



# YOUNG SURGEONS TRAVEL



## ORGANIZATION PROFILE



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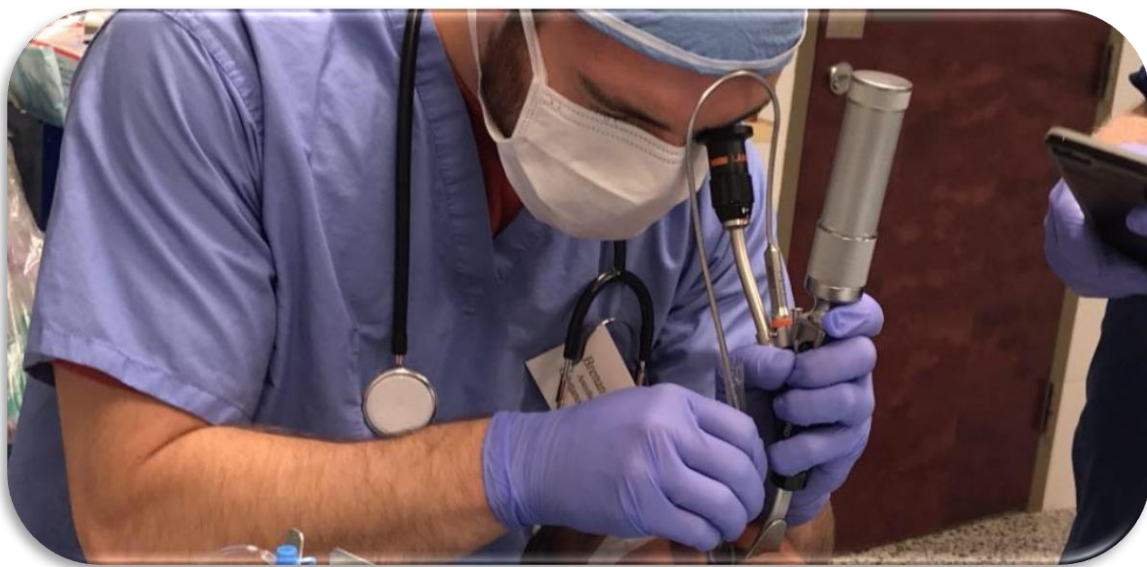
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# Overview

Young Surgeons Travel is dedicated to offering transformative medical internships and volunteer programs across East Africa. We provide future and current healthcare professionals with opportunities to gain real-world experience, contribute to underserved communities, and expand their global health perspective.

We organize elective placements and projects for medical students, pre-med, nursing, midwifery, dentistry, physiotherapy and other medical related programs.



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# Our Mission

At Young Surgeons Travel, we are dedicated to empowering the next generation of healthcare professionals by offering transformative, hands-on global experiences. Our mission is to provide students and volunteers with the opportunity to gain real-world exposure in diverse medical environments, fostering cross-cultural understanding, skill development, and personal growth. Through flexible, safe, and supportive international placements, we aim to cultivate the global leaders of tomorrow—individuals who will bring fresh perspectives, compassion, and knowledge to the healthcare challenges of the future.

# Our Values

1. **Unlocking Potential** - We are committed to helping our participants and staff realize their full potential. Our goal is to support you in turning your passion for creating positive change into meaningful actions that can transform the world.
2. **Transforming Through Travel** - We aim to inspire people to travel, experience new cultures, and deeply understand the unique challenges of the places they visit. This transformative process benefits both the traveler and the community they encounter.
3. **Fostering Meaningful Connections** - We believe that the essence of every great experience lies in authentic human connections. By bringing together people from diverse backgrounds, we create an environment where anything is possible.
4. **Impacting Lives and Communities** - Our model is designed to benefit both our participants and the communities we serve. We work closely with local communities to plan, monitor, and evaluate projects, ensuring that our efforts leave a lasting impact. Through rigorous assessments, we guarantee that our volunteers contribute meaningfully while growing professionally.

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# Programs

We offer a range of internship and volunteer opportunities including surgical shadowing, public health projects, community outreach, and clinical rotations. Programs are designed to meet both learning goals and community needs.

