



MEDSCHOOLCOACH
helping you achieve your medical school dreams

medschoolcoach.com

TRAVEL GUIDE



ULTIMATE MED IMMERSION GHANA

Summer of 2022 Edition

Table of Contents

PAGE 4 General Information

PAGE 6 Trip Planning

PAGE 8 The Immersion

PAGE 10 Clinical Experience

PAGE 12 Daily Agenda

PAGE 14 Accommodations

PAGE 16 Cuisine

PAGE 18 Medical Faculty

PAGE 19 Travel Details

PAGE 20 Answers to Common Questions

PAGE 24 The MedSchoolCoach Difference

GREETINGS TRAVELERS!



Sahil Mehta MD

Founder, MedSchoolCoach

Welcome to the MedSchoolCoach inaugural Ultimate Med Immersion journey to Ghana! Our world-class physicians and seasoned guides warmly welcome you as prepare to undertake an experience of a lifetime.

You will shadow some of the best doctors in Ghana, observe live surgeries, and participate in community health services with like-minded students seeking a career as a physician. Plus, you'll also enjoy the Ghanaian countryside, cuisine, and culture.

During this exclusive premed travel program, you will be joined by MedSchoolCoach physicians for more than two weeks. Your travels include nine days of concentrated medical curriculum within clinics and hospitals alongside real patients. This experience will give you a tremendous leg-up on many of the medical school application requirements needed for acceptance.

By journey's end, you will have immersed yourself in clinical experiences you'll remember for the rest of your life. These stories will be great to share with friends and family, and also with admissions committees, as you create your personal statement and prepare for med school interviews.

We look forward to having you join our team in Ghana!



Contacts

Who do I contact with questions?

For New Bookings

Contact: MedSchoolCoach Enrollment
Email: enroll@medschoolcoach.com
Phone: (888) 381-9509

For Questions About Existing Bookings

Contact: Jeremy Yelich, Executive Program Director, Ultimate Med Immersions
Email: jeremy@medschoolcoach.com
Phone: (413) 658-0224

For International Airfare and Travel Questions

Contact: McNair/Direct Travel
Online: <https://dt.com>
Phone: (703) 836-1100

General Information

Get ready for the most amazing med student travel program ever! During your two-week adventure, you will learn alongside some of the best doctors in Ghana while undertaking nine days of concentrated medical curriculum alongside real patients. You will also be joined by MedSchoolCoach physicians who will help prepare you for many of the medical school application requirements needed for acceptance.

Trip Dates:

Group 1 – Sat., June 25 to Sat., July 9, 2022

Group 2 – Sat., July 16 to Sat., July 30, 2022



Ultimate Med Immersion
Program Director:

Jeremy Yelich



Your Destination:

- **Kotaka International Airport** – Located in Accra, Ghana, you'll be driven 92 miles west over a three-hour drive to our main base in Cape Coast.



Hospital & Clinic Sites:

- **Cape Coast Teaching Hospital** – Our main base of operations is located in Cape Coast, Ghana.
- **Saltpond Municipal Hospital** – Located 19 miles east of Cape Coast, Saltpond is a town and the capital of the Mfantseman Municipal District in the Central Region of South Ghana.
- **Abeadze Dominase Clinic** – Dominase village is in the Mfantseman district in the Central Region of Ghana, 36 miles northeast of Cape Coast.



Cape Coast Accommodations:

- **Ridge Royal Hotel** – Residential Road, No. 1, Second Ridge.
- **Oguaa Apartments & Lodging** – Abura-Effutu Road, 200 Meters from Hans Cottage.
- **Hotel Loreto** – Ramblers Cottage off of Ankaful Road.





WHILE IN GHANA



Airport

Kotoka International Airport
go.medschoolcoach.com/kotoka

Hospital & Clinic Sites



Cape Coast Teaching Hospital
go.medschoolcoach.com/cape-coast



Saltpond Municipal Hospital
go.medschoolcoach.com/saltpond



Abeadze Dominase Clinic
go.medschoolcoach.com/dominase

Hotels & Accommodations



Ridge Royal Hotel
go.medschoolcoach.com/ridge-royal



Oguaa Apartments & Lodging
go.medschoolcoach.com/oguaa



Hotel Loreto
go.medschoolcoach.com/loreto

Trip Planning

To Do Immediately

- ✓ If you have not already booked an Ultimate Med Immersion with MedSchoolCoach, pay your deposit and submit your information to enroll while spots still remain.
medschoolcoach.com/clinical-travel/ghana/reserve-your-spot/
- ✓ Make sure your passport is current – Due to COVID-19, passport processing is taking longer than normal. You could expect delays from anywhere between 4 and 6 months.

