

Electives for medical students

Membership guidance note – medical students

November 2009



Notes

- This booklet should be read in conjunction with the BMA's *Ethics and medical electives in resource-poor countries: A tool kit*.
- It gives general guidance only and should not be treated as a complete or authoritative statement of the situation governing medical electives.
- Every effort was made to check its accuracy at the time of printing but there may have been later changes.
- The MSC would welcome any information, advice or guidance from medical students who have been on electives, which could usefully be incorporated in future editions of this guidance note.
- Further advice and information is available from askBMA on 0300 123 123 3. Please quote your current membership number when calling.
- It is edited and produced by the BMA's medical students committee (MSC). With thanks to Vanessa Jessop.

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Electives for medical students

This guidance note aims to assist medical student members to plan a successful elective by collating the available information and guiding them through the necessary organisation.

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1. Introduction

- 1.1 Medical electives were instituted as part of the medical curriculum in the 1970s, and for many students, are one of the highlights of undergraduate medical training. Electives can be undertaken in the UK. They can also provide the opportunity to travel overseas, experience a different culture and health system, and encounter a range of medical conditions seldom seen in the UK. Most students complete their elective during their fourth or fifth year at medical school. Medical electives provide a fantastic opportunity for you to broaden your medical education by spending part of your course (about eight weeks) working abroad or in this country. It is very much up to you where you go and what you do. However, in many medical schools the Dean's approval will be necessary, so check this at an early stage.
- 1.2 It is important that you start thinking about your elective well in advance. Unfortunately, many students make the mistake of underestimating the amount of effort required in organising a successful elective. This guidance note aims to assist medical student members to organise their elective, by collating the available information and including a rough timeline for students to use when planning their elective.
- 1.3 The ultimate responsibility is yours, and your elective will only be as good as you make it. There is a great deal of bureaucracy to deal with and numerous forms to complete, but it is attention to detail that is important. Remember that funding awards will go to those with the best plans.

2. Planning where to go

It is worth considering the following questions before embarking on your elective planning

- Do you want to stay in the UK?
- Do you want to go to a high-income or low- and middle-income country?
- Is it important that you go somewhere where the main language is English?
- Do you have a particular specialty in mind?
- What time of year will you be going? (Will it be monsoon season, hurricane season or blisteringly hot?)
- Do you want an intensive, 'hands on' or a more relaxed elective timetable? (some countries are known to offer more relaxed placements than others)
- What is your budget? (some electives will inevitably cost more than others)
- How far in advance should you start planning? (some places require over a year in advance, whereas others don't mind shorter notice than this).

Start early

- 2.1 The advice to start early is given every year by those who have been on electives and you should take heed! Popular destinations often book up over 12 months in advance. If you start organising early you will have plenty of time to deal with the unexpected and will have more chance of attracting funding. It is also worth having a 'Plan B' to fall back on so that you are not disappointed if your first choice elective proves difficult to organise.
- 2.2 If possible, you should have decided where you want to go, and have attempted to make contact with your chosen elective placement, approximately 12 to 18 months prior to your elective. You can contact placements by email or letter.

Remember that the latter, especially when sent overseas, may take a long time to reach its destination. It is often worth contacting several potential placements initially to keep your options open. However, if you do receive a positive response from more than one placement, you should make your choice and inform those placements that you do not wish to take up, so other students can have these.

Overseas electives

- 2.3 Overseas electives offer the opportunity to experience healthcare in different cultures with different health systems, and to see medical conditions rarely encountered in the UK.
- 2.4 One of the main problems is deciding where to go. Students are often torn between going to a high-income or low- and middle-income country. Both offer a range of opportunities. Those students with an interest in tropical medicine, primary care or public health may wish to go to more resource-poor countries whereas those wishing to experience the cutting edge of cardiac surgery may be better placed in more developed countries. It must be remembered that there may be huge differences in the practice of medicine and the facilities available between different countries on the same continent – the provision of medical care in urban South Africa may be very different to that in rural Chad. It pays to do your research. Ask other medical students and FY1s about their electives.
- 2.5 Your medical school should have contacts with schools abroad and have lists of last year's students who will be able to give you a good idea what the places they visited are like. Most students are required to complete an elective report. These often provide contact names and addresses for placements all over the world, together with useful information and insight into the country. You should also take into consideration the actual cost of living in the countries you hope to visit. Budgeting in advance will help you when applying for funding.