## 1. Doctor's Program

This program is tailored for qualified, licensed medical doctors seeking to offer their expertise in a new environment while gaining exposure to unique healthcare systems in East Africa. Participants work directly with local healthcare teams, engaging in diagnosis, surgical procedures, and treatment plans. The program promotes cultural exchange, professional collaboration, and the development of global health perspectives.



## 2. Pre-Med Program

Ideal for students considering a future in medicine, this program allows pre-medical students to observe and participate in clinical settings. It includes job shadowing doctors, participating in community outreach, and learning basic clinical skills. The program enhances students' applications to medical school by providing practical experience and a deeper understanding of patient care.

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## 3. Medical Program

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This comprehensive program is aimed at medical students looking to gain practical, real-world clinical exposure. Participants rotate through departments such as internal medicine, surgery, pediatrics, and emergency medicine. They are involved in case discussions, ward rounds, and hands-on training, bridging classroom knowledge with practical healthcare delivery in underserved communities.

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#### **4. Dentistry Program**

Designed for dental students or those interested in dentistry, this program provides immersive learning in dental clinics. Participants assist with cleanings, extractions, and oral hygiene education, often in rural or underserved areas. The experience also introduces them to common dental challenges in low-resource settings, promoting preventive care and public health outreach.

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#### **5. Physiotherapy Program**

This program offers practical exposure to musculoskeletal, neurological, and pediatric physiotherapy. It is suitable for both pre-physical therapy students and those already enrolled in PT programs. Participants help with assessments, therapeutic exercises, and rehabilitation programs while working closely with licensed physiotherapists in hospitals or community clinics.

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## **6. Physician Assistant Program**

This hands-on program is for aspiring or current physician assistant (PA) students. Participants assist in clinical environments, focusing on patient evaluation, diagnosis, and minor procedures. They gain insights into the PA role in global healthcare, particularly in areas with a high patient-to-provider ratio, enhancing their adaptability and clinical reasoning skills.

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## **7. Nursing Program**

Tailored for nursing and pre-nursing students, this program offers clinical shadowing, patient interaction, and community outreach. Students engage in a range of activities such as wound care, maternal health, and health education. It builds critical thinking, cultural competency, and nursing skills within varied healthcare environments.

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## **8. Midwifery Program**

Focusing on maternal and neonatal care, this program provides aspiring midwives with direct experience in labor wards and prenatal clinics. Participants assist with deliveries, monitor fetal development, and educate expectant mothers. The program emphasizes safe motherhood practices and reduces maternal mortality by supporting skilled birth attendants.

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## **9. Music Therapy Program**

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This unique program combines healthcare and creative arts. Designed for musicians, music therapists, and enthusiasts, participants use music to aid emotional and psychological healing in hospitals, schools, and rehabilitation centers. Activities may include leading therapeutic music sessions, teaching instruments, or organizing performances to uplift patients' spirits.

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## **10. Mental Health Program**

This program introduces students to mental health services, psychiatric care, and community-based interventions. It includes patient observation, counseling techniques, and participation in therapy sessions. Participants also learn about stigma, cultural beliefs, and barriers to care, contributing to mental health awareness campaigns and school outreach.

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## **11. Ophthalmology Program**

For those interested in eye care, this program offers hands-on experience in diagnosing and treating visual impairments. Participants assist in vision screenings, cataract clinics, and surgical procedures. They also learn about preventable blindness, eye hygiene education, and the role of ophthalmologists in public health.

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## **12. Medical Laboratory Program**

This laboratory-based program is designed for students interested in diagnostics and lab sciences. Participants work in hospital labs or public health labs, performing blood tests, microbial cultures, and other diagnostics under supervision. It emphasizes quality control, biosafety, and the importance of laboratory services in disease diagnosis and prevention.



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# Destinations

We operate in Kenya, Tanzania, Uganda and Rwanda, providing safe and enriching environments. Our destinations include both urban and rural hospitals, giving participants a well-rounded view of regional healthcare systems.

## **Homa Bay, Kenya**

Nestled along the picturesque shores of Lake Victoria, Homa Bay is a hidden gem in Kenya known for its natural beauty and rich cultural heritage. Participants can enjoy serene landscapes, vibrant local communities, and a tranquil ambiance. Key attractions include Ruma National Park, home to diverse wildlife; Lake Victoria, offering boat rides and fishing experiences; and Simbi Nyaima Crater, a site steeped in local folklore. Accommodations like the Belmont Hotel provide comfortable stays, enhancing the overall experience.



