

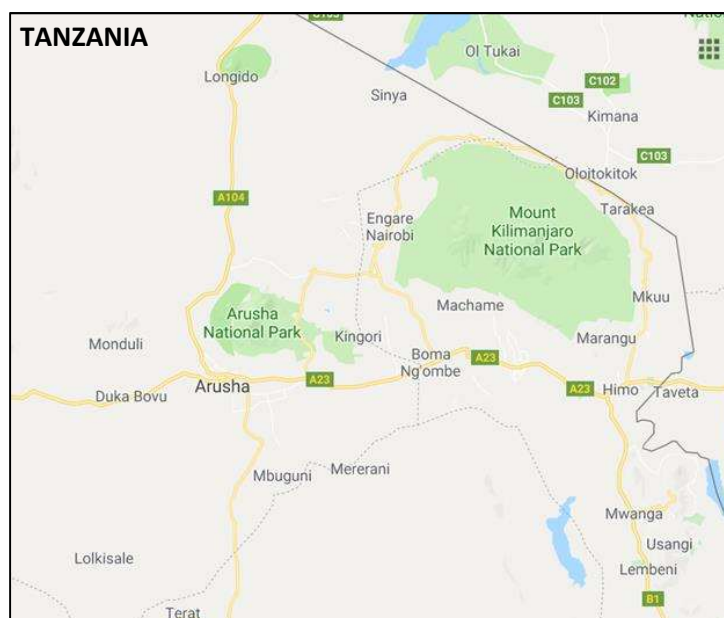
TRAVEL DOCTOR DOCUMENT- TANZANIA

Dear World Traveler (and families),

Please print this document and bring it with you to the Travel Doctor. As you prepare for your ME to WE experience, one of the steps we recommend is to visit a travel doctor. At ME to WE, **we cannot provide advice** on specific medications or vaccinations you may need for your trip. The advice given to you by a travel doctor will depend on your past vaccination and medical history, and will ultimately be a family decision. We advise visiting a travel doctor roughly 2-6 months before you depart on your adventure. It is always a good choice to visit your family doctor before this as they know your medical history best. There is an additional cost for the Travel Doctor that ranges based on medication and the consultation.

In order to help you prepare for your visit to the travel doctor, we have outlined below the regions we visit in each destination we travel to. Please note that you will not be interacting with any animals, but there may be stray animals present. **Additionally, we will not have exact information on your trip itinerary until a month prior to your trip.**

Please let your travel doctor know that our programming in Tanzania takes place in the northern part of the country in the Arusha region, which is very close to the Kenyan Border. This region would include the Longido district. Please see the map below:



FIRST TIME AT THE TRAVEL DOCTOR - FAQ

CAN I VISIT MY FAMILY DOCTOR INSTEAD OF MY TRAVEL DOCTOR?

Yes, some Family Doctors are certified as travel doctors. Speak with your Family Doctor and confirm that they are qualified.

HOW DO I FIND A TRAVEL DOCTOR?

You can find a Travel Doctor through the internet or go to speak with your Family Doctor and see if there is someone they can refer you to. Some travel doctors are busier than others so make sure to book in advance.

IS THERE A FEE TO VISIT THE TRAVEL DOCTOR?

Yes, there is a fee to visit the travel doctor. Typically a visit to the Travel Doctor can range in price (\$100-\$600). Speak with your insurance provider and you may be able to submit a claim to get some of the money back.

WHAT DO YOU NEED TO BRING TO YOUR APPOINTMENT?

- 1) **Bring the document above.** The information about your trip including the specific cities you will be staying in and the duration of your stay is important. A reminder we will not have the exact itinerary until a month prior, but the document above should be enough information to confirm any necessary vaccinations and medications.
- 2) Also **bring a list of any medications you are taking** and any immunization records you may have. If you do not have your immunization record, ask your family physician send a copy or get in touch with your Health Board. Bringing this information can save you money.
- 3) Your **health card** and any information about your **insurance**.

WHAT HAPPENS AT THE APPOINTMENT:

You will be asked to fill out a form/and or ask about your health as well as the trip itinerary. The doctor will talk to you about specific vaccinations and medications recommended/required for your travel. After you receive your vaccinations and you have waited 15 minutes you will be able to leave. The whole process will take between 1-2 hours depending on if you get your vaccinations at the time of the appointment.