



Expectations for Your Atlantis Program

A benefit you will gain from your Atlantis program is a perspective of a healthcare system outside of the United States or your home country. You will encounter many difference and similarities when shadowing in the hospital, and these extend even beyond the medical environment. It is important that you have the correct mindset entering into a new culture. Becoming mentally prepared and creating realistic expectations are essential to the success of your program.





New Culture

- Please recognize that you are entering into a new culture with different standards/norms/practices. Please be open-minded, patient, and respectful.
- Please expect a language barrier; you are entering a new country and not everyone will speak English. In the hospital, expect consultations/meetings/patient interactions to be conducted primarily in the host language.
- Do not assume that everything will be translated for you.
- Be prepared to walk a lot; bring comfortable and supportive shoes.
- Look up your location on Lonely Planet to become more familiar with different cultural norms, exciting sites to explore, and other details.
- Please recognize that it is hard to accommodate dietary restrictions abroad (vegan, vegetarian, gluten-free, etc.). It is ultimately your responsibility to accommodate for your particular diet.

Transport

- Print out your plane, train, and/or bus ticket(s).
- You are responsible for getting to your site from the airport. You should have a very specific plan for how to do this.
- Save your Site Manager's number on your phone to contact them via Whatsapp if you have WiFi. Also, have the Site Manager's number and your housing address written on a sheet of paper in case your phone dies.
- Talk to your phone company about activating an international plan for your arrival day. Most companies have a relatively inexpensive daily option (ex: Verizon \$10/day).
- Download Google Maps for your site before you go (can be downloaded via Google Maps as an "offline area").
- If you are arriving late at night to your actual site, it will be hard to find a taxi from the local train station to the housing location; talk to your Site Manager in advance if you are arriving very late to see what the best option is.
- Transportation to the hospital and back from your housing is covered by your program fee, but this does not mean that we will arrange it – it will most likely be public transit and please do not expect a private shuttle.

Housing Standards

- Expect smaller living spaces than in the US.
- Be prepared for smaller beds than in a typical US hotel room.
- Do not expect fast or reliable WiFi that is capable of Netflix binge watching.
- Expect AC/heat to be used more frugally, and room temperatures might not match your specific preferences.
- Be prepared for less frequent cleaning (likely once a week), and please pick up after yourself to keep a relatively tidy environment.
- There could be a higher quantity of insects (depending on weather and the time of year), so do NOT leave open containers of food or crumbs around your room.
- Alcohol is NOT allowed in your housing under any circumstances.

Hospital Expectations

- Realize it is a privilege for you to shadow the doctors in their daily lives as medical professionals. The Atlantis program is designed to give you insight into what it means to be a medical professional (with exciting and boring moments). It is not designed to give you a Grey's Anatomy experience. Please realize you are not the doctor's priority, so they might not cater to you or your desires. Their priority is their patients, and please be flexible as you learn from what you see.
- While we do try to honor your preferences, please know that you are NOT guaranteed to see your preference(s) or choice(s) of department.

Prioritize Your Health

- Adjust your sleep schedule pre-trip so that you are not as impacted by jetlag.
- Upon arrival on your first day, try not to take a nap (wait until the evening to have a full night of sleep so that you can better adjust to the time change).
- Take extra care limit the spread of germs, washing hands more frequently and following any recommended precautions.
- Stay hydrated– it can be hard to remember to drink water in countries where water is not free and where they drink a lot of alcohol and coffee.
- Eat enough food (even if you don't like it) – talk to your Site Manager about different food options can buy for yourself if you do not like the local cuisine.



We help build a world where healthcare professionals love their jobs and their patients can sense that. We do this via programs that (a) help put the right people in healthcare and (b) help these people thrive in their field.

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