



Spartan Health Sciences University
School of Medicine

Spartan Health Sciences University

P. O. Box—324
Spartan Drive,
St. Jude Highway,
Vieux Fort
St. Lucia, West Indies
www.spartanmed.org
454-6128 / 454-8285
Fax: 454-9629 / 454-6811

Information Package



P.O. Box—324, Spartan Drive, St. Judes Highway, Vieux Fort, St. Lucia, West Indies
Phone : 454-6128 / 454-8285 Fax : 454-9629 / 454-6811
www.spartanmed.org



ACADEMIC CALENDAR 2016

Registration for Spring Trimester **January 4, 2016**

Commencement of Spring Trimester January 4, 2016

Application Deadline for Summer Trimester March 18, 2016

End of Spring Trimester April 22, 2016

Registration for Summer Trimester **May 2, 2016**

Commencement of Summer Trimester May 2, 2016

Application Deadline for Fall Trimester July 15, 2016

End of Summer Trimester August 19, 2016

Registration for Fall Trimester **August 29, 2016**

Commencement of Fall Trimester August 29, 2016

Application Deadline for Spring Trimester November 18, 2016

End of Fall Trimester December 16, 2016

Public holidays in St. Lucia observed by the University:

New Year's Day January 1, 2016

Independence Day February 22, 2016

Good Friday March 25, 2016

Labour Day May 1, 2016

Corpus Christi May 26, 2016

National Day December 13, 2016

Christmas Day December 25, 2016

Boxing Day December 26, 2016

FLIGHT INFORMATION

Please do not forget to purchase a round trip airline ticket to St. Lucia! The earlier you book your flight, the cheaper your ticket can be.

You can check with any of the listed airlines to get the most economical ticket to St. Lucia:

- ⇒ American Airlines – Hewanorra Airport (via Miami)
- ⇒ American Eagle – G. F. L. Charles Airport (via San Juan, Puerto Rico)
- ⇒ Delta Airlines – Hewanorra Airport (via Atlanta)
- ⇒ U.S. Airways – Hewanorra Airport (via Cleveland)
- ⇒ Air Canada – Hewanorra Airport (from Canada)
- ⇒ Virgin Atlantic – Hewanorra Airport (from United Kingdom)
- ⇒ Jet Blue airline – Hewanorra Airport (from New York)

Airlines with connecting flights to St. Lucia:

- ⇒ Caribbean Star – G. F. L. Charles Airport
- ⇒ Liat – G. F. L. Charles Airport

The airport you should consider flying into is Hewanorra International Airport located in Vieux Fort, St. Lucia. There is no charge for pickup if you land at this airport with prior notice. The welcome committee members will be there holding a Spartan sign.

There is another airport by the name of G. F. L Charles Airport located in Castries, St. Lucia. It is about one and a half hours away from the school. The welcome committee members will be there holding a Spartan sign.

Once you have booked your flight, please give us a call at (718) 841-7660/ (1-758) 454-6128; whatsapp / viber at: 1-758-520-3600 or send us an email at : admissions@spartanmed.org / gcarasco@spartanmed.org so that arrangements can be made for your pickup and lodging.

Table of Contents

- Welcome to Spartan Health Sciences University 03
- What to do after receiving the Offer of Admission 03
- Itinerary 03
- Tuition & Cost of Living in St. Lucia..... 04
- Student Dues..... 05
- Transportation..... 06
- What to pack..... 08
- When you arrive in St. Lucia..... 09
- About the School..... 10
- Miscellaneous..... 11
- Living in St. Lucia..... 12
- Tips for New Students..... 13-14
- Information on Vieux Fort..... 15-19
- Items needed by First Trimester Students..... 20
- A Few Pointers..... 22
- Flight Information..... 23
- Academic Calendar..... 24

Welcome to Spartan Health Sciences University

Welcome to the beginning of your medical career. As a Spartan student you have been chosen as a select few to pursue your goals of becoming a medical doctor. As a new student and resident in St. Lucia we feel that you should be informed about the school and the island. We hope that you arrive well prepared and focus on your studies while enjoying the beauty of living on a tropical island.



