

Medical Assistance and Community Upliftment LIVINGSTONE, ZAMBIA



At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. Founded in 2004, we have so far hosted over 6000 volunteers on our exciting Conservation and Community Volunteer Projects in Africa.

We are also immensely proud to have been nominated as Finalists for the following Responsible Tourism Awards in 2009: The World Travel Awards; The British Youth Travel Awards and the prestigious South African Imvelo Responsible Tourism Awards. In 2010 we were once again nominated for a World Travel Award and were proud Winners of an Africa-wide Imvelo Responsible Tourism Award. An accolade awarded in 2009 to Sir Richard Branson's Ulusaba Eco-Lodge in South Africa. In 2011 so far we are nominated for a World Travel Award and are entrants once again in the Imvelo Awards, British Youth Travel Awards and Virgin Responsible Tourism Awards.

Our head office is in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. We are determined to make a difference in the amazing communities and conservation areas in which we work. And so can you...

'Mosi-oa-tunya' - The Smoke That Thunders... this is how the locals refer to the magnificent spray that is elevated high above the Victoria Falls. Against this backdrop we find the town of Livingstone, a place of supreme natural beauty, of friendship, a place to care for and become a part of; a place of initiation, and an unforgettable life-changing experience. In this impressive setting, we offer you the opportunity to gain a unique insight into the Zambian medical field, and to make a positive impact on the local community through our specially structured Medical Programme.



African Impact

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Project Achievements so far:

Over the past few years African Impact volunteers have contributed over 53260 hours to community development on our volunteer projects in Livingstone – Medical, Teaching and Sports projects. 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 the quality of service to the volunteers and the ethical running of our projects in Africa.

*During this period, we have seen over **30,000** patients in the Maramba, Dambwa, Linda, Libuyu, Ngwenya, Nakatindi, Ntebe & Mwandi Home Based Care districts. We have also conducted 2 home based care 3 month courses, endorsed by the UN, Care International & the Zambian Health Authority. We have provided emergency transport to and from clinics and hospital for all the above Home Based Care districts with patients in need. African Impact volunteers also assist at a number of local clinics in the Livingstone surrounds, helping to ease the burden of the nursing sisters in these understaffed and highly busy centres. We are planning and fundraising along with the Happy Africa Foundation for community vegetable gardens to be started in all districts in order to feed the orphans, vulnerable children and adults residents. The vegetable gardens will also be income generating helping each community gain financial independence as well as sustainable food security.*

Project Highlights:

- Help out the sisters in the clinics, serving to alleviate some of their busy workload, particularly with taking patients' vital signs before consultation and helping with clinic record keeping and filing.
- Visit and provide care to ill people in their homes, as well as to residents at the local old people's home.
- Work on school refurbishment and building projects.
- Conduct HIV Education around the communities of Livingstone where the disease affects vast proportions of the population.
- Train local people how to care for the sick in their communities.
- Immerse yourself in local Zambian culture.
- Make friends for life.
- Visit the Victoria Falls and enjoy some of the amazing tourist activities that Livingstone has to offer including Bungee Jumping, White Water Rafting on the Zambezi, Helicopter Flights over the Falls, Zambezi River Cruises, visits to Botswana's Chobe National Park to experience Africa's highest density of elephants and weekend excursions across to Zimbabwe and much more.

Location: Livingstone, Zambia – a stone's throw away from the Victoria Falls

Project Age Limit: Minimum 18 years – Maximum dependent on potential participants' health

Required Experience: Some previous medical training or experience would be helpful but is not essential. We encourage those without a medical background to take a basic first aid course before joining the project.



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Further Information on the Medical Assistance Programme:

Medical Volunteers spend their time providing much needed assistance within the medical establishments of Livingstone. You do not need to be qualified for our Medical Project; you just need the desire to Impact! Those who do have any medical training or background will be able to use their skills to offer more specialized assistance to the local communities, which is hugely appreciated by the local people.

