



# Planning Your Visiting Student Experience

TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

3601 4<sup>TH</sup> ST

LUBBOCK, TX 79430

# Applying For a Visiting Student Elective

We look forward to the opportunity to host you at Texas Tech University Health Sciences Center (TTUHSC).

On the following pages you'll find steps to guide the application process.

# Application Deadlines

<b>Start Date of Requested Rotation</b>	<b>Application Submission Deadline</b>
September 1 - November 30	May 1
December 1 - February 28/29	August 1
March 1 - May 31	November 1
June 1 - August 31	March 1

# Elective Options

Current elective options include:

- ▶ Internal Medicine
- ▶ Pediatrics
- ▶ Emergency Medicine
- ▶ Ob/Gyn
- ▶ Neurology
- ▶ Orthopaedics
- ▶ Family Medicine

The availability of the rotation will depend on the dates requested.

School of Medicine will determine the availability at the time of application.

# Steps & Timeline

- ▶ **Step 1: Initiate contact with the Office of Global Health (OGH)**
  - ▶ 4-6 months prior to rotation dates

Upon receipt of your email, OGH will forward to you any paperwork that must be completed in order to review your request.

# Steps & Timeline cont.

- ▶ **Step 2: Complete the appropriate documents**

- ▶ **3-4 months prior to rotation dates**

The following documents will be emailed to you for completion:

- ❖ **Visiting Student Elective Application**

- ▶ Please note, you must be a student at the time of the rotation. If your graduation date is prior to the rotation dates, a letter confirming your status as a student at the time of the rotation must be provided by your school.

- ❖ **Immunization Requirements form**

- ▶ Immunization Requirement form must be completed **and** immunization records provided.
      - ▶ All immunizations must be current in order to be selected for a rotation.
      - ▶ Immunization records must be translated to English.

# Steps & Timeline cont.

- ▶ **Step 3: Return completed documents to OGH**
  - ▶ No later than 3 months prior to rotation dates

Completed documents should be emailed to the Office of Global Health at [michelle.ensminger@ttuhsc.edu](mailto:michelle.ensminger@ttuhsc.edu) to initiate the review process.

# Steps & Timeline cont.

## ▶ **Step 4: Accept rotation**

OGH will contact you when the review process is completed. If selected, you must complete the following items:

- ▶ **Respond to approval/selection email to confirm rotation acceptance and rotation dates.**
- ▶ **Return completed Consolidated International Visitor Questionnaire (CIVQ) to OGH.**
  - ▶ An instruction document for completing the CIVQ will be provided.



## Steps & Timeline cont.

**Upon return of the completed CIVQ, a letter of invite will be generated to assist with obtaining a visa.**

**We recommend that you do not schedule a visa appointment until this document has been received.**

# Steps & Timeline cont.

## ▶ Step 5: Finalize rotation

- ▶ No less than 2 weeks prior to arrival

Complete and return additional documents noted below to OGH  
([michelle.ensminger@ttuhsc.edu](mailto:michelle.ensminger@ttuhsc.edu)).

- ▶ International Program Worksheet
- ▶ Authorization for Medical Treatment
- ▶ Copy of health insurance
- ▶ Copy of emergency medical evacuation & repatriation of remains coverage
- ▶ Copy of professional liability coverage

## Steps & Timeline cont.

**If your institution does not provide professional liability coverage that is transferable to the U.S., coverage can be purchased from Academic Group.**

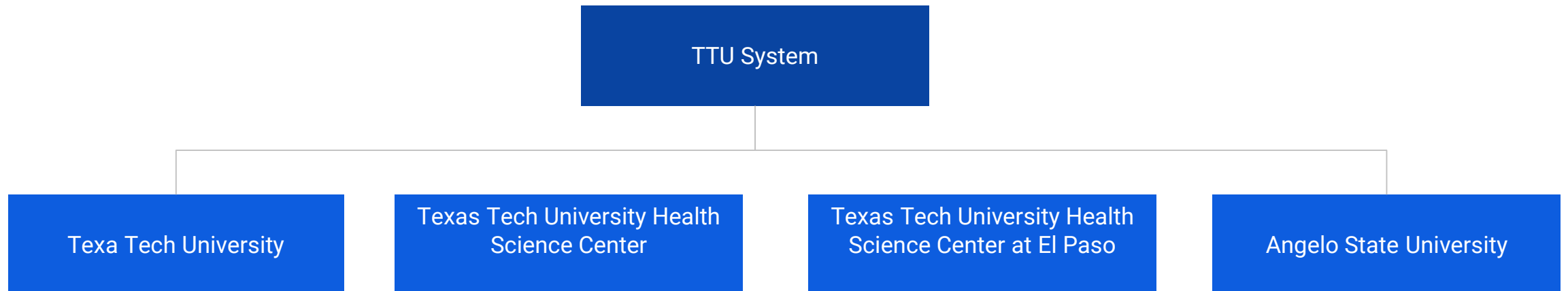
<https://www.academicgroup.com/students-form.html>