- 2.6 If you would like to do a particular subject it may be well worth your while going to see the relevant professor/consultant for advice. They will often have contacts abroad which may be particularly useful if they are willing to write an introductory letter – some may actually make the initial contact for you.
- 2.7 As a medical student you are not professionally qualified, and travelling abroad does not alter this. Most countries will have legal requirements for the registration of medical qualifications similar to the General Medical Council (GMC). It is both illegal and unethical for unregistered students to work as if they were qualified doctors. You should always ensure that your standards of professional conduct are in keeping with the standards laid down by the GMC. In *Good Medical Practice* the GMC states that ‘you must work within the limits of your competence’. You should not exploit the possibilities of an elective to practice your own skills irrespective of the views or needs of the patient. Such activities are unethical and are likely to be illegal and can leave students open to fitness to practice procedures at their medical school or legal action in the host country.
- 2.8 Furthermore, whatever their country of origin, it is important to remember that patients have a right to know that they are being cared for by students who are not qualified to take responsibility for their diagnosis and treatment. You should therefore resist pressure to diagnose, prescribe or administer treatment without close clinical supervision. The elective, if organised properly and well supervised, can be a rich and rewarding experience both personally and professionally, but remember your professional and ethical boundaries. Just because you are overseas, your patients are not there to be practised on. **For further guidance about this, you should read the BMA’s “Ethics and medical electives in resource-poor countries: A tool kit”.**

- 2.9 There are also a number of useful directories which contain the addresses of many overseas medical schools and hospitals, which you may find helpful.
- 2.10 You may wish to organise your elective through a company. You need only key 'medical electives' into Google for a long list! However, these companies often charge a high fee and it may be cheaper to organise your elective yourself so make sure you do your research.

Electives in the UK

- 2.11 If you prefer to stay in the UK rather than venture abroad there are opportunities to arrange an elective at home. It may be possible to gain an insight into a particular field with an acclaimed specialist department or clinician. You should still prepare well in advance, as if you were undertaking an elective abroad.
- 2.12 Your elective should give you valuable experience and the opportunity to make several contacts that may be of help to you later in your career. If you have some idea of which specialty you would like to follow, you should try to spend part of your time gaining experience in that field. Your supervisor may be willing to act as a referee for you at a later date or provide you with opportunities to conduct audits or research in your field of interest.

Training and further guidance

- 2.13 Ask your medical school about any pre-elective training they offer. The BMA believes that it is good practice for medical schools to offer pre-elective information and training.
- 2.14 Local guidance may also be available from your medical school or from other organisations such as the Christian Medical Fellowship: www.cmf.org.uk/internationalministries

- 2.15 Books usually found in your medical school library may also help. They include:
- a) *Commonwealth Universities Yearbook*, published by the Association of Commonwealth Universities. For further information see the website: www.acu.ac.uk
The yearbook, a listing of Commonwealth universities and staff is ceasing publication in its present form. From 2009, all the yearbook information will be available to members via an online searchable database, which will be updated throughout the year. A searchable CD-Rom will be circulated annually to ACU members
 - b) *Worldwide Directory of Medical Schools*, is available from the World Health Organisation Department of Health Service Provision (OSD) directly or via the website. The following link will take you to the homepage: <http://whqlibdoc.who.int/publications/WDMS/PRELIM.pdf>
 - c) *Medical School Admissions Requirements* (MSAR) is available for reference at the Fulbright Commission, 62 Doughty Street, London, WC1N 2JZ. Tel: 020 7404 6880. See also the American Medical College Applications Service (AMCAS) website (www.aamc.org/medicalschoools.htm) which provides a link to each medical school site in the USA.
 - d) *Charities Digest* published by Waterlow Legal Publishing lists over 1,200 charities. Contact 020 7490 0049 for information: www.charitychoice.co.uk/charities-digest.htm

BMA Library services for student members

As a member of the BMA you can use the website to search Medline Plus, find and order up to 30 books (which are posted out to you and the return postage paid), 15 videos, journal articles and to access electronic resources. A general library helpline and a dedicated Medline Plus helpdesk are available 9am to 6pm, Monday to Friday. The website offers answers to most commonly asked questions and is a gateway to other sources of relevant medical information.

