

MALAWI

Medical Outreach and HIV Education



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 Malawi Medical Outreach and HIV Education Project...

Make a difference to those who need it most as you assist in Home Based Care, offer support at the field dressing clinic, and educate local communities during health workshops on HIV and AIDS awareness and malaria prevention. Also spend time with young orphans and give them the attention they deserve but hardly ever get.



African Impact

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

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Project Highlights:

- Assist in different medical project areas
- Work with disadvantaged, orphaned and vulnerable children
- Educate the community on HIV and AIDS awareness
- Help to uplift the community through healthcare education
- Provide aid to local communities through Home Based Care teams
- Develop Malaria prevention techniques and distribute mosquito nets
- Work in a local hospital and clinic

More about our Malawi Medical Program:

The majority of Malawi's population lives in rural areas and is provided with free health care through a governmental health care system that is organised into three levels. Health centres manage the most common and easily treated problems and offer maternity services. Cases that cannot be dealt with at this level are referred to district community hospitals, which provide secondary health care, including some types of basic surgery. Tertiary care is then offered at one of the three central hospitals, situated in the North, Central and Southern regions.

This programme consists of many different project areas that you can get involved with and they are as follows:

Home Based Care:

Home Based Care (HBC) is a new initiative that has been set up in some of the local villages nearby to Monkey Bay. Home based care is defined as the provision of health services by formal and informal caregivers in the home, in order to promote, restore and maintain a person's maximum level of comfort, function and health, including care towards a dignified death. Home care services can be classified into preventive, promotive, therapeutic, rehabilitative, long-term maintenance and palliative care categories.

It is an integral part of community-based care. Community-based care is the care that the patient can access nearest to home, which encourages participation by people, responds to the needs of people, encourages traditional community life and creates responsibilities.

As a volunteer your role will be to assist the local HBC team in the village. This involves:

- Working hand in hand with the local volunteer team. The primary aim of the HBC project is to be able to train up the local care team to such a degree that the local carers will be able to move out of the current village and start another HBC programme in another village.
- Put together lessons on home based care activities such as: HIV/AIDS, malaria prevention, personal hygiene, drug administration, recording information, pressure points, first aid, wound care, bed bathing, infection prevention, sexual health awareness, nutrition and digestion, TB, and rehabilitation. A manual provided by the government will help you with these lessons plans.



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- Depending on the progress of existing schemes you will either be carrying on other volunteers' work, or possibly helping to set up a new HBC programme in another village. You can get involved with home visits within the local community and assess the patient, give them advice or treatment on their illness as required. You will do these visits with the local home based care students you are training in order for them to get more experience.

Malaria Prevention:

Malaria is an epidemic in Africa that effects large numbers of people each year. The poorest people are affected the most as they do not have the financial resources to protect their homes and themselves adequately against the mosquito transmitted disease. In addition, long term induction of prophylactics to reduce the effect of Malaria is not considered an option due to the rapid build up of resistance to oral drugs. For local communities the best options to prevent malaria is to minimise the contact with mosquitoes. This project enables you to assist local communities with malaria prevention techniques to implement in their houses.

You will work from our volunteer base on the shores of Lake Malawi in the surrounding villages. A local Malawian malaria liaison officer will facilitate your work and provide interpretation to you and the team.

Your help assisting with the malaria prevention techniques will involve:

- Treating new mosquito nets with long term mosquito repellent and distributing them in the villages
- Treating and repairing existing mosquito nets
- Spraying the interior walls of each building in the house, except those storing food
- Conducting malaria prevention education lessons with the members of the house with the help of your liaison officer
- Conducting malaria prevalence research with each house for long term assessment of project results
- Installing/fixing/replacing fine gauze netting over all openings in each sleeping hut
- Volunteers are encouraged to raise additional funds (not compulsory) to help purchase extra equipment and materials to increase the impact of the project in the area. This will be arranged during your stay with the project coordinator

Please note: You must let us know if you wish to volunteer on this option, as there must be a minimum of 2 volunteers on this project in order for it to operate. As we cannot guarantee that this project is always available, you will have the opportunity to look at other available dates, or get more involved with the other aspects of the medical programme instead.



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Field Dressing Clinic:

The FDC is an extension of the treatment provided at the Primary Health Care Centre and forms part of the Home Based Care Education.

Despite the treatment offered many patients will leave wounds unattended and in the case of Monkey Bay will not travel to the hospital due to:

- Affordability of transport to the hospital
- Accessibility of the hospital, especially in the wet season
- The time that attending the hospital takes out of their working days

Patients may attend FDC with a range of complaints such as abscesses, flesh wounds, fractures and burns. The FDC, which is within walking distance of the volunteer house, provides an easy and accessible alternative for patients from the surrounding communities to be able to return regularly. By encouraging them to return on a regular basis it also makes it easier to ensure that wounds are healing properly, reducing risks of infection and other associated problems.

