



Medic to Medic



Medical Electives Malawi



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What does Medic to Medic do?

The aim of Medic to Medic is to support healthcare students in low-income countries who are at risk of dropping out of their training. With our support, students can focus on their studies until graduation, and countries gain the expertise of health professionals who are so desperately needed.

Medic to Medic works like “sponsor a child” schemes – except we sponsor healthcare students. Each donor is linked to an individual student, who sends updates on his or her progress. Donations are pooled so that even if a donor withdraws, no student is disadvantaged.

We support students training to become doctors, pharmacists, physiotherapists, nurse midwives, mental health workers, clinical officers, counsellors, optometrists and audiologists in their home countries. Scholarships cover each student’s tuition fees, and other necessary allowances, as well as providing them with medical equipment, a laptop and textbooks, so that they have everything they need to successfully qualify from their courses.

Without the support of Medic to Medic, many of these healthcare students would spend their spare time trying to find extra funding rather than focusing on their studies. With a scholarship students can concentrate on their studies, and they are more likely to stay and work in their home country following graduation, which is of great importance to the sustainability and development of their countries’ fragile health systems.

3 priorities

Health Workers

We support trainee healthcare workers throughout their education, so that they can perform to the best of their ability. We want to add to the absolute numbers of health workers in training so that there are more graduates in countries with critical shortages.

Equity and Access

We target those who are under represented in the health professions, such as women or those from rural areas. We want to increase the numbers of health workers working in rural areas, so that everyone has equal access to healthcare.

Awareness

We hope to raise awareness of the different conditions facing health professionals worldwide and an appreciation of the global health community.



Who are Medic to Medic?



Medic to Medic believes that access to healthcare is a human right but is unequal both between and within nation states. Shortage of trained healthcare professionals is a major driver of such inequalities. We strive to address this issue by supporting healthcare students in Africa and low- and middle-income countries who can no longer afford to continue their studies. We value gender equality and seek to support women who are under represented in the healthcare professions. We seek to support students from disadvantaged backgrounds.

Medical Elective Initiative

We are excited about the opportunity to offer Medical Electives to international students in Malawi.

This partnership helps us with our ongoing fundraising for our student community, who are desperately in need of financial support to continue with their studies. We have worked in Malawi since 2007 and have an extensive community who are able to help us formulate an elective programme. The hope is that you will work alongside some of our graduates who are working in Malawi's health system, fostering international friendships that will continue for many years to come.

This is a new initiative for us and is constantly evolving and changing. We hope you may be able to give feedback from your experience so that we can make the experience even better for those coming after you!

With all things Malawian, no matter how hard you plan, things may not always turn out as you expect! Sometimes this leads to something even more unique. A sense of humour and flexibility will mean you will be able to make the most of your experience, no matter what happens and our elective mentors will be on hand to help you in country should you need support on the ground.

Medic to Medic





At a Glance

- Malawi is a landlocked country in Sub Saharan Africa and ranks as one of the poorest in the World.
- The population is approximately 19 million 84% live in rural areas
- 72% earn less than US\$1.25 per day.
- Nearly 9 out of 10 people are subsistence farmers, growing crops to feed their family, and the average income is the lowest in the world.
- Malawi is geographically divided into 28 districts and three regions. Districts range in population from 150,000 to over 1 million. The most populous districts are Lilongwe, Blantyre and Mangochi.



Culture

- Malawi is largely Christian although Mangochi and areas near Mozambique are more likely to be Muslim.
- It is not uncommon for patients to believe that their illness is caused by witchcraft and consult traditional healers before attending health facilities.
- Most Malawians live with their extended families in villages in rural areas.
- Asking about HIV status requires sensitivity as it is still stigmatized.

- 62% of health services are provided by the government 37%, are provided by the Christian Health Association of Malawi (CHAM) and 1% of the population receive health services through private doctors or non-governmental organisations (NGOs).
- The health system suffers from inadequate financing, infrastructure and equipment. At health facility level, understaffing and frequent lack of supplies (antibiotics, anti-malarials, IV fluids) are commonplace.
- Access to medical care is limited. Only 46% of citizens live within a 5km radius of any health facility. Despite most public health services being free for patients, costs related to transportation deter many from going to a facility.
- There are an estimated 2 doctors per 100,000 people and 34 nurses per 100,000. Malawi's shortage of human resources is the most severe in rural areas.
- All clinical care in district hospitals is delivered by clinical officers and nurses. Clinical Officers are school leavers who have three years of clinical experience and completed a diploma in clinical medicine.
- There is no emergency system in place, no ambulated paramedic response system (no 999), though you may see ambulances in urban areas related to private facilities.



- Asking someone to lose weight is insensitive, as people with HIV are seen to lose weight. "Fat" is an objective description without the judgmental connotations known in western culture.
- It is NOT taboo to ask about pregnancy. Most women desire pregnancy and fertility is a large component of self-worth. Many women have between 4-12 children, particularly in rural areas. Terminations are illegal though there are efforts to reverse this.

Health System

- The government spends the equivalent of US\$90 per person per year on health.
- Primary care consists of community-based outreach, manned and unmanned health posts, dispensaries and small health centres. These are staffed by nurses and clinical officers.
- Secondary care is provided by district hospitals. These hospitals have several inpatient wards in addition to a x-ray machine, an ambulance, an operating theatre and laboratory. Most care is provided by clinical officers and nurses, including emergency obstetric surgery.
- District hospitals can refer to the four government central hospitals, located in the major cities, where the few specialists are based.
- There are just 17 obstetricians working in Malawi for a population of nearly 19 million people, of which ten are Malawian.
- Malawi still heavily relies on external financial aid. In 2013 external donors funded 68.3% of Malawi health care.

Health Statistics

HIV Prevalence	10.8%
Under 5 mortality	64 / 1000
Maternal mortality ratio	634 / 100,000
Girls married by 18	49.6%
Stunted growth	47.1%
Overweight children	8.3%
Orphans	1.3 million (pop of 17.4 million)
Life Expectancy	58.3 years
Girls aged 15-19 who want but cannot access contraception	28.8%
Men >25 years with hypertension	44.5%



Kamuzu University of Health Sciences

- Kamuzu University of Health Sciences was established in 1991. Prior to this, all Malawian doctors were trained abroad, mostly in the UK and Australia. The first batches of Malawi-trained doctors were thus pioneers and many now have leadership roles in the University.
- Most courses take place at Blantyre. Some classes and rotations take place in Lilongwe and a minority in Mangochi and Zomba.
- At present, about 100 students each year graduate as a junior doctor after five years in the MBBS programme.
- Post-graduate training (Masters of Medicine) is four years of training, and is offered in the following specialties: internal medicine, paediatrics, surgery, obstetrics and gynaecology, anesthesiology, ENT, ophthalmology, psychiatry, emergency medicine and family medicine. There is also a two year Masters of Public Health.
- All undergraduate and post-graduate clinical rotations take place at the central hospitals Blantyre and Lilongwe, except the Family Medicine rotation.

