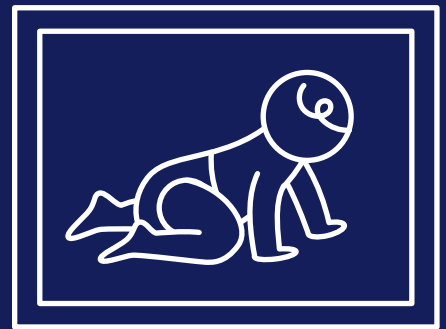
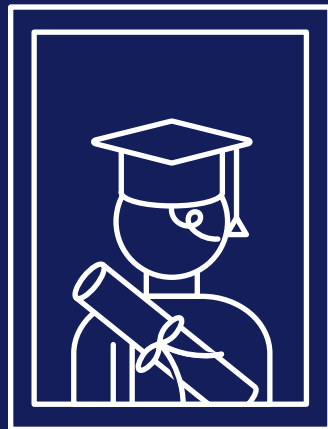
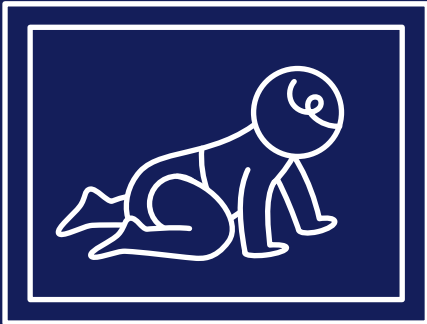
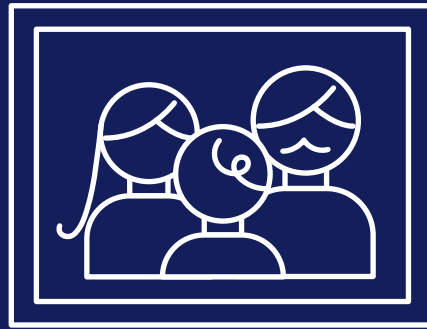


atlantis



# Parent Guide



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# About Atlantis

**Atlantis provides America's leading study abroad program for pre-med students.**

Atlantis is first and foremost an educational program that gives pre-health students the opportunity to deepen their understanding of international healthcare, experience life in a foreign hospital alongside a doctor, and prepare for medical school (or other graduate school) applications. However, with our program, learning does not take place solely within the walls of the hospital. By improving foreign language skills, increasing self-confidence, and developing lifelong friendships, Atlantis students will grow, learn, and expand their worldviews during our programs all around the globe.

Our mission is to inspire the next generation of healthcare professionals to pursue their callings more passionately by providing students with the unique ability to combine intensive clinical shadowing in multiple specialties with unique, diverse cultural exposure abroad. We've spent over a decade perfecting our programs in order to expose students to global healthcare systems and encourage growth and initiative within the hospital environment.

**Atlantis partners with 100+ leading public and private hospitals in Europe and Latin America and has provided hundreds of thousands of observation-only, AAMC-compliant physician shadowing hours to pre-med students from 400+ North American universities.**

Our vision is to become the world's leading healthcare education company by connecting students, universities, hospitals, healthcare professionals, and public healthcare administrators around a common cause of improving healthcare training and education. We believe that the fastest and most effective way to improve global patient care is to promote knowledge-sharing and best practices across borders.

## ATLANTIS UNIVERSITY PARTNERS



## ATLANTIS HOSPITAL PARTNERS





# Our History & Team

Atlantis (formerly called “Atlantis Project”) was founded in 2007 at the University of North Carolina - Chapel Hill, and has grown over the past decade into one of America’s leading global healthcare education organizations. The Atlantis program, which is offered in both Europe and Latin America, is managed by both US and local international staff. Atlantis’ headquarters and US team are primarily based in the Washington, D.C metro area and Atlantis’ international team includes local Regional Directors and Site Managers who work to ensure the operations of every Atlantis Program across 50+ cities each year.