The Medical Project consists of 4 main areas of work:

Clinic Assistance – Clinics in Livingstone battle with serious shortages of staff and basic medical equipment. The help of the volunteers is greatly appreciated by the nurses in the clinics, as their assistance with tasks such as taking and recording vital signs of patients in the outpatients department and under 5's clinic, allows the staff to more quickly see and treat the vast numbers of people depending on the clinics for healthcare. Volunteers will check blood pressure, temperature and weight of patients (baby weighing is particularly fun!) before they are screened by the medical officer. Qualified doctors may be able to assist with the screening of patients, and the help of midwives is always appreciated by the nursing staff in the labour ward. Please let us know prior to arrival at the project, if you have any specific medical skills and the project team will see how best these can be utilized within the local healthcare system.

Home Based Care – Our volunteers accompany community volunteers as they visit bed ridden or immobile patients across Livingstone. Most of these patients suffer from long-term and serious illnesses such as HIV, TB or Malaria. It is the volunteer's duty to provide basic advice, comfort and assistance to members of the community with little to no access to clinics or hospitals. This may mean basic First Aid, including wound dressing, dispensing of basic medication in critical cases and chatting to patients about the importance of hygiene, a healthy diet and exercise. Home Based Care is also about assisting those incapable of taking care of themselves by making a patient's bed, doing a bit of simple house work for them, and generally trying to improve their circumstance in the most basic yet effective way.

Please note that this can be a shocking experience, we visit some very deprived areas which can be quite upsetting, but volunteers almost always comment that HBC is a valuable experience that offers a deeper insight into the lives of those suffering from terminal illness, and gives them a better understanding of Zambian society and local healthcare available.

HIV Education and Health Talks – Many health issues in Livingstone could be improved with a little education. HIV is a serious problem that continues to grow and the trend can only be reversed through education. Numerous health issues could be reduced through improved hygiene and nutrition. Volunteers work in small groups to teach about communicable diseases, healthy living, and HIV awareness and prevention.

Maramba Old People's Home – Medical volunteers provide assistance by taking vitals – blood pressure, temperature and weight – to monitor health, treat bed sores, increase mobility and general health of the residents and address any medical issues that arise. The home is poorly funded by the government and the residents mostly have no family or carers to look after them. Volunteers also conduct health talks with the elderly residents, educating and encouraging them about personal hygiene and health, cleaning their laundry, tidying and cleaning their living areas, working in the communal vegetable garden which feeds the residents, etc. Volunteers also provide a friendly face to these people who have little entertainment or interaction by going armed with games, puzzles and a smile!

Selective Project: HIV Education in Prisons – Inmates of the local prison are a group within the local population that is vulnerable and highly susceptible to contracting HIV/AIDS and as such are an important audience to deliver the message about HIV, prevention, awareness, breaking stigma and living positively for those who are infected by the virus. We have received highly encouraging feedback from the prison about the positive influence the course has already had amongst the inmates, including being a catalyst for behavioural change and volunteers have found the prisoners to be a very engaging and interested audience who ask plenty of intelligent questions about the subject. This education also forms an important part of rehabilitating inmates back into society once they are released. **Please note** that this project is not available to all medical volunteers and participants will be carefully selected at the project managers' discretion based on criteria such as age, medical background, ability to communicate effectively in English, etc.

Please note: You must ensure that you bring originals or certified copies of your medical qualifications in order for you to be allowed to work in specialized sections of maternity wards or laboratories. Please also send copies of your documents, or communicate what your level of experience / qualifications are, to us during your booking process, so that we have these details before you arrive at the project.



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AFTERNOON COMMUNITY PROJECTS

After having spent the morning assisting at a clinic or doing Home Based Care, you will help out the local community in different areas in the afternoon. You will rotate between the following community projects:

Build / paint / refurbish schools and clinics

Schools in Livingstone deal with a great shortage of classrooms, and as a result most children do not receive the full day of class that they need. With the help and guidance of professional builders and the community we are aiming to build new classrooms for as many schools as we can raise funds for. Volunteers will help with mixing cement, making and laying bricks, laying concrete floors, plastering walls, and painting. It is hard, but highly rewarding work! In addition, we refurbish and paint existing classrooms and partner up with our various community stakeholders to assist them where we can.