# About TTUHSC

- ▶ Established in 1969 by the 61st Texas Legislature
  - ▶ 18 institutes across many interdisciplinary boundaries
  - ▶ 12 Centers covering 6 different campuses
  - ▶ \$1 billion annual research budget
  - ▶ Over 1 million square feet of space
- ▶ 5 schools with total student population of 5,083
  - ▶ Medicine
  - ▶ Health Professions
  - ▶ Nursing
  - ▶ Pharmacy
  - ▶ Graduate School of Biomedical Sciences

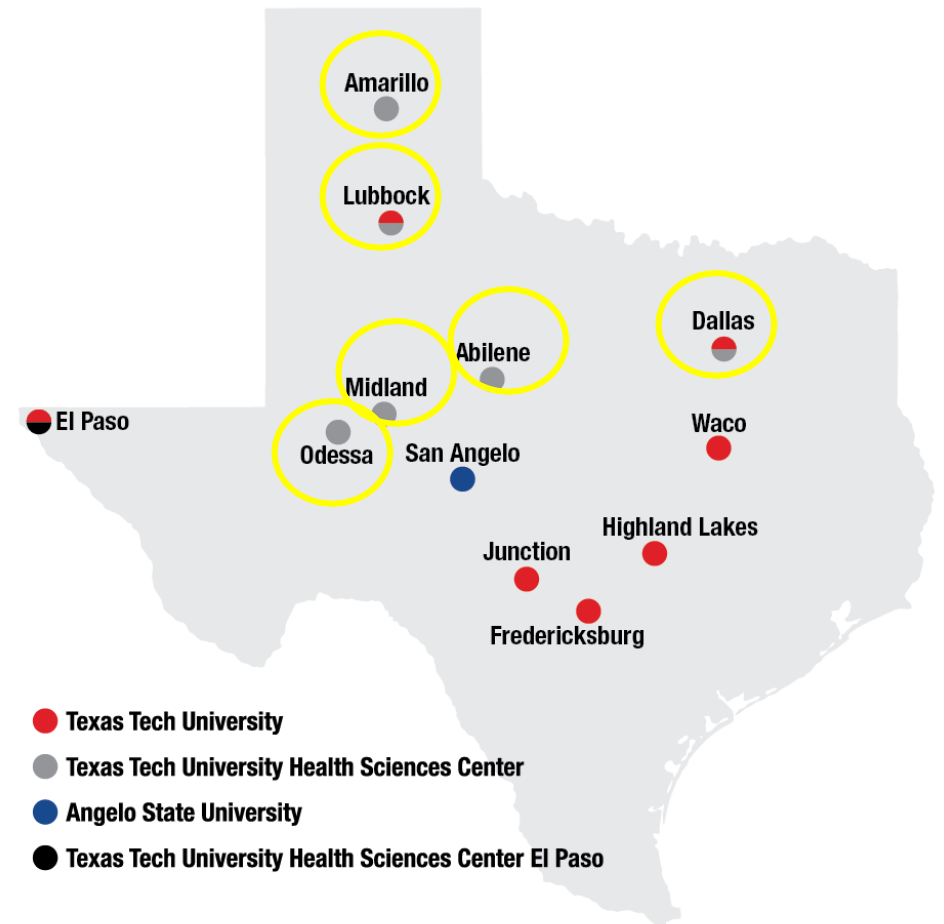
# About TTUHSC cont.