## **Mombasa, Kenya**

As Kenya's coastal city, Mombasa offers a unique blend of historical significance and tropical allure. Participants can explore ancient architecture, bustling markets, and pristine beaches. The city's rich Swahili culture and proximity to marine parks make it an ideal destination for those interested in combining cultural immersion with coastal relaxation.

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## **Arusha, Tanzania**

Situated at the foot of Mount Meru, Arusha serves as a gateway to some of Tanzania's most renowned national parks. Participants can experience the vibrant local culture, visit nearby Maasai villages, and embark on

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safaris to witness Africa's iconic wildlife. The city's bustling markets and diverse culinary scene add to its appeal.

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### **Kilimanjaro, Tanzania**

Home to Africa's highest peak, the Kilimanjaro region offers breathtaking landscapes and a sense of adventure. Participants can explore the surrounding areas, engage with local communities, and, for the adventurous, consider trekking routes that offer stunning views of the mountain. The region's rich biodiversity and cultural experiences make it a compelling destination.

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### **Ngorongoro Crater, Tanzania**

The Ngorongoro Crater, a UNESCO World Heritage Site, boasts a unique ecosystem teeming with wildlife. Participants can descend into the crater to observe a diverse range of animals in their natural habitat. The surrounding highlands offer opportunities for cultural interactions with the Maasai people and insights into traditional lifestyles.

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### **Kampala, Uganda**

As Uganda's capital, Kampala is a city of hills, offering panoramic views and a vibrant urban experience. Participants can explore historical sites, bustling markets, and cultural centers. The city's dynamic atmosphere provides a blend of traditional and modern Ugandan life, enriching the overall experience.

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### **Kigali, Rwanda**

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Kigali, Rwanda's capital, is known for its cleanliness, safety, and progressive outlook. Participants can visit memorial sites, art galleries, and local markets, gaining insights into the country's history and resilience. The city's commitment to sustainability and community development offers a unique perspective on urban growth in Africa.



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# Eligibility & Requirements

## Eligibility Criteria

Young Surgeons Travel offers a range of programs tailored to individuals at various stages of their medical and healthcare careers. The general eligibility criteria include:

- **Educational Background:** Applicants should have a background in healthcare or be pursuing studies in related fields. This includes:
  - Pre-medical students
  - Medical students
  - Dental students
  - Nursing students
  - Physician assistant students
  - Physiotherapy students
  - Midwifery students
  - Music therapy students
  - Ophthalmology students
  - Medical laboratory students
- **Professional Status:** Licensed healthcare professionals, including doctors, nurses, and allied health practitioners, are eligible to participate in programs that align with their expertise.
- **Age Requirement:** While there is no strict age limit, participants are generally expected to be at least 18 years old.