Elective Locations

Medic to Medic can offer five different medical elective locations in Malawi. In Blantyre, we have a partnership with a private hospital called **Mwaiwathu Hospital** located in Blantyre city. As a private hospital, you will experience better healthcare facilities than at the main government hospitals, however, you will still notice differences in patient presentation, conditions and outcomes. As a private facility there will be more available time for learning, patient consultations and orientation compared to the government facilities.

In Nsanje, Likoma and Mzuzu we partner with missionary hospitals; **Trinity Hospital** in Nsanje, **St Peters hospital** in Likoma, and **St Johns Hospital** in Mzuzu. We support students at both Trinity and St Johns and there may be opportunities to get involved in teaching at these locations. There are fewer doctors at missionary hospitals and clinical care is generally provided by clinical officers and nurses. The missionary hospitals are run by the Christian Health Association of Malawi (CHAM).

In Zomba we partner with **Zomba central hospital**, a government facility. Medical doctors can undertake their internships here. There are more doctors working at this facility compared to CHAM facilities, but resources are limited. There are more likely to be medical learning opportunities at Zomba Central hospital as this is the main referral hospital for the region, however, the hospital can be busy and chaotic and there is not always time for orientation or supervision in clinical activities.



Mwaiwathu Hospital

We deliberately do not offer electives at Queens Tertiary Referral hospital in Blantyre because this is a center of learning for Malawian students. It is a busy hospital. It may be possible to organize a day visit to Queens during your time in Blantyre so you can contrast your experiences at Mwaiwathu.

St Johns Institute for Health

St Johns Institute for Health is a CHAM hospital (Christian Health Association of Malawi). It is affiliated with St Johns Institute for Health where Medic to Medic sponsors a group of students. This facility enables you to experience a mission hospital in Malawi in a quieter area of Mzuzu city. The college is next door and you will be able to get involved in teaching students in clinical medicine



Elective Locations

Trinity Hospital

Trinity Hospital is in the southern region of Malawi. It is a CHAM hospital with 200 beds within 5 wards (medical, surgical, paediatric, maternity and nursery), an outpatient department, & outreach

clinics. There are theatres for emergency surgeries. There is a nursing college situated next door where we support nursing and midwife technicians in training. There is one doctor at this hospital. Clinical care is generally provided by clinical officers and nurses.



There may be other opportunities whilst in Malawi to get involved with Medic to Medic's work in country. This may include helping with monitoring and evaluation interviews of our student beneficiaries and auditing some of our policies, processes and procedures. We also have side initiatives including school talks (visiting schools to encourage students into training in health professions) and first aid courses in Blantyre. Some of the international team may also be in Malawi when you are undertaking electives and may have different work that you can get involved in.



St Peter's Hospital, Likoma Island, Lake Malawi

St Peter's Hospital is a CHAM missionary hospital. It has a 52-bed inpatient facility and outpatient department made up of family planning, ART clinic, antenatal and palliative care services. Other hospital departments include theatre, radiology, dental, laboratory, physiotherapy, pharmacy and youth friendly services. Community outreach takes place for children under 5 years and palliative care. There is no medical doctor here and healthcare is provided by experienced clinical officers and nurses. Likoma, being an island on Lake Malawi is remote and it is less easy to travel on weekends.

Zomba Central Hospital

Malawi has 4 hospitals in which medical doctors can undertake their 18-month internships; Blantyre, Lilongwe, Mzuzu and Zomba. Zomba is in the southern region, approximately 90 minutes from Blantyre. The town is home to Malawi's only dedicated psychiatric hospital and a prison (which makes for interesting patient populations). The hospital is a busy government facility. There are likely to be more medical learning opportunities here. However, it is busy by nature of being a referral hospital which at times may feel chaotic.



Giving back

Fundraise before you go!

Medic to Medic work closely with each hospital and can give you advice on fundraising for small scale projects at your hospital site. We encourage you to try and fundraise for your hospital before you go. \$500 can go a long way on projects in Malawi. Examples of projects may include purchasing a nebulizer machine and oxygen equipment so the hospital can manage acute cases of asthma, or purchasing a hospital wheelchair or rehabilitation equipment locally.



Bring medical items & equipment

Many health facilities in Malawi have challenges with medical equipment and drugs often run out. Asthma inhalers are particularly expensive and hard to source. There are many small items that you can bring out with you in your baggage to help the health facility (most airlines give 2x 23kg bags for travel to Malawi). We will give you advice ahead of time on items that you may be able to bring out. If you have space, we often need help bringing out medical books and second hand laptops, which we give to our student community in Malawi.

Quality improvement projects (QI)

At each elective location, it is our hope that your elective supervisor will give you an audit or quality improvement project to complete. This helps the hospital progress with clinical guidelines and interventions to benefit their patients and also gives you the opportunity to develop research skills and have something to do during quieter hours. You will be asked to feedback the results from the project to the hospital.

These projects will help Medic to Medic develop small scale capacity building projects that future elective students can complete. Examples have included "Asthma Management Box", and "Mother & Baby Boxes".

We hope in time that Medic to Medic elective students will get involved in online presentations of their projects during our annual webinar about Medical Electives. These presentations will help students coming after you to get an idea of what projects may involve and it will give you a presentation to put on your CV.



Accommodation

Accommodation in Blantyre is at the Medic to Medic house in New Naperi. Here we have two twin guest bedrooms all with mosquito nets. One is ensuite and the other has the sole use of the bathroom across from it. It has hot water and unlimited wifi. There is a guard dog and two cats who are office mascots. It is a quiet, safe and private area, but be aware this is our operational base for our student community and administrator and run fundraising initiatives from this space. There is also a student study space with a small library of resources. Students & friends of Medic to Medic visit regularly.



Blantyre



St Johns Hospital

Accommodation in Mzuzu is on site at St Johns Hospital. It has two twin bedrooms with a separate toilet and shower. There is shared kitchen facilities and a lounge. The facilities are a little rustic, and will be undergoing some renovations. There is no WiFi here, but data bundles are readily available for purchase for hotspot close by.