120 Days Prior to Departure

- ✓ Pay your remaining balance – If you are departing with Group 1 on June 25, 2022, your balance is due by February 25, 2022. If you are departing with Group 2 on July 16, 2022, your balance is due by March 18, 2022.
- ✓ Submit your Health Form – So we can ensure your health, and that of your fellow travelers.
medschoolcoach.com/clinical-travel/ghana/health/
- ✓ Submit your Disclosure Form – Review and sign the Liability Release, GPA Verification, Media Waiver, and Code of Conduct.
medschoolcoach.com/clinical-travel/ghana/disclosures/
- ✓ Book domestic airfare – Purchase your roundtrip flight to JFK International Airport from your hometown.
- ✓ Book international airfare – Purchase your international roundtrip flight to Accra, Ghana through our partners at McNair/Direct Travel online at dt.com or via phone at (703) 836-1100.
- ✓ Purchase travel insurance – If you must cancel for any reason, independent travel insurance is required to cover you. This is not purchased through MedSchoolCoach. Note that some policies require purchase when your trip is initially booked.

90 Days Prior to Departure

- ✓ Obtain a visa for your destination to Ghana.
- ✓ Make sure you have all the necessary vaccinations.

60 Days Prior to Departure

- ✓ Review the packing list to make sure you have all the clothing, personal supplies, and clinical items needed.

30 Days Prior to Departure

- ✓ Leave the MedSchoolCoach phone number of (888) 381-9509 with a parent, in case you need to be reached in emergency.
- ✓ Leave copies of your passport, visa, and airline tickets with a parent.
- ✓ Confirm all your travel arrangements.

Packing List

Clothing Items

- ☐ Business casual pants or khakis (required for clinical hours if not wearing scrubs)
- ☐ 2 pair of business casual shoes or sneakers – not open toe! (required for clinical hours)
- ☐ Shorts
- ☐ Swimwear – conservative, appropriate attire recommended (just in case)
- ☐ Pajamas, nightwear
- ☐ Tennis shoes (for day trips)
- ☐ Undergarments (15 days' worth)
- ☐ 1 casual dress/dress pants/shirt & tie for closing dinner
- ☐ Business casual short sleeve shirts (required for clinical days if not wearing scrubs)
- ☐ Socks (required for clinical hours)
- ☐ Denim jeans
- ☐ Casual shirts
- ☐ Workout clothes (for fitness center)
- ☐ Light jacket (waterproof)
- ☐ Sandals/Flip-flops
- ☐ 1 pair of rubber boots in case it pours and streets flood

Clinical Items

- ☐ Safety Glasses/Face Shield
- ☐ Toys/candy for kids in hospital
- ☐ Journal (for nightly entries)
- ☐ Stethoscope
- ☐ Notebook, pens and clipboard
- ☐ Nitrile Exam Gloves & Procedure Masks

Other Items

- ☐ Plug adapter*
- ☐ Umbrella (compact)
- ☐ Drink mixes (for water)
- ☐ 1 Towel (just in case)
- ☐ Snack items (for evenings)
- ☐ Aspirin/Ibuprofen (other OTC meds) ***
- ☐ Band-aids, antibiotic cream & hand sanitizer
- ☐ Books/E-books for leisure reading
- ☐ Garbage bag (for packing dirty clothes in on return trip)
- ☐ Mobile phone & charger
- ☐ Copies of important documents
- ☐ Power converter**
- ☐ Water bottle (insulated)
- ☐ Toiletries (soap, shampoo, toothpaste, toothbrush, razor, shaving cream, etc.)
- ☐ Mosquito Repellent (at least 30% DEET)
- ☐ Sun block
- ☐ Prescription medication(s) & OTC medications
- ☐ Tablet Computer (optional)
- ☐ Sunglasses
- ☐ Laptop (only for those who really need it)
- ☐ Passport
- ☐ Cash

Be sure to review the luggage policies of the airline you will be flying.

* Plug adapter may or may not be required depending on plug types available in the hotel which vary – many electronic devices can convert 220v outlets without a power converter.

