

ACP Volunteerism Luncheon
International volunteering: What you should consider

The following is a list of suggested topics for discussion today. It is intended to stimulate you to ask questions and offer your own experiences when considering work as an international volunteer physician. The list is not comprehensive and there may be other important issues to consider which could come out of our discussion.

1. What are you looking to get out of the experience?
 - Adventure?
 - Service?
 - Medical curiosity?
 - Cultural experience?
 - Challenge?
 - Vacation?
2. How do you choose your volunteering experience?
 - Direct patient care?
 - Religion/faith?
 - Teaching/capacity building?
 - Sustainability?
 - Language?
 - Personal health and safety?
 - Time commitment?
 - Fit between your skills and the needs of the patients/community/clinic?
 - Organization's reputation?
3. What should you do to prepare for international volunteering?
 - Vaccines?
 - Malaria prophylaxis?
 - Prescriptions?
 - Leave from work?
 - Travel insurance?
 - Cultural preparation?
 - Stateside coursework?
4. What should you bring with you when volunteering abroad?
 - Stethoscope?
 - Pens?
 - White coat?
 - Sanford Guide?
 - Pharmacopeia?
 - Solar charger?
 - Headlamp?
 - Textbooks?

- Oxford handbook?
- Duct tape?

5. What should ask once you get in country and to your site?

- What is the local payment structure?
- What are the local customs, within medicine and interpersonally?
- What medications are available?
- How do patients receive medications?
- What diagnostic tests are available?
- How will patients receive care when you leave?