This activity mainly involves cleaning wounds, dressing/ bandaging wounds and making referrals to the consultants or hospital for more serious injuries and where further treatment, such as antibiotics, may be required.

Local Orphan Day Care Centre:

This project work is suited to any volunteers, regardless of your medical skills, but mostly recommended for those with little, or no previous experience. There are three orphan day care centers currently supporting approximately 40 -80 young orphans and vulnerable children each, many of whom are affected by HIV/AIDS. You will be involved in a range of activities, which include some pre-school teaching to prepare them for their education ahead, helping with feeding each day, teaching the importance of health and nutrition and HIV/AIDS prevention.



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In general, your day is primarily focused upon making the children smile and providing much needed love and support. You will be working typically from 8am until 11am each day and will be assigned to one centre for the duration of your stay to provide more continuity and less disruption for the kids.

Please Note: This centre is extremely under-funded and therefore, any extra donations and financial support you can raise would be very welcome.

HIV/AIDS awareness:

The aim of this project is to increase awareness of HIV and AIDS, thus reducing the stigma associated with such an illness, whilst also educating local communities in the prevention of this Virus. This is then partnered with a support network that is in great demand and is ever growing amongst the poorer communities in this area.

Volunteers will visit and spend time with HIV/AIDS groups in the surrounding communities providing education, awareness, support, discussion and encouraging the group members to share experiences amongst themselves and with the wider community, creating a better understanding. Confident and established groups may link up or plan drama workshops to perform to the local community members.



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Primary Health Care Centre:

This project work is best suited to volunteers with previous medical experience, as the centre provides primary medical care and treatment.

You will generally spend from about 8am until midday at the centre.

The centre has a number of departments in which volunteers with relevant experience may assist, including outpatients, female ward, male ward, maternity ward, nutrition unit, laboratory and basic dental treatment.

Typically qualified volunteers will assist the local nurses and doctors in their everyday duties. This may include midwifery, ward rounds, cleaning and dressing wounds, minor medical procedures and any other role that may be requested. There is also some lab technician experience available, carrying out vital tests, such as haemoglobin, malaria, syphilis, and pregnancy.

Some volunteers, such as those studying medicine, may also have the opportunity to observe clinicians in consultations, which will provide an insight into tropical and infectious diseases and their treatment.

There is some work available for less qualified volunteers, but this tends to involve shadowing local nurses or doctors and also administrative duties.



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Project Cost:

2010

4 weeks: GBP925 | US\$1665

8 weeks: GBP1525 | US\$2745

Project Cost Includes:

- Project Fee: this entails financing that goes directly back into the project that you are involved with. This fee facilitates funding for items such as medical supplies, building materials, equipment, etc. Project fees are also used to buy vehicles / equipment for the project, and for developing new housing for volunteers to provide for the expansion of the project.
- All airport transfers Lilongwe International Airport upon arrival and departure on set dates (outside these dates there will be a fee of USD175).
- Comprehensive orientation program.
- All daily transfers to and from your projects during your stay.
- Full board and lodging which includes 3 meals a day at our volunteer house.
- Assistance in your projects by various Project Managers and Coordinators.
- 24 field support and contact in the case of an emergency.

Project Cost Excludes:

- Personal travel insurance for the duration of your placement, which must include cover for repatriation
- All transport by air or bus to Malawi
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- E-mail / Internet and telephone calls
- Soft drinks, wines and spirits
- All visas for border crossings
- Any excursions over-and-above your planned itinerary in Malawi

Project Support:

Throughout your placement you will have the support and guidance of experienced Volunteer Coordinators, which will provide you with competent 24-hour field support and assistance.



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Project Orientation:

On your first full day, you will be given a comprehensive orientation by one of the project co-ordinators.

The orientation will include:

- An introduction to Malawian culture and values
- Basic local language lessons
- Your health and safety whilst in Malawi
- Workplace ethics
- Money and transportation in Malawi
- An introduction to the area, the teaching project and the staff
- Local food and practices
- Places to visit in your free time
- Excursion to the local town

Project Meals:

You will be provided with three meals a day. Breakfast is on a help-yourself basis consisting of either porridge, toast, pancakes or french toast, tea and coffee. Lunch will either be a packed lunch or self service if you plan to return to the volunteer house at lunchtime. Dinner will be cooked or prepared for you by one of the cooks at your volunteer house.