BMA Library

Head Office

9am to 6pm Monday, Tuesday, Friday

9am to 7pm, Wednesday, Thursday

Enquiries and requests: 020 7383 6625

Medline Plus helpdesk: 020 7383 6582

Email: bma-library@bma.org.uk

www.bma.org.uk/library

- 2.16 You are strongly advised to contact the medical societies in the respective countries for further information on recognition of qualifications and registration. Links to sources of information are given in **appendix 1**. For further information, see the section of the BMA website on the International Activities pages **www.bma.org.uk/international/working_abroad/Workingabroadguide.jsp** A list of Embassies and High Commissions is available at from the Foreign and Commonwealth Office at **www.fco.gov.uk**

3. The initial approach

- 3.1 Try to find a **named** contact that you can make the initial approach to. This always has more effect than a letter addressed to an organisation or post. Once initial contact has been established, it may be easier to see if you can correspond on the details of your plans via email.
- 3.2 The letter should contain the dates of your proposed elective and what you plan to do for the period. You should also explain what stage of training you have reached and it is sometimes helpful to refer to someone who has informed you about the hospital/medical school.
- 3.3 As already explained, a letter of introduction can be particularly useful. A curriculum vitae at this early stage can help speed up processing your application later on.

4. Funding your elective

- 4.1. It is important when planning an elective in the UK or overseas that students have some idea how much it will cost. Lack of funding can be a major constraint on choice of destination. It is important to explore sources of funding at an early stage. You should try to create a personal budget. Many students do not provide the necessary information to the funding organisation they are applying to, which results in their application failing. The following information should help you. You will also find a checklist at chapter 8.
- 4.2. There are a number of national and local awards for particular electives and a list of these should be available from your medical school. The ones particular to your own medical school are worth applying for because these are open to a restricted number of people.
- 4.3. Before you apply:
- think about where you want to go and what you want to achieve. Your elective should be a valuable experience and help you make contacts who may help later in your career
 - ensure your arrangements are confirmed with the destination you have chosen (subject to funding) and attach a copy to your application form
 - think of a project or reason why you are going to that destination and give full details in the application
 - your reference is vital, choose the person who will provide a reference carefully and ask someone who knows you personally so that you have a personalised statement

- include the likely cost of accommodation in your estimates. Many hospitals will allow you to stay in their own accommodation, but check this and compare the cost with bed and breakfast and rented accommodation. Some hostels will allow you to stay for long periods (www.hostelworld.com). This will also allow you to meet other people outside of your placement
- include a CV even if it is not requested as this may improve your chances of success.

Organisations

- 4.4 Listed in **appendix 2** to this guide are organisations that may be able to offer financial assistance, help or information. It is not exhaustive and students should also contact their own medical school for information on local awards available. To provide easy access to organisations this list contains web addresses.
- 4.5 If you find other organisations willing to provide sponsorship for medical electives please let the BMA Medical Students Committee know so that other students can benefit. Tell your BMA representative or email **info.students@bma.org.uk** or BMA Medical Students Committee, BMA House, Tavistock Square, London, WC1H 9JP.

Publications

- 4.6 The publications listed below contain information which may help you with funding, and should be available from your university medical school library or a good public library:
- a) *Directory of Grant Making* published by the Charities Aid Foundation. It is updated twice yearly. Contact the Charities Aid Foundation, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4TA
or visit: www.grantsonline.org.uk
 - b) *Grants Register* published by Macmillan Reference and is a source of over 3,000 postgraduate and professional awards:
www.palgrave.com/products/title.aspx?PID=294924
 - c) *Money4medstudents* produce a comprehensive list of sources of funding at: www.money4medstudents.org
 - D) *British Medical and Dental Students Trust*:
www.mddus.com/student/electives/elective-travel-scholarship.aspx

5. Health

- 5.1 The Department of Health (DH) produces a very useful leaflet for people travelling abroad, *Health advice for travellers*. This provides valuable information about the action you should take before and during your elective to protect your health and to enable you to cope with an emergency should it arise. You can download the latest version at:
www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4135858.pdf
- 5.2 Before travelling you should ensure you know where you can obtain treatment in case of emergency. Check also that you have health insurance to cover the cost of any treatment you require. It can be useful to make arrangement for emergency access to money as some private hospitals require payment upfront (which you can reclaim later from your insurance provider). Note indemnity and insurance are different!
- 5.3 Advice is available from Interhealth, a medical health charity which runs a specialist travel health service for volunteers and aid workers. Further information is available from Interhealth, Partnership House, 111 Westminster Bridge Road, London, SE1 7HR.
Tel: 020 7902 9000; website: www.interhealth.org.uk
Please note that some travel clinics charge for vaccinations which are available free of charge from your GP.
- 5.4 Before departure it is wise to have a dental check-up as many insurance policies do not cover dental treatment. If you wear glasses, take a spare pair.
- 5.5 You should also take your own medical kit especially if you are travelling to developing countries. This should include items such as:
- insect repellent
 - bandages and plasters

- malaria prophylactic tablets
- anti-fungal powder
- rehydration sachets for diarrhoea
- needles.

