COUNTRY	YEAR	HOST INSTITUTION	WOULD YOU RECOMMEND THIS ELECTIVE?	GENERAL ADVICE	SPECIALTY	TUITION FEES	OVERALL COST	CLINICAL OPPORTUNITIES	EDUCATIONAL EXPERIENCE	ANY RECOMMENDATIONS FOR THE IMPROVEMENT OF THE EDUCATIONAL EXPERIENCE	SAFETY ADVICE: any gaps by foot collective	PERSONAL SAFETY / HAZARDS ISSUES OF CONCERN	OCCUPATIONAL HEALTH ISSUES OF CONCERN	HOW DID YOU FIND OUT ABOUT THIS ELECTIVE?	ANY DIFFICULTIES IN ARRANGING THIS ELECTIVE?	ACCOMMODATION PROVIDED BY THE HOST INSTITUTION?	DEVICE / INFORMATION ON ARRANGING ACCOMMODATION
ARGENTINA	2019-10	Hospital de Pediatria: "Prof Dr Juan P Garrahan", Buenos Aires	Yes	No size needed as long as you're not being paid (for a UK citizen, other citizens probably would require eg. US). People do not speak much English, your Spanish needs to be reasonable. Pack for all weathers, all the seasons happen in a week. Everyone leaves work after all the other. It is probably best to join in.	Pediatrics	None, sometimes they ask for a contribution of 100 pesos per month (approx £25)	Cost of flights and accommodation for the 6 weeks came to approx £3000. There daily costs of living depending on what you want to do. At the current time there is an act of control problem with inflation in Argentina so everything is expensive for us. The hospital is in a very dangerous area and your Spanish needs to be excellent. Not all students arranged a social including our name curricular activities was positive.	Regular clinics in a variety of disciplines including general paediatrics, paediatric neurology, developmental, genetics. Mixed results on the NICU being inquisitive towards the above Yours Regular grand rounds and departmental "seminars", sessions.	Regular clinics in a variety of disciplines including general paediatrics, paediatric neurology, developmental, genetics. Mixed results on the NICU being inquisitive towards the above Yours Regular grand rounds and departmental "seminars", sessions.	No	Regular clinics in a variety of disciplines including general paediatrics, paediatric neurology, developmental, genetics. Mixed results on the NICU being inquisitive towards the above Yours Regular grand rounds and departmental "seminars", sessions.	informal advice on not walking, getting the bus and which taxis to avoid	No	No	Not a family friend who had previously worked here. But they do send students through the SGSD part of their website. Not very from outside Argentina.	Not significantly but English was not spoken at all so some rounds got a bit lost in translation.	No	No, used airbnb and found that to be a cost effective method. I wouldn't stay near the actual hospital, it is not a nice area.
AUSTRALIA	2019-10		Yes								Yes						
AUSTRALIA	2019-10	University of New South Wales(Kirst Women's Hospital)	Yes	Only need 1 month travel visa, Sydney is not that warm in the winter - take a proper coat! (I skiiied), great travelling afterwards, felt very safe and very friendly and comfortable environment	Ophthalmology	Around $2000 (at least)	Around $thousand when including flights, visa, accommodation, food, drink and travelling. But well worth it!	Very good teaching on using the indirect ophthalmoscope and slit lamps with lenses, opportunities for laser/diang surgery	Very good individual attention, lovely team of doctors. Interesting patients, all happy for me to be there. Learnt locally new skills. Interesting lectures/ward teaching/rounds. The hospital has a teaching hospital so everyone was friendly and eager to teach.	No	Nil	No - all very safe	No	Powerful of New South Wales website - very detailed and easy	No	No
AUSTRALIA	2019-10	University of New South Wales(Liverpool Hospital)	Yes	Tourist visa (but they will require a $100 deposit). They are not here to know where so they need your cash. Generally round wards which take getting used to. Book flights early. Adjust to Australian time in the flight seat (hammock or jail)	Urology	None	Around $thousand	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	Take weeks based at Blue Mountains hospital - VERY quiet! Much smaller population though very good for independent time. Wonderful place to stay though so take a cheap afternoon off for a bush walk or two!	No	No	None	No	Emailing the elective co-ordinator Denise Thornhill whose email is just from the hospital website	No	No
AUSTRALIA	2019-10	University of New South Wales(Medical School Nepean	Yes	This may is not cool, costs about £60. Take good shoes for the bush walks and just what you would normally for clinics and weekends. Only a one hour train outside Sydney - easy to pop into office work for food/drinks/shopping!	OBG	$2000	$2000	Lots of clinics and theatre lists. Clinicians very keen to get involved.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	When the other Australian students were there, they all signed up for clinics at induction, which I was not present at. This meant that there was very little for me to do during the last 2 weeks of my placement when going to clinic, as they were mostly full. It would have been better if I had been able to sign up for clinics at induction, or at least given a list - I did ask for this but it never arrived. However, there were only a couple of other elective students for my first 4 weeks, so I was able to get to most of the clinics that I wanted to.	Yes	Yes	Yes	Yes	Yes	Yes
AUSTRALIA	2019-10	University of Sydney(Sydney Medical School Nepean	Yes	While Nepean Hospital is in Penrith (about an hour from Sydney Central Station, travel is very cheap (about $6.50 one way with an opal card), so it was very easy getting around - just make sure you get an opal card if you go to Sydney (their version of an oyster card)	Pediatrics	Around $1200	Not sure	Clinics - I was able to see patients by myself (with other students) with the doctors and write the letters for some of the patients I saw - great experience! Paediatrics - LOTS of baby checks, which I enjoy doing. Lots of opportunities to see/do things in the community - I went to a few schools, and also went on a mini-bus to do the vaccine students/support from observing ward rounds, which were not always the same time every morning. Each consultant saw their own patients, meaning that they did tended to dip in and out of the ward rather haphazardly - I did get to write in the notes, however, which was useful.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	No	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	No	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	No	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.
AUSTRALIA	2019-10	University of Sydney(Sydney Medical School Nepean	Yes	You only need a tourist visa for this elective. If you are doing Penrith you need to make sure you have a pertrauts vaccination before you go. The hospital is just over an hour from the centre of Sydney but it is right by the train station so it is easy to get to and most of your free time is spent in Sydney anyway.	Pediatrics	$2000	Around $1000	Lots of clinics and theatre lists. Clinicians very keen to get involved.	Lots of hands on experience. Pioneering prolapse and bladder surgery. Lots of stones and tumors to see.	Many other Australian students were there. They all signed up for clinics at induction, which I was not present at. This meant that there was very little for me to do during the last 2 weeks of my placement when going to clinic, as they were mostly full. It would have been better if I had been able to sign up for clinics at induction, or at least given a list - I did ask for this but it never arrived. However, there were only a couple of other elective students for my first 4 weeks, so I was able to get to most of the clinics that I wanted to.	Yes	Yes	Yes	Yes	Yes	Yes
AUSTRALIA	2019-10	Monash Health	Yes	Tree-huggers: tourist visa was fine, no need for ESTA or anything. Pack for all weathers, all the seasons happen in a week. Everyone leaves work after all the other. It is probably best to join in.	Pediatrics	$2000	Around $1000 pounds	Blood tests Clinics Opportunities to help and see more specialist procedures such as pleural taps Research meetings Teaching sessions for interns	Blood tests Clinics Opportunities to help and see more specialist procedures such as pleural taps Research meetings Teaching sessions for interns	Thursday afternoons we had a fair amount of teaching - the registrar was excellent and delivered good bedside teaching, and the junior staff gave presentations on relevant topics. Grand Rounds happened once or twice a week and were always interesting.	No	Travelling back late at night alone, generally being safety conscious.	None	The Elections Network	No, Denise Thornhill who is the Elections Administrator, made the entire booking experience everyone.	Yes	Stay around Chapel Street so that you have easy access to the city but can commute to Monash
AUSTRALIA	2019-10	Monash Health	Yes	Tree-huggers: tourist visa was fine, no need for ESTA or anything. Pack for all weathers, all the seasons happen in a week. Everyone leaves work after all the other. It is probably best to join in.	OT	$2000	Around $1000	Bedside Staff - Flights £1100 Accommodation - stayed with family	Ward rounds, shadowing in theatre	Tutorials for OT structure, medical students involved well	No	No	No	Consultant in Liaison	No	No	No