What to do after receiving the Offer of Admission

First, obtain your passport. You need to give the passport agency at least three to four weeks for processing and mailing. Then, book your flight. You should arrive few days in advance. Once you have a confirmed flight schedule, call the St. Lucia office at (718) 841-7660 / (758) 454-6128; whatsapp / viber at 1-647-939-0300 or email your itinerary to : admissions@spartanmed.org / gcarasco@spartanmed.org

Flight Itinerary

Book your final destination to the Hewanorra International Airport in Vieux Fort (UVF). The most common airlines that fly to Hewanorra Airport are: Air Canada, British Airways, Virgin Atlantic, Jet blue, American Airlines, Delta Airlines and US Airways. Transportation from the Airport to the Medical School is provided by the school.

If you have to fly into George F. L. Charles airport (SLU), it is about one hour and fifteen minutes away from the campus. Transportation from the Airport to the Medical School is provided by the school.

A Few Pointers

- 1) Upon arrival don't be alarmed, there will definitely be someone to greet you. To ensure this, remember to inform the school of your arrival date and time. Try your best to fly into Hewanorra Airport (UVF) in Vieux Fort because it is only ten minutes from the school. Vigie Airport (SLU) in Castries is over an hour away.
- 2) Bring an unlocked cell phone; complementary SIM cards will be provided by the university. There is a billing system (post-paid) and pre-paid cards. Most students use the prepaid system.
- 3) In case you haven't been informed yet, many items such as batteries, shampoo, toothpaste, detergents, spices and oils are expensive. Keep in mind you will be here for 4 months so shop accordingly.
- 4) Most household appliances are provided by your landlord (ex. microwave, dishware, utensils, & washer). However, some appliances, such as a hair dryer, toaster, kettle may not be provided. However, they can be purchased here. The electric voltage in St Lucia is 220v -240v.
- 5) Expect to spend about \$200 - \$300 US a month on food, more if you buy only American products.
- 6) You will have opportunities to travel to other islands and/or to Castries, so supply yourself accordingly with monetary funds.
- 7) Exchange about \$200 USD/Canadian dollars/Pounds to EC dollars at the airport upon arrival. The rate is fixed at \$2.67 EC for \$1.00 USD at the Bank at Hewanorra Airport.
- 8) Remember that there is a welcoming committee arranged for the new students. Information will be provided when you arrive at the school.

We hope that this information is helpful. Please remember that these are suggestions from your upperclassmen. Once again congratulations on your acceptance to Spartan Medical University, and we hope to see you soon. Have a safe flight!

- 6) A Brita water filter / water bottle with extra filters.
- 7) A heavy duty flashlight.
- 8) Batteries.
- 9) Converters (110v to 220v) / power strip.
- 10) **Dress code is in effect so dress shoes, pants, shirts and ties are a must; Men’s shirts must have collar and no words. NO JEANS, SLIPPERS, HATS/CAPS, SHORT SKIRTS ALLOWED IN CLASS.**
- 11) Bathing suit/beach towel.
- 12) A poncho/umbrella.
- 13) Mosquito repellent.
- 14) Special toiletries such as deep conditioners, facial masks, foot scrubs, shaving cream, deodorant, make-up, etc.
- 15) Scented candles.
- 16) Two sets of bedding (sheets and pillow cases), towels
- 17) **White Lab coat (for lab classes), latex gloves, scrubs, stethoscope**
- 18) Stationary (notebooks, pens, pencils, high lighters, paper, folders, book bag etc).
- 19) An alarm clock that runs on batteries.
- 20) A **light** sweater or pullover.
- 21) **Unlocked cell phone / Magic Jack.**
- 22) Extra pairs of contact lenses
- 23) Over the counter drugs – Tylenol/Advil
- 24) Hand Sanitizer
- 25) Spices/snacks

Financial Info

Tuition & Cost of Living in St. Lucia

The following are typical expenses incurred per trimester by students on the island of St. Lucia on the average, depending on your life style.

TuitionUS \$ 6,250.00

Student Fees

Student dues US \$ 950.00

Program

Books & Supplies..... US \$ 500.00

Living Expenses US \$ 5,000.00

Incidentals US \$ 500.00

TOTAL : US \$13,200.00

It is hoped the above will serve as a guideline to your living expectations.

