

Antelope Park Medical and Community Project GWERU, ZIMBABWE



At African Impact, we see ourselves as the on-the-ground AFRICANSPECIALISTS in volunteering. We were founded over 5 years ago in Zimbabwe and have our head office in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania and Zambia. To date we, together with our project managers out in the field, have had the privilege of sharing Africa with over 3,000 volunteers who were determined to make a difference in the amazing communities and conservation areas in which we work. And they did... and so can you...

Your volunteering mission on The Antelope Park Medical and Community Project...

Come and help rebuild Zimbabwe! Join Antelope Park and African Impact Volunteer programmes and make an impact. Provide much needed assistance to the underfunded and understaffed healthcare system – make a difference!!



African Impact

PHYSICAL ADDRESS 6 Carlton Close, Noordhoek, 7985, Cape Town, South Africa.

TELEPHONE +27217854319 Direct Line or CALL US TOLL FREE 08005200926 (UK) 1-800-606-7185 (USA)



Project Location: Gweru, Zimbabwe

Project Age Limit: Minimum age 18 years, unless a specific arrangement is made and consent forms signed. Maximum age dependent on participants' health

Project Duration: Minimum 3 weeks, Maximum 8 weeks

Project Highlights:

- Gaining *basic* medical experience in local clinics through interaction with nurses and local staff
- Playing a role in HIV/AIDS education and awareness
- Getting involved in tasks such as baby weighing, taking blood pressure and body temperature etc.
- Opportunity to do home visits and night duty at the clinics
- Nutrition awareness and general counselling
- Participating in national immunization campaigns; health outreaches or education drives
- Repairs and Maintenance

More about our Antelope Park Medical and Community Project:

Right on the door step of Antelope Park is the high density area of Mkoba. This is the area where the majority of Gweru's population live, most of whom do not have access to private healthcare facilities so most are totally dependent on the poorly staffed and serviced local clinics; specifically Mkoba Polyclinic.

In 2002, Mkoba Polyclinic catered for 47 580 people in one year. Currently it is estimated to be catering for over 90 000 people. It is ill equipped and poorly funded and above all, severely understaffed. This service provider is heavily dependent on goodwill and support from donor agencies.

Their maternity ward caters for all surrounding areas and records on average 125 births per months, yet only has 2 delivery beds.

The Opportunistic Infections Department process about 2500 cases of HIV/AIDS a month and the Extended Programme for Immunization Department does a minimum of 1900 immunizations a month.

Whilst on this project, your biggest service will be the manpower that you offer and you will be able to get involved in not only this clinic but others in the nearby area as well. **You do not need to be qualified in any particular area.** You will assist qualified personnel in weighing babies, reading body temperatures and blood pressure, filing, archiving, general cleaning and maintenance and making patients feel welcome and comfortable. You will also have the opportunity to do home visits and even night duty at the clinics!

Away from the clinic you will participate in health education campaigns and national immunization drives.

Volunteers will also be able to visit a local preschool and help children with art work, painting, sports, drama and singing.



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Project Cost Includes:

- Funds that go back into the projects for items such as medical and building supplies to assist when possible
- All transfers to and from the project
- Depending on time of arrival and departure – overnight stays in Bulawayo or Harare, if required
- Full board and lodging which includes three meals a day
- Familiarization with all duties involved
- All daily transfers to and from the projects during your stay
- Laundry service during your stay
- The service of a cleaner to clean your room during your stay
- Assistance at your projects by African Impact Staff and volunteer coordinators
- 1 complimentary lion walk
- 1 complimentary elephant ride
- 1 complimentary horse ride



Project Cost Excludes:

- Return flights to and from Harare or Bulawayo International Airports
- Personal travel and medical insurance for the duration of your placement
- All visa costs for border crossings
- All items of a personal nature such as clothing (work or other), curios or gifts
- Email, internet and telephone use
- Soft drinks and alcohol; any snack foods not included on normal menu
- Any excursions over and above the planned itinerary – for example Victoria Falls / Great Zimbabwe

Project Orientation:

- Upon arrival at Antelope Park, you will be introduced to key personnel and will receive a tour of Antelope Park and its facilities.
- You will also tour the projects you will be involved in, meeting key personnel, being shown systems and procedures.
- You will receive relevant information about common diseases and illnesses that you will come into contact with (e.g. HIV/AIDS, TB, and Malaria etc.) and safety precautions for working in the clinics to ensure that you start work in a well-prepared and safe way.
- At the orientation, volunteers will also receive an overview of our detailed "Welcome Pack", which will contain further useful information for your time with us



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A typical day in the life of an Antelope Park Medical and Community Volunteer:

A day in the life of an Antelope Park Medical and Community volunteer...
(times vary depending on season)

7:00am	Breakfast at Antelope Park
7:30am	Depart for Mkoba Polyclinic
8:00am	Arrival at the clinic and deployment to the different departments – EPI, OI, Maternity ward, outpatients etc
12:00pm	Pick up for lunch at Antelope Park
2:00pm	Departure for Mkoba Polyclinic
2:30pm	Arrival at the clinic and assignment to different afternoon duties – Health Education, Repairs and Maintenance, Filing, Archiving and other community work
4:00pm	Pick up and return to Antelope Park for the evening where you can relax, socialise, go for a swim, do emails, watch television – to name a few things.