AUSTRALIA	2019-10	University of Melbourne(Royal Melbourne Hospital	Yes	Venture also for Australia Extra: local guide book of melbourne is over the more niche things and don't just stay in the center Hospital very positive to the UK(useful to brush up on some IC to help with any questions) and also to help make decisions in management that they encourage you to get involved with	Infectious Diseases/Resp	Around 700 pounds	Around 7000 pounds	Ward rounds Clinics Opportunities to help and see more specialist procedures such as pleural taps Research meetings Teaching sessions for interns	Ward rounds Clinics Opportunities to help and see more specialist procedures such as pleural taps Research meetings Teaching sessions for interns	Ward rounds, shadowing in theatre	No	Travel to see some things I hadn't seen before Good selection of general medical knowledge Practice clinical skills Teaching on key topics in medicine	No	Hospital protection	None	Resources(the melbourne university page	Fairly easy to organise	No	No
AUSTRALIA	2019-10	University of Western Australia(Royal Perth Hospital	Yes	Perth is a very isolated city, providing 80% of Oceania cover for an area about the size of India. As such, if Oceania is something you're interested in, then it might be worth remaining in Australia. Perth is a great place to live, but it is very isolated. Regardless, it is a well established hospital and will be good experience for your future career. I recommend heading Eastwards in Australia for the extra two weeks to have a more complete experience of the country - Cairns and Melbourne were particularly good	Internal Surgery	£1,000	£1,000	Around the ward round, helped with jobs, performed consultations/administration/phlebotomy, assisted and observed in theatre	I was mostly shadowing an equivalent doctor to an FY1 for ward days, and was given a few jobs to do on the ward. Some days were very busy and I felt overwhelmed to a few months time - I was also welcomed to the teaching opportunities for the medical students training in the hospital which were very good	No	None	None	Bedside clerkshipe	Yes	Yes
BRAZIL	2019-05	Hospital Municipal Miguel Couto-RJ, Rio de Janeiro	Yes	Lathing in specific is needed. . Isaak of sun protection!	Gastro-hepatic trauma surgery	0	0	Lots	I had the opportunity to work in both clinics, G&E and in theatre. As there were a lot of patients I had a lot to do in terms of histories, examinations and discussions.	The doctors were great and enthusiastic! They were very keen for me to be involved and learn as much as possible.	No	No	No	I knew I wanted to do a rotation focial trauma in Rio so I revealed the head of the department.	Yes	Yes	Yes
CANADA	2019-10	University of British Columbia(St Paul's Hospital	Yes	Venture medical exam to clear immigration if going to work in hospital whilst present in Canada (around £100), needs to be done at least 7 days before travel) Need to obtain educational medical license from the College of Physicians and Surgeons in BC (forms found online to be received in Canada at least 3 weeks before elective start date).	Critical Health 2 Forum	60 CAN per placement (total 760 CAN)	$1000	Run a minimal of 6-10 patients depending on number of patients on ward. Saw patient before ward round, blocked bloods/investigations, made plans for day and discussed with attending. Actioned plans after discussion e.g. ordering tests, setting up prescriptions, etc.	Very engaging, staff are keen to teach and take ownership of the student. More responsibility than UK but very well supported. Unique patient population (FIFO - 100's residents of downtown Vancouver)	Less didactic teaching, although this is a minor issue and due to my preference for experience based learning.	No	No	No	Google search	No	No	Cost Airbnb, would highly recommend.
CANADA	2019-10	University of British Columbia(Vancouver General Hospital	Yes	You don't need "clinics clothes" you can wear scrubs at all placements, I took 4 pairs to cover one pair per day on the middle surgical trip but where I got to know's, house lives there were plenty of spare scrubs in various sizes so you don't need to take too many Rough-scper your medical accounts before you ship it over to Canada because of the shipping costs	Urology	Just admin fee of around £350	Including everything £3000	Lots to the urology outpatient's clinic. I was given my own room to run the clinic and see patients. I also had to do bedside patient letters.	Two consultants/Urology teaching/Working in a team	Good experience	None	None	Through a friend and website	None	No	I stayed with Sonia the recommended home stay. It was fairly pricey but she was very good at looking after students and helping them with accommodation. It was also good to practice Spanish and Sonia has been hosting for many years and knows how Chilean cooks works so is useful for interaction. If you are either students of a similar age or have a partner who is also working.
COLOMBIA	2019-05	Universidad CES Medellin	Yes		Pediatrics and tropical medicine	None	Around £700 not including travel	Around 3 PID not including travel	Around 3 PID not including travel	In the first week we had a meeting with the director of the hospital who was incredibly rude to us. There had been some administrative error which was not our fault, and we had to pay for our own accommodation. We had been promised accommodation by the liaison of the tour he just immediately blamed us and started shouting at us in Spanish, while being really quite insulting. I haven't experienced being spoken to that way in a professional setting before, and felt that it was inappropriate considering it was only our 3rd or 4th day in the country. If following students could internally avoid the situation that would be ideal, and that we heard from other staff at the hospital he just is a very rude person and others does the sort of thing. Everyone else at the hospital was lovely and very helpful though.	No	No	No	No	No	Yes
ECUADOR	2019-06	Gatemodes Foundation, Cuenca	Yes	You don't need "clinics clothes" you can wear scrubs at all placements, I took 4 pairs to cover one pair per day on the middle surgical trip but where I got to know's, house lives there were plenty of spare scrubs in various sizes so you don't need to take too many Rough-scper your medical accounts before you ship it over to Canada because of the shipping costs	Surgery	£1160 fees (Spanish lessons £90) + accommodation for placements: Housing £750 Insts food £60pp (£180 for 3 months) Flights £1000 Insurance £200 (£600 for 3 months) Visa £100 (£200 for 6 months) Transport: £120 (£360 for 3 months) Total: £3,250 (£5,010 - £6,000 for 6 months) Spanish lessons: £270 (£540 for 6 months) Total: £3,520 (£5,550 - £6,500 for 6 months) Total for 3 months: £3,870 Plus transport costs for Quito: approx 4 days per weekend	Ward rounds seeing the patients, making a plan and confirming with doctor & ordering patients and making sure they are fed/medicated/at clear fluid allage/health checks/& providing primary healthcare/care/bleeds and blood tests	Seeing lots of patients, able to converse in English to take detailed histories etc. doctors friendly and willing to teach/ask questions	Very friendly and helpful	Very keen on students to smaller lives which you can learn a lot from. Also very helpful in clinical needle skills (IM injections) if your of type of your drug in the control kit.	No	No	Yes	Yes	No	Yes
FIJI	2019-05	St School of Medicine(Lautoka Hospital	Yes	Do are as many trips as you can. You can discover your way to get the local rates for the ferry. Take sun tonic, bug spray, it is very cheap. Food is very cheap if you know where to look. Ask the doctors and nurses where you get there. Don't have your elective on the smaller of the two main Fiji Islands - there is nothing to do there for sure	Emergency Med	Around £1000	£1000	Very hands on. They expect you to do clerks, examine, do bloods and investigations and write up plans. I got alot of experience there as well under supervision	Lots hands on	Lots hands on	No	No	No	Doctors Network	No	No	Yes
FRANCE	2019-06	Hospital St Antoine, Paris	Yes	Nothing special in terms of preparation, also, contrary to popular belief, most people (especially university administrators, accommodation administrators, etc.) are quite fluent in English.	Rheumatology	0 euros	Around 2000 euros but I was advised by an administrator to book university accommodation for 8 weeks rather than the 5 I needed, to begin from the first day of the month. I ended up paying accommodation for about 10 weeks but that's a long story. When I got there I realised I could have rent probably just booked for the specific 5 weeks I wanted which would have saved me a lot of money. Food is very cheap if you know where to shop, and there are many cheaper or free things to do in Paris than in London. For the culturally minded, almost all museums are free for EU citizens (less than 26 years old)	Attending and examining patients fully in A&E, taking bloods and putting up IV lines with the Pauls (not really done by doctors here), putting in plaster casts, doing lots of suturing, carrying out CPR on a patient who went into cardiac arrest after a period of hypoxia.	They let students do all sorts of practical procedures in France, from joint injections to lumbar punctures. You can observe and assist in operations, and they let students do quite a lot of suturing. Lots of opportunities to see patients every day, so it was really good. People seemed to have a lot more time to teach during quiet bounds	The responsibilities that students have - they are not there just to observe. The many opportunities for practical procedures.	People were generally very friendly but most of them did not seem to know what I was there to do, they assumed I was an "interne" - student that would be there for many months and would (in exam with the rest of the students there - sometimes) had to do everything that a junior doctor would do. I felt that I was being treated as a junior doctor in terms of the work I was expected to do, but I did not have the authority what their consultants were doing or for at exactly the same level in terms of my understanding of how things work there. etc.	I felt most part of a team and had the most support when on the ward in my last two weeks, with long discussions with the consultant after I had chelled the patient she had asked me to. The A&E experience was more isolated - different doctors most days and you feel to really ask to get jobs etc.	No	No	No	The Anglo-French Medical Society Website and a review by a former student, who I was then put in contact with and able to have a discussion to prepare me for the island and in the DSU. My mentee is now up there too!	No	No	Yes
