

2024

VISITING MEDICAL STUDENT'S GUIDE

FOR AN ELECTIVE TERM AT DARTMOUTH





**The Center for
Global Health Equity**
at Dartmouth

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INTRODUCTION

The purpose of this guide is to provide an introduction and a resource for your time in New Hampshire. This guide briefly describes some of the experiences you will have during your clinical elective at Dartmouth College (DC) Geisel School of Medicine and Dartmouth-Hitchcock Medical Center (DHMC).

We hope this document helps you acclimate to life at Dartmouth. We also hope future students will continue to update this guide with new information from their experiences. We have organized the guide chronologically, from shopping in your home country to saying goodbye to your new friends at Dartmouth.

The experience will be best if you “make it your own,” so we intend for this only to serve as an outline of suggestions. You can find important phone numbers at the end. The suggestions in this document are heavily drawn from a similar document written by previous visiting students. Thank you to all who have contributed!



**The Center for
Global Health Equity
at Dartmouth**

**Message from
Dr. Lisa V. Adams, Director
Center for Global Health Equity**



Greetings!

As the director of Dartmouth's Center for Global Health Equity, it is my distinct pleasure to warmly welcome you to Dartmouth and the Geisel School of Medicine. Our Center's vision is a world with health equity for all, and we strive to do so by designing, implementing, and facilitating opportunities for global health education, research, and practice to work in solidarity with our international partners to positively impact the health of communities. And this bilateral student exchange and your participation in it contribute to our mission. We hope you will have a wonderful and productive experience that will transform how you view health, healthcare delivery, and health systems globally. We offer you our warm hospitality and hope you will feel as welcome as we and our students do when we visit your home country. So please soak up every moment and aspect of this experience - we are counting on your generation to help us achieve our global health equity vision. Please reach out with any questions at any time. We are here to support and welcome you to the Dartmouth community.

Dr. Lisa V. Adams

BEFORE YOU LEAVE HOME

PAPERWORK: There is a lot of paperwork and filing of different forms: application forms, medical forms, department approval forms, and international visiting student forms. There are also liability and health insurance forms. It is essential to check your email regularly and promptly reply. You should ensure that you get the EXACT visa you need so that you have no difficulty with patient contact once you are here. In the past, students have applied for the wrong visa and had issues upon arrival in the United States (U.S.).

OCCUPATIONAL MEDICINE REQUIREMENTS: You will be provided with a list of immunizations and drug screenings you need to get as a prerequisite for working at DHMC. Some of the immunizations may require several subsequent visits, so you must start early enough to complete the course of immunization in time for travel to the U.S.

DARTMOUTH INVITATION: Upon your selection and acceptance to the program, you will receive an invitation letter via email from the Dartmouth contact. In addition, you will receive a letter of support for your visa application from Dartmouth's Office of Visa and Immigration Services. You will also receive subsequent emails from various Dartmouth and DHMC personnel to provide more details about the clinical elective rotation and to complete the on-boarding process.



BEFORE YOU LEAVE HOME

HOUSING: Your housing will be arranged, and your contact at Dartmouth will email that information to you, including the address. It will take the following format: Street Number, Unit Number if an apartment, City/Town, State, and Zip Code.

MONEY: It depends on what you are accustomed to. If you have a MasterCard or Visa credit card, that will be easiest because you can use it to withdraw money while in the US. A Barclays card may work, but a CRBD or NBC visa card may not. Alternatively, you can carry cash if you wish to travel to New York, Washington DC, or Boston. Consider bringing additional money to buy presents for your family as well. You will get your stipend on a gift card once you arrive in Hanover, New Hampshire. The stipend will be \$200/month for food and groceries, but the amount may be subject to change. You will also receive a smaller amount of cash in US dollars. In either case, the money provided will be enough to carry out a good life in New Hampshire. You can check the exchange rate of your country's currency to the US currency at the US Government's [FiscalData](#) website.

FOOD: You will be issued a DHMC dining card with a set amount of funds to buy meals at the hospital's [cafeteria](#) for your stay. This card will allow you to get breakfast, lunch, dinner, and snacks. If you prefer cooking your meals, please request that less money be put on the card to receive the additional cash. DHMC is convenient, but it does limit your choices and may only sometimes have foods you like most.

