# MUA Mentorship

# New Student Survivor’s Guide Summer 2016

**Dear New Students**,

Congratulations on taking this step towards living your best life and fulfilling your dream of becoming a physician. Let the games begin.

Ok, so the clock is ticking and this is the part where things start to move really fast and can seem pretty chaotic. I know there is a whirlwind of change coming your way and a storm of medical knowledge about to be released on your brains, but the **First rule is DON’T PANIC!** It is totally normal and sane to feel a bit overwhelmed and intimidated by the journey that awaits you, but I assure you it is completely possible, manageable and many people have navigated this route successfully and are now in rotations in the USA & Canada or are practicing physicians and surgeons. **Second rule: BREATHE!** (But seriously...breathing is good. We are kind of a fan of the whole respiration process. Apparently it’s healthy and kind of important. So keep it up.)

Recently I was thinking of all the things I wish I’d known before coming to MUA and Nevis and decided to ask the Med 1 and Premed classes to help me compile a list of tips to help all of you in your move and adjustment.

**So here is a “heads-up” covering a wide range of FAQ’s for the Med 1’s and Premeds:** *(\*\*ALL TIPS ARE BASED ON RECENT EXPERIENCES OF CURRENT ON-ISLAND MED STUDENTS UNDER THE POLICIES IN PLACE AT THE MOMENT\*\*)*

**Setting up your living arrangements:**

* **You are not required to live in the residences/dorms (Potworks/Rawlings) for your first semester.** There are many other housing options available that are very close (walking distance) to the school. Some of these include: La Vida, Prudential, The Edge, James Brown, Flavors, Horizon, and Serenity.
* There are also houses and apartments that are not within walking distance but are **serviced by the school bus in the mornings and evenings.**
* We are developing a “Better Housing Bureau” for the students. Stay posted.

**Arranging your travel:**

* **BOOKING:** Once you have your student visa (details below), you will be able to book your flights to/from the island a lot easier to accommodate your exam schedule. Until then, you are stuck with the return flight that you’ve booked in your first semester, unless you arranged a “**Flexible dates/free cancellation” option for your ticket purchase** **so you can change it when you know when you’ll be finished the semester.**
* Simply **bring your acceptance letter with you when you are travelling to the island**. The customs office knows the deal. They’ve seen thousands of us.
* **STUDENT VISA:**  **Bring some copies of your passport picture for your student visa.** Within a few weeks of being at school you will have to go drop your passport off at the admin office to get your visa (**make sure you have your TB test documentation etc with you**). ***If you have a positive TB skin test because of the BCG vaccine and had to get a CXR, please bring a signed letter from your Physician stating you do not have TB on top of the documentation for TB.*** Once your visa has been approved, you will be notified by email to come pick your passport back up.

**Getting to/from NEVIS: *Bring Clean/Crisp $USD for Taxis & Boats***

* **FLYING INTO ST. KITTS:** 
  + **THE FIRST TIME:** The **school arranges** to have a staff member pick you up at the airport (*Look for the MUA signs*). She arranges your transport (taxi) to a boat, and your pick-up & drop-off from the Nevis port. **Bring $USD for the transport. There may be delays, bring a snack, be patient. You’re on island time now.**
* **EVERY OTHER TIME, YOU’RE ON YOUR OWN**
  + ***\*\* REMEMBER LOTS OF STUDENTS WILL BE DOING THIS AT THE EXACT SAME TIME SO ASK AROUND/POST ONLINE and LINK UP\*\****
  + **FERRY (45mins-1hr trip): *1 way ferry cost = $25EC ($8USD) + $1EC boat tax***
    - **Take a cab to the Ferry downtown🡪 it will drop you Downtown Nevis/Kitts (**going to need a ride home- H-bus or friend/to the SKB airport – taxis at the port)
    - **CHECK THE FERRY SCHEDULE TO MAKE SURE ONE IS RUNNING WHEN YOU NEED IT**
      * [**http://www.sknvibes.com/travel/ferry.cfm**](http://www.sknvibes.com/travel/ferry.cfm)
      * Buy a ticket at the counter, there is a port fee as well you will buy there. Don’t give your bags to anyone or they will try to charge you to carry them.
  + **SPEED BOAT (10 min trip): *15 people = $20USD each on average – 1 way*** 
    - **Take a cab to Reggae Beach (Kitts) and take a Speed boat 🡪 it will drop you at Oalie Beach (Nevis) (**going to need a ride home) \*\* THERE IS A MUA SPEEDBOAT SHARE FACEBOOK PAGE\*\*
    - **YOU HAVE TO ARRANGE/BOOK A SPEED BOAT IN ADVANCE (the more people the cheaper)** 
      * **Seamoss speedboat – Elmeth 869 662 3826**
  + **SEA BRIDGE CAR FERRY (30-45 min trip): *$75EC($28USD)/1 way car + driver, $125EC($46USD)/round trip car + driver, $20EC for other passengers (in car or on foot).***
    - If you use the Sea Bridge as a ferry without a car, you will need to arrange a pickup from its port on St Kitts as it is quite remote.