Bedrooms will include linen and mosquito nets. Town is a walk away from the accommodation. Airtel money for getting Malawi Kwacha is available on site. There is also a small café on the hospital site for local food.



Accommodation

Accommodation in Nsanje is on site at Trinity hospital. There are two guest houses which are able to house 4 people at any one time. There is a shared living room and kitchen, toilet and shower. There is no wifi here, but data bundles are easily obtainable.



Trinity Hospital

The hospital is next to Trinity College where Medic to Medic sponsor nurse midwife technicians. You will be able to meet some of these students and it may be possible to get involved in teaching. Trinity hospital is in a rural area of Malawi. It is approximately 2.5 hours from Blantyre. The nearest supermarket is in Blantyre. There are no ATMs at Trinity hospital and you should withdrawer cash or change your money before you arrive. Taxi's are available from the town to get to Blantyre.

There are some different options for accommodation in Likoma which will vary depending on availability. There is accommodation close to the hospital next to the cathedral which has shared kitchen facilities for cooking meals. If this is not available you will be accommodated at Mango Drift a backpackers on the island. We have given Mango Drift some bicycles so that you are able to cycle to the hospital daily (approximately 20 minutes). Mango Drift is right on the Lake and offers some beautiful views!



St Peter's Hospital

Getting to Likoma involves getting the Ilala ferry. This ferry leaves Nkhata Bay on a Monday evening and takes approximately 8 hours (if running to time). We will ensure that you are given a cabin for this trip. The Ilala is the most economical way to travel to Likoma and an experience in of itself!



Zomba Central Hospital

There is no accommodation on the hospital site at Zomba. There is a homestay a short walk from the hospital.



Meals

Blantyre

The Medic to Medic house in New Naperi has a fully functional kitchen which you can use to make your own meals. There are plenty of supermarkets in and around Blantyre – the most common are Shoprite, Chipiku, GAME, People’s and Spendrite. There are also local markets and people selling vegetables on the corners of most roads. Restaurants and cafes are present throughout the city, though prices vary.

Mzuzu

There is a small café at St Johns hospital for purchasing local meals (menu shown opposite). There are plenty of restaurants in Mzuzu to obtain western food (Umunthu, Macondo Camp, Sunbird Hotel, A1 Indian restaurant). These are at Western prices. There is a local market and the main supermarket in town is called Shoprite. The accommodation has an equipped kitchen that you can use.

VALUED CUSTOMERS
POSTED PRICES DUE TO INCREASE IN MARKET COSTS OF MATERIALS

Low Budget Restaurant

PRICE LIST EFFECTIVE 01-05-2023

1. QUICK SNACKS	
• Fried Eggs	MK300
• Meat balls	MK400
• Mwa Gizzzo	MK400
• Beef Sausages	MK1,000
• Ox Tail (soup)	MK3,000
• T Bone steak	MK3,500
• Shin (soup)	MK3,000
• Goat Soup	MK1,500

2. DRINKS & BEVERAGES	
• Bottled Water	MK400
• Soft Drinks (Glass Bottle)	MK500
• Soft Drinks (Plastic Bottle)	MK550
Takeaway Box	MK200
Plastic Spoon	MK50

3. MAIN MEALS	
• Rice / Nsima / Chips	
➢ With Vegetables only	MK1,200
➢ With Veg plus Beans	MK1,300
➢ With One Egg	MK1,300
➢ With TWO Eggs	MK1,500
➢ With Usipa wa fresh	MK1,500
➢ With Ma-Offals	MK1,500
➢ With Beef	MK1,500
➢ With Sausage	MK1,500
➢ With Goat Meat	MK1,700
➢ With Liver	MK1,700
➢ With Chicken Piece	MK2,000
➢ With Chicken (wing)	MK2,300
➢ With Beef Sausage	MK1,500
➢ LOCAL Chicken (small)	MK2,000
➢ LOCAL Chicken (large)	MK2,500
➢ WHOLE FRIED CHAMBO	
▪ Small	MK2,500
▪ Medium	MK3,500
▪ Large	MK4,000

4. SPECIAL MEALS	
• Ox Tail (Full Meal)	MK4,000
• T Bone steak (Full Meal)	MK4,000

Low Budget Restaurant
The Best for Less

Trinity Hospital Nsanje

Trinity hospital is very rural. You will be able to purchase local meals from the trading center. There is a fully equipped kitchen at the accommodation where it is possible to cook your own meals. Local markets are readily available to buy vegetables, maize flour and rice. You should do a supermarket shop before you arrive in Trinity to make sure you have everything you need when you start.

Likoma

The accommodation in Likoma has a kitchen to cook your own meals. There are various lodges on the island where it’s possible to purchase food. Amenities can be purchased locally, but it may be worth doing a food shop before you leave the mainland to have some stocks in supply.

Zomba

There are many options for purchasing both local and western food available in Zomba. There are also many lodges in the town which can cater for many different appetites.



All students must be registered with the Malawi Medical Council when they undertake medical electives in Malawi. The office is based in Lilongwe, but registration can be done via email ahead of time. Medic to Medic submit this application on your behalf.

When the time comes, you will be asked to submit the following:

- Copy of your Passport
- 2 Passport sized photos
- Letter from your University confirming your medical elective
- Letter from the host institution (we can provide this)
- Application form (downloadable from the Medical Council website / at the end of this leaflet)
- Copy of your student ID
- Your CV

Malawi eVisa

You will need a visa to stay in Malawi. You can pay and apply for this in advance via their website. Enter on a tourist visa and choose a single or multiple entry depending on your travel plans. The port of entry is where your visa will be issued. You can stay up to 90 days on your visa, but will need to go to immigration in Blantyre or Mzuzu every month to be issued with a stamp. For those in Likoma, there is an immigration officer on the island who can do this for you.



DEPARTMENT OF IMMIGRATION
AND CITIZENSHIP SERVICES
REPUBLIC OF MALAWI



ABOUT US ▾

CITIZENSHIP ▾

PASSPORTS ▾

PERMITS ▾

VISA ▾

HOME ▾ VISA ▾ APPLY FOR VISA

Apply for Visa

VISA
APPLICATION

PHOTO
HERE

How do I apply for a visa?

Malawi Visa can only be applied Online by using the link below:

eVisa.gov.mw



Travelling in Malawi

Liwonde National Park



Liwonde national park is known for its impressive density of elephant and hippo and is one of Malawi's favourite national parks. Commutable from Blantyre, but overnight stay would be required.



Thyolo Tea Estate

Thyolo Tea Estates offer comfortable accommodation, tea tasting and mountain biking. It's possible to organize tours of the tea estates and purchase Malawi tea straight from the source!