For a more comprehensive suggested checklist of things to take see chapter 8.

- 5.6 If you intend to carry medicine whether prescribed for you or bought from a pharmacist, you need to know if there are any restrictions on whether you can take them in and out of the UK and other countries. Check with the Embassy of the country you are going to about their drug laws. Check also with the Home Office, Drugs Licensing & Compliance Unit, 4th Floor Peel Building, 2 Marsham Street, London, SW1P 4DF. (Tel: 020 7035 0480) about UK regulations – you may need a licence.
- 5.7 You should carry a letter from your doctor giving details of the drug prescribed in case you need it to help you through British Customs on return. Some medicines available over the counter in the UK may be subject to control in other countries.

Vaccinations

- 5.8 You should visit your student health centre/general practitioner/infectious diseases department at least three months before your departure to arrange any necessary vaccinations. Vaccination requirements of most countries are listed in the Department of Health publication *Health advice for travellers* (see para 5.1 above) and you should get this at an early stage. Virtually all vaccinations are available from the NHS (on payment of a prescription charge), although a doctor can charge for signing or completing a certificate.

Note: Diabetics carrying syringes should take with them a letter from their doctor in the appropriate language explaining the reason for the needles, to show to customs officials.

- 5.9 You should have been vaccinated against Hepatitis B before commencing your course. It is useful to obtain proof of immunisation as some countries request this.
- 5.10 Malaria – a range of anti-malarials are available. These have different side effect profiles, and you may be required to commence treatment before leaving the UK and continue treatment for several weeks after your elective. Private prescriptions for anti-malarials are often given by GPs.

Advice on HIV

- 5.11 The Medical Foundation for AIDS and Sexual Health (a charity supported by the BMA) advises that cases of HIV infection have been reported in almost all countries. Country specific information can be found on the UNAIDS website:
www.unaids.org/en/CountryResponses/Countries
- 5.12 Students should be aware of the risk factors associated with the country that they are visiting and take appropriate protective measures. Generally speaking, heterosexual intercourse is the main mode of transmission and safe sex should be practiced at all times. In many countries not all blood is screened, and in areas where the prevalence of infection among donors is very high even screened blood can present a risk to transfusion recipients. The risk of acquiring HIV infection in the course of healthcare activities is very low, but precautions should be taken to avoid exposure to blood, semen or vaginal fluids wherever possible. Gloves or other barriers should be used to prevent contact, and hands should be washed on removing gloves and after any contact if this does occur. Particular care should be taken to avoid exposure of broken skin or mucous membranes to potentially infectious body fluids. Sharps should be handled with extreme care and stored in puncture-proof containers. If a potential exposure to HIV does occur, it may be appropriate to take post-exposure prophylaxis using a particular combination of antiretroviral

drugs to prevent infection. However, this treatment is complex and not always available in developing countries where HIV prevalence may be high. You should always seek advice from your medical school before you travel. Some students take PEP with them on their elective. This can be expensive, but speak nicely to your local Infectious Diseases Consultant and he or she may be able to help.

- 5.13 Many people do not know their HIV status and may be positive even though they are well. Good quality condoms are not readily available in all countries and you are advised take some with you.
- 5.14 You should inform your medical school if you think you may have been exposed to HIV infection.
- 5.15 Further information on HIV exposure can be obtained from development agencies, The Medical Foundation for AIDS and Sexual Health, BMA House, Tavistock Square, London, WC1H 9JP. (www.medfash.org.uk/) Electives for medical students Tel: 020 7383 6315 or Healthlink Worldwide, Cityside, 40 Adler Street, London, E1 1EE. Tel: 020 7539 1570. The Department of Health also produces a document called *Travel safe* which provides information for travellers on avoiding the risks of HIV, website:
www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_083883.pdf