GUADELOUPE	2019-06	CHU Pointe-a-Pitre (Centre Hospitalier Universitaire)	Yes	No size needed Part of the EU, so take your EHIC certificate of small islands around too, so great for an 8 week elective - Les Saintes, Marie Galante, Grenade, Martinique . Don't take photos of market stalls etc., without going up to the staff owner and asking permission first - they get angry otherwise!!	A&E and Hepato-Gastroenterie	None	£1,000	Seeing and examining patients fully in A&E, taking bloods and putting up IV lines with the Pauls (not really done by doctors here), putting on plaster casts, doing lots of suturing, carrying out CPR on a patient who went into cardiac arrest after a period of hypoxia.	Lots hands on	Lots hands on	No	No	No	No	No	No	Yes
INDIA	2019-08	Seth GS Medical College & King Edward VII Memorial Hospital (KEM), Mumbai	Yes	A student visa is needed for KEM hospital - you will not be allowed to continue your elective if you arrive on a tourist visa (one student we met from Manchester university at KEM was turned away on her first day for having the wrong visa)Check you have your vaccines up to date(note to a healthcare country and I would recommend it to anybody! I am happy to be contacted by any students who would like any specific advice regarding arranging their elective in India	General medicine/ICU	£30	£1,000	Learning numerous patients with many clinical signs: organomegaly, murmurs, hepatic encephalopathy, ascites, cutaneous petiec, motor neurone signs, hoarseness and Chvostek's sign etc. reviewing imaging, at the bedside for every patient on ward rounds observing procedures	Ward rounds in clinical medicine and surgery, Grand Rounds, Clinical Pathological Conferences, Journal Club, Morbidity and Mortality Rounds, Clinical Skills Lab, Medical

NEW ZEALAND	2019-10	Bay of Plenty District School/Whakatane Hospital	Yes	I found this to be a really good elective. The staff were supportive. I learnt a lot and I experienced a culture (Maori) which has very different health beliefs to our own. Health inequalities are very real in NZ but are much more apparent in rural areas such as Whakatane. The hospital can be quiet, but the experience is what you make of it: plenty of people are willing to teach. There was ample time for travelling, but Whakatane is a beautiful place and there is plenty to do in your free time. Surfing, fishing, tramping, hot springs, beaches and the Pacific Ocean are just out of the north island. It makes a great base for weekendings. There are no passenger trains in that part of NZ, luxury coaches tend to leave early once a day and depously in the major cities. Driving is the main form of transport. They drive on the left, and the roads are fairly quiet, but be aware of the huge distances between towns (neighbouring towns are considered one of the most positive things about this elective: was getting to go on a Maraei (overnight stay in a Maori meeting house) with other medical students, organised by the Bay of Plenty clinical school. Culturally it was very interesting and I felt very privileged to be invited. Also, the Kiwi hospitality is second to none.	Bay of Plenty Clinical School	£0	Flights: £1000(there- £ 750(accommodation- £ 250 Visas and Occupational Health- £250(Medical/Expenses/any Vaccinations)- ~ £1000	Yes	Around rounds with supportive consultants interested in our learning in clinics. Dexpos	Yes	Inc the hospitals small and well staffed, the doctors had much more time to teach, whether that was in clinic, theatre or on the wards.	Because it is a small hospital, there is a lower volume of patients so there were points when it could be quite quiet		Yes	Local area is not safe to walk around at night	No	Hospital the Bay of Plenty Clinical School		Yes	The accommodation on site to the hospital is cheap and convenient but is not particularly nice. Privately arranging accommodation where possible would be a good alternative. However, be aware that there are some parts of Whakatane which are very deprived and it would not be a good idea to stay in. The whole staff at the clinical school are very helpful and are likely to be happy to answer any questions this
NEW ZEALAND	2019-10	University of Auckland/Starship Children's Hospital	Yes	The weather is unpredictable (it prepared to leave at its commonly leaves you wet in the hospital that is such an attractive one as it is more sites that they work across. Most of the consultants will give you life if its really far away, and the public transport is really good and much cheaper than London. Revise your milestones because it's hard to remember them when you have a child in front of you. Paying the elective for a month is ok. Philippa gives you an induction to the set, you get access to the computers and library and she'll put you in touch with other students but an elective is pseudo-social	Developmental Paediatrics	£2011/202	Yes	Attended out patient clinics, performed and assisted with formal and informal developmental assessments as well as general physical examinations. Attended MDT meetings and ward rounds for the neurology department	Yes	Inc the hospitals small and well staffed, the doctors had much more time to teach, whether that was in clinic, theatre or on the wards.	Some of paediatrics that we don't particularly focuses so good to get exposure in a lot of fields, consultants all very keen to teach, small department so easy to get to know people and find out if interesting opportunities/cases were taking place	Nothing!	No		Yes	Yes, Philippa Elgar is a amazingly helpful and makes it really easy		Yes	It's expensive because it's long term, but the set gives you a list of places that people tend to stay that aren't too bad prices. Some hostels do discounts if you are staying for long time
NEW ZEALAND	2019-09	University of Auckland/Auckland City Hospital/ Starship Children's Hospital	Yes	Long wave clothing if in winter.	Oncology/Paediatrics/Dev	£0 pounds		Approx £600 + £0(clinic) living expenses		Lot of opportunities to do procedures that are hard to achieve in UK (paediatrics LPs, ascitic drains, chest drains/pleural taps) into bedside teaching. Surgery for younger pros. Open ended and flexible	Yes	Open ended and flexible Lots of opportunities to do procedures that are hard to achieve in UK (paediatrics LPs, ascitic drains, chest drains/pleural taps)		Nothing	No		No	Yes	Elective advance. Having a relative helps. Try not to pay alone
PAPUA N	2019-08	Koping Doctors	Yes	Long wave scrubs to wear on clinics, be open minded and flexible. Learn as much Spanish as possible. Learn basic vocabulary given as long wav	Primary Care/Dem Mind	£0	Yes		Yes	Was able to work in small teams (2-3 people) to provide primary health care to patients in rural communities. This meant a lot of responsibility was given to us, which was great for our learning, however there was always a senior doctor available if needed	Yes	Open ended and flexible. Lots of opportunities to do procedures that are hard to achieve in UK (paediatrics LPs, ascitic drains, chest drains/pleural taps)	Yes, I would have liked to have been paired with senior volunteers more often as I could learn many 1-2 weeks where interesting patients/relevant diseases	Nothing	No	Wearing life jackets, boat safety, using PPE.		Yes	Through family		Yes	
NIAMEY	2019-05	Hospital Antonio Lorena, Cuenca	Yes	Good other students from around the world. Few doctors speak English, so some Spanish is very useful	General Medicine	£1,000		£1,000		Daily ward rounds, opportunities to examine patients with clinical signs, chance to spend time in busy Emergency Dept	Yes	Daily ward rounds, opportunities to examine patients with clinical signs, chance to spend time in busy Emergency Dept		Friendly times, lots of consultant teaching on ward rounds, and we were looked after by the weekly teaching Dr, potato	Yes	Little opportunity to get involved with practical procedures, as these were mainly carried out by the nurses. Not much expected of medical students in junior doctors.		Yes	Previous students/internet		Yes	
POLAND	2019-05	Diabetes Hospital	Yes	Lace Polish	Diabetology	£400 (£400PLN)		£1,500		Lots for babies		babies			No				Contacted it	miss	
