

# GHANA



## MEDICAL WORK EXPERIENCE INTERNSHIP

Work in a private hospital established in 2011 that also operates an NGO that focuses its efforts in 40 communities in the Okakoi Sub metro of Accra. They raise awareness about the prevention and management of Malaria, TB, HIV and Non-communicable diseases such as hypertension and diabetes.

You will be involved in the day-to-day activities of the Hospital, observing the doctors and nurses where you can help out in simple but practical ways, vastly increasing your own knowledge and understanding of medical practice.

***Thank you for your interest in this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!***

## WHAT DO YOU GET?

### SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping disadvantaged people and knowing that you made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

### SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

### AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Africa and the fascination Ghanaian culture, and best of all ... **an unforgettable experience!**

## SUMMARY

**Prices:** From £1,695 excluding flights. See our [Full Price List Online](#)

**Duration:** From 4 weeks to 6 months, subject to visa requirements

**Start Dates:** All year round, you choose your start and finish dates.

**Requirements:** Minimum age 17. You should be either planning to study medicine or a medical-related subject, or currently studying medicine or related subject, or working in a medical field.

**What's Included:**

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ 24-hr emergency support.
- ▶ Meeting you at the nearest airport
- ▶ Certificate of Completion
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation and Food
- ▶ Transfer to your accommodation
- ▶ Local in-country team support and backup
- ▶ Transport to and from your project

**What Not Included:** Flights, Insurance, Cost of Visas, Return transfer to airport.

## PROJECT OVERVIEW

### ABOUT THE HOSPITAL:

The hospital you'll most likely work in is fairly new, having been established in 2011. It also operates an NGO that focuses its efforts in 40 communities in the Okakoi Sub metro of Accra. They raise awareness about the prevention and management of Malaria, TB, HIV and Non-communicable diseases such as hypertension and diabetes.



In addition to providing health care services, the hospital is training the next generation of nurses. They are committed to training them using international standards in patient care and infection prevention and control as well as teaching them using a patient-centred approach. Their goal is to be able to invest in health care equipment, such as kidney dialysis machines that will allow them to serve Ghanaians at home as opposed to having to send them abroad for treatment.

There are five health care clinics and hospitals under the Group of Companies which you might get the chance to work at during your placement.

### Facilities

At time of writing, medical services available at the hospital include:

**Antenatal:** The hospital has several experienced and compassionate midwives who get to know their patients well enough to make them feel comfortable when they come in to give birth. The hospital holds antenatal clinics every Wednesdays and Fridays from 8:30 am to 4:30pm

**Emergency Care:** The Hospital is able to perform emergency care with qualified doctors and nurses who will be able to take the necessary steps to stabilize a patient and transfer them if necessary.

**24 Hour Ambulance Services:** The hospital operates two full equipped ambulances for emergency calls and transfers.

#### Laboratory:

There is a laboratory which can perform series of pathological tests such as:

- Serological test
- Microbiological test
- Chemistry test
- Haematological test

**Pharmacy:** The pharmacy is open 24/7, dispensing drugs as well as providing advice on how to take the medications and answering any questions patients might have.

**Reflexology and Physiotherapy:** The hospital currently have one reflexologist who has more than 10 years of experience. Reflexology is an alternative medicine that involves providing physical pressure to the feet or palm with specific thumb, finger and hand techniques.

**Theatre:** There are currently has two fully equipped surgery theatres. The hospital is able to perform general surgeries and orthopaedic surgeon.

Other departments at the hospital include:

- OPD
- USG Scan
- Surgeries
- Internal Medicine
- Obstetrics and Gynaecology
- Billing and Coding

## WORK CONTENT

Ghanaian law follows Common Law, which is based on the British system. Each day is different with new and interesting cases coming through and thus neither we nor the Centre can say exactly what you will be doing daily. However expect to deal with different tasks from day to day.

There will be opportunities to get involved in current legal issues, both through dealing directly with clients and researching broader cases. You will be able to learn how to deal with clients and get an insight into everyday life in a legal office. The types of work you could be doing includes:

- Working on research projects or writing articles about current topics and human rights issues
- Writing content for the Centre's website
- Court trips
- Organising Seminars and Workshops
- Trips outside of Accra for fact-finding, seminars and workshops
- Assisting staff members in their day to day activities
- If you have a case of your own you will be able to interview clients, write letters and notifications concerning the cases or have appointments, for example, at Court.



## WORK HOURS

The Hospital is very busy and consults many patients per day. You'll get an induction on your first day/s at the hospital. You'll be introduced to the local staff and departments and arrangements will be made for your timetable. You'll be involved in the day-to-day running of the centre, observing the doctors and nurses where you can help out in simple but practical ways, vastly increasing your own knowledge and understanding of medical practice.

You may be involved in general nursing duties, such as checking of temperature, blood pressure, general health care as well as laboratory duties, dispensing of drugs etc. You'll do each department per week, depending on the duration of your program and, if you're there long enough, you'll get to cover all departments.

If you plan on specialising in a particular field of medicine, we can try to arrange to place you in your relevant department, to ensure that you receive maximum experience in your chosen field.