** Power converters are required if you bring any personal appliances (hairdryers, irons, electric razors, etc.) that do not normally have the ability to convert 110v-220v like modern electronic items.

*** MedSchoolCoach staff will not be able to administer over-the-counter medications, so it is recommended that students bring their own.

MedSchoolCoach LLC. is not responsible for any damaged, lost, or stolen items

The Immersion



Gain 45+ Observation Hours in a Real-Time Clinical Education

On the Ultimate Med Immersion experience, you will travel with a U.S. physician who will help guide you through the clinical experiences you are observing. You will gain more than 45 observation hours with multiple specialties in less than a few weeks.



Every night, you'll have the opportunity to discuss the patients you have seen, their pathology and treatment options with our lead physician educator on your trip. As part of the medical curriculum, you will see patients alongside Ghanaian physicians and decide on treatment plans. No other experience outside actual medical school is as all-encompassing and real-time.



Participate in Patient Care

Beyond just observation, depending on the specialty and attending physician, you may participate in patient care, including surgeries, procedures, physical examinations, and history taking.



Observe & Scrub Into Live Surgeries

Watch surgery being performed while standing in operating rooms or observation rooms. You could see surgeons and their team do their work first-hand.



Learn Clinical Medicine

Part of the Ultimate Med Immersion experience is having a physician alongside you so you can learn the medicine being delivered.



Explore Health Systems

Ghana has one of Africa's most comprehensive health systems. Learn how the system differs from the U.S. and how patient care is delivered.

Specialists You May Shadow

Students will have the opportunity shadow a variety of physicians, including:

- ▶ General & Specialty Surgeons
- ▶ Cardiologists
- ▶ Infectious Disease
- ▶ Internal Medicine Physicians
- ▶ Ophthalmologists
- ▶ Pediatricians
- ▶ Pulmonologists
- ▶ Radiologists

Procedures & Surgeries You May See

Because the program is real life, you will get to see whatever walks through the door. This can include:

- ▶ Cardiac surgeries
- ▶ Abdominal surgeries
- ▶ Vascular surgeries
- ▶ OB/GYN
- ▶ Orthopedic & Trauma surgeries
- ▶ Central line placements
- ▶ Cataract surgeries
- ▶ Paracentesis & thoracentesis

Each trip is unique based on patient care during the time of your trip.



Clinical Experience

There are three primary hospital settings where we have been granted full access approval by the area Governor and the Hospitals Executive Administration. During rotations, students will experience equally Cape Coast Teaching Hospital, Saltpond Hospital, and Abeadze Dominase Clinic.



Cape Coast Teaching Hospital

The Cape Coast Teaching Hospital will serve as our main base of operations and be open for visits for all the surgery observations and physician shadowing, as well as other related departments.

The Central Regional Hospital now Cape Coast Teaching Hospital is currently a 400 bed capacity referral Hospital situated at the Northern part of Cape Coast. It is bounded on the north by Abura Township, on the south by Pedu Estate / 4th Ridge, Nkanfua on the East and Abura / Pedu Estate on the West.

The Hospital, which was the first of a series of ultra-modern Regional Hospitals established by the Ministry of Health, started full operations on 12th August, 1998 and was adjudged the best Regional Hospital in the year 2003.

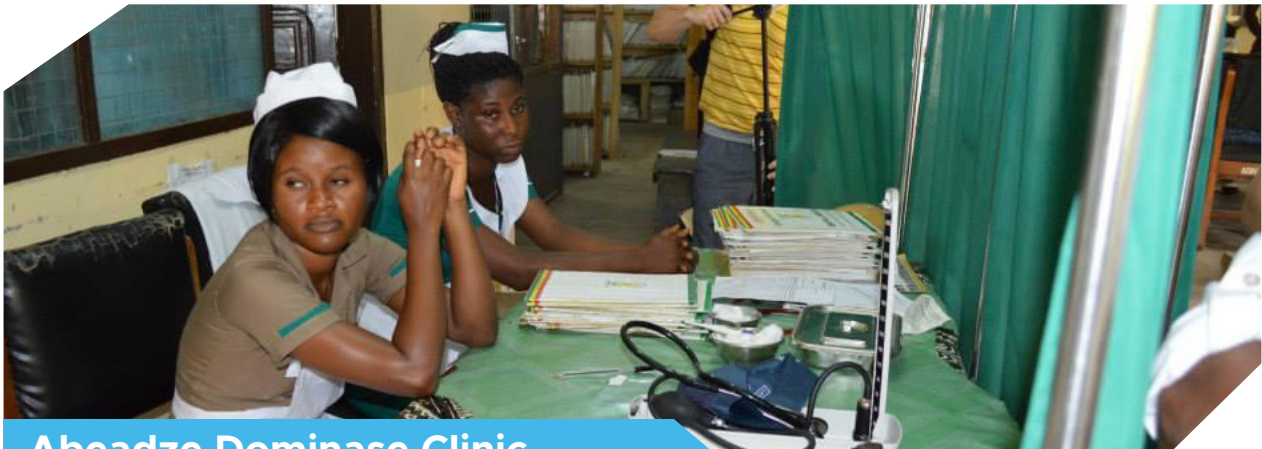
The Hospital has been transformed into Cape Coast Teaching Hospital with the inception of School of Medical Sciences in the University of Cape Coast. The first batch of the Medical Students graduated from the Teaching Hospital in June, 2013.