RELIGIOUS AND SPIRITUAL ACCOMMODATIONS: The community strives to provide a welcoming environment for a full range of religious and spiritual perspectives. [Dartmouth's William Jewett Tucker Center](#) provides information about local congregations and houses of worship, and the [Department of Spiritual Health](#) at DHMC provides information about religious and spiritual accommodations available at the hospital.

FOR TANZANIAN STUDENTS

There are often Tanzanian MPH students at Dartmouth or in Boston at Boston University, so certainly ask for their emails. They can help you meet people and even find ways to eat some Tanzanian foods. In Tanzania, Dr. Albert Magohe at the DarDar Clinic is an excellent person to be in touch with, as well as Dr. Maryam Amour, a lecturer and head of the Internationalization and Convocation Unit at MUHAS. Both Dr. Magohe and Dr. Amour completed their MPH at Dartmouth and know the Upper Valley well. Check out the blog post below about fellow MUHAS students who participated in the DarDar medical exchange program.

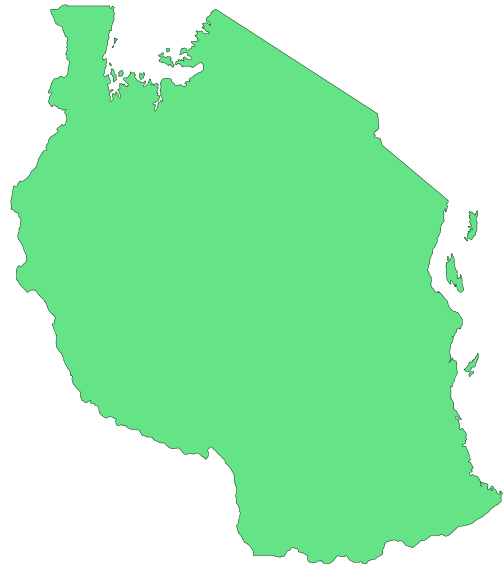
Blog Post:

The Center Welcomes its First DarDar Medical Exchange Students From Tanzania Since the Pandemic

The Center for Global Health Equity (CGHE) welcomed its first international exchange students since the 2020 pandemic halted global health programs worldwide. David Muhunzi and Stella Kaihula arrived in Hanover last August as part of the DarDar bilateral exchange program between Muhimbili University of Health and Allied Sciences (MUHAS) in Dar es Salaam, Tanzania, and Dartmouth College. The partnership, established in 2001, started as a TB and HIV research collaboration that expanded into bilateral medical exchanges, training and capacity building, and healthcare delivery for students and faculty. MUHAS medical students travel to Hanover to engage in patient care at Dartmouth.

Hitchcock Medical Center (DHMC), and vice versa, Geisel medical students travel to Dar es Salaam to work in the outpatient clinics and inpatient wards at Muhimbili National Hospital, participating in patient care and learning about healthcare delivery. The CGHE Director, Dr. Lisa V. Adams, M.D.'90, who oversees DarDar and travels each year to MUHAS as Principal Investigator (PI) of an NIH grant-funded HIV research training program was delighted to welcome the Tanzanian medical students to Dartmouth after the pandemic interrupted global travel. "I recognize how important reciprocity is to our global health educational mission - hosting David and Stella at Dartmouth for clinical training marked a critical juncture in our return to post-COVID-19 programming," says Dr. Adams.

Stella and David spent six weeks at DHMC, completing clinical elective rotations in the Infectious Diseases and Emergency



December 2023 - Courtesy of David Muhunzi David Muhunzi, DarDar exchange student graduates from Muhimbili University of Health and Allied Sciences

emergency medicine, surgery, and obstetrics & gynecology, was thrilled to participate in the clinical rotations. "I was able to observe and work with amazing doctors providing compassionate patient care - the various patient cases we encountered challenged me to apply and expand my knowledge, fostering clinical and interpersonal skills," says Stella. In his digital narrative, David goes on to highlight some of the most notable conditions he and Stella encountered, like infective endocarditis from injection drug use, Lyme disease, and prosthetic joint infections - a deviation from conditions like HIV, bacterial meningitis, tuberculosis, and malaria they encounter at Muhimbili National Hospital.