Your work schedule may vary week by week depending on how busy the hospital is and where help is need the most at the time that you're there. You'll start work at about 8.00 a.m. or earlier, depending on the engagement with a do

### **IMPORTANT: THIS PROJECT IS OBSERVATIONAL ONLY**

This project is observation only – by law you cannot participate in or assist with patient care and/or any other activity which could put you and/or any other person at risk. However, if you're qualified, you may be able to assist far more. In order to do this, you would first need to be in possession of the required qualifications, have the necessary experience to go with your qualifications, be registered for practising in Ghana, be registered at the medical centre/hospital and be insured to practise in Ghana. Without these legally required criteria, you won't be able to participate in any treatment of patients. You will of course be able watch and comment on the proceedings, and you'll usually finish at 4.00 p.m. Break time is at 12:30 for an hour.

## WHAT IS REQUIRED OF YOU ... AND GHANAIAN TIME!

Self-reliance, independence and initiative are highly appreciated and a sense of humour when the electricity fails, or buses don't turn up, will help you to make the most of this wonderful opportunity!

**Like all our destination countries, the culture in Ghana is different to what you're used to.** For example, the people are exceptionally friendly and helpful, with big smiles and a relaxed attitude. On the other hand, the living standard falls short of UK or Western standards. And **Ghanaian time** is when someone says, "See you at 10.a.m." - what he really means is, "I'll see you sometime tomorrow" ... And then he may not turn up at all. The pace of life is slower and more relaxed, but you'll quickly get involved in the daily life of the local people and pretty soon you'll feel completely at home - Ghana has that effect on you!

Working in the health sector in the developing world is a real challenge, but the experience you gain will be invaluable to you in the future and totally different to what you're used to in your home country, and will be an excellent entry on your CV or Résumé

***“This placement has been rewarding work experience for me and it has made me determined to get a qualification so that next time I can truly work, rather than observe. For anybody wanting a career in medicine this is an excellent opportunity and I would recommend it.”***

**Kate Malia**

## ACCOMMODATION

### ACCOMMODATION

Your accommodation will vary depending on your work location, but will either be in a family run hostel or with a host family. This means that you get to eat, sleep, work, socialise and generally live like a Ghanaian. This enables you to fully experience the local culture from the inside.

Many of our volunteers remain friends with their host families long after they leave Ghana and in some cases they return to the country later especially to visit their family. Sometimes members of their Ghanaian family have even gone to visit them in their home country.

### FOOD

Food is included in this placement and will be local cuisine - again this is to enable you to fully experience living as local Ghanaians do. When we arrange your placement, we will liaise extensively with you regarding both the placement and your accommodation. As always, our Local Manager will look after you well and will always be on hand to help and offer advice.



***“The family for the past 6 weeks, the Opuku family, have been very warming to us staying there. They've cooked up some fabulous meals and have been very helpful to us when we have needed some help finding our way around.”***

**Jonathan Childs**

## WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!
- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our
- EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

*“Everything at this end has been brilliant. The organisation has been first class - from the arrangements to meet at the airport through to showing us a large number of sites around the city. We have been extremely well taken care of.”*

**Tim Myles**

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible. Donations to **Bridge the Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

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| ✓ Accommodation and Food                   | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport               | ✓ Project Research/Site Inspection  |
| ✓ Transport to and from your project       | ✓ Staff Training/Equipment  |
| ✓ Local in-country team support and backup | ✓ UK administration   |
| ✓ 24hr emergency helpline                  | ✓ Donations to worthwhile project   |
| ✓ Full pre-departure support               |   |

## ADDITIONAL INFORMATION

Got any questions? Please email us: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home. The documents you'll have access to also include a Country Fact file, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget. As with all our destinations, the culture and heritage is different to what you're used to ...

which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.



## THINGS TO DO IN GHANA

### LOCATION, EXPLORING AND SIGHTSEEING:

Ghana is a wonderfully welcoming country and the people are overwhelmingly hospitable and friendly. They love their music, dancing and socialising, and this, together with lots of glorious open African country and sunshine, contribute to making your travel adventure to Ghana very special.

### ABOUT ACCRA:

Accra, on the coast of the Gulf of Guinea, is both big-city hectic and African laid-back. There is something else this African city has that makes up for lack of planning and fancy buildings. It is a wonderful city to experience. It is full of character, has a warm feel, is extremely friendly and feels very safe. It also has some great beaches!

It is a city that is young, wild and full of soul and here you'll sample the true African spirit.

During the day, the streets are full of market stalls and vendors where you can browse and buy mouth-watering foods, colourful **Kente cloth**, beads, or baskets. Don't forget to practice your haggling.

During the night the city comes alive with the traditional Ghanaian 'spot' bars and the sound of live drumming music in the warm night air. Village-specific festivals and events occur throughout the year.



## HOW TO BOOK

### TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone  
01903 502595 (UK)  
or  
1-603-574-4935 (USA)



**THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!**

**We hope you'll join us!**

**Don't hesitate to contact us with any questions.**

**We're happy to help you plan your exciting adventure!**

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