Saltpond Municipal Hospital

Saltpond is a town and capital of the Mfantisman Municipal District in the Central region of south Ghana. In 1889 the Saltpond Municipal Hospital was opened by the government.

Today, Saltpond provides continued observations of patient care, surgeries, and primary care (especially prenatal) for our students to observe and participate in. There is not an active website for it. It is more of a community hospital serving folks from surrounding villages and communities.



Abeadze Dominase Clinic

Dominase is a village in the Mfantisman district in the Central Region of Ghana.

In Dominase, students will have access to village care ranging from diabetes, hypertension, prenatal, deliveries, and patients coming to the clinic with general illnesses, such as malaria and cholera. Students will also conduct health screenings for members of the community ranging from taking blood pressures, taking blood sugars, changing and replacing bandages, assist clinicians in basic wound care and assessments. The clinic at Abeadze Dominase will be a very active place for students to perform skills on patients they will be trained on during the trip.

Daily Agenda

Day	Group 1	Group 2	Activity
1	Saturday, June 25	Saturday, July 16	<ul style="list-style-type: none"> 4:00PM – Arrive at JFK Airport in New York Afternoon/Evening – Depart for Accra, Ghana
2	Sunday, June 26	Sunday, July 17	<ul style="list-style-type: none"> Evening – Arrive Kotoka International Airport in Accra, Ghana Transfer to Accra Hotel Arrival Meal & Evening rest
3	Monday, June 27	Monday, July 18	<ul style="list-style-type: none"> 9:00AM – Depart for Cape Coast Teaching Hospital 11:30AM – Arrive CCTH, have lunch and meet for orientation 1:00PM-4:30PM – Curriculum Day #1, Afternoon rotations Evening – Check-in Cape Coast hotel, dinner, evening activity
4	Tuesday, June 28	Tuesday, July 19	<ul style="list-style-type: none"> 9:00AM-4:30PM – Curriculum Day #2, rotations 6:00PM – Dinner at Cape Coast Hotel 7:00-8:00PM – Debrief 8:00PM-11:00PM – Evening social visits
5	Wednesday, June 29	Wednesday, July 20	<ul style="list-style-type: none"> 9:00AM-4:30PM – Curriculum Day #3, rotations 6:00PM – Dinner at Cape Coast Hotel 7:00-8:00PM – Debrief 8:00PM-11:00PM – Evening social visits
6	Thursday, June 30	Thursday, July 21	<ul style="list-style-type: none"> 9:00AM-4:30PM – Curriculum Day #4, rotations 6:00PM – Dinner at Cape Coast Hotel 7:00-8:00PM – Debrief 8:00PM-11:00PM – Evening social visits
7	Friday, July 1	Friday, July 22	<ul style="list-style-type: none"> 9:00AM-4:30PM – Curriculum Day #5, rotations 6:00PM – Dinner at Cape Coast Hotel 7:00-8:00PM – Debrief 8:00PM-11:00PM – Evening social visits

