



**SABA**  
UNIVERSITY  
SCHOOL OF MEDICINE



# New Student Guide





# About Saba

LOCATION	Part of the Dutch Caribbean, 150 miles east of Puerto Rico, 28 miles southwest of St. Maarten
COORDINATES	63.13O W, -17.38O N
CAPITAL	The Bottom
SIZE	5 square miles
POPULATION	1,800
LANGUAGE	Dutch and English

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**Dear Future Doctor,**

Congratulations on your acceptance to Saba University School of Medicine (SUSOM)! I am pleased to welcome you to our growing community.

We are excited to take you one step closer to pursuing your dream of becoming a doctor. We are confident in your abilities to thrive in our program as you possess the right combination of passion, intellect, and motivation.

We look forward to you serving the communities that need your skills most and joining our strong network of 3,000+ SUSOM alums worldwide.

**Big Adventure, Small Island**

Our university is nestled in the heart of the Caribbean - Saba. As a student, you will enjoy the benefits of thriving on an unspoiled island home to our modern facilities and multicultural community. This island has opened its shores to us; we now make up almost a quarter of its entire population.

**We're in this together**

Our community prides itself on placing the right information in your hand. We have prepared this guide with you in mind as you will soon become a SUSOM medical student. This guide highlights information to support you in this new chapter. Browse through each page and contact me if you have any questions. We are a community here to help you along the way.

**Maurice Clifton**

M.D., MEd, MBA  
Executive Dean, Saba University School of Medicine

# Before You Arrive

Please ensure you have checked off each item on the list below before departing for campus! All items must be submitted before you arrive.

Make this information your checklist!

- ☒ Pay your \$750 seat deposit, which is independent of your tuition payment. Directions are included in the application portal.
- ☒ Submit the following documents to your New Student Coordinator, unless stated otherwise
  - ☒ Copy of birth certificate
  - ☒ Copy of a valid passport
  - ☒ Complete the Housing Request on the application portal and submit the subsequent contract form
    - Housing assignments are issued on a first-come, first-served basis determined by the date your full tuition balance is satisfied. Expect confirmation from the Housing Coordinator two to three weeks before the start of the semester.
    - Housing becomes available to new students one week before the semester starts. Please visit [www.sabatourism.com](http://www.sabatourism.com) for lodging options.
- ☒ Travel Itinerary - You are required to provide your full itinerary through email, indicating the date, time, method (ferry or plane).
- ☒ Proof of COVID-19 Vaccination. Results must be attached.
- ☒ Immunization form - This item is to be completed by a physician. Titer lab results must be attached.
- ☒ Health Insurance Waiver--In addition to this form, please provide a copy of your insurance card or other proof of insurance.
- ☒ Police Clearance (CAN) or FBI Clearance (US) must be emailed to [admissions@saba.edu](mailto:admissions@saba.edu)
- ☒ Emergency Contact Information form

# How to Make Payments

## HELPFUL FINANCIAL INFORMATION

Here are helpful contact information and payment instructions.  
Tuition Payment Deadlines

**All students entering the first semester must pay tuition 45 days prior to the start of the semester.**

## WIRE, BANK TRANSFER AND DIRECT DEPOSITS

### U.S. Dollar Electronic Funds Transfer Information

**Bank Name:** Bank of America

**Bank Address:** One Landmark Square, Stamford, CT 06901

### International Wire Transfers

**Account Name:** Saba University School of Medicine, B.V.

**Beneficiary Account Number:** 0038 5125 8367

**Bank Address:** 222 Broadway, New York, NY 10038

**Bank Telephone:** 1-800-577-WIRE (1-800-577-9473)

**ABA Routing Number:** 026 009 593

**ACH Routing Number:** 011 900 254

**Swift Code:** BOFAUS3N

**CHIPS:** 0959

\*\* \$25 is required to cover the wire transaction fee.

### U.S. Dollar Direct Deposit Instructions

**Bank Name:** Bank of America

**Beneficiary Account Number:** 0038 5125 8367

**Account Name:** Saba University School of Medicine, B.V.

- Locate your nearest Bank of America branch
- Complete a deposit slip referencing the beneficiary account number as listed above
- After completing your deposit with a bank representative, be sure to ask for your receipt as proof of transaction
- E-mail ([studentaccounts@saba.edu](mailto:studentaccounts@saba.edu)) your receipt to Saba's U.S. Office to the attention of the Finance Department
- Please be sure to include your first and last name on all correspondence remitted

A copy of your wire transfer or direct deposit receipt must be forwarded to the U.S. Office in order for Saba University to recognize it on your account.