- **Language Proficiency:** A good command of English is essential, as it is the primary language of communication in the programs.
  - **Commitment to Cultural Sensitivity:** Participants should demonstrate a willingness to engage respectfully with diverse cultures and adapt to different healthcare settings.
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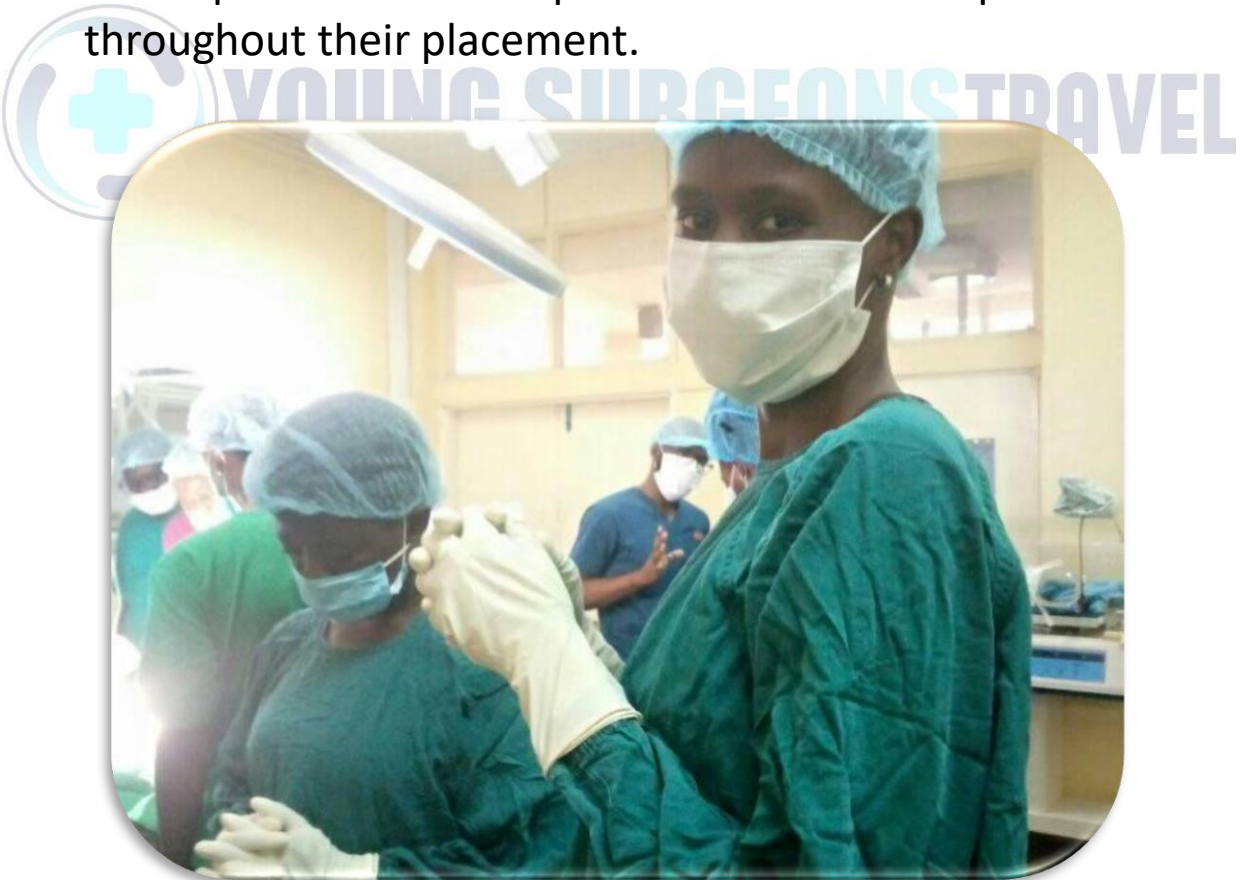
## Application Requirements

To apply for a program with Young Surgeons Travel, applicants must:

1. **Complete the Application Form:** Provide personal details, educational background, and select the desired program and destination.
  2. **Submit Supporting Documents:** Depending on the program, this may include:
    - Academic transcripts
    - Proof of enrollment or graduation
    - Professional licenses or certifications
    - Letters of recommendation
    - Statement of purpose or motivation letter
  3. **Pay the Application Deposit:** A non-refundable deposit of \$250 USD is required to secure a spot in the program.
  4. **Prepare for Travel:** Ensure all travel documents, such as passports and visas, are valid. Participants are also advised to obtain necessary vaccinations and travel insurance.
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## Additional Considerations

- **Program Duration:** Programs vary in length, typically ranging from a few weeks to several months, depending on the specific placement and participant availability.
- **Accommodation and Meals:** Participants are usually provided with comfortable accommodations and meals during their stay. Details may vary by destination.
- **Cultural Orientation:** An orientation session is often conducted to familiarize participants with local customs, healthcare practices, and safety protocols.
- **Supervision and Mentorship:** Participants receive guidance and supervision from experienced healthcare professionals throughout their placement.



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# Support Services

Young Surgeons Travel is committed to providing comprehensive support services to ensure a seamless and enriching experience for all participants. Here's an overview of the support services offered:

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## Pre-Departure Support

- **Personalized Program Matching:** Assistance in selecting a program that aligns with your interests and career goals.
  - **Comprehensive Orientation:** Detailed information on cultural expectations, healthcare systems, and logistical preparations to ensure you're well-prepared for your journey.
  - **Travel Assistance:** Guidance on visa applications, flight bookings, and travel insurance to facilitate smooth travel arrangements.
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## Arrival and In-Country Support

- **Airport Pickup:** Meet-and-greet services upon arrival, ensuring a warm welcome and safe transfer to your accommodation.
- **24/7 On-Ground Support:** Continuous assistance from local staff to address any concerns or emergencies during your stay.

