**FREQUENTLY ASKED QUESTIONS:**

**PRE-MED/PRE-HEALTH WILDERNESS & EMERGENCY MEDICINE COLORADO**

**Registration** - The classes fill quickly so early registration is strongly recommended. Payment, either in full or with just a deposit, is required at the time of registration. The program is open to all undergrads and grads, including out of state and international participants. There is a small administrative fee for drops that occur more than 60 days prior to the start of a session, and more significant fees for drops after that, so please read the refund policy carefully.

1. **Setting** - This week and half long program is held in hip, metro Denver, on the Anschutz Medical Campus and the campus of the University of Colorado School of Medicine.
2. **Arrivals** – Participants need to be at the orientation location for the start of the program no later than 4:00pm MT on Day One. A light dinner will be provided that evening.
3. **Flights** – For those flying in, please plan on Denver arrivals by 2pm MT on Day One. At the conclusion of the program, we will get you back to the airport in time to make flights departing after 12 pm MT on the final day of the program.
4. **Meals** – You will be provided with light breakfast snacks and lunch. You will be responsible for most dinners. Most special dietary needs can be accommodated.
5. **Accommodations** – We recommend that participants stay at the Hyatt Regency Aurora-Denver, across the street to our Anschutz Medical Campus (AMC), where most programming will take place. Participants are responsible for booking their own rooms. We have worked out a group rate with the hotel, offering discounted rates. Please contact the course coordinator for more information. For more information on the hotel: https://www.hyatt.com/en-US/hotel/colorado/hyatt-regency-aurora- denver-conference-center/denhy. Many students also book their own (or shared) local AirBnBs.
6. **Roommates** – For students looking to save money or who simply want to make a new best friend, we recommend seeking a roommate. To find a roommate please join our Pre-Med Facebook group: https://www.facebook.com/groups/1579438425631089/
7. **Denver Transportation** – Students are responsible for their own transportation from the Denver Airport. If coming from driving distance, participants are encouraged to bring their own cars. There is limited free parking available at AMC. There is light rail and bus transport to the campus from the Denver metro area, Golden, and Boulder. Transportation to the airport will be provided from campus on the last morning of the class.
8. **Dress** – Dress for the in-town portion of the program is clean, professional looking attire: button down shirts or blouse, slacks, skirts, or dresses, comfortable closed-toed shoes. That said, you will be going outside to learn on the grass or snow, working on the floor at times, and/or walking some distance so heels are not recommended. Jeans are not allowed for Emergency Room shadowing and are frowned upon for classes. You will be a hands-on learner (bending, lifting, being a “patient,” etc.) during the week; bring clothing that allows for active movement. If you would like examples of what you will be doing during class and at camp and how other students have dressed please review the gallery of photos at our Flickr webpage (https://www.flickr.com/photos/133284509@N07/sets/72157654610747225). Participants will also need a watch, pen or pencil, and small notebook at all times.
9. **Curriculum and Schedule** – The curriculum is rich and diverse, with expert medical school faculty delivering the lectures and workshops. Because they are top doctors and other medical professionals, finalizing their schedules is very difficult and always results in last minute changes. Thus, we do not publish a “final” schedule until Day One of the program, and even then it is very subject to modification. In the big picture, most days will go 9 am to 6 pm with a mixture of lectures and hands-on workshops. Because we want to provide for you a rich and robust introduction to emergency and wilderness medicine the schedule is intense (a great introduction to medical school!). **Please be ready for long days and rigorous learning**.
10. **Outside of Class Learning** – In addition to the 9-6 classroom learning you will have the opportunity to shadow in the Emergency Department. The shadowing will be with an attending physician for a two- hour block in the Emergency Department, sometimes in the evenings after class. For those who are local, longer shadowing arrangements can be made either before or after the in-person portion of the class.
11. **CPR Certification** - There will be optional CPR certification class(es) held evening(s) of the program. Certification is through the American Heart Association. More about this will be shared at the Day One orientation.
12. **Optional WFR** – For those who are interested there is the opportunity to earn optional Wilderness First Responder (WFR) certification. To earn the certification hands-on skills demonstration and a passing (80%) grade on a written final are required.
13. **Optional Stop the Bleed Certification –** Integrated into the class is the Stop the Bleed curriculum so that students can earn that national certification.
14. **Planned Recreational Activities** – An evening rock climbing experience will be provided, as well as a hike/climb of a Rocky Mountain peak with stunning views. No experience is necessary and they will operate on a “challenge by choice” philosophy (do as little or as much as wanted). And he activities are optional.
15. **Evening Social and Recreational Activities** – Participants are responsible for their own social and recreational activities on in-town evenings when not participating in outside of class learning experiences. Light rail connects close to the Hyatt to downtown where there are numerous restaurants, movie theaters, etc. A free afternoon will be provided to explore Denver. In the past, participants have caught a ball game, rented bikes, explored the trails of nearby Cherry Creek Reservoir Park, or explored downtown Denver.