

# PROSPECTUS OF ELECTIVE PROGRAMME FOR INTERNATIONAL MEDICAL STUDENTS



*First Edition*

FACULTY OF MEDICINE  
GENERAL SIR JOHN KOTELAWALA  
DEFENCE UNIVERSITY



UNIVERSITY HOSPITAL  
General Sir John Kotelawala Defence University

# **Prospectus of Elective Programme for International Medical Students**

*This guide is intended for international medical students participating in the elective programme at the Faculty of Medicine, General Sir John Kotelawala Defence University.*

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## MESSAGE FROM DEAN



Dear students,

I am very happy to welcome you to the Electives Programme of the KDU, which is the General Sir John Kotelawala Defence University. At our Faculty of Medicine in Ratmalana, Sri Lanka we have arranged for you to have a really wonderful time. You are fortunate to have your elective at the only defence university of the country which will have all the modern amenities.

We invite you to enjoy your studies, the beauty and the culture of the country and the unique nature of our faculty and the hospital.

Have a nice time!

**Colonel (Professor) Aindralal Balasuriya**

Dean, Faculty of Medicine,  
Consultant Community Physician  
Chair Professor of Public Health

## MESSAGE FROM PROGRAMME COORDINATOR

Thank you for choosing to do the Elective program offered at the Faculty of Medicine, General Sir John Kotelawala Defence University, Sri Lanka.

This elective program will provide you opportunities to be exposed to a variety of clinical conditions. You will experience a range of clinical conditions, including both communicable and non-communicable disease. You will appreciate and experience practising medicine in a resource poor setting. Hence you will have opportunities to improve your clinical skills and acumen during this period.

Furthermore, you will be able to interact with local medical students and join their scheduled teaching programs. You will be learning in English with assistance in translation from your Sri Lankan peers. In keeping with Sri Lankan hospitality, you will find that the hospital and university staff are very friendly and approachable, so feel free to ask for help where needed.

Most of all, don't forget to enjoy and experience what Sri Lanka has to offer during your free time. I wish you all the very best during your time with us here.

### **Dr Hiruni Jayasena**

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## ABOUT GENERAL SIR JOHN KOTELAWALA DEFENCE UNIVERSITY AND UNIVERSITY HOSPITAL



General Sir John Kotelawala Defence University (KDU), initially established as General Sir John Kotelawala Defence Academy in 1981 by Parliamentary Act No. 68, was elevated to university status in 1988 and renamed KDU in 2007. The university is situated on a picturesque 48-acre estate in Ratmalana, formerly the residence of Sri Lanka's third prime minister, General Sir John Kotelawala. Surrounded by natural beauty and rare flora and fauna, KDU offers a serene learning environment.

For over 41 years, KDU has produced more than 3500 graduates for Sri Lanka's Tri-services, while also expanding its degree offerings to civilian students on a fee-levying basis. This has allowed many young people, both Sri Lankan and international, to pursue high-quality education, with nearly 260 foreign students currently enrolled. KDU's international recognition,



bolstered by affiliations with regional military institutions and membership in prestigious organizations like the Association of Commonwealth Universities (UK) and the International Association of Universities (IAU), has led to increased global interest in its programs.



The Faculty of Medicine at KDU is a hub for medical education, with departments in Pre-clinical, Paraclinical, and Clinical sciences, covering disciplines such as Medicine, Surgery, Obstetrics, Pediatrics, Urology, and Neurosurgery. With a blend of military, civilian, and international students, the faculty provides a dynamic and diverse learning environment.

KDU's healthcare services are supported by the University Hospital of General Sir John Kotelawala Defence University, established in May 2017. This 814-bed state-of-the-art facility offers round-the-clock emergency and trauma care, alongside specialized treatments in various branches of medicine, surgery, pediatrics, and obstetrics. The hospital features 70 ICU/HDU beds, a cardiac catheterization lab, an oncology unit, and 20 modular theatres, including the country's first hybrid theatre, further enhancing its medical offerings.

With cutting-edge technology and a dedicated team of healthcare professionals, KDU continues to serve as a beacon of academic excellence and medical care in Sri Lanka, contributing not only to national development but also to the global education and healthcare sectors.