**Packing:**

* When in doubt, buy the bigger **pack of sheets** for your bed. Many students have said they were told they would have a twin bed, and it turned out to be a double/queen.
* **Small blanket**. Often too hot for this but between October-May it can be cool at nights and not all apartments/dorms have blankets.
* **Bring a pillow**. Some apartments claim they are included, but often aren’t.
* **Bring a seat cushion (ESPECIALLY IF YOU ARE A PREMED).** Long hours in hard chairs. Enough said.
* **Dehydration is your brain/body’s enemy:**  (If you start to feel a bit “off” you are often just dehydrated, stay on top of it).
  + **Bring a water bottle.** Preferably one that is big, easy to clean (bring a cleaning brush) and can stand the heat of a tropical country without toxic meltdowns.
  + **Bring a Brita or Santevia water filter unit for your fridge**. The water is fine and drinkable on the island but has high mineral content so you will want to filter it a bit to protect your kidneys. Save your money on bottled water.
  + **Bring Electrolytes**. They have little squirt bottles of electrolytes these days or bring oral rehydration salts**.**
  + **Bring a portable coffee mug with a tight seal top.**
* **Detergent** to get started just in case something needs a wash in the first few days.
* **Roll or two of toilet paper**, just in case your apt/dorm doesn’t have any before you make it to the store.
* **Can opener/bottle opener/scissors**
* **Tupperware** (preferably glass so that you can stick it in the microwave without the toxic plastic meltdown). It’s perfect for bringing lunches/snacks/storing meals etc.
* **Laptop** (doesn’t have to be the newest, swankiest... just make sure it works and will work for a while).
* **USB flash drive**
* **Portable Hard Drive** with large capacity
* **Headphones**
* **Chargers** (possibly spare chargers just in case) – **all places use standard electrical outlets**
* **Ear plugs** (great for studying or writing exams)
* **Something warm for the classrooms** (they’re notoriously cold, people bring little shawls, hoodies, small blankets)
* **Printer with Ink**, paper (but you can also buy paper at the office store downtown across from the post office as well as other office supplies).
* **Dry erase boards and markers** (personally I like the foam square ones that you can piece together to make a giant board or pack in your bag and take to school.)
* **Whatever study supplies you can’t survive without**. Only basics can be found on the island.
* **Unlocked phone** (the school will give you a sim card to use and a small phone... but most people like using their own Iphone etc if possible). Not a must have for the island unless you want to be able to make calls locally – **a must if you have a car in case of break-downs/flats** (but you can get around this with use of Skype and **Whatsapp & Google Hangout** as many places have wifi**)**.
* **Umbrella** (there’s a rainy season... it’s a thing).
* **A good Multivitamin** (... med students are notoriously malnourished... stave off the circulating cold/flu’s and physical burnout with some immune support)
* **Snacks for school** **or emergency meals**. (You may be on your own for the first couple of days before you go grocery shopping and there aren’t any restaurants within walking distance and so you may have to be creative, *see the 2 restaurants that deliver below).* For school, never underestimate the power of a ton of **protein bars/nuts/dried fruit** etc to keep you going between classes or late night study sessions.
* **Bug Spray/After bite** - the mosquito situation can be epic sometimes and the itch can be real. Prevention is key, and if that fails... you’re going to want something to keep yourself from scratching to death.
* **Pack some essentials in your carry-on**. Anything you can’t live without. ***Many students have been known to lose luggage for a few days, so be prepared in the event that this happens***. A change of clothes, deodorant, toothbrush, meds, critical stuff, food. Remember this is *not a place you can just hop down the road and grab something if you forgot it* and nobody wants to be the smelly kid on the first day of school.
* **Over the counter meds:**
  + Advil/Tylenol, Gravol/Imodium/Tums/Antacid, antihistamine, after bite, Polysporin/Band-Aids.
* Ladies: Bring any feminine products you may be a big fan of, or any beauty products you tend to want/need..... I.e. Makeup, hair dye etc.
* **MED 1’s:** You ***DO NOT NEED TO BRING A DISSECTION KIT* (all of that will be provided in the lab), save your money and space.**
  + Bring **SCRUBS & White coat** (You will be having your white coat ceremony within the first week and also be required to wear your white coat for your clinical classes/exams).
  + **Masks** if you are sensitive to smells. **Scrub caps** if you have long hair and want to protect from the smell and long bits possibly dangling.
  + **Gloves. (FYI - If you run out you can also find them at Ram’s grocery store)**
  + **Old closed toe shoes for lab** (that you don’t mind ruining).
* **PREMEDS: You will not be in the anatomy lab until Med 1.** You do not need any scrubs/white coat etc until then. For you, **a seat cushion** is key unless you want your rear-end to live the struggle with you.
  + **You will need a CALCULATOR** for Chemistry PM1, and Physio in PM2.
  + Bring **Pencils** for scantrons

