



ROSS UNIVERSITY  
SCHOOL OF MEDICINE

# Welcome

## FRIENDS & FAMILY

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RUSM - BARBADOS





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Barbados has rich English, African, and West Indian roots. Formerly a British colony for 334 years, Barbados is now an independent nation, and part of the Lesser Antilles of the West Indies. The first indigenous people, the Arawaks, arrived from Venezuela. Later, the Caribs arrived in Barbados around 1200. There is still a Kalinago presence in Dominica; however, the culture of the Caribs has mostly vanished in Barbados.

In the sixteenth century, Barbados got its name from Portuguese sailors. They named the island Los Barbados (bearded ones) after the fig trees, which looked like beards. Later in the 1600s, the English colonized the island for the production of sugarcane, tobacco, and cotton. Barbados held a dominant market share in the sugar industry through the 17th century, which was made possible by the use of enslaved people to meet labor demands. Slavery was finally abolished in Barbados in 1834.

Barados gained full independence from Britain in 1966. In 2021, it became a parliamentary republic and elected its first president.

Barbadians, or Bajans, are friendly and welcoming, and have a strong religious and spiritual conscience. English is the official language of Barbados, but you'll likely hear the Bajan dialect spoken. Locals will greet you with a "good morning" and "good evening" on the island.

Throughout your time here, you'll get to experience the traditional foods of Barbados. Flying fish and cou-cou is the national dish of Barbados. Cou-cou is similar to grits, made from cornmeal and okra. You can also try pudding and souse, a weekend lunch dish made from pork and sweet potatoes. We also recommend macaroni pie, fish cakes, and cutters (sandwiches) from local vendors and restaurants on the island.

Barbadians love a good party, or fete. Crop Over is the annual summer celebration marking the end of the sugarcane harvest. Other festivals on the island include the Holetown Festival and the Oistin Fish Festival. Barbados is home to Rihanna, and you can also hear Calypso and steel pan music around the island.

We hope you'll immerse yourself in the local culture and experience all that Barbados has to offer!



### General

#### Government

Parliamentary republic

#### Head of Government

President: Her Excellency  
The Most Hon. Dame  
Sandra Prunella Mason,  
FB, GCMG, D.A., Q.C., LLD

Prime Minister: The Hon. Mia Amor Mottley,  
S.C., M.P.

#### Area

430 square kilometers (166 square miles)  
with a coastline of 97 kilometers (60 miles)

#### Location

Atlantic Ocean, northeast of Venezuela

#### Time Zone

Atlantic Standard Time (UTC-4)