After traveling back to Tanzania, the students graduated from MUHAS this past December, and now, as graduate medical doctors, they are preparing and awaiting their pre-internship examination with the prospect of starting their yearlong medical internship in May, a requirement they must complete before being eligible to practice medicine in Tanzania. In the interim, David has assumed the role of Project Officer at

THINGS TO PACK

DRESS CODE AND CLOTHING: Clothing and jewelry must be neat, clean, and appropriate for professional business environments. Business casual is the expected dress code. Flip-flops or casual sandals are not allowable. You may want to wear layers, as the indoor temperature can vary. Hooded sweatshirts may not be worn while taking your ID photo. If you like suits, then you may wear them as much as you like, but others will likely not be in full suits. Please bring a short white coat. Scrubs are available free of charge at the hospital.

TOILETRIES: You may bring special toiletries as your specific product brand may not be available locally. If you like medicated soap, buy Protex Gentle before you leave, as Protex won't likely be unavailable in Hanover. Liquid products in your carry-on luggage are limited to 3.4 ounces (100 milliliters) or less per item in travel-sized containers. Larger volumes are permitted in your checked baggage. The U.S. Transportation Security Administration (TSA) provides guidance about the amount of liquids that can be brought on the plane in your carry-on luggage.

HAIR CARE AND PRODUCTS: It's important to note that there are very few hair care professionals trained in Black or ethnic hair care in Hanover; however, some work with diverse hair types. Barbershops in Hanover cost around \$20 - \$40 per haircut. Alternatively, you can buy an electric shaver and help each other shave your hair in the apartment. Try to carry your own Gillette razor, shaving cream, and aftershave. Bring any specific hair care products or tools you may use at home, as they may not be available locally. The Dartmouth Office of Pluralism and Leadership lists Community Specific Campus Resources for coily, wavy, and textured hair and a list of Black hair care services. You are permitted to bring liquids - please note that you are limited to bring liquids in travel-sized containers that are 3.4 ounces (100 milliliters) in or less per item in your carry-on luggage.

THINGS TO PACK

BEDDING/HOUSE SUPPLIES: Blankets, sheets, pillows, and towels should be available in your residence. Your Dartmouth contact will let you know if you need to bring any of these items or arrange to purchase them locally for your stay. Other house supplies, such as washing detergent, dish detergent, broom, mop, vacuum cleaner, etc. will also be available to you or can be purchased locally. Washing machines and cloth dryers are available. If you are unsure about using the washing machines and dryers, do not hesitate to ask the person who shows you your apartment or your host family for assistance.

ELECTRONICS: The electrical sockets in the U.S. are different from those in other countries, as type A and type B are used. The electrical supply in the U.S. is 120-volt, 60-hertz. To ensure you can use your electronics, it's best to carry your own multi-plugs. You can request a converter to use while you're in the U.S. from the Dartmouth contact.

CELL PHONE: A cell phone will be available for your use while in the U.S., or you can use a SIM card that will be available to you for use in your personal cell phone. We will cover the monthly plan for your US cellular service.



TRAVEL DAY

ON THE PLANE: The plane is usually quite cold, and you will need a sweater. Getting a seat at the window will be great, so be sure to choose one when checking in on the plane if you still need to be assigned a seat. Some seats require extra payment, so try to avoid them. You'll be comfortable without the expensive upgrade.

CONNECTING FLIGHT: When you get off the first plane, immediately find your next gate because there are many gates. You may want to roam around after establishing which terminal and gate your plane will leave from. You also may need to print out a boarding ticket from the self-service kiosk. They look like ATMs and there is not anybody to show you anything, but just follow the instructions on the screen. You will not need a visa for the country your plane connects in, as long as you stay in the airport.

LUGGAGE: Each airline differs in the number of luggage allowed to be checked and carried on the aircraft with you. The weight limit for checked baggage is usually 50 lbs (22 kg) - there are additional fees for anything over. Your Dartmouth contact will provide your airline information when the reservation is shared. Checked luggage may sometimes arrive well after passengers arrive at their destination, so pack essential items in your carry-on bag. Such items include prescription medications, passport, Dartmouth/DHMC invitation letters, and other essential travel documents. Only bring a few liquids and reduce things that contain metal in your carry-on. The U.S. Transportation Security Administration (TSA) provides guidance about the amount of liquids that can be brought on the plane in your carry-on luggage, which is limited to travel-sized containers that are 3.4 ounces (100 milliliters) or less per item. You may bring your laptop, cell phone, and other electronics in your carry-on luggage onboard. Additional information about what you can pack for travel to the U.S. can be found on the TSA [website](#).