## TYPES OF ELECTIVE PROGRAMMES PROVIDED BY UNIVERSITY OF KDU.

1. Clinical Elective
2. Laboratory Elective
3. Anatomy Elective
4. Taster courses

### 1. Clinical Elective

#### *Clinical Disciplines*

The clinical elective programme will give the students of foreign medical schools an opportunity to familiarize with the clinical setup and the patients in the Sri Lankan curative sector. The students will have the opportunity to select, according to their preference, from the clinical disciplines of

- Medicine
- Surgery
- Paediatrics
- Gynaecology and Obstetrics
- Psychiatry

at the University Hospital, KDU situated in Werahera during the elective programme. They will be exposed to tropical medicine at a centre which cater a large population of patients from the suburbs of Colombo.

#### *Eligibility Criteria*

- Medical students studying in foreign medical schools.
- The medical students should have a minimum of 1 year of clinical experience and should have completed 2nd MBBS or equivalent.

#### *Documents to be produced by the students*

- Letter by the dean of medical school confirming their studentship and completion of 2nd MBBS
- Complete CV

#### *Time of the year to apply*

- Throughout the year

#### *No. of students in a group/No. of available slots*

- At the discretion of head of department

#### *Duration of clinical attachment*

- Maximum number of disciplines - two (from medicine, surgery, gynaecology and obstetrics, paediatrics, psychiatry)
- Maximum duration of the total attachment 8 weeks, minimum 4 weeks

#### *Fees*

- USD 50/week

#### *Letter awarded at the end*

- A letter will be given stating the successful completion of elective attachment (name of attachment and duration) and the description of clinical exposure during the attachment

### 2. Laboratory Elective

#### *Laboratory Disciplines*

The laboratory elective is for the foreign medical students interested in research and laboratory experience. They will have opportunities to





assist and learn research methodology, laboratory techniques and clinical applications in a relevant field under the supervision of the academics at KDU.

### ***Eligibility Criteria***

- Medical student of a foreign university (1st year onwards)
- Research experience is not necessary, but they must have a good idea of the type of work they want to do.

### ***Documents to be produced by the students***

- Letter by the dean of medical school confirming their studentship.
- Complete CV

### ***Time of year to apply for research elective***

- Throughout the year, provided the KDU supervisor is willing to take the student

### ***No. of students in a group /No. Of available slots***

- At the discretion of the head of department and the supervisor/s

### ***Duration of clinical attachment***

- Minimum 2 weeks

### ***Fees***

- USD 50/week

### ***Letter awarded at the end***

A letter will be given stating the successful completion of elective attachment.

## **3. Anatomy Elective**

The department of Anatomy of the

Faculty of Medicine KDU offers three types of courses on gross anatomy, neuroanatomy and cadaver preservation techniques. The gross and neuroanatomy courses aim to develop abilities of the student to outline structure of the relevant anatomical area while the cadaver preservation technique course aims to develop student knowledge on the methodology on common cadaver preservation techniques.

### ***Eligibility Criteria***

- For medical students registered in a foreign medical schools, allied health professionals (e.g. radiographers, radiotherapists, physiotherapists, nurses), Biomedical engineering students/ Biomedical science students, human biology students.
- The students are expected to have a basic knowledge on biology

### ***Documents to be produced by the students***

- Complete CV
- Letter from dean

### ***Time of the year to apply***

- First half of year - The course will commence in the second half of the year

### ***No. of students in a group /no. Of available slots***

- Maximum number - 6

### ***Courses offered by the department of anatomy***

- Gross anatomy- Interactive cadaver-



ic dissection based- Upper limb, lower limb, thorax, abdomen, head, and neck - Duration 5 weeks

- Clinical neuroanatomy- The spinal cord, brain stem and cranial nerves, The blood supply to the brain, Cerebrum, and ventricles, Major fibres and basal ganglia, cerebellum, eye and ear - Duration 5 weeks
- Cadaver preservation techniques for human anatomy teaching and research- Hands on practical and theory in body preservation techniques - Duration 5 weeks

#### ***Duration of each course***

- 2 weeks

#### ***Fees***

- Each course - USD 250

#### ***Letter awarded at the end***

- A competency report will be awarded at the successful completion of the course signed by the head of Anatomy department and the dean