TTUHSC is one institution within the Texas Tech University (TTU) System



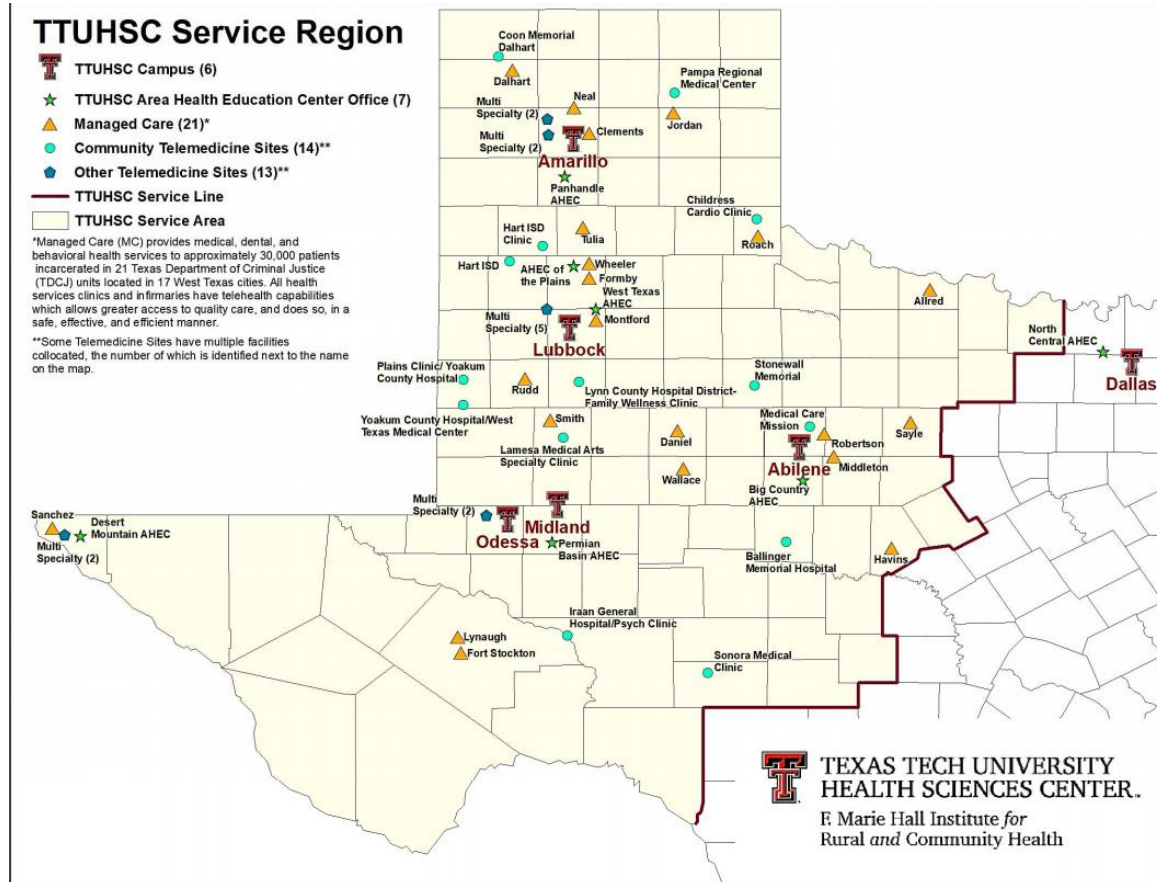
# About TTUHSC cont.

TTUHSC has 6 campus locations throughout Texas.

