

CAPRIVI NAMIBIA

Medical and Child Care



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. They did... and so can you...

Your volunteering mission on The Caprivi Medical and Child Care Project...

Provide valuable support and real assistance to the region's medical doctors and nurses and bring immediate benefit to the health and welfare of local communities while working in the local hospitals, rural clinics and with special needs children.



African Impact

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www.africanimpact.com



Project Highlights:

- Assist in community hospitals, rural clinics and child care centres
- Work with and take care of disadvantaged and vulnerable children
- Teach the communities on health issues and coach sports, improving their knowledge and physical wellbeing
- Assist in the local preschool centre and help children with special needs
- Immerse yourself in local culture and make friends for life!

More about the Caprivi Medical and Child Care Program:

Africa's 784 million people continue to suffer from a huge burden of potentially preventable and treatable diseases, which not only causes high levels of unnecessary death and suffering, but also stifles economic development and damages the continent's social fabric. It is estimated that 2.4 million people die from HIV/AIDS each year, 600 000 from Tuberculosis and more than one million from malaria. The burden is there in spite of the availability of many of the tools and technological advances needed for prevention and treatment, largely because the diseases are rooted in poverty and in weak health systems.

"It was fantastic working on this project, learning so much and having a lot of fun too. The project is a very worthwhile one and I would like to continue to support it in any way I can. The knowledge sharing, team chemistry, collaborative approach to work and community approach to sustainable development are all very strong here."
Barry Douglas Switzerland (36)

Children with special needs program

The Namibian society still regards children with disabilities as incapable, ill and a burden on society. In other words, they represent a 'problem' to be dealt with separately from other children's issues. More than 80% of children with disabilities live in extreme poverty in inhospitable environments. They have very poor access to appropriate health care facilities and early childhood development opportunities.

Previously disadvantaged communities are caught up in a vicious cycle of poverty, increasing levels of crime, politically motivated violence and inadequate housing, health and other social amenities. The fact that children are unable to defend themselves, are often alone at home and are undervalued by those around them also makes them particularly vulnerable to physical, sexual and emotional abuse.

The children with disabilities experience fear and exclusion from a very young age in Society. Non-disabled children, in their turn, learn that the exclusion of children with disabilities is the norm and therefore socially acceptable. These early experiences reinforce acceptance of segregation in later life. Although the parents of



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children with disabilities have a special and specific role to play in the development of their children, mothers (especially) often face isolation from their partners, their families and their communities. This exclusion badly affects their siblings, the survival of the family as a unity and the meaningful development of the child with disability.

Education of children with disabilities is not always regarded as a priority by parents due to poverty and the perception of investing in one's child in the hope of future family support. Children with disabilities are not perceived as prospective future breadwinners. This situation, therefore, calls for efforts and the support for the parents of disabled children to bring up their children and integrate them properly into the mainstream society.

The children's home: provides an in- residence program and has three main aims:

- to offer children with physical disabilities medical care, educational and social rehabilitation,
- to facilitate the integration of children with physical disabilities into mainstream schools and society,
- and to assist relatives and the local community to understand the disability and cope with it at home.

There are currently 30 children residing in the Home (this is the maximum). The type and degree of physical disability varies per child. Currently we have children with various types of cerebral palsy, poliomyelitis, amputations of limbs and / or deformities of limbs or the back / chest, TB of the spine and muscular irregularities. There are 7 locally employed staff members who assist the children at day and night when they need help with bathing or dressing and who cook, clean, do laundry and maintain the premises.

Daycare centre for children living with and without disabilities:

This is an integrated centre providing day care and rehabilitation services to meet the varied needs of 40 children and their families. The centre provides a supportive and safe atmosphere for children during the day to thrive emotionally, physically and intellectually and to encourage independence, self-confidence and consideration for others. The objective is to support, empower and promote the rights of children by integration and development, and by assisting the children with necessary conditions for their physical, mental and spiritual well-being regardless of their race, colour or need.

The project aims to promote the awareness raising aimed at strengthening the capacity of people with disabilities and increase their participation in society and to ensure that children with disabilities and their parents are fully aware of their socio-economic rights and live fully integrated lives without discrimination of stigma based on disability and poverty.

The following is a summary of activities that you as a volunteer can get involved in whilst at the home or centre.

Take care of the children and give them individual attention Prepare daily lunch, serve food, and participate in feeding program Assist in the preschool daycare centre with lessons, teaching and sport Play with the children, read



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one-to-one during story time Physiotherapy maintenance Awareness raising sessions with parents, youth and the elderly Fund raising and proposal writing Administration and accounting Capacity Building, skills development and training Income generating activities Tailoring and sewing Outreach programs Building, Maintenance and Repairs Art: volunteers gifted with different artistic talents can teach the children movement and dance, drama, crafts, weaving, painting etc. As well as music training (flute, guitar, drumming and piano instruments are available)

Volunteers will be able to observe and assist resident doctors and nurses in the following areas:

Hospitals and Rural Clinics

- Pediatrics
- Maternity
- HIV Clinics/Rural Clinics
- Eye & Dental Clinics
- Physiotherapy, Rehabilitation
- Surgery
- Casualty and Emergency
- Nursing
- Male / Female General Ward
- Mortuary
- Social Services, assistance in Primary Health Care Issues
- Gender Equality, assistance in issues relating to children and woman and the elderly