**Textbooks**

* You do not need to buy all those textbooks before you get here. **Save yourself the weight in luggage**... The upper meds are always selling hard copy textbooks on the MUA marketplace and **other PDF forms of textbooks are also always shared between students** as many texts are available for free online should the need arise. The library also has a ton of textbooks to check out.
* **\*\*USMLE First Aid\*\*:**  If you emotionally NEED to bring a textbook because you feel insecure about not bringing anything. **THIS IS GOING TO BECOME YOUR EVERYTHING. Most people get them spiral bound for easy use.**

**Academic Resources:**

* There is a **PEER TUTORING program** (<http://www.muapeertutoring.com/>) set up by high performance students who have performed well in courses.
  + **IF THINGS ARE NOT GOING WELL, GET HELP EARLY!** Do not be stubborn and prideful. These are very dangerous traits and will be your downfall. Remember, no one is perfect in everything. Everybody needs help in some topics. True strength and intelligence is recognizing where and when you are not at your best and taking proactive steps to manage it before it becomes a big problem. Your ability to step up and advocate for yourself when you need help will also serve you and your patients in your clinical years, as well as when you are a resident and practicing physician. (Click the link, follow the instructions to sign up for a tutor) NOTE: This is all volunteer-based 🡪**upper meds give up their time and resources out of the kindness of their hearts 🡪 if you set an appointment, show up**. If you don’t you will not be allowed to access the resource any longer.
* There is a **STUDENT SHARE on the school network**. This is a place where upper meds have shared documents that can help you in your courses. Things like *PDF’s, question banks, power-point reviews*, their own class notes etc. Go explore. You won’t regret it.
  + **Big Ticket items?**
    - **Med 1**
      * **MONEY IN THE BANK – an essential anatomy review guide for your Med 1 shelf exam.**
    - **Med 2**
      * **SKETCHY MICRO videos – essential memory pictorials for med 2 microbiology**
      * **Bacteria/Virus charts – for med 2 microbiology**
    - **Med 3**
      * **Pharm Charts**
      * **Neuro Notes**
* There will be **TA sessions** for your Med 1 courses (Anatomy, Histology) after you have finished the first month of Scientific Foundations. There are no Premed TA sessions.

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**NEVIS/CAMPUS INFO:**

**The all-important WIFI!!**

* **You will be able to get Wi-Fi at your apartments**, **the question may be when** you can get wi-fi at your apartments as **it can take a while** for the company to come and set it up at your place if it’s not already set-up to use. So prepare your loved ones for the reality that you may not be accessible 24/7 for the first little while and this in no way means that you are lost at sea in the middle of the Caribbean.
* **You will be setting up your internet account at school on your orientation day** for your various gadgets (I phones, IPods, laptops etc). **Keep in mind you will not be able to use wi-fi at the school until this has been done**.(And no, it can’t be done sooner).
* Wi-Fi can be found at the restaurants on the island. (See list below).
* Most students use **Whatsapp to communicate**

**Money: USD/EC conversion = 2.67/1,** The island only takes **PRISTINE USD or EC. They will NOT ACCEPT any torn USD.**

* **Banks downtown** – you can open up an account, but not necessary unless you need transfers of cash
* **Many people just use the ATM’s on the island to pull cash with their DEBIT or CREDIT cards for rent etc.**
  + **ATM’s are found @: (**There are limits on how much you can pull = 1500EC, but this can be manipulated with multiple transaction or using different cards ie. Debit & Credit)
    - **RAMS (EC & USD)**
    - **BEST BUY (EC)**
    - **Airport (**always out of money or not working....)
    - **Banks downtown (EC only): Open Mon-Thurs 8am-2pm, Friday 8am-4pm, Closed weekends**

**Grocery stores: Check the expiry dates and that the package is closed, most stores have Halal (esp. rams/bestbuy)**

* **Rams & ValuMart IGA** (past town, kiddy-cornered on the roundabout).
  + **Rams is cheapest**- but produce isn’t great sometimes, they get delivery on certain days. Find out when.
    - You can get **gloves for Anatomy Lab there**.
    - **There is a gym above it you can get a membership to if the school gym doesn’t cut it.**
  + **ValuMart IGA is most expensive** – but you can find just about everything you would at home.
    - **It has a *pharmacy***
* **Best Buy** (opposite direction from town when leaving school)
  + You can find some good specialty things you may not find at the other stores sometimes.
  + Its smaller and cheaper
  + Produce isn’t great
  + They do have **gluten-free products**
  + **Upstairs they sell a ton of different stuff like *school supplies, home supplies*.** Check it out.
* **On CAMPUS**
  + **Produce vendor by the caf every Thursday after class. EC only.**
  + **Ice Cream Truck by the caf every Thursday after class. EC only**
  + **Fresh bread delivery guy in the parking lot by the main building usually in the mornings** (keep an eye out for a white truck with students roaming around with too many carbs).
  + **Angie's food station at the very end of the driveway** into school towards the water or above potworks. Sandwiches, wraps etc.