Please reference the student's first and last names and include an email address.

### Foreign Check Policy

Saba University School of Medicine does not accept checks that must be processed through the "Foreign Draft & Check Collection Department" of our financial institution. Monies submitted from foreign accounts must indicate an affiliation with a U.S. banking institution on the face of the check and be remitted in US funds. Checks received from foreign accounts will be returned to the remitter.

International money orders remitted in U.S. dollars are an acceptable form of payment.

If you have any questions regarding this policy, please feel free to contact Saba's Finance Department at 978-862-9632 or via e-mail at [studentaccounts@saba.edu](mailto:studentaccounts@saba.edu).

## KEY CONTACTS

### Student Accounts

Student Accounts can assist you with tuition payment options and any questions you may have regarding your bill and/or fees.

**Email:** [studentaccounts@saba.edu](mailto:studentaccounts@saba.edu)

**Phone:** 978-862-9600 press '4'

### Office of Financial Aid

If you need help, or have questions regarding your U.S. Federal Student Aid

**Email:** [finaid@saba.edu](mailto:finaid@saba.edu)

**Phone:** 978-862-9600 press '3'

### Canadian Financial Aid Services

If you need help with, or have questions regarding your Canadian student aid, please contact the Canadian Financial Aid Office:

**Email:** [canaid@saba.edu](mailto:canaid@saba.edu)

**Phone:** 978-862-9600 press "3"

**Fax:** 978-862-9699

**Address:** Office of Financial Aid  
c/o R3 Education, Inc.  
27 Jackson Road, Suite 301  
Devens, MA 0143

# U.S. Financial Aid Information for U.S. Students

The dedicated staff of the Office of Financial Aid is available to guide and assist you through all of the steps in the financial aid process. Here are the most frequently asked questions.

## What options are available to Saba University School of Medicine ("SUSOM") students?

Saba University School of Medicine has been approved to participate in the William D. Ford Federal Direct Unsubsidized Stafford and Grad PLUS Loan programs, which are both administered by the U.S. Department of Education. Additional information regarding these loan programs is available through the U.S. Department of Education website ([studentaid.gov](http://studentaid.gov)).

## How do I apply for U.S. Federal Student Aid?

To begin the aid application process, complete the Free Application for Federal Student Aid (FAFSA) online ([studentaid.gov](http://studentaid.gov)). Note that you will need to create a Federal Student Aid ID (FSA ID), which you can do here. Saba's school code is G37803.

## How will I know if I have been offered any financial aid?

The Office of Financial Aid emails an aid offer letter to your email address provided on your FAFSA results to notify you of your aid eligibility.

## When will I receive an aid offer letter?

The Office of Financial Aid begins mailing aid offer notifications approximately two months prior to the start of the term to students who have completed their aid application.

## Do I need to apply for financial aid every year?

Yes, you must complete the Free Application for Federal Student Aid (FAFSA) for each upcoming academic year that you would like to receive financial aid. The Office of Financial Aid will be in communication with students when the time arrives to complete these requirements for a new aid offer period.

## How do I complete the paperwork for the Federal Direct Unsubsidized Stafford Loan?

All first-time borrowers at SUSOM must complete both the Federal Direct Stafford Loan Entrance Counseling and Master Promissory Note (MPN) before any funds may be used to satisfy your semester tuition charges. You may complete these requirements on-line at [www.studentloans.gov](http://www.studentloans.gov). Once

the Office of Financial Aid has received notification from the U.S. Department of Education that these requirements have been completed, the funds from any offered loans may be used toward your student account.

## When will the financial aid be disbursed to my account?

Approximately seven to ten business days prior to the first anticipated date of disbursement, you will receive a Disclosure Statement from the U.S. Department of Education for each loan you have been offered and accepted for the upcoming loan period. This Disclosure Statement contains the terms and conditions for each loan (such as interest rate, origination fee, and anticipated disbursement dates).

After the semester has started, all required paperwork has been received and the school has been able to confirm your enrollment of at least half-time status, the Office of Financial Aid will request the initial loan disbursement for the semester. Students who have been offered or requested a semester only loan as indicated on the offer notification will have the loan funds posted to their SUSOM student account in two disbursements for the semester. In accordance with federal regulations, the second disbursement will occur after the half-way point of the semester. All initial disbursements are first applied to tuition and fees charged for the semester. To maintain eligibility for a Federal Direct Loan disbursement, you must be enrolled at least half-time at the time of disbursement.

