

# INFORMATION FOR ANZGITA MEDICAL TRAINERS

## Timor-Leste Training Team for 2019

Endoscopy Unit, Hospital Nacional Guido Valadares (HNGV), Dili, Timor-Leste

1. **MEDICAL REGISTRATION IN TIMOR-LESTE:** It is important that you carry certified copies of your basic and post-graduate medical qualifications as well as current AHPRA registration with you upon entry to Timor-Leste.
2. **PROFESSIONAL INDEMNITY INSURANCE:** Evidence of Professional Indemnity from the trainer's Australian medical defence organisation *to cover the period in Timor-Leste* is essential.
3. **VISAS:** Tourist visas can be obtained on arrival in Dili for \$US30 (cash only). These are valid for 30 days. A letter from the Director-General of HNGV, stating the purpose of your trip, will be forwarded to you prior to departure from Australia. This should be presented to immigration officials upon arrival if requested.
4. **CODE OF CONDUCT:** It is necessary for you to agree to the ANZGITA Code of Conduct. Please sign the attached document, scan it and return it to Tony Clarke ([tony.clarke@ANZGITA.org](mailto:tony.clarke@ANZGITA.org)) who will forward it to the ANZGITA Secretary.
5. **MONEY:** The local currency is the US Dollar. As most businesses in Dili do not accept credit cards it is recommended that you bring sufficient small-denomination bills (ie \$10 and \$20) with you to Dili. ATMs are available throughout Dili, and charge approximately \$US7 per transaction.
6. **LANGUAGE:** The official languages of Timor-Leste are Portuguese and Tetun. English is not widely understood by the general population, however tourism providers and NGOs are usually proficient. A translator will be provided to help with communication during the working hours of the program. Many of the doctors are fluent in English, however most of the nursing staff communicate in Tetun.
7. **ACCOMMODATION:** There are several hotels of reasonable quality in Dili.
  - Hotel Timor <http://www.timortur.com/en/hotel-overview.html>
    - Centrally located, reasonable quality accommodation
    - Approx \$US90/night
  - Hotel Novo Turismo <http://www.novoturismotimor.com/>
    - Closer to HNGV, good quality accommodation
    - Approx \$US130/night
  - Hotel Esplanada <http://www.hotelesplanada.com/>
    - Further away from central Dili, quite a lively atmosphere
    - Approx \$US110/night

8. **TRAVEL:** Dili has direct flights to and from Singapore (SIN, Tue, Thu and Sat with Air Timor [www.airtimorweb.intelisys.ca](http://www.airtimorweb.intelisys.ca)), Darwin (DRW, daily with Air North [www.airnorth.com.au](http://www.airnorth.com.au) ) and Bali (Denpasar, DPS, daily with Sriwijaya Air and Nam Air [www.sriwijayaair.co.id](http://www.sriwijayaair.co.id)).
- You will be greeted at the airport by a member of our local staff. Please inform them of your arrival flight number and time.
  - Transport around Dili is by local taxis. From a safety perspective, it is recommended that you avoid the older yellow taxis and travel using the much newer and cleaner taxis from Corotrans Blue Taxi (tel 77427777 or 3311110). They are often stationed in front of Hotel Timor. Fares are approximately:
    - City to the airport \$US5
    - City to HNGV \$US4
    - City to Cristo Rei \$US7
9. **EQUIPMENT & ACCESSORIES:** There is no requirement for you to take any equipment or drugs. However, if you are able to obtain supplies of (perhaps time expired) drugs (particularly PPIs, H Pylori therapy and bowel prep kits) or equipment such as biopsy forceps, injectors, snares, gold probes, PEGs etc this would be much valued. The major obstacle is airline costs for additional baggage (check with your carrier). Clearing Customs at the Timor-Leste end is usually straightforward, however if you are planning to take in such supplies please let us know in good time so that we can provide a letter that you will need to show to Timorese Customs. This will avoid having to pay import duties.
10. **DRESS:** We recommend that you wear smart casual attire. The male trainers usually wear trousers with shirts, including polo shirts, without ties.
11. **REIMBURSEMENT OF EXPENSES:** We regret that the Australian Department of Foreign Affairs and Trade have markedly reduced the support they previously provided to ANZGITA so the only expense that we can reimburse doctor trainers is the cost of accommodation. You will need to pay any incidental expenses including alcoholic drinks.
12. **CLINICAL PROGRAM:** This is outlined in some detail in the separate document 'Information on Healthcare and Health Training in Timor-Leste'.
13. **LECTURES AND TUTORIALS:** There is a weekly Grand Rounds meeting which the training team attends and usually presents at. The post-graduate physician training program also utilises the training team to provide lectures on a weekly basis
14. **INSURANCE:** You should have your own travel insurance. The program has arranged for civil liability cover for all its trainers.
15. **LEAVE:** Access to paid leave depends on whether you are self-employed, on staff, or a VMO. Some employers will provide leave, but most trainers undertake this volunteer work on their own time.

## 16. RECREATIONAL ACTIVITIES:

- a. In the city: Dili is an interesting city with a number of historical sites and many cheerful restaurants. Highlights include:
  - Cristo Rei – a statue of Jesus, perched on a dramatic headland overlooking Dili. Climb the 550 steps to the top.
  - The Resistance Museum, located in central Dili, near the university.
  - Handicraft shop in Hotel Timor (“Things and Stories”). Good quality Timorese goods.
  - Chega! Exhibition, Dili – a Portuguese-era prison which housed hundreds of resistance fighters during Indonesian occupation
  - Good restaurants include Tito’s, Castaways, Beachside (breakfast), Osteria (Italian), Café Wesae (vegetarian).
- b. Outside Dili: There is much natural beauty to be seen in Timor.
  - Baucau is a Portuguese-era holiday destination. The Hotel Pousada and the local swimming pool (Pixina de Baucau) are highlights. 3-4 hours’ drive east of Dili.
  - Balibo, one of the first villages to be invaded by the Indonesian military, is approximately 4 hours’ drive west from Dili. Highlights include the renovated Balibo Fort Hotel and the Balibo 5 Museum.
  - Atauro, an island 20km north of Dili, has spectacular coral reefs for scuba diving and snorkelling. It has recently been recognised as having the most biodiverse marine environment in the world ([www.theguardian.com/world/2016/aug/17/atauro-island-timor-leste-the-push-to-protect-the-most-biodiverse-waters-in-the-world](http://www.theguardian.com/world/2016/aug/17/atauro-island-timor-leste-the-push-to-protect-the-most-biodiverse-waters-in-the-world)).

17. **HOW WILL YOU BE RECEIVED?** The Timorese people are very reserved in general. However, they are also warm and friendly, and are highly appreciative of this program. You will find that they will open up to you after a short period of getting to know you.

### ANZGITA contacts:

1. Chris Kiely (Australian gastroenterologist based in Dili)
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