



Parent Guide



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About Atlantis

Atlantis is the leading study abroad program for pre-health students.

Medical schools want 3 things: healthcare exposure, GPA/MCAT, and AAMC competencies. When students shadow with Atlantis, they get all 3:

- **Best Healthcare Exposure:** Compared to typical clinical experiences, 360 Shadowing with Atlantis means far greater depth, breadth, quantity, and intercultural perspective.
- **Focus More on Grades:** Most students don't prioritize GPA/MCAT enough. Doing 360 Shadowing over break accomplishes so much extracurricular-wise that you can cut out other activities during the year.
- **Show AAMC Competencies:** 360 Shadowing lets you refine and showcase most of the key competencies for entering medical students, creating powerful stories for your applications and interviews.

Our mission is to build a world where healthcare professionals love their jobs and patients love them. We do this via programs that help put the right people in healthcare and help these people thrive in their field.

15 Years

Atlantis celebrates its 15th anniversary in 2022.

100 Hospitals

Atlantis partners with 200+ leading public and private hospitals in Europe, The United States and Latin America.

1000s Alumni

Thousands of pre-health students have had their lives changed by participating in our programs.

Atlantis was founded in 2007 in North Carolina as a student program focused on sending students during the summer to Portugal, specifically the Azores Islands, the hypothetical location of the mythical lost city, Atlantis. Today, Atlantis is based in the Washington, D.C. area and runs programs worldwide, primarily in Europe and the United States.

Students leverage their Atlantis experience to gain admittance into schools such as Harvard, Duke, UCSF, the Mayo Clinic, and the Cleveland Clinic medical schools; Master of Public Health programs at Yale and University of Michigan; NYIT College of Osteopathic Medicine; Johns Hopkins School of Nursing; and many more.



As parents, my wife and I found that the staff at Atlantis are prompt, courteous and well informed. They are helpful and always return our calls and email messages quite promptly. Our son thoroughly enjoyed his trip to Tomelloso, Spain and speaks very highly of this fellowship program. He enjoyed shadowing the doctors at the hospitals in [Tomelloso] and he has thus far received numerous offers of enrollment at medical colleges in Europe conditional upon his SAT results. Our son also speaks of the excellent chance in meeting new people and learning a new culture. We highly recommend this program to all prospective medical students.

— Ajay & Bonnie C., Atlantis Alumni Parents

ATLANTIS ALUMNI



Zoey Petitt

Atlantits '17, U. of Arizona '18,
Duke School of Medicine '23



Nathan Ewing-Crystal

Atlantits '17, Yale '19, UCSF '23



Nick Morley

Atlantits '17, Brown U. '13,
Columbia Vagelos College of
Physicians & Surgeons '23



Elorm Yevudza

Atlantits '16, Amherst College '19,
Columbia Vagelos College of
Physicians & Surgeons '24



Nick Tucker

Atlantits '16, Notre Dame '17,
Case Western Reserve University
School of Medicine '21



Tiffany Hu

Atlantits '16, U. of Maryland
College Park '17, University of
Michigan Medical School '22



Yong-hun Kim

Atlantits '17, Stanford '19, Mayo
Clinic School of Medicine '24



Avneet Chadha

Atlantits '17, UM-Ann Arbor '18,
Kimmel MD '23



Janine Baldino

Atlantits '16, NC State '15,
UNC Chapel Hill MD '22

SOME ATLANTIS UNIVERSITY PARTNERS

(but students from any university may apply)



SOME ATLANTIS HOSPITAL PARTNERS





The Program

HOW IT WORKS

360 Shadowing with Atlantis has the depth, breadth, and intercultural component that medical schools are actively looking for. Programs take place over 1-10 weeks during academic breaks in Europe's top hospitals, where students experience a wider range of healthcare procedures and intercultural settings.

WHAT IS 360 SHADOWING?

360 Shadowing is a unique, time-tested model we have developed with over 200 hospital partners around the globe. When compared with regular shadowing or typical clinical experience, 360 Shadowing has far greater depth, breadth, quantity of hours, and intercultural perspective. In addition to shadowing, Atlantis offers service-driven internships for pre-health students who want to take their clinical experience to an even higher level. Our alumni go on to top medical schools, including Harvard, Duke, UCSF, the Cleveland Clinic, and the Mayo Clinic.