RWANDA	2019-10	King Faisal Hospital	Yes	Some of the locals speak English but they are more fluent in kinyarwanda - expect a language barrier. CNUK as an institution will give you more clinical experience but English is always less within the medical team. The King Faisal Medical Centre concentrate English as a side	Internal Medicine	£0		Including flights and accommodation 2500 GBP approximately		Most rounds: examinations, picking up signs (limited history taking), assisting in clinical decisions/Dec Lots teaching opportunities	Yes	Excellent institution, supportive environment, knowledge/wider senses Lots teaching opportunities		Not very hands-on. Could have been more practical		Tell safety-related given in theatre/what needle stick procedures are	None		Learnt I'd go to rwanda and did the research myself	Getting the initial response from the hospital - that they actually want you	No	Ask the host institution if they have any recommendations for accommodation
SAMOA	2019-05	National University of Samoa/Tupua Tamasese Meaole Hospital, Apia	Yes	Get a student visa (have to send off money and a form to the embassy in Belgium) - they will know all customs you are a medical student so don't ask being caught and having to pay a visa which were there. Vaccinations for typhoid and Hep A are a must. Mosquitoes are a hazard although no malaria. Would recommend repellent. People incredibly friendly and welcoming. Prayer Christian on Sundays are quiet. Local Sailors - in the industrial side of the hospital, they give a massive rundown of the culture. Really Lateful	Internal medicine	£0 Samoan Tala (roughly £80 at the time)		£1,200		Similar to clinics here - ward work after the ward round, clinics, A+E and theatre	Yes	Relaxed atmosphere and some doctors willing to teach. See diseases you would not see in the UK. Patients are more ill so see more bedside signs and presentations.	Not of other local and elective students means you can be competing for ward jobs - perhaps being fewer students per ward would be better for learning	Nothing	Yes	Sport from standard needle stick advice, were scarcely about what to do in case of an injury/pain		Yes	Accommodation	Friends in older years		No	Taiwan motel - very familiar with taking elective students. Ran by a local chef and his wife. They treat you as family and are great hosts. Highly recommend it. Have have a good view along with standard shared rooms. The family that ran it, also runs the local club so can get you free entry
SINGAPORE	2019-05	Hospital Général de Grand Yoff, Dakar	Yes	Things to take with you: lots of alcohol gel (handwashing facilities are sparse); non-sterile gloves (these are sciissored tightly on the wave), as it's good to have a set spare, just in case); mosquito spray and a mosquito net (double bed size); sunscreen (I haven't seen any places to buy it here); long trousers / skirts and long sleeved shirts for night shifts (to avoid being bitten); white coat; sling (to make a washing line); elastic bands, as with (and not doing) the going, etc. Visas: as of Feb 2019, Senegal has removed the visa (but double check this hasn't changed - see at http://www.visaonarrival.net/faq.aspx). Local customs/dress (for girls): short sleeved tops are absolutely fine, but it's best to keep legs covered either with trousers or long skirts.	Obs/Gynology	None		£1250		Lots of and challenging distances in a GP clinic and community hospital		Covering the different kinds of community medicine was interesting	Doing rounds to the formal teaching sessions organised for the medical students		Yes	Air borne infections eg TB, needlestick injuries		Yes	Accommodation		Yes	Stay in Kaolack
SINGAPORE	2019-05	National University Hospital, Singhealth/Polyclinic	Yes	Prepare for very hot weather.	Family Medicine	£0		£0 - £50		Ward round, my own clinic, consultants for cash lab		Ward round, my own clinic, consultants for cash lab		Teaching teachers, bedsides lectures		Clinic/ Wards/ Local medical student teaching. Ward rounds. Post graduate medicine teaching										
SINGAPORE	2019-04	Singapore General Hospital	Yes	If would be very useful if you could speak Mandarin or better still Malay, and other Chinese dialects (Hokkien, Cantonese) for clinical experience - it helps a lot. Bring a pair of comfortable shoes, long lovely, helpful and inclusive, and generally highly fun everyday life! enough to get by, with lots of sturdy gloves to wear	Gastroenterology/Neurology	Allowance/Subsidy	Yes	Administration for per application/Singapore/Processed. Finalists - £1,000 Pre-finals - £500 Pre-clinical - £250 Allowance/Subsidy is given directly to GSH. There are no more additional fees	Yes	Helping out in ward rounds, participated in discussions with the doctors during, and helping out with junior doctors. Lots of opportunities to see the same team of people in each rotation which helpful to build good working relationship with GP	Yes	Clinic/ Wards/ Local medical student teaching. Ward rounds. Post graduate medicine teaching. Attended a lot of the doctors are mostly very intellectual and happy to teach. Lots of opportunities to see the same team of people in each rotation which helpful to build good working relationship with GP	Yes	Yes		Yes	Yes	Accommodation		Yes	I chaperoned my friend's place, accommodation can be quite expensive. Hospitals in Singapore do NOT provide any accommodation whatsoever
SINGAPORE	2019-04	Singapore General Hospital	Yes	Do not be remembered as British citizens. Very easy to get around, most people have no problems at all.	O&G, Renal and Dermatology	£0 rounds in the administration fees.		£900-£1000 towards...																		
SOLOMON ISLANDS	2019-10	National Referral Hospital	Yes	If you want to go on a Dive elective, I would arrange to take a couple of weekend. Use another hospitalize other provinces eg. Choiseul/Isle. This is a much easier to arrange once you arrive in Honiara, and is good as it allows you to travel around on the other islands. The experience here is very different, and it can be easier to get clinical experience. It is important as a woman to take clothes that cover your thighs, and it is frowned upon to wear shorts in the hospital. Prepare to generally dress smarter in the hospital, and it is very humbled to have clothing. Money can be exchanged at the bank on arrival. You can get in the country, or taken out using your debit card. Donations are gratefully accepted at the hospital - simple things such as blood pressure cuffs and stethoscopes. It is also wise to take extra disposable surgical gowns if you want to get involved in surgery as they often run out.	Obstetrics & Gynaecology			£ 1,200		Very friendly local medical students, able to join their firm for the duration of the elective. They have a considerably greater degree of responsibility compared to UK students, and as an elective student you also have the opportunity to get involved, with senior support available when necessary.	Yes	Lots of very advanced pathology to see, diagnose and treat, lots of opportunities for clinical experience. Very friendly and knowledgable consultants and medical students	Yes	Overdiscuss, TB		Yes	Yes	Overall the country is very safe, but we were warned not to walk around at night, and to be careful in the market. We were also warned to take care of our bags in the market, as there are pickpockets (though we experienced no problems) and that people outside of the city can be slightly less friendly.	None		Yes	Yes	
SOUTH AFRICA	2019-08	Stellenbosch University/Tygerberg Hospital	Yes	No visa needed, but the student is to have a car escape town. Often transport is very difficult	Internal medicine	£0 for 8 weeks		£1,100		Clinics	Yes	Very friendly local medical students, able to join their firm for the duration of the elective. They have a considerably greater degree of responsibility compared to UK students, and as an elective student you also have the opportunity to get involved, with senior support available when necessary.	Yes	Lots of very advanced pathology to see, diagnose and treat, lots of opportunities for clinical experience. Very friendly and knowledgable consultants and medical students	Yes	Overdiscuss, TB		Yes	Yes	Out if you were sensible	Internet				The elective advice notes are not very efficient and phoning Tygerberg causes frustration (as corresponding by email.
SOUTH AFRICA	2019-08	University of Cape Town/Red Cross Children's Hospital NB - GCT accurently not accepting applications. There is a temporary suspension of Inter-International Elective Programme (May 2019)	Yes	Ensure if this elective will carry on. They told us they may not be taking anyone elective students due to Labor exchange program. If it does, bring a small handbook of paediatric medicine	Ambulatory paediatrics	Admin fees approx £600NAPC fees approx £50	Yes	£500 flights, accommodation, travel, spending money	Yes	Dirtiest in patients, able to get involved with procedures. under supervision such as doing indicated sputum, taking blood, primarily patients at ward rounds.	Yes	Good place to practice management of the child. A lot of independence but so almost bedside teaching as well with the final year students. Friendly and helpful consultants. Opportunities to do procedures and learning which is not of interest. Also good surgical teaching experience		Having a list of procedures that we were allowed to do. Variety would also have been good - maybe spending a few weeks on one ward in acute, but then going to a long term ward so we have the whole hospital would rise									Very low cost.