The Office of Financial Aid will notify you via email once the school has received and posted the loan disbursement to your SUSOM student account. You will receive this email notification for each loan and each disbursement.

## When may I expect to receive my semester financial aid refund check?

Any Federal Direct Loan funds that the school receives and posts to your SUSOM student account that are in excess of your allowable semester charges will be refunded to you. All refunds will be sent to you within 14 days from the date of disbursement via a check which will be mailed to the address as listed on your SUSOM student invoice. For students on a two-semester loan as indicated on the aid offer notification, disbursements generally occur at the start of the term and, therefore, any potential refund will be issued within 14 days from that date. Students who have been offered a semester only loan generally will have any potential refunds issued after the mid-way point of the semester after the school receives the second disbursements for the semester.

# Canadian Financial Aid for Canadian Students

The dedicated staff of the Canadian Financial Aid Office is available to guide and assist you in applying for Canadian student loans.

## What options are available to Canadian students?

Canadian students are eligible for Federal Loans through the Ministry of Education Student Support Branch in the province of residence. (For example, Ontario residents are eligible for the OSAP loan.) Students may apply for up to 52 weeks of financial assistance annually. Canadian students should contact their individual province directly for information regarding additional requirements. Saba University School of Medicine's school code is: NUBP.

Additional information may be available from the provincial and territorial student financial assistance offices:

- Alberta [www.studentaid.alberta.ca](http://www.studentaid.alberta.ca)
- British Columbia [studentaidbc.ca](http://studentaidbc.ca)
- Manitoba [www.edu.gov.mb.ca/msa](http://www.edu.gov.mb.ca/msa)
- New Brunswick [www2.gnb.ca](http://www2.gnb.ca)
- Newfoundland and Labrador [www.aes.gov.nl.ca/studentaid/fulltime/index.html](http://www.aes.gov.nl.ca/studentaid/fulltime/index.html)

- Northwest Territories [www.ece.gov.nt.ca/en/services/student-financial-assistance](http://www.ece.gov.nt.ca/en/services/student-financial-assistance)
- Nova Scotia [novascotia.ca/studentassistance](http://novascotia.ca/studentassistance)
- Ontario [www.ontario.ca/page/osap-ontario-student-assistance-program](http://www.ontario.ca/page/osap-ontario-student-assistance-program)
- Prince Edward Island [www.princeedwardisland.ca/en/topic/student-loans-bursaries-grants-and-awards](http://www.princeedwardisland.ca/en/topic/student-loans-bursaries-grants-and-awards)
- Saskatchewan [www.saskatchewan.ca/residents/education-and-learning/student-loans](http://www.saskatchewan.ca/residents/education-and-learning/student-loans)

Additional information may be available from the provincial and territorial student financial assistance offices.

In addition, numerous banks provide student lines of credit to supplement or substitute for the provincial loan alternative. Some of these banks include CIBC, RBC, TD and BMO, among others. If you require help in applying for private loans, please contact the Canadian Financial Aid Office.





# Immigration and Travel Information



Required documents for students from Canada, United States, Australia, Japan, Monaco, New Zealand, Vatican City, South Korea, Switzerland, an EU or EEA Member State are as follows. All other nationalities require a visa to enter Saba in addition to the documents listed:

- Saba University School of Medicine Acceptance Letter
- Authenticated/Apostilled FBI (US) or Police Clearance (all non-US) which must be current within 3 months of start date
- Valid Passport (Original and Copy of your Passport)
- Proof and description of medical insurance
- Proof of self-sustainability/sufficient financial resources



## Required Documents for Spouses and Children Arriving on Saba

- Valid Passport (Original and Copy of Passport)
- Authenticated/Apostilled Marriage Certificate—If fiancé, proof of being single certificate
- Authenticated/Apostilled Birth Certificate
- Authenticated/Apostilled Police Clearance
- Authenticated/Apostilled Single Certificate (if you are bringing your fiance or partner) - You and your partner are required to provide a certificate each.
- Proof and description of medical insurance
- Proof of self-sustainability/sufficient financial resources

### KEY CONTACTS

For questions or concerns regarding this process, contact the Admissions Department at [admissions@saba.edu](mailto:admissions@saba.edu) or by calling (978) 862-9615.

# FBI Issued Police Clearance

FBI Issued Police Clearance is applicable for US Citizens and Permanent Residents only.