6. Travel arrangements

- 6.1 Make your travel plans as early as possible. Traveller's cheques are useful and it may be worth making arrangements for access to funds for emergencies. Remember, the currency you require may need to be ordered in by your local post office or bank. Avoid poor exchange rates at the airport by ordering your money in advance! However, you should avoid carrying large amounts of money with you. It is very important that you take out travel insurance for the whole period of your elective (including cancellation) especially if you are travelling outside the EU. BMA Services offers a range of policies including an elective insurance policy for BMA student members. Telephone 0845 010 1120 for details.
- 6.2 Students heading out on their own should register with the High Commission in case any problems occur. Unless people know where you are then they cannot ensure you are safe, or removed to safety in a worst-case scenario.
- 6.3 If your elective is in an EU country you should apply for free European Health Insurance Card (EHIC), which offers you access to reduced-cost medical treatment. For more information on this and countries with which the UK has a reciprocal healthcare agreement, visit www.nhs.uk/nhsengland/Healthcareabroad/pages/Healthcareabroad.aspx
- 6.4 You should check well in advance of your departure that your passport is up to date and will not expire during your period abroad as replacing it can be expensive and time-consuming. You should also check whether the countries you are going to (or through) require a visa, and what type of visa is required. Your insurance may be void if you do not have the correct type of visa for your elective. It is best to contact the appropriate Embassy rather than rely on a travel agent's advice.

- 6.5 A letter from the medical school/hospital you are visiting on headed note paper mentioning who you are and what you are doing can often help with bureaucratic problems.
- 6.6 Travel advice about countries and any risks can be obtained from the Foreign and Commonwealth Office. See: www.fco.gov.uk/en/travelling-and-living-overseas/
Travel Advice Helpline: Phone: 0845 850 2829
(24hrs, 7 Days a week) (BT – 4p per min. Other networks vary)
Email: TravelAdvicePublicEnquiries@fco.gov.uk

7. Medical indemnity

7.1 Most countries do not require students to have professional indemnity cover for clinical studies. The USA and Canada are the main exceptions. Students who are travelling to these countries on their elective should write in advance to the medical school and ask them for advice – in some cases insurance can be arranged relatively cheaply in America. In Canada, the Canadian Medical Protective Association should be able to provide information. The address is: The Secretary, Canadian Medical Protective Association, 875 Carling Avenue, Ottawa, Ontario, K1S 5P1. Tel: 001 800 267 6522 or visit the website: www.cmpa.org

7.2 For those who require indemnity cover in countries apart from the USA and Canada, and whose host university or hospital have not made local arrangements for insurance, the defence societies may be able to offer further advice and possibly free elective indemnity. These are as follows:

The Medical Defence Union
230 Blackfriars Road
London
SE1 8PJ
Tel: 020 7202 1500

The Medical Protection Society
33 Cavendish Square
London
W1G 0PS
Tel: 020 7399 1300

Medical and Dental Defence Union of Scotland
Mackintosh House
120 Blythswood Street
Glasgow
G2 4EA
Tel: 0141 221 5858

If you are spending your elective in America and hold a UK passport, you can apply for a visa waiver.

US ESTA apply online

www.esta-online.co.uk

USA ESTA application website for UK passport holders visiting the US

ESTA Online Application

www.esta.us/apply

Required for Visa Waiver Travellers Mandatory After 12 January 2009

8. Checklists

- 8.1 Finally, early planning is essential. A planning checklist is below. This should help you in preparing for your elective.
- 8.3 Remember: do not forget to leave contact addresses with relatives or friends in case of emergencies. You may also need to notify your bank.

Documents	Done	Cost (£)
Passport (take a photocopy of your passport, or scan and email to yourself)		
Visas – if required		
Flight/travel tickets		
Travel insurance – contact details		
Letter from your medical school confirming your student status and enrolment		
Letter/emails confirming your acceptance at the placement		
Proof of medical indemnity		
Vaccination certificates		
Emergency telephone numbers British Embassy, Medical School, Hospital		
International driving licence (available from the AA or RAC)		
<i>British National Formulary</i> – if you are going to a low- and middle-income country copies of this and the <i>Oxford Handbook of Clinical Medicine</i> may be appreciated by medical staff		

Note: Diabetics carrying syringes should take with them a letter from their doctor in the appropriate language explaining the reason for the needles, to show to customs officials.