Student dues

There is a one time student dues of **\$950.00 US or \$2553.79 EC** (local currency). Payment is due the first week of school and has to be paid in cash or travelers checks. **No US checks are accepted. Checks should be written to “Spartan Student Affairs Fees” and not to Spartan Health Sciences University.** These dues are used to cater for all student events or activities organized either by the various student organizations or by the University throughout the five trimesters. These dues are also used for partial payment of transportation of students at night from the school’s library to their homes and for the transportation of students to all student events throughout the five trimesters.

Student Activities, Services and Ceremonies per trimester

- ◆ Welcome arrangement and placement of students in the International Students Residence / Apartments upon arrival on the island.
- ◆ Welcome BBQ get-together on campus
- ◆ White Coat Ceremony
- ◆ Bon Fire
- ◆ 3 – 4 community outreach trips
- ◆ 3–4 AMSA Spartan Chapter field trips (Health Fairs, etc)
- ◆ Night transportation from library to home
- ◆ Taste of Spartan (Major on campus dinner and entertainment event)
- ◆ Transportation and snacks for AMSA field trips
- ◆ Spartan Games
- ◆ Transportation to other off campus school activities
- ◆ Student I.Ds
- ◆ White coat for students
- ◆ Fifth trimester student farewell ceremony
- ◆ Other unplanned events

All students can therefore enjoy each of these events during the course of the five trimesters. Additional payment has to be made for students from lower trimesters (1-4) would have to pay the dinner fee if they wish to attend the outgoing (farewell) ceremony for the 5th trimester students. Payments for dinner for guests must be made prior to the dinner day.

Items Needed By First Trimester Students

(A small compilation from your wise upper classmen)

We would like to congratulate you on your acceptance into Spartan and welcome you to our tight knit Spartan family. In hopes of making sure you stay here as comfortable as possible, we have compiled a list of items which we thought would be necessary. Please keep in mind that not all items on the list are needed for survival here at Spartan, they are merely suggestions we have found to be extremely beneficial.

- 1) **International Driver's License** – If you have an International Driver's License you can use it to drive in St Lucia. However, if you only have your country issued Driver's License, you will have to purchase a Driver's Permit with your Driver's License at the Airport. Permits cost \$55.00 EC or \$20.00 USD and it is valid for a period of 3 months.
- 2) Bring along 5 or more semi-formal outfits and **at least 1 traditional / cultural outfit. Traditional outfits are usually worn during our major on campus event, The Taste of Spartan which is celebrated once every trimester.**
- 3) A laptop is very important. There is wireless internet service provided on campus.
- 4) Portable External Hard drive– minimum 250 – 500GB
- 5) First Aid for the United States Medical Licensing Exam (USMLE) Step one. Specific BRS books that are helpful are: Physiology, Anatomy, Behavioral Sciences, Histology and Embryology. Kaplan Med essentials / Kaplan lecture notes “All books” – If you need more information please let us know.

TRAVEL AGENCIES

Going Places travel – located further down Clarke Street on the left side across from the shoe store. Phone number is 1-758-454-9100.

Carib Travel – Located on Clarke Street, opposite Bank of St Lucia. Phone number is 1-758-454-6450

Global Travel – located upstairs Shernells Pizza. Phone number is: 1-758-454-9040

LAUNDROMAT

Andrew's Laundromat – take a right onto St. Jude's Highway from school and then the first left. There is a large sign further up the block. Please remember that this is not a "self" Laundromat.

PLACES OF WORSHIP

Mosque – located across the street from the school

Pentecostal Church – located on St. Judes Highway toward town.

Catholic Church – located downtown Vieux Fort

Transportation

The school bus is available for all students from their homes to school and back, free of charge. However, most students prefer to have their own transportation and therefore rent or buy cars. Please consult with the Director of Student Affairs for advice.