Other sites include:

- Nyika Plateau
- Majete Wildlife Reserve
- Likoma Island
- Monkey Bay
- Zomba Plateau

Lake Malawi



Cape Maclear is a sandy beachside village with lots of accommodation to choose from and opportunities for swimming, snorkeling, diving, fishing and boat trips. Commutable from Blantyre, but overnight stay would be required. In the north Nkhata Bay is a beautiful area on the lake offering multiple opportunities for relaxation and is day trip-able from Mzuzu.

Dedza Pottery



Dedza Pottery is approximately 1 hour from Lilongwe, a beautiful spot to relax or be creative and buy pottery from Malawi.

Mount Mulanje is the highest peak in central Africa at 3,002m. There are a range of day hiking, or overnight hiking options available. Contact Emmanuel on +265 991 41 57 92. Day trip-able from Blantyre.

Mulanje Mountain



Kit List Suggestions

Clothing and Shoes

- PJ's
- Shoes → Trainers / hiking boots if you intend on hiking, placement shoes, flip flops / jandels, comfortable shoes.
- Clothes – Malawi is mostly warm and hot, so loose clothing with long sleeves for the evening to prevent mosquito bites is preferable, but t-shirts, shorts also acceptable. Take a jumper or two to be safe as it can be chilly on occasions. Malawi is a generally conservative country for dressing.
- Underwear.
- Exercise gear.
- Swimwear.
- Rain jacket / umbrella.
- Sleeping bag (if you intend on an overnight in Mulanje), though can be borrowed / loaned from guides.

Recreational

- Set of scrubs.
- Smart placement clothes.
- Your own medical equipment such as stethoscope, thermometer – this will enable you to be independent as the facilities may not always have equipment to borrow – you could leave this as a donation to the facility, or make sure it is labelled with your name should you want it back.
- Tropical Medicine Handbook.
- Suturing equipment / donated medications / baby clothes / medical books (if you have space in your luggage). Medic to Medic can advise on this.

Placement items

- Antimalarials, analgesia, diarrhoea relief and rehydration sachets.
- Regular medication (if you are on any) – keep this in hand luggage in case your bags are delayed.
- Personal first aid kit
- Toiletries such as suncream, insect repellent. (Shampoo, soap and toothpaste can all be purchased locally if you are short on space).
- Towel

Electricals

- Torch with spare batteries (Malawi is prone to blackouts and load shedding).
- Power bank to charge electricals when power off.
- Adapter – Malawi uses the UK 3 pin plug.
- Phone & charger.
- Laptop & charger.

Practical Stuff

- USD or GBP cash for changing money
- Visa / ATM card – note well that there may be a charge each time you use your ATM card and then the exchange rate fee. It's only possible to withdraw 200,000 MK in cash each time. Example – 200,000 MK withdrawn from HSBC card – non-sterling transaction fee £4.50 and an ATM charge of £3.50 for a £140 withdrawal. Should you need additional cash in Malawi, you can pay to Medic to Medic in GBP via bank transfer and then we can withdraw the equivalent in MK from our bank, but be aware this will take time for processing and logistics and will generally only be recommended for emergencies.
- Malawi Guide book – Bradt guidebooks are the most up to date for Malawi. There are two guidebooks available in the student study room in Blantyre which you are welcome to borrow. For those travelling to Mzuzu, you may wish to purchase your own.
- Passport.
- Yellow Fever Certificate – though Malawi is not traditionally at risk of YF, you may be asked for this at the airport. Take advice from a travel health specialist.



Southern Region Elective Mentors

We have a number of alumni throughout Malawi. You will be allocated an elective mentor who is one of our graduates. They will meet with you at the start of your elective, in the middle and at the end. They will also be available over WhatsApp to help you at other times or meet with you. This could be advice on how / where to travel on weekends, help you with a medical case or any pastoral or logistical problems you are encountering during your elective. For some of you, you may not require a lot of support. For others there may be unforeseen problems that may occur for which support on the ground will be useful. The elective mentors are paid a small fee for their help. This gives them an opportunity to earn additional income (since salaries in Malawi are very small) and also helps protect their time to help you should you require assistance. Please be mindful that they all have full time jobs and clinical commitments. They have all undergone training on how to manage potential problems or scenarios that elective students may encounter. You can meet some of our mentors below:



Chisomo Mthunzi

"I graduated in April 2022 , currently interning at Queen Elizabeth Central Hospital and will be finishing in September 2023. I want to be an elective mentor because I enjoy being able to give people the help they need , especially from the seemingly little things such as where can I get a bus to complex situations that are common for electives student's coming to Malawi from the prior experience I've had with them. I am excited about now being able to be intentional about the role in the appropriate context."

Samuel Mpinganjira



"I am a medical doctor, passionate about teaching and supporting others to attain good education and good health. I am an early career researcher, and public health practitioner with an interest in implementation science and infectious disease epidemiology. My aspirations are to assist developing countries implement vaccination programs optimally and conduct program evaluations to ensure such programs are effectively contributing to change epidemiology of infectious diseases. Currently, I'm working in public health in my home country, Malawi."

Jeremiah Kabaghe



"I am a pharmacist. A holder of Bachelor of Science degree in pharmacy from the University of Malawi the College of Medicine now known as the Kamuzu University of Health Sciences (KUHeS). I graduated from college in 2019 and did my internship at Queen Elizabeth Central Hospital (QECH) till 2020. I am currently working with Pharmicare pharmacies as a branch manager for the Blantyre branch. I am privileged to work as an elective coordinator for Medic to Medic."



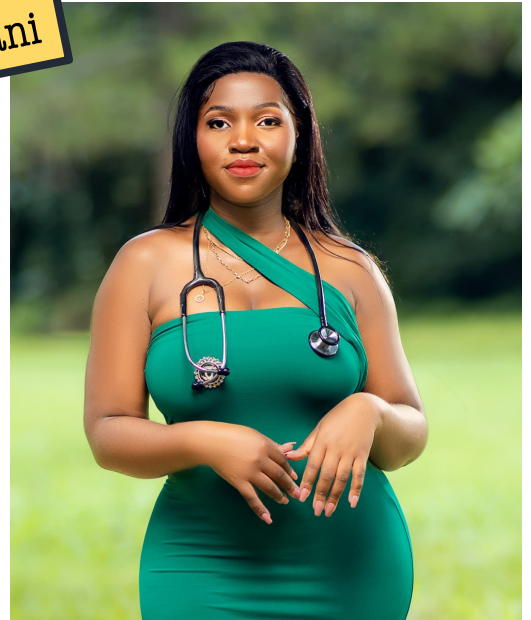
Southern Region Elective Mentors

Yohane Magalasi



"I'm Yohane Magalasi, a medical doctor with an MBBS degree acquired in 2023 from College of Medicine, Malawi. Currently, I'm an intern at Zomba central hospital. I love being an elective mentor because I enjoy guiding students and teaching them about our culture as I also learn about another culture too. I love to travel and enjoy being involved in elective activities."

