



Haydom Lutheran Hospital

ELCT Mbulu Diocese

Preparations for your Visit

Before you travel to Tanzania and Haydom, it is important to fulfill all necessary preparations and formal arrangements that are needed due to health issues, visa and work permit and travelling.

1. Request to visit Haydom

First you need to send a request to visit, so that we can make the proper arrangements for your possible stay Haydom. Send an email to expats@haydom.co.tz.

Write your request in English and tell us who you are, which period you want to come, what the purpose of your visit is. If you are a student, write also in which year you are. Send also your CV. Please make sure that you send your request well in advance so that the hospital has enough time to complete the necessary formalities and to arrange accommodation for you.

2. Get the required documents for traveling to and staying at Haydom

In most cases you will need a visa to enter Tanzania. If you intend to work at Haydom, you will also have to apply for a working permit. For more information about the required visa or working permits check out the site "Visa requirement".

3. Deal with the possible health issues

You should get medical advice before you come to Tanzania, and discuss your plans with your doctor. Here are a few suggestions:

- You need a valid international Yellow Fever certificate when you enter or cross borders in East-Africa.
- Contrary to popular belief, Haydom Lutheran Hospital is not in a very heavy malaria area, but most of Tanzania is, particularly holiday places like the coast. It is therefore wise to use prophylaxis. The malaria in Tanzania is resistant to chloroquine. If you use Lariam, please test it in advance, to exclude unpleasant side-effects. Consult your doctor or vaccination office to find the best solution for you.
- Get general vaccination advice for travelling to Tanzania, and also on vaccines against e.g. tetanus, polio and other diseases you may have been immunized against before. If it has



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been long since you got them, you may need a refill. You also have to consider whether you need vaccinations against Hepatitis A and B.

- In the clinical area at Haydom you will most likely meet and treat people with HIV and AIDS. Make sure you are familiar with personal protective measures.
- If you take any regular medication, bring enough to last throughout your stay.
- The water in HLH compound is generally regarded as good. You should, however, remember that diseases such as typhoid and other water-borne diseases can be caught if you are not careful, particularly when travelling. It is therefore common to buy bottled water, which also can be bought many places in Haydom. Check up on precautions on this matter.
- You should have a travel insurance including the health part to cover serious injury or illness while you are in Tanzania.
- Be aware that you come to Haydom at your own risk. Haydom cannot take responsibility for injury, dog bites, HIV-infection etc. If you are in the medical profession, you will probably come across patients with HIV/AIDS. See more information about health on our practical issues page.

Helpful websites:

<http://wwwnc.cdc.gov/travel/> (American)

<http://www.rijksoverheid.nl/themas/reizen-wonen-en-werken-in-het-buitenland> (Dutch)

<http://www.landsider.no/land/tanzania/reise/innreise/> (Norwegian)

<http://www.dinside.no/29130/helse-paa-nett> (Norwegian)

4. Arrange travel and transportation to Haydom

Visitors have to arrange their own transport to Tanzania and Haydom. More information on the transport possibilities are displayed on the site “Travelling to Haydom”.

5. Do your final preparations

Like try to learn some Swahili, try to read about African culture, talk to people that have worked in Africa before.