Home Based Care / Farming

There are several Home Based Care Projects run by local volunteers in districts of Livingstone such as Maramba, Ngwenya, Libuyu, Linda, Dambwa. The volunteer workers spend each morning visiting patients within their local community. The patients generally have HIV (and various afflictions due to a low immune system), TB and Malaria, to name a few ailments. Patients often cannot afford to go the clinic or hospital.

The Home Based Care community volunteers rely on medical supplies given to them by the government health department (which happens rarely) or donations. However, some have their own land that they use to farm for the purpose of raising money for their initiative. This is obviously the most sustainable way to ensure their project continues independently of aid.

We would like to assist all communities in setting up farming initiatives, as well as helping with actual work on the farm. The goal is to help in the initial set-up stages by assisting with the acquisition of land, tools and seed. Volunteers then help to prepare the land and work alongside the committee of local farmers and Home Based Care givers through the planting, watering, weeding and harvesting. With each new planting season, the local committee becomes more self-sufficient and self-funded allowing new farms to be developed.

Please note that as this can be a shocking experience, we visit some very deprived areas which can be quite upsetting, but volunteers so far have said that it's been a valuable experience that offers a deeper insight into the lives of those suffering from terminal illness, and better understanding of Zambian society.

Reading Club

We arrange for students at various schools to come back to the club in the afternoon where our volunteers will assist with the literacy skills of the children. As a volunteer, armed with your box of books, you will arrive at the school and help give the students the extra support that they need, including teaching them phonics, spelling, pronunciation and general reading and comprehension skills. It is essential that kids are literate in English in order to complete their education and improve their chances of securing a job later on in life.

Art Club

During this afternoon session you have a chance to nurture the kids' creativity! Volunteers will plan their own art club using suggested lesson plans, their initiative and creative ideas. Here you can encourage students to deal with a variety of issues through art. For example, you can hold an anti drugs campaign using your art club to produce posters, or make demonstrative models during the session in order to educate them on many different topics. You could also produce seasonal art e.g. Christmas cards, Christmas decorations, Easter masks etc., have finger painting sessions or papier mache - the possibilities are endless!! There is not much time in the syllabus for creative activities so this is a great outlet for the kids, and lots of fun.



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Adult Literacy Club

Not only a very popular activity amongst volunteers but also an extremely important project aimed at helping adults become more employable in a country with a literacy rate of only 60%. There is a structured syllabus with beginners / intermediate / advanced classes, lesson plans, tests and a certificate upon successful completion. The course will improve the students understanding of written and oral English as well as mathematics. Having these skills makes people more employable in a country where the employment rate is only around 50%.

Study Group

Designed specifically for the students in THAF's *Sponsor-A-Child* Programme, Grade 9 pupils come from various schools throughout Livingstone for a structured study group led by volunteers. The programme seeks to help the children gain a greater grasp on subjects taught in class as well as tackle subjects that are missed during the curriculum. Many of THAF's sponsored children are orphans and all are vulnerable thus lacking adequate support at home. Study group gives sponsored children from a variety of schools the chance to get together, establishing a good community and a great opportunity for AI/THAF to monitor student's academic and personal progress. The children are eager to revise and learn and a pleasure to conduct lessons with.

Maramba Old People's Home (MOPH)

Elderly homes are not common in Zambia, and Africa in general, because culturally elders in a community stay with and are cared for by their family. People arrive at MOPH, therefore, from far and wide, destitute and typically without anyone to look after or visit them. Volunteers assist the understaffed facility with daily tasks such as cleaning, cooking, etc. and also engage the residents in games, reading, physical activities, etc. The project is a great way to provide stimulation and improve the living conditions for the residents.

Family Support

Kids here have to grow up really quickly as they are expected to help out with numbers of chores at home and older siblings help to look after the younger ones in typically large families. Volunteers run structured playtimes with children at pre-selected locations, taking along balls, jump ropes and colouring books and crayons, and spend the afternoon interacting and having fun with the kids. This time allows them an opportunity just to be kids; to play games, be carefree and expend some of their boundless energy.