Driving is on the left side of the road in St. Lucia. Students are required to get a driver's permit with their driver's licenses at the Hewanorra International Airport in Vieux Fort before driving any vehicle on the island. International Driver's permits can also be obtained from AAA offices in the US. Students who buy vehicles must buy insurance and get the ownership changed at the Ministry of Communications, Works, Transport and Public Utilities at Vieux Fort, St. Lucia. Cost of insurance is between \$200.00 & \$300.00 USD for a year and change of ownership is about \$50.00 USD.

Students who do not have any means of transport and wish to stay in the school's library until late night are provided with transportation back to their homes every night at 10:00 pm and 12:00 midnight. Students should avoid walking home at night even though most apartments are at walking distance from the school. This is for your own safety.

What to Pack

Along with certain books on the list, many students bring along review books such as BRS, NMS, and Pre-test. These may come in handy during the courses, as well as for preparation for the USMLE.

Since there is no medical bookstore on the island, it will be more beneficial to you if you bring as many books as possible, in advance. Make sure that you bring gloves, and lab coats for Anatomy. (Long sleeve white coat for lab).

Scrubs and white coats are worn during dissection so bring some along. For Physiology, bring a stethoscope.

Office supplies can cost up to two times more than in the United States. Bring as much stationery as you can. Include supplies that make you comfortable during study.

What to Pack ... Continue

The school has established a dress code. Student IDs and white coats must be worn at all times. It is recommended that you bring along professional wear. Flip-flops, cut-offs, tank tops, t-shirts, jeans and anything that resembles beachwear will not be permitted. Men will be expected to wear comfortable pants and shirts with a collar or shirt with a tie. Women are asked to refrain from wearing tights, and halters. You should dress in clothing indicative of a professional student. No jeans, sneakers or sandals/slippers in classes.

Bring clothes that can be washed easily and hung to dry. Remember that clothes that hung in the sun may fade. Also, bring semi-formal and formal outfits, a traditional / cultural outfit for the trimester's major function : The Taste of Spartan.

Any toiletry item that is a favorite should be well stocked in your suitcase, at least enough to last one trimester. Items such as toothpaste and deodorant are expensive. Hair dryers, irons, curling irons, and anything electric are more expensive than in the U.S.

If you decide to bring electronics, they should be at least a year old or you will have to pay duty on them. Furthermore, when you come through the airport, your chance of being inspected by customs is less than when you are sent items from the U.S., so try to bring as much as possible and avoid paying duty later. Also, buy a transformer (not a travel transformer) from Radio Shack or an electronic store that converts 110 v items to 220 v or vice versa. If possible, buy items that have a switch on the back for voltage. St. Lucia uses 220v electricity.

APPLIANCES AND HOUSEHOLD ITEMS

Courts – located between Texaco and Shell on the right side before entering town

A.F Valmont – all the way down Clarke Street

ELECTRICITY COMPANY

LUGELEC – located on the same road as Hobbie clothing store, just a little further up.

POST OFFICE

Located on Garvey Street in Vieux Fort. The packages are examined by customs and usually picked up between 10.00 and 11.30 am. With written consent, Mr. Maxwell (the school driver), can pick up packages for students. The fee for small packages is \$10.00 EC.

A smaller post office is located in the Gablewood's shopping center. Open 8 – 4 pm. Monday through Friday. Telephone number is 1-758-454-7257.

OFFICE SUPPLIES

The Office Shop – located in the Gablewood's shopping center, open 9 am – 6 pm. Monday thru Saturday.

China Town – located in Gablewoods shopping Center. Open 9 am – 7 pm. Monday thru Saturday. This is more like a dollar store, however more expensive

than a dollar store.

TELEPHONE COMPANIES

Lime – located in Vieux Fort town near the round-a-bout. Cell phones, apartment phones (land lines) internet access and Cable TV are some services provided by them.

Digicel – located on Clarke Street. They provide cell phone service (GSM) and Landlines.

Karib Cable – Located around the Vieux Fort Traffic Light junction. They provide Cable TV, Landline and Internet Services.

BANKS

The following banks are often used by students:

Scotia Bank – located on New Dock Road in town

RBTT – located in the Gablewood's shopping center next to Super J

Bank of St. Lucia – located on Clarke Street.

First Caribbean International Bank – located on New Dock road in town.

