

- Project cycle and project development - part of the course also looks at skills that are required for those working in international health including situation analysis/needs assessment, identification of goals, objectives, outputs and activities and how to do simple monitoring and evaluation.

There are often visitors with expertise who may present or there may be a special activity taking place that you would be involved in. Often the timetable will be changed due to festivals/other activities. This can be frustrating for some students but reflects the need for flexibility in these learning environments.

On each course, there will be two AIHI tutors in addition to the Jamkhed teaching staff. The AIHI tutors will assist not only in the teaching of some subjects but also in providing support for you while you are at Jamkhed.

There is a small library at the training compound containing materials relevant to community based development. It is worth exploring and many past students expressed regret at not using these resources earlier in their time at Jamkhed.

On most Tuesdays and Saturdays interested students may also observe the surgery in the operating theatre of the Jamkhed clinic. In addition students can be called to observe emergency Caesarean Sections. All students who are interested in doing this will be required to read and follow the guidelines developed by AIHI for the prevention of blood borne viruses.

You will be required to do a small group project as part of the course that you will present to your fellow students. This group exercise is to develop a project plan for a given scenario. The objective of this exercise is to learn how to apply primary health care principles in different contexts to that seen in Jamkhed.

You will receive a certificate on completion of the course, awarded by the Jamkhed Institute. For students doing this course for academic credit within a postgraduate program or the Community Access Program (CAP) of the University of Melbourne, assessment will be based on:

- Participation, including the group presentation involving the development of a primary health care project for a particular population (20%)
- A written reflection piece (20%)
- An essay or small project proposal, of 3000 words (60%), to be submitted two months after the course is completed

For AMS students, the assessment is based on participation, the group presentation and the reflection piece.

Facilities

The courses will be held in the residential training institute at Jamkhed CRHP.

Accommodation - Participants stay in shared rooms with attached bathroom. The furnishings are very simple--a bed (some with mosquito nets), a desk and wardrobe. There is electricity and hot water (inconsistently) in each bathroom. Bucket showers are often a new experience for everyone!

Communication - There is limited computer access for course students at the main Jamkhed office (250 metres from the training institute) where you can access the internet (a charge of about \$1/half hour applies). A commercially operated internet booth is also available in the town of Jamkhed. There is a public phone booth for international calls at the gate to the Jamkhed compound and many a short walk away in Jamkhed town. Calls from Jamkhed to Australia cost about \$1/minute. Incoming calls can be received at the Jamkhed office and transferred to the training institute. There is mobile phone coverage for those with global roaming.

Meals - Meals are taken together with the rest of the course participants at the institute. The main food is rice/chapatis, lentils and vegetable/meat curries. Fruit is provided when available. Safe drinking water is provided. It is easy to buy snacks/soft drinks etc in Jamkhed town, and there is always an enormous sense of achievement when someone finds a treat available in a little shop somewhere in Jamkhed bazaar!

Recreation - There is a table tennis table and many board games available at the institute and you can arrange to watch videos/DVDs in the evenings. Walking to and from the shops, to a lake 20 minutes from the compound can be your exercise, and if you don't mind being followed by some children, you can go jogging in the mornings. Many students like to do yoga/stretching on the roof of the institute as the sun is setting; this is a great way to finish the day - and is usually organised and led by the students.

Costs

As a short course, the **full course fee is AUD\$1850** per student. This includes

- Tuition fee charged by CRHP
- AIHI tutors and administration costs
- Accommodation and all meals at CRHP
- Return group transport between Pune and Jamkhed, and transport to the caves during the course.

Additional costs that participants need to cover by themselves include:

- passport
- Indian tourist visa fees (see section on Travel below)
- airfare
- travel insurance
- medical preparation
- local transport costs
- food and accommodation for the mid-course trip to the Ellora Caves

For **AMS students and postgraduate students** doing the course for academic credit, the fee charged by AIHI is \$1450 per student*. These students have to be responsible for their own enrolment with The University of Melbourne and pay their enrolment fees directly to the University, IN ADDITION TO the fee of \$1450 to AIHI.

**Based on arrangement between AIHI and the University, AIHI will recover around \$400 from each student's enrolment fee, eventually.*

Travel

You need to apply for a tourist (*not* a student) visa for this trip at least two weeks before you travel - remember too that embassies and consulates will be closed during the Christmas and New Year period.

Getting There - Jamkhed is 180 km from Pune. A bus from CRHP will meet students at the train station at Pune around mid-day of the Sunday of the first week and transport them to Jamkhed. You can get to Pune either by bus, train or plane from Mumbai. The train is probably the easiest and cheapest. Mumbai is the closest international airport to Pune; Qantas, Singapore Airlines, Thai, Malaysian Airlines and Cathay Pacific all fly to India. Airfares are approximately AUD\$2200/return (although around \$400 cheaper if you fly before mid November). Mumbai is a very crowded and frenetic city and it can be overwhelming to arrive there as your first stop in India. If you travel via Delhi, there would be the opportunity to do a side trip down to Agra to see the Taj Mahal on your way. Travel by train within India can be booked from Australia. For the longer trips, eg Delhi to Mumbai, or Kerala to Mumbai, you need to book early as over December/January is a peak travel period for Indian tourists.

As people register in the course, we put them in touch with each other to give everyone the opportunity of travelling with other participants.