WHO IT'S FOR

Anatomy of an Atlantis Student

We are proud of the fact that our students come from a diverse set of educational backgrounds within the world of pre-health. They range from incoming college freshmen to recent graduates and masters students. Atlantis students:

1. Are at least 18 years old by the time their program is set to start
2. Have a genuine passion for healthcare, commitment to excellence, and professionalism
3. Go on to pursue a wide range of health professions: MD, DO, PA, Nursing, PT, OT, Pharmacy, and many others

THE VALUE OF ATLANTIS

Life-Changing Experiences Made Accessible

As a busy pre-health student, trying to coordinate a few shadowing hours here and there with local doctors is difficult and not always rewarding. Completing your shadowing hours during break is the most efficient option, and it allows you to focus on grades and test prep during the semester. We manage all the logistics and scheduling with the doctors, so that you can focus on the experience itself.



HOSPITAL EXPERIENCE

Atlantis allows students to shadow abroad for 20+ hours each week in different departments. All hours are observation-only, following the ethical guidelines of the AAMC. Students typically shadow departments in pairs; some fields will be surgical but more often non-surgical. Below is a sample rotation schedule:

Schedule	Week 1	Week 2	Week 3
Sample A	Cardiology	General Surgery	Orthopedics
Sample B	Thoracic Surgery	Emergency	General Surgery
Sample C	Orthopedics	Cardiology	Emergency

*Preferences for specialties are not guaranteed.

Our team chooses shadowing locations that are surrounded by the rich cultural offerings of Europe. We know many pre-med students are unable to study abroad due to course requirements. Atlantis allows students to combine the joys of travel abroad with the invaluable experience of shadowing in another advanced healthcare system.



Note on the Language Barrier

English levels vary within the hospital, but no knowledge of language will be required for this to be a valuable experience. We always encourage students to practice in the months leading up to their program, but regardless, you'll be very much outside your comfort zone. That is by design, and it will boost your cultural competence. In the long run, you will be better able to relate to patients because you've known what it is to be an outsider in a foreign healthcare system.

“

This program was an absolutely incredible experience for our daughter, far beyond our expectations. She was able to shadow doctors in a variety of departments, including watching numerous surgeries, and was treated with the utmost respect and caring by doctors and hospital staff who truly desired for her to learn and understand as much as possible about everything she was observing.

— Deena D., Atlantis Alumni Parent

“

My Site Manager was phenomenal at keeping our group organized and communicating the entire time. She was very thorough and helpful in navigating on the days I was experiencing trouble with my flight/luggage. She always had an answer to our questions.

— Alexi B., Atlantis '20, Virginia Wesleyan College '21



Health Precautions

For the safety of your child, the other students, the patients, and the doctors in the hospital where they will be shadowing, Atlantis takes many precautions to determine that your child is healthy and that it is safe for them to shadow. These measures include, but are not limited to the following:



1.

All students must submit their vaccination records to be eligible to complete shadowing, and in addition, some hospitals require further measures (e.g. TB tests and HepB vaccinations) to be completed before any program begins. Our team will notify students in advance of any additional requirements for the specific hospital they will be shadowing in.

2.

We provide comprehensive travel & health insurance plans for all students during their time abroad, which cover medical expenses due to accidents, sickness, and specifically COVID-19. Benefits include emergency medical evacuation.

3.

Students and parents alike are encouraged to review the following Johns Hopkins' School of Medicine article, "[What To Do If You Get Sick While Traveling](#)." Students should always follow normal, healthy practices as they would at home. Please also be sure that your child knows his or her allergies or any unusual health issues and informs our team of them during the pre-departure process.

4.

We require that your child include all past health history during the pre-departure process as directed. Please know that we do not discriminate because of health issues. Any reported health concerns remain strictly confidential and it is vital that our team be aware of all relevant health information of our students so that we can best handle emergency situations and provide necessary care when appropriate.

5.

For location-specific health concerns and more information on required vaccines for any given location, please visit [The Center for Disease Control and Prevention](#) website.



The quality and organization of the program is unparalleled.

— Greg K., Atlantis '20, Kansas State University '21



Flights & Arrival

1.