### **4. Taster Courses In Medicine**

The taster course in medicine is for school leavers and students awaiting medical school entry. It provides a wide exposure to:

- Different settings in the hospital (OPD, clinics, wards, radiology, blood bank, laboratory, and theatre) and familiarize themselves with the functions of a hospital

- Different roles of medical professionals
- Teamwork in a medical / surgical setting

#### ***Eligibility Criteria***

- Students who are contemplating medical school entry on completion or during the A/L study course

#### ***Documents to be produced by the students***

- Complete CV
- Request letter from school

#### ***Duration***

- 2 weeks

#### ***When to apply***

- Throughout the year

#### ***Fees***

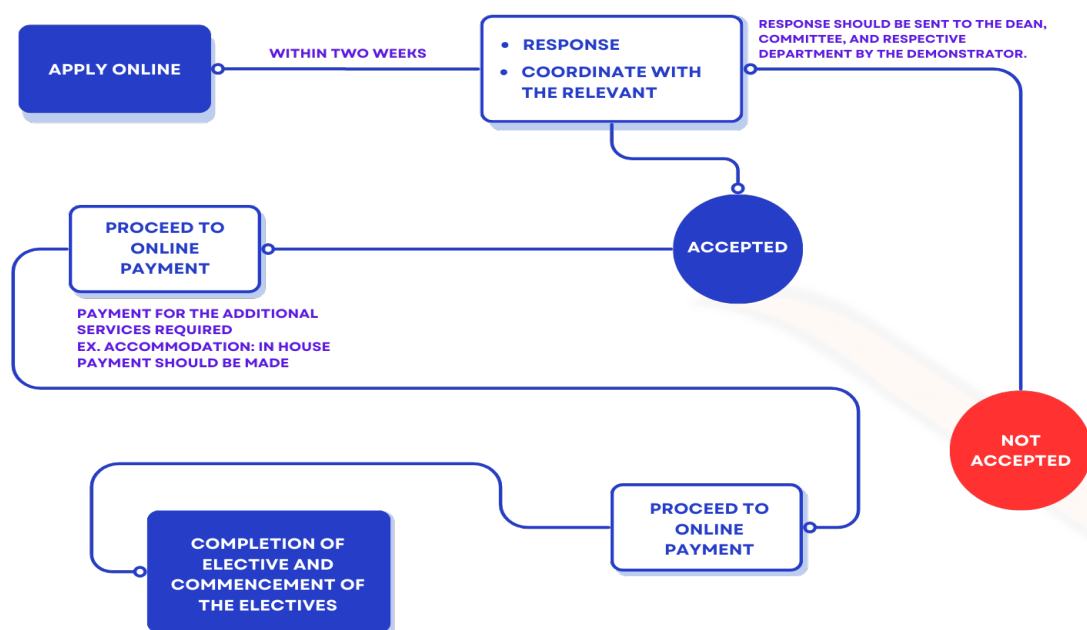
- SLR 25000 / USD 100 Per Programme

#### ***Location***

- University hospital -KDU, Werahera



## APPLYING FOR AN ELECTIVE POSITION IN KDU



### Application Process

- Online through Faculty of Medicine, KDU elective web page
- The prospective student is to register and create an account on the KDU-FOM elective web page and fill in the details online
- Relevant documents to be uploaded on to the same site

### Documents need to be uploaded

- Bio page of passport
- Letter by dean of medical school confirming studentship
- Complete CV
- Professional photo
- Any other document relevant to the type of elective

*Once the application is submitted for review, an automated email will be sent to notify the student that their application is under review. The application will be reviewed by the elective commit-*

*tee and the status of application will be displayed in the dashboard of student's account within two weeks.*

*Once the application is accepted a conditional acceptance letter will be issued which is downloadable from your account dashboard. Acceptance letters will be issued by the Elective Coordinator, FOM, KDU.*

### Payment

- The payment should be done subsequently via the **KDU payment gateway** under "**elective fees**" according to the **duration of the elective**
- Tuition fee should be paid **per week**. (Eg: for 4 weeks  $75 \times 4 = 300$  USD)  
**Please note that payments can only be made on a weekly basis.**
- Payments **must be paid as an online transaction**. Please note that **bank transactions facilities are not available**.

