



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.

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 at 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.

Get the required documents for travelling to and staying at Haydom

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 "Visa" document.

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 if you come from an endemic country (mainly West 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 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.
- 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:

<https://eservices.immigration.go.tz/visa/>

<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)

Arrange travel and transportation to Haydom

Visitors have to arrange their own transport to Tanzania and Haydom. More information on the transport possibilities are in the document "Travelling to Haydom".

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.

Other Practical Issues

Staying healthy

Of course Haydom Lutheran Hospital is a hospital, specialized in making people healthy again. But it is much more convenient to stay healthy during your stay. To do so, here is some advise:

- Remember to contact your local doctor or vaccines office to get the necessary vaccines for your stay in Tanzania and Africa in general.
- If you have other allergies or other illnesses, make sure you take the necessary precautions and bring enough medicine to last your whole stay. Put the medication in the luggage you have with you in the plane.
- If you buy or eat food outside the canteen, eat packed food or remember: “cook it, boil it, peel it or leave it”.
- You should drink bottled water or boil the tap water before you drink it.
- Don't drink milk which is not boiled or sterilized.
- Don't forget to take precautions regarding malaria. Wear long sleeves when outside at dusk, dawn and at night. Use insect repellent and sleep under a bed net. Besides that it's advisable to take malaria chemoprophylaxis. Discuss this with your local doctor. You can also buy local medicine in Arusha, but availability and quality are for your own risk. Sometimes you need to start with the medication a few weeks before you leave for Tanzania, so start on time!
- If you get fever during or after your stay, contact a doctor and request malaria testing.
- Rabies is prevalent in Tanzania. Although you may not be at risk of encountering many dogs, you can discuss a vaccination with your local doctor. When in Tanzania, don't touch dogs you don't know. Especially not if they behave strange, are aggressive or drooling.

Special precautions if you plan to work in the hospital:

- If you are planning to work in the hospital, be sure that you have a hepatitis B vaccination.
- If you are planning to work in the hospital, be reticent and careful in handling needles, knives, wounds and blood (products).
- If you by accident get a needle stick injury, don't wait, but contact a doctor or the CTC (counselling and treatment center for HIV) immediately! The hospital has a post-exposure prophylaxis (PEP) protocol and a team experienced in HIV-treatment. There are modern drugs available, like the combination Dolutegravir, Tenofovir and Lamivudine. If nevertheless you want to be in control of the testing and the drugs you will receive, you should bring your own PEP-kit from your health clinic, university or hospital. See the “Jobdescription Students” for the PEP documents.
- There are always patients with TB. We have the FFP2 masks but it is even better if you take your own.

Allergies for food and other health issues:

If you are allergic to any type of food, or e.g. are a vegetarian, and you wish to eat at the guest house, you should inform us about your situation in advance. That way the kitchen staff can take it in to account when they are preparing the meals and find alternatives.

Buying food and other necessities:

In addition to the food served at the guesthouse, there is also a canteen on the hospital compound. Here you can buy a variety of local dishes. There are some middle standard restaurants in town that serve local food. If you want to buy ingredients to make your own food, there are several stores in town where they sell groceries. In at least two of them you can buy western food and snacks and other necessities. Most everyday items you can get a hold of in local shops in Haydom, but if there are things you can't live without, you may want to bring them from Arusha, just in case. In the town there is also a market where you can buy fresh fruits and vegetables. You can also order some bakeries at the guesthouse if you wish.

Cellphones

There are several mobile phone networks in Tanzania. At Haydom the following networks are mostly used: AIRTEL and VODACOM. You can purchase cellphones, SIM card and payment vouchers for prepaid calls in Haydom, although it takes some time to register the SIM card. You could consider to bring a second phone or a phone that can hold a dual SIM card.

Internet

The guesthouse has a wireless Internet connection where it is possible to connect your own device. You can find the password in the guesthouse for the network 'HLH Guests'. In some of the apartments there is also wired Internet connection. Please note that the internet is unreliable and usually slow at working hours. YouTube is blocked to reduce unnecessary traffic.

If you would like to use internet for leisure or social networks, we advise you to buy a SIM card with internet from VODACOM or AIRTEL. The costs depends on the amount of data, speed and expiry date. For your indication in November 2021 we pay for Vodacom for a month 10.000 (2,5 GB), 20.000 (12 GB), 35.000 (25 GB) or 50.000 TSH (37 GB) with 4G connection.

Putting pictures on the Internet:

Many visitors are blogging about their stay in Haydom. Be careful with what you write and show about patients in the Hospital and be sure to not give out personal and sensitive information without their consent.

Money and budgeting

There are two ATM's on the hospital ground, from CRDB Bank and NCB Bank. You can take maximum TZS 200.000 at the NCB ATM, or TZS 400.000 at the CRDB Bank ATM each time (you can usually take this amount 3 x per day). When taking TZS 400,000 CRDB is the cheapest. TZS 100.000 is equal to around 41 Euro / 44 USD / 449 NOK (Feb 2023), but check the exchange rate before you leave.

When you book a local safari, you can usually pay with your creditcard. Just for the tips to the guides we advise you to bring dollars from home. Travelers' cheques are of no use here. Note that in Tanzania only dollar-notes from 2012 or newer are accepted.