TRAVEL DAY

FOOD WHILE TRAVELING: Meals are usually provided on the plane. Be sure to tell your Dartmouth contact if you have any dietary restrictions/preferences that should be included with your reservation. It is illegal to bring fruits, vegetables, and certain meats from another country into the U.S., and it could cause problems when passing through Customs at the U.S. airport. Please make sure you do not have any of these items in your luggage or carry-on. The U.S. Customs and Border Protection (CBP) discards such items. Additional information about permissible and restricted items can be found on the CBP's [website](#).



WHEN YOU ARRIVE

NAVIGATING THE AIRPORT: Your flight will arrive at Boston Logan International Airport in Boston, Massachusetts, Terminal E. If a few of you are traveling, stay together at all times, including transfers in other countries and when landing in the US. If you are asked if you're traveling together, always say yes so you can stay together as a group. Another reason to stay together is that your phone will not work because you don't have a US SIM card. Your Airtel line might receive messages from home, so you may want to buy one before traveling. For your convenience, free Wi-Fi is available at the airport and on the Dartmouth Coach. You can use WhatsApp to send text messages or make phone calls. Please note that the Coach has a 'No Cell Phone' policy, but short phone calls related to your arrival are allowable.

U.S. CUSTOMS AND BORDER PROTECTION: After exiting the aircraft, you will enter U.S. Customs and Border Protection. When requested, be prepared to show your passport, visa, Dartmouth/DHMC invitation letters, and any other travel documents.

I94 FORM: You must fill out an I94 form when you pass through the airport and enter the States through CBP. An I94 is completed by foreign visitors who enter and depart from the U.S. - your date of entry, port of entry, visa category (if applicable), and the authorized period of stay are documented on the I94.

BAGGAGE CLAIM: After passing through CBP, head to Baggage Claim to collect any checked luggage. If you don't find your bag with the other passenger bags, make your way to the lost baggage counter. They will need your baggage claim ticket from the airline. Keep track of the number and call frequently for an update on the status of your missing baggage.



WHEN YOU ARRIVE

CONTACTING HOME: Inform your family as soon as you can that you have arrived safely at the first stop. SIM cards are expensive and can be hard to find, so consider other options. Try to use the free Wi-Fi that's available in most airports. You need to sign some terms and conditions for access; agree because your browser will automatically log on to the website, and after you sign in, you should be able to communicate by Skype, WhatsApp, email, or anything that might interest you. The airport has free Wi-Fi, so just sit on one of the benches outside and enjoy the Wi-Fi while waiting for Dartmouth Coach. The Dartmouth Coach also has Wi-Fi and complimentary bottles of water. Someone will meet you at the bus stop in Hanover, and if your baggage does not arrive with you, it should arrive within one week.



WHEN YOU ARRIVE

BUS/TRANSPORTATION TO HANOVER, NEW HAMPSHIRE: When you are ready to leave, walk outside to the right of the airport building to catch the Dartmouth Coach bus to Hanover, New Hampshire. The Dartmouth Coach is located on Level 1, door 107 for Terminal E. Walk to the area where the orange signs read "Scheduled Bus" and list "New Hampshire." Find a "Help Desk" or an airport employee if you are unsure where to find the Dartmouth Coach. Don't be afraid to ask; it is free, so nobody will charge you for asking for information. They will tell you where to wait for the bus since the plane often arrives an hour or two before your scheduled Dartmouth Coach leaves Logan Airport. The last bus leaves Logan Airport at 8:50 pm, so if you miss the bus, you can catch the next one. You can use the same ticket, so don't worry about purchasing a new ticket. The Dartmouth Coach looks exactly as it looks on the website. Remember to adjust your watch to the local time (EST) so you'll know how long you have until the bus comes. When the bus arrives, the driver will take your luggage and load the bigger ones into the luggage space below the bus. They will ask for your ticket, which you should have printed before departure. That's all you'll need. Get onto the bus and relax. It's at least a 2.5 to 3-hour drive from Logan Airport to the Dartmouth Campus. The days are longer in the summer, so it will still be daytime when you arrive, as long as it is before about 9 pm in the summer.



ONBOARDING

DARTMOUTH EMAIL ADDRESS: You will be assigned a Dartmouth email address during your elective for all professional work. Your Dartmouth contact will work with you to establish the address before your arrival. Please use this address for all professional and work-related activities.

