ties
- Hair dryer
- Toothpaste and toothbrush
- Deodorant + other personal items
- Female hygiene products
- Shaving equipment (men + women)
- Small mirror
- Nail clippers
- Cremes
- Sunscreen, after sunburn, sunglasses, hat

- Mosquito repelent
- Mosquito net
- Medicine kit (nausea, sea sickness, painkillers, anti-diarrhea, mosquito bite, malaria medicine, contraceptives, ...)
- Wound kit (cleaner, gauze bandage, band aid, Bepanthen plus cream for example, ...)
- Handkerchiefs
- Laundry detergent (can also be purchased there)
- Comfortable clothes, long sleeves and short sleeves. Shorts are allowed. Bikini / swimming trunks
- Shoes
- Flip flops (beach + home)
- Snacks. (You may buy them in Tanzanian shops but sometimes you just need something from home)
- Adapter type G (can also be purchased there, for example at palm village)
- Scrubs 2-3x. If needed, can buy them at Sunrise Uniforms, Safety & Embroidery for 40000-50000 shillings
- Hand sanitizer (small flash to bring with you during hospital days)
- Face masks (sometimes not available at the hospital)
- Stethoscope if you have one, no need to buy if not
- Pen, small notebook, scissors

Additional costs

- Water (6 bottles around 3000 shillings). Water available at your host family for consume when you are at home, not to take out

- Trip to hospital between 4000 - 5500 shillings each trip
- Others trip around Dar es salaam
- Food, drinks
- Souvenirs
- Trips to the islands, zanzibar
- safari (350€)
- Trip back to airport by the end of you experience (24000-30000 shillings)

What to expect

First day at the hospital:

THO team will show you your place of work(Hospital /School) for the time of your stay.

Hospitals: 1). Mwananyamala Regional Referral Hospital (15 to 20 min from host family) or 2). Amana Regional Referral Hospital (30 to 40 min from host family) You will meet the director with whom you will talk about your project and then be introduce to your supervisor.

Shifts are 6h long. Morning or night shift. You choose which one you want to do, just confirm with your supervisor that everything is ok.

- Try to have an open mindset. The health system in Tanzania may be very different from what you are used to. Don't be afraid to ask questions, to show interest and to ask to join the care. Most of the time, family member of the patients need to pay the care. So before payment being done. As consequence it may take a long time before the patient is able to have a XR or CT scan.
- Use gloves every time before touching anything. Objects may have blood, rust.
- You may be able to practice blood samples, iv access, urinary catheter, administration of drugs, injections, do stitches, apply plaster, go to theatre,

evaluate the patient (ABCDE, auscultation,...) ... plenty of opportunities. If you don't know how to do them they will teach you and you can ask.

- Always communicate with your assigned supervisor for matter in hospital,

Prepared by Lillian, volunteer from Portugal (Registered Nurse)