



June 2010

**Dear Prospective Delegate,**

Heart to Heart International and the American Academy of Family Physicians Foundation are enjoying 17 years of our joint "Physicians With Heart" (PWH) partnership. Since 1993, the PWH partnership has traveled to 10 countries of the former Soviet Union, enhancing health in underserved regions. At the request of the U.S. Department of State, our partnership will return to the former Soviet republic of Tajikistan on **October 23-November 1, 2010**, adding momentum to previous projects in 2005 and 2007. As with past PWH projects, our volunteers will participate in medical symposia focused on accelerating the development of Family Medicine and will organize several projects focused on improving the quality of life for vulnerable children.

Like most of the former Soviet republics, Tajikistan gained independence in 1991, when the Soviet Union collapsed. A prolonged power struggle resulted in a bitter civil war that lasted nearly six years. During that time, the country's infrastructure deteriorated and left Tajikistan as one of the poorest countries in Central Asia. Many healthcare professionals left Tajikistan for better opportunities abroad, causing a significant "brain drain" and further hampering the country's development.

In 1998, the Tajik Ministry of Health instituted the development of Family Medicine countrywide. The PWH partnership has added momentum to this development through educational and training initiatives in 2005 and 2007. Funding shortages have stalled recent efforts to promote Family Medicine development, making our project in 2010 even more important. The PWH assessment team was excited about advancing the practice of Family Medicine in Tajikistan and worked closely with local stakeholders to understand how best we could assist in reinforcing family medicine development efforts in the country. The initial feedback from the Tajik Ministry of Health, Tajik State Medical University and family medicine training centers indicate a need for more emphasis on the role and importance of primary health care, value of family medicine, non-communicable disease management and care and some hands-on training pertinent to the practice of family medicine. We are seeking qualified volunteers with backgrounds in family medicine education and practical aspects of primary care delivery to assist with the Family Medicine Symposia and other educational activities.

Non-medical volunteers are invited to participate in projects aimed at improving the lives of local children at three different schools and orphanages. This volunteer team will assist in setting up two classrooms as part of a small reconstruction project at a school for orphans and homeless children in Dushanbe; furnishing a classroom and dorm with much-needed equipment at a boarding school in Yavan; and providing sewing machines and possibly audiology equipment for a school in Rudaki that serves hearing-impaired students. This team will also distribute school supplies and other critical items to students at several locations—all in an effort to enhance the living and learning environment for vulnerable children at each facility.

On behalf of the PWH partnership, I invite you to join this year's PWH project. Enclosed you will find detailed information regarding project dates, cost, itinerary and how to apply. If after reviewing the enclosed information you still have questions, please contact the PWH delegation-recruitment staff at Heart to Heart International by calling (913) 764-5200 or by emailing [pete.brumbaugh@hearttoheart.org](mailto:pete.brumbaugh@hearttoheart.org). We look forward to hearing from you!

Looking forward to working with you in Tajikistan,

A handwritten signature in black ink that reads "Pete." with a period at the end.

Pete Brumbaugh  
2010 PWH Project Leader  
V.P., Resource Development  
Heart to Heart International

*"Physicians With Heart" (PWH) is a partnership between the American Academy of Family Physicians Foundation (AAFP-F) and Heart to Heart International (HHI). Our mission is to mobilize resources to improve health, provide medical education and to foster the development of Family Medicine worldwide.*

**Scope of the Project** The PWH partnership is looking for volunteers with expertise in presenting relevant topics regarding the development of Family Medicine in either plenary- or breakout-session format; we also seek non-medical volunteers with a passion to improve the lives of children.

**Project Dates** October 23-November 1, 2010 (includes travel days)

<b>Travel Costs</b>	<b>Full Package: \$3,350</b>	<b>Land Package: \$1,600</b>
	Cost includes all amenities of the Land Package, plus roundtrip economy-class airfare between Chicago and Dushanbe via Istanbul	Cost excludes airfare and includes expenses incurred while in Tajikistan.

**Parameters of the Trip**

First, the travel costs for both packages include the following amenities in Tajikistan: Double-occupancy hotel accommodations, all delegation meals, ground transportation, cultural-enrichment activities, interpreters, medical-evacuation insurance, tips, and taxes. (Single-occupancy rooms for project volunteers increase each package by \$600.)

Second, the travel packages do not include the following: Airfare between your home city and Chicago, single-occupancy hotel accommodations, passport/visa fees, personal immunizations, phone or laundry charges, private transportation/translators, personal spending money, and/or items of a purely personal nature.