Health	Done	Cost (£)
Dental check		
Vaccinations		
Insect repellent		
Sun creams water purifiers – you can get tablets		
Analgesics, antidiarrhoeal agents, antiseptic creams, antihistamines,		
Needles, syringes, alcohol swabs, waterproof dressings		
Malaria prophylactic tablets – before and after		
Post-exposure prophylaxis		
Anti-fungal powder		
Rehydration sachets for diarrhoea		

Personal	Done	Cost (£)
Traveller's cheques and credit cards/cash		
Money belt		
Appropriate clothes for the weather conditions		
Phrase book		
Alarm clock		
Camera		
Sewing kit		
Note pad		
Air mail paper and envelopes		
Torch		
Basic necessities like bath plugs, adaptors or toilet paper – necessary in some countries, so check		
Small items such as gifts		

Medical Kit	Done	Cost (£)
Stethoscope		
Pocket medical/surgical handbooks		
Drug formulary, ID badge		
Pen torch		
Plastic gloves		

Appendix 1

(para 2.16 refers)

International medical associations

For details of medical associations, please see relevant BMA Working Abroad webpages:

**[www.bma.org.uk/international/working_abroad/
Workingabroadguide.jsp](http://www.bma.org.uk/international/working_abroad/Workingabroadguide.jsp)**

Appendix 2

(para 4.4 refers)

Contact information for charitable organisations

The AH Bygott Undergraduate Scholarships

The Secretary of the Academic Trust Funds Committee, University of London (Room 234), Senate House, Malet Street, London, WC1E 7HU

The Association of Anaesthetists of Great Britain and Ireland

The Honorary Secretary, 21 Portland Place, London, W1B 1PY

British Association of Dermatologists (BAD)

The Fellowship Administrator, British Association of Dermatologists, 4 Fitzroy Square, London, W1T 5HQ

<http://www.bad.org.uk/site/619/default.aspx>

BAD also offers £500, sponsored by Leo Pharmaceuticals Ltd, contact: Undergraduate Elective Prize, BAD House, 19 Fitzroy Square, London, W1T 6EH

British Association of Forensic Medicine

British Association of Forensic Medicine, Department of Forensic Pathology, The Medico-Legal Centre, Watery Street, Sheffield, S3 7ES

British Association of Plastic Surgeons

Chairman of the Education and Research Sub-Committee, British Association of Plastic Surgeons, The Royal College of Surgeons, 35-43 Lincoln's Inn Fields, London, WC2A 3PN

British Geriatrics Society Medical Student Elective Grants

The British Geriatrics Society, Marjorie Warren House, 31 St John's Square, London, EC1M 4DN

British Society for Haematology

The Scientific Secretary, The British Society for Haematology,
100 White Lion Street, London, N1 9PF

British Medical and Dental Students' Trust

The Secretary, The British Medical and Dental Students' Trust,
Mackintosh House, 120 Blythswood Street, Glasgow, G2 4EA

British Nutrition Foundation

The Secretary, The British Nutrition Foundation, High Holborn House,
52-54 High Holborn, London, WC1V 6RQ

British Federation of Women Graduates

The British Federation of Women Graduates, 28 Great James Street,
London, WC1N 3ES

Cancer Research Campaign

For further information, contact your faculty tutor or Cancer Research
UK, PO Box 123, Lincoln's Inn Fields, London, WC2A 3PX

Child Health Research Appeal Trust

The Registrar, Child Health Research Appeal Trust,
The Institute of Child Health, University of London, 30 Guilford Street,
London, WC1N 1EH

The Clegg Scholarship

The British Medical Journal, BMA House, Tavistock Square, London,
WC1H 9TR

The Dennis Burkitt Study Awards

The British Nutrition Foundation, High Holborn House,
52-54 High Holborn, London, WC1V 6RQ

East Anglian Group of Family Planning Doctors

Dr Helen C Hutchinson (Chairman),
East Anglian Group of Family Planning Doctors, 60 Windsor Road,
Cambridge, CB4 3JN

Edinburgh Medical Missionary Society

Robin G K Arnott (Executive Director), 7 Washington Lane, Edinburgh,
EH11 2HA

The Elective Scheme

LEPRA, 28 Middleborough, Colchester, Essex, CO1 1TG
www.lepra.org.uk

Israel Medical Association

Dr L Blafour-Lynn, Israel Medical Association, 120 Harley Street,
London, W1N 1AG

Joe Taylor Scholarship

c/o Dr. Bill McAllister, CBM UK, 7-8 Oakington Business Park,
Dry Drayton Road, Oakington, Cambridge, CB24 3DQ

