



INFORMATION  
BOOKLET  
SUMMER  
2018



# Experience different Health Care systems



## Medicine Project

### *WHO ARE WE?*

The Medicine Project is a special project offered by AIESEC. AIESEC is a non-profit student organization that aims to develop leadership among students of all different backgrounds. Founded in the aftermath of the Second World War in 1948, AIESEC sought to bridge the cultural differences between nations in order to reach mutual understanding and tolerance. Seventy years later, AIESEC has expanded to 126 countries and still enables young people to explore the world, to identify their strengths and pushes them to take up new challenges.

### *HOW DOES THE PROJECT WORK?*

The Medicine Project is a national project based in Maastricht that aims to provide 3rd year (technical) medicine students and 4th year technical medicine students from all around the Netherlands with the opportunity to do an observational internship abroad for six to eight weeks. Approximately eighty motivated and skillful students will be able to experience a different healthcare system, expand their knowledge as health advocates and discover the rich African culture through strong collaboration with our partnership countries Ghana and Uganda.

Selected participants will get several intensive workshops on e.g. tropical medicine from health professionals with experience in the field, goal setting and how to make a difference in Africa. This program will prepare participants for their stay and the culture shock.

By taking part in the Medicine Project, students will develop flexibility, reactivity and cross-cultural understanding. On return, participants are stimulated to share and reflect on their experience.

# The Project



## SELECTION

Selection is based on two selection rounds. The first selection round consists of uploading your CV and motivation letter. The second selection round consists of an interview and several different tests. The second selection round will take place nationally.



## PREPARATION

Once they are selected, students are offered various workshops to prepare them to the culture shock and to the working conditions of the hospitals they will be assigned to. The preparation phase will also focus on engaging the student's attention on global health and on the issues arising from a rapidly developing society.



## PROJECT

During the project you will work for 6-8 weeks in an African hospital where you work 5 days a week of 6 hours. During the weekends you can make several trips.



## REINTEGRATION

During reintegration you will see the other students who also take part in the Medicine Project again. During reintegration you share your experiences and evaluate the project.



***“The most beautiful thing of the culture in Ghana was the fact that they are so happy with something little. This really changed my worldview, because in the Netherlands we are so materialistic. I'm much more satisfied with small things now than I was before I went to Ghana.” – Ilse Willemse***



# Selection

AISEEC selects highly motivated and talented third year medical students across the Netherlands. While the project consists of a winter and summer project we also have two selection rounds. The selection round for the Winter Medicine Project will take place in October and the selection rounds for the Summer Medicine Project will take place in April.

The first round of selection is based on an evaluation of the student's CV and motivation letter. In the second round of selection we will essentially look at the candidate's motivation to participate, flexibility, openness, and capacity to undertake action by interviewing the student and a group assignment.

You can find the link to apply on our Facebook page Medicine Project. Make sure you apply before the application deadline, which you can also find on the Facebook page.

When you apply you will receive additional information about the selection.

# Preparation Program

The aim of the Preparation Programme is to provide the Medicine Project Participants with experience and knowledge on a cultural, as well as on a professional level for their time in Africa. Once the Participants are selected they are offered various workshops, lectures and trainings given by various companies and experts to prepare them to the cultural shock and to the working conditions of the hospitals they will be assigned to. The preparation phase will also focus on engaging the student's attention on global health and on the issues arising from a rapidly developing society. These workshops will also be an opportunity for students to get to know the fellow participants. Based on their preferences, students will be assigned to a hospital in either Ghana or Uganda in their proposed period of stay.

The preparation programme for the Summer Medicine Project takes place from June till July. Most of the trainings will take place on Saturday or Sunday, so that students are able to attend the trainings without missing any university lectures. Often, meetings take place in Amsterdam.





# The Experience

The observational Summer Medicine Project will take approximately 6-8 weeks between June and November, depending on your availability, so there is no study delay. The project is a tool to work with locals and truly dive into the African culture.

Students work three to five days a week, with an average working day of six hours. The internship offers students the chance to shadow doctors and observe their practice. The focus is on observation, as the conditions in these hospitals and the level of knowledge of the students are not adapted to more practical input. Students are expected to show resolve, readiness and reactivity in order to make the most of this internship. AIESEC voluntarily chooses to send students to hospitals that will confront them with the issues arising from a lack of human resources and material. This also means that the participants will experience challenging moments, during which support and communication between the participants themselves are of great value, hence the importance of cooperation, openness, and flexibility.

During the weekends the students are free to travel and explore the country! While abroad, the participants update their friends and relatives,, by regularly writing stories about their experiences and discoveries or other expressions via social media. Some of these experience stories will be posted on the Medicine Project Facebook page throughout the projects.