DARTMOUTH OFFICE OF VISA AND IMMIGRATION SERVICES (OVIS): Upon arrival in the U.S., an electronic I-94 record is created to document your entry. Once it is created, you can access this record at the U.S. Customs & Border Protection Agency's [website](#). Your Dartmouth contact will schedule an appointment with an OVIS advisor to check in and complete an orientation session. Bring your passport and any travel-related documents to this session.

DRUG SCREENING: Immediately following your arrival, you must complete a urine drug screening test at DHMC. Your Dartmouth contact typically schedules this appointment the day after your arrival, as the results usually take three days to return. Bring your passport or a valid U.S. photo I.D., such as a driver's license or military identification. Additionally, your bladder must be full for urine collection. You can only start the elective once the results come back. You may receive a bill after the test. Just forward it to your Dartmouth contact for payment.

PREREQUISITES FOR PATIENT CONTACT: You will be required to do the eDH (electronic medical record) training to get access to the electronic patient information system. Also, to access the internet Wi-Fi services at the hospital, you must have your laptop and mobile phone registered with the hospital's IT department. Install Windows on your computer. Other systems might not be compatible with their system. Alternatively, the DHMC IT can give you a loaner computer for the duration of your time.

WORK AT DHMC

YOUR WORK AT DHMC: Basically, this is an elective clinical rotation where you will be required to see patients take histories, do examinations, and present them to your attending physicians and fellows. On the Infectious Disease rotation, you will go on rounds with them. You might be assigned to one of the two teams: RED (Orthopedic cases with infections) or GREEN (Transplant, HIV, and other Immunosuppressed patients with infections). You will receive orientation material the first week explaining what to do. You will also complete another rotation in Emergency Medicine or another medical specialty.

MALPRACTICE INSURANCE: You will be covered by medical malpractice insurance during your elective at DHMC. Your Dartmouth contact will arrange the medical malpractice insurance plan for you and send the details before your arrival. Academic Medical Professionals Insurance Risk Retention Group, LLC is usually the vendor used for health professionals' liability insurance coverage, but can change.

FACILITIES/SPACES: You will have access to numerous areas at DC and DHMC. This [link](#) lists the facilities and spaces you can access at the college and hospital.



HEALTH AND WELLBEING

MEDICAL INSURANCE: Short-term medical insurance will be available to you in the event of an accident or sickness and need care. Your Dartmouth contact will arrange the medical insurance plan for you and send the details before your arrival. International Student Insurance is usually the vendor used for short-term medical insurance, but can change.

WELLNESS AND FITNESS: There are opportunities to engage in physical activity at DHMC, which include several walking paths/trails and fitness rooms. There is the Zimmerman Lounge at the hospital for students, and you might enjoy spending your extra time there. The Zimmerman Fitness Center at Dartmouth College is 16,000 square foot facility that houses over 70 pieces of cardio equipment (many with their own TV's), 40 strength machines, 3 different dumbbell areas, a full free-weight area, and open spaces for functional fitness and stretching. Day Passes can be purchased with a debit or credit card at the Main Entrance desk of Alumni Gym or the Facilities Office in Alumni Gym.

TRANSPORTATION

EHZERGI XVERWIX> The Advance Transit (AT) buses in Hanover and Lebanon are free and very helpful. All you need to do is first to get a schedule of the AT buses which you can find online or on the bus (ask the driver if you don't see them displayed). The BLUE bus takes you to DHMC and brings you back to Hanover. Take note that it also goes to Lebanon, so if you want to go to DHMC from Hanover, you need to take the BLUE bus with (DHMC/Lebanon displayed on the screen on the front of the bus) when you are leaving from Hanover. When returning from DHMC, take the DHMC BLUE bus with Hanover displayed on the front of it. You will learn this all within a week. In any case, feel free to talk with the driver if you need clarification on the destination of the bus you are in. A few important things: do not just enter the bus when it stops. First, allow the passengers wanting to exit to get off and then get on the bus. Never try to walk in the bus while in motion.

TAXIS: There are no regular taxis in Hanover. If you miss a bus for any reason, don't worry as there will be another one shortly. With time, you will learn the bus schedule. Remember that the AT buses only run from Monday through Friday so if you want to travel to DHMC on weekends you will have to find a contact person or walk. If needed, you can call a taxi to come pick you up, but that can take a while and is rarely the best option.