**Odds/ends stores**:

* **Downtown** 
  + Across from the post office, there is a pharmacy – in the back **they have electronics/paper/ink/pens etc.**
  + By the bus roundabout at the park there are a few little shops that have **housing stuff (FANS!!)**
* **On the way to town**
  + **TDC HARDWARE store:** Yellow-Blue building. They’ve got tons of different hardware supplies, key cutting, paint, fix-it, home goods, exercise mats, etc.
  + **DRINKS Depot:** Directly behind the TDC hardware store. They sell bulk cases of soft drinks, juices and beer.

**Restaurants:**

* **For those who get stuck and hungry, three places deliver:**   
  1) **Indian summer (869 469 5410** or **869 662 9963)** (Order by 6:30pm, delivery starts around 7/7:30pm) accept credit cards/untorn US$/EC--/if you don't have your island phone yet-use Skype).   
  2) **Dos Gringos** **(469-7482 or 669-7653)** free delivery which leaves at 7:15 pm.

3) **Chinese delivery** (**869 469 7712 or 869 663 6833 –cell**)

* **Lots of great places to eat as you head towards town – *all with WIFI***
  + **Joe Nevis Cafe** (yellow building by the airport)- smoothies, toasted sandwiches, barista coffee, breakfast
  + **Pizza Beach** (just past the airport) – good pizza, check the timing to make sure they’re open.
  + **Oalie Beach** (not known for the food – grab a drink, have a swim)
  + **Chrishi Beach** (closed for dinner after 5/6) – great sandwiches, burgers, salads
  + **Gateways** – chicken/fish, wings, fries
  + **Indian Summer – (**best Indian food ever... you will become hooked... this is your warning – big sellers = butter chicken, chicken tikka masala, chicken biryani).
  + **Dos Gringo (**Mexican, margaritas, screened in, dartboard).
  + **Four seasons** (Brunch, afternoon lunch, very pricey dinners ....$$$... need I say more?)
  + **Yachtsmans Grill** – great thin crust pizza, pasta, steak, mussels, fish tacos, chicken dinners (everything is pretty good - $$)
  + **Sunshines/Double deuce/Turtle time/ Lime (**all clustered together down on the beach)
    - **Sunshines – cheap, KILLER BEES = MIXED DRINK (delicious and dangerous), wings/ribs/BBQ chicken**
    - **Double deuce – Burgers, Pool table**
    - **Turtle time – a little prettier, great food (try the schwarma wrap, chicken drumstick appetizer, pastas)**
    - **Lime – local beach bar/club, packed on Friday nights.** (Safe/fun, bring a few people, go get sweaty and dance the night away then grab rotisserie chicken at the vendor outside on your way home.... flawless plan). There’s an upstairs if you need a time out and fresh air.
  + **Happy Endings** (right as you enter town) – pizza, some other stuff – TAKEOUT
  + **Nevis Bakery** (Left up one of the sidestreets just past the port turnoff) – great croissants/pastries/bread/rolls
  + **Mem’s Pizza (***opposite direction of town from school* – quite a ways but worth it) – **Best pizza on Nevis**
  + **Fancy restaurants ($$$)**
    - **Gin Trap** (brand new – gorgeous, amazing food, pricey)
    - **Mango**
    - **Bananas (Forest paradise – great food)**
    - **Golden Rock Plantation (scenic paradise on top of a hill –best at sunset – picturesque)**
    - **Coconut grove (beach front)**
    - **Montpelier**

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| (Unverified Telephone numbers courtesy of Nevis Tourism)West Indian Cuisine Black Hat's Place, Bath Village – 469-1842 Boddie's Cafe, Charlestown- 469-0125  Cla-Cha-Del, Charlestown Water Front – 469 5231 Double Deuce, Pinney's Beach – 469-2222 L-Ementz Bar & Snackette, Charlestown - 469-5107  Flavors, Pot Works – 469 8553 Gretel's Restaurant, Charlestown - 469-2839  Lyn’s Deli, Charlestown – 469-5672 Miss June’s Cuisine, Jones Estate – 469-5330 Ocean Bistro, Pinneys Beach Hotel – 469 5207 Octagon, Hunkins Drive – 469 0673 Old House Café, Pump Road – 469 8499 Pemo’s, Camps – 469-9188 Rodneys Cuisine, Stoney Grove – 663 1644 Seafood Madness, Charlestown – 469-0558 Sunshine’s, Pinney’s Beach – 469-5817 Teddy's Restaurant, Charlestown – 765 3600 V's Courtyard Restaurant, Charlestown – 469-1854 Chinese Cuisine Excellent Cuisine, Charlestown – 469-0725 Gold Coast, Happy Hill Drive – 469 5998 Tea House Chinese Restaurant – 469-7033 Young's Restaurant, Old Hospital Road – 469 0008 Continental Cuisine Banana’s Bistro, Hamilton – 469-1891 Chrishi Beach, Cades Bay – 662 3959 Coconut Grove Restaurant – 469-1020 Riviere House, Government Road – 469 7117 Seafood Madness, Charlestown – 469-0558 Indian Cuisine Indian Summer, Nelson Spring – 469-5410 | Vegetarian Nature's Way, Stoney Grove – 469-0688 Hotel Restaurants Four Seasons Resort – 469-1111 Golden Rock Plantation Inn – 469-3346 Hermitage Plantation – 469-3477 Montpelier Plantation & Beach – 469-3462 Mount Nevis Hotel – 469-9373 Ocean Bistro, Pinneys Beach Hotel – 469 5207 Oualie Beach Hotel – 469-9735 Nisbet Plantation Beach Club – 469-9325 Yachtsman Grill – 665-6045/6245 Beach Restaurants Chevy’s, Pinneys Beach – 469-0055 Double Deuce, Pinneys Beach – 469-2222 Lime Café, Pinneys Beach – 662-9620 Eclectic Cuisine Banana’s Bistro, Hamilton – 469-1891 Café Des Arts, Charlestown – 469-7098/662 3959 Coconut Grove Restaurant – 469-1020 Riviere House, Government Road – 469 7117 Yachtsman Grill – 665-6045/6245 Pizza Mem’s Pizzeria, Prospect Gardens – 469-1390 Newcastle Bay Marina Grill & Pizza – 469-9395  Sunshines, Pinneys Beach – 662-8817 Thai Cuisine Oasis in the Garden, Botanical Garden of Nevis - 469-2875, 469-3509 |