In addition there are other fields in which volunteers can assist and contribute:

- Sports Coaching
- Agriculture
- Trade: tailoring, auto mechanics, electric, woodworking
- Computing, administration or finance



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**Project Cost:**

2 weeks: GBP875 | US\$1575

4 weeks: GBP1150 | US\$2070

Project Cost Includes:

- Volunteer placement
- All daily transfers to and from tour project during your stay
- Comprehensive orientation program
- Full board and lodging which includes 3 meals a day at the volunteer accommodation
- Support from the Project Coordinators

"It is amazing to meet people with such a great passion and dedication. You are doing a remarkable job and we wish you the best for the future. We have plenty of wonderful memories to share with our family and friends back home." Viv Baumgartner Germany (41)

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 the project
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- E-mail / Internet and telephone calls
- Personal
- Laundry (this can however be arranged at a small fee per bundle).
- Soft drinks, wines and spirits
- All visas for border crossings
- Any excursions over-and-above your planned itinerary on this project



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Project “Day in the life”:

A typical day (times and activities may vary) on the project will consist of:

06.00 - 07.00 Rise and shine

07.00 - 07.30 Breakfast and prepare for departure for your morning project

08.00 - 08.15 Depart from the volunteer house and travel to your project

08.15 - 08.30 Assignment of daily duties

08.30 - 13.00 Hospital / Clinic duties

13.00 - 14.00 Lunch

14.00 – 16.30 Hospital / Clinic duties

16.30 – 16.45 Depart from the hospital and travel to the volunteer house

16.45 - 18.00 Relax

18.00 – 19.00 Dinner Time

19:00 - to bed Relax and sleep

Sat-Sun: Relaxation. Weekends are open and volunteers are free to explore this beautiful region as they wish. We have a list of activities that can be done and would be happy to help arrange them.

Volunteers should be prepared for the daily itinerary to change at short notice to meet the needs of the project. Activities may vary and new structures may be implemented depending upon the experience of the volunteers and the evolution of the project.

Project Orientation:

Volunteers will have a full orientation on their arrival into Katima Mulilo. The orientation will include plenty of information on the project and their role as a volunteer. It will incorporate a visit to a cultural village, as well as a tour of Katima Mulilo and an introduction to all the people they will be working with. It will cover everything from health and safety, a basic language course in Silozi to where they can get an emergency bar of chocolate.

Project Support:

Throughout your placement you will have the support and guidance of our experienced Volunteer Coordinators. They will provide you with competent 24-hour field support, assistance, advice and answers. Volunteers will also be supported and supervised on a day to day basis by the doctors and nurses that they will be working with.

Project Meals:

Volunteers will be provided with three meals per day. Breakfast is on a help-yourself basis and usually consists of cereals/porridge, yoghurt, fruit, toast, tea and coffee. Lunch is also self-help and usually consists of sandwiches, fruit and cheese. Volunteers provide and pack their own lunchboxes. Dinner is a full meal and will be cooked by the volunteers at the volunteer house, who will take turn to prepare evening meals.

“The work in the community clinics was really special – there is no other way that we would have gotten to meet and work with local people.” Serge Thebault France (25)



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Project Accommodation:

Volunteers will be staying in a comfortable volunteer house in a residential area in Katima Mulilo run by the on-site coordinators. Rooms will be shared by up to four fellow volunteers. The house is staffed with a house executive that will assist with the cooking and cleaning. All bedding and mosquito nets are provided for.

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

Our Destination Manager will assist you with the procedures and a Project Representative will meet you at the airport upon your arrival in Namibia. You will then be escorted to your volunteer base. There are daily flights from all over the world to Windhoek throughout the year, many of them via Johannesburg. From Windhoek airport (every Monday & every Thursday) there are return flights to Mpacha airport (Katima Mulilo). Volunteers should arrive at Katima Mulilo (Mpacha) airport on the morning flight on the Monday that their project starts and depart Mpacha on the evening flight on the Monday that their project ends. We can assist with booking overnight accommodation and airport transfers in Windhoek.

If you simply need a place to stay for a night before or after the confirmed project dates, there are plenty of affordable and clean places available.

Reasons to volunteer on the Caprivi Medical and Child Care Project:

1. Brighten the day of the childrens' life by providing them with energy and affection. This is your chance to really make a difference in their first years of schooling and provide them with some basic English to get them on their way
2. Catch an infectious smile and become humble by the way the local people live so simply yet so content
3. Learn more about HIV/AIDS and how it affects the lives of the people we work alongside
4. Make a community proud by renovating and revamping their schools and villiages– they will never forgot the generosity and dedication of our African Impact Volunteers and how they are changing the lives of their children
5. Meet many like-minded volunteers who you will become friends with for life.
6. Be inspired knowing that if it wasn't for people like you, we wouldn't be able to h|ave such a great impact on such deserving communities



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Caprivi Travel Highlights:

- The “strip” is surrounded by Botswana, Angola, Zambia and the Okavango Region of Namibia.
- Popular tourist destinations like Victoria Falls in Zimbabwe and Chobe National Park in Botswana are easily accessible.
- Caprivi has wonderful national parks, arts and culture, abundant wildlife, history and natural landscapes like savannahs, floodplains, woodlands and the riverine forests of the mighty Zambezi River



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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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