

“HOW TO BE AN AID WORKER FOR A YEAR”

What is involved in going away, managing abroad & returning to Ireland.

Dr. Simon Collins, MSF.

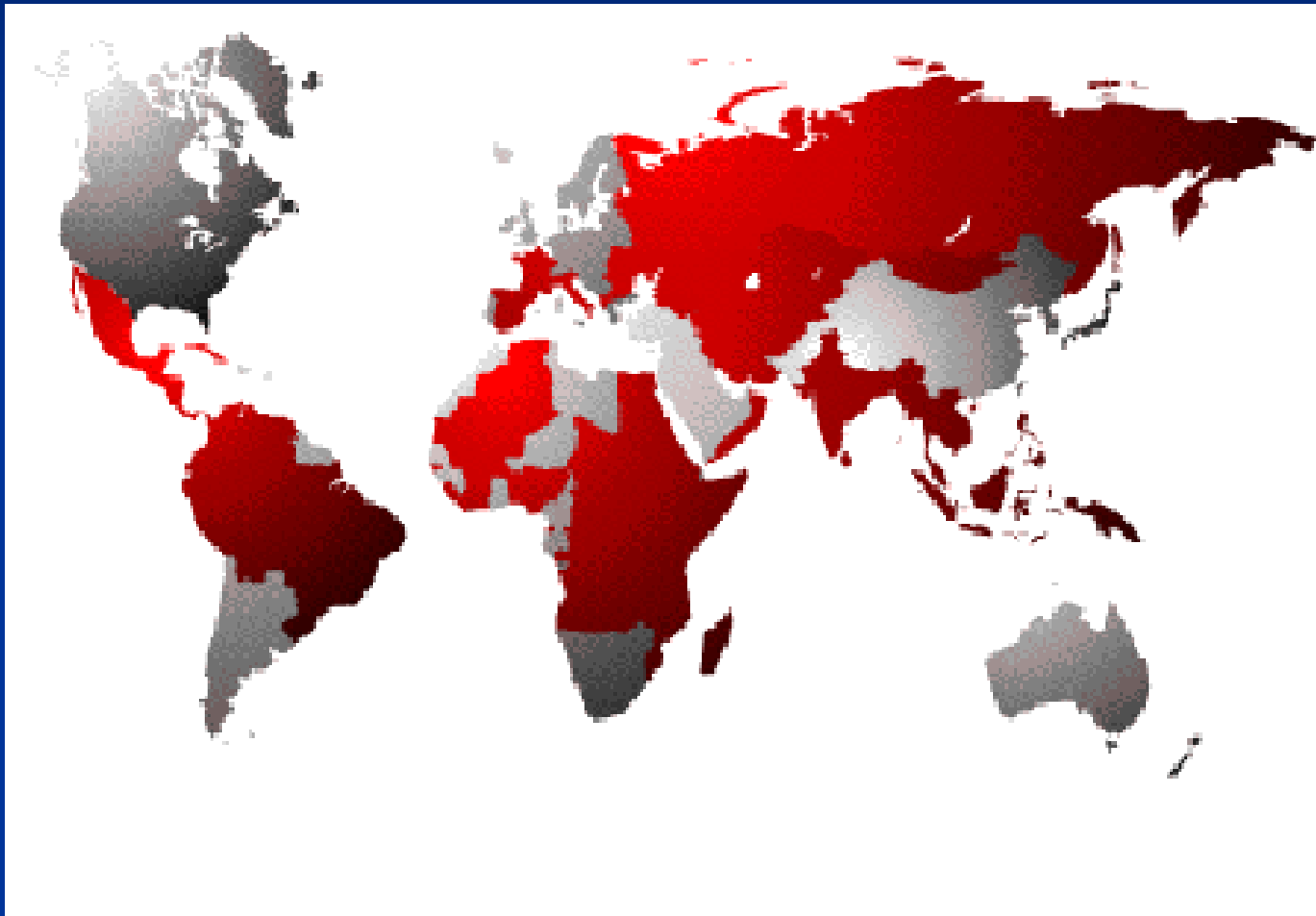
NAGPT Annual Meeting, Galway, 07 October 2005.



“It’s easier to be in the field, getting your hands dirty, feeling involved, that it is to be sitting at home watching the world’s crises unfold on TV.”



MSF Activity Worldwide:



3,000 expats in 80 countries annually

1. What is involved in going away...

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- Online application form (www.msf.org – U.K. site)
 - Why do you want to join?
 - What do you feel you can bring to the organisation?
- Call for interview in London
- Go to London for interview
 - Relevant paperwork: birth cert, degrees, Medical Council registration, passport...
 - Is there anywhere you're not prepared to go and why?
- Reference check
- Offer of a posting
- Preparation for Primary Departure (PPD) course? – 6 days you will not easily forget!

MSF terms and conditions:

- Commitment to the AIMS AND VALUES of MSF
- Ability to live and work as part of a TEAM
- An interest in TRAINING others
- Ability to manage STRESS
- FLEXIBILITY
- EXPERIENCE in the developing world (3 months+)
- Language skills
- Availability for 9 – 12 months

Basic + holiday salary, health insurance, travel & accom paid by MSF.

Some of the practicalities that can be involved in leaving Ireland for a year:

- Explaining to family
- Disconnecting from your current job – and having one to come back to?!
- Accommodation/storage
- Utilities and regular bills (electricity, gas, landline, mobile, TV)
- Readdressing of post/who'll deal with it?
- Income Tax
- Medical Defence
- Irish Medical Council
- Health Insurance
- Car (plus tax, insurance, AA)
- Vaccinations & malaria prophylaxis
- Saying goodbye to people

2. What is involved in managing abroad...

Qualities of a team member that go a long way...



- Commitment
- Flexibility
- Able to manage stress
- Team player



Some of the things that can be useful to take on a mission:

- Camera
- CDs/MP3 + speakers
- Photos from home
- Head torch
- SW radio
- Lonely Planet for holidays
- Favourite medical kit?
- Books

3. What is involved in returning to Ireland...

Some of the practicalities that are involved in returning to Ireland for a year:

- Saying hello to people!
- Accommodation/storage
- Utilities and regular bills (electricity, gas, landline, mobile, TV)
- Sorting through the post
- Income Tax – let them know you're back
- Medical Defence
- Irish Medical Council
- Health Insurance
- Car (plus tax, insurance, AA)
- Reconnecting to your old job – or not???
- Explaining to family (New Fridge Syndrome)

To find out more about MSF:

- Visit the website www.msf.org and go to the 'United Kingdom' section
- The following book provides an excellent sense of what it is like to work for the organisation; it was written by a Canadian journalist who visited MSF projects in a number of countries, interviewing volunteers. It is available through through some bookshops and online booksellers like amazon.co.uk

“Hope in Hell” by Dan Bortolotti, published by Firefly (ISBN: 1 55297 865 6)