Travel to rural Tanzania to gain up to six weeks of clinical exposure and practical field experience. This is your chance to shadow doctors in local hospitals and to learn more about tropical medicine and providing medical care in low resource settings!

Your exposure will be split between time spent in hospitals in a traditional elective/rotation format and working with CPAR on programs aimed at educating community members on the improvement of their own health outcomes.

CPAR Tanzania’s local office in Bunda will be hosting medical students transitioning between their 2nd and 3rd year for an international Clinical Exposure experience.

WHERE WOULD I BE?

Bunda District is in the northern Mara Region of Tanzania, near the shores of Lake Victoria and the western gate to Serengeti National Park. It is among the poorest Districts in mainland Tanzania, with US$96.90 per capita income compared to the national per capita income of US$168.67. According to the 2005 Poverty and Human Development Report, as many as 68% of people in Bunda live below the poverty line. More than 85% of the population are engaged in agricultural activities, livestock rearing and fishing.

According to the Bunda Health Department, malaria is the major cause of morbidity and mortality in the District, while anemia is a major cause of death in children under-five years of age. The Infant Mortality Rate (IMR) in Bunda District is estimated at 82 deaths per 1,000 live births, while the estimated Child Mortality Rate (CMR) is 136 deaths per 1,000 children under five, with malaria accounting for 44.5%, pneumonia 18.1% and diarrhoea 11.3% of all in-patient deaths of children under five. Compared to national levels, Bunda District experiences 20% greater infant deaths and 26% greater deaths among children under five. The adult HIV prevalence rate in Bunda District is 8.5% (higher than the national average).

“I was interested in seeing how medicine was practiced in a setting entirely different from my own, and I came away with a strong understanding of the universality of the social determinants of health.” - 2014 participant James
HOW MUCH WILL IT COST?

Students will be required to work with the Faculty of Medicine to organize travel arrangements and to pay for their own international flights from Winnipeg to Mwanza and return. Students are expected to arrive and depart from Mwanza as a group.

The cost in Tanzania for this placement is $3,000 US.

What does this include?
• Ground transfers in Tanzania to/from Mwanza to Bunda
• All project related in-country transportation
• Accommodation in a secure and comfortable venue (bed and breakfast)
• A daily subsistence allowance of CDN $20 paid to the students in Tanzanian Schillings
• A program fee paid to CPAR

Additional costs to be paid by participants:
• Volunteer visa for Tanzania (approximately US $500)
• Cost for pre-departure visit a travel clinic, and vaccinations and medications required
• International airfares from Canada to Mwanza airport and return.
• Health insurance (paid by the University of Manitoba)
• A safari in Serengeti National Park that can be coordinated and booked by CPAR Tanzania staff.

Your passport should be valid for at least 6 months beyond the date of the program.

CPAR and the University of Manitoba will not be responsible for logistics after the program has been concluded.

INTERESTED IN LEARNING MORE?

CPAR has been working with the University of Manitoba since 2006 and has hosted more than 20 UM students from a variety of departments and disciplines. In addition to Clinical Exposure, participants will also have the opportunity to see CPAR's projects on the ground and how the “determinants of health” are influenced by CPAR’s approach to community-development. In Bunda, CPAR is actively engaged in programs that focus on natural resource management, food security, water, sanitation and hygiene, nutrition and primary health care (see the Appendix for more information)

CONTACT Dr. Sharon Macdonald at the College of Medicine (Sharon.Macdonald@umanitoba.ca) to discuss your early summer exposure program in Tanzania in partnership with Canadian Physicians for Aid and Relief (CPAR) (www.cpar.ca). Some funding to offset the costs of this program to students has been identified at the College of Medicine.

Space is limited, so apply now!

How could you add value to your experience? Participants in the 2014 Clinical Exposure have this advice for future participants:
• Before your departure, learn some basic Kiswahili words and phrases (see page 3).
• Do research and gain knowledge about malaria, parasites and other tropical diseases.
• Read and learn as much as you can about the culture of Northern Tanzania.
ENVIRONMENTAL REHABILITATION AND FOOD SECURITY PROJECT

This three-year project is being carried out in 11 communities in the Rubana River Catchment area in Bunda District. The Rubana River originates in Serengeti National Park, eventually flowing into Lake Victoria. The targeted communities are inhabited by subsistence farming households and agro-pastoralists.

A damaged ecosystem, combined with poor agronomic practices and unproductive local seed varieties, undermines the ability of the local population to produce sufficient food, and to build and sustain reliable livelihoods. This project focuses on increasing awareness of the causes and consequences of environmental degradation. Project activities are designed to carry out a suite of actions to reduce the speed that further ecosystem damage takes place, to rehabilitate the land and the riverbanks, and to introduce Conservation Agriculture so that families can increase their crop yields and varieties, have healthier livestock and increase their household incomes. The goal is to close the gap that exists between concern for biodiversity conservation and effective action by providing the targeted populations with sufficient incentives to change behaviour.

BUILDING THE FUTURE: YOUTH AGRICULTURE AND LIFE SKILLS DEVELOPMENT

Working in partnership with 50 primary schools in Bunda District, Tanzania, the goal of this project is to equip 1,500 female and male youth with strengthened agricultural and life skills. With the support of Unifor Social Justice Fund, over the course of three years, CPAR will establish a Junior Farmer Field and Life School (JFFLS) at each of the 50 schools, working with students to develop life skills, raise awareness about sexual and reproductive health, and build self-esteem and self-confidence. JFFLS pays particular attention to teaching and building upon existing local agricultural production skills, and equipping students with the skills to manage and grow crops beyond subsistence farming.

The students will participate in hands-on agricultural and life skills training which can be applied in daily life. After participating in JFFLS groups, girls and boys alike will have the tools and information needed to make more informed decisions about their future and to ensure their long-term food security, health and general well-being.

SAVING MOTHERS: IMPROVING MATERNAL AND NEWBORN HEALTH IN RURAL TANZANIA

Working in a consortium model, this project brings researchers, a Tanzanian hospital and NGOs together to reduce maternal deaths among women and infant mortality by 30% in Bunda District, Tanzania. CPAR’s role in this partnership is to facilitate training for Community Health Workers (CHW) and local health dispensary staff on important maternal health topics, improved data collection through the use of mobile phones and distribution of clean birthing kits.

BUILDING THE CAPACITY OF COMMUNITY HEALTH WORKERS FOR IMPROVED MATERNAL AND NEWBORN HEALTH

Once again working in a consortium model, CPAR will be responsible for providing training to build the capacity of CHWs in Ronya District, Tanzania. The overall project goal is to develop high impact community-based maternal and newborn health interventions to decrease maternal and newborn illnesses and deaths. This project is being funded by the Canadian International Development Research Centre.

For more information about CPAR and its programs, visit www.cpar.ca

A FEW SWAHILI WORDS THAT COULD BE USEFUL:

Habari (hello/hi)
Mambo (what’s up?)
Tafadhali (please)
Asante (thank you)
Hapana (No!)
Ndiyo (Yes)
Maji (water)
Chakula (food)
Kula (eat)
Pole (sorry)
Samahani (excuse me)