SOUTH AFRICA	2019-08	Langebaan Hospital (Eastern Cape Health), Port Elizabeth	Yes		General Surgery	£500		£1000		Lots of opportunity to work in theatre																
SOUTH AFRICA	2019-05	University of Cape Town/Division Sotwar Hospital	Yes	White coats are a requirement according to the university, but on the wards we never wore them.	Paediatrics	£500		£1000		Ward rounds, clinics, community clinics in a township, ward work with the junior doctors		Different patient demographics, gender fit fractious diseases. Special care for medicine and infectious diseases.		There were many elective students placed at once, remaining we were overcrowded teaching. Unit ward rounds sometimes but I think this issue is being dealt with by the university of Cape Town and we have elective students in future		Long TB patients, many HIV patients								
SOUTH AFRICA	2019-05	University of KwaZulu Natal	Yes	Start early if you go to SA. Set out clear goals to your seniors. Be careful with rural placements - have your choice of hospital or someone who has worked at the hospital before that choice	Paediatrics	£1141.98 for UKZN. £43.95 registration with the SA Health Professions Council		£1000. 90 including flights, vac rental and food costs				Exposure to advanced pathology in the context of very highly skilled staff		Have understanding of electrons and the English/SA medical school system	Yes				Yes	Contact the head of dept directly for an elective at UKZN, avoid agencies				Available but we arranged accommodation independently
SOUTH AFRICA	2019-05	University of KwaZulu Natal/Inkosi Albert Luthuli Central Hospital	Yes	Go in to mental ashes in Durban. They can be tired for the whole period of your elective. This would give you the chance to explore areas of interest. Be prepared to be overwhelmed by the amount of work and the amount of responsibility given to you (particularly admissions, gynaecological and sympathetic tension a plenty). A good knowledge of urology management is also useful.	Anaesthetics					Unbearned in theatres on most days. I was assigned to an anesthetist for the day and would stay for the entirety of the list. I was looked with drawing up drugs, administering anaesthetics, pre-oxygenation, managing airways and intubating patients. I was also sent to review post operative patients in recovery. I felt very involved in theatre and performs spinal anaesthesia and a number of regional nerve blocks.	Yes	Very hands on experience with competent, patient senior clinicians to teach. Lots of opportunities to see a variety of pathology. Long operations so plenty of time to be involved and ask questions. Very friendly and helpful.	Yes	Yes		Yes	Yes					
SOUTH AFRICA	2019-05	University of the Witwatersrand/Chris Hani Baragwanath Academic Hospital (BARA)	Yes	Take 2 years in advance. This is not a holiday elective	Trauma	£ and £800		£ and £1000		I was treated as an extra clerk. so did everything they would do		Clinical responsibility - limited like a doctor		Lots of teaching on the physiology of trauma and the academics behind its management	Yes	HIV Wagging. Car jackings. Food safety	Protection Integrity HIV+ve		Friends		Yes	Difficult to contact the administration		Just fine	
SOUTH AFRICA	2019-05	University of the Witwatersrand/Chris Hani Baragwanath Academic Hospital (BARA)	Yes	Apply early - no visa needed. South Africa has endless travel opportunities all year round. other elective students to meet. take enough money to travel	Trauma	£400 for 8 weeks		£ 750		Triage, initial assessment and management of trauma patients from minor injuries to life threatening. opportunities to assist in theatre with trauma operations. opportunity to triage and assess with the orthopaedic, neurosurgery and General surgery teams.		Time environment, resource poor, new knowledge of a specialty not practiced in the UK. Lots of time to be involved in the management of patients with large variety of trauma. extremely hands on clinical experience. Even simple DABS etc.) to more advanced (chest drain,	Yes	Rover social work hours with senior senior educational support	Yes	HIV Wagging. dangerous areas of the city. places to avoid at night or jacking		Yes	Yes				Apply at least 12 months before - very thoroughly application process. Rotations are not guaranteed		You get good accommodation clear by - Take probably elective organizer
SOUTH AFRICA	2019-05	University of the Witwatersrand (1) Africa Centre for Health & Population Studies (2) Hlabisa Hospital	Yes	No visa required. I did the whole thing without a car (due to a lack of forms at the time) although it would undoubtedly be easier with one. The UCL elective dates now coincide with the start of the South African winter, remaining it goes darkish at 5-6pm, and it isn't particularly advisable to walk around after dark. There is also no public transport after dark, so get a car (but there's anywhere to really drive to in Hlabisa). Otherwise, a bloody fantastic place. Highly recommend visiting Cape Vidal, Sodwana Bay (especially for diving), the Drakensburgs (just phenomenal), Durban (go to The Chairman, and also Cool Running!) and Swaziland (all can be done as weekendings/weekends). Dress for the hospital as per the UK (ignore the document you've sent about white coats etc) - TryLand bears a lot of Zulu, it really helps. Be prepared to be overwhelmed by the amount of work and the amount of responsibility given to you (particularly admissions and self prepared aspirations seems to be the norm now. Have some difficult and thought provoking conversations when coming from the UK.	Gen Med, HIV	Some fairly nominal fee to the University of KwaZulu Natal plus a fee to organise the VISA with the HPCSA (South Africa Gen GMC). There is was about £100 for the VISA which basically removed to go to the hospital itself.	Yes	Completely variable depending on how you dick!. Flights anywhere from £600 upwards!. Accommodation was provided for us at about £50-70 per night, which was fantastic. Obviously what you make of them, but we didn't spend much on a daily basis	Yes	Would briefly explain that I spent time at two related sites (the Africa Centre for Health & Population Studies, a research centre linked to UCL and funded by Wellcome Trust, and Hlabisa Hospital, a small district hospital up the road. Ward rounds: I am spend time in OPD (essentially a cross between A&E and a GP department) seeing new patients, or partake in ward rounds or theatre. Saw hundreds and hundreds of patients. Lots of opportunity to assist with some primary care clinics, and some of the clinics called to the HIV Treatment and Prevention trial	Yes	Very good exposure to a wide range of pathology unseen in the UK, and also culturally very different, requiring a slightly modified approach to working with patients and staff. Fantastic to spend time at the Africa Centre, which is a research centre, and also at the district centre, learning about the challenges of HIV and how they're tackled		Yes	Yes, I was given simple information about the (apparently overrated) dangers of South Africa.		Yes	Yes		Yes	Yes				Arranged by Africa Centre. However it should be possible to arrange accommodation at the hospital in Hlabisa (not recommended as there is NOTHING in Hlabisa) or in Mtubatuba, where there are a range of other B&Bs etc.
ST LUCIA	2019-06	Victoria Hospital	Yes		GP and General Medicine	£100 per week, so £600 in total for our 6 week elective		Approx £1000 all in		O&G was the best for clinical experience. We were expected to clerk patients in rooms and minors, come up with a DDX and plan, and then present to the consultant. We were also expected to assist in theatre and do lectures. Generally the doctors in A&E were very friendly and approachable. They treated us like F1s but also recognized our limitations as medical students (so they always reviewed the patients we clerked and never prescribed any prescriber or make decisions on our own). However I chose not to do any practical procedures like venepuncture/cannulation since the equipment at the hospital was limited and a lot more basic (for example, no butterfly needles, just cannulas). Also, the consultants were very busy and didn't have time to sit down to do this straight out of the end of the needle into the vacutainer bottle), and I thought the procedures were therefore more inherently risky with a greater chance of needlestick occuring. However, I felt that I was under no pressure from the nurses and doctors to do these practical procedures (in General Medicine I am sure I was expected to attend the ward round every morning and although the patients were interesting and the doctors were usually engaging, asked a lot of questions and often gave a lecture after the round, I felt that General Medicine was generally more of a passive learning experience and had more of a DRAIN given feel to it than O&G, where I felt more like I was getting actively involved as part of the team and thinking and acting like a doctor.	Yes	Attending ward rounds, and teaching sessions. Very friendly and approachable. Consultants were very keen to teach, had very good knowledge, and were very approachable.	Yes	Very little senior oversight within the hospital, largely due to the chain type of doctors. Felt unsupported in a (large) number of occasions. No formal teaching whatsoever. Not any how much you're actually learning. If you're simply attempting to manage patients using your own (limited) knowledge, with little input from senior clinicians. Hospital functions very differently to the UK. It was a struggling, poorly managed hospital (even by local standards). Doctors often very unprofessional and late to their shifts. Nurses were very unprofessional and difficult to work with. Do not work ethic here was - it is laid back compared to the UK.	Yes	Needlestick injuries. The hospital had PEP available but they not they preferred it we brought our own. General tips for staying safe in Swaziland: e.g. not to have phones/wallets in your pocket, not to take patients when in taxis with the patient, or in taxis at all.		Yes	Yes		Yes	Yes				We stayed at the home of one of the paediatricians in the hospital, Dr Ogunlesi (email address: gbeno_ogi@yahoo.com). She has been hosting elective medical students at her place for years (Rotaract Hosting Facility in Gardens). The accommodation was at a discounted rate for medical students and was generally very good.