Kabi Pharmacia Elective Grant

The Medical Director, Kabi Pharmacia Elective Grant, Kabi Pharmacia Ltd,
Knowhill, Milton Keynes, MK5 8PH

Leukaemia Research Fund

Leukaemia Research Fund, 43 Great Ormond Street, London, WC1N 3JJ

The Lord Mayor's 800th Anniversary Awards Trust

The Lord Mayor's 800th Anniversary Awards Trust, 401 Salsbury House,
London Wall, London, EC2M 5RR

The Medicine Group and The Glaxo Wellcome Medical Fellowship

The Medical Group and The Glaxo Wellcome Medical Fellowship,
The Medicine Group (Journals) Ltd, Freepost, Publishing House,
62 Stret Street, Abingdon, Oxon, OX14 3BR

Medical Missionary Association HealthServe

Medical Missionary Association HealthServe, 106-110 Watney Street,
London, E1W 2QE

Medical Women's Federation Student Electives Bursaries

Medical Women's Federation, Tavistock House North, Tavistock Square, London, WC1H 9HX

Medical Research Council

Rogers Fund for Electives in the Tropics, Medical Research Council, 20 Park Crescent, London, W1N 4AL

Milupa Student Elective Grant Fund

The Managing Director, Milupa Ltd, Milupa House, Uxbridge Road, Hillingdon, Middlesex, UV10 0NE

The Miss Ford Bursaries

Dr Bernard Mason, The Anglo-French Medical Society, Elmley Orchard, Hallow, Worcester, WR2 6PE

National Birthday Trust Fund

John Marshall, Research Manager, National Birthday Trust Fund, Wellbeing, 27 Sussex Place, Regent's Park, London, NW1 4SP

The Nestle Bursary Scheme

The British Nutrition Foundation, BNF, and Nestle Charitable Trust, High Holborn House, 52-54 High Holborn, London, WC1V 6RQ

Pathological Society of Great Britain and Ireland

The Administrator, Pathological Society of Great Britain and Ireland, 2 Carlton House Terrace, London, SW1Y 5AF

RCGP SAPC Elective Prize

The Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London, SW7 1PU

The Renal Association

The Renal Association, Secretariat, The Renal Association, Durford Mill, Petersfield, Hampshire, GU31 5AZ

Royal College of Obstetricians and Gynaecologists

Royal College of Obstetricians and Gynaecologists,
27 Sussex Place Regent's Park, London, NW1 4RG

Royal College of Physicians: Oscar Reginald Lewis Wilson Scholarship

One application per medical school is selected by the faculty tutor. Individual applications will not be accepted by the Royal College of Physicians.

Royal College of Surgeons – Preiskel Elective Prize in Surgery

Ms Bumbi Singh, Research Board, The Royal College of Surgeons of England, 35-43 Lincoln's Inn Fields, London, WC2A 3PN

The Royal Society of Medicine

The Royal Society of Medicine, 1 Wimpole Street, London, W1M 8AE

Royal Society of Tropical Medicine and Hygiene

The Administrator at Royal Society of Tropical Medicine and Hygiene, 50 Bedford Square, London, WC1B 3DP

Sir John Cass Foundation

The Foundation Offices, 31 Jewry Street, London, EC3N 2EY

St Francis Leprosy Guild

St Francis Leprosy Guild, 73 St Charles Square, London, W10 6EJ

Wellcome Trust – Student Elective Prizes

Nominations are only be accepted from faculty tutors.