Day	Group 1	Group 2	Activity
8	Saturday, July 2	Saturday, July 23	<ul style="list-style-type: none"> • Cape Coast sightseeing • Visit Elmina Slave Trade Castle and historic sites • Explore and have lunch on your own • Evening group fun activity, such as beach party
9	Sunday, July 3	Sunday, July 24	<ul style="list-style-type: none"> • Religious services available upon request • Central Region, Ghana Sightseeing • Wildlife Sanctuary, Beach, shopping • Explore and have lunch on your own • 6:00PM – Dinner at hotel • 7:00PM – Evening preview for week
10	Monday, July 4	Monday, July 25	<ul style="list-style-type: none"> • 9:00AM-4:30PM – Curriculum Day #6, rotations • 6:00PM – Dinner at Cape Coast Hotel • 7:00-8:00PM – Debrief • 8:00PM-11:00PM – Evening social visits
11	Tuesday, July 5	Tuesday, July 26	<ul style="list-style-type: none"> • 9:00AM-4:30PM – Curriculum Day #7, rotations • 6:00PM – Dinner at Cape Coast Hotel • 7:00-8:00PM – Debrief • 8:00PM-11:00PM – Evening social visits
12	Wednesday, July 6	Wednesday, July 27	<ul style="list-style-type: none"> • 9:00AM-4:30PM – Curriculum Day #8, rotations • 6:00PM – Dinner at Cape Coast Hotel • 7:00-8:00PM – Debrief • 8:00PM-11:00PM – Evening social visits
13	Thursday, July 7	Thursday, July 28	<ul style="list-style-type: none"> • Curriculum Day #9 – At All UMI Med-Health Fair Day, three communities and students will perform education and assessments on community members through blood pressure, diabetes, vision, hearing, and nutrition screenings and education.
14	Friday, July 8	Friday, July 29	<ul style="list-style-type: none"> • Closing 'Durba' Ceremony with area dignitaries • Return to Accra and hotel • Afternoon sightseeing
15	Saturday, July 9	Saturday, July 30	<ul style="list-style-type: none"> • Breakfast at Hotel • Transfer to Accra Kotoka International Airport • Depart Accra, Ghana for • Arrive at JFK Airport in New York

Accommodations

While in Cape Coast, students will stay at one of three randomly assigned hotels. Students will be partnered with a roommate. Single rooms are available upon request for additional cost. Each hotel is Ghanaian style with air conditioning, swimming pools, and restaurants in a safe, clean and comfortable environment in an excellent location.

Ridge Royal Hotel

Residential Road, No. 1, Second Ridge

Ridge Royal Hotel takes you to the ridge of comfort and luxury in the best style possible. Situated in the historic City of Cape Coast, the Hotel boasts of a picturesque landscape in a serene environment with an outdoor pool and free WiFi.

Learn more at ridgeroyalhotel.com.gh



Oguaa Apartments & Lodging

Abura-Effutu Road, 200 Meters from Hans Cottage

With a stay at Oguaa Apartments & Lodging in Cape Coast, you'll be 7.3 miles from University of Cape Coast and 8.8 miles from Emintsimadze Palace. Amenities include an outdoor pool, complimentary free WiFi, a 24-hour business center, and laundry services.

Learn more at facebook.com/OguaaApartments



Hotel Loreto

Ramblers Cottage off of Ankafu Road

Located 17 miles from Kakum National Park, Hotel Loreto offers accommodations in Cape Coast. Guests can enjoy free WiFi, an on-site bar, and outdoor pool. Some units have a seating area, and others have a terrace or balcony. There is a 24-hour front desk at the property.

Learn more at booking.com/hotel/gh/loreto.html



Cuisine

While in Ghana, students can expect traditional dishes of Fufu, Banku, Jollof Rice, Fish Stew, Waakye, Groundnut Soup, Fried or Boiled Yam, and Plantains.





Most American foods, such as pasta, burgers, chicken and rice, vegetables, kebabs and pizza is also available. All Coca Cola products are readily available, as well as coffee and tea.

Alcohol Policy – The legal drinking age in Ghana is 18. Underage travelers are not permitted to drink alcoholic drinks on MedSchoolCoach trips through Ultimate Med Immersions.

Special Food Requests – Upon registration, students are provided with a questionnaire to prepare our staff to make your stay a comfortable one. There, you can list any special dietary restrictions that should be noted, such as food allergies.

Due to the logistics of such a program, we cannot provide meals based on individual requests, but there will be healthy and delicious options at each sitting for your choosing.

Medical Faculty

MedSchoolCoach faculty will be joining on your trip, providing you an opportunity to network and learn from physicians and admissions experts. While the exact faculty below may change, there will be a minimum of two U.S. based physicians who will provide clinical correlations and supplement the experience for students.