PHARMACIES

Super J Pharmacy – open 8 am to 8 pm Monday through Saturday; and 9 am to 1 pm on Sundays

M and C Drugstore – 8 am to 5 pm Monday thru Saturday

Total Health Care – Located on Clarke Street on the right side (near to the traffic lights) open from 8.30 am to 5.30 pm Monday to Thursday; 8.30 am to 6.00 pm Friday; 8.30 am to 5.30 pm Saturday.

When you arrive in St. Lucia

Hewanorra International Airport (UVF):

Location - Vieux-Fort

10 minutes drive from the medical school.

The welcome committee members will meet you at the airport with a school sign. No fee attached.

George F L Charles Airport (SLU):

Location: 1 hour 15 minute drive from Castries to Vieux-Fort.

The welcome committee members will meet you at the airport with a school sign. No fee attached.

About the School

Structure

The school has spacious classrooms, a colossal auditorium, an open-air cafeteria and a library. There is a recreational area that includes tennis, basketball and volleyball courts. Indoor games (pool table, ping-pong table, foosball game, chess etc.) are placed in a section of the auditorium. There is a gym opened from 6:00 am – 12 midnight.

In the library there are computer facilities, a reference section with a reading area, a vast study section and a group discussion section. The open-air cafeteria sits to the back of the school and is illuminated not only by the beaming lights but also by the moon and stars at night.

Here at Spartan you will enjoy the closeness of small classes, and find that this makes the professors much more accessible to you.



Health Care

There is clinic room where a local medical doctor provides consultation for students on Wednesdays from 1:00 pm to students free of charge. Make appointments at school's reception .

Discipline

A professional demeanor and attire is expected of all students and professors. Neither firearms, nor illegal drugs are permitted. These are considered serious offenses to the school and may lead to your dismissal. The school consists of students from many countries with multiple religious & cultural backgrounds. Students are therefore required to have this in mind and should maintain respect for each other regardless of the differences. This is part of your training as future medical doctors.

Miscellaneous

Weather is usually warm and ranges from the low 70s F to the high 80s F year round.

There are more than 05 local TV stations on cablevision.

There is a KFC and Domino's Pizza which serve food similar to that in the U.S.

There are different denominations on this island, and churches are scattered throughout. If you have particular religious needs, be sure to address them with someone on the island.

The currency rate is \$2.67 EC dollars to every \$1.00 USD.

You can receive mail at the school using the following address.

Your Name
Spartan Health Sciences University
P. O. Box 324
Vieux Fort, St. Lucia
West Indies

Regular mail to St. Lucia takes about three to four weeks. Upon receipt of a package through regular mail, you will be issued with a slip from the post office. To claim your package you have to take the slip to the customs officer at the post office in Vieux - Fort between the hours of 10.00 am to 11.30 am Monday to Friday. A small fee is charged for duty. There are also fast courier services like Fed-Ex, UPS and DHL available. Contact the school's receptionist for assistance.

GROCERY STORES

Almost all items you are looking for can be found in either of these supermarkets and if not, the management is more than willing to order it so that it will be in stock the next time you shop.

<p>Super J located at Gablewoods shopping center. Open from 8 am to 8 pm Monday thru Thursday; 7 am to 9 pm. Friday and Saturday; 8 am to 1 pm on Sunday.</p>	<p>Super J located in JQ's shopping center, New Dock Road, Vieux Fort; Open from 8 am to 7 pm. Monday through Saturday, 8 am to 1 pm on Sunday.</p>
<p>Street Market Located downtown Vieux Fort. There are plenty of fruits and vegetables available. It opens early Saturday mornings.</p>	<p>Fish Market this is located at the end of Clarke Street, the main street down town Vieux Fort.</p>

INFORMATION ON VIEUX FORT

Leaving home and coming to a new country to begin of all things, medical school, can be a difficult task. Here is some useful information that will make your transition much easier. Please be informed that there are not many street signs in town, however mentioning the names of the places you want to go to is sufficient. Many of the locations listed are within a ten minute drive from the school.



The rates of the rooms are always changing, so we advise that you call to confirm the most recent rates. Remember to ask for student discount as most hotels give student discounts.