**IT Trouble?**

* If you have any IT trouble, [**Mark Lessard**](https://www.facebook.com/mark.lessard.12)**is our life saver**. He's a whiz hired by the school to help us and has some minor technical gadgets for sale as well if you need/lose (headphones etc). **He is located above the library, around the hall to the back of the furthest study room.**

**Shipping to Nevis:**

* **Care packages etc: Caribbean Supply House (869 660 7760) (**[**david@caribbeansupplyhouse.com**](mailto:david@caribbeansupplyhouse.com)**)**
* **Packages that are FedEx’ed etc:** Generally a slip will go to the school for you to pick up and take to the post office downtown. They will open your package and **charge you a duty on goods and a handling fee so BRING MONEY and YOUR ID.**

**Library**

* **Open until 11pm every night, Monday – Sunday**
* **Can’t bring in anything but water** (no coffee/tea/pop/food)
* **Can’t bring in your backpack** (must unpack and bring in your stuff)
* You generally get **1 week for the books (BUT DO NOT BRING BACK LATE OR THEY WILL CHARGE YOU AND THEY MEAN BUSINESS – Fines paid to admin during admin hours = $2USD/Day )**
* **Printing costs $25EC for a card bought at Admin for a maximum of 25 prints black/white.**

**Study Rooms**

* **Freestanding room** = Group or silent study, open 24hrs, has a fridge/microwave
* **Premed Classrooms** = Silent study, open 24 hrs
* **Above the Library** = 24 hours
  + In the **prayer room** = Group/silent study, 24hrs
  + **The room by Mark’s office** = Silent study, open 24 hrs

**Transport**

* **Island buses (safe/cheap/easy):**  If you're leaving the campus and want to head to town or things in that direction, turn right and **wait to flag down a brightly coloured small bus with various things written on it**. Tell them where you want to go. Costs about **+/- 3$EC.**
* **H buses:** Island buses for hire (like taxis but cheaper), good to grab with some friends if you need to run to town or to an event.
  + ***Tyrone: 869 664 4655***
  + ***Courtney: 869 663 6932***
  + ***Orel: 869 667 3366***
  + ***Sookie: 869 664 6953***
  + ***Anthony: 869 664 0490***
* **School Bus**
  + **Leaves outside the Library for Town/Grocery stores/Best buy at different times (**Check the schedules)
  + **If you live farther from school (ie. Cottons or Rawlings – they come pick you up and drop you off – don’t be late or they will leave you to figure it out for yourself)**
* **Drivers License’s**: **Bring your Drivers license from home**. They can be acquired at the local police station on the way to the airport between 9-5pm. **3 months = $62.50EC**, **1 year = $125.00 EC**
* **Renting a Car**
  + **Various Renters on the island** (**Takes a little hunting – currently putting together a list of renters)**
    - **Renters: Everton (869 663 7217), Tony (869 660 0419)**
      * \*\*NOTE: We by no means endorse any particular car rental place or the vehicles rented, these are merely the names of two individuals who have been known to rent cars to students and we do not vouch for the safety or efficiency of their vehicles\*\*
    - **Be warned that the cars are not the greatest – check the tires** **and make sure the windows work**– make sure you have a phone to call the renter if it breaks down, or if you blow a tire.
    - **Negotiate prices as best as you can (they will charge you in USD)**.
    - **GAS STATIONS** 
      * There is **one by school (often runs out of gas so never leave it until the last minute or you may be pushing your car)**
      * **On the way to town there are 2**
      * **One by Rams/IGA**
* **Buying a Car** – a lot of Med 5’s sell off their cars – keep an eye on MUA marketplace or put up an add seeking to buy. Better to buy from a student than a local 🡪 saves you from paying certain duties/taxes.
  + **Insurance:** If you **bring a copy of your driver’s record, you will receive a discount** on your car insurance.

