

CAPE TOWN, SOUTH AFRICA

Medical & Clinic Assistance



At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS 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 Cape Town Medical and Clinic Assistance Project...

The outskirts of Cape Town are some of the poorest areas in Africa and there are countless possibilities to impact the lives of those that are affected by these difficulties through this project. Assist the community by showing your support and commitment to improving health and wellbeing in local townships.

"It has made me appreciate the resources that I have in my clinic at home and the way in which I deliver care to patients. I have really enjoyed myself, and the set up of the programme together with the communication of the Africa Impact staff has been very good-I felt well supported."

Angela Dixon (25) Britain



African Impact Head Office

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Project Highlights:

- Assist and observe in local community clinics
- Assist at various rural pre-schools and day care centers during afternoon community project work
- Reading to and doing crafts with disadvantaged children
- Helping to uplift the community through education, health care and building projects
- Immerse yourself in local "Capetonian" culture and make friends for life!

Project Achievements so far:

From April 2008 to May 2009, African Impact volunteers have contributed over 2,600 hours to medical and clinic assistance in Cape Town South Africa, through our work in township clinics. Our project structures, together with the support and advice of our charitable foundation team at The Happy Africa Foundation, are continuously assessing our work and project strategies to ensure that these hours are meaningful, with measurable outcomes. For the same period, our volunteers have helped convert patient filing systems to computer, as well as having assisted the community by showing their support and commitment to improving general health and wellbeing.

More about our Cape Town Medical Program:

In a city of contrasts, Cape Town's private sector health care and provision is extensive, but it is the rural communities that suffer from an immense lack of facilities. Whilst there are some structures in place for an effective health service, there is an enormous deficit in terms of staff and resources. This is why the volunteers' help is very much appreciated by the nurses and doctors we work with. This placement will give you the chance to make a positive impact on the health service in these underprivileged areas on the outskirts of Cape Town, and to make a profound difference in the lives of people living in the surrounding community. Both qualified and non-qualified volunteers can join this project. Furthermore, qualified volunteers would be able to offer advice to the day care and after care centres that they will be working with in the afternoon. There are many children at these centres with special health care needs.

As a volunteer, you will spend each morning of the week at a clinic within the various communities that we work with. The clinics run from 08h00 – 12h30 daily and you will be involved in the following:

- Assisting the clinic supervisors with the many people requiring medical help, especially sick children whose only support is through these clinics
- Assisting in pregnancy testing, baby weighing, the checking of vitals (temperature, blood pressure, heart beat etc) and you will furthermore have the opportunity to sit in on consultations should the doctor on duty and the patient be happy with this. There is a vast range of activities to be involved in.
- Assist in sorting medications in the clinic pharmacy as well as labelling these medications.
- Administration work in the clinic would also form part of your volunteer work as there are plenty of patient files that need uploading onto the clinic computer system. The accurate data capturing of this information is of great importance and thus this is an essential activity.

"I had a great time and really felt like I'd made a difference whilst working at the clinics. The actual project itself makes me more determined and excited to start studying Medicine at university."

Olivia Tam (18) Britain



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After having spent the morning at one of the clinics that we work with, you will assist in the local community in various aspects in the afternoon. You will rotate between the following community projects (please note that a full day working in the clinics is a possibility):

Building and painting schools

Schools in Red Hill deal with a great shortage of classrooms and facilities, as a result of which they are limited to the amount of children they can accommodate. As a volunteer, you will assist with fixing fences and windows, and rebuilding and painting classrooms. This project will also involve community litter, glass and rubbish collection.

Educare Centre

Volunteers will assist teachers with after school care by helping with game playing, reading (both one-on-one with the kids and to the group during story time), and with other activities they engage the children with i.e. art, music, and dancing.

Masiphumelele Library

Masiphumelele has been blessed with a wonderfully-resourced library and great facilities. The library offers many services to the community and volunteers slot into some of the existing programs offered at the library. These include arts and crafts, puzzles, games, literacy, one on one reading, homework club and math club.

Project Cost:

2011



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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, arts and crafts, books, new housing for volunteers etc.
- All airport transfers from Cape Town International Airport upon your arrival and departure
- 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
- Weekly laundry service during your stay
- Assistance in your projects by various African Impact staff and Project Managers

Project Travel Highlights included in your placement:

1. A visit to Cape Point, situated within the Southern Section of Table Mountain National Park which is globally recognized for its extraordinarily rich, diverse and unique fauna and flora - with rugged cliffs, steep slopes and sandy flats! See the baboons and perhaps some ostrich or buck if you are lucky!
2. A trip to Boulders Beach, home to a growing colony of the vulnerable African Penguin. Wooden walkways allow visitors to view the penguins in their natural habitat and visitors will love the penguins and their antics. Also a safe and enjoyable swimming or snorkelling spot.
3. A visit to the summit of Table Mountain where you will find the best views of Cape Town. The Cableway takes you to the summit in under 10 minutes and the cable car's rotating floor ensures that all passengers get a 360 degree aerial view of the city.



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 Cape Town
- 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 Cape Town i.e.