- Payments are required to be made ***exclusively in USD*** (Except for Taster courses) and payments should be ***made minimum three months prior to arrival.***
- ***Once the fee for the training period is paid, it is non-refundable if you decide to leave early.***
- ***Once the payment is made a confirmation letter will be issued advising you to apply for the visa.***

## PLANNING YOUR VISIT TO SRI LANKA



### Visa

Information regarding visas can be found at <http://www.immigration.gov.lk>.

You can also acquire a visa through the Sri Lankan High Commission or embassy in your home country.

The Department of Immigration & Emigration (DI&E) in Sri Lanka offers an online visa application service known as the “Electronic Travel Authorization (ETA)” available at <http://www.eta.gov.lk/slvisa/>.

We provide letters to assist with visa applications only upon request. ***To the best of our understanding, studying, including electives, is not permitted under the tourist visa category.*** For this reason, it is advisable to **obtain a business visa** instead of a tourist visa.

### Flights

Numerous international airlines offer flights to Colombo in Sri Lanka. The country’s national airline is Sri Lankan Airlines.

Bandaranaike International Air-

port (BIA), also known as Colombo International Airport, is located in Katunayake, 45 kilometres away from University Hospital KDU and 47 kilometres away from General Sir John Kotelawala Defence University.

### **Funds**

You are expected to fund your own travel and stay during your time in Sri Lanka.

### **Accommodations**

- Accommodation (Those are subjected to availability) and food can be arranged upon your request at an additional cost at the KDU hotel. If you require assistance, please request via email to [elective.kdu@gmail.com](mailto:elective.kdu@gmail.com).
- Alternatively, students can find their own accommodation.

Commonly used websites for accommodation:

- Homestay.com

<https://www.homestay.com/>

- Booking.com

<https://www.booking.com/>

- Air BNB

<https://www.airbnb.com/>

- Agoda

<https://www.agoda.com/>

### **Vaccination**

Vaccination certificate for Covid-19

## **ON ARRIVAL IN SRI LANKA**

### **At the Airport**

#### ***Currency Exchange***

The official currency of Sri Lanka is the Sri Lankan rupee (LKR). Currency exchange is conveniently

available at bank counters in the arrival lounge of Colombo International Airport.

Additionally, there are currency exchange services in and around shopping malls in Colombo. .

At UHKDU there are bank facilities available to exchange currency if required.



- The BOC branch located within the hospital premises offers convenient currency exchange services. To exchange currency, please present your passport at the branch.

<https://www.boc.lk/rates-tariff>



- Also, a HNB branch is located within the hospital premises, offering currency exchange services. To utilize this service, please present your visa and open an account with HNB. Currency exchange is available for USD, GBP, EUR, and CAD only.

<https://www.hnb.net/exchange-rates>

#### ***Transportation***

You can book a taxi, reserve a hotel room, and gather tourist information upon arrival in the lobby of Colombo International Airport.

Commonly used taxi services are:



- Uber <https://www.uber.com/lk/en/>
- Pick Me <https://pickme.lk/>
- Kangaroo <https://kangarocabs.com/>

Taxis can be booked via the relevant services app which can be found on App store or Google Play.

The ride from the airport to University Hospital, KDU typically takes around one hour, depending on traffic conditions.

### ***Phone/Internet***

You can purchase a SIM card at the airport arrival lounge or download an E SIM.

The following mobile providers offer the above services:

Mobitel <https://www.mobitel.lk/>

Dialog <https://www.dialog.lk/>

Hutch <https://hutch.lk/>

### ***Healthcare Advices***

During your time in Sri Lanka, it is essential that you keep safe and well. It is important that you have medical insurance to cover for your time in Sri Lanka.

Before arriving in Sri Lanka, it is strongly recommended that you are up to date with the relevant travel vaccinations.

You can check if you are up to date with the relevant vaccinations by accessing Centre for Disease Control (CDC) website on Sri Lanka at <https://wwwnc.cdc.gov/travel/destinations/traveler/none/sri-lanka>

Dengue fever which is spread by mosquito bites is common in Sri Lanka. Please take necessary precautions to

minimise mosquito bites (bug spray, appropriate clothing).