This two-step process should be completed no sooner than **90 DAYS PRIOR TO THE FIRST DAY OF CLASSES:**

## 1. Get your fingerprints taken and obtain your FBI-issued Police Clearance:

To obtain an FBI-issued Police Clearance in a timely manner you should submit your fingerprints to an FBI-approved Channeler. A Channeler is a company that serves as the “go-between” for submitting fingerprints to the FBI and obtaining the FBI-issued Police Clearance on your behalf.

### Our Recommendation

We recommend that you visit your local police station to have this done manually and also that you get two sets of prints in the unlikely event that the initial set cannot be read properly by the FBI. You can also visit a Live Scan location to obtain your fingerprints electronically.

- **Saba strongly recommends using My FBI Report (<http://www.nbinformation.com>) as the FBI-approved Channeler. They can streamline this process for you and offer you a discount by using the code “SAB1” (see attached application).**

## 2. Have your FBI-issued Police Clearance Apostilled:

After you receive your FBI-issued Police Clearance we recommend that you send it to Express Apostille Document Services to obtain the Apostille Certificate.

### Our Recommendation

Make a copy for your records and mail the original to Ms. Geeta Bhatia, Express Apostille Document Services, 19360 Rinaldi Street, #329, Porter Ranch, CA 91326.

If you receive your FBI-issued Police Clearance electronically, please be sure to save it to your desktop—this is a very important step! You can then email your report to Ms. Geeta Bhatia at [geeta@eadsinfo.com](mailto:geeta@eadsinfo.com) and she will have it apostilled and returned to you. You can also email Admissions at [admissions@saba.edu](mailto:admissions@saba.edu).

If your report arrives after you are already on Saba, you must make arrangements to have it sent to Express Apostille, or if already apostilled, have it sent to Saba at the address listed above.



# Travel to Saba

All students are advised to arrive in Saba in time to participate in orientation. We recommend coming five to six days before orientation.

There are many routes into Saba, and you can use a travel agent or internet-based companies to assist you.

## Information About Airlines

Most students fly to Sint Maarten/Saint Martin, **as there are no direct flights from the U.S. and Canada to the island of Saba**. Flights to St. Maarten arrive at Princess Juliana International Airport (code SXM). Students may then take a connecting flight or a ferry ride to Saba.

Sint Maarten/Saint Martin is a popular tourist destination located 28 miles northeast of Saba.

TRANSPORTATION TO SABA FROM ST. MAARTEN				
Service	Frequency*	90 minutes Travel Time	Price One-Way*	Contact Information
Islands Airways (Winair)	2 - 4 times daily	15 minutes	\$140-\$175 plus baggage fees. 3 checked bags max (free - \$90), plus carryon	http://www.winair.sx
Edge Ferry	Services to Saba every Wednesday and Friday	90 minutes	\$75 + \$20 luggage fee per bag. 2 bags max.	https://www.stmartinbookings.com/ferry/the-edge-saba
Makana Ferry	Services to Saba every Sunday, Monday, Thursday and Saturday		\$75 + luggage fee	https://makanaferryservice.com/

## Our Recommendation

When you have finalized your travel plans, notify SUSOM's Admissions Office through email [admissions@saba.edu](mailto:admissions@saba.edu). For more helpful travel information, visit: [www.sabatourism.com/getting-here](http://www.sabatourism.com/getting-here)

# When You Arrive

## Arriving on Saba

Once you arrive at the airport or harbor, you can catch a cab to campus. The taxi drivers are known to all by name on Saba, and they will take great care of you!

For a current list of taxis or rental car options, [visit www.sabatourism.com/getting-around](http://www.sabatourism.com/getting-around)

If you are arriving before the official move-in time or have family accompanying you, you can choose from several lodging options:



### The Cottage Club

Windwardside  
[cottage-club.com](http://cottage-club.com)  
[info@cottage-club.com](mailto:info@cottage-club.com)  
 011-599-416-2486



### El Momo Cottages

Juliana's Hotel  
 Windwardside  
[www.julianas-hotel.com](http://www.julianas-hotel.com)  
[info@julianas-hotel.com](mailto:info@julianas-hotel.com)  
 1-888-289-5708



### Queen's Garden Resort

Troy Hill  
[www.queensaba.com](http://www.queensaba.com)  
[info@queensaba.com](mailto:info@queensaba.com)  
 011-599-416-3494



### Saba Arawak Hotel

Windward Side, Saba Island  
 Dutch Caribbean  
 Tel: +(599)416-2233  
[info@sabaarawak.com](mailto:info@sabaarawak.com)

Visit [www.sabtourism.com](http://www.sabtourism.com) for a complete list of options.





