



Travellers Worldwide is a leading International Provider of
Volunteering Programmes, Work Experience Internships
and Cultural Courses Abroad

ZAMBIA



MEDICAL WORK EXPERIENCE INTERNSHIPS IN LIVINGSTONE

Work in a Clinic catering to a rural community that sees over 1,200 outpatients per month. You'll observe experts and learn how they work in Zambia.

The Clinic is a full service medical facility operating under the Ministry of Health. They offer antenatal services as well as labor and delivery and child health. They are a recognized HIV centre offering ART (antiretroviral therapy) services, with over 600 patients receiving medicines.

They also provide community based mobile ART and Home Based Care and are a referral centre for the other rural health centres in the surrounding areas.

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 children 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 Zambian culture! And best of all ... **an unforgettable experience.**

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TravelQuest Ltd t/a Travellers, registered in England & Wales, Registered Office: 7 Mulberry Close, Ferring, West Sussex, BN12 5HY, Reg. No. 3072191, VAT Registration: 786540201

Prices: From **£1,095** excluding flights.

Please see Full [Price List Online](#).

Duration: Minimum stay is 2 weeks, up to 6 months or longer, subject to visa requirements

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

Requirements: You should be studying a medicine-related subject or be qualified. Minimum age 18.

What's Included:

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

What Not Included: Flights, Insurance, Cost of Visa, Return transfer to the airport

SUMMARY

PROJECT OVERVIEW

WORK CONTENT:

This internship is based about 30km just outside of Livingstone town centre. The clinic is situated on some farmland out in the bush in a fairly remote area which is currently being run by some American Missionaries. They have managed to convert one of the outbuildings into a medical centre and this enables them to do some tremendous work in helping the local communities. Although the clinic is fairly small, the work is extremely beneficial to the local villagers.

They are looking into obtaining some ultrasound equipment to enable them to monitor pregnancies more efficiently. The Clinic provides treatment in their HIV referral clinic which is open every Thursday. An additional part of the community service they provide is a truck which goes round to all the local villages to collect patients for treatment.

Many of their cases generally involve pregnancies, snake bites and testing for Malaria or HIV. For those who may have broken bones, they need to be referred to the hospital in Livingstone town centre, although they are able to stitch up minor wounds at the clinic. Currently the HIV centre has 5-6 patients.

The clinic is a full service medical facility operating under the Ministry of Health in the Kazungula District near Senkobo Zambia. They see over 1200 outpatients per month and have capacity for 8 inpatients. They offer antenatal services as well as labor and delivery and child health. They are a recognized HIV centre offering ART (antiretroviral therapy) services, with over 600 patients receiving medicines. They also provide community based mobile ART and Home Based Care and are a referral centre for the other rural health centres in the surrounding areas. They currently do outreaches 2-3 times per week, some full service and some just ART. They also have full lab services, offering:

- All the quick tests
- CD4 counts
- Full blood counts
- TB sputum testing
- Chemistries

They serve a very large population of people and English is the language of service with clinical assistants fluent in the four main tribal languages, Tonga, Bemba, Nyanga and Lozi. The clinical officer and his wife are American and staff include a licensed midwife, a nurse, 5 clinical assistants, plus various ancillary staff.



The facilities include:

- Male and female wards
- Maternity unit
- Lab
- Pharmacy
- Two exam rooms
- Large reception area
- Storage
- Male and female toilets
- An outside covered porch area for an outside waiting room
- A new freestanding lab building is under construction

MORE ABOUT THE CLINIC:

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They currently do outreaches 2-3 times per week, some full service and some just ART. They also have full lab services, offering all the quick tests as well as CD4 counts, full blood counts, TB sputum testing and chemistries. The facility is a full building housing a male and female ward, maternity unit, lab, pharmacy, two exam rooms, large reception area, storage, male and female toilets, and an outside covered porch area for an outside waiting room. A new freestanding lab building is under construction.

They serve a very large population of people and English is the language of service with clinical assistants fluent in the four main tribal languages, Tonga, Bemba, Nyanga and Lozi. The clinical officer and his wife are American, but licensed in Zambia. The other workers including a licensed midwife, an Enrolled Nurse and a part-time lab technologist along with 5 clinical assistants.



“I cannot really pinpoint what has been the best bit of my placement, as everything has been really good. I had a warm welcome by the clinic and everyone has been friendly and helpful, so it has made the whole experience excellent!”

I would definitely recommend this placement to other health professionals, as you get a real insight into health care and you receive such a large variety of experiences. This placement would definitely suit health professionals or those that are training to do something involving healing/helping people.”

Sahre-Luis Kerle

ACCOMMODATION

ACCOMMODATION:

You'll live in a small, modern, and lively hostel situated in the center of Livingstone. The hostel has a very large private garden shaded with huge mango trees, and a crystal clear swimming pool. It also has a lively, sociable bar area where many activities are arranged.