Medical Preparation

You should see a travel health doctor to prepare for your trip. You should consider having vaccinations against typhoid, Hep A, Hep B, Meningitis and be sure your tetanus and polio

immunisations are up to date. Jamkhed is in a malarious area and you should begin taking anti malarial prophylaxis prior to your arrival.

A very useful travel health book is *Travelling Well* by Dr Deborah Mills published in November 2000 by TMVC (Traveller's Medical & Vaccination Centre), and is available from TMVC.

Useful websites for travel/health information:

www.tmvc.com.au has general info on travel preparation and malaria medication

www.dfat.gov.au has information from the Australian Government on safety advice for Australian travellers. It is also the website on which you register your travel so that the Australian Embassy in India has a record of where you are in India.

CRHP Jamkhed is in a remote location and the nearest specialist services are five hours away. It is important for the safety of all students that the Directors at Jamkhed know in advance of any conditions that you may have that require any additional care during your stay (e.g. specific allergies etc). All students will be required to gain medical clearance for their travel from their own doctor. Forms for this will be sent to you when your application has been received. All information provided in the medical forms will be treated confidentially.

Insurance

You will need to arrange your own travel insurance. The University of Melbourne provides the standard indemnity for students during their course at Jamkhed (this is like the normal cover for students on field trips etc, and protects students if they have a course related accident). This is not the same as travel/health insurance and does not cover you for the travel time to and from Jamkhed, or for events like loss of passport, money etc or if you needed to change your travel plans in an emergency. For this reason you must also have travel insurance. You can use The University of Melbourne insurer (<http://inasuitcase.aceinsurance.com.au/Melbuni/homepage.aspx>) or seek your own.

What to Bring

December/January is still cool in the evenings so one jumper/jacket is good to have. Loose cotton clothing is best when it starts to warm up. For women who wish to adopt local clothing styles, it is easy to buy a shalwar kameez or even a sari in Jamkhed. Indian men would tend to wear long cotton trousers rather than shorts, even in hot weather. For visits into Jamkhed and the surrounding villages, it is best to wear clothes that are accepted locally. A sheet, pillow, quilt, and towel will be provided, but you may be more comfortable bringing a sleeping bag (the quilts can be dusty).

Jamkhed is in a rural area and has small shops only. Soap, toothpaste etc are readily available but bring your own deodorant, tampons, personal medications, sunscreen and insect repellent. Ordinary camera film is available everywhere, although quality is variable you have to check out expiry dates. You may like to bring small gifts for people and families you meet, Jamkhed staff who teach you - examples may include cricket paraphernalia, postcards, small calendars etc. It is CRHP's request that students do not give presents out to children in the villages/town as this creates expectations that are not appropriate.

Suggestions from past participants:

Bring: wetwipes, torch, travel mug and Aussie chocolate.

"A softer pillow would have been good."

"Don't bring white clothes!"

Money

There are many automatic cash machines in Mumbai and Delhi (but often not at the airport!) and at Pune train station. You should change money before coming to Jamkhed as it is not possible to do this there. At present you get approximately 34 rupees/\$1. Since the course fee paid to AIHI includes tuition, accommodation and meals during the period of the course, the only money you will require at Jamkhed would be for any local clothes/souvenirs, ISD phone calls and internet, as well

as for the trip to the tribal area and caves. Many people enjoy the many shopping opportunities at Jamkhed, and the 'average' (if there is such a thing) amount spent for the three weeks is around \$250 - more if you are looking to buy saris or jewellery.

Briefings

There will be a one day pre-departure workshop at AIHI (probably in September/October but to be confirmed). During that day we will have a chance to get to meet each other, and learn more about Jamkhed and the course from the AIHI tutors. We will have briefings on India, the culture of rural village life, and explore ways to get the most out of the experience. The cost of the day, including lunch and tea breaks, is included in the course fees. It is strongly recommended that you come to the briefing workshop.

Following the Jamkhed trip, AIHI will organise a presentation session. During that time you will be asked to report on the trip to friends, family and future participants.

Application Process

Both as a short course and for academic credit, fill out the attached application form and send with a \$200 deposit to:

Joni Law
Program Officer—Education and Training
Australian International Health Institute
5th floor, Alan Gilbert Building
Cnr Grattan and Barry Streets
The University of Melbourne 3010
FAX: (03) 8344 9130

Applications close when the maximum number of 20 in each course is reached. Balance of the course fees must be paid by 12 October 2007.

For those taking this as a subject for academic credit (but excluding AMS students), the enrolment procedure of the School of Population Health of the University of Melbourne has also to be followed, and the last enrolment date will be at least three weeks before the course start date. For details and queries, please contact:

Academic Program Officer
School of Population Health
The University of Melbourne
207 Bouverie Street, Level 4
Carlton, VIC 3010
Tel: (03) 8344 9338 /9339
Email: sph-gradinfo@unimelb.edu.au

Withdrawal

In case of cancellation of registration after acceptance is confirmed, the deposit, less 10%, will be refunded before 28 September 2007.

After payment of the full course fee, due on 12 October 2007, AIHI will refund the fee only if notice of withdrawal in writing is received by AIHI at least eight weeks before the course commences. 10% of the course fee will be charged for administration in all withdrawals.

For further information, please contact either
Dr Alison Morgan on 8344 1634, apmorgan@unimelb.edu.au
or
Mrs Joni Law on 8344 1646, jycl@unimelb.edu.au