# What to Bring

Here are some essential items to help you prepare for your first semester at Saba!

## SCHOOL SUPPLIES

- ✓ Required/recommended textbooks: There is no bookstore on campus, so you must purchase your books before arrival. You will be provided with a book list with required and recommended textbooks.
- ✓ Basic school supplies: Notebooks, binders, copy paper, plastic binder sleeves for handouts, pens, pencils, colored pencils, highlighters, index cards, etc. Most school supplies are available for purchase on Saba, but they are generally more expensive.
- ✓ Dissecting kit. A basic kit will do. Bring plenty of extra blades of different sizes.
- ✓ Disposable latex or nitrile gloves. Bring three to four boxes of medical examination gloves for Anatomy and Physical Diagnosis classes.
- ✓ Hospital scrubs. Students need a minimum of two (2) sets of scrubs. One set is reserved for Gross Anatomy. The other will be used for Physical Diagnosis & Introduction to Clinical Medicine. You may have your name sewn over the left pocket if you desire.
- ✓ Short, white clinical coat. This is required for all first-semester students for participation in the "White Coat Ceremony." The Ceremony is typically held at the end of the first week of classes.
- ✓ Professional attire. One business outfit should suffice for Clinical Skills Assessments (CSA) given to Basic Science students throughout the semester. No open-toed shoes or bare feet. Low heels are permitted for CSAs.

## Laptop/Technology Requirements

Laptops must meet these minimum configuration, performance, software and equipment requirements:

- Minimum 4 GB RAM memory, 8-16 GB RAM is suggested.
- 250 GB hard drive
- Operating System:
  - Windows OS: 32-bit and 64-bit Versions of Windows 10/11. Installed version should be within 1 year of the most current release
  - Mac OS: Installed version should be within 1 year of the most current release
- Wireless 802.11a/b/g/n/ac capability
- Fully functioning keyboard
- Functioning microphone and webcam (internal, USB or Bluetooth)
- USB port
- HDMI, Mini DisplayPort or Thunderbolt video output port
- Microsoft Office (Excel, Word, PowerPoint) with an active license for the duration of your enrollment
- Anti-virus/spyware protection with an active license for the duration of your enrollment
- Extra power supply
- Surge protector
- Cable(s) with the ability to interface with a HDMI video input source (without the correct cables you will not be able to participate in some interactive classes).

# Essentials



## Toiletries & Medications

If you require or prefer a particular brand-name toiletry item, purchase it before departing for Saba, as brand-name products are limited on the island. Make arrangements for an adequate supply (typically enough for four months or the semester's duration) of any prescription or over-the-counter medication you are currently taking.



## Small Appliances

The electrical outlets on Saba are on a 110V cycle, so most appliances brought from the U.S. and Canada should be compatible. Keep in mind that most common kitchen appliances are already included in your dorm room.



## Extra Linens or Towels

Bed sheets and a comforter for your twin-sized mattress are included in your dorm room. Bring a pillow and an extra sheet set. A bath towel and kitchen towel are also provided.



## Foam/Gel Mattress Pad

Students who prefer a softer mattress are advised to bring this item.



## Clothing

Shorts, t-shirts, and other summer-weight or cotton clothing are generally recommended for the climate conditions you will be experiencing while staying on Saba.



## Weather Gear

Though Saba's temperatures are relatively warm, bringing a lightweight sweater or jacket for evenings and air-conditioned environments is a good idea. Other weather-related items you should consider getting include rain gear, sneakers or comfortable walking shoes/hiking boots, flip-flops or sandals, a swimsuit, sunglasses, a hat, sunscreen, and insect repellent.



## Flashlight with extra batteries

Bringing a flashlight for walking on the island at night is advisable.





# Shipping to Saba

While dorms on campus are fully furnished, you may wish to bring a few items that simply will not fit in a suitcase.