Mefa Nyongani



"I am Mefa Nyongani, a medical doctor intern at Zomba central hospital. I graduated at KuHES (formerly college of medicine) in March 2024. I am excited to be one of the elective mentors of Medic to Medic whilst I'm completing my internship in paediatric, O&G, medicine and surgical departments."

Takondwa Namalima



"I am Dr Takondwa Namalima. Currently surgical resident at Queen Elizabeth central hospital (QECH). I graduated in 2021 from Kamuzu University of Health sciences (Then called University of Malawi, College of Medicine). I finished internship in 2022 and also worked as a research coordinator at Malawi Liverpool welcome trust before joining QECH as a resident. I want to be an elective mentor because I will be able to develop more skills and also help with fundraising of Medic to Medic and having increasing networking opportunities. As a mentor, I plan to engage relevant stakeholders to ensure that the elective student have unique and fruitful experience in Malawi. The medical elective should not just be a travel experience, but a learning opportunity. "



Northern Region Elective Mentors

Petros Chiumia



"I am a Medical Doctor. I did Bachelor of Medicine Bachelor Surgery at College of Medicine now called KuHES. I'm currently working at Mzuzu Central Hospital as a Deputy head of Department of Paediatrics. I also lecture at Mzuzu University as a part-time lecturer. Sometimes I go to University of Livingstonia to teach student clinical Officers on a part-time basis. I'm interested in doing Nuclear Medicine. This is because I want to help the patients suffering from cancer. Due to a lack of specialists, some patients are sent to either India or South Africa. I want to cover that gap."

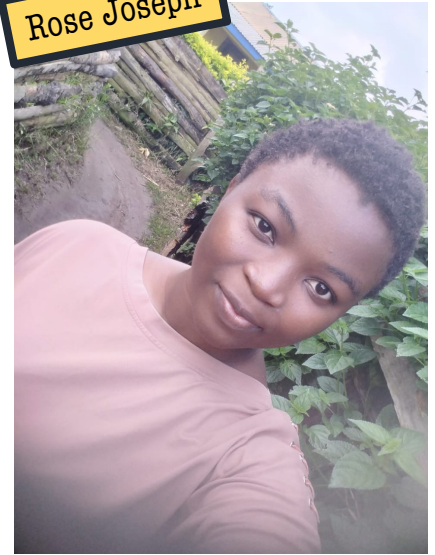
Hannah Mgode



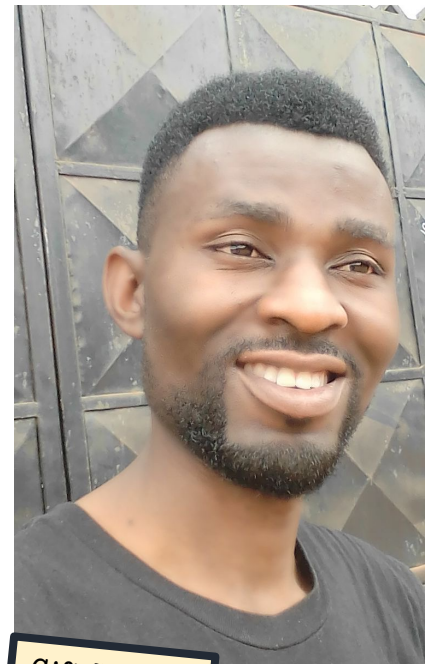
"I am Hannah Mgode, a holder of Bachelor's degree in Pharmacy (hons). I graduated in 2022 and did my internship at Mzuzu Central Hospital. I am excited to be an elective coordinator as it will be another opportunity for to grow in my decision and problem solving skills."

"I am a Clinical Officer. I graduated in, 2023 from Livingstonia University - Ekwendeni campus. I was privileged to serve as the Student Council President both at campus level and the entire University which comprises of four campuses. I come from a humble background and know exactly what it means to be a needy student. My passion is to help out challenged healthcare students who are at risk of withdrawing from their training as I nearly dropped out of my studies at some point in time. I at times hold motivation talks to secondary school students and I long for an opportunity to further my studies to a level I can confidently and effectively support needy students in Malawi to a level they can contribute positively towards the country's development. I am optimistic that by being an elective coordinator for Medic to Medic, healthcare services in Malawi are likely to improve. Currently, I am doing Internship at Nkhata Bay District Hospital - northern part of Malawi."

Rose Joseph



"I am a Physiotherapist with a bachelor of physiotherapy (Hons). I graduated in April 2022, I am passionate about clinical paediatric physiotherapy and research. Currently am working as a volunteer at Mzuzu Central hospital."



Gift Khonje



Language Lessons

You will be given a Chichewa/Chiyao/Tumbuka English translation leaflet before you leave for your elective which you can use during your time in Malawi and on placements to talk with patients in the local language. We will send the audiofile of translations so you can practice your pronunciation. We also send you an e-book with more comprehensive translations should you wish to expand your knowledge.



Chichewa, Chiyao, English medical vocabulary

Chichewa Chiyao



Greetings

Hello	Moni	Wawa / Sikomo
Good morning	Mwadzuka bwanji	Adyimwiche uli?
Good afternoon	Mwaswera bwanji?	Aswelele uli?
How are you?	Muli bwanji?	Ali uli?
My name is..	Dzina langa ndi...	Une lina lyangu a...
I am Dr...	Ine ndi Dr....	Une Dr...
What is your name?	Dzina lanu ndi ndani?	Lina lyenu wani?
Who is this with you?	Mwabwera ndi ndani?	Wali nawowa wani?

In Malawi, it goes a long way to greet people in Chichewa. Do this at the start of every conversation. Even if that's all you learn this will be appreciated by those around you.

Language lessons can be arranged before you travel to Malawi. We will link you with a Malawian student and introduce you over Zoom. This cost is included in your elective fee. These sessions enable you to meet other medical / clinical students before you arrive. Sessions will cover Greetings & introducing yourself; Conversations in the marketplace / restaurant; Family; Presenting complaints; medical history taking and hospital interactions.