# Thinking out of the box

Depending on their personal goal setting, the students can take part in various projects besides the medical internship. For example, some students from the previous editions of the Medicine Project have resorted to fundraising to finance the purchase of material for the hospitals, where others have participated in the renovation and construction of an educational facility. Students have to think well in advance of what they want to achieve during their exchange and are stimulated to make their experience as sustainable and valuable as possible. AIESEC serves as an intermediate and offers its support in achieving the students' objectives.

On the Medicine Project Facebook page there are several examples of fund raising projects students set up in the past years. During preparation there will be a specific workshop provided about fund raising and all the possibilities. For students it can add something beautiful to their experience and ofcourse it is a great support for the locals.





Share your  
experiences

# Reintegration Program

During the reintegration phase following their exchange, the Medicine Project Participants meet up in the Netherlands to share their experiences and discuss the challenges they have been confronted with. Besides this, AIESEC encourages the participants to share their experience by means of articles, blogs, and lectures. This is meant to encourage students to reflect on their experience and to think of how they can apply the knowledge gained during their exchange to their own lives and practice of medicine.

The Reintegration Programme will take place in December and January. The Participants will meet up one day, mostly a Saturday or a Sunday so they will not miss their internship, and will take place in Amsterdam.

# Uganda

Official language: English & Luganda

Capital city: Kampala

Currency: Ugandan Shilling (USh);

GDP per capita: \$1365,13 (Netherlands: \$40187,12)

Time difference: Kampala is 2 hours ahead of Amsterdam

Surface area: 241.038 km<sup>2</sup>

Population: 38,85 Million

Ethnic groups: Uganda is one of the most ethnically diverse country in the region. The main ethnic group is called the Ganda (16,9%), followed by the Nkole (9,5%), Soga, (8,4%) and Kiga (6,9%) tribes

Climate: tropical (26°C during the day, 15°C at night)

Dry season: December-February (morning:16°C, afternoon:28°C) and June-August (morning: 16°C, afternoon: 27°C)

Wet season: March-May (morning: 16°C, afternoon: 28°C and September-November (same temperatures





# Ghana

Official language: English & Twi  
Capital city: Accra

Currency: Ghana cedi (GHS);

GDP per capita: \$1852,2 (the Netherlands: \$40187,12)

Time difference: Amsterdam is 1 hour ahead of Accra

Surface area: 238,533 km<sup>2</sup>

Population: 25,76 Million

Climate: tropical (average of 30°C, 20°C at night)

Dry season: December-March with dry desert wind called harmattan; 40°C

Rain season: April-July, September-November; 30°C

**Geography:** mostly low planes with the Kwahu Plateau in the south-central area. Half the country lies less than 152 meters above sea level, with the highest point at 883 meters. A tropical rain forest belt extends northward from the shore near the Cote d'Ivoire frontier. This area is called the "Ashanti" and produces most of the country's cacao, minerals, and timber. North of this belt, the land is covered by low bush, park-like savannah,

# Mozambique

Official language: Portuguese  
Capital city: Maputo

Currency: Mozambique Metical (MZN)

GDP per capita: \$387,07 (Netherlands: \$40187,12)

Time difference: -

Surface area: 801.590 km<sup>2</sup>

Population: 28,83 Million

The estimated 4 million Makua are the largest ethnic group of the country and are dominant in the northern part of the country. The Sena and Shona (mostly Ndaou) are prominent in the Zambezi valley, and the Shangaan (Tsonga) dominate in southern Mozambique

Climate: tropical (31°C during the day, 17°C at night)

Dry season: June-September

Wet season: December-February



# Practicalities



## COSTS

- €299 as the regular AIESEC exchange fee, for the Medicine Project this is including the costs of the preparation programme
- Flight ticket: price varies
- Cost of living, which is generally lower than in the Netherlands



## WHAT DO YOU GET?

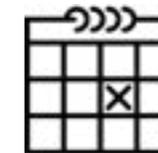
- Professional preparation activities
- A personal student coach of the Medicine team that guides you before, during and after the project
- Pick-up from the airport
- Arranged housing by the local AIESEC entity (note that the rent on some destinations is excluded from the Medicine fee)
- Optional social activities organized by the local AIESEC in your country of destination.



Sign up  
and join

themedicineproject

## How to apply



To apply for the Medicine Project you have to be a third year Medicine Student or a fourth year Technical Medicine student. You have to be available for and willing to participate in each component of the project. Besides, you have to be interested in a challenge which may alter your view on healthcare and be motivated to discover an unknown culture. To apply, fill in the form that you can find on the website and upload your CV and motivation letter.

DEADLINE: 11TH OF MARCH

Do you want to know more about the Medicine Project, or would you like to keep updated?



[www.aiesec.nl/global-volunteer/medicine/](http://www.aiesec.nl/global-volunteer/medicine/)



[medicineproject@aiesec.nl](mailto:medicineproject@aiesec.nl)



Medicine Project



Medicine Project Aiesec

# Colofon

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## PHOTOGRAPHS

All photo's in this booklet are made by  
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