International Summer Abroad Programs: (For 1st Year Medical Students)

Peru- Kim Ressler & Chris Miller

Ecuador- Max Stem & Alissa Bakter

Guatemala- Matt Chabot & Nikii Waldstein

Uganda- Darren Dolly, Kolapo Dasilva, Kelly Burba & Siraj Gibani

Belarus- Kimberly Kicielinski

Bolivia- Brittnay Irey

Rwanda- Melanie Andrews

India- Harbir Singh

Peru:

- **Organization:** Medical Ministries International

- Website: www.mmint.org

- Description of Experience:

 Medical projects ranging from physical therapy and general medicine to various surgeries. Interdenominational medical ministry working alongside national doctors and health care professionals from the countries we go to, joining the efforts of the local church where possible.

- **Length of Time:** 1 to 2 week medical projects

- Cost:

o Participants pay for personal airfare plus a participation fee:

 $0 1 ext{ week} = \$775, 2 ext{ weeks} = \1075

- Language Requirement:

o Knowledge of the language is not necessary, but would be beneficial.

Religious Affiliation: Yes, Christian

- Application Deadline:

- Other:

- The program has projects in many countries worldwide, many being in Central and South America, and provides the opportunity to work with volunteers from other countries.
- o I would certainly recommend this program!
- o This is a great way to share and enrich your faith!
- Opportunities through this organizations are available in many other countries throughout the world- check website for upcoming trip locations
- PSU COM Contact: Kim Ressler Class of 2011 kressler@hmc.psu.edu

Ecuador:

- **Organization:** Interhealth South America

- Website: www.interhealthsouthamerica.net

- Description of Experience:

Primary care clinic work in urban, rural, and rain forest

settings.

Length of Time: 4 weeks

- Cost:

- Language Requirement: For advanced or beginner Spanish speakers

Religious Affiliation: N/A

- **Application Deadline:** Program Dates for 1st year medical students:

2009: June 28th- July 25th

- Other:

o Opportunity to take medical spanish classes at reputable

language schools in Ecuador

Home stay component to the program

- **PSU COM Contact:** Max Stem- Class of 2010 <u>mstem@hmc.psu.edu</u>

Alissa Baker- Class of 2011 alissacbaker@gmail.com

Guatemala:

- **Organization:** Centro De Estudios de Pop Wuj

- Website: http://www.pop-wuj.org/

- Description of Experience:

o Half day Spanish classes one on one with personal tutor.

The other half day can be spent in clinic or as free time

o Geared more towards education and the clinic aspect is still

in its early stages

- **Length of Time:** "We recommend a minimum of three weeks for maximum

benefit. However, depending on your goals, your current level of expertise and/or innate abilities, you may wish to

stay for shorter or longer periods"

- Cost:

o \$215/week with medical program or \$150/week with only

Spanish classes

- Religious Affiliation: N/A

- Application Deadline:

- Other:

- Lodging is in homes with native families so the Spanish education can't be avoided.
- There are many opportunities for service projects at the school (building stoves in rural communities etc)
- o Great program all and all and very cost effective
- Taught by very insightful teachers who are dedicated to the cause.
- The entire school is a non profit that dedicates all its profits to various schools and social works projects.
- **PSU COM Contact:** Matt Chabot Class of 2011- Mattchab@gmail.com Nikki Waldstien Class of 2011-

nwaldstein@hmc.psu.edu

Uganda:

- **Organization:** Uganda Village Project

Website: www.ugandavillageproject.org

- Description of Experience:

• The Uganda Village project sends volunteers to Uganda for during the summer to work on 5 different projects:

Health Care (eye clinic, HIV clinic, file organization),
 Clean Water (test water, teach about importance of clean water, built new wells), Malaria prevention (malaria testing, education, and distribution of nets), Obstetric Fistulas (identifying patients with this problem, surgical correction, education), and Orphan Support (interviewing orphans, fundraising for school fees, after school camp for students)

- **Length of Time:** 6 weeks

- Cost:

Religious Affiliation: N/A

- Application Deadline:

- Other:

- All people are welcomed to apply, but generally students (both medical and undergraduate) are the main population that go each summer.
- Each group has a unique project to work on, but teams see each other often and get to visit and help with other projects.
- O This is an amazing program that was started by a Penn State College of Medicine Alumni. There is great support for Penn State COM students that apply and are chosen for this project.
- There is help with fundraising for the trip, and a lot of information and alumni resources to make the trip as comfortable as possible.