## OUR TEAM



**NOAH WALKER**  
Director of Operations



**DAVID SAAVEDRA**  
Regional Director: Spain



**BERNARDO GAIVAO**  
Regional Director:  
Portugal



**PETER SOLTESZ**  
Regional Director:  
Central Europe



**ANNIE SCHOOLS**  
Director of Admissions



**CARLO BRENNAN**  
Regional Director: Italy



**VIKTORIA BEDO**  
Regional Director:  
Central Europe



# The Program

**Participating in an Atlantis program is an educational journey of a lifetime. The Program Details section of our website describes what a typical day looks like for a student. To summarize, below are three main components of an Atlantis program:**

1.

## SHADOWING

On an Atlantis program, your child will be observing doctors in a variety of roles in a real, working hospital. They may observe physicians doing many things, such as performing procedures or surgeries, ordering tests, interviewing patients, and completing administrative work. Students typically shadow in pairs for 20 hours every week. This usually breaks down to four days of five hour shifts in the hospital weekly. However, please keep in mind that hospital schedules vary on a daily basis, so a student might shadow eight hours one day and four the next.

On a typical morning, students wake up around 7:30am, eat breakfast with their group, and head to the hospital on public transportation (e.g., buses, metro). Shadowing usually begins between 8am and 10am, depending on the department's schedule, and it usually ends between 1pm and 3pm.

2.

## ROTATIONS

Atlantis students typically rotate through a different medical department within the hospital each week. That means, if your child is scheduled for a 4-week program, he or she will have the opportunity to shadow four different medical specialties. Please note that hospital and doctor schedules vary, so while one department per week is the standard student experience, some students shadow in more departments and some in less. We have placed students with doctors in almost every specialty available, and we try to take each student's preferences into account when placing students.

While we cannot guarantee that preferences will be met, most students get to see at least one specialty of their personal interest. We believe that exposure to a variety of departments greatly enhances the value of the program and reaffirms an attraction to a particular field.

3.

## CULTURAL EXCHANGE

Atlantis values cultural immersion and exchange, and we want students to leave their program with a more thorough knowledge of the host country. On one day every week, students attend group excursions with the other members of their cohort.

Examples of excursions range from going to the beach for the day, hiking in the mountains, or getting a walking tour of the host city or nearby historical sites. These excursions are included in the cost of a Program and are a major highlight of the program for many students.





# Safety

**The safety of your child and of all our students is extremely important to us. The five most important safety precautions that we take are as follows:**

1.

We are extremely selective about placement locations. Almost all of our programs are hosted in highly developed countries. For the select number of programs in the developing world, we make sure that students are in safe neighborhoods for their accommodations. Please feel free to investigate the Global Peace Index Ratings of your child's host country. All of our placements are ranked at or above the United States, and most (80%) are in the top 40 safest countries.

2.

We have Site Managers on the ground at every single placement, and these staff are from/live in the host country of the program. Site Managers supervise the students and will take the time to teach them about the city, and other relevant cultural expectations. Site Managers are there to make sure that the program runs smoothly, the students are properly placed in their hospitals, and any problems that students may have are quickly addressed. You may also contact our domestic staff in D.C. throughout the course of a program. We are always here to help.

3.

We strongly advise all students to follow all safety and security information posted on the US Department of State's website. Students and parents alike are also advised to sign up for the free Smart Traveler Enrollment Program (STEP) administered by the US Department of State if you and/or your family are American citizens. The STEP program will keep you and your child informed about international safety concerns related to his or her host country. Students should also make sure to have the contact information of the host country's American embassy (or the embassy of your country of residence). While we cannot guarantee the absolute safety of your child at all times, we do know that there should be limited problems for students abroad if they follow safety precautions just as they would at home. One excellent way to help keep your child safe is to advise them to travel with a group when exploring during off-hours.

4.

We provide travel health insurance coverage to all students through a company called iNext that covers lost baggage as well as most normal medical expenses and hospital visits that may happen due to illness while your student is on our program.

5.