Project Support:

Throughout your placement you will have the support and guidance of our experienced volunteer coordinators. They are part of our support team, which will provide you with competent 24-hour field support and assistance.



Project Accommodation:

- Comfortable, shared thatched accommodation with safes for the storage of valuables.
- Daily room servicing on request
- Free use of the laundry service available to volunteers
- Other facilities available include internet facilities, swimming pool and access to all other activities available to guest at Antelope Park including lion walks, elephant rides and swims, horse rides, game viewing, bird watching, canoeing and boat cruises

Please note that accommodation upgrades are available to those who wish to have a more 'comfortable' volunteer experience. Pricing available on request. Please contact your destination manager, Lesley Bredenkamp for further details: lesley@africanencounter.org

Project Meals:

You will enjoy at least 2 cooked meals a day and depending on your programme - a packed breakfast or lunch. Meals had at the Safari Camp are served buffet style and are taken in the main camp dining room, a thatched building overlooking the dam.

Please let us know before you depart for Africa of any food allergies or specific requirements.



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Project Travel Highlights:

Optional

Being based at Antelope Park, you will have the privilege to access the amazing activities on offer at discounted rates. "Where else in the world" can you come home from work and –

- *Walk with lions* – Founded right here at Antelope Park - A World Exclusive to our organisation
- *Ride elephants* – Antelope Park has 4 elephants and sunset or sunrise rides will be one of the highlights of your visit
- *Game viewing* – by horseback, carriage, vehicle or by foot
- *Sunset cruises* on the lake in front of the camp
- *Romp with lion cubs*
- *Horse rides* – Antelope Park's horse rides are regarded as some of the best secure wildlife horse rides on the continent
- *Full moon* elephant and horse rides

... And so much more!!

During your stay at Antelope Park you will have the opportunity to enjoy an excursion to some of the other spectacular spots that Zimbabwe has to offer. Day trips are offered to the Great Zimbabwe Ruins as well as Granite Ridge and once a month a trip to the Victoria Falls is organised for those volunteers who are interested. These trips are also a great time for volunteers to interact and get to know each other better. The expedition such as the one outlined below (to Victoria Falls) will cost you approximately US\$475 (this includes National Parks fees, transport, meals – although not in Victoria Falls – and accommodation).

- Day 1: Leave after breakfast from Antelope Park for Miombo Safari Lodge (Hwange National Park); the largest national park in Zimbabwe, and the same size as Belgium! You will get the opportunity to go on a game drive in Big 5 territory where you could get up close and personal with a herd of elephant, buffalo, a pride of lion and many more.
- Day 2-4: Leave after breakfast from Miombo for Victoria Falls, adrenalin capital of Africa! You have the option to bungee jump, white water raft, visit the Falls, gorge swing across the Batoka Gorge below the Falls or just enjoy the great social atmosphere at this tourist hot-spot! Dinner at the amazing "Boma" Restaurant is included whilst at the Falls.
- Day 5: Depart early morning from Victoria Falls to return to Antelope Park

Note: This trip only operates with sufficient volunteer interest.

There is also the option of a day trip to Great Zimbabwe – the ancient founding city of modern day Zimbabwe. The cost of this trip is dependent on the number of people going. +/-USD60



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PROJECT PRICING 2011:

2011

3 weeks GBP 955 / EUR 1245 / USD 1720
4 weeks GBP 1195 / EUR 1555 / USD 2150
5 weeks GBP 1435 / EUR 1865 / USD 2585
6 weeks GBP 1675 / EUR 2175 / USD 2995

2012

3 weeks GBP 970 / EUR 1260 / USD 1745
4 weeks GBP 1195 / EUR 1555 / USD 2150
5 weeks GBP 1395 / EUR 1815 / USD 2510
6 weeks GBP 1595 / EUR 2075 / USD 2870



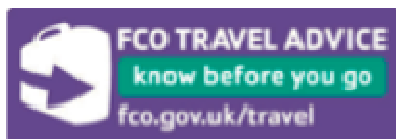
How to get there: We will meet you at the airport!

Project Getting There:

- Fly in to Bulawayo from Johannesburg, possible overnight in Bulawayo at our volunteer lodge, and transfer by 2 hour journey to Gweru the following morning. In some very rare cases, you may be required to spend 2 nights at the lodge
- We organise all volunteer pick-ups, overnight accommodation at respective volunteer lodges and transfers to your programme of choice as part of your fee.

Our Preferred Travel Insurance Partners

Visit www.worldnomads.com for a great deal on reliable travel insurance



Our Partners

The Happy Africa Foundation www.happyafricafoundation.org African Impact is proud to have been instrumental in the establishment of The Happy Africa Foundation in 2007 and continues to be one of the Foundations major supporters. UK Registered Charity Number: 1123529. The mission of The Happy Africa Foundation is to empower the African people through the support of community and conservation based initiatives that operate at grass roots level.

We are proudly affiliated to the UK-based **Know Before You Go** campaign that promotes education and knowledge-sharing amongst travelers.

African Impact is delighted to have been nominated as a **2009 World Travel Awards Finalist** and see this as exciting recognition of our position as African specialists in Volunteering, with over 5 years experience in sharing Africa with travelers who have a passion for making a difference.



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