7 Great Reasons to become an African Impact Medical Assistance Volunteer:

- A great way to gain insight in the medical field; clinics here are vastly different to the healthcare facilities you are used to at home.
- Getting stuck in, within the community and being involved with those who really need help. Home Based Care puts you in the middle of traditional Zambian life.
- A great way to gain insight in the medical field.
- Being based in Livingstone ensures there are plenty of things to do or adventure activities to enjoy at the weekends.
- The project is accessible to qualified medics, student medics or those with simply an interest to help.
- The variety of activities and community projects, from building and painting to HIV & health care education to art and reading clubs.
- The variety of locations! You will be based within poor communities in various districts of Livingstone.
- The friendly people – You will meet the friendliest, nicest, craziest, most determined, and zealous African people, who are guaranteed to inspire and motivate you!



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Project Typical Day:

- **07h00:** Its rise and shine, and time for breakfast. The volunteers also spend some time preparing for the projects, ensuring they have everything they need for the day ahead.
- **07h45:** Into the vans and off to work. Volunteers will be dropped off at their assigned project and get busy working for the morning.
- **11h15/11h30:** You will be picked up from your project and be taken back to the house for lunch.
- **12h00:** Lunch.
- **13h00:** Planning session – you are given this time to prepare for your afternoon or other projects, this may mean designing and making posters, researching lessons, writing quiz's or tests or simply gathering supplies.
- **13h30:** Depart for your community project. This may be farming, building, or painting. You could also be running an art club or a reading club, or assisting at Maramba Old People's Home, etc.
- **16h30:** You will arrive back to the house for supper after your projects (dinner served between 17h30 and 18h00). Your evening is free, so some nights you might like to treat yourself to a meal out, or simply sit and enjoy a beer in front of the TV whilst planning for the next day.

Important Notes / Dates to be aware of:

Please see below the dates of Zambian school terms and public holidays for 2011. As we work within local communities our projects are affected by these dates; local partners take time off to spend with their families on public holidays and our school/education-based programmes are structured slightly differently during the school holidays and 2 weeks proceeding holidays whilst examinations are in progress. Some of our projects may be put on hold whilst the kids are on leave, but there is no shortage of important and rewarding community work to be done here.

School terms 2011:

First term: 10 January to 8 April

Second term: 9 May to 5 August

Third term: 5 September to 2 December

Public holidays

1 January	New Years Day
March (2 nd Monday)	Youth Day
Varies	Good Friday
Varies	Easter Sunday
Varies	Easter Monday
1 May	Labour Day
25 May	Africa Day
July (1 st Monday)	Heroes Day
July (1 st Tuesday)	Unity Day
August (1 st Monday)	Farmers Day
24 October	Independence Day
25 December	Christmas Day



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Project Costs:

(You are welcome to volunteer for anything from 2 weeks up to 8 weeks on this project).

Project Cost Includes:

- Project Fee: This project fee facilitates funding for items such as building materials, equipment, medical supplies for your bags, foodstuffs, etc. Project fees are also used to buy vehicles/equipment and for developing the housing for volunteers to provide for the expansion of the projects.
- All airport transfers from Livingstone International Airport upon your arrival and departure.
- Orientation programme.
- 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.
- Full support from African Impact and your project managers throughout your time on your Livingstone placement.

Project Support:

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



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Project Cost Excludes:

- Personal travel insurance for the duration of your placement, which must include cover for evacuation and repatriation.
- All transport by air or bus to Livingstone.
- Soft drinks, alcoholic beverages and snacks.
- E-mail / Internet and telephone calls.
- All items of a personal nature, such as curios, gifts, clothing (work and other).
- All visas for border crossings.
- Any excursions over and above your planned volunteer itinerary in Zambia e.g. visit to the Victoria Falls, white water rafting, etc.

Project Orientation:

Upon arrival in Livingstone all volunteers are involved in comprehensive orientation programme, which is included in your fee. This is facilitated by your project volunteer coordinator and entails an introduction to our projects. Not only will you see where you will be working, you will also see where your fellow volunteers will be spending their days. An experienced clinical assistant will give you a detailed briefing on common diseases in the area, working methods and safety precautions for working on the projects. This is to ensure that you will start your work in a well-prepared and safe way.