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- **Secure Accommodation:** Comfortable and safe living arrangements, often with housekeeping and meal services provided.
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## Program Support

- **Clinical Placements:** Structured rotations in various departments, offering hands-on experience under professional supervision.
- **Mentorship:** Guidance from experienced healthcare professionals to enhance learning and professional development.
- **Flexibility:** Programs without fixed start dates, allowing participants to join at their convenience.

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## Additional Services

- **Cultural Excursions:** Opportunities to explore local attractions and engage with the community, enriching your cultural understanding.
- **Fundraising Support:** Access to platforms and resources to help finance your program through fundraising initiatives.



# Our Impact

Young Surgeons Travel has been instrumental in shaping the future of global healthcare by providing immersive, hands-on experiences to aspiring medical professionals. Here's an overview of the organization's impact:

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## Empowering Future Healthcare Professionals

Over the past decade, Young Surgeons Travel has facilitated transformative experiences for international students and volunteers. By organizing elective placements and projects across various medical disciplines—including medicine, nursing, midwifery, dentistry, and physiotherapy—the organization has enabled participants to gain practical skills and insights into diverse healthcare settings.

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## Enhancing Cultural Competence and Global Awareness

Participants engage directly with local communities, fostering cultural exchange and understanding. This immersion not only broadens their perspectives but also cultivates empathy and adaptability—essential qualities for healthcare providers in an increasingly interconnected world.

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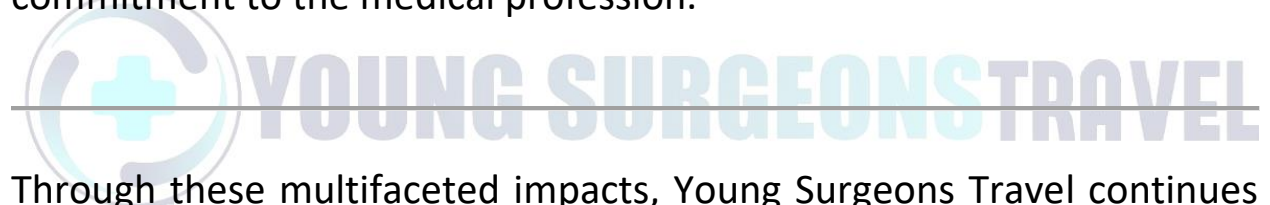
## Contributing to Local Healthcare Systems

By collaborating with public and private hospitals, Young Surgeons Travel supports local healthcare infrastructures. Volunteers assist in various departments, helping to alleviate workforce shortages and bringing fresh perspectives to patient care.

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## Personal and Professional Growth

Alumni of the programs often describe their experiences as life-changing. The challenges faced and overcome during their placements contribute to personal development, resilience, and a reinforced commitment to the medical profession.



Through these multifaceted impacts, Young Surgeons Travel continues to play a pivotal role in developing competent, compassionate, and globally-minded healthcare professionals.



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# Partnership

Young Surgeons Travel actively fosters partnerships to enhance global healthcare education and service delivery. These collaborations are designed to provide participants with enriched learning experiences while contributing meaningfully to local communities.

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## Academic and Clinical Collaborations

Young Surgeons Travel collaborates with a network of hospitals, clinics, and academic institutions across various countries. These partnerships facilitate structured clinical placements, allowing participants to engage in hands-on experiences under the supervision of seasoned healthcare professionals. Such collaborations ensure that the programs are both educationally rigorous and culturally immersive.

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## Community Engagement Initiatives

Beyond clinical settings, Young Surgeons Travel partners with local organizations to implement community health outreach programs. These initiatives aim to address public health challenges by providing education, preventive care, and basic medical services to underserved populations. Through these efforts, participants gain insights into the social determinants of health and the importance of community-based interventions.

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## Fundraising and Financial Support

To make these programs accessible to a broader range of participants, Young Surgeons Travel has established partnerships with fundraising platforms. These collaborations enable prospective volunteers to create personalized fundraising campaigns, helping to offset the costs associated with travel and program fees. This approach not only eases financial barriers but also engages participants' networks in their global health journey.