**FITNESS/GYM**

* **School Gym memberships: $50USD** paid to the admin office once class begins, sign in at library front desk with your student card**. 1hr at a time**. **12-10pm** every day. **Not open to students before 12pm.** No change rooms/bathrooms in the gym.
* **On Campus Personal Trainer/Group Fitness Sessions a few times a week** – cheap rate, lots of fun
* **On Campus Cricket every Sunday between 4-5pm**
* **School Tournaments**
  + Soccer – this is the BIG ONE!! ***BRING CLEATS*** *IF YOU LIKE TO PLAY!!*
  + Basketball
  + Football
* **Gym above Rams**
* **Scuba Diving** – Mark Lessard (of the IT Genius fame) is also our resident diving pro and frequently scuba dives around Nevis and opens the dives up to students where/when there is interest. If you are interested please speak to him about arranging a dive.
  + For emergencies: The closest hyperbaric chamber is St. Eustatius.
* **Paddle Boards etc can be rented from Four Seasons**
* **Horseback riding** – on the way to town on the Left - <http://www.nevisisland.com/activities/horse-riding>
* **Bicycle/Kayak Rentals**
  + Wheel World Cycle shop (Bikes/Kayaks) @ Oualie beach – [www.bikenevis.com](http://www.bikenevis.com), email: [bikenevis@gmail.com](mailto:bikenevis@gmail.com), 869-469-9682
  + Nevis Adventure tours & Green Edge Bike Shop @ Newcastle – [www.nevisadventuretours.com](http://www.nevisadventuretours.com), email: [greenedge2011@hotmail.com](mailto:greenedge2011@hotmail.com), 869 664 0992
* **Volleyball nets** @ Chrishi Beach, @Yachtsman (sometimes – call), Dos Gringos
* **Hiking (Mt Nevis & the Waterfalls)** – Many students choose to climb “the mountain” to burn off some post-exam stress. Moderately difficult climb. Bring good shoes/water/granola bar/phone for emergencies, virtually impossible to summit after recent rainfall.
* **Tennis –** Many hotels have tennis course to play on, also public courts @ Brown Hill, Gingerland, and Grove Park.
* **Deep Sea Fishing** – Caribbean Catch - <https://www.facebook.com/CaribbeanCatchFishing/?fref=ts>

**School Clubs**

* **MUA STUDENT GOVERNMENT ASSOCIATION** (SGA): This is our student governing body. At the beginning of the semester, each class nominates/elects students from their class to act as: **Class President, Vice President and Treasurer** (Class reps serve as: mediators between professors and the class for course activity coordination, information gatherers/seekers/disseminators, class advocates for relevant issues/concerns, fundraisers for graduation, class social event planning).
  + **Student Body Executive Summer ‘16:**
    - **Student Body President: Adriana Wilson (adri.k.wilson@gmail.com)**
    - **Student Body Vice President: Andy Puckett (a.puckett408@gmail.com)**
    - **Student Body Treasurer: Binish Lone (iambinish@gmail.com)**
    - **SGA Contact info: muasganevis@gmail.com**
* **MUA Branch of American Medical Student Association**: Holds various informational seminars and workshops throughout semester (such as Phlebotomy and Diabetes workshops).
  + - [**https://www.facebook.com/groups/AMSA.MUA/**](https://www.facebook.com/groups/AMSA.MUA/)
* **MUA Surgical Student Association:** Holds seminars throughout the semester to learn surgical procedures like various sutures and some emergency/clinical protocols.
  + - [**https://www.facebook.com/groups/MUA.SSA/**](https://www.facebook.com/groups/MUA.SSA/)
* **MUA South Asian Student Alliance** 
  + - [**https://www.facebook.com/profile.php?id=100008824937326&fref=ts**](https://www.facebook.com/profile.php?id=100008824937326&fref=ts)
* **MUA Muslim Student Association**
  + - [**https://www.facebook.com/groups/msamua.nevis/**](https://www.facebook.com/groups/msamua.nevis/)
* **MUA Christian Students Fellowship**
  + - [**https://www.facebook.com/groups/270649839720854/**](https://www.facebook.com/groups/270649839720854/)

**Online Resources**

* **“MUA Marketplace” on Facebook** = where all students post about things they are trying to buy/sell. You can generally find a mixed bag of stuff from fans, lamps, chairs, BOOKS etc.
* **“MUA music” on Facebook =** a place where we share new music
* **‘MUA Speedboat Share” on Facebook =** people post with similar flight times to link up for speedboats.