We can make allowances for most dietary requirements, including vegetarians, vegans and common food allergies. In these cases, please speak to the Camp Manager or cook on arrival. However, you must take responsibility for your own allergies and carefully monitor the food that you consume. It is important that you let us and your Project Manager know of any dietary requirements that you may have before and upon arrival.

Please note: There is a fridge at the volunteer house, which is used to store the food for your meals each day and some additional drinks, which you can purchase from the staff. If you do wish to buy some of your own food/snacks and drinks, this will be fine to do, though you must be aware it cannot be stored in the communal fridge.



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Project Accommodation:

You will stay in a very comfortable, shared volunteer house. The property is fenced and gated and has a large green garden. Rooms in the house are dormitory style and there is cold running water showers (it's generally hot all year round in Malawi, so cold showers are usually welcome), and western style toilets. Please be aware that whilst electricity and water are fairly reliable, power cuts and water shortages may be experienced from time to time. Staff are present at the house, including a cook, house keeper (although volunteers are also expected to do their bit to keep the house clean and tidy) and night watchmen for your security. All bedding is provided, but you will however need to bring your own towels please.



How to get there: *We will meet you at the airport!* Our Destination Manager will assist you with the procedures and one of the project representatives will meet you at the airport upon your arrival in Malawi. You will then be escorted to your volunteer base near Monkey Bay.

10 Reasons to volunteer in Malawi on our Medical Project:

1. Work with local HIV/AIDS orphans and provide them with much needed love and support.
2. Catch an infectious smile and become humble by the way the local people live so simply yet so content.
3. Work hands on in the field dressing clinic as you clean and bandage wounds of those patients who cannot afford or access the hospitals.
4. Learn more about HIV/AIDS and educate locals on how it affects the lives of the people we live alongside.



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5. Relax at Lake Malawi or snorkel and scuba dive in the nearby village of Cape Maclear.
6. Visit Liwonde National Park where you will encounter hippos, crocodiles and impala.
7. Promote health and comfort of the sickly through Home Based Care programs.
8. Help prevent malaria in the rural areas of Malawi as you distribute mosquito nets and educate the locals.
9. Meet many like-minded volunteers who you will become friends with for life!
10. Be inspired knowing that if it wasn't for people like you we wouldn't be able to have such a great impact on such deserving communities.

Malawi Medical Outreach and HIV Education notes:

- We have found in the past that the more you as a volunteer put into your involvement, the more you will get out. When working with the orphans, we suggest that you have some lesson plans or ideas, bring or make charts, maps, pictures of body parts etc and take initiative with the children. We are excited to offer you the opportunity to educate them, to entertain them and to love them...
- For all projects it is important to remain flexible in your attitude and work ethic and be prepared to help in any of the areas that are developing. Please be proactive so that you are of real assistance. We do ask that you arrive with an open mind, positive attitude and strong work ethic in order to utilise your time best.
- You may find it useful to read up a bit about HIV/AIDS and malaria before you arrive, as you will be involved in educating the community/children on HIV/AIDS, malaria and how to prevent them. A lot of diseases deaths result because of these.
- Please also understand that the projects are continuously evolving, being improved, and adapting to the needs of the local communities that we are involved with, so involvement areas do change from time to time. Rest assured your work will be necessary, rewarding and exciting. We invite you to be more than a tourist...



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Meet your Destination Manager for this project! Valerie will guide you through the whole pre-arrival procedure for this placement and you will receive comprehensive information throughout to ensure you are fully prepared for your project placement with us.



Valerie is from Cape Town, South Africa and holds a Bachelor of Commerce degree majoring in Law and Economics. She is also currently studying her postgraduate Bachelor of Laws degree in her own time. Continuing to learn and one day travel the world are two of Valerie's passions, together with being part of assisting and sustaining African communities. Learning more about the African continent is her goal each day and she hopes to make a meaningful difference through her involvement with African Impact.

Skype Valerie on [valerie.bam](https://www.skype.com/people/valerie.bam)



Our Awards

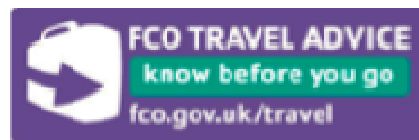
African Impact is proud to be **WINNERS** in the Africa-wide Imvelo Responsible Tourism awards 2010, as well as **FINALISTS** in the 2010 World Travel Awards. We see this as exciting recognition of our position as African specialists in Volunteering with over 6 years experience.

Our Partners

[The Happy Africa Foundation](http://www.happyafricafoundation.org)

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.

Our Travel Insurance Partners

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



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