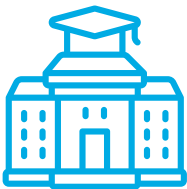
### SHIPPING METHODS

Service	Description
Island Communication Services	<a href="https://www.icssaba.com">https://www.icssaba.com</a>
Hassell Free Exports, Inc.	Cargo containers to Saba from Florida bi-weekly  <a href="http://www.hassellfree.com/international/exports/">www.hassellfree.com/international/exports/</a> <a href="mailto:info@hassellfree.com">info@hassellfree.com</a>  Please label boxes as follows: "Student Name"  Saba University School of Medicine c/o Hassell Free Exports, Inc.  4407 SW Martin Hwy Palm City, FL 34990
DHL	<a href="http://www.dhl.com">www.dhl.com</a>
UPS Air Cargo	<a href="http://www.ups.com/aircargo/">www.ups.com/aircargo/</a>
**FedEx (preferred method)	<a href="http://www.fedex.com">www.fedex.com</a> FedEx code for Saba: BQ Please use this address: Caribbean – Netherlands  Saba University School of Medicine  "Student Name" The Church Street The Bottom  Island Communication Services  <a href="http://www.icssaba.com">www.icssaba.com</a>

\*\* Shipping via FedEx or UPS Air Cargo tends to be expensive and impractical for large or heavy boxes.



# Campus Life



### On- Campus Housing

All unaccompanied students are required to live in the Hillside Dormitories for the first semester of the Basic Sciences program. An unaccompanied student is defined as a student that will not have additional persons (spouse, children) living with them on a permanent basis while on Saba.

Hillside Dormitories offer single rooms in quad units. Each room is air-conditioned and equipped with a twin-sized bed, desk, chair, dresser, and small closet. A bathroom is shared between two rooms. The common area includes satellite TV and a kitchen shared by all four occupants. Some utensils, dishes and pots may be found in the kitchen, along with a large refrigerator, cooktop, toaster, coffee maker and a microwave. Laundry bags are provided.

Housing assignments are sent out two to three weeks prior to the start of the semester. The dormitory is available one week before the start of the semester.

Dormitory buildings are conveniently located behind the Johnson Library on the campus.

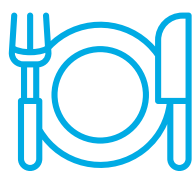
Please contact the Admissions Department at [admissions@saba.edu](mailto:admissions@saba.edu) for more information.



### Off-Campus Housing

Non-traditional and accompanied first-semester students (students with spouses, children, etc.) must request off-campus housing through your admissions contact. Off-campus housing should be secured by the student. Students living off-campus are advised to arrive in Saba one week before matriculation to facilitate accommodation. Apartments or rental homes are typically one to three bedrooms; three-bedroom options are more limited. Some rentals may be fully-furnished, and most homes on the island are air-conditioned.





## Meal Options

Dormitory kitchens are equipped for meal preparation, and the Saba Round Hill Cafeteria offers affordable meals and specials from 7:30 am to 8:00 pm, Monday through Saturday and closed on Sundays, during the semester. There are also several restaurants within walking distance of the dorms.



## Telephone and Internet Set Up

The dormitories, apartments, and rental homes on Saba do not include a phone line or internet connection. Satel N.V. is the communications provider on the island and offers discounted packages for medical students. Students can sign up for service during Orientation and Registration. Please visit [www.satelnv.com/connection\\_students.html](http://www.satelnv.com/connection_students.html) for a full description of plans and charges.

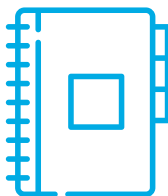


# Academic Life



## Orientation

Orientation starts the Saturday before classes begin with an informal gathering where you will get to meet your classmates in person. There will also be upper-class students to help you find local resources and give you insights into being successful from the start. The first Monday is dedicated to orientation activities, and several other sessions will follow in the following weeks.



## Student Handbook

Once you are a student at Saba, you will have access to a comprehensive student handbook containing the policies you will be following as a student. It is conveniently located on the learning management system (LMS), a website with all the materials you need for your studies.



# Academic Support



## The Learning Center

The Learning Center is a resource for promoting students' individual and professional growth and development. While we recognize that medical school is an exciting time, we also recognize that it can come with many changes and challenges, both academically and personally. Saba is committed to supporting students academically, professionally, and personally through our carefully designed support programs.

The Learning Center focuses on helping our students develop effective learning strategies to allow them to adapt to the demands of more rigorous learning required in medical education. The learning center offers workshops and one-to-one academic coaching to help you maximize your study time.

The Center serves students by providing support in the following areas:

- Active Learning Strategies
- Time Management
- One-on-one consultation for individualized learning plans
- Goal Setting
- Effective Exam Preparation Identify, Prioritize
- Develop Action Plans
- Myers Briggs Indicator and Learning Strategies



## Faculty Advisors

Faculty Advisors serve as a trusted source of advice to support students with their transition to living in Saba and navigating the rigor of medical education. Faculty advisors also create a sense of belonging and connection and foster safety and self-efficacy by providing a safe space for students to explore personal and professional growth.