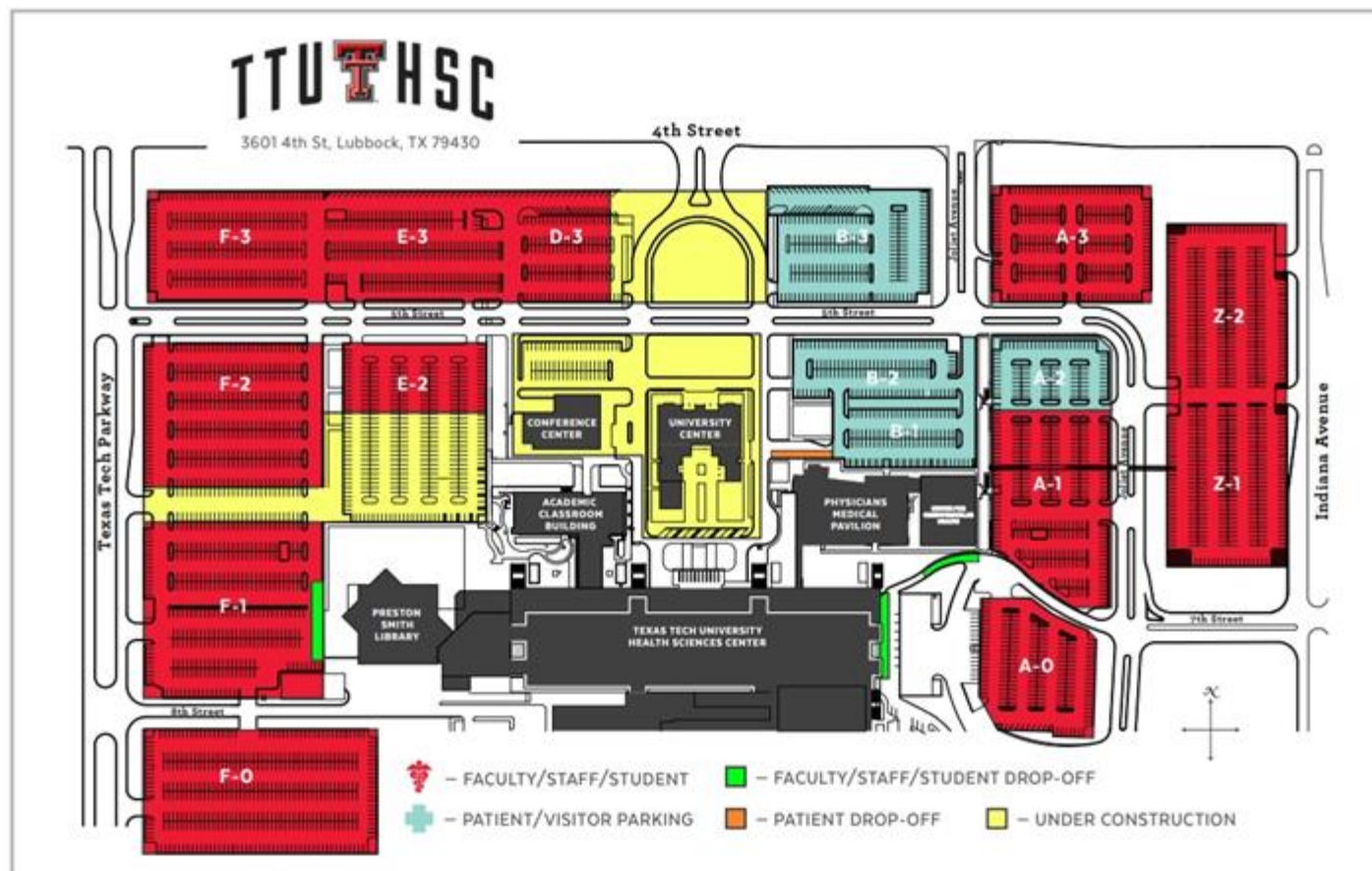


# About TTUHSC cont.

- ▶ Serves 108 counties in Texas representing 50% of Texas land mass and 11% of its total population
  - ▶ over 131,000 square miles with more than 2.7 million people
- ▶ Serves a portion of Eastern New Mexico



# Map of TTUHSC





# About Your Rotation

- ▶ School of Medicine will work with the various departments to arrange the rotation. After arrangements have been made, if you have any follow-up questions, please contact Kim Johnson at [Kimberly.Johnson@ttuhsc.edu](mailto:Kimberly.Johnson@ttuhsc.edu).
- ▶ If you will not rotate at TTUHSC for the entirety of the visit (e.g., you will travel to a conference, you will travel out of town) you must request time off. Please contact Kim Johnson at [Kimberly.Johnson@ttuhsc.edu](mailto:Kimberly.Johnson@ttuhsc.edu) and Kelley Moss [Kelley.Moss@ttuhsc.edu](mailto:Kelley.Moss@ttuhsc.edu) to make these arrangements.

# Travel Arrangements

- ▶ Please make plans to arrive at Preston Smith International airport in Lubbock, Tx.
  - ▶ You may find cheaper flights in cities surrounding Lubbock (e.g, Amarillo, Odessa), but be aware that Texas is very big and transport between cities is costly and will minimize any cost savings. We do not have mass or public transport options in West Texas.
- ▶ After you've purchased your flight, please email a copy of your flight itinerary to OGH at [michelle.ensminger@ttuhsc.edu](mailto:michelle.ensminger@ttuhsc.edu).

# Before Your Departure

- ▶ Contact OGH if any of your travel plans have changed.
- ▶ Please download WhatsApp to your phone so that we can communicate through WiFi if needed.
  - ▶ I can be found as Michelle Ensminger and at the number 1-806-438-7863.
  - ▶ Please send me a message via WiFi before you leave your country or when you arrive in the U.S.