#### Towns

Capital: Bridgetown  
Towns: Oistins, Speightstown, Holetown

#### Average Temperature

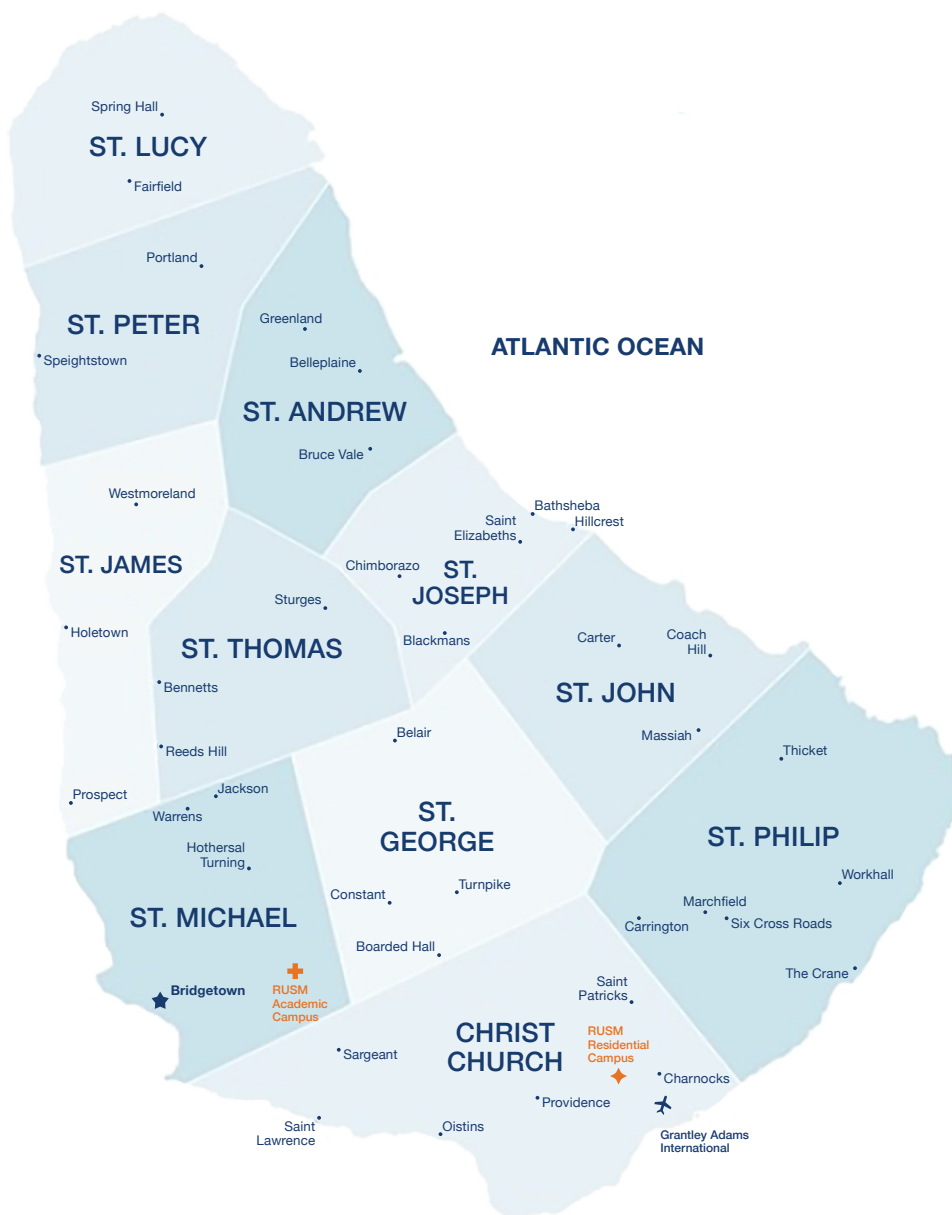
27°C or 80°F: warm and sunny

#### Elevation

Relatively flat; rises gently to central  
highland region



# BARBADOS



## Economy

### Currency

Barbadian dollar (BBD)

2 BBD = 1 USD

Barbados has a market-based economy with both the private and public sectors actively involved in determining the goods and services made available to consumers.

### Primary Business Sectors

Tourism, international business and financial services, manufacturing, and agriculture

## Culture & History

### Official Language

English

Colloquial: Bajan (English-based Creole dialect, widely spoken in informal settings)

### Food

National dish: Cou-cou and flying fish

Popular: Pudding and souse

A wide variety of seafood and meats are also available.

## Visitor Information

<https://immigration.gov.bb/pages/visitor.aspx>

### Do I need a visa to enter Barbados?

Check the link to see if your country is on the required visa list or is exempted: <https://www.foreign.gov.bb/wp-content/uploads/2022/08/Updated-visa-list-August-2022.pdf>





## Friends & Family

### RUSM Residential Campus: The Villages at Coverley

#### RUSM Services:

- Campus life
- Housing
- Music room
- Security
- Study areas
- Wellness and counseling

#### Community Services:

- Banks
- Dentist
- Fitness Center
- Gas station
- Hair salon/barber shop
- Medical clinic
- Outdoor spaces: Playing field, courts, play areas, etc.
- Other residential housing
- Restaurants: Local and international food
- Supermarket



### RUSM Academic Campus: Lloyd Erskine Sandiford Centre (LESC)

- Academy for Teaching and Learning (ATL)
- Anatomy and simulation labs
- Classrooms
- Exam services
- Faculty offices
- Cafe and cafeteria
- Library
- Study spaces
- Support services: Student Affairs, Student Care Advisors, Security, IT, Immigration, Accounts



## Emergency Phone Numbers

### **RUSM CAMPUS SECURITY**

(246) 627-8011

What'sApp and Local Phone

### **POLICE EMERGENCY**

211

### **POLICE NON-EMERGENCY**

(246) 430-7100

### **FIRE SERVICE**

311

### **AMBULANCE SERVICE**

511

## Medical Care

If your student needs to seek medical treatment on the island, there are a number of options for care.