Project Accommodation:

Livingstone volunteers reside at a comfortable and secure complex, a 5 minute walk away from Livingstone town centre. This accommodation features a dining area, bar, swimming pool, large garden, and even a rock climbing wall! The house sleeps up to 20 people and accommodates volunteers from our medical, teaching and sports projects; additional rooms are available on the property, with up to 68 beds available in total. The accommodation is multi-sex, but males and females will be sleeping in separate rooms.

The house has 24 hour security. Each room has lockable wooden safes where you can store your valuables (each volunteer supplies their own padlock). Your meals are cooked at the accommodation and you will have the support of our project managers at the site. Each bedroom sleeps between 4 and 8 people, with respective number of bunk beds in each room.

Bed linen is provided (but please bring a towel) and cleaners will attend to house-keeping the rooms and making the beds daily. The cleaning ladies will wash your laundry twice a week. The house is positioned within close walking distance to town where you will find a wide range of amenities.

**Please Note:**

We find that volunteers living together and working closely together with their volunteer coordinators is the surest way of guaranteeing their safety and being able to attend to their most pressing needs. For this reason we expect all volunteers to stay only in the accommodation provided for them and do not allow volunteers to spend nights away in the town or nearby villages, unless they are away on pre-arranged sightseeing excursions.

Project Meals:

You will be provided with three meals a day. Breakfast is on a help-yourself basis and usually consists of cereals, toast, tea and coffee.

Lunch and dinner are full meals, and will be cooked for you by the chef at your volunteer house.



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Note: Meals are provided at weekends although many volunteers choose to eat out. Weekends are usually good times for tourist activities and exploring the surrounding area, so that is the time that a lot of volunteers are out and about anyway.

*Please note that while we do our very best to provide you with varied and interesting meals, due to the nature of our rural location food will generally be quite simple but still nutritious. We ask that you are not overly fussy and ungrateful with what is provided for you. **Please let us know before you depart for Africa of any food allergies or specific requirements.***



Project Getting There:

Our placement coordinators will meet you at the airport in Livingstone!!

- Livingstone: Fly to Johannesburg in South Africa and then connect to Livingstone. This is by far the simplest and most popular means of getting to the project.
- Lusaka: fly into Zambia's capital city and then transfer to Livingstone by bus (approx. 8 to 12 hours) or by means of a flight. The bus transfer will cost you approximately US\$20.

"I firmly believe that this program is very much needed here in Zambia and other parts of this continent. It is a very ambitious program and its impact is definitely being felt across the region. Every adult helped, who has learned to read, every child receiving some sort of medical care, every family who has received some sort of assistance, is an investment in the GNWB – Gross National Well Being of Africa."

Kennard Gopaul, USA

"Overall I have loved my month here in Zambia & really don't want to go. I think it is a fantastic thing to do & have loved meeting all the local people & have hopefully helped out in some way."

Jo Perrett, Australia

Project Travel Highlights:

Some of the most popular activities and guideline prices:

- Sunset cruise on the Zambezi River including complimentary snacks & drinks: from USD 55
- 2 nights on an Island paradise in the Zambezi, inclusive of several activities & meals: USD 125
- Lion Walk and Encounter: USD 140
- Elephant back safaris: USD 160
- 2 nights on safari in Chobe National Park: USD 260
- The world's most exciting white water rafting on the Zambezi river. From USD 135 half day. *Please note that white water rafting is seasonal and does not run when the river is very high*
- Bungee jumping and gorge swings over the Batoka Gorge (where the water cascades into from the Falls). Bungee Jump: USD 120 per jump. Gorge swing (half day): USD 90
- Helicopter Ride over the Falls: from USD 135 for 15mins
- Microlight Flight over the Falls: from USD 135 for 15mins
- Jet boating: USD 100 (approx. 40 mins on the river)

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

Please also note the above prices are subject to change, prices given are a guideline only.



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