Travel Medicine

It is our expectation that you will take responsibility to ensure your own travel medicine appointment before travelling to Malawi. It is recommended that you give at least 8 weeks notice of your appointment before travel to ensure there is enough time for vaccinations. Fit for travel gives some useful information.

What do I need to know before I travel?

fit for travel
Information on how to stay safe and healthy abroad. [About us.](#)

Public Health Scotland NHS SCOTLAND

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Select a destination... Malawi (Africa)

You will require:

- Malaria prophylaxis
- Yellow Fever Vaccination
- Tetanus Up to Date
- ACWY Meningitis Vaccination
- Measles Vaccination
- Hepatitis A & Hepatitis B
- Typhoid
- Diptheria
- Polio
- Covid-19 / Flu

Consider:

- Rabies
- Cholera

Schistosomiasis is endemic in Lake Malawi, consider investigation or presumptive treatment on return home.



Useful Information

Other opportunities

- Meet Medic to Medic students
- Take part in “School Talks” visiting secondary schools with M2M students to motivate students to continue with education
- Visit university and colleges
- Visit Environmental Projects
- Help with fundraising (Blantyre Farmers Market), first aid courses at the M2M house.

Exchange Rates

There is ongoing devaluation of the Malawi Kwacha. At the time of writing (May 2024), the exchange rate is roughly 2220 MK = 1GBP
1000 MK = 1NZ\$ (and higher on the black market)

Safety

Malawi is known as the *Warm Heart of Africa* due to its friendly and welcoming people. We have never encountered any personal threats. Be mindful of opportunistic thefts, don't walk out at night time and be sensible (like you would in your home country). If something makes you feel unsafe listen to your gut. We do not recommend using public transport – there are no seat belts in local minibuses and a high number of accidents and you will be doing so at your own risk.

Give Blood



There is always a need for blood in Africa. High incidence of anaemia, nutritional deficiencies and HIV mean that there are few people who can donate. When you are in Malawi, consider donating blood.

Poverty

Times are incredibly hard in Malawi. Covid-19 hit the country economically, ongoing devaluation, the worst cholera epidemic in 20 years and Cyclone Freddy has left many people suffering. Malawi is one of the poorest countries in the world and this isn't going to change any time soon. You will be asked to help people with school fees. Be empathetic to people's problems (they have to take opportunities where they see them) but don't get weighed down in solving everyone's financial poverty. Use your discretion. Give fair prices for curios and in the marketplace – this is charity with dignity – but, don't let yourself get taken advantage of!



Elective Fees

At the end of your elective we will send you a breakdown of your expenses to let you know how much was raised for our students in Malawi through your elective fee.

4 weeks	£1150	NZ\$2250
6 weeks	£1650	NZ\$3250
8 weeks	£2150	NZ\$4250

If you split your elective between the two locations, i.e., 1 month in Blantyre and 1 month in Mzuzu there is an additional charge of £250 (NZ\$500) for in country transfers. During your transfer, you can do your own sight seeing (accommodation at your own cost but transport provided on route).

This includes:

- Airport pick up & drop off in Malawi
- Transport to and from your placement
- Accommodation & breakfast
- Registration with the Malawi Medical Council
- Hospital hosting fee
- 4-6 language lessons
- Tropical Medicine Tutorials
- Elective Mentor
- Elective project mentor
- Return de-brief / support
- Local SIM card & first data bundle
- Guidebook
- Carbon offset – tree planting

This **DOES NOT** include:

- Indemnity Insurance
- Travel Insurance
- Vaccination / Travel Health Appointment
- Airfares
- Malawi Visa
- Airtime / internet in country
- Meals (lunch & dinner)
- Sight seeing trips / recreation.

Please see the FAQ section of this leaflet regarding refund / cancellation.



Frequently Asked Questions – Elective Student

My passport has been lost / stolen what do I do?

If your passport has been stolen, it may be necessary to report it to the local police station to get a crime / incident report (the elective coordinators can help you do this). Ensure you have an electronic or paper copy of your passport page. It will be necessary to contact your embassy to get a replacement or temporary passport / travel document and then follow up with immigration in Malawi for a replacement visa.

I need to renew my visa, how do I do that?

Most visas for Malawi enable tourists to stay in Malawi for up to 90 days. Therefore it is very unlikely that you will need to renew your visa whilst you are on your medical elective. However, it is necessary to get a stamp every month at immigration to validate your existing visa. This is free to do, but you will need to make sure you go in good time. Be aware most government offices take two hour lunchbreaks. We would recommend that you do this on a weekday, before it is due and first thing in the morning to avoid delays. Inform your elective placement that you will not be attending at this time.

What do I do if someone asks me to do something that I'm not comfortable doing due to my experience levels?

You should always listen to your gut. It's there for a reason. Only practice within your competencies and if trying new skills ensure that you are adequately supervised until you feel confident doing the procedure by yourself. You may feel very enthusiastic when working in a developing country, but you should not practice outside of your competencies. If you do not feel comfortable, then explain to the health worker that you are working with that you are unable to perform the procedure and ask if they could show you / explain how to do it first. If you are being pushed into something that you do not feel comfortable with then discuss this with your elective coordinator who will be able to support you with how to manage the situation.

What do I do if there is a natural disaster / Cyclone during the rainy season?

Malawi is prone to climate injustice. The climate is variable leading to prolonged droughts as well as extreme rains. Cyclone Freddy in Blantyre during March 2023 caused widespread devastation with over 1000 deaths including a valued member of the Medic to Medic team. For those staying in Blantyre, the Medic to Medic house is in a good location (not in the vicinity of potential mud slides) and the building is sound. If you have concerns about the safety of any building during the rainy season, we would recommend getting to a hotel. If in Blantyre Sunbird Mount Soche or Amarylis are well known hotels. If in Mzuzu, Sunbird Mzuzu would be our recommendation. If in Trinity Hospital, this is a very rural area. The college and hospital will be the areas of greatest safety.

What do I do if I get a needlestick injury / body fluids in my eye?

Each of the health facilities has a protocol in place for needle stick injuries. Report this as soon as possible to your elective supervisor. Follow immediate first aid procedures including washing / bleeding the wound, washing it thoroughly with soap and water. You may wish to consider bringing your own PEP. Bear in mind that ART is widely accessible in Malawi.

I have experienced inappropriate remarks from staff / patients, how should I deal with this?

Most Malawians are very friendly. It is important to understand the context in which comments / remarks are made. Again, listen to your gut. If you feel unsafe, make sure you leave the situation and go to a place of safety. If you need to discuss an incident with anyone, please do so with your elective coordinator. They will be able to help guide you. We will put you in touch with your elective coordinator 1-2 weeks before you travel.

