



Department of Medicine

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

GLOBAL HEALTH PROGRAM, DEPARTMENT OF MEDICINE UNIVERSITY OF COLORADO, DENVER

Useful tips for your Global Health Trip:

- Work as hard as you do during residency or medical school
- Be professional.
- *Minor things like missing a day of work, poor hygiene, inappropriate comments, etc., can have a lasting impact and affect host-volunteer relations. While a global health elective will likely be one of many profound, enlightening experiences in your life, your presence is a rare, exciting event for most host institutions. This effect is magnified in rural areas where people are often very isolated from the outside world. All your actions, good and bad, will be scrutinized and remembered long after you are gone.*
- Be sure to research the area you will be visiting for both cultural and disease-related information. Understanding and respecting cultural norms and how they differ from your own is essential for building a good relationship with your host institutions.

Emergency Planning and Safety

- What hospital or clinic will you go to if you become sick?
- Who is your primary contact at the elective location? What is their phone number?
- Consider any medical or mental health problems you may have? How will you address them if they become active on your trip? Do you need any extra medications?
- Review the CDC website for recommended travel vaccines and prophylaxis. Arrange an appointment at least one month before your trip.
- While many travelers are concerned about rare diseases and crimes while abroad, remember that motor vehicle accidents are the most cause of injury in US travelers abroad.
- Make a photocopy of your passport and other essential travel documents and keep them in a separate place from your passport. Save their pictures or scanned copies on your phone and laptop.
- Download SOS app on your phone or iPad for daily updates on your location
- Know where is the closest American Consulate or the Embassy or the Foreign Office. Keep their number on your phone for emergency
- Please let us and each other know who to contact in case of emergency with you
- If you purchase your tickets with Christopherson, make sure you get travel insurance, an extraction plan, and an SOS app on your phone. If you buy your tickets from somewhere else, you can still have travel insurance for a very reasonable price

- Make sure your phone is “open” to use other country’s sim if you plan to use the same phone abroad. You can’t use an “unlocked or close” phone with other than your carrier’s sim.
- Please don’t show off your expensive cameras, wristwatches, jewelry, phones, and cash, etc. They invite robbers
- Please be mindful of local culture and religion in your dressing and interaction with the opposite gender
- Please always travel in groups if going outside of the campus, clinic, dorm, etc.
- Please bring a couple of pairs of scrubs to wear in the clinic.
- Bring your stethoscope, hand sanitizer, and a few masks.

Ali Musani

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