ST LUCIA	2019-06	Victoria Hospital	Yes	You don't need to take a white coat like they recommend, but scrubs are useful and you can wear them behind in a dressing when you are on call	O&G	£ at 150 euros per week		Approx £1000		Presenting on ward rounds/clinics in theatre and labour ward/practical procedures (bloods, cannulas, IUCD insertions, vaginal examinations)	Yes	O&G consultants were very keen to teach, had very good knowledge, and were very approachable.		Nothing through specific (part of Quintes, going to deserted Cape Vidal)										
ST LUCIA	2019-06	Victoria Hospital	Yes	Don't wear a tie. Buses are ridiculously cheap so we came into a lot. - bites tend to take quite (they get swooped if you ignore them - a Tattle is enough	Paediatrics and Internal Medicine	£500 (£100 per week)		Accommodation £400 - flights ~£800 - Food travel expenses etc ~ £400	Yes	Ward rounds on Paediatrics examination and lectures, presenting to clinicians. Examination and Presenting on ward rounds. Taking bloods.	Yes	Friendly and approachable. Keen to teach and have good knowledge, particularly in paediatrics.	Yes	Ward round sessions on Paediatrics examination and lectures, presenting to clinicians. Examination and Presenting on ward rounds. Taking bloods.		Yes	Generally common sense		Yes	Lecture Network - Pete Elizabeth		Yes	Lecture Network - Pete Elizabeth. Don't live in Cactivee. Live in Rodney Bay.
ST LUCIA	2019-05	Victoria Hospital	Yes	Shoes not necessary - mostly used the boat currency, not US dollars. Stay in the north! Bring coal clothes - I couldn't comprehend how hot it would be. And relax. It's an amazing country and I had an amazing elective.	Paediatrics and Radiology	£0 rounds a week - 400 euros in total		Approx £1000 all in		On paediatrics, I attended the daily ward rounds and therefore saw first hand the management of difficult cases. I was also able to attend outpatient clinics twice a week. Radiology: Department was only 5ft x5ft (I kid you not!) I spent a lot of experience in bone medicine in Canada. Was instructed on performing ultrasounds on a range of patients including obstetric ultrasound. Found a lot of hands on skills in Hilaire. Also gave a lot of Bhs teaching.	Yes	Very friendly staff always willing to teach. Encouragement to make the most of learning opportunities. Extremely friendly and approachable. Encouragement to ask questions. Very friendly and approachable. Encouragement to ask questions.	Yes	Yes		Yes	Yes					
ST LUCIA	2019-05	Victoria Hospital	Yes							Ward rounds: seeing ward review patients above outpatients. seeing clinic patients alone - observing O&G management as a critically ill child	Yes	Ward rounds: seeing ward review patients above outpatients. seeing clinic patients alone - observing O&G management as a critically ill child		Yes	Yes				Looked on the UCL list of previous electives		Yes	
SWAZIL AND	2019-05	Good Shepherd Hospital, Sitek	Yes		Paediatrics	£0		£1,000		Ward rounds/clinics/theatre	Yes	Ward rounds/clinics/theatre	Yes	Yes		Yes	Yes		Yes	Yes		Yes	Yes		Yes	Yes
SWAZIL AND	2019-05	Good Shepherd Hospital, Sitek	Yes		General medicine, paediatrics, O&G, ophthalmology, Community medicine	£200 500 for hospital charity		Around £1000		Helping in local clinics run by nurses. accompanying nurses/ trainees working in the community helping in outpatients and on the ward rounding in doing operations		Very well rounded overview of medicine in Swaziland. Cultural experience was excellent. Eye opener for how one hospital operates in a resource poor setting		Very well rounded overview of medicine in Swaziland. Cultural experience was excellent. Eye opener for how one hospital operates in a resource poor setting										
SWAZIL AND	2019-05	Good Shepherd Hospital, Sitek	Yes		General medicine, paediatrics, O&G, ophthalmology, Community medicine	£200 500 for hospital charity		Around £1000		Helping in local clinics run by nurses. accompanying nurses/ trainees working in the community helping in outpatients and on the ward rounding in doing operations		Very well rounded overview of medicine in Swaziland. Cultural experience was excellent. Eye opener for how one hospital operates in a resource poor setting		Very well rounded overview of medicine in Swaziland. Cultural experience was excellent. Eye opener for how one hospital operates in a resource poor setting										
TAIWAN	2019-10	Taipei Veterans Hospital	Yes	Remember to bring an above-knee white coat (going consultants can wear below knee coats)	O&G, paediatrics, ayrh	£1000 (elective payment as I was able to live at home there and so accommodation/food cost)		Around £2000 (flights+ elective payment as I was able to live at home there and so accommodation/food cost)		Opportunity to clerk and perform basic procedures like suturing. ABGs in O&G, participated in simulation training and assisted two consultants in paediatric cardiology. Chance to clerk the patient on the ward	Yes	Opportunity to clerk and perform basic procedures like suturing. ABGs in O&G, participated in simulation training and assisted two consultants in paediatric cardiology. Chance to clerk the patient on the ward		Clinic difficult to get practical procedures done as there were many training medical students in the hospital										
TAIWAN	2019-10	Taipei Veterans General Hospital	Yes	Actually Taiwan isn't so different to the UK! The weather, obvious difference in the weather, so being clothes for the heat. I didn't need a visa for my time there as a UK national. Taiwanese people are really friendly, so you will be able to make friends quite easily. There is 10 MLCH group food in Taiwan. I recommend joining this for focus of your out of hospital time! For food, there is a high speed rail network covering most of the island, which is quite cheap. Top travel spots include Taroko Gorge in Hualien, surfing in Tilian county, and walking in the mountains of Taichung. Taipei is a great city, but it is very big and it can be difficult to navigate at first. Taiwan is a very safe country, and people have been incredibly friendly and helpful towards us. Taiwan is a very safe country, and people have been incredibly friendly and helpful towards us. Taiwanese people are impressed when people make an effort to learn Chinese!). The administrative contact I went through is Mrs Lin (林美玉/林美玉/mylin0@vgh.gov.tw@gov). - very helpful	Gen/Cardio/Radiology	£50		£1000		GB/L: Clerking patients admitted to the department, performing simple procedures (e.g. IVD lines), observing LP, IV rehydration. Cardio: OP clinics, interventional labs, wards rounds. Also got to sit in teaching/medical student teaching		Staff all very keen to help teach, and health records are all in English												
TAIWAN	2019-05	Taipei Veterans General Hospital	Yes	Get ACMEC organise the visa for you. The special ETA visa gets you discounts on flights (to Zanzibar...) when you are out there. Wait binding there is a little bit out with you. Bend it. Be flexible. Hospital is what you make of it - very easy to go into different specialties. I did morning in dermatology clinics. Others moved to paediatrics and surgery for a while. Made it very safe (very safe) very safe in Tanzania. I would recommend this over Zanzibar and Dar which seem to be busier, more dangerous and dirtier. Bellbridge in Bagamoyo! Zare and Pristine Lodge (very good and reasonably priced company)	Gen Med	£150 for accomodation - £200 for visa - £150 ACMEC		£1000 - this includes £850 for bikes/spares £200 for Zanzibar		Able to join fantastic ward rounds with internationally acclaimed dr (Dr Howlett). He was very willing to teach. Lots of clinical signs, explain pathogenesis etc. Student teaching twice a week for 2 hours		Very interesting medicine - variety of demographics. Great mix of well experienced doctors and enthusiastic junior doctors. Due to lack of infrastructure, there was very low penetration of diseases. Good learning opportunities.		More support to get hands on. More opportunities but not well supervised. E.g. some of her conditions are very common and she wanted us to see patients. Felt confident doing this with level of support available. Consultants left the ward at the afternoon. Most women run by the first year medical students and junior doctors with varying degrees of competency.		Yes	Safety around the Moshi area (very safe)		Yes	Lots of HIV patients - 50% the report see the you to do invasive procedures though		Yes	UCL elective reports and other friends had items in the past		Yes	Area (international office) can be slow at replying to emails.		Yes	
TANZANIA	2019-05	Kilimanjaro Christian Medical Centre (KCMC), Moshi	Yes		Gynelled																						
TRINIDAD & TOBAGO	2019-10	University of the West Indies/Mt Hope Hospital	Yes	I would suggest that they go with a plan of what they want to get out of the elective and come up with a rough sketch of what they would like to do. Be prepared to be very independent and to be very proactive in getting what you want out of the elective. Be prepared to be very flexible and go with the flow and you approach one of the doctors (registrar or consultant), you're more likely to get something out of the elective. Do not only work with US dollars. You pay for your accommodation at the hospital in US but everything else requires Trinidadian dollars. The hospital is not close to the beach so you will require a taxi to get there. Do some research beforehand. Look up on the internet what taxi services are available in Trinidad or where you get here. ask around (the doctors) be a trustworthy taxi driver. That will make getting around much easier. Places to see (beside what you are on a guide for touristic). Maracas Lagoon and the Savannah.	Paediatrics	£400(£50 per week for 8 weeks) + US$50 for any publications		US$900		Access to Paediatric Clinics, wards and the Paediatric Emergency department. I clerked patients, attended ward rounds and attended lectures in clinic.	Yes	The variety of pathology I saw, particularly in cardiac patients. Also, I was given the opportunity to attend clinics for doctors doing a diploma in emergency medicine which I found to be really useful with regard to assessing and treating acute illness.	Yes	Close one-to-one contact with patients.		Yes	Be careful not to venture around the country alone or late at night.	None		Yes	Yes. They were their executive personal protection equipment but there were huge shortages of gloves and other. Sharps boxes in ample supply though	Stretchers network		Yes	
UGANDA	2019-05	Kasangati Health Centre IV (CPTCOU), Gayaza	Yes		Gyn, OP, Clinic/Eye	Ex the hotel indication		£1,500														Don't flash expensive items. Carry bags in Kampala in food. Very a distance from patients when examining as some may be highly infectious				Yes, They were not easy to communicate with via email. I often had to wait for a long period time before getting a response so I would have to call them.			I stayed with CPTCOU in Local NGO (Hauser) I wouldn't recommend staying with them again! Stay down the road in Gaterke at Saka Grines apartments.