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Through these multifaceted partnerships, Young Surgeons Travel continues to expand its impact, offering transformative experiences for participants and tangible benefits to the communities served.



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# Safety & Ethics



Young Surgeons Travel prioritizes the safety and ethical integrity of its programs to ensure meaningful, responsible, and impactful volunteer experiences.

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## Safety Measures

- **Pre-Departure Health Guidance:** Participants are advised to consult healthcare providers for recommended vaccinations and malaria prevention before traveling to Kenya.
- **Local Safety Protocols:** While Kenya is considered one of the safer countries in Africa, volunteers are encouraged to exercise caution, avoid displaying valuables, and refrain from walking alone at night in major cities.

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- **Cultural Sensitivity:** Volunteers are briefed on appropriate attire and behavior to respect local customs and avoid drawing unnecessary attention.
  - **Emergency Preparedness:** Orientation sessions cover emergency procedures, local healthcare facilities, and contact information for local support staff.
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## Ethical Standards

- **Informed Consent:** Ensuring that patients are fully informed and voluntarily consent to medical procedures is a cornerstone of ethical practice.
  - **Supervised Practice:** Volunteers are assigned tasks commensurate with their training and experience, always under the supervision of qualified local medical professionals.
  - **Cultural Competence:** Programs are designed to enhance understanding of local health practices and community needs, fostering respectful interactions and minimizing cultural misunderstandings.
  - **Sustainable Impact:** Efforts are made to ensure that volunteer activities contribute positively to the local healthcare system without creating dependency or disrupting existing services.
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By adhering to these safety and ethical guidelines, Young Surgeons Travel aims to provide enriching experiences for volunteers while ensuring that their contributions are beneficial and respectful to the host communities.

# FAQs

## 1. Who can join Young Surgeons Travel programs?

Our programs are open to individuals pursuing careers in healthcare, including:

- Medical students
- Pre-med students
- Nursing students
- Midwifery students
- Dentistry students
- Physiotherapy students
- Other healthcare-related fields

We also welcome volunteers with a passion for global healthcare.

## 2. Do I need prior medical experience to join?

No, our programs cater to all experience levels. Whether you're a beginner exploring the medical field or an advanced student seeking hands-on practice, we tailor placements to match your skills.

## 3. When can I start my placement?

We offer flexible start dates—you can join at any time of the year based on your schedule. Programs run continuously, ensuring maximum convenience.

## 4. What support do I receive during my stay?

We provide 24/7 in-country support, airport pickup, secure accommodation, and a full orientation to help you settle in comfortably.

## 5. Where are the placements located?

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Our programs are based in East Africa, with placements in hospitals, clinics, community health centers, and schools.

## **6. How long do the programs last?**

Programs can range from one week to several months, depending on your availability and goals. We offer flexible durations to fit different schedules.

## **7. What kind of accommodation is provided?**

We provide safe, comfortable accommodation with essential amenities. In Homa Bay, you will stay at Belmont Hotel or any other facility of the same status. In Mombasa, you will stay at the luxurious Reef Hotel Beach Resort.

## **8. How do I apply?**

Simply fill out our online application form, and our team will guide you through the placement process, including program matching, visa assistance, and travel preparations.

## **9. Will I receive a certificate after my placement?**

Yes! Upon successful completion, you will receive a certificate of participation, which can be valuable for your academic and professional career.

## **10. Can I travel and explore during my placement?**

Absolutely! While your placement focuses on medical experience, you'll have opportunities to explore local culture, go on excursions, and engage with the community during your free time, especially during the weekends.



## Testimonials

"My placement with Young Surgeons Travel was an eye-opening experience. Assisting in health facilities and witnessing childbirth firsthand gave me invaluable practical skills. The support from the team made my journey smooth and rewarding!"  
— *Ines Schertenleib, Student (Switzerland)*

"From the moment I arrived, everything was perfectly organized. I had the opportunity to work with locals, learn new techniques, and provide essential care to underserved communities. This experience truly enhanced my career!"  
— *Fryderyk Neve de Mevergnies, Student (Belgium)*

"I wanted a placement that would challenge me and help me grow. Young Surgeons Travel gave me just that! I worked with patients recovering from injuries, improved my skills, and immersed myself in a new culture. It was life-changing!"  
— *Enrico Colella, Student (Italy)*

# Contact Us

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