# Arriving in Lubbock

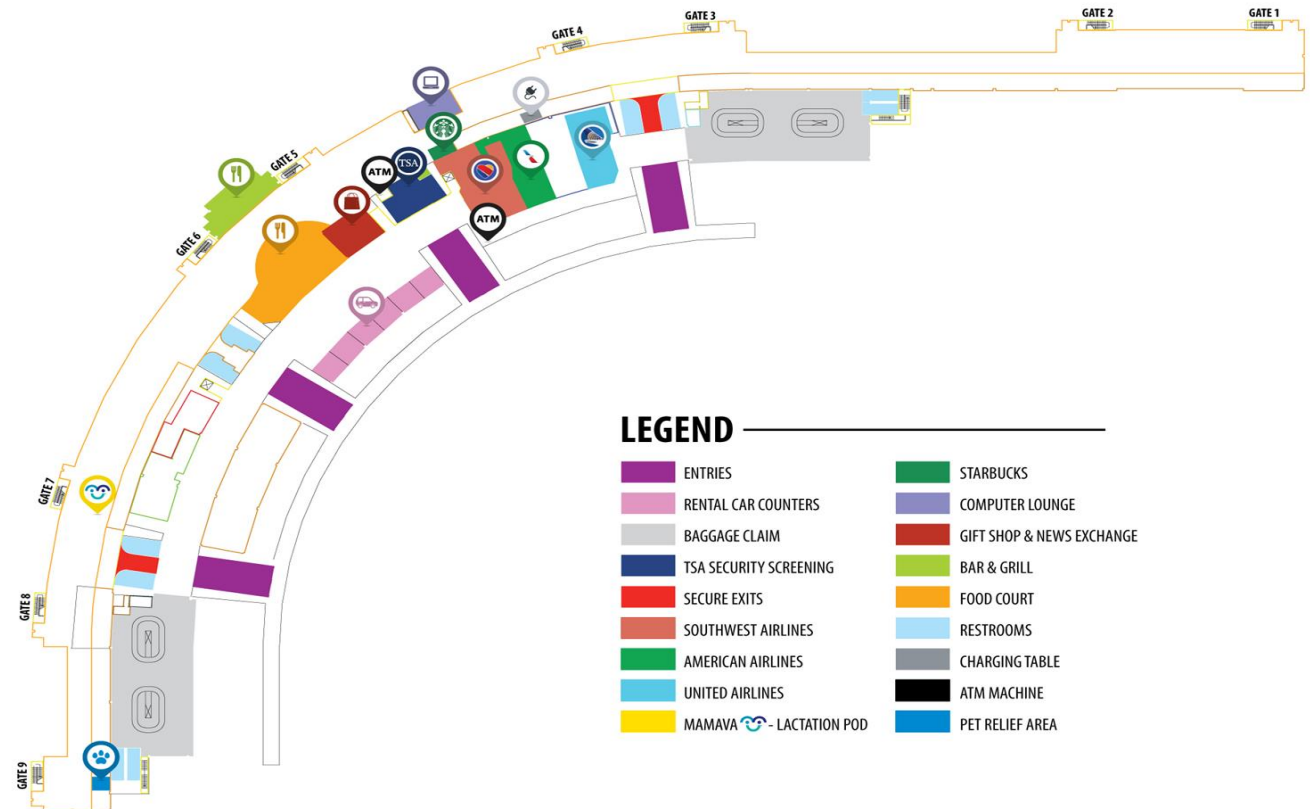
- ▶ You will arrive at the Preston Smith International Airport in Lubbock, TX. The airport is small and easy to navigate.
- ▶ If you need someone to pick you up from the airport, arrangements can be made. Prior to your departure, please contact Michelle Ensminger at [michelle.Ensminger@ttuhsc.edu](mailto:michelle.Ensminger@ttuhsc.edu).