Kimatri Hotel – located down town Vieux Fort about 5 minutes from Hewanorra Airport. Phone number is 1-758-454-6328

RESTAURANTS & FAST DINING

Domino's Pizza : Next to M&C Drugstore in the JQ's Shopping Plaza -New Dock Rd, Vieux Fort.

Island Breeze - pass down town Vieux-Fort, heading toward Airport. Located on the beach.

Kimatri Sea View Restaurant

Dukamin Restaurant and Bar – Open until 11:00 pm.

Keitch Beachfront Fast Food – Sometimes open past midnight.

Golden Harvest Chinese Restaurant – located downtown Vieux Fort next to the LIME phone company. One of the few restaurants open latetill 11 pm every day.

The Pelican Ice Cream Parlour – located on Clarke Street (on the right side) in Vieux Fort. The word Bon Appetite is written on the outside. Has burgers, chicken burgers, and sandwiches, not just ice cream. It is also one of the few restaurants open on weekendstill 8 pm

China Town Food Court – located downtown on the back street of The Farmers Cooperative

Shernell's Pizzeria – located on New Dock Road in downtown Vieux Fort.

KFC – next to Super J on New Dock Rd in Vieux Fort. Open till midnight Sunday through Saturday.

Living in St. Lucia

Overall, you will find your stay in St. Lucia very rewarding, especially if you keep focus on your reasons for being here. There is plenty to do for relaxation and recreation. If you have any questions or problems, the staff and faculty will be in the position to help. You need to come mentally and physically prepared for the challenges that lie ahead. No other school in the United States or Caribbean will be able to beat the good experiences you will encounter here.

Also, it will be an ideal time to visit other islands while in close proximity. Have relatives visit and plan to look forward to vacations. Ask your friends and family to write often, it is always a treat to have something in your mailbox.

It is necessary that all new students attend the orientation program during the first week of school. The school's administration conducts the orientation exercise on the first day of school at 9:00 am whereas the Student Leadership conducts it on the third day of school. This orientation gives students all necessary information to enable them settle down quickly.

We look forward to having you as a student of Spartan Health Sciences University, School of Medicine.

Thank You And Good Luck

FEW TIPS FOR NEW STUDENTS OF SPARTAN HEALTH SCIENCES UNIVERSITY

Congratulations on your acceptance into Spartan. Welcome to the Spartan family. Here are a few guidelines to make your stay a bit more comfortable while here at Spartan.

Safety Tips

- ⇒ Do not walk alone after 6.00 pm; walk in groups
- ⇒ Make sure all windows and doors are locked
- ⇒ Keep keys away from doors
- ⇒ Do not carry too much cash around and in your apartment
- ⇒ Open a bank account ASAP
- ⇒ Do not stay on the beach or out late after 6.00 pm or after dark

Shopping, Restaurant, Hotel information

- ⇒ Super J – 454 9998 – New Dock Rd, Gablewoods Mall
8.00 am – 8.00 pm
- ⇒ Kimatrai Hotel – 454-6328 – Vieux Fort
- ⇒ Cedar Palm Villa – 454-8043 – Cedar Heights

Telephone services

You will receive a SIM by welcome committee on the day of arrival. Cell phones are easy to purchase from:

- ⇒ LIME – New Dock Road, Vieux Fort; they provide mobile phones, internet and telephone services.
- ⇒ Digicel – Clarke Street, Vieux Fort – they provide mobile phones

Bank Services

To open a bank account you need a letter from the school confirming that you are a student and also two (2) forms of ID.

- ⇒ Scotia Bank – 454-6314 New Dock Rd, Vieux Fort you need to call and make an appointment process takes between 2 – 3 hours
- ⇒ First Caribbean International Bank 454-6255

Library Hours

- ⇒ Monday–Sunday : 8.00 am – 12.00 midnight. Transportation is provided back to your apartment free of charge. Shuttle bus leaves at 10:00 pm and at midnight.

Taxi Drivers

- ⇒ Recommended by the university :
for island trips at a negotiable price :
Mr. Gregory – (758) 384-7217

Car Rental

- ⇒ Please contact other students at the school

Lease agreement

- ⇒ Copy is available at the school for reference.