



Empower Your Students: Volunteer Internship Healthcare Opportunities in Tanzania



meet THO

our story

Founded by a group of passionate healthcare professionals, THO has been making an impact since 2020. We bring together doctors, nurses, students, and graduates from around the world to volunteer in Tanzania, providing essential healthcare services and medical camps to underserved communities.



our mission

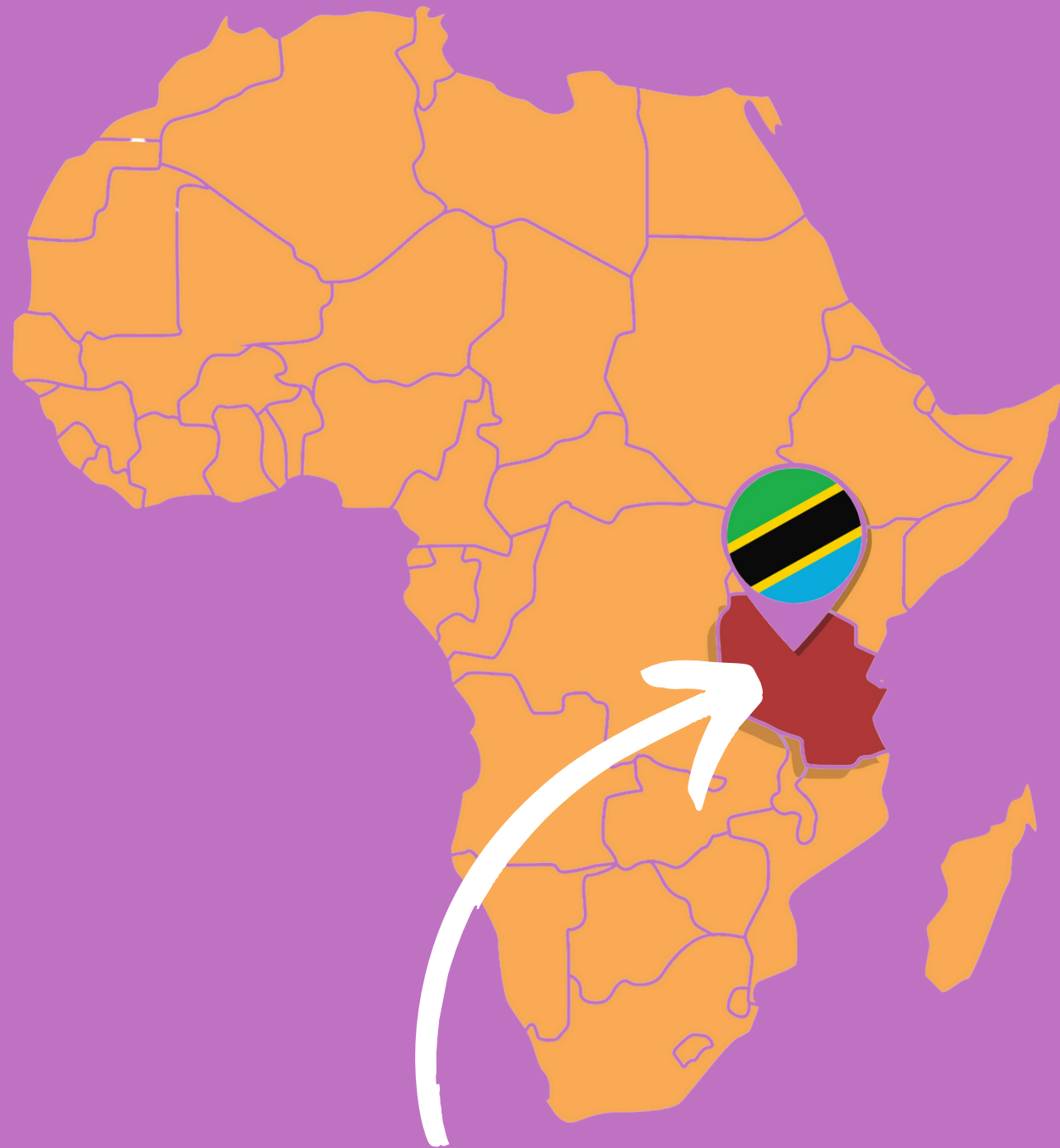
Tanzania Health Opportunities (THO) is dedicated to improving healthcare access in underserved Tanzanian communities through volunteer support and local partnerships.



our vision

Our vision is a healthier and prosperous society that fully participates in personal and national development, cultural experiences, and idea exchanges, which are catalysts for positive change in communities.

Why Tanzania?