Third, all volunteers traveling on the Full Package need to coordinate flights between their home cities and Chicago O'Hare with MTS Travel, our preferred travel agent for the 2010 PWH project. MTS can accommodate seat assignments, optional upgrades and use of your frequent-flyer miles for this project.

Finally, you must have a passport that is valid through April 1, 2011. Heart to Heart will inform you on how to secure your travel visa, which is required for Tajikistan.

**Application Process** Registration deadline is **September 1, 2010**. Those wishing to participate in the medical symposia will be required to submit a CV for consideration by a PWH subcommittee. We will notify all applicants of their status within 10 business days of their submission and will send out a welcome kit to all 2010 PWH project team members.

<b>Payment Schedule</b>	<b>Upon confirmation:</b> \$500 non-refundable deposit	<b>October 1, 2010:</b> \$2,850 (Full Package); \$1,100 (Land Package)
	Please use <a href="http://www.hearttoheart.org">www.hearttoheart.org</a> to pay for your travel costs related to this project.	If cancellation is necessary, refunds will be made on a case-by-case basis.

<b>Contact Information</b>	<b>Heart to Heart International</b> Pete Brumbaugh 401 S. Clairborne, Suite 302 Olathe KS 66062 (913) 764-5200, ext. 284 Pete.Brumbaugh@hearttoheart.org	<b>MTS Travel</b> Vicki Lichti 717 N. Main Street, Box 505 Newton, KS 67114 ((800) 418-2929, ext. 16805 VickiL@mtstravel.com
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**Saturday, October 23**

10:20 p.m. PWH delegation departs Chicago O'Hare Airport on Turkish Airlines Flight #6 to Istanbul

**Sunday, October 24**

5:05 p.m. Arrive in Istanbul (layover of approximately 3.5 hours)  
8:45 p.m. Depart Istanbul on Turkish Airlines Flight #254 to Dushanbe

**Monday, October 25**

3:20 a.m. Arrive in Dushanbe, collect luggage, load bus and check in at Hotel Tojikiston  
1:00 p.m. Introductory lunch; project overview  
Afternoon City bus and cultural tour of Dushanbe  
Evening Early dinner at hotel restaurant; prep meeting for respective project teams

**Tuesday, October 26**

Morning Delegation breakfast;  
**M.E. Team:** Review symposium topics; meet with interpreters  
Depart for briefing with U.S. Embassy staff; lunch at Embassy  
Afternoon Depart for local hospital for hand-over ceremony; return to hotel after ceremony  
**Medical Education (M.E.) Team:** Micro-team departs for Khojent\*  
**Children's Project (C.P.) Team:** Project preparations at hotel and Dushanbe school  
Evening Delegation dinner with DOS staff at restaurant in Dushanbe  
**C.P. Team:** Additional project prep (if needed)

**Wednesday, October 27**

Morning **M.E. Team:** Khojent\* team participates in one-day FM symposium; Tursunzade\* micro-team departs for case reviews and clinical visits  
**C.P. Team:** Breakfast; depart for projects at Dushanbe school.  
Evening Tursunzade and Khojent teams return; dinner at hotel restaurant

**Thursday, October 28**

Morning Breakfast; Depart for ribbon-cutting ceremony at Dushanbe school  
Afternoon **M.E. Team:** Depart for case reviews at polyclinics in Dushanbe  
**C.P. Team:** Activities at the Dushanbe school  
Evening Dinner at restaurant in Dushanbe

**Friday, October 29**

Morning Breakfast; load minibuses for project sites  
**M.E. Team:** Depart for Tajik State Medical University for FM symposium  
**C.P. Team:** Depart for school in Yavan  
Evening Delegation dinner at restaurant in Dushanbe

**Saturday, October 30**

Morning Breakfast; **C.P. Team:** Depart for party at school in Rudaki; **ME team:** Clinical visits  
Afternoon **C.P. Team;** Return to Dushanbe; Delegation: Rest, relax, shop for remainder of day  
Evening Celebration banquet with PWH project partners at hotel ballroom

**Sunday, October 31**

Morning Optional visit to Russian Orthodox Church in Dushanbe; day-long cultural excursions  
Evening Appreciation dinner with Tajik staff, interpreters and drivers at restaurant in Dushanbe  
Closing delegation session

**Monday, November 1**

2:30 a.m. Check out of Hotel Tojikiston; load luggage and bus for airport in Dushanbe  
5:30 a.m. Depart Dushanbe on Turkish Airlines Flight #255 to Istanbul\*\*  
8:00 a.m. Arrive in Istanbul (layover: Approximately 3 hours)  
11:30 a.m. Depart Istanbul on Turkish Airlines Flight #5 for Chicago O'Hare  
4:40 p.m. Arrive at Chicago O'Hare; depart for home city from here

\*Dates and locations of PWH medical symposia are pending discussions with local healthcare partners

\*\*Optional overnight stay in Istanbul on return leg can be arranged through MTS Travel, our preferred travel agency for this project



## Volunteer Application Form

**NOTE:** After receipt of your application, a member of the PWH partnership will contact you for a phone interview. You will be notified as to your confirmation within 10 business days of the interview. **Deadline to apply is September 1, 2010.**

### PERSONAL CONTACT INFORMATION

Please print clearly and fill out your name as it appears in your passport.