UK	2019-10	Kingston Hospital / UCLH	Yes	Take the initiative in shaping your own timetable and be flexible	Elective Arrows			£																		
UK	2019-10	Royal Free Hospital	Yes	Expect to be UK	Rheumatology		Yes	Rent flats, none else		Involved in most departmental activities with consultant		Lots of a lot about musculoskeletal flips and lectures for facial pains		Friendly clinicians who were willing to teach, got involved in a project. Practical presentations skills and communication skills		There were 2 other elective students and UCL 6th year medical students, so sharing resources and opportunities were difficult										
UK	2019-10	Royal Free Hospital	Yes	Expect to be UK	Rheumatology		Yes	Rent flats, none else		Involved in most departmental activities with consultant		Lots of a lot about musculoskeletal flips and lectures for facial pains		Friendly clinicians who were willing to teach, got involved in a project. Practical presentations skills and communication skills		There were 2 other elective students and UCL 6th year medical students, so sharing resources and opportunities were difficult										
UK	2019-10	Barnet Hospital	Yes	Engage with the team and they will treat you as though you are a member of their team.	Paediatrics	£0		£800																		
UK	2019-05	Queen Cook University Hospital, Middlesbrough	Yes	As a UK institution acting as you have a place to stay it's very straightforward, just make sure you have all your vaccinations done with boosters to prepare this.	ENT		Yes	Free, travelled in/cycle		Watching surgery, clinics, MDT meetings, sitting in with various ENT teams members/clinics eg balance clinic		Good opportunity to assess ENT as a future career option. Excellent. There was various types of teaching many day on top of bedside teaching given during consultant led ward rounds and by other members of staff	Nothing		No										
UK	2019-05	Queen Elizabeth Queen Mary Hospital, Ramsgate	Yes		Obstetrics		Yes	Food expenses (around £150)		Been from ward round opportunities with other clinicians		Flexibility to choose from the variety of opportunities according to my needs, regular feedback with the elective supervisor, specially tailored rudology teaching, all the trainees / junior were over-then happy to answer any questions I had, opportunity to attend a liver course and students in FY1 surgery venues in Birmingham	Nothing		Yes										
UK	2019-05	Warwick Hospital	Yes	Gyn/urology	Gyn	£950 for hospital accomodation		£950 for hospital accomodation		Attending, ward rounds/teaching in clinics and theatres		Very hands on experience. Friendly and approachable. Plenty of expertise from staff. Great number of cases. Diverse pathologies		Nothing really!		Yes	Yes									
UK	2019-05	St George's Hospital, London	Yes	Lay booklet an honorary contract as opposed to an observers status because observers cannot perform or assist on any procedures.	Paediatrics/ surgery	Gyn	Yes			Attending, ward rounds/teaching in clinics and theatres		Very hands on experience. Friendly and approachable. Plenty of expertise from staff. Great number of cases. Diverse pathologies		Nothing really!		Yes	Yes									
UK	2019-05	Royal Free Hospital and UCLH	Yes		General/Intro Rheumatology	GP		Cook Insured		Ward rounds/teaching in clinics and theatres		Lots of opportunities to see a variety of pathology. Long operations so plenty of time to be involved and ask questions. Very friendly and helpful	Yes	Yes		Yes	Yes									
UK	2019-05	Search Hospital	Yes		Paediatrics	Yes		Yes		Clinical clinics and time on wards		Lots of clinics and time on wards														
UK	2019-05	Simmons House Adolescent Mental Health Unit	Yes	Just be open minded and take part in everything at the mental health unit. Psychiatry isn't just clinical work, but a lot of forming relationships with patients and being a listening ear. Be prepared to be very independent and to be very proactive in getting what you want out of the elective.	Child and Adolescent Psychiatry																					
UK	2019-05	Addenbrooke NHS Trust	Yes	This elective would be a good choice for a highly motivated, self-organised, self-starting student who is willing to work long, sometimes unpredictable and often unsociable hours for the reward of playing an active part in an excellent neurosurgical team. It would not suit a student seeking a structured or taught programme. Such a student would be better served by applying to one of the fixed duration neurosurgical electives elsewhere.	Neurosurgery			Distrust. Daily travel London Cambridge (car hire, petrol and staff parking)		Ward rounds. Clerking patients. Sitting in clinics.		Lots of opportunities to explore.		Nothing	No									
UK - SCOTLAND	2019-

UK - SCOTLAND	2013-14	Dalkeith Hospital (University of Edinburgh)	Yes	Pack for the outdoors. Weather can be unpredictable here. Waterproof jacket is a must. It may also be a good idea to contact other medical students on the elective in advance to organise lot activities, as guides and trips get booked up quite quickly during the summer months.	Sectioned Assessment Unit	£200 registration fee.	£800 (accomodation outside of hospital) £0 (free hospital accommodation when available) £1000 (free flaxing expense) £300 (travel expense)	Blood counds and when assigned task such as taking bloods and consuls. A&E was great for clerking patient	It was interesting to see the greenfield approach to medicine. There same more orthopaedic cases than what I'm used to.	Most structured allocations/having a timetable and an assigned supervisor.	No		Yes	Google	Yes. The elective coordinator has been very helpful. She even helped me when I could not find accomodation on the first Airbnb.	Yes	The accomodation was excellent. The room was very clean and tidy. The owners were very helpful. It is a plus that the nurses and hospital staff knows the owner.
UK - SCOTLAND	2013-14	Dalkeith Hospital (Beth Orkney)	Yes	Good experience for remote and rural medicine. Good FY1 practice as get to do a lot. Able to do lot of different things within the hospital as it is small. Good to have a car. Take a book to read in the evenings as there is not much to do in the evenings. Take a book to read during your day - medicine / surgery / A and E / Gynaecology / O and G / GP / Public health. Good if you like the outdoors - bring all your outdoor equipment with you. Make sure you make the most of the island. Make sure you visit lot of the other islands - Hoy, Stay, Sanday, westray, eyrthwall. The wool museum on hoy is very interesting. Also the other side of hoy is excellent. Spend the night in the Rackwick bay bothy. Can wonderful with a trip to the old man of Hoy. Avoid the greater Scus. Bring a bike or car if can for doing your sightseeing - though boats and ferry service are also very good	Yes	General Medicine / A and E / Gynaecology.	...didn't pass anything.	Accomodation in the hospital was more flexible with final year students.	Opportunity to essentially be the F1 for Medicine / A and E - clerk the patients, see sick patients under supervision, do all the ward jobs, ward rounds do bloods / cultures /canulas / ABGs. Good hands on experience of remote and rural medicine Good choice for teaching as always a consultant around on wards Diabetic teaching eg. insu. ultrasound. Got to shadow an anesthetist for the week - canulas, airway teaching - eg. anaesthetics, medicine	Yes - very good. Got a good experience of remote and rural medicine Lots of independent experience - good practice for F1. Specialist teaching - eg. anaesthetics, medicine	No	As a very safe place. Crime is very low in Orkney	No	Thought it up myself, and emailed the hospital, using an email address I found on their website	Yes. Very straightforward. For more straightforward than National UK elections.		