BUSES AND SUBWAYS IN BIG CITIES: If you happen to travel to Boston, New York, or Washington DC, you will get a chance to use the subways (underground trains). Unlike the AT buses, they are not free. You need to pay for tickets.



TRANSPORTATION

RENTING A BICYCLE OR CAR: Since you may not be familiar with the road safety rules, we do not advise renting a bicycle or car. As always, communicate with your sponsor or contact person if you have any questions regarding transportation. If your driver's license can be translated by a rental car agency, then you would be able to drive in the U.S. If not, then an International driving permit will be strongly recommended, in addition to your country of residence valid driver's license.

LONG-DISTANCE TRAVELING: It is great to take advantage of travel opportunities, but note that Dartmouth will not be responsible for your travel expenses. If you wish to travel, bring some additional money. Based on our experience, the bus fare is not as cheap as it is in other countries, so if you plan on traveling be prepared financially. You can usually check the fares of different buses or trains online before making travel plans. Below are links to transportation regionally and nationally.

Bus Schedules

- [Dartmouth Coach](#)
- [Greyhound](#)

Train Schedules

- [Amtrak](#)

Car Rentals

- [Enterprise - VOX Car Rental Program](#)
- [Domestic Rental Vehicles](#)

Airports

- [Boston's Logan International Airport \(BOS\)](#)
- [Burlington International Airport \(BTV\)](#)
- [Lebanon Airport \(LEB\)](#)
- [Manchester Boston Regional Airport \(MHT\)](#)

SAFETY

SAFETY IN HANOVER: Hanover is a relatively safe place. Do not worry about feeling insecure. If you do go out at night, around DC, Dartmouth Safety & Security cars will pass from time to time on campus. While in your residence, there should be no safety concerns. For example, one of us mistakenly pressed the emergency button on the telephone and the police just came in a few minutes even without a call. You are quite safe if you are in Hanover!

CONTACT INFORMATION IN CASE OF EMERGENCY: You will be provided with a list of people you may contact. When you are in your home residence, you will have Wi-Fi, so you can also contact anyone via email. People in Hanover are extremely friendly in general. If you need help with anything, feel free to ask anyone for directions, advice, etc.



COMMUNICATION

COMMUNICATIONS AT DARTMOUTH/DHMC:

- **Cell Phone:** A cell phone will be available for your use while in the U.S., or you can use a SIM card available to you in your personal cell phone. We will cover the monthly plan for your U.S. cellular service.
- **Dartmouth Email Address:** You will be assigned a Dartmouth email address during your elective. Your Dartmouth contact will work with you to establish the address before your arrival. Please use this address for all professional and work-related activities.
- **Wi-Fi/Computing:** To access the internet Wi-Fi services at the hospital, you must have your laptop and mobile phone registered at the DHMC IT office. Windows will need to be installed on your computer. Other systems might not be compatible with the DHMC system. Alternatively, DHMC IT can provide you with a loaner computer during your time. Your Dartmouth contact can connect you to the DHMC IT department to pick up the laptop. Wi-Fi will be available to you at your apartment or housing facility and does not require payment.
- **WhatsApp:** WhatsApp is an instant messaging and Voice over Internet Protocol (VoIP) application for communicating locally and globally. It can be downloaded to your laptop and cell phone.



FOOD

DHMC DINING: The main dining cafeteria in the hospital is located on Level 2. You can use your DHMC dining card to purchase hot meals, sandwiches, burgers, salads, snacks, and beverages in the hospital cafeteria. You will be asked for your dining card at the checkout counter, and the cost will be automatically deducted. The weekly menu is posted for review. Other dining options are located on Level 3 of the hospital if you wish to use your personal funds.

BUYING GROCERIES AND HOUSEHOLD ITEMS: There are a few food stores in the area. Food stores in Hanover can sometimes be more expensive than in West Lebanon. If you want to save some money for other purposes, we suggest going to stores in West Lebanon and buying items that will last you a few weeks. It is more difficult to go to West Lebanon on weekends (no AT buses working), and on weekdays, you will be quite busy at the hospital. You can also get fresh foods at the COOP Food Store in Hanover and the Hannaford store in West Lebanon. The Norwich Farmers' Market is open from 9 am to 1 pm on Saturdays, May through October and a nice place to visit.