Representative physicians that may travel with you to Ghana could include:



Dr. Sahil Mehta

Dr. Mehta is a practicing Vascular and Interventional Radiologist in Boston, faculty at Harvard Medical School and has extensive global health experience in Botswana, India and the Dominican Republic.



Dr. Renee Marinelli

Dr. Marinelli has practiced family medicine, served on the University of California Admissions Committee, and has helped hundreds of students get into medical school. She spearheads a team of physician advisors who guide MedSchoolCoach students.

Travel Details

Students are responsible for booking roundtrip domestic airfare from their home city to JFK International Airport in New York, NY. Plan to arrive at JFK at least 4 hours prior to departure to Ghana to prepare for international travel and to meet with the group.

Students must then use our program travel agency to book their flight to Kotoka International Airport in Accra, Ghana. This international flight must be purchased through McNair/Direct Travel at dt.com or by calling (703) 836-1100.

As of September 28, 2022, round trip direct flights from New York to Accra on Delta during our travel dates started at \$1,375. Rates can fluctuate dramatically, so we recommend booking early.



APPROX. 10-12 HOUR FLIGHT

Arrive at JFK by 4PM EST
Depart around 10-11PM

Arrive at approximately 5AM GMT with a direct flight
5AM GMT = 9AM EST

Answers to Common Questions

COVID Questions

What happens if the trip is cancelled due to COVID?

The COVID-19 pandemic has affected every aspect of our lives. We anticipate that by January 2022, it will be safe to travel – plenty of time for Summer 2022 trips. In the event we cancel the trip due to COVID-related travel advisories, participants will be eligible for a full refund. Please review the terms and conditions you signed in our Disclosure Form for further details.

What COVID-19 safety precautions will be taken?

Ghana has been a leader in COVID-19 prevention and care. Currently, masks are mandated in all facilities and public spaces and certainly in and around any health care facilities. Standard COVID-19 sanitary procedures are practiced in all dining areas, hotels, etc. As the trip dates near, we will provide real-time updates based on the pandemic situation at the time.

Registration Questions

Is there an application process? Am I eligible to apply?

We require that high school students be at least 16 years of age at the time of their travel. There is no minimum age requirement for college students. All Ultimate Med Immersion students must maintain a minimum 3.0 grade point average. Your GPA will be verified with your undergraduate institution as part of the enrollment process. If you are an international student, you are welcome to participate, but you are responsible for researching and acquiring any incremental travel documents you may need to travel to your program destination.

When must I pay in full by?

An initial non-refundable deposit of \$500 is required to hold your spot. Full payment for the remainder of the tuition balance will be charged to your credit card on file 120 days prior to departure. If you are departing with Group 1 on June 25, 2022, your balance is due by February 25, 2022. If you are departing with Group 2 on July 16, 2022, your balance is due by March 18, 2022.

Clinical Experience Questions

How many observation/shadowing hours will I get?

There will be an average of 5 hours per day of observations on the 9 curriculum days for a total estimation of 45 shadowing hours.

What areas of health care will I visit?

Areas of observation will vary and include cardiovascular, pediatrics, radiology, OB/GYN, family medicine, various surgical procedures, pulmonology, and infectious disease. As the trip dates near, we will provide a more detailed itinerary with specialties and departments to be viewed.

Will I get a letter of recommendation?

Letters of recommendation may be written by any of our U.S. based physician staff members or by the Ghana based physicians, but are not guaranteed. Their solicitation will be at the student's discretion, and be provided by physicians only upon their willingness to provide one.

What are students permitted to do during observation?

This will depend on the area of observation and the attending physician's and/or health care professional's decision. As participants are not trained or certified health care professionals, any actions that are allowed may range from taking vitals to assessment skills, or basic assists with bandaging, etc. Actual hands-on skill techniques are dependent upon the approval of the host institution and the professionals in charge.

Accommodation Questions

What if I want a single room?

All rooms are rated for double occupancy. If you prefer a single room accommodation, an additional charge of \$100 per night will apply. Single occupancy rooms have limited availability and can be reserved on a first-come, first-served basis. Contact us at info@medschoolcoach.com or call us at (888) 381-9509 if you are interested in a single room.

How will roommates be assigned for double occupancy room?

All double occupancy pairings will be introduced to their roommates about a month prior to departure so that they may get to know each other.

Do I need special plugs for my electronics to work in Ghana?