Only 1 doctor per 20,000 people in many rural areas.

A Country with Unique Healthcare Needs

Tanzania is a vibrant, developing country with a rapidly growing population but limited access to healthcare resources. Over 60% of Tanzanians live in rural areas with limited or no healthcare facilities, and hospitals often face a shortage of staff and medical supplies.

High Demand for Medical Support

Volunteers provide essential skills and manpower, helping bridge gaps in the healthcare system. By working alongside local healthcare teams, volunteers make a tangible impact and learn to navigate challenges unique to developing healthcare environments.

A Rich Cultural Exchange

Volunteering in Tanzania is more than a professional experience; it's a chance for cultural immersion. Volunteers gain new perspectives on global health, build meaningful relationships with local staff and patients, and deepen their understanding of Tanzanian culture.

Why THO?

1. Hands-On Clinical Experience

Gain supervised practical experience treating a variety of conditions uncommon in developed countries, including tropical diseases, maternal health complications, and emergency care in a low-resource setting.

2. Skills Development

Work in a low-paced, high-need environment, sharpening clinical skills such as patient assessment, diagnosis, and treatment in real-world situations.

3. Global Health Perspective

Exposure to healthcare challenges in a developing country builds cultural competency and gives students a deeper understanding of global health disparities.

4. Personal Growth and Resilience

Living and working in Tanzania fosters adaptability, resilience, and empathy, qualities essential for any healthcare professional.

5. Networking and Mentorship

Build a global network of healthcare professionals and gain mentorship from experienced Tanzanian doctors and nurses.



Program Structure

Volunteers interns will primarily attend in our collaborated hospitals and clinics providing health services based on their skills level.

Working on our health projects offers a wonderful opportunity for volunteers to become familiar with the challenges and health issues of developing countries and low resource facilities.

All our hospitals and clinics are government approved.

WEEKLY HIGHLIGHTS

- Monday - Friday: Hospital shifts and clinical rotations.
- Wednesday: Outreach visit to nearby villages (health screenings, health education).
- Saturday: Cultural immersion activities (Swahili lessons, local tours).
- Sunday: Free day or optional excursions for rest and exploration.



How to Apply: Requirements & Process

Elegibility

To join the THO Intern Volunteer Program, applicants must:

- Be at least 18 years old.
- Be a current student or recent graduate in healthcare fields (e.g., nursing, medicine, paramedic etc).
- Have basic clinical skills or relevant coursework.
- Show a commitment to cultural exchange and community engagement.

Application Process

- Complete the application form on our website with personal information, academic background, and volunteer motivations.
- Applicants will be invited for a virtual interview with our team to discuss program goals.
- Book your volunteer program and be ready to fly to Tanzania!

Confirmation

Receive an official acceptance letter with orientation details, accommodation information, and a pre-departure checklist.



What's included

We think about everything!

- Accommodation of private or shared room with other volunteers. The shared room will host volunteers of the same gender with private bed each.
- Breakfast and dinner Monday to Friday. And three meals in weekend and public holidays .
- Airport pick up.
- Organization T-shirt, Organization certificate at end of your placement, get together dinner.
- Water, security, unlimited internet (WiFi), and laundry machine service.



Why Your University Should Choose THO?

1. Aligns with Educational Goals

- Practical Training: Offers hands-on experience in a real-world healthcare setting, complementing academic learning.
- Skill Development: Enhances clinical and soft skills like teamwork, communication, and adaptability.
- Career Advancement: Boosts employability by providing international healthcare exposure.

2. Fosters Global Perspectives

- Cultural Competence: Immersive experience in Tanzania promotes cultural sensitivity and global awareness.
- Global Health Insights: Encourages understanding of healthcare challenges and innovations in resource-limited settings.

3. Cultivates Civic Responsibility

- Community Impact: Empowers students to contribute meaningfully to underserved communities.
- Ethical Awareness: Encourages compassionate and ethical approaches to healthcare.

4. Enhances University Reputation

- Global Engagement: Positions the university as a leader in fostering socially responsible global citizens.
- Alumni Success: Graduates with international experience strengthen the institution's legacy.
- Partnership Opportunities: Opens doors for collaboration with global organizations and healthcare initiatives.



*Hear it
from our
volunteers*

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Chiara's Experience

Volunteering with THO was life-changing! I gained hands-on experience, made incredible connections, and truly felt I made a difference in the community.

3rd MD student



Emailine's Experience

An unforgettable journey! The warmth of the people, the culture, and the opportunity to help others made this an experience I'll cherish forever.

4th MD student

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Tanzania Health Opportunities

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Thank you!



*Local impact,
Global impact.*