Levolosí Healthcare Centre

IIP Internship at the Levolosí Centre in Arusha, Tanzania through Elective Africa

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Work Description

- At the Levolosi Centre I worked in the minor surgeries unit within the minor theater. I would assist the doctor with all of the following procedures:
  - Circumcisions
  - Abscess drainage
  - Foreign body removal
  - Wound cleaning and dressing
  - Catheter placement/replacement
  - Stitch removal
  - Equipment sterilization
- Sometimes I would get a chance to see a bigger surgery like a caesarian section or a tubal ligation.
Most rewarding aspect of the work experience

- I loved working with all the people in the hospital and making a connection with all of them
  - Doctors
    - The doctors are all really nice and helpful, and really want to teach you everything they can about medicine.
  - Other volunteers
    - Volunteers from all over the world come to volunteer at Levolosi, adding to the experience of learning more about other cultures.
  - Medical students
    - Arusha medical students come to Levolosi to gain some more experience and it is great sharing your knowledge with them from a theoretical standpoint, and learning practical methods from them.
The People
Impact on the Community

- What is expensive for them is generally cheap for us. We donated some supplies to the hospital throughout our stay, and in the end we donated many supplies with money collected from gofundme.
  - Supplies include gloves, gauss, cotton, lignocaine, hemostats, forceps, etc
- The doctors didn’t have to work as much since we were there to help, and they were also more easily able to run errands since they could depend on us.
- We went to an orphanage during our stay in Arusha and aside from playing soccer with the children, we donated school supplies and food.
Orphanage
How my experience impacted my academic choices and career plans.

- Even though I had already taken most of the premed requirements, I came into the internship not knowing if medical school was something I wanted to do. I was leaning more towards not going because of all the work involved there and to get in, but I hoped that this internship would help me decide if I truly didn’t want to go into the field of medicine.

- After my experience, I decided to carry through with the premed requirements because medical school is still something I want to consider. If I were to follow through with becoming a doctor, I know that I would want to become some kind of surgeon after my exposure in the minor theater.
Outside Attractions
Go to Arusha, Tanzania!

- I would highly recommend attending this IIP if you are interested in medicine or think you might be interested in medicine.
- Aside from work, Arusha has many places nearby to visit:
  - Cultural Heritage
  - Lake Duluti
  - Kilimanjaro
  - Kisongo
  - Njiro
  - Mount Meru
  - Safari trip
    - Serengeti, Ngorogoro Crater, Tarangire
- It’s a fun city to spend a summer in.