# Arriving in Lubbock cont.

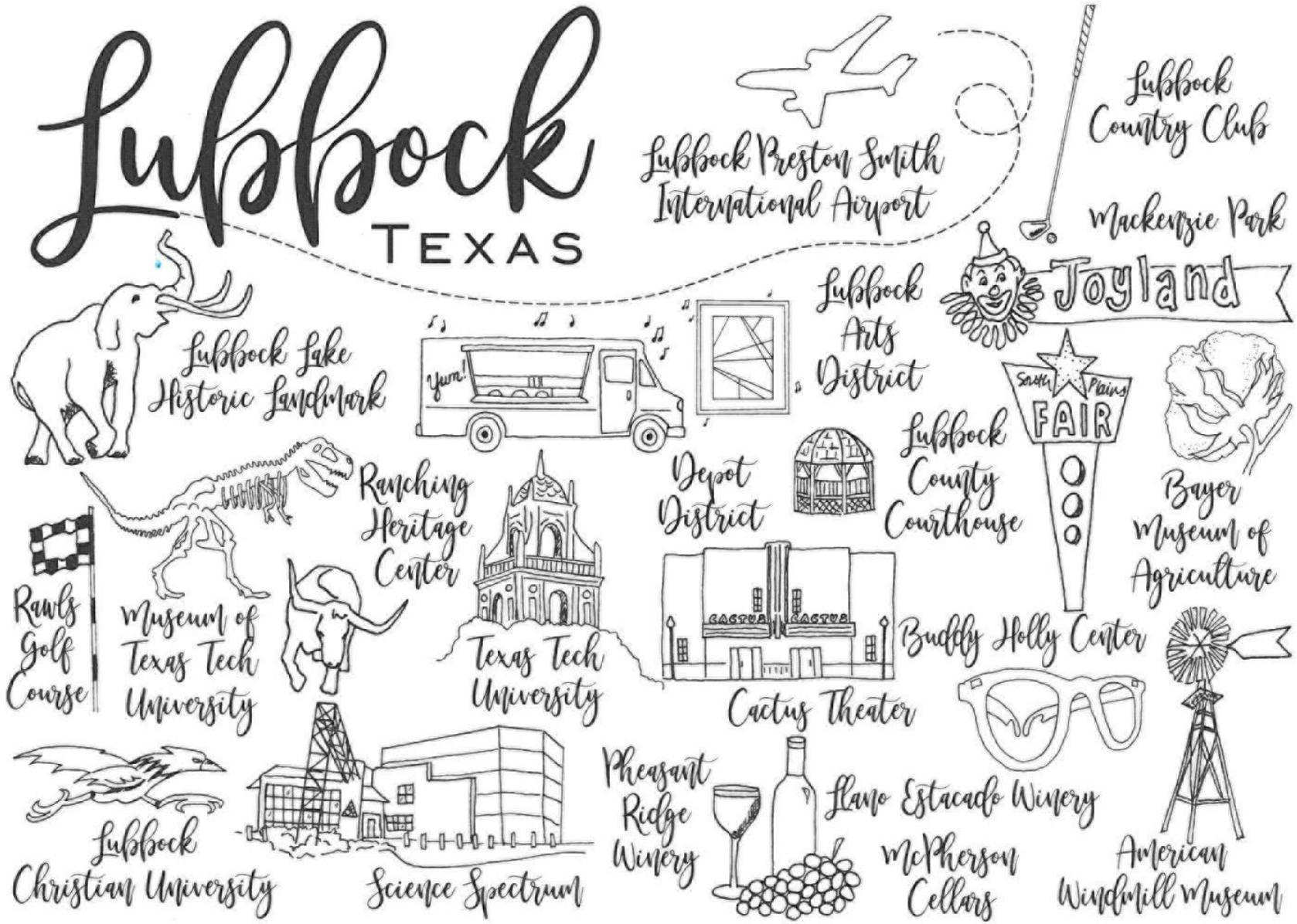
Preston Smith International Airport:

- ▶ 9 total gates
  - ▶ American
  - ▶ Southwest
  - ▶ United Airlines
- ▶ Free Wi-Fi near gate 5
- ▶ Airport Operations
  - ▶ 806-775-2044
- ▶ TSA
  - ▶ 866-289-9673





# Lubbock TEXAS



About Lubbock

# About Lubbock cont.

- ▶ Lubbock is located in the southern portion of the Texas Panhandle in an area known as the Great Plains. As part of the Great Plains, it consists of flat farm and grazing land. The flat land gives the illusion that the area is located at a low elevation. In fact, it is situated on a caprock at an elevation of 3,202'.
- ▶ Lubbock is often called a large city with a small town feel. The current population is around 252,000.
- ▶ Lubbock is the birthplace of rock 'n' roll legend Buddy Holly.
- ▶ Lubbock is the largest contiguous cotton-growing region in the world.

# About Lubbock cont.

- ▶ There are over 800 restaurants in Lubbock
  - ▶ Local favorites are
    - ▶ Orlando's Italian Restaurant
    - ▶ Triple J Chophouse & Brewery
    - ▶ Double Nickel Steak House
    - ▶ Capital Pizza
    - ▶ Spanky's (order the Fried Cheese!)
- ▶ For more information about Lubbock, please visit the Visit Lubbock website at <http://www.visitlubbock.org/>



# Lubbock Sights and Attractions

From groundhogs and thunderstorms to drive-in theaters and street art, Lubbock is picture perfect West Texas.





# FACTS ABOUT TEXAS

*The "Lone Star State"*



COMES FROM THE FACT THAT TEXAS WAS ONCE AN INDEPENDENT COUNTRY WITH ITS OWN SINGLE STAR FLAG



*The Dome* OF THE STATE CAPITOL BUILDING STANDS SEVEN FEET HIGHER THAN THE NATION'S CAPITOL IN WASHINGTON, D.C.