Livingstone has a Colonial feel to it and you will find a wide variety of restaurants, bars, and shops. Your accommodation is ideally situated and can offer excellent trips to places such as Lusaka.

You will be required to share a room with other volunteers or guests of mixed gender. Food and drink is not provided on this placement.



There is a local supermarket for you to buy food from and the hostel has cooking facilities for you to use or you can pay for meals at the hostel if you wish. Even better still why not try out some local dishes for a real Zambian experience!

At the time of writing, facilities at the hostel include; a swimming pool, recreation room with TV, internet cafe with internet access, a dining and kitchen area where food can be stored and access to telephones.

The hostel also has an in-house booking centre, where many local activities can be booked (wildlife safaris, river cruises, river gorges, bungee jumping, white water rafting, treks, etc.). They guarantee to offer the best deals in town and to beat any other lodge or booking centre!

Many guests comment on the quality of the Hostel staff. They are their greatest asset and many have worked for them for over four years and some have been there since the Hostel opened. Staff turnover is very low and a family atmosphere has been created that adds tremendously to their guests' enjoyment.

The Hostel is also involved in a number of community projects. Recently they raised over US \$2,000 for a local school. They sponsor a local youth football team, the police regatta team, local fund raising events and an annual day out for orphaned children on World tourism Day. They also sponsor Independence day celebrations.

There are plenty of opportunities to socialise with other volunteers and tourists.



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! And 24/7 emergency helpline for you and your family
- 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.
- Free pick up from the nearest airport.

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:

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

"Travellers provided the infrastructure, safe accommodation and very friendly UK and local staff that made the difference, especially to someone like myself travelling on their own."

Janice Imrie

ADDITIONAL INFORMATION

Got any questions? Please email us: 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.

On Arrival, your Introduction to the Country:

When you arrive, you'll be welcomed by our in-country Organiser who will pick you up at the airport and take you to the accommodation, where you'll be introduced to everyone. He will show you the nearby facilities such as banks, pharmacy, food and beverage outlets etc. You will be made to feel very welcome by all. Your adventure has begun :-)



THINGS TO DO IN ZAMBIA

LOCATION, EXPLORING AND SIGHTSEEING:

All our projects take place in Livingstone town, a quaint but lively area very close to Victoria Falls. You'll have plenty of opportunities to participate in the multitude of activities that surround the Falls, from white-water rafting and canoeing on the magnificent Zambezi River to bungy-jumping or game spotting in the Reserve.

LIVINGSTONE

Livingstone is a fun town where tourists come for adventure, sports and an adrenalin kick. It's very close to the awesome Victoria Falls and the powerful Zambezi River. Water sports are everywhere!



Livingstone is the capital of the Southern Province and is situated just north of the Zambezi River, which forms the border with Zimbabwe. It is a major tourist centre serving visitors to the Falls, but the main streets of this colonial town, Mosi-oa-Tunya, are lined with classic colonial buildings, with Victorian tin roofed houses and wooden verandas.

The spectacular Victoria Falls Bridge is only about 10km away from Livingstone, and the area surrounding the Falls and Livingstone town have given it the name of '**adrenaline capital of the world**'.

Local attractions include not only the impressive Victoria Falls, but also Mosi-oa-Tunya National Park, located adjacent to Victoria Falls, and Livingstone Game Park. Livingstone Museum has displays of historical African artefacts and memorabilia related to Scottish missionary David Livingstone and his exploration of the region in the 1850s.



THINGS YOU CAN DO - ADVENTURE ACTIVITIES

Zambia encompasses everything magnificent about Africa - wildlife, birds, safaris, lakes, rivers, culture and adventure sports!

White water rafting is a must! If you are keen for the ultimate thrill then a multi-day trip along the Zambezi is it! The Zambezi provides the best rafting trip on the planet! You'll crash through some of the biggest commercially run rapids in the world.

Batoka Gorge provides one of the most intense sensory thrills imaginable. Its twenty three white-water rapids and striking scenery deep within the sheer black cliffs afford the adrenaline junkie a wild roller coaster ride along a route carved over millennia by the Great Zambezi.

Bungee Jumping for the very brave: The highest commercial bridge jump in the world in the most spectacular setting over the Zambezi River! This must be the ultimate adrenaline rush. It's an indescribable feeling that will probably change your life!

And more: You can do river boarding, abseiling, kayaking, canoeing, walking safaris, elephant back safaris, fishing, and flights over Victoria Falls, quad biking, golf and scuba diving. This is a real adventure playground!

The terrain is mostly high plateau with some hills and mountains, and the flora in Zambia is amongst the best in the world. The great Zambezi River also forms a natural riverine boundary with Zimbabwe, making Zambia one of the most beautiful countries to visit. Along the southern border of the country stretches Lake Kariba, the largest man-made lake in Africa and the second largest in the world. It is about 280kms long and 40kms across at its widest point.

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!

www.travellersworldwide.com | www.travelersworldwide.org