Project Orientation:

Upon arrival at our project base on the outskirts of Cape Town, all volunteers are involved in a comprehensive orientation programme, which is included in your fee. This is facilitated by your Project Manager and entails:

- An introduction to the city of Cape Town and surrounding Cape Peninsula, as well as the communities you will be working in
- An introduction to all of our Cape Town projects. Not only will you see where you will be working, you will also see where your fellow volunteers will be spending their days



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Project “Day in the life”:

Note: itineraries may differ from this, depending on your own experience and the number of other volunteers on This project at the same time; this is simply to give an example:

07:00 - Get up, have a help-yourself breakfast of cereals / porridge, toast, tea / coffee, and start preparing to depart for your project

07:45 - Head off to the community clinic for that day

08:00 - 12.30 - Assist in a local community clinic

12:30 – Lunch break. You will be picked up from your project and taken to your volunteer house, where lunch will be waiting for you

14.30 – Afternoon session. Leave for one of your community projects. You will spend the afternoon playing with the children at the schools, assisting with the Educare Project, working at the library or building and painting classrooms

16.30 - End of the working day. You will be picked up from your project and taken to the volunteer house, where you will evaluate the day with fellow volunteers and Project Coordinators and discuss the schedule for the next day. You may also opt to be dropped off in town to check e-mails or do some shopping

18.30 - Dinner at your volunteer house.



Project Accommodation:

Volunteers will stay in a fully furnished house situated at the foot of Chapman’s Peak in the rustic town of Noordhoek. The house is on a private and secure one acre property and boasts a swimming pool and barbeque facilities. The house is comfortable, spacious, and within easy walking distance of a shopping mall and cinema. It is also staffed with a cook and cleaner and each room has a fridge and an en-suite bathroom. Other facilities include satellite television, a snooker table and a lock-up safe for your valuables. All bedding is provided, but you will however need to bring your own towels please.



Project Meals:

You will be provided with three meals a day. Breakfast is on a help-yourself basis consisting of cereals / porridge, toast, tea and coffee. Lunch and dinner will be cooked or prepared for you by one of our chefs at your volunteer house. On weekends you will need to cook your own meals (we will provide ingredients) as our staff will need to be given time off. Weekends are usually a good time for tourist activities and exploring the surrounding area, so this is the time that a lot of volunteers are out and about.

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Project Support:

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



"I really enjoyed working in the clinics and I assisted the nurses there with procedures, diagnosing, and treating patients. I was really nervous at first because I had just qualified, but after seeing a few patients, my confidence began to grow. That's what I enjoyed most about my experience at the Cape Town project, which will certainly help later on when I start residency." Rajiv Tejura MD (27) United States

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

Our Destination Manager will assist you with the procedures and one of our representatives will meet you at the airport upon your arrival in Cape Town. You will then be escorted to your volunteer base in Noordhoek.

10 Reasons to volunteer in Cape Town on our Medical Project:

1. The project is set amongst the most stunning landscape of sheer rock faces, pristine beaches, turquoise waters and National Parks full of the most beautiful flora and fauna endemic to South Africa
2. Explore the beauty of the Cape Wine lands with the most stunning scenery and some of the best wines in the world!
3. Gain some invaluable medical experience in a township clinic
4. Learn more about the common illnesses that affect South Africans
5. Make a difference in the lives of the clinic staff and patients by providing an extra pair of hands and a smile
6. Have the opportunity to learn more about a new culture and way of life as you get to work up close and personal with the Xhosa and Afrikaans
7. Come face to face with a baboon, ostrich, Bontebok or zebra when you visit Cape Point Nature Reserve
8. Learn more about HIV/AIDS and how it affects the lives of the people we work alongside
9. Catch an infectious smile and become humble by the way the local people live so simply yet so content
10. Share a local meal at Red Hill Township as you are invited into the house of a special friend who will cook you a traditional South African Meal, accompanied by singing of course!



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South African Travel Highlights:

These are not included in your volunteering fee, but our coordinators are able to assist you with making the necessary booking arrangements.

Guideline prices for popular activities offered in and around Cape Town:

- Aquila private game reserve – a "Big 5" reserve situated 2 hours drive out of Cape Town – ZAR91500 pp (based on a minimum of 5 pax), which includes a buffet breakfast, lunch and a 3 hour game drive. It is also a possible opportunity to pet cheetahs.
- City hop on-hop off double-decker bus - ZAR130pp
- Shark Cage Diving – ZAR1500pp (including transport and based on a minimum of 4 pax)
- Sky diving – ZAR2000 (including transport and based on a minimum of 2 pax)
- Abseiling down Table Mountain – ZAR495
- Surfing lessons – ZAR250



Cape Town Medical & Clinic Assistance notes:

- We have found in the past that the more you as a volunteer put in to your involvement, the more you will get out. If you are coming to assist teachers during the afternoon community projects, we suggest that you have some lesson plans or ideas, bring or make charts, maps, 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...
- This project will be closed over the following dates:
***11 Dec 2009 -13 Jan 2010 *11 Dec 2010-11 Jan 2011**
- Red Hill and Masiphumelele are in essence townships, but both are safe and peaceful with wonderful people. Our parent organisation, African Encounter, have been working in these communities for many years and have built solid relationships and trust. This is a dynamic, exciting project with loads of opportunities to really make an impact in the people lives and communities you come into contact with.
- 'Adopt a Child' initiative – the children's school fees are such a minimal figure to us, but a huge amount for a family with one working parent, or in some cases, even no parents at all. When you arrive we will go through detailed information with you on how you can sponsor a child's fees for the year and receive quarterly updates on them, their families, progress and leave a lasting impression in the community.
- You will be living with the Cape Town Teaching and Sports Volunteers and the community sections are the same. You will thus be potentially working alongside them in the afternoons, depending on the need of the projects at the time. Red Hill pre school, which is opposite the Red Hill clinic, is an area we would really like to put in a lot of resources.
- Please also understand that our 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...

"I truly enjoyed my experience and I really liked the programs setup. I would definitely consider returning. I learned that I have a very good life in my home country and that I should be more appreciative of that life."

John Mills (21) American

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