Finally, your student will be provided with a local non-smartphone to use throughout the duration of their program as a means to stay in contact with their Site Manager and other students on the program in that country.



# Value

As an organization, we prioritize building programs with long-term educational value for our students, and believe the Atlantis program is an investment in their future. Many of our students leverage their Atlantis program experiences for college and graduate application essays and interviews, and some of our alumni have gone on to enter the most prestigious medical programs in the United States.

Our alumni leave Atlantis with a new passion for healthcare, a deeper understanding of global medicine, and lifelong connections with

other future medical professionals. This is why universities partner with us, trusting us with their pre-health students. While most students apply to our program directly, our university partners are continuing to grow. In the past two years, over 60 university representatives, including pre-med advisors and academic faculty, traveled abroad and witnessed Atlantis' work firsthand. The response from these representatives has been overwhelmingly positive. You can read reviews here on our website to see what people are saying themselves.

“

**This program was an absolutely incredible experience for our daughter, far beyond our expectations. She was able to shadow doctors in a variety of departments, including watching numerous surgeries, and was treated with the utmost respect and caring by doctors and hospital staff who truly desired for her to learn and understand as much as possible about everything she was observing.**



# Value (Cont.)

**“Going on an Atlantis program has been one of the best decisions I’ve made in college.”**

— Isabella, 2019 Atlantis Student, Milan Italy

The cost of an Atlantis program is comparable to, or less expensive than, other study abroad programs. Few pre-med students are able to take advantage of study abroad programs due to their hectic school schedules. An Atlantis program provides students interested in pursuing the medical field limitless value through in-depth hospital experiences, volunteer opportunities, and cultural immersion - all during school breaks.

Medical school tuition in the United States averages about \$50,000 a year. After four years, the total cost is in the range of \$200,000 (not including undergraduate tuition and application costs). We think it is of utmost importance that future medical students are absolutely certain that medicine is the right vocation for them. The Atlantis program addresses this directly by allowing students to shadow physicians, to see firsthand what the profession looks like, and to determine whether the future costs of medical school tuition are worth their while.

## AN ATLANTIS PROGRAM INCLUDES THE FOLLOWING:

- An average of 20 hours per week of shadowing
- An average of one department rotation each week in different specialties
- Dormitory-style housing in hotels, apartments, or student residencies
- A light daily breakfast and three group lunches or dinners every week
- One group excursion per week that showcases the host culture
- Covered cost of daily transport to and from the hospital, if the hospital is not within walking distance from the housing
- Travel health insurance for the entirety of the program
- Site Manager support on-site throughout the program
- Student/parent/guardian support during business hours by staff at the Atlantis headquarters
- A local non-smartphone (for local calls & emergencies only)
- On-site orientation, and arrival package on the first day







# Health Precautions

For the safety of your child and the patients and doctors in the hospital where they will be shadowing, Atlantis takes many precautions in determining that they are healthy and that it is safe for them to shadow. All students must submit at least their vaccination records, though certain hospitals require additional measures (e.g., TB tests and HepB vaccinations) to be completed before any program begins. Our Pre-Departure team will notify students in advance of any specific requirements for their hospital.

Furthermore, students and parents alike are encouraged to review the following Johns Hopkins' article, [What To Do If You Get Sick While Traveling](#). Students should always follow normal, healthy practices as they would at home. Please also be sure that your child knows his or her allergies or any unusual health issues and informs Atlantis of them on the pre-departure form. For location-specific health concerns and more information on required vaccines for any given location, please visit [The Center for Disease Control and Prevention website](#).

We require that your child include all past health history that is prompted on the pre-departure form. Failure to provide any appropriate information could not only negatively impact your child's program experience, but it could also be cause for early dismissal from the program without refund if any of their unreported health concerns are prevalent while they are abroad. Please know that we do not discriminate because of health issues, but it is vital that we know all relevant information so that we can best handle emergency situations and provide necessary care when appropriate.