Electricity

Electricity is 220 volt, the plugs are the British type (3 pins in a triangle). So you might take a converter for your continental plugs.



Weather

Haydom is situated 1700 meters above sea level. It tends to be warm during the day (shorts and t-shirts) and cool in the evenings and nights (long trousers and sweaters). From June to November it is the dry season. As the wet season starts in November there can come heavy rain showers in the afternoon. Make sure you have clothes for both hot and cool weather.

Clothes and dress codes

Haydom is quite conservative when it comes to clothing. Ladies here usually wear clothing that covers the shoulders, the midriff and goes below the knees. Men are normally wearing long trousers, especially during work time.

In church ladies usually wear a dress or skirt, and men wear trousers rather than shorts. Just on the compound around the gueshouses it is OK to wear shorts etc.

Alcohol

We are proud to keep the hospital an alcohol and smoking free environment. Alcohol and smoking is therefore not allowed on the hospital compound. The alcohol burden of disease and use of meager household funds for alcohol consumption contributes greatly to the disease and poverty in the local community. This is not a problem only in Haydom, but all over the developing world. We at Haydom take this seriously and in addition to having started an alcohol

addiction treatment program we also see our role as contributing to the understanding of the burden alcohol use inflicts on societies, households and individuals. We kindly ask our visitors to help us conveying this message.

Picture taking

You should ask the locals if it is OK to take a picture of them. Some may ask for money if you take pictures of them, but most people are fine with it and think it's funny to see their picture on your camera afterwards. Please be careful about taking and publishing pictures that may humiliate or violate the personal life of the local people, and be especially careful about sensitive pictures of patients at the Hospital.

Swahili

If you want to fully profit from your stay in Haydom, it is recommended to take Swahili lessons before you travel to Tanzania. Patients do not speak English, sometimes not even Swahili, but only their local tribal language. All AMOs and MDs are able to communicate in English. Nurses can translate for you between English and Swahili.

If you would like to have Swahili lessons at Haydom, please contact the expats coordinator.

What to take

Here's a list of essentials to bring if you're planning to spend time at the hospital. It's not intended to be comprehensive, but should guide you in the right direction.

- Don't forget: your passport, dollars for safaris and for your visa if you did not buy the visa in advance, creditcard for hotels or safaris and to pay the Haydom guesthouse, a bank card for the ATM at the hospital compound, vaccination book with yellow fever stamp if you're planning to go to Zanzibar
- When you take your bank card, please make sure before you leave to make it usable also outside Europe or the US
- November-May – footwear suitable for the rainy season, as the hospital compound can become muddy
- Sun-block, sunglasses, hat
- May-August – Warm sweater, as it can be cold early morning and evening
- Sturdy comfortable shoes (you'll be doing a lot more walking than you're used to!)
- Adaptors for any electrical items (the hospital has UK style 3 pin sockets and the voltage is officially 220V but often fluctuates a lot – power cuts are also common)
- Any toiletries that you cannot survive without
- Travel guide (f.e. Bradt Safari Guide Northern Tanzania)
- Insect repellent (bed nets are available in the accommodation)
- Entertainment – books, games, radio, MP3 player
- Laptop computer – for leisure, studying or hospital work
- If you are a keen cook and you get a house with kitchen, a supply of spices and maybe some recipes too
- first aid – the hospital can supply most things that you might need, but for trips away consider a kit with rehydration salts (eg “Dioralyte”) and Loperamide for gastroenteritis, plasters/bandages, and maybe a thermometer (whenever you have a fever, it's Malaria until proven otherwise!), needles and i.v. cannulae (in case you're unwell on your travels away from HLH)
- security belt (for carrying valuables in the towns, or when “scrubbed up” in the theatre)
- mobile phone: get yours “unlocked” before you travel – which then enables you to use Tanzanian telecoms providers, for example Airtel; SIM cards are easily purchased in Haydom. You can also bring a phone with dual SIM or buy an extra simple phone in Haydom (about \$25)
- Clothes: in the hospital and outside the gate wear neat clothes covering knees and shoulders. In and around your house you can wear shorts or sleeveless shirts.

For clinical staff:

- Your working clothes to use on the wards and in clinics (scrubs or white coat)
- Clothes to wear in theatre are available
- Smart clothes to wear when working – although ties are not necessary

- Stethoscope
- Pen torch
- Tendon hammer
- Alcohol hand gel (there is gel available, but it can be convenient to have a small bottle)
- Optional: Ophthalmoscope & otoscope, tourniquet, saturation probe
- Medical books – Oxford Handbooks (Tropical Medicine/Medicine/Specialities) and British National Formulary (or other prescribing guide). Check www.talkuk.org for cheap books!
- Eye protection (for use in the operating theatres)
- Gloves and face masks (surgical, TB and COVID) for use in the ward are available
- If you consider to bring a gift for the hospital or medical staff, these things are most welcome: medical pocket books, stethoscopes, refurbished laptops, saturation probes etc.

While staying in Haydom, bedsheets, bednets and towels are provided by the guesthouse.

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