The administration office assigns Faculty Advisors by week two of your first semester and will have your first meeting by week 3. Your Advisor will remain the same during your time at SUSOM.



## Pods

Pods are a small group of Semester 1 students that meets weekly with Course Directors or Teaching Faculty. Pod meetings allow students to ask questions about the course, clarify assignments/expectations, and learn different approaches to the material.

**Frequency:** Students are required to attend two Pod meetings every week. Once for Human Body, Structure and Function and Human Histology and Physiology.

Pod meetings are mandatory, and each student must attend on scheduled weeks.

**Timeframe:** Pod meetings last 15 minutes during the professor's office hours and can be in-person or virtual.

**\*\*The Director of Learning Centers and Student Support assigns pod membership.**



## Academic Coaching

Academic Coaching is the one-on-one process of helping students examine academic concerns and perceived barriers to success. Coaches provide individual semester-long support, assess the students' strengths and needs, and devise a personalized plan of action in the following areas:

- Time management
- Procrastination
- Exam Preparation
- Note Taking
- Study Strategies

Students who need support with subject-matter tutoring can a) request a peer mentor through the Student Government Association or b) talk to the respective faculty members for tutoring help.





# Get Involved



## Find Your Place In Our Community

### Student Government Association (SGA)

The SGA is the primary student advocacy and administrative unit for Saba University School of Medicine students.

The SGA initiates and presents a variety of entertainment, cultural, and educational activities.

All students enrolled in basic science courses are automatically considered part of the student body and, as such, make up the constituency of the Saba University School of Medicine Student Government. Each class elects members to coordinate its activities.

The SGA members meet once or twice every month to lead and unify the student body and discuss the concerns of students. The Association works closely with the university's faculty and administration. The Association is led by a student-elected President and is advised by the Assistant Dean of Student Affairs.

If you want to contact SGA, contact your class representatives or email an SGA member. Learn more - [www.sabamed.org](http://www.sabamed.org).

## Clubs and Interest Groups

Saba hosts several clubs and interest groups. These clubs and groups offer opportunities to participate in the local community, meet other students with similar interests, develop new skills and participate in international activities of professional organizations, gain insights into specific medical disciplines, and have fun! Saba Clubs and Interest Groups are fluid, with new clubs forming yearly.

African Diaspora Association (ADA)

Cardiology Interest Group

Christian Student Association (CSA)

Emergency Medicine Interest Group

Gender and Sexuality Alliance (LGBT+ Medical Association)

Jewish Student Association (JSA)

Muslim Students Association (MSA)

Primary Care and Pediatrics Club

Scuba Diving and Snorkeling Association

South Asian Student Society (SASS)

Student Surgical Association (SSA)

SUSOM Athletics Association

SUSOM Interest Group in Neurology (SIGN)

Women's Medical Student Association (WMSA)

World Health Initiative (WHI)

SOS (Significant others of Saba)

Outdoor Track and Trail Club







# Saba Island Resources



## Banking Locations

**RBC Bank**  
Windwardside  
8:30 a.m. – 3:30 p.m. – Monday-Friday  
011-599-416-2454

MCB Bankomatiko  
The Bottom  
ATM only



## Banking Currency

The official currency of Saba is the U.S. Dollar. Traveler’s checks and major credit cards are also widely accepted. There are two banks on the island, each with an ATM. Many students do not open a bank account on Saba and instead choose to access funds from their home accounts through the ATMs.



## Emergency Services

**AMBULANCE** +599 416 3288  
+599 416 9140  
**POLICE** +599 416 3737  
**FIRE** +599 416 7477



## Hospital and Clinic

**Saba Cares Foundation**  
[www.sabacares.org](http://www.sabacares.org)  
Paris Hill Road #12  
The Bottom, Saba, Caribbean Netherlands  
Tel: (+599) 416 3288  
Email: [info@sabacares.org](mailto:info@sabacares.org)



## Employment

Obtaining employment on Saba is often an important consideration for married students. While some spouses are fortunate enough to secure a position, it can be expensive. Most businesses require a work permit that costs \$450-\$500 or more and may depend on nationality. There is virtually no unemployment in Saba, and Sabans are given priority for any job opportunities.