Finally, all of our Atlantis students are enrolled in a travel health insurance plan when they are abroad. This insurance covers most normal medical expenses and hospital visits that may happen due to illness while your student is on our program.





# Payments, Flights & Arrival

1.

## PAYMENTS

Before enrolling into a program, Atlantis students have the opportunity to select the best payment plan to fit their circumstances. The first step is a non-refundable \$900 enrollment fee, which reserves a student's spot in their program and contributes to upfront preparation costs. This is done via credit card, and the link to that payment is accessible on the student portal.

The final program fee is separate from the enrollment fee, and after the initial enrollment fee is completed, students can choose between several final payment options. These include:

- Paying in full
- Paying in two installments
- Monthly payments (available for certain seasons only)

These program fee payments are done by e-check (i.e., ACH transfers) using our secure online platform, PaySimple. If you cannot pay by e-check, we do offer the option of paying with a credit card. Please note that there is an additional 2.2% fee to use a credit card for these payments. Only US bank accounts will be able to submit final payments with ECS. If you have a bank account outside of the US, please let us know so that we can send you the appropriate payment instructions

2.

## FLIGHT TIPS

A great way to save money on an Atlantis program is to scan the internet for the best deals on flights. Here are a few best practices for doing this:

- Use an "incognito" window in your search engine to prevent your cookies from being tracked and from consequentially being shown potentially higher fares. You can go "incognito" by pressing CTRL + Shift + N in Google Chrome (and many other browsers)
- Use a good flight-search website. We recommend: [skyscanner.com](https://www.skyscanner.com), [momondo.com](https://www.momondo.com), [edreams.net](https://www.edreams.net), and [kayak.com](https://www.kayak.com).
- In search of cheaper fares, search for various departure and arrival

3.

## INTERNATIONAL ARRIVAL

With few exceptions, Atlantis students are individually responsible for arriving to their housing location on their own. Few students experience problems with this, and all students will be in contact with our staff for assistance with any part of the arrival process. When booking flights, please keep in mind that students should try to arrive at their housing site in the early afternoon on the start date of their programs.

Please consider if your child has to take a train or bus from their arrival airport to their housing to ensure that they can arrive at their housing location before 5pm local time, even with additional travel after their flight(s).



# Payments, Flights & Arrival (Cont.)

4.

## HOUSING

Hotel, dormitory, or apartment-style housing is provided for the duration of the program. All housing locations are selected with safety in mind and are typically near their respective city centers. Depending on the program location, the housing-to-hospital commute can take anywhere from 5 minutes to 1 hour+ depending on traffic patterns, and may be by walking or public transportation. If needed, the cost of commuting to and from the hospital is covered in your student's program fees.

Normally, all Atlantis students have at least one roommate of the same gender. However, students can also request to have a single room for an additional fee (25 USD extra per night).

All students have access to WiFi at their housing locations, though it is important to note that WiFi in other countries may not be as high-speed or reliable as they are used to; especially in individual rooms within a building (as opposed to in the lobby, for example).

Finally, please be aware that housing quality and specific amenities do vary by site, and your child's housing may be of a different quality than residence halls or dorm rooms in the United States. For example, some Atlantis housing may not have air conditioning as such an amenity is far less common in Europe. Please know that our Site Managers are extensively trained and they are advocates for our students regarding any housing-related issues.

5.

## REVIEWS

Our reputation is important to us and, of course, to you! We encourage all parents (and students) to read our students' testimonials and reviews. Here is the link to our testimonials page. GoAbroad.com and GoOverseas.com are external websites that have upwards of 100 reviews of our organization, and our ratings on both are over 95%!

For more Frequently Asked Questions, please refer to our students' page at <https://atlantisglobal.org/faq>.

If you would like to contact us directly, our phone line for general inquiries is +1 (202) 847-5183, or you may reach out to your child's Admissions Coordinator before they enroll or our Pre-Departure team after they enroll. You can also email us directly anytime at [admissions@atlantisglobal.org](mailto:admissions@atlantisglobal.org)



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