RESTAURANTS: The Upper Valley has a host of restaurants, coffee shops, bakeries, and breweries/wineries; however, they tend to be more expensive than cooking on your own. If you want to dine out occasionally and enjoy the local cuisine, the Upper Valley Business Alliance has compiled a convenient listing. You can also get pizzas and fast food in Hanover and DHMC.

WATER: There is treated fresh tap water that you can use for drinking and cooking purposes; it is entirely safe.



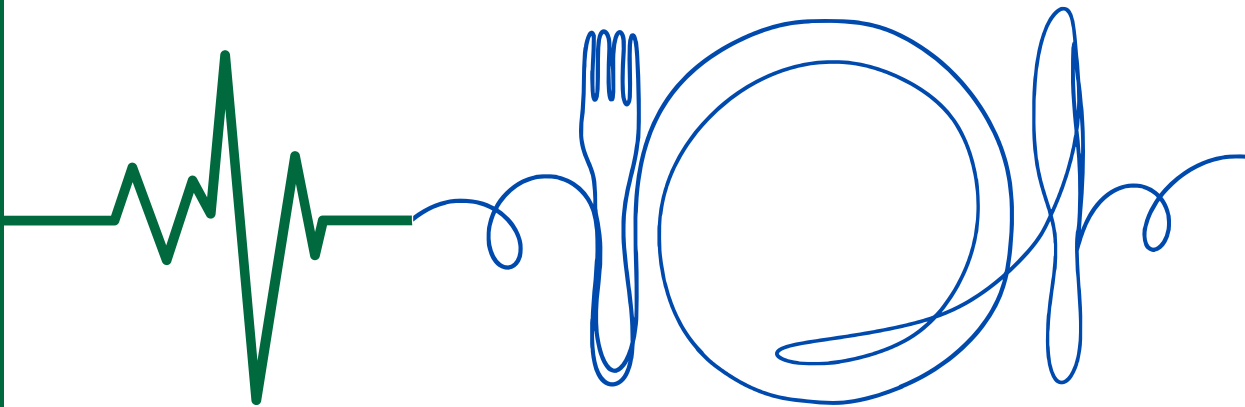
FREE TIME

ENTERTAINMENT/ACTIVITIES: There are a variety of activities to get involved with during your rotation. Both free and activities for a fee are available to participate in. Following are useful links about things to do:

- [Living in New Hampshire](#) (DHMC)
- [Diversity](#) (DHMC)
- [Things to Do in the Upper Valley](#) (DC)
- [Things to Do](#) (DC)
- [Life in Hanover](#) (DC)
- [Hanover Area Attractions](#)
- [Upper Valley](#).

RESTAURANTS, FOOD & BEVERAGES: The Upper Valley has a host of restaurants, coffee shops, bakeries, and breweries/wineries. The [Upper Valley Business Alliance](#) has compiled a convenient listing.

IN TOWN: There are a lot of museums, artwork and beautiful buildings. Just walk around to take in the sights.



TIME TO SAY GOODBYE

EQUIPMENT: Schedule a time to return the laptop on the last day of your work at DHMC. If you borrowed a cell phone, schedule a time a day or two before your flight to return the cell phone to your Dartmouth contact.

APARTMENT/RESIDENCE: Depending on where you live, there should be a checkout list to follow at the end of your stay. Follow the checkout guidelines and ensure the residence has been tidied up and returned to the same condition as when you checked in.

THANK YOU NOTES: We encourage you to write thank you notes to your hospital preceptors and anyone else for whom you would like to show your appreciation.

RETURN TRAVEL: Your Dartmouth contact will book your return travel, including your Dartmouth Coach reservation to the airport. They will also arrange your transportation to the Dartmouth Coach pick-up location.



HELPFUL CONTACT INFORMATION

Dr. Lisa V. Adams

Associate Dean for Global Health, Director
Center for Global Health Equity, Director
Professor of Medicine
Tel: +1603.646.5806
Lisa.V.Adams@dartmouth.edu

Tecla Coleman

Program Manager
Center for Global Health Equity
Tel: +1603.646.5935
Tecla.Coleman@dartmouth.edu

Kelly Burgess

Senior Administrative Assistant
Center for Global Health Equity
Kelly.Burgess@dartmouth.edu
Tel: +1603.646.9820

Firoj Gurung

Senior Program Coordinator
Office of Diversity, Inclusion, and Community Engagement
Firoj.Gurung@dartmouth.edu





The Center for Global Health Equity
at Dartmouth