UK - SCOTLAND	2013-14	Dalkeith Hospital (University of Edinburgh) & Glasgow Royal Infirmary (University of Glasgow)	Yes	Apply early!	A&E	£300 at both sites	£700	Bleed counts and when assigned task such as putting in cannulas, staples, etc at both sites.	Lots of practical procedures.				No	Class research.	No	Yes		
UK - SCOTLAND	2013-14	Dalkeith Hospital (University of Edinburgh)	Yes	If you want to do your elective in one particular department or specialty, then this is not the elective for you. However if you want to gain experience in all aspects of general medicine and surgery, plus remote anaesthetics, then this is a fantastic opportunity. There is a large emphasis on getting stuck in, and the more you stay on the wards (there are only 27 of the team you get to do	Remote and Rural Medicine & Surgery	£300 to the University of Edinburgh (is temporarily zero)	Travel there and back £120. Food & Lodge, Drink £300. Accommodation provided free by the hospital (if you book early enough)	Bleeds (actively encouraged to step up and work at FY1 level. Was a participating member of the medical and surgical teams, get to assist in surgery, work in ultra-sonics or – food scent rounds. Also got to attend clinics, gain experience doing procedures and attend symposiums which up to Part 3Billiam.	Fantastic experience for FY1, get a good grounding in remote and rural medicine and the challenges. It brings (lower resources, different techniques, unique population).	General induction, fire training, occupational health information.	Yes		No	Online and from former students who have been there.	Yes - Dalkeith Hospital.	Yes	
UK - SCOTLAND	2013-14	Dalkeith Hospital (University of Dundee)	Yes	Make sure to go on weekends to the Highlands	Varies	£0 (unless charge	£300 (unless + £300 accomodation + petrol + food	Contact with the team although is passive	Not much to make myself with medical school tutorials	I don't think this placement could have been improved.	No		No	Pub crawl	Dalkeith hospital	Yes		
USA	2013-14	Johns Hopkins Hospital	Yes	There is visa, but ECFG is equally fine. For visa application - give yourself plenty of time. Certain areas are a safe - Inner Harbour, Canton, Fells Point. However, try not to wander off into a neighbourhood where its unfamiliar, or by yourself.	Urology	£662 + Research Tuition is $3000 + Clinical Tuition Fees	$1000	Initially shadowing period with Urologists, followed by patient interaction/history taking followed by presentation of cases at case conferences.	Excellent place for medicine. One of the urologists said 'you come to Hopkins for the medicine, not for the scenery'	There was a lot of flexibility of the schedule - just like being a medical student in the UK. To questions, you would find yourself doing nothing. So, I have cards to be not a a bit serious after that may help when days are less busier. Very few elective students in the UK. So, it is a great opportunity to meet students from other parts of the country. Superb work, series to visit etc). Particularly those MSD's or students on ample neighbourhood - things were more difficult.	Yes		Yes	Recommendation from a friend.	Yes	Yes	Accomodation: 90% Building – $1000/month, furnished, 5 mins from Hospital. If you want cheaper - look at apartments near Homewood's campus - but it may be unfurnished and poor WiFi.
USA	2013-14	Massachusetts Eye & Ear Infirmary: Community First	Yes	Take an extra and proof why you are visiting on they into pick of the airport	Ophthalmology		$50 dollars	Clinic and theatre	Teaching, observed exciting procedures including gender confirmation surgery	No suggestions			Yes	Clinician's friends	No	No	Airbnb	
USA	2013-14	Massachusetts General Hospital	Yes	Signing for two days FR days, don't need a VISA (and don't use the term "work" at customs, unless you want to spend 10 minutes explaining that among you're not being paid).	Sports Medicine		$1,000	Clinics, surgery, leave visits, seminars, conferences.	Pretty much everything, exposed to an unfamiliar specialty with one of the best lawyers in the world, at the best hospital in the USA.					Google	Yes	Yes	Airbnb. Easy.
USA	2013-14	Yale University School of Medicine	Yes	Start applying early and commit! I applied to a couple of Ivy League American universities and got into all of them. Don't panic, it is likely you will get a place! However, be extremely organised - I started planning from more than 1 and 1/2 years before	Orthopaedics - Trauma	approx 6,000USD for 3 weeks	approx 7,000USD for 3 weeks	was expected to report to the wards at 6am every day (yes, in the middle of the night!!!). I would change into my scrubs and then head to the Trauma Unit. I would then meet the Chief Resident (the senior Resident) and the Junior Resident (Registrar) prepare for the ward round: all the notes were electronic so I would update them and then print out and staple copies. Ward round started at 7am and was led by the Chief Resident (Senior Registrar). I was expected to actively participate in the ward round by changing patients' dressings, removing sutures etc. There was no need to clerk/ present/ examine patients as such. Trauma meeting was at 8am with the Trauma Team. Ward round was then continued after the meeting and was finished at 9am. At 9am the days we were straight to theatre at 7am. In theatre I was expected to be the 1st or 2nd Assistant, and this involved helping to transport the patient from Pre-assessment to theatre, positioning and scrubbing the patient, and then scrubbing in and assisting. Depending upon the Attending and whether or not there were also Residents scrubbed in, I would make incisions, suction, cauterise, hold retraction, screw in rods, debride the wound, etc. This was an extremely valuable experience for me as I had never had the opportunity to experience of this from my home school - something which we greatly lack in the UK as a whole! The Orthopaedic referred to as surgeons in the US) were happy to teach me if I asked. Once the surgery was over I would "stay" "close" and then apply bandages etc and help transport the patient to Recovery. The entire day was spent in theatre and between patients we would have 20 mins for coffee/ food etc. Most theatres ended at 7pm or later. After theatre we would have handover and at many points I felt that the Residents expected her to stay on into the evening to help with On Calls. The On Calls consisted of me helping the On Call Resident with the Trauma patients who presented to the ER. This was very valuable experience as I had a lot of responsibility on me. There was not much full clerking of patients and no presenting back to the Ortho/Surgeons. I was also expected to do night and weekend On Calls. This was more flexible but it is normal for the On and Med Students in the USA to do a long stretch starting from a 6am full day to a night On Call and then Trauma meeting the next day (in effect 6am one day until 7am the next day)!!	It was a huge learning curve because I was given a lot of responsibility and expected to actively participate. I learnt many clinical skills in theatre such as suturing, and many Orthopaedic skills in debaring it such as how to apply plaster casts. Every Wednesday and Friday morning there was Journal Club. Grand Rounds and Teaching etc.	Yes	Visual harassment on a compulsive/fetish/voyeurism/safety on campus	No	Other	Visit to apply within a certain time frame- Very expensive- Email back quite late- Mass & speeches are repetitive- Email back quite late- Mass & speeches are repetitive		Note provided a list of recommended accommodation. I would advise being as close as possible to the hospital as mornings started very early. Take dist provided a car or bicycle if possible. Accomodation in the hospital was very expensive. Yale is a nearly made up of Yale University as housing can be considerably more expensive in the university area. If you move further the housing may be cheaper but it is far harder to commute to the hospital and the areas are known to be less safe
USA	2013-14	Massachusetts General Hospital (Harvard Medical School); Johns Hopkins University School of Medicine	Yes	Get ready for a very enjoyable but long elective	Radiation Oncology/H&N surgery		$500 + 1000 + 200 health insurance at hopkins because this needed to be 14 hours!	I was really involved in the Tumor meetings, scrubbing in at surgeries, expected to assist as a resident, closed surgical wounds, performed social medicine jobs and angiocatgets.	The fact that I got to perform all these hands-on procedures that I never got a chance to do in the UK. I got to see how a world-class institution operates and the complex cases they see on a daily basis.	Yes	In hopkins, we were given very specific instructions about where to avoid, but this information came from any doctor or staff and they knew you were a visiting student	Nil	planned it on my own.	No	Airbnb. Craigslist.		
VIETNAM	2013-14	Oxford University Clinical Research Unit (OUCRU), Ho Chi Minh City	Yes	Original, HCMCis a big city. OUCRU isn't your also.	Infectious Diseases		$30 return flight. $250 for accommodation. $500 living costs.	Daily round rounds at 4 different hospitals.	Expertise in various sub-specialty areas. Openness of ward staff, with some speaking good English	Nothing	Yes	Dangerous roads. Rabies vaccination. Needle stick	No	Blood	No	Yes.		I an found a flat through a volunteerer friend. OUCRU accommodation $300 per month. We found something for half that price sharing a room, but were lucky.
VIETNAM	2013-14	Oxford University Clinical Research Unit (OUCRU), Ho Chi Minh City	Yes		Infectious Diseases	$0	Flights - 900 pounds living expenses - 10-15 pounds/day Accommodation expenses - 5 pounds/day Vaccination costs - variable	Accompanied ward work, but structured ward rounds with infectious diseases consultants.	Fantastic teaching if self-motivated enough to organise it. A wealth of researchers with highly specialised knowledge.	If you're interested in infectious diseases, nothing.	Yes	Health hazards, theft	No	Current research	No			