Openings that still need to be fulfilled are advertised in the local newspaper and on social media (for example, Public Entity Saba Facebook page). Jobs that require general office or maintenance skills are difficult for non-residents to attain since more locals qualify for these positions. Occasionally, openings for positions call for more specific credentials (teaching, IT services). However, there is no guarantee that this will happen during your stay on the island.



## Mail Services

Delivery may be slower than you are accustomed to in the U.S. and Canada. Island Communication Services (ICS) offers an alternative method for sending and receiving mail that can be more cost-effective for students and faster than traditional posts. ICS provides users with a post office box address in Miami, Florida; letters and packages are generally delivered to the recipient on Saba within 10-12 days of leaving the Miami address. The cost for a subscription to the mailbox service is \$90 for one year and \$75 for six months (subject to change). Visit [www.icssaba.com](http://www.icssaba.com) or e-mail [info@icssaba.com](mailto:info@icssaba.com) for more information.



## Mailing Locations

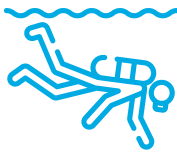
**Island Communication Services (ICS)**  
Windwardside  
9:00 am-6:00 p.m. – Monday-Friday  
10:00 am-3:00 p.m. – Saturday  
011-599-416-2881





# Your Home Away from Home

## Explore the Island



### Diving

The Saba Marine Park surrounds the island, comprising waters from the seabed to 200 feet. Depending on the season, water temperatures range from 26OC-28OC (77OF-84OF), with visibility from 20m (60ft) to virtually unlimited. Diving sites include lava flows, overhangs, caves, and elkhorn coral forests. Saba is home to multiple licensed dive centers that seek to provide the ultimate underwater experience; all diving must be done through one of these dive centers.



### Shopping

Saban shops offer a variety of goods, from locally made lace and food products to men's and women's fashions. Stores are scattered about the island, including a mini-mall in Windwardside called the Breadline Plaza. The Artisan Foundation in The Bottom features handcrafted items and is a great place to find unique souvenirs.



### Sightseeing

You don't often hear a road referred to as an "attraction," but Saba's is a marvel all on its own. The Road starts at the airport on the island's north side and snakes its way down to The Bottom, offering views of neighboring islands, quaint villages, and seascapes along the way. Before it was built, Sabans had to traverse challenging trails through grueling elevations. Construction on The Road began in 1938. Due to the extreme terrain on Saba and the lack of heavy machinery, it took workers over two decades to complete. Though it was a long and arduous endeavor, The Road creates easy, albeit winding, access to different parts of the island.



### Exploring

Saba is rich in cultural heritage, with a mixed population of European, African, and Latin descendants. Two museums in Windwardside give visitors insight into Saba's pre-European history and its role in Dutch trade and settlement in the Caribbean. The Harry L. Johnson Museum exhibits items from the 19th and early 20th century and artifacts from Amerindian archaeological sites. Dutch Museum Saba focuses on collections of Dutch antiques (books, furniture, paintings, etc.) from 150 to over 400 years old.



### Dining

You can expect to find a range of cuisines from American, Caribbean and European dishes. Several restaurants are within walking distance of campus. Students and faculty are always happy to share their recommendations! Visit [www.sabatourism.com](http://www.sabatourism.com) for a complete list of options.



### Hiking

The elevation on Saba ranges from sea level to the top of Mt. Scenery (877m or 2,877ft). The Saba Conservation Foundation maintains a trail network that meanders through the lower shrublands up to the cloud forest. The marked paths can provide adventure for hikers of all abilities. Please make sure to heed all conservation and safety guidelines.





**SABA**  
UNIVERSITY  
SCHOOL OF MEDICINE

## About Saba



### Weather

Average daytime temperature of 80 degrees Fahrenheit, Average yearly rainfall of 42 inches



### Currency

U.S. Dollar



### Electricity

110V cycle, U.S. standard outlets



### Customs/immigration

A valid passport, birth certificate, green card or naturalized certificate is needed for entry.



### Dress

Casual dress with a light sweater or jacket for the evening. While in the communities, shirts must always be worn, and bathing suits are not appropriate to wear outside the beach.



### Natural Wonders

Mount Scenery (elevation 2,877 feet), Saba Marine Park

## Saba Tourist Bureau



011-599-416-2231  
011-599-416-2322



PO Box 527, Windwardside  
Saba, Dutch Caribbean



tourism@sabagov.nl



8:00 a.m. - 5:00 p.m. - Monday-Thursday  
8:00 a.m. - 4:30 p.m. - Friday