Note: Students can receive medical care from Coverley Medical Centre, Sandy Crest Medical Centre, hospitals, or any other medical clinics depending on the situation.

## Hospitals & Medical Clinics

For students using Aetna Student Health insurance: Direct billing is available at Sandy Crest Medical Centre and Coverley Medical Centre.

### **COVERLEY MEDICAL CENTRE**

The Villages at Coverley, Christ Church

Phone: (246) 627-1000

Email: [medicalcentre@sandycrest.net](mailto:medicalcentre@sandycrest.net)

Website: <https://sandycrest.net/cmc/>

### **URGENT CARE MOBILE (24 HOURS)**

18 Pine Road, Bridgetown, St. Michael

Phone: (246) 538-3838

Email: [info@urgentcare.barbados.com](mailto:info@urgentcare.barbados.com)

Website: [www.urgentcarebarbados.com](http://www.urgentcarebarbados.com)

### **SANDY CREST MEDICAL CLINIC (24 HOURS)**

Sandy Crest Hometown, St. James

Phone: (246) 419-4911

Website: <https://sandycrest.net/scmc/>

### **THE QUEEN ELIZABETH HOSPITAL (PUBLIC)**

Martindale's Road, Bridgetown, St. Michael

Phone: (246) 436-6450

Website: [www.qehconnect.com/](http://www.qehconnect.com/)

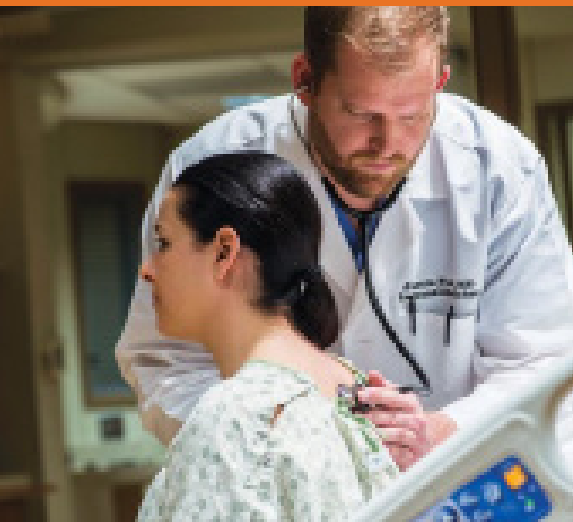
### **BAYVIEW HOSPITAL (PRIVATE)**

St. Pauls Ave., Bridgetown, St. Michael

Phone: (246) 436-5446

Email: [info@bayviewhospital.com.bb](mailto:info@bayviewhospital.com.bb)

Website: [www.bayviewhospital.com.bb/](http://www.bayviewhospital.com.bb/)





# Embassies

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**It is advised that your student registers with your embassy for the duration of his/her stay in Barbados.**

You may find that you need services provided by your Embassy while here in Barbados. The U.S. Embassy and High Commission of Canada can provide passport services, notarial services, and emergency services for U.S. and Canadian citizens.

**U.S. EMBASSY IN BARBADOS, THE EASTERN CARIBBEAN, AND THE OECS:**

Phone: (246) 227-4000

Website: <https://bb.usembassy.gov/>

Email: [bridgetownpublicaffairs@state.gov](mailto:bridgetownpublicaffairs@state.gov)

**HIGH COMMISSION OF CANADA IN BARBADOS:**

Phone: (246) 629-3550

Website: [www.international.gc.ca/world-monde/barbados-barbade/index.aspx?lang=eng](http://www.international.gc.ca/world-monde/barbados-barbade/index.aspx?lang=eng)

Email: [bdgtn@international.gc.ca](mailto:bdgtn@international.gc.ca)

**OTHER WORLD EMBASSIES:**

<https://barbados.org/embassy.htm#.ZGeh2ezMIWo>

If you are a citizen of another country outside the U.S. and Canada, be sure to research your closest embassy in regard to services and visas.