I am not feeling well, where should I go and what should I do?

You should alert Helen our office administrator in Blantyre and your elective coordinator that you are not feeling well. If you are based in Mzuzu, alert your elective supervisor and your elective coordinator. They will accompany you to the hospital for assessment and treatment. Whilst all our elective coordinators are health workers, their role is not to assess your medical needs if you become sick, but act as an advocate for you. Please ensure that you have sent us your travel insurance details before you arrive so we have these on file in the unfortunate event that these may need to be used.

People have approached me asking for money for their siblings / children's school fees as they think I have lots of money, how best can I respond to them?

Life in Malawi is hard. There is a huge amount of apathy in Malawi, which is a sign of poverty and lack of freedom. Be sympathetic to people's requests, they have to take opportunities where they see them. However, do not feel pressured to solve everyone's financial challenges. Explain to people that you are a student yourself and do not have any extra money. However, if you would like to help someone and need advice about it, we recommend discussing this with your elective coordinator. If you receive requests from Medic to Medic students, your elective coordinator, or any staff at the Medic to Medic house, please let us know.

How often do I meet my elective mentor?

At a minimum, we expect your elective mentor to meet with you at the start and at the end of your elective in person. Your elective coordinator will be available over WhatsApp / call to discuss any problems (clinical, practical, logistical, pastoral) that you may encounter during your time in Malawi and can meet with you in-between times if you need.

Can I visit other locations for electives once I have arrived?

We hope that you will have the opportunity to visit the government tertiary hospital for one day during your time in Malawi. It is the responsibility of the elective mentors to help you arrange this. You may also be able to visit different colleges and meet our students. For those in Blantyre, Samuel Mpinganjira works for the WHO on vaccination strategies. He will be able to arrange day visits to health centers in and around rural Blantyre.

How do I get a sim card in Malawi?

In Malawi there are two network providers – Airtel and TNM. Airtel is multinational. It tends to be more reliable and has better coverage, but is a bit more expensive compared to TNM. TNM (Telecom Network Malawi) has less coverage in rural areas, but is cheaper to run. Through both network providers you can buy bundles for data, voice or text messages. It's also possible to use Mobile Money using your sim card. Airtel Money and Mphamba (the TNM equivalent) you can load money on to your mobile money account and then withdraw it via an agent (it works a bit like an ATM). This helps you keep money safe without needing large quantities of cash. You can also send money to others using the mobile money account. Be aware there are small transactional fees everytime you use Mobile Money. Each elective coordinator has a SIM card for elective students and will give this to you at the start of your elective. Please return it to your elective coordinator at the end.

How do I change money in Malawi?

Cash can be changed at foreign exchange counters in the cities. The most common foreign exchange currencies are Pounds, USD, Euros, South African Rand and Japanese Yen. It will be possible to change money at the airport – but their rates are normally very high compared to the centers in town. We would recommend changing a small amount at the airport on arrival (so you have some spare) and then changing more in town. Your elective mentor and Helen our office administrator can help you do this.

Medic to Medic has foreign currency accounts and local kwacha accounts in Malawi. If you do not bring out enough money in cash with you, we will be able to get cash to you via our operational accounts if you are in difficulty.

We recommend taking a VISA ATM card. Mastercard is also available in the commercial centers. ATM cards can be expensive to use. You will often get charged the exchange rate and a transaction fee. The maximum you can withdraw at any time is 200,000 MK (£140). The charges can be as much as £8 which, often makes this an expensive option.

How much should I budget?

Local meals in Malawi cost between 1,500 - 2,500 MK (£1.50 - 2). Local meals consist of rice, nsima (maize flour), chips, soya, fish or relish. A burger and chips or rice curry would cost in the region of 12,000 MK (£8). Milkshakes cost around 2,500 – 5,000 MK (£2 – 4). We would recommend a meal budget of around £12 per day (some days you may spend more, other days significantly less). If you cook for yourself in the evening, it will be significantly less again. Transport for sightseeing and activities should be budgeted as well. Your elective mentors can be on hand to help you with

understanding how much a taxi should cost from certain areas etc. For a minimum of a 1 month stay we would recommend at least £350 to cover basic food costs.

Can I use public transport?

The public transport in Malawi consists of local minibuses or larger coach companies or pick up trucks. Larger coach companies have a better safety record, they normally all have seat belts. The local mini buses are unsafe. There are no seat belts and generally overcrowded. Malawi roads are generally in poor condition and pot holed, making even the safest car prone to some accidents. While public transportation can be an experience, Medic to Medic does not recommend you use local minibuses, utes or motorbikes. The fatality rates during road traffic accidents is high. Should you use them, you will be doing so at your own risk.

I would like to bring some medical equipment with me, what can I bring?

We hope to be able to support the facilities you are spending your time in with small items of equipment. These are requested by the facility themselves. Tamsin can help guide you on this. Medic to Medic are always in need of support in transporting medical textbooks. Old medical equipment, such as stethoscopes, BP cuffs, pen torches are useful for our students. Inhalers are expensive and very hard to come by in Malawi if you would like to start collecting small items.

I would like to get involved with Medic to Medic after my elective. How can I do this?

We hope that you have an enjoyable time on your medical elective and hope that it is a fruitful experience! Your elective fees help with the operational costs of our organization in Malawi and also help support one Malawian student for one semester at college. We are very grateful to you! If you would like to get involved in our organisation afterwards, we would welcome this! Let us know how you may want to get involved. Ideally, we hope elective students could help with coordinating our elective programme.

What happens if I need to cancel my elective? Do I get a refund?

We hope that you will not need to cancel your elective, but we understand that situations can arise that are beyond your control, e.g. family emergency. In such instances, we will try to accommodate an alternative or a change of dates. There are certain expenses that are paid for in advance (such as accommodation, medical council registration, elective mentor). As soon as funds are transferred to Malawi, it is very difficult to issue refunds in your home country. We require full payment within 4 weeks of your departure in order to ensure smooth payment of expenses and international transfers to Malawi.

Please ensure you have adequate travel insurance to cover the cancellation of your elective. We are unable to perform a refund once your fee has been transferred internationally. In the circumstances where the Foreign and Commonwealth Office change their travel advice and advises against all travel to Malawi, after you have booked your elective and paid your fee, or should Medic to Medic have to cancel your elective for any reason, and should alternative dates or hospital location not be possible, this will be escalated to the board of trustees where refunds will be considered on a case by case basis. We are not-for-profit and all funds raised by our elective programme support Malawian students.