*The Margarita Machine* 1971

WAS INVENTED IN TEXAS BY MARIANO MARTINEZ

*Texas* IS THE LEADING PRODUCER OF OIL, NATURAL GAS AND SULFUR IN THE COUNTRY

*"Texas"*

COMES FROM THE HASINAI INDIAN WORD "TEJAS" MEANING FRIENDS OR ALLIES



*Over half* OF THE COTTON IN THE US IS GROWN IN TEXAS



THE WORLD'S FIRST *Rodeo* WAS HELD IN PECOS, TEXAS JULY 4, 1883



*Texas is* 268,601 SQUARE MILES, WHICH IS ABOUT TWICE THE SIZE OF GERMANY

*Texas is*

THE ONLY STATE TO ENTER THE US BY TREATY INSTEAD OF TERRITORIAL ANNEXATION AND THEREBY CAN CHOOSE TO DIVIDE ITSELF INTO 5 NEW STATES IF DESIRED



*Texas State*  
*Flower* - BLUEBONNET  
*Dance* - SQUARE DANCE  
*Tree* - PECAN  
*Fiber* - COTTON  
*Plant* - PRICKLY PEAR CACTUS

About Texas

# West Texas Culture

- ▶ West Texans are known for their friendliness. Don't be surprised if strangers strike up a conversation with you.
  - ▶ We live by the motto "mi casa es su casa" (my home is your home)
- ▶ Texas is huge and our culture represents this. Even though Texas is a single state, we refer to the four quadrants (North, East, South and West) individually because each area is very unique, and each quadrant is larger than many individual states in the U.S.
- ▶ West Texas is famous for spicy food, in particular Tex-Mex which is a fusion of Mexican cuisine with traditional southern spices.

# West Texas Culture cont.

- ▶ West Texas as a whole holds very conservative values. This is evident in the belief systems of our patients and in the large number of churches located in the area.
- ▶ A little over 30% of the population is Hispanic. While many of these individuals speak English, you may encounter patients who speak only Spanish.



# West Texas Sights and Attractions:

The West Texas landscape can be beautiful, dangerous, barren or lush, and full of life. We have just about everything.



# Accommodations

- ▶ Unfortunately TTUHSC does not provide housing for visiting students as we do not have dormitories on our campus.
- ▶ Upon request, OGH can provide a list of hotels and Airbnb options in the vicinity of TTUHSC.
- ▶ You will want to select accommodations near TTUHSC as Lubbock does not have an effective mass transit system.

# Transportation

- ▶ Transportation to the TTUHSC campus can be challenging. The city of Lubbock is very spread out and the bus system is not reliable.
- ▶ We recommend staying at a hotel that provides a shuttle service or utilizing Uber.
- ▶ When available, OGH can assist with transportation. This option will be dependent upon the rotation schedule.



# Meals

- ▶ A meal card will be provided for use in the University Medical Center (UMC) cafeteria. It will include \$50 per week. It can be used for breakfast lunch or dinner.
- ▶ There are many good restaurants in Lubbock. We encourage you to try a variety of local flavors including Bar-B-Que and Tex Mex.
- ▶ The Visit Lubbock website offers a variety of suggestions:  
<http://www.visitlubbock.org/visit/#tab2>



# Attire

- ▶ In the clinic, business casual clothing should be worn with a white coat
  - ▶ Appropriate attire includes
    - ▶ Long or short sleeve collared button up dress shirts
    - ▶ Slacks
    - ▶ Professional length skirts
  - ▶ Inappropriate attire include
    - ▶ Jeans, sweatpants, and shorts
    - ▶ shirts with spaghetti straps
- ▶ When needed, scrubs will be available. You will secure scrubs using a scrub code that will be issued at the time of check-in.

# Dressing For the Weather

- ▶ Spring (March--May)
  - ▶ temperatures can range from 30 degrees fahrenheit to 80 degrees fahrenheit
  - ▶ potential for snow in March & early April
  - ▶ potential for spring thunderstorms
- ▶ Summer (June--August)
  - ▶ temperatures can range from 70 degrees fahrenheit to 100 degrees fahrenheit
  - ▶ dry heat
  - ▶ potential for summer thunderstorms
- ▶ Fall (September--November)
  - ▶ temperatures can range from 40 degrees fahrenheit to 80 degrees fahrenheit
  - ▶ potential for snow in November
- ▶ Winter (December--February)
  - ▶ temperatures can range from 10 degrees fahrenheit to 60 degrees fahrenheit
  - ▶ potential for snow & ice