# Student Affairs



The Office of Student Affairs oversees our **Learning Communities (LCs)**, which are designed with student success — leading to residency attainment — as the primary goal. Within each LC, students are supported by a variety of resources. There are also strategic opportunities throughout their medical education that focus on **engagement** within and outside of their RUSM community, personal **well-being**, **academic success**, and **personal** and **professional development**. We look forward to seeing our students grow and succeed as future MDs and RUSM community members.

# Student Care Advisors



**FIRST POINT  
OF CONTACT**  
FOR STUDENT CARE

### Students Can Contact the SCA...

- If they are not feeling well and an exam or mandatory activity is coming up
- If they have a medical or other emergency which may require a short- or long-term leave of absence
- If they need to leave Barbados for any reason during the semester
- If they are unsure of where to go for help or resources
- For check-ins and referrals to academic and student support resources

## Connect with a Care Advisor

**Email:** [RUSMSCATeam@RossU.edu](mailto:RUSMSCATeam@RossU.edu)

**Campus Location:** LESC, Barbados/Remote

**Social Platforms:** GroupMe

## Functions of Student Affairs

### CONDUCT & PROFESSIONALISM

[studentconduct@rossu.edu](mailto:studentconduct@rossu.edu)

- Code of Conduct
- Compliance
- Grievance Committee
- Honor Council
- Professional & Development Programming

### CAMPUS LIFE

[campuslife@rossu.edu](mailto:campuslife@rossu.edu)

- Campus Activity Board
- Community Engagement
- New Student Orientation
- Peer Mentor Program
- Student Government Association
- Social events
- Student clubs and organizations

### STUDENT DEVELOPMENT/ SUCCESS INITIATIVES

[studentaffairs@rossu.edu](mailto:studentaffairs@rossu.edu)

- Student Ambassador Program
- Care Team
- Continuing Student Orientation
- RUSM Honors Night
- Faculty Mentoring Program
- Family and Friends Weekend
- Financial Aid Appeals
- Learning Communities
- Medical Specialty Awareness Programming
- Special Circumstances Committee
- Student Advising
- Student Promotions Committee
- Transition to Clinical Sciences with Office of Career Advisement
- White Coat Ceremony

### WELLNESS & COUNSELING

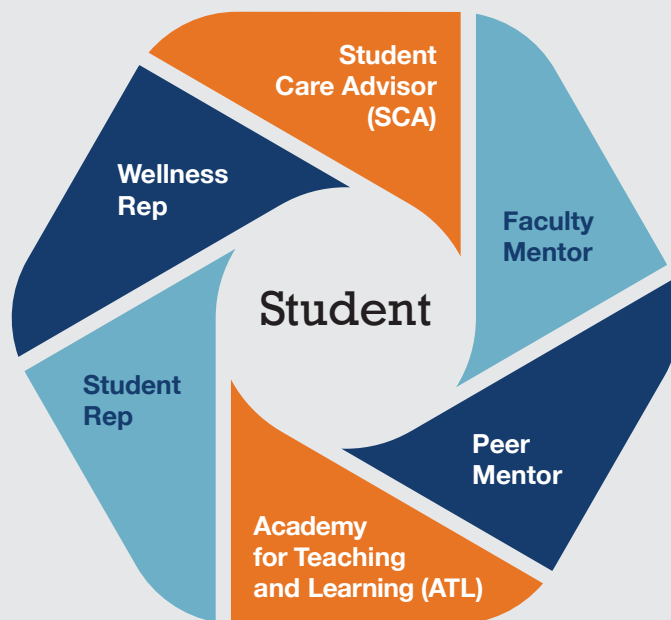
[rusmwellnessandcounseling@rossu.edu](mailto:rusmwellnessandcounseling@rossu.edu)

- Case management
- Counseling: group and 1:1
- General wellness
- Health activities





# Learning Communities Composition & Support



Your Learning Community (LC) is your family at RUSM. Within each LC, care and support are central. LC resources are pivotal to enhance student success.