Guidance for your medical elective in Malawi

We hope you have an enjoyable time on your medical elective in Malawi. No part of travelling or medical electives will be completely risk free! The following recommendations have been put together by the Medic to Medic trustees in an attempt to provide guidance on how to make your experience as safe as possible. We ask that you sign the document and return to us so we have a record that this information has been received.

Transportation

Road traffic accidents are a common occurrence in Malawi. We suggest:

- You do not travel by local minibus. These buses are often overcrowded, with no seat belts and many will have a poor safety standard of vehicle.
- Travel in a serviced vehicle with a taxi driver that has seat belts.
- Travel long distances in daylight hours.
- Travel with a charged phone and prepaid airtime so you are able to contact someone in case of accident or injury.
- Tell others of your travel plans and when you are setting off and arriving (you can use your coordinator to do this)

General safety

Malawi is one of the poorest countries in the world and petty theft is often opportunistic when people have fallen on hard times. Organised crime is few and far between. Medic to Medic suggests:

- Lock away valuables wherever possible.
- Take care when using ATM's and withdrawing large sums of money.
- Keep money split between different wallets.
- Consider obtaining a prepaid ATM card for use overseas, some companies include currensea, Revolut and Monzo. This will help avoid bringing large sums of cash in to the country to look after for the duration of your travel.
- Keep valuables out of sight.
- Do not walk around streets at night time.
- Go to social events with other people.
- Dress codes – Malawi is generally a conservative country. Most women keep their legs covered below the knee and shoulders covered. Whilst this is not always the expectation for visitors, be mindful that people may stare and look at you if a lot of skin is exposed. Around the lake swimwear is more acceptable but also be mindful that swimwear is not readily available in Malawi and most people will wear shorts and t-shirts to swim.
- Crocodiles are found in Lake Malawi. Seek advice from locals prior to swimming. Cape Maclear and Nkhata Bay are generally safe but please seek advice as isolated incidents may occur.

Health considerations

Like most of sub-Saharan Africa, Malawi is prone to infectious disease and epidemic outbreaks. Medic to Medic suggests:

- Obtain a travel health appointment within good time prior to travel
- Follow needle stick injury guidelines at the local health facility
- Most health facilities have post exposure prophylaxis readily available in case of needle stick injuries
- Obtain malaria prophylaxis
- Do not pat stray dogs
- Drink bottled water
- Avoid street food, unless cooked thoroughly
- If you have seen a clinical case or situation that has affected you, please seek an opportunity to debrief with your elective coordinator
- Please obtain travel insurance which includes medical evacuation
- Consider purchasing praziquantel prior to departure from Malawi for presumptive treatment of schistosomiasis. Schistosomiasis is endemic around Lake Malawi. Even if you do not travel to the lake some areas will use lake water for showers and flushing toilets.

Social media considerations

We're sure many of you will want to share your time with your friends and followers on social media. Be mindful of which images you post on social media, particularly if patients are included. The general rule to keep in mind is if it is not considered appropriate in your home country, you should not be doing so when on elective. Please ask permission from staff, patients, and their guardians before you take photos. Consent is complex in populations with low levels of education.

If you have a problem or concern with Medic to Medic electives, please discuss these with the team before posting negative comments on social media. Please be aware that when you are posting about your elective on social media, you are also representing Medic to Medic. At times it may be necessary to use a disclaimer such as *"the views expressed here are my own and don't necessarily represent Medic to Medic"*. Be careful with your privacy online and be cautious when sharing personal information. Published posts are widely accessible and will be around for a long time, so do consider content carefully. We encourage you to share posts that Medic to Medic social media pages have issued. Additionally, if you are happy for us to share images and stories from your elective, please do share them with us.

I acknowledge the above recommendations.

Signed: _____ Printed: _____

Dated: _____

Medic to Medic Medical Elective Next of Kin Form

Name of student:

Email address:

Contact number:

Next of kin name:

Relationship:

Email address of next of Kin:

Number of next of kin:

Medic to Medic emergency number

- Tamsin Lillie +265 (0)98 134 5409 – WhatsApp
- info@medictomedic.org.uk
- You will be matched to an elective coordinator before you arrive in Malawi – you are welcome to share this number with your relatives in case of problems.



MEDICAL COUNCIL OF MALAWI

(NO. 17 OF 1987)

**MEDICAL PRACTITIONERS AND DENTISTS (REGISTRATION AND MISCELLANEOUS FEES)
REGULATIONS 2006**

APPLICATION FOR STUDENT REGISTRATION

**TO: THE REGISTRAR,
MEDICAL COUNCIL OF MALAWI, P O BOX 30787, CAPITAL CITY, LILONGWE 3**

SECTION A- GENERIC STUDENTS

1. Full names of the applicant: Mr/Mrs/Miss.....
 2. Date of Birth
 3. Marital status: Single[], Married [], widowed [], Divorced [],Other [].....
 4. Phone No.
 5. Email address.....
 6. Nationality.....
 7. Identity Type.....Identity No.....
 8. Programme entered
 9. Name of training institution
 10. Date of commencement of training.....
 11. Signature of Applicant
-

For official use only

STUDENT INDEX NUMBER

DATE OF ISSUE

Find out more from students who have been before

You may have other questions this leaflet hasn't been able to answer. The students listed below have said they don't mind being contacted by students if you had specific questions about location / area / experience. Feel free to get in touch.

Name	Location	Date visited	Email



Interested? Next Steps

Email Medic to Medic on: info@medictomedic.org.uk

- Put in the subject header “Elective Application”
- Within the email state your name, university, elective dates and preference for hospital.

We will get back to you with whether your elective can be accommodated for the dates given and will arrange a Zoom meeting with you shortly after this at a mutually convenient time to discuss your elective. We can give tips on air fares and go through the necessary steps.

If we can accommodate the dates given we will send you a confirmation of placement letter (some require this for their university), a host letter (for your evisa application), an invoice and suggested medical equipment for your hospital location (should you wish to organize a collection). A minimum fee will be required to confirm your elective and begin the administration processes with the Malawi Medical Council..

We will require the following information from you:

- Copy of your passport
- 2x scanned passport photos
- Medical Council application form
- Letter from your university
- Copy of your student ID
- Your CV
- Next of Kin Form returned
- Guidance for your medical elective form signed and returned
- Flight details
- Travel Insurance details

Payment of the balance of your elective is due 4 weeks prior to the start of your elective.

Despite the best planning and organization, electives don't always go as planned. Sometimes this leads to something better than you expected. Be flexible, go with the flow and you won't be disappointed!

