Machame Lutheran Hospital.

Elective Student Information

**Student Visa** It is a new thing, but now you should apply through the Tanzania E-visa system. Do not leave to the last minute as it may take some time. https://eservices.immigration.go.tz/visa/   You want a **STUDENT VISA. (C2 NOT C1) This is a “Student Volunteer less than 90 day” visa** Do not google as there are some similar scam sites out there. You will need a Visa or Mastercard that will accept a charge from Tanzania .

**COVID Update** There was modest Covid impact in Tanzania in 2020. The president was a denier and test reporting was not done. However, in 2021 it seemed to be more serious (probable new variants). The president died and the new president seems to be following the science. Currently, masking etc has been largely abandoned. Covid testing may or may not be required to enter the country.

**Money.** ATM’s are available in Moshi. They give you local currency (TShilingi). Euro, US dollars, pound are exchangeable. Better rates are usually for US dollars. All currency should be unworn and unmarked. US $50 and $100 bills get you a better rate than smaller bills. There are a number of banks in Moshi where you can exchange this cash.. Travelers checks are disliked and rarely accepted. Your payment to the hospital ($100 per week) for accommodations must be in US cash.

**Transport**. Once in Moshi you can catch the daladala (overcrowded, somewhat dangerous little minibus) on the north side of the central bus station which comes to to Machame. Cost is 1,000 TShilingi or a bit more. This will bring you right to or just down the hill from the hospital.

If you arrive in Nairobi you catch a shuttle to Moshi. If coming via Arusha and early in the day, they can drop you at the junction to Machame and you can catch the daladala from there. If from Dar es Salaam you take a big bus from there to Moshi and a daladala to Machame.

From Kilimanjaro international airport (your best choice) you can take a taxi direct to Machame taking about 45 minutes…about $50 or less if you negotiate. If you want us to arrange to have a known taxi collect you…just let us know.

**Contact/Oversight** Hospital Matron Ms Florence Kimario is in charge of all elective students.) She is your contact for all issues including accommodations , schedules, Immigration, etc. Her phone is +255 754 500 930. Bob Kasworm can sometimes assist you. His number is +255 784 585 195

**Phones**: If you have a phone that uses a sim card and GPS technology (such as ATT in the US) or most any European phone, you just get a sim card from almost any shop to get a local number. Cost should be free to maybe a thousand or two. Network choices are Airtel, Vodacom, Tigo, or Halotel. Each is OK. All phones are pre-pay, so you buy vouchers from any shop for your network, scratch off the number on the back and input following instructions (\*104\*rest of numbers #) and send. It will say you have recharged. Is best to avoid street or smaller operators but rather go to one of the phone network shops in Moshi and you will not get ripped off (Voda, Tigo, or , Halote are recommended)

**Internet:** Internet at Machame hospital is not entirely reliable nor is it fast.. Wifi is available on campus but is spotty at this time. We encourage you to bring your own device (laptop, tablet, smart phone) for internet access. Inexpensive data packages are available through the cell phone networks. There are a few internet cafes or wifi restaurants in Moshi.

**Electricity:** Electricity in sort of an intermittent thing and availability changes from time to time. Things here are 220v 50 cycles. This means those from 110v countries need to bring voltage inverters (primarily the US/Canada). Many items have something like this built in or provided (such as laptops) but read the label on your appliance-or prepare for the boom and the smell of smoke!

**Water.** The water in Kilimanjaro is among the finest in the country and many people drink from the tap. We recommend you boil or just buy bottled water.

**Weather.** Machame is above 1,500 meters / almost 5,000 feet. This means it is often cool and gets much more rain than lower down (such a Moshi) When the rains get going it can be very damp and foggy and wet wet wet. This is most likely March/April/May but can occur anytime. July and August can feel downright cold to us. (12 Celsius/55 Fahrenheit) .

**Social life**. Well, there isn’t so much, so you can take the chance to explore the area on foot, get to know the African clinical officer and nursing students at the hospital (who are as curious about you as you might be about them), and learn something about the cultures of the other foreign students. Some students head to Moshi or Arusha for a bit of night life on the weekends or take day trips to the hot springs or surrounding attractions.

**Safari, Climbing Kilimanjaro, Zanzibar.** We know that all students are coming to us to learn about Medical care…. But somehow they usually take the chance to do one, two or all three of the above. All of these can be arranged once you are here and at usually a lower cost than from afar. Just be sure you are dealing with a legitimate company. Past students have left their reviews on the companies they went with and can be read in the guesthouse.

**Hash, Campouts, St Margarets.** You are not coming to hang out with the expatriate community. Please immerse yourself in the local culture and opportunities. But, sometimes you might need a break and attend a church service not in Swahili, or get some exercise, or see something new….depending on when you come and what happens to be going on. These can be great chances to network with others doing something similar here or something very different. You may also get a chance to speak your tribal language…be it KiGermani, KiHolanzi, KiSwedish or other. Just check with Bob.

**Alcohol and Drugs.** Obviously, no illegal substances are permitted on hospital property. The Hospital is an agency of the Northern Diocese of the Lutheran Church in Tanzania and unlike many Lutherans elsewhere, they are negative toward alcohol. You do not need to abstain from drinking while in Machame but you are expected to respect this position, be discrete, and must never ever offer such to a Machame Clinical officer student or Nursing student.

**Crime/Danger** There are no large animals (except cows) living in Machame these days. No lions, no elephants. Tanzania is a remarkably peaceful country for Africa with its presidency changing five times via popular elections with only limited political turmoil. Crime is present but violent crime to foreigners is rare. However, theft, robbery, pickpocketing and the like can and do occur.

**Clothing**  Tanzania is a conservative country so you should avoid anything that shows off lots of skin. No off the hip trousers, sleeveless or low-cut blouses, short skirts. You can wear these when you are on safari being a tourist. In the hospital you should plan to wear a white coat if a medical student. Scrubs are OK but the white coat marks you as a professional. Nursing students should wear their usual hospital garb from home. It is probably advisable to bring your own personal protective equipment (gloves, face shields, etc)

**Bednets**  Although theoretically above the malaria zone, there are some mosquitos and so we have bed nets .

**Guesthouse**  All foreign students stay in the hospital guest house which has two sides, each with a kitchen and bath as well as two bed rooms with multiple beds. Students will usually be sharing rooms. Students often group together to do the cooking. Meals are also available at out hospital canteen.