Title	Last Name	First Name	Suffix	
Middle Name	Name to Display on ID Badge	Credentials	Birth Date	
Address		City	State	Zip
E-mail		Home Phone	Cell Phone	

### EMERGENCY CONTACT:

Name	Relation	Phone

### PROFESSIONAL INFORMATION:

Employer	Title (Please be specific)
Healthcare Professionals, please list your discipline(s)	Special Interests/Abilities (languages, hobbies, etc.)

Have you ever been convicted of a crime?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If yes, explain number of convictions(s), date(s), and the nature of offense(s) leading to conviction(s):  		

### DELEGATION PACKAGES & ACCOMMODATIONS (SELECT ALL THOSE THAT APPLY):

#### A. Trip Packages:

- Full Package: \$ 3,350**  
 > Double-room occupancy: My roommate preference is (name): \_\_\_\_\_
  
- Land Package: \$1,600**  
 > Double-room occupancy: My roommate preference is (name): \_\_\_\_\_

#### B. Optional/Additional Costs:

- Single-Room Occupancy (additional \$600 required for Full or Land packages)

## **P.W.H. PROJECT SELECTION\*:**

The following descriptions are meant to be indicative of our project activities. Please read and make a selection by marking the box beside your desired activity. Please note that in order to maintain a quality standard of medical education, prospective instructors or lecturers for the symposia on Family Medicine Development may be required to submit their curriculum vitae for review by the PWH Medical Educational Committee.

**Family Medicine Symposia**

Fostering the global development of Family Medicine is a strategic imperative of the PWH partnership. During our joint annual projects, we provide medical education and training in large symposia and in smaller roundtable discussions. Lectures and hands-on workshop topics for the symposia are selected on the basis of the needs assessment analysis and in close consultation with project partners and local health professionals. We are seeking volunteers with expertise in presenting selected topics before a collegial audience in international settings.

Experience presenting medical topics in developing countries is preferred.

**The Children's Project**

The Children's Project will provide assistance to vulnerable children at schools and orphanages in Tajikistan. We work with local organizations to identify underserved institutions and provide follow-up once the project is completed. This year's project will benefit the following children's institutions: Boarding School #4 in Dushanbe, Republican Boarding School in Yavan, and the School for the Hearing Impaired in Rudaki. Members of this team may perform a variety of duties while onsite in Tajikistan, such as painting murals, assisting in moving classroom equipment into place, helping with light renovations, packing school supplies, distributing personalized bags to students at selected sites, interacting with students in cultural ceremonies, hosting parties, and improving the lives of children.

\*Time and circumstances permitting, medical and non-medical volunteers may have the opportunity to accompany and assist with each other's projects.

**Statement of physical, mental and emotional demands of the PWH project:**

We strongly believe that each delegate must be capable of adapting to the physical, mental and emotional demands of this trip. This PWH project may include, but not be limited, to: Extensive walking, stair climbing, lifting personal luggage, travel on unpaved roads for extended periods of time, eating indigenous foods, demanding/stressful schedule (long days, flexible timetables), rustic accommodations in rural areas, and potential travel on local propeller aircraft

By checking the above box, you indicate that you have read and understood that you may be subject to certain physical, mental and emotional demands while serving on this volunteer team.

## **RELEASE OF LIABILITY:**

*I understand that this application is subject to review by the staff of Heart to Heart International (HHI) and the American Academy of Family Physicians Foundation (AAFP-F) and that background checks and additional interviews may be involved in this application process. I understand that all information provided in this application process is confidential and will be used by HHI and AAFP-F staff for screening purposes only. I further understand that, as a volunteer, I cannot hold HHI or the AAFP-F liable for any damages or personal injury sustained while en route, or on or about the sites I will be volunteering.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### **Please return this form to:**

Heart to Heart International | Attn: Pete Brumbaugh | 401 S. Clairborne, Suite 302 | Olathe, KS 66062  
Email: [pete.brumbaugh@hearttoheart.org](mailto:pete.brumbaugh@hearttoheart.org) | Phone: (913) 764-5200 | Fax: (913) 764-0809