

# JORDAN MISSIONS FACT SHEET

## 1. PREPARE FOR A MEDICAL MISSION

- Once accepted to a mission, you will be responsible for all travel expenses including airfare, hotel and food. Travel cost ranges from \$800-\$1000, depending on departure location and hotel accommodation typically costs between \$90-\$150 per night including wifi and breakfast. You may share a room to decrease cost of the hotel.
- You may arrange your own flight or you may use the travel agent we recommend. Her name is Manal Mashal with Noor Travel (noortravel@rocketmail.com). Noor travel is not financially nor logistically associated with SAMS.
- If you are a Canadian, American or EU passport holder, you can purchase the visa upon arrival at the airport for \$60=40 JD. If you carry a Syrian passport check ahead of time. You may be required to obtain a pre-approved visa to enter Jordan.
- You are strongly encouraged to bring small snacks with you for the working days, this is especially relevant in Zaatari camp where we will not have access to food.
- Make sure to bring your passport and any other documents you need. Keep your passport on you at all times. Do not leave it at the hotel.
- It is very expensive to use your phone in Jordan. We suggest unlocking your phone through your carrier prior to arrival. Once at the airport, you can buy a sim card with a local number. Also, there is free wifi at the hotel and it is very good.
- Make sure to bring an outlet adapter for the trip to charge your phone, computer etc. Jordan uses the European prong. If you have a universal adapter with several options on it, that will be fine.

## 2. DURING THE MISSION

- Jordan is a very safe country. English is very widely spoken. There will be plenty of Arabic speakers for translation if necessary. Routine travel safety is all that is needed while in Jordan.
- Plan on bringing a backpack to work daily. It will hold passport, snacks, stethoscope, water bottle, itinerary and any supplies you may need.
- In the spring and summer it is hot and dry. It is cool in the mornings/evenings. Dress in layers. Fall and winter are cooler with rain/occasional snow.
- You will be given a schedule at the beginning of the mission with your group for the day, which van to ride in and where you will be working. The workday is usually 8a-4p. The drive from the hotel to the camp is approximately 1 to 1-1/2hrs. We return to hotel each day to clean up, eat, fellowship and sleep.
- Some groups will work at the refugee camp and some groups will work in clinics in Jordan that support a large number of refugees.
- You will never be alone and are recommended not to leave the group while working. You will be with a larger group and will always have Arabic speaker with you if you don't speak the language.
- We are there to serve and care for the refugees first and foremost. Please do not take pictures of patients/refugees without their consent; remember that they are vulnerable and photographing them could raise concerns about their safety. Do not take pictures of sensitive areas as such checkpoints or military vehicles.

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- In addition, there are a few photographers on the mission who will be taking pictures on behalf of the group; they have been identified as such to the authorities, although they still face the same restrictions about photographing sensitive items and locations.
- **DO NOT DISTRIBUTE FOOD OR MONEY TO REFUGEES, especially in Zaatari Camp. This a restriction upheld by the Ministry of Health and the UNHCR.**

## 3. DAILY AGENDA (sample)

- Breakfast will be served at 6:30 a.m, please be sure to finish by 7:15 and meet us in the lobby.
- On your first day, you will pick up a triage binder, where you will keep detailed medical records per patient.
- In the morning, you will need to go to the “pharmacy,” which will be a designated room in the hotel. You must pick up medications necessary for the day. You will receive a list of medications available prior to arrival (active ingredients and local Jordanian commercial names) to assist you in prescribing medicine. There will also be a pharmacist present in the room, who can further help you with packing items for the day.
- At 7:30, buses will depart to their respective locations. Most clinics and the camp are an hour to an hour and a half away. We will return around 4 p.m daily.
- In the evening, we will have group check-ins, or a SAMS sponsored dinner.
- The clinics are small, office like spaces. Please do not assume that equipment will be available. Bring your own instruments, stethoscope, thermometer, alcohol swabs, etc.

## 4. MISCELLANEOUS INFORMATION

- There are not any immunizations required for entry into Jordan. It is highly recommended that you be up to date on routine/childhood vaccines. Hepatitis A vaccine is highly recommended as it is endemic in the Middle East. If you are travelling during flu season, you may want to consider a flu shot.
- You may wear scrubs, jean, or comfortable pants and shirts to work. You will be provided a mission t-shirt and/or vest.
- For non-Muslim females, it is not necessary to cover your head or hair. However, please be respectful of the culture and wear modest clothing that covers the shoulders and knees, and chest.
- If you are bringing medicines from the SAMS warehouse or OTC meds of your own, make sure to pack them in small numbers and distribute them randomly amongst your suitcase, otherwise they may be confiscated at customs. Make sure you have a letter from SAMS and inventory with the number of medications/supplies you have.
- Can I stay longer, arrive late, and or leave early?: Yes you can, please let us know so we can adjust the schedule accordingly.
- In the past, doctors and student volunteers have found it rewarding to keep a blog or journal regarding their experience. Once you return you can submit this piece of writing to your local newspaper, school papers, or we can publish it on our SAMS website.