**MUA Campus Security Guards**

* **Myron Brooks: (869) 664-9356**
* **Joseph Prince: (869) 660-6055**

**NEVIS POLICE:**

* **Newcastle Police: (869) 469-9326**
* **Cottons Police: (869) 469-5269**

**IF YOU GET SICK:**

* **There are some local Physicians that many of the students use:** (kind, warm, compassionate, helpful and fairly priced, will also give you a doctor’s note if you miss class due to illness).
  + **Dr. RAVI**: **(869) 661-0200**
  + **Dr. MARTINEZ: (869) 660-5010**
  + **Alexandra Hospital, Nevis**  
    **Tel: (869) 469-5473**, Fax: 469-5956  
    “Facilities: Alexandra Hospital in Nevis is the major medical facility with 52 beds.  The hospital has an x-ray machine and CAT scan but no dialysis facilities or blood bank.  The closest hyperbaric chamber is St. Eustatius.  The diagnostic laboratory has a limited capacity.  There is no burn center.  Ambulance crews are allowed to perform IV, general stabilization, and advanced first aid functions. Emergencies are dealt with immediately.  This hospital can facilitate minor to moderate surgeries.  Most surgeries are done on the island with the exception of open-heart, major orthopedics and brain surgery; these are referred to Trinidad, Puerto Rico and Miami.  There are 9 doctors and three surgeons on staff.” – US Embassy

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**Academic Tips:**

***A passing grade is 70% in all courses at MUA.***

**STUDY SMART, BE STRATEGIC.**

* **There is a 10% MISSED ATTENDANCE POLICY** – THEY ARE VERY STRICT ABOUT THIS. This generally means that in all the classes that will be held for a course you are allowed to only miss 10%.
  + Keep in mind that in Med 1, your semester is broken up into scientific foundations/clinical and anatomy/histology. That means that in that first month, you have very few classes you can miss. Confirm the amount (likely 1-2). **However, clinical labs require 100% attendance.**  In your second part (anatomy/histo) it is also not a full semesters worth of classes and so you have less as well, but more than you did in scientific foundations/clinical, but you are also not allotted many absences for anatomy lab. ***BE CAREFUL. If you get sick and miss class, go see a doctor and get a note unless you have plenty of absences. (\*Doctors Below\*)***
  + ***YOU ARE REQUIRED TO HAVE A DOCTORS NOTE IF YOU MISS AN EXAM DUE TO ILLNESS***
  + Premed **–** generally because all courses are full semester, the rule is 6-7 absences. Get your class president to confirm.

**ALL MEDS: START STRONG in the first Block Exams EVERY SEMESTER. Get your high marks right off the bat and set the tone for your semester just in case you have blocks later that aren’t so great and you take a hit.** You want to be in a good place going into finals. Your brains will be tired and you will make dumb mistakes that might make final exams not your strongest grades. **Make sure you set yourself up with a buffer going into finals**.

