

## **Physiotherapy Internship in Tanzania**



### **Overview**

We arrange medical electives and physiotherapy internships, and volunteer assignments in hospitals in Moshi Town and the rural Kilimanjaro area. You can choose the facility where you want to complete your internship. Electives and internships at these facilities are usually recognized by state examination offices.

### **Program description**

In all medical facilities, as an intern, you will be assigned a professional from the hospital who will guide you and decide which examinations and treatments you may perform on patients under their supervision. This includes tasks such as:

- Assist in improving patients' mobility.
- Mobilize patients to enhance their mobility.
- Advise patients on exercises to practice for their rehabilitation.
- Help with respiratory rehabilitation.
- Assist in muscle rehabilitation.



This professional will provide you with professional feedback.

Interns and volunteers with professional qualifications and work experience also cannot practice independently, as this requires approval from the Tanzanian Health Authority. Obtaining this approval is a lengthy process that is only worthwhile for longer stays of at least one year. Even if you have professional qualifications, you will be under the supervision of a licensed professional in Tanzania, who will take responsibility for you and decide what you can perform independently.

For a clinical rotation, elective or internship at Mawenzi Regional Hospital and St. Joseph Hospital, you should be studying a relevant subject, be in a relevant vocational training program, or have completed one. For a pre-medical, pre-nursing or pre-midwifery internship at Pasua Health Centre, Faraji Hospital, Kilima Hospital, and the dispensaries, it is not required that you are already enrolled at medical school. Volunteers in all facilities need qualifications in the healthcare field.

## **Life On Base**

Moshi is a town in the north of Tanzania, at the foot of Kilimanjaro. Here, you are in the middle of Africa and deal with people like the Chagga and Maasai. The city has about 150,000 inhabitants; however, it appears - like many African cities - much smaller, owing to the fact that many unplanned settlements are spread over long distances outside the city. Furthermore, the majority of the population do not have the purchasing power that would make transactions comparable to for instance a European city of this size. Nevertheless, Moshi is a relatively well-developed city and all necessities may be found here - from ATMs to specialty stores, restaurants to small supermarkets.

Moshi is the starting point of all Kilimanjaro climbs and many safaris to the Northern National Parks of Tanzania start from here. Kilimanjaro International Airport is about 40 km from Moshi. Tourism and trade of coffee and bananas have contributed to the flourishing of the city.

The city lies at an altitude of 813 m and has a year-round climate that people from moderate climates consider to be very comfortable (compared to the humid heat that often prevails on the coast or on the islands).

HIV and AIDS are the biggest problem - it is estimated that up to 16 % of the population are HIV-positive. The resulting problems are the countless orphans and street children, neglected people of retirement age and sick people, about whom no one cares because of lack of money. The other problems are poverty-related - lack of access to education, health care, infrastructure, and destruction of environmental resources such as deforestation.

## **Things to do in Moshi**

Moshi is conveniently situated for safaris in all the Northern National Parks of Tanzania; you can travel over a weekend (Tarangire, Arusha National Park, Lake Manyara) or a



multi-day tour (incl. Serengeti, Ngorongoro Crater and Conservation Area, Lake Eyasi, Lake Victoria, Lake Natron). The Kilimanjaro rises directly in front of your door - for a climb you need physical fitness and 5-7 days' time.

As a day trip, you can visit the Marangu Waterfall and the village of Marangu with coffee plantations, the even higher Materuni waterfall, the Arusha National Park, a Maasai village, Lake Chala, swim in volcanic hot springs and hike on the slopes of Kilimanjaro. In Moshi, there are several cafes, restaurants, internet cafes, bars, discos, swimming pool and even an open- air cinema with karaoke.

## **Accommodation**

### **Shared Residence Accommodation**

The accommodation offered is in a shared residence with other international participants. You will stay in a dormitory-style room with up to 4 participants per room. Private rooms (double or twin) may be available upon request and at an additional cost. Each room has its own private bathroom, and you will have access to a shared kitchen to prepare your meals. Meals are not included, but a half-board option (breakfast and dinner) can be added depending on the accommodation.

The residences are located in pleasant neighborhoods of Moshi, close to public transport and local shops.

Alternative Option – Host Family Stay For those looking for a more adventurous experience, it is possible to stay with a local host family, with half-board (breakfast and dinner) included. Host families can accommodate up to two students at a time. Availability is limited, and some families may live further away from the internship location. The cost is different from shared residence accommodation — please contact us for more details.

## **Getting there**

You book a flight to Kilimanjaro International Airport (JRO). We will pick you up from the JRO airport and take you to your accommodation in Moshi. Your flight should land on a Monday, Wednesday, or Friday between 4 AM and 11 PM. Your return flights should also be on a Monday, Wednesday, or Friday between 4 AM and 11 PM.

Flexible, year-round. Arrival should be scheduled for a Monday, Wednesday, or Friday between 4 a.m. and 11 p.m. (flight's scheduled arrival time). The placement will then start on the agreed weekday.