PRE-DEPARTURE

As your child prepares for their program, our Post Enrollment team will make sure that both you and they feel confident and comfortable with what to expect. Our Post Enrollment team will be your point of contact regarding travel logistics, vaccine records, and payment questions. You will receive details on the hospital shadowing location, Site Manager, program housing address, and arrival day logistics no later than two weeks before the program start date.

2.

INTERNATIONAL ARRIVAL

With few exceptions, Atlantis students are individually responsible for arriving at their housing location independently. Nearly every single one of our students has successfully and safely arrived at their destination airport and then subsequently to their housing location, in part thanks to the fact that all students are consistently in contact with our staff for assistance with any part of the arrival process. When booking flights, please keep in mind that students should try to arrive at their housing site in the early afternoon on the start date of their programs if possible. Please consider if your child has to take a train or bus from their arrival airport to their housing location to ensure that they can arrive at their housing location before 5pm local time.

3.

FLIGHT BOOKING TIPS

A great way to save money is to scan the internet for the best flight deals, following these best practices:

- Use an “incognito” window in your search engine to prevent your cookies from being tracked and from consequently being shown potentially higher fares. You can go “incognito” by pressing CTRL + Shift + N in Google Chrome and other browsers.
- Use a good flight-search website. We recommend: [skyscanner.com](https://www.skyscanner.com), [momondo.com](https://www.momondo.com), [edreams.net](https://www.edreams.net), and [kayak.com](https://www.kayak.com).
- In search of cheaper fares, search for various departure and arrival cities and build your own itinerary of connecting flights.





Housing

Hotel, dormitory, or apartment-style housing is provided for the duration of the program. All housing locations are selected with safety top of mind and are typically near the respective city centers. Depending on the program location, the housing-to-hospital commute can take anywhere from 5 minutes to 1 hour+ depending on traffic patterns, and may be accessed by walking or public transportation. If needed, the cost of commuting to and from the hospital is covered in your student's program fees.

In general, all students have at least one roommate of the same gender. Students may request a single room for an additional fee, the cost of which varies by program location.

All students have access to WiFi at their housing locations, though it is important to note that WiFi in other countries may not be as high-speed or reliable as students are used to, especially in individual rooms within a building, as opposed to in a lobby, for example.

Finally, please be aware that housing features and specific amenities do vary by site, and your child's housing may be of a different quality than residence halls or dorm rooms in the United States. For example, some housing may not have air conditioning, as such an amenity is far less common in Europe. Please know that our Site Managers are extensively trained to walk students through these differences and they are advocates for students regarding any housing-related issues.





Value and Alumni Outcomes

As an organization, we prioritize building programs with long-term educational value for our students, and believe that an Atlantis program is an effective investment in their future.

- 97% of alumni accepted to med/PA school referenced Atlantis on their application, and the vast majority said it “strongly” or “very strongly” impacted their admittance.
- 93% of Atlantis alumni either “strongly agreed” or “agreed” that they had progressed on AAMC competencies
- More than 1 out of every 10 U.S. pre-health advisors has been to our programs

Atlantis alumni set themselves apart by having best-in-class healthcare exposure, the focus they need to excel in classes and on the MCAT, and the competencies that the AAMC looks for in applicants. Hear from one of our top alumni how Atlantis helped him in applying to medical school:



I believe that highlighting the Atlantis experience significantly bolstered my candidacy and helped lead to numerous eventual [medical school] acceptances I was fortunate enough to receive. Whether it was juxtaposing different healthcare models, witnessing a captivating medical procedure, meeting an extraordinary physician, or being deeply moved by a patient's heartwarming story, the extended clinical shadowing experience offered by Atlantis provides fantastic opportunities for prospective health students in a variety of interests. I am very glad to have had the chance to broaden my medical and cultural horizons with Atlantis before beginning medical school.

— George Bugarinovic, Atlantis '16, Johns Hopkins '15, Harvard Medical School '20



I feel Atlantis had my son's safety a top priority. His experiences in the medical settings on location were legitimate, and brought value to him as validation of his future career choice in medicine.

— David H., Atlantis Alumni Parent



We help build a world where healthcare professionals love their jobs and their patients can sense that. We do this via programs that (a) help put the right people in healthcare and (b) help these people thrive in their field.

atlantis

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