Food standards vary in Sri Lanka. Hence it is essential that you choose food safely, observe hand hygiene and drink unopened, factory-sealed bottles or cans

If you fall ill during your elective at UH KDU you will have access to medical care upon payment.

### ***Climate***

Colombo is in the Wet Zone. The climate is tropical and humid.

There are two monsoons (May/August and October/January) and occasional inter-monsoonal showers bring wet weather. Late December to February is cool at night.



# REPORTING FOR ELECTIVE PROGRAMME

## Arriving At UHKDU

Upon arrival the student should report to the international relations arm of KDU with the copy of payment slip, passport, the original letter from dean of the student's medical school and two photographs

### *On Arrival – Necessities*

- Passport with appropriate visa.
- Proof of payment for document processing charges plus Payment for total number of weeks of elective.
- Vaccination certificate for Covid-19

### *Meet your supervisor*

- Upon reporting to the relevant department of the elective the student will be given an attendance record which should be signed by the relevant supervisor or consultant
- The absence of the student from the elective appointment will be informed to the dean of the medical school.

### *ID Badge*

- Students should collect their ID card from the Elective Demonstrator upon arrival at the hospital/university.

### *Dress Code*

Medical Scrubs are strongly advised  
Scrubs can be purchased via following :

- Scrub'd by Bernards

<https://scrubdsl.com/>

- The Uniform Shop (TUS)

<https://tusgroup.lk/>

- Aria uniforms

<https://www.uniforms4healthcare.com/>

- Smart casual wear if scrubs are not available

- Casual wear (jeans / miniskirts etc) is not permitted

An identification tag issued by the hospital must be always worn

### *Meals*

Students can purchase meals from the university / hospital cafeterias, nearby restaurants, or order online through Uber Eats or PickMe apps

Uber Eats <https://www.ubereats.com/lk>

PickMe <https://pickme.lk/>

### *Illness*

Students can obtain medication and care from the university hospital when unwell on payment .





## TRAVELLING IN SRI LANKA



Sri Lanka, often referred to as the “Pearl of the Indian Ocean,” is a stunning island nation rich in culture, natural beauty, and history. With its lush landscapes, pristine beaches, and vibrant wildlife, Sri Lanka offers an unparalleled experience for travellers.

The country boasts eight UNESCO World Heritage Sites, including the ancient city of Sigiriya, famous for its remarkable rock fortress and frescoes. Explore the vibrant streets of Colombo, where modernity meets tradition, or wander through the charming colonial towns of Galle and Jaffna.



Sri Lanka’s diverse ecosystems range from misty mountains in the central highlands to sun-kissed shores along the coast. Wildlife enthusiasts can visit Yala National Park, home to leopards and elephants, or enjoy whale watching off the southern coast.

Culturally, Sri Lanka is a melting pot of traditions, with a rich tapestry of festivals, art, and cuisine. Savor the island’s famous dishes, such as aromatic rice and curry, or indulge in a cup of world-renowned Ceylon tea.

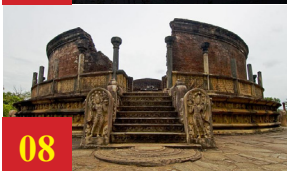
Friendly locals, a warm climate, and a welcoming atmosphere make Sri Lanka a perfect destination for adventure seekers and relaxation enthusiasts alike. Whether you’re exploring ancient ruins, hiking through lush jungles, or lounging on golden beaches, Sri Lanka promises an unforgettable experience.





*Here's a list of popular tourist attractions in Sri Lanka:*

1. Sigiriya Rock Fortress
2. Temple of the Tooth Relic (Kandy)
3. Galle Fort
4. Yala National Park
5. Dambulla Cave Temple
6. Ella (Nine Arches Bridge and hiking)
7. Adam's Peak (Sri Pada)
8. Polonnaruwa Ancient City
9. Nuwara Eliya (Tea Plantations)
10. Anuradhapura Ancient City
11. Hikkaduwa Beach
12. Mirissa (Whale Watching)
13. Kandy Lake
14. Sinharaja Forest Reserve



# Colombo



## 1. Relaxing

The beach is located less than 7 kilometres from University Hospital KDU. Mount Lavinia, a vibrant and popular tourist town is just 7 km away. Mount Lavinia features numerous seafood restaurants along the shore, as well as small, clean, and cozy hotels including the world famous Mount Lavinia Hotel which hails from the colonial era. Colombo offers a vibrant nightlife with many nightclubs, cinemas, eateries, and luxury hotels.