***Balance is essential.  
Wellness, a priority.***



## Additional Contact Information

Sexual Misconduct Reporting: [titleixcoordinator@rossu.edu](mailto:titleixcoordinator@rossu.edu)

Special Circumstances Committee: [specialcircumstances@rossu.edu](mailto:specialcircumstances@rossu.edu)

Office of External Affairs: [rusmoea@rossu.edu](mailto:rusmoea@rossu.edu)

Office of Student Disability Services: [rossmedosds@adtalem.com](mailto:rossmedosds@adtalem.com)



# Academic Resources

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If your student is experiencing challenges with academics or wishes to enhance his/her academic performance, you can remind him/her about the following resources:

## Academy for Teaching and Learning (ATL)

[atl@rossu.edu](mailto:atl@rossu.edu)

- Learning Specialists - Academic Support/Learning Strategies
- Exam preparation and test-taking strategies
- Peer Tutoring Program
- Boot Camps - pre-exam sessions - subject-specific
- Road to Success program
- Assessment of deficiencies - remediation

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## Faculty

- Content Experts
- Serve as Faculty Mentors
- Guide students through the completion of their Step Prep Plan

# Wellness and Counseling

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Each Learning Community (LC) has an assigned Wellness Rep who can provide your student with information on wellness and counseling activities, as well as help to connect your student with other mental health services available on the island and remotely.

Please encourage your student to always balance studying with wellness and well-being.

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**Phone:** (246) 245-1622

**Email:** [rusrmwellnessandcounseling@rossu.edu](mailto:rusrmwellnessandcounseling@rossu.edu)



## Wellness



# Safety & Security

To sum up, Barbados continues to be a generally safe place to live, visit and enjoy. This is due partly to the efforts of the members of the Barbados Police Service.

While Barbados is a very safe island, like anywhere else in the world, Barbados is not without crime. There are certain things your student can do to stay safe and keep out of harm's way.

## General Tips

- Avoid carrying large sums of cash.
- Use credit or debit cards where possible.
- Make copies of important documents.
- Save all emergency numbers on cellphone.
- Keep electronics, purses, backpacks, and other valuables hidden from view through home or car windows.
- Keep doors locked at all times at your home/apartment.
- Do not wear camouflage. The wearing of camouflage clothing or the carrying of any article containing the camouflage pattern is illegal in Barbados.
- Report any safety or security incidents to RUSM Security immediately.

## On the Beach or Sightseeing

- Marijuana is illegal. Avoid people who try to offer it or other illicit drugs to you.
- Do not leave cameras, cellphones, or other valuable items unattended.
- Adhere to beach signs and follow the advice of lifeguards on duty.
- For help with directions, look for a police officer, a public employee (in uniform), or an official business place.
- Avoid deserted/isolated areas. If you feel uneasy, leave the area.
- Do not litter.
- Avoid picking flora or disturbing wildlife.



- Keep a lookout for manchineel trees; they are very poisonous. Standing under one during a rain shower can cause skin blisters as the sap is very acidic. These trees are marked with a red circle.

- When at public beaches, avoid touching ropes and buoys, as sea lice can cause skin irritation.

## When Driving

- Keep on the left side of the road.
- Avoid leaving packages in plain sight in motor vehicles.
- Lock all doors while driving.
- Follow speed limits and traffic arrows.
- Be mindful on roundabouts. Give way to vehicles coming from the right.  
<https://www.totallybarbados.com/articles/get-around-barbados/roundabouts/#.X6QJg4hKiUk>
- You cannot turn on a red light

We strongly encourage our students to take all necessary precautions to ensure their safety and protect their personal effects as they move around enjoying all the island has to offer!

## Other

- To save on utility costs, turn on the air conditioning right before going to bed and turn it off when you wake up.
- Hang laundry out to dry rather than using the dryer. A drying rack is a good investment!
- Leave home before 7:00 am to avoid traffic.
- Bridgetown has duty-free shopping as do all Cave Shepherd retail stores in Barbados.
- Roads are very heavily trafficked, so be cautious when biking.
- Although Barbados is a relatively safe island, you should still lock up at night.
- Keep your distance from the monkeys. They are beautiful creatures but they can get aggressive.
- Buses to city stops always get you back to a highway (or civilization).