* **Be strategic about your “day-off.” Especially once you hit Med 1.** The night of your block exams is a given. Eat, sleep, binge-watch, enjoy. If you need to take another day off, one of the days in the weekend directly following blocks is possible. Just be sure that you are up-to-date with your material going into Monday.
* **Multi-tasking can be your friend**. Never underestimate the power of throwing on some Kaplan videos (can be grabbed from upper meds) while folding laundry or making dinner. It gives you a fresh, different perspective than your professors and also gives you an overview, first-look at the material if you haven’t gone through the slides yet. It starts to teach you what is very high-yield basic info that you will NEED to know. (Also a good reason to pack an **HDMI cord to plug your laptop into the TV).**
* **Group study can work but you need to be ready for it**. Make sure you’re on top of your material so you can contribute and also pick up the little bits that you might have missed or new mnemonics from your friends. If you group studied and they stressed you out, try something else or pick a different group.
* **Don’t keep doing something if it’s not working for you.** If you used a certain method for a block exam and you bombed it, do not commit the same offence twice. Evaluate where you went wrong and what happened conceptually in organizing/memorizing/structuring the information and fix it.
* **Don’t just rewrite slides and consider them notes.** Flip through the slides, see the overall themes, see the repeating emphasized themes, notice the highlighted/bolded bits🡪 organize the info in a way that condenses it into logical flows of high yield points & critical details. **Algorithms are your friend. Start Main concept 🡪 Branch key Areas 🡪 Branch Key parts to each area 🡪 Branch/list key points. DONE.** Pages and pages and pages of notes that are just rewritten slides will give you finger calluses and carpel tunnel and not help your grades. You have to organize the info in a way that you can recall. You can’t recall essays. Do not miss the big picture or highlighted points that are repeated by getting lost in the fine details.
* **As far as we currently know and have experienced, if you fail two (2) courses, you fail the program.** (Whether or not they are amending this in the upcoming semesters for the new program is still yet to be determined/communicated). As such, it is important to know that **there are ACADEMIC WITHDRAWAL DATES for your courses (find out when they are).** If you find yourself in a bind, running very low, go talk to your professor and get a sense of what it will take to pull off the course from your position. If it’s really not attainable or reasonable, save yourself and drop it*. If you have been getting 50-60% on all of your block exams in the course up until that point, it is not reasonable to assume that all of a sudden you will just become a genius in the subject and start pulling off high 90’s to save yourself from the chopping block, no matter how inspired or motivated or determined you may feel that you are*. The material will not get any easier and there will be no reduction in the quantity headed your way. Be strategic and accept reality when you must. **This is especially true when you have 2 courses that you are equally struggling in**. It is better to drop one and try and save the other. **If you fail one and drop one, you are still in the program at that point.**
* **If you fail/drop a course:** You will return the following semester to repeat ONLY THAT COURSE. In the following semester, you will join the class below you. (Eg. Drop Histology in January semester, retake in May semester, join Med 2 class in September).
* **Premed:** 
  + **Keep your GPA as high as you can get it in Premed 1**. You should be walking into Premed 2 with solid high marks so that you can handle a hit if it comes. Orgo is the usual offender. It just plain sucks but is a necessary evil to make it into Med 1. Do not let it have a shot to take you out. ***You need a 3.0 average overall in premed to make it into Med 1 and you must pass every course****.* **A passing grade is 70 in premed and in all courses at MUA.**
  + **Do not underestimate any courses**. Medical terminology is an actual course. Don’t try and cover your blocks worth of material in the hours before the exam. Fatal error. It is a course that you can get a very high mark in if you actually give it even a little effort. It will serve as a nice additional high mark buffer for you going into PM2.
  + **You will be doing block exams every 2 weeks.**  These block exams will cover the 2 weeks worth of material in each course. You will be writing them all in the same day (Monday) every 2 weeks via scantron in your classroom.
  + **Take good notes. You are learning an overview of the exact same things you will be learning later on**. Take notes and save yourself the do-over. We, former premeds who took great notes, have been using them all the time in scientific foundations, anatomy, histology, biochemistry, and immunology. **You won’t regret it.**
  + **In Premed 2 you will be interviewed for Med 1, so bring something nice to wear.**
* **MED 1:**
  + **You will do Scientific Foundations and Clinical Skills for the first month.** Do not underestimate Scientific Foundations. Learn the molecular biology & genetics well; it will come back in Med 2 for your Biochem shelf exam.
  + **There will *be 2 sets of exams in that month* at the Testing Center**. (*At the 2 week mark* and at the end.)
    - **You can practice in the skills lab for your clinical skills practical exams.** Often the professors will be there around this time to offer advice as well.
  + **After you are finished scientific foundations/clinical skills, you will start Anatomy and Histology.**
    - **You will have *block exams every 3 weeks* in the Testing center**
    - **You will be in the lab every day (**except on the random few days you will cover radiology).
    - **You must have your scrubs everyday so bring a couple of pairs to swap out when you wash.**
    - **You can’t wear your scrubs in the cafeteria, main school, library or study rooms.** This brings back unwanted memories of lab for all the upper meds and grosses everyone out because you stink, really badly, even if you think it’s not that bad....it is.
    - **There will be lab exams on the Friday before your block exams**. (Structures of the bodies will be tagged and numbered with multiple choice options; you will have a clip board and scantron and be given 1 minute per question before you rotate to your next spot). You can’t touch the bodies during the examination.
    - **You will have to write a reflection paper about anatomy lab. Don’t forget it.**
    - **Do MONEY IN THE BANK for your Anatomy Shelf Exam. It is priceless.**
    - Yes, you will have to know all the blood supply/innervations. But the Profs like to focus on clinical aspects so when all else fails **make sure you know ALL THE CLINICAL information really well.**
    - **Histo is a lot of pictures. Start looking at pictures and getting used to what the different parts look like**. Literally Google: Histology slides for \_\_\_\_\_\_. Take pictures of things and areas that look similar and put them in a separate slide set beside each other and compare/contrast. Think 3rd order questions – where is this, what is the function of this cell/organ, what does it communicate/interact with.

**COMPREHENSIVE EXAM in MED 5:** This is the major final exam you will take before moving on to prepare for your STEP 1 exam. It is written the last Thursday of the semester by the Med 5 students. It will cover many topics from Med 1 – Med 5. A percentage of students do not pass this exam the first time and must return to the island at the end of the next semester to write it again with that semester’s med 5 students. **You MUST PASS THIS EXAM TO BE PERMITTED TO PREPARE FOR AND WRITE YOUR USMLE STEP 1 EXAM and move forward into your clinicals. You are allowed 3 attempts at the exam. If you do not pass the 3rd attempt, you fail the program and must transfer to another medical school to write your Step 1 exam and complete your clinical years.**

Finally, **don't believe everything you hear**. **Don't listen to fear-mongers or negativity-breeders**.

**YOU CAN DO THIS**. It's very manageable. Hit the ground running. Manage your time. Work hard and smart - be strategic. Keep your eye on the prize and never ever be too proud to ask for help. There are lots of friendly upper med TA's and a great peer tutoring program. **Get help early**.

Any questions? Please feel free to ask me (Adriana Wilson: [adri.k.wilson@gmail.com](mailto:adri.k.wilson@gmail.com) or on Facebook) or anyone.

**PS – Please be patient with your mentors**, they are savoring their breaks right now and so may not respond to emails immediately.

**Can’t wait to meet you at orientation day! See you in MAY!**

***Adriana and the Mentor Team (***[***Muamentors1@gmail.com***](mailto:Muamentorship1@gmail.com)***,*** [***MUASGANEVIS@gmail.com***](mailto:MUASGANEVIS@gmail.com) ***)***

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