You can access more information regarding colombo on :

-Visit Colombo

<https://visitcolombo.com/>

-Lonely planet : Colombo

<https://www.lonelyplanet.com/sri-lanka/colombo>

-Get your Guide

<https://www.getyourguide.co.uk/>

## 2. Shopping

Colombo is increasingly becoming a shopping hub in Southeast Asia. There are many shopping malls offering local and internationally renowned brands. Shopping malls in Colombo include One Galle Face, Colombo city centre, Havelock city mall Crescat, Arcade Independence Square, Ma-

jestic City, Odel, and Liberty Plaza. For clothing, popular options include Cool Planet, Fashion Bug, No Limit, House of Fashion, Factory Outlet, Cotton Collection, Dilley, and Mondy.

Useful web sites:

YAMU: <https://www.yamu.lk/>

Tripadvisor : <https://www.tripadvisor.com/>

Time out : Sri Lanka shopping guide <https://www.timeout.com/sri-lanka/shopping>

## 3. SIGHTSEEING In Colombo

There are several unforgettable places to experience in Colombo. These include :

- The Lotus tower
- The National Museum
- Galle Face Green
- Seema Malakaya
- Dutch period museum
- Pettah floating market
- Geoffrey Bawa House
- The National Zoological Park, Dehiwala
- Independence Memorial Hall (Independence Square)
- Gangarama Temple
- Kelaniya Temple
- Colombo Port Maritime Museum



- Colombo Airforce Museum
- Traditional puppet art museum

#### 4. RESTAURANTS / CAFES

Here's a list of popular restaurants and cafes near Borelasgamuwa, Sri Lanka:

1. Pizza Hut Borelasgamuwa
2. KFC Borelasgamuwa
3. Gami Gedara
4. Gihan's Family Restaurant & Pub

#### 5. SAFETY

Sri Lanka is generally considered a safe country for travellers. However, it's always wise to take care of your belongings and remain vigilant to ensure a pleasant and enjoyable experience.



## **EMEGENCY TELEPHONE NUMBERS**

<b>Emergency Services</b>	<b>Telephone Number</b>
Police Emergency Hotline	118 / 119
Ambulance / Fire & rescue	110
Accident Service-General Hospital-Colombo	011-2691111
Tourist Police	011-2421052
Police Emergency	011-2433333
Government Information Center	1919
Report Crimes	011-2691500
Emergency Police Mobile Squad	011-5717171
Fire & Ambulance Service	011-2422222



## PUBLIC HOLIDAYS OF SRI LANKA

<https://publicholidays.lk>

### END OF ELECTIVE

After completing the elective programme, a completion letter will be issued by Deans, FOM, KDU. As per the requirement of the student, a letter will be issued by the relevant head of the department

### LETTER OF CONFIRMATION OF ATTENDANCE

Should obtain the signature from the relevant supervisor at the end of each day.

### FEEDBACK FORM

At the end of the elective attachment, we will send the feedback form via email; please fill it out and send it back to us.

### PREVIOUS STUDENTS AND THEIR COMMENTS



“We practiced clinical skills, observed invasive procedures, and performed basic tasks like suturing and wound care. We learned to assist surgeons during operations and examined patients in clinics and wards. We encountered both communicable and non-communicable diseases. This experience allowed us to take histories, interpret test results, and refine communication skills as we prepare for our final year.”

- (3) What did you enjoy most during your elective at UH KDU?  
The teaching was excellent by all the doctors who I worked with. There were many opportunities to learn which is what I was looking for. I also enjoyed the surgical exposure I received throughout the Rotation.
- (4) What were the difficulties/problems faced during your elective at UH KDU?  
N/A
- (5) In your opinion, what changes could improve the elective program at UH KDU?  
I think creating a time table for students on elective would be helpful as it would be more clear on where and what specialty I would have each day during my rotation at the hospital.
- (6) Would you recommend this elective to other students from your university? YES / NO
- (7) Please feel free to add any further comments in the space provided below.