In Ghana, the power plugs and sockets are of type D and G. The standard voltage is 230 V and the standard frequency is 50 Hz. While it is possible your hotel could be equipped with standard American outlets, it is highly suggested you bring an adapter kit.



Type D: This socket has no alternative plugs



Type G: This socket has no alternative plugs

Travel Requirement Questions

Do I need a passport?

You need a valid passport to travel to Ghana. For a new adult passport book, there is a \$110 application fee and a \$35 execution fee.

If you already have a passport, it needs to be valid for at least another 6 months from the date of arrival in Ghana. If it is not, renew it ASAP so that it returns to you prior to the trip. While there is typically an 8-week turnaround, due to COVID-19, passport processing is taking longer than normal. You could expect delays from anywhere between 4 and 6 months.

Do I need a visa?

Yes. Your program director will direct you through the steps of the visa process upon enrollment. A standard visa to Ghana will take about 15 business days to process and will cost about \$129. Timing and pricing may vary, so give yourself extra time.

Do I need travel or tuition insurance?

Yes, all trip participants are required to purchase travel insurance. Travel insurance can be obtained at a cost of about \$200-250, though prices vary. Consider Allianz Travel Insurance at allianztravelinsurance.com.

Additionally, it is recommended you purchase tuition insurance for this portion of your education experience. Consider GradGuard at gradguard.com/tuition. Once you have paid in-full, any refunds will need to be processed through your travel and/or tuition insurance provider, and not through MedSchoolCoach.

What Shots Are Required and Recommended?

Make sure you are up-to-date on all routine vaccines, including:

- COVID-19
- Diphtheria-Tetanus-Pertussis (DTP)
- Measles-Mumps-Rubella (MMR)
- Polio
- Yellow Fever

The CDC recommends that you also receive the following vaccines:

- Typhoid
- Hepatitis A
- Hepatitis B

How should I book my airfare to and from JFK in New York and Ghana?

Airfare is not included in the tuition. Your roundtrip domestic airfare from your home city to JFK in New York, NY should be purchased by you. Your international roundtrip flight to Accra, Ghana must be purchased through our partners at McNair/Direct Travel. You can contact them at dt.com or by calling them at (703) 836-1100. As of September 28, 2022, round trip direct flights from New York to Accra on Delta during our travel dates started at \$1,375. Rates can fluctuate dramatically, so we recommend booking early.

Student Time & Care Questions

What will I be able to do during my free time?

While in Ghana you will have the opportunity to see and experience many sites and areas of leisure and historical interest. We also realize the desire to explore on your own, and as you are undergrads, we understand that you are not minors needing escorting. You will have time each day or evening that you can explore Accra, the Aburi Botanical Gardens, Kwame Nkrumah Memorial Park, Makola Market, or just relax by the pool at the hotel. We encourage you to take the time to explore, yet not miss out on any scheduled program or curriculum activities.

What happens if I get sick while abroad?

Throughout your time in the program you will be with our hosts, as well as MedSchoolCoach staff. They will provide any sick participants with access to the health care needed through existing partnerships. A benefit of attending the UMI is that you will be around all levels of health care in Ghana at all times. Your program managers will ensure that you always have access to staff during your times of feeling ill.

How do I access cash in Ghana? Will my credit or ATM cards work?

U.S. credit/debit cards are widely accepted in Ghana, but U.S. Dollars are not. Upon arrival in Ghana, there will be opportunity to exchange U.S. Dollars for Ghanaian Cedi for daily tips and purchases.

Will there be chaperones on the trip?

Although there will not be chaperones, per se, students will be led by program managers and directors through the entire experience. There will be one program manager for every ~15 students to make sure that everyone on the trip gets specialized attention. Our management team is comprised of experienced educators, nonprofit leaders, and current graduate or medical school level students.

What is the best method of communicating home?

The best method to communicate with friends and family back home is by downloading WhatsApp. WiFi is readily available in your hotel and in WiFi Zones throughout parts of Accra and Cape Coast with a purchased WiFi access card.

The MedSchoolCoach Difference

MedSchoolCoach focuses on just one thing – making you a physician. We've created an approach that takes you from day one of your pre-med journey all the way through until you can stand by a patient as their doctor.

For more than a decade, MedSchoolCoach has provided pre-med and medical school admissions consulting services, and MCAT and USMLE/COMLEX tutoring to help students become physicians.