- The projects are carried out in a safe area of Uganda that is absolutely beautiful and has very helpful, knowledgeable, and friendly Ugandans that assist with the projects.
- This organization also has an intern stationed in Uganda throughout the year to monitor and coordinate the projects and to work on expanding this amazing organization!
- Everyone who has gone on the trip has been very happy with the program and it truly is a life-changing experience!

- **PSU COM Contacts:**

Darren Dolly- Class of 2010 ddolly@hmc.psu.edu
Kolapo Dasilva- Class of 2010 kdasilva@hmc.psu.edu
Kelly Bruba- Class of 2010 kburba@hmc.psu.edu
Alison Schroth (Class of 2007, 2nd year ED resident at UMASS): Co-founder
Melissa Coleman (Class of 2009)
Siraj Gibani (Class of 2010)

Belarus:

Organization: International Children's Heart Foundation
 Website: http://www.babyheart.org

- Description of Experience:

- This group travels in teams of a pediatric cardiothoracic surgeon, anesthesiologist, perfusionist, two intensivists, and a approximately eight PICU nurses for regular two week trips to various countries to perform heart surgeries on children.
- O The team members change each trip, and medical students are welcome at any time, and split time between the ICU (playing with patients, helping with routine care), the outpatient clinic (observing echocardiogram's and the evaluation of patients), the cardiac catheterization lab, and the OR (observing cutting-edge surgeries).
- The goal of the student is to learn as much as possible, but this experience includes more observation and less handson experience.

Length of Time: Approximately 2 weeks

- Cost:

- **Religious Affiliation:** N/A

- Application Deadline:

- Other:

• The benefits of the cultural immersion and exposure to a foreign medical system are invaluable

- The program is extremely well-run, with multiple group excursions available.
- Opportunities in Yugoslavia, Ukraine, Bosnia, Croatia, Jamaica, Nicaragua, Dominican Republic, Kazakhstan, China, India, Uzbekistan, Colombia, Peru, Pakistan, and Palestine
- **PSU COM Contact:** Kimberly Kicielinski Class of 2010

(Kimberly.kicielinski@gmail.com

Bolivia:

- **Organization:** Child Family Health International

- Website: www.cfhi.org

- Description of Experience:

- I spent a month in Bolivia, the poorest country in South America, living with a family, while doing weekly rotations in local clinics, women's and children's hospitals, and working with community groups to provide health education, skill training, and basic health care to street kids.
- Also, I had weekly medical Spanish classes and seminars on political, social, economic influences on healthcare in Bolivia
- Furthermore, we were learned about the common diseases afflicting developing nations.
- Length of Time:

They offer 4 and 8 week programs

- Cost:

- Religious Affiliation: N/A

- **Application Deadline:** Apply 6 to 8 months in advance for the summer months

- Other:

- The program was very organized and a good option for those going on an abroad service trip for the first time.
- The program is open to undergraduate, medical, and residency students and the group that goes is about 20 people.
- This experience gave me valuable exposure to a different healthcare system, the practice of medicine in underserved populations, and the epidemic of TB, malaria, and diarrheal illnesses of third world countries.
- **PSU COM Contact:** Brittany Irey- Class of 2010; birey@hmc.psu.edu

Rwanda

- **Organization:** WE-ACTx

- Website: www.we-actx.org

- Description of Experience:
 - I shadowed a physician two days a week in different clinics: one more rural, both serving people living in poverty.
 - I participated in staff/organization meetings, ran an interview study about disclosure and ARV compliance, and was in charge of health information lectures for groups of children in the WE-ACTx support groups for many different ages.
- Length of Time:
- Cost:
- **Religious Affiliation:** N/A
- Application Deadline:
- Other:

- This country's history of genocide forces those who work in Rwanda to think a lot about holistic health care and the benefit of psychosocial care being integrated with basic medical treatment.
- I highly recommend the organization for those interested in international public health.
- **PSU COM Contact:** Melanie Andrews- Class of 2010; mla205@psu.edu

India

- **Organization:** Nanritam

- **Website:** Program Contact: Ranjana Sengupta - ranjanasen@vsnl.net

- Description of Experience:

- Interned at the NGO, exploring problems of the underserved community in the villages and in the slums.
- o Conducted two research studies exploring the relationship between maternal and child health.
- Explored the broad nature of total health upliftment for a deprived community.
- Length of Time:
- Cost:
- Religious Affiliation:
- Application Deadline:
- Other:
- **PSU COM Contact:** Harbir Singh Class of 2010l <u>harbir.is@gmail.com</u>