# Safety & Security

## ▶ 911

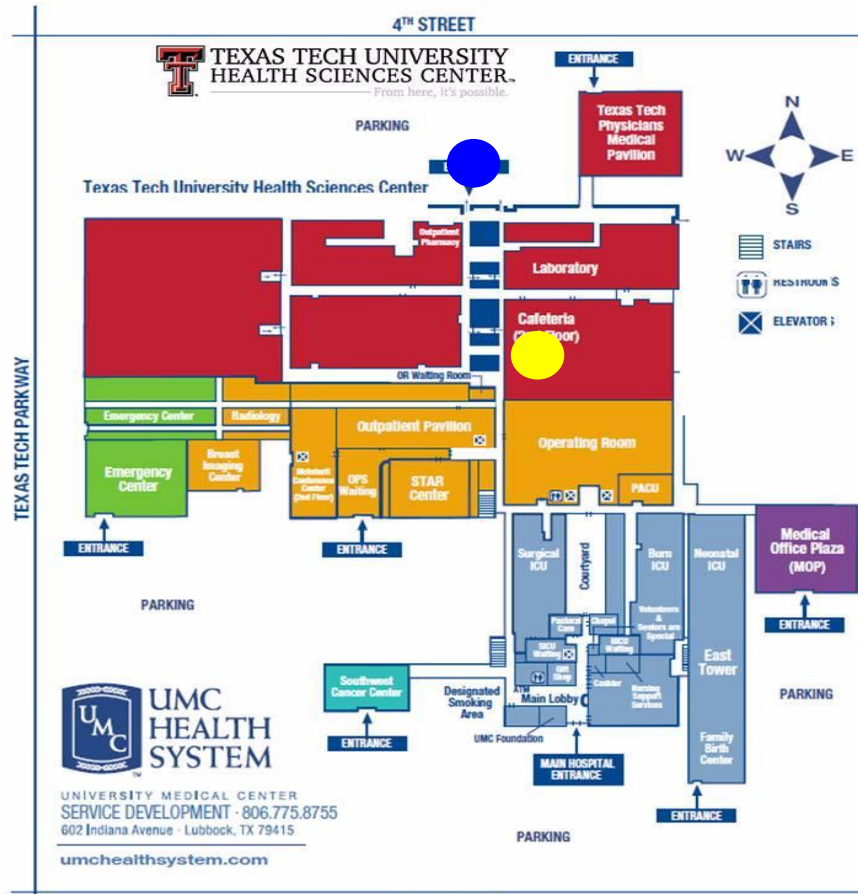
**911 is the national emergency number for the U.S. Use this number if you need to call police, fire, or ambulance.**

- ▶ A wallet card with important contact numbers will be provided upon arrival. Also see the contact page in this document.
- ▶ If an emergency occurs during your rotation, don't hesitate to contact one of the numbers on the wallet card.

# Emergency Meeting Location

- ▶ If there is an emergency during working hours (8:00 am--5:00 pm), please meet at the cafeteria. (See yellow DOT on map on following slide)
- ▶ If the emergency requires that we exit the building, please meet at the flagpoles between the main TTUHSC building and the University Center. (See blue DOT on map on following slide)
- ▶ If there is an emergency after hours, please meet at your residence. If that location isn't accessible, please meet back at TTUHSC at the flagpoles. (See blue DOT on map on following slide)

# Emergency Meeting Location Map



flag poles in front of TTUHSC



# Weather emergencies

During spring & summer months (March--August), West Texas can be prone to thunderstorms, tornadoes, and high winds, including haboobs.

Should this occur during your visit, please follow the guidelines below:

## **Thunderstorms:**

- ▶ Move indoors to a sturdy building.
- ▶ Pay attention to alerts, reports, and warnings through television, radio, or weather apps.
- ▶ Avoid driving during a thunderstorm as intense rain can impair field of vision.





# Weather Emergencies cont.

## Tornadoes

- ▶ If you can safely get to a sturdy building, then do so immediately.
- ▶ Go to a safe room, basement, or storm cellar.
- ▶ If you are in a building with no basement, then get to a small interior room on the lowest level.
- ▶ Stay away from windows, doors, and outside walls.
- ▶ Do not get under an overpass or bridge. You're safer in a low, flat location.
- ▶ Watch out for flying debris that can cause injury or death.
- ▶ Use your arms to protect your head and neck.
- ▶ If possible, listen to alerts, reports, and warnings through television, radio, or weather apps.



# Weather Emergencies cont.

## High winds or haboob

West Texas is prone to high winds. Because of the flat terrain, the result is dust storms, including haboobs.

- ▶ Move indoors and shelter in place.
- ▶ Pay attention to alerts, reports, and warnings through television, radio, or weather apps.
- ▶ Avoid going outside as dust particles can cause respiratory issues and limit field of vision.
- ▶ Avoid driving as dust can limit field of vision and high winds make driving unsafe.





# Contacts

TTUHSC Office of Global Health

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