Sahil Mehta MD

MedSchoolCoach Founder

EDUCATION

Undergraduate: B.S. Columbia University

Medical School: M.D. University of Chicago
Pritzker School of Medicine

Residency: BIDMC/Harvard University

Fellowship: MGH/Harvard University

“

When I founded MedSchoolCoach I had a sole purpose in mind: to help pre-meds become doctors. Through personal experience, I knew how important it was to skillfully navigate the pre-med process and succeed in the world's most competitive admissions process. Since then, we've helped over 12,000 students become physicians.

The ability to mentor students through the pre-med process, have them succeed on their MCAT or USMLE exams and match into the residency of their choice is incredibly gratifying and what we all strive for everyday at MedSchoolCoach. It's why we have been so successful.

”

Our Experts Guide Future Physicians

The MedSchoolCoach team goes above and beyond at every step of the process. Since our inception, our focus has been to assemble the absolute best team of physician advisors, MCAT and USMLE/COMLEX tutors anywhere. Everyone at MedSchoolCoach is dedicated to the goal of making you a physician.



Ken Tao

Director of MCAT Tutoring

25+

MCAT TUTORS

EACH WITH

520+

MCAT SCORES

Ken graduated from UC Berkeley with a BS in Bioengineering and a BA in Molecular and Cell Biology.

Today, Ken is nationally recognized as a premier MCAT tutor and doctoral candidate at Harvard Medical School. He leads the most elite tutoring team in the industry.



Renee Marinelli MD

Director of Advising

70+

ADVISORS

EACH WITH MEDICAL
SCHOOL ADMISSIONS
COMMITTEE EXPERIENCE

Dr. Marinelli has practiced family medicine, served on the University of California Admissions Committee, and has personally helped hundreds of students get into medical school with her admissions coaching. She spearheads a team of physician advisors who guide our students.



Joel Ramirez MD

Director of Medical
School Tutoring

85+

USMLE TUTORS

EACH WITH

250+

USMLE SCORES

Dr. Ramirez attended University of California, San Francisco where he is currently a vascular surgery resident. He received a 266 on Step 1 and 265 on Step 2 CK. He oversees a team of elite USMLE and COMLEX tutors.

Boost Your MCAT Score by 12 Points or More

Your MCAT score will determine your chances of acceptance to medical school, and MedSchoolCoach will help make it the best it can be.

How MedSchoolCoach Can Help You Improve Your MCAT Score



Boost Your Score

Our students see incredible jumps in their MCAT score because our expert tutors craft and execute study plans personalized just for you.



Receive a Personalized Study Plan from Elite Tutors

Get coached by 99th percentile scorers who have been through the most rigorous training in the country, all scoring between 130 and 132 on each section of the exam.



Access Exclusive Content

Our expert team has created the most realistic practice questions and tests, a complete video course, flash cards and more, all from the ground up for the new MCAT.



Study Smarter, Not Harder

We focus on the highest yield topics and strategies to improve MCAT scores.

BE PART
OF THE

100%

of students who raise
their MCAT scores!



MEDSCHOOLCOACH





Invest in Your Medical School Future

MedSchoolCoach has helped thousands of students as they head on their journeys toward becoming a physician. Invest in yourself and we'll help make sure you are doing everything right to get into medical school, residency, and beyond!

how medschoolcoach can help you get accepted



How MedSchoolCoach Can Help You Get Accepted

 Strategy & Planning Game plan your path to becoming a doctor with our physician advisors. Plus, plan a gap year, coursework, or extracurriculars so you can optimize your chances of an acceptance.	 Application Preparation Craft the perfect application strategy for an acceptance. Work through every step of the process, from choosing a school list, to submitting paperwork, to writing waitlist letters so that you can get accepted.	 Essay Writing & Editing Create a perfect personal statement that captures who you are for your medical school application, post-bacc program or summer opportunity.	 Interview Preparation Enjoy realistic practice with physician advisors who have interviewed actual medical school candidates and receive feedback that will make you stand out.
--	--	---	--




MEDSCHOOLCOACH
helping you achieve your medical school dreams



MedSchoolCoach works with
pre-med and medical students
**to help them achieve their
medical school dreams.**

Learn valuable lessons abroad on your journey toward
becoming a physician.

CONTACT US

 (888) 381-9509

 enroll@medschoolcoach.com

 medschoolcoach.com

STUDENTS LOVE US