Wyndham Deedes Memorial Travel Scholarship

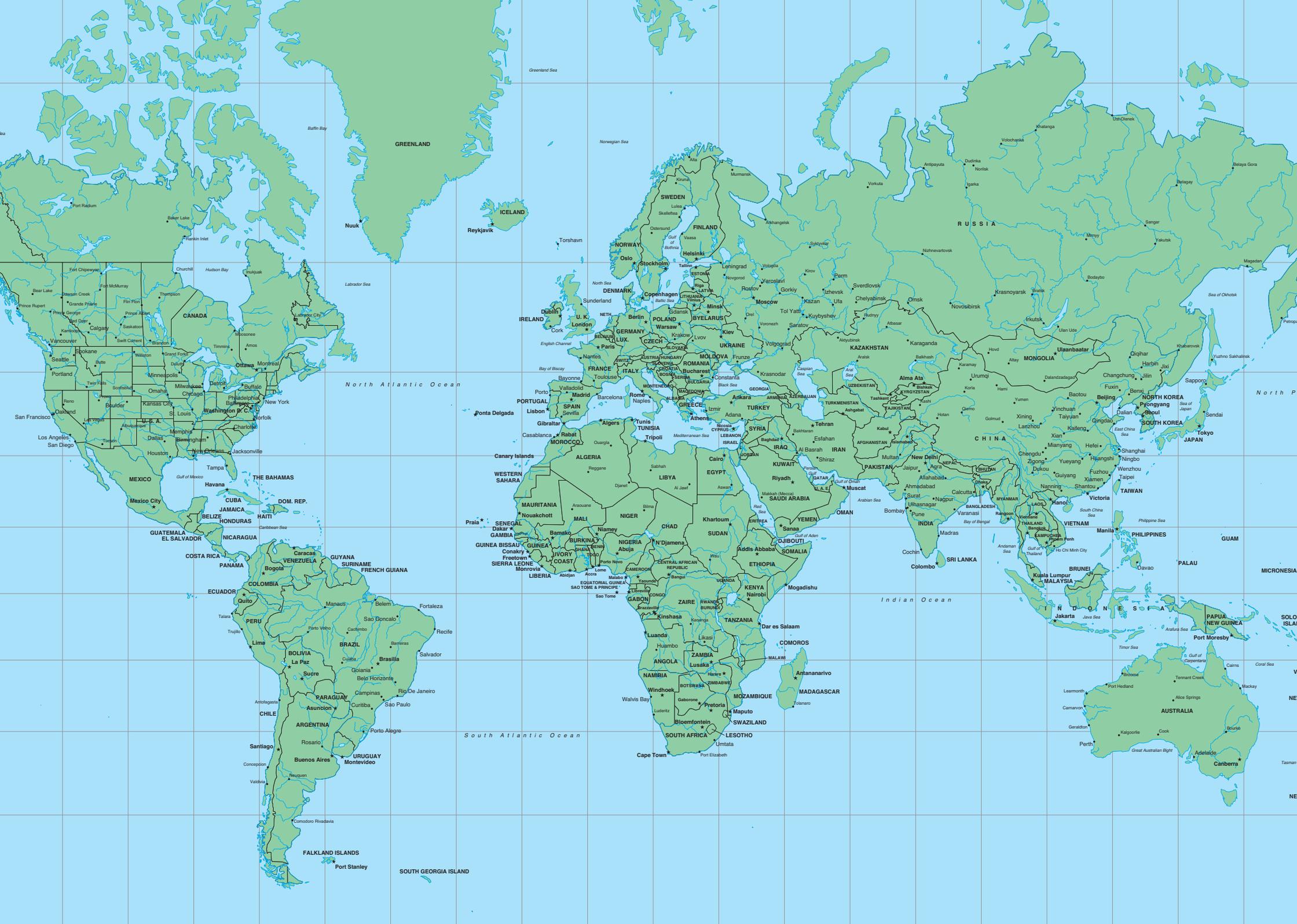
The Anglo-Israel Association, P.O. Box 47819, London, NW11 7WD

Appendix 3

Timeline for Planning your Elective

Personalise this timeline to help you plan your elective.

Count down	Dates	To do	Done	Cost
12 months				
		Decide on country to visit and desired placement		
		Refer to elective reports, electives network etc for contact details		
		Make initial approach		
10 months				
		Follow up on initial letters/emails/phone calls in placements		
8 months				
		Confirm placement		
6 months				
		Book flights		
		Check passport in date		
		Arrange immunisations		
2 months				
		Inform medical school of placement details		
		Request letter confirming student status		
		Apply for visa		
		Make arrangements for accessing funds		
		Make appointment at travel clinic		
1 month				
		Arrange travel insurance		
		Arrange medical indemnity		
		Notify bank of travel plans		
		Purchase First Aid Kit – refer to checklist		
		Purchase traveller's cheques/currency		
		Purchase basic necessities – travel plugs etc		
1 week				
		Remember to leave contact addresses with relatives or friends in case of emergencies.		



GREENLAND

ICELAND
Reykjavik

CANADA

MEXICO

GUATEMALA

EL SALVADOR

NICARAGUA

COSTA RICA

PANAMA

ECUADOR

CHILE

SANTIAGO

VALDIVIA

COMODORO RIVERIA

FALKLAND ISLANDS
Port Stanley

SOUTH GEORGIA ISLAND

Nuuk

Labrador Sea

North Atlantic Ocean

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