Benefits and Pitfalls of Medical Volunteering
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I. Finding Your Mission
   a. Discover your “WHY”
      i. Religious
      ii. Political
      iii. Altruistic
      iv. Just Cause
   b. Google Search
   c. What are your strengths and what are your fears?
   d. Go with people you know

II. Funding your mission
   a. Family
   b. Church
   c. Fund raisers
   d. Grants

III. Culture – Humility is the first step
   a. Awareness
   b. Knowledge
   c. Sensitivity
   d. Competent

IV. READ to Prepare
   a. www.Lonelyplanet.com
   b. Clueless is no excuse
V. Preparation


b. Travel Insurance
   
i. Squaremouth.com
   
ii. Insuremytrip.com
   
iii. Travel Guard
   
iv. Access America

   
i. CDC travel warnings

d. Copy important documents – passport, visas, insurance, credit cards
   
i. Carry copy, put one in suitcase and leave one with your family

e. SAFETY

f. Register your trip – Smart Traveler Enrollment Program (STEP)
   
   [https://travelregistration.state.gov/ibrs/ui/](https://travelregistration.state.gov/ibrs/ui/)

VI. The Mission

a. You won’t have everything you think you need

VII. Ethics of Volunteering – Edward O’Neil, MD

a. Best Practice

b. Level of Expertise

c. Local Integration

VIII. Why Bother

a. Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation. Robert Kennedy

IX. Questions?

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