

# ZIMBABWE



## COMMUNITY HEALTHCARE AND MEDICAL PROJECT IN GWERU

Provide much needed assistance to the underfunded and understaffed healthcare system!

This project is not an internship, rather it's about gaining experience in medical work in Zimbabwe. Whilst on this project, and your biggest service will be the manpower that you offer.

You'll be able to get involved in not only this clinic but others in the nearby area as well. You don't need to be qualified in any particular area.

***Thank you for your interest in volunteering on 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 community 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 Zimbabwe culture! And best of all ... **an unforgettable experience.**

**Prices:** From **£1,575**, for 4 weeks, excluding flights.

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

**Duration:** This is a 4-week programme

**Start Dates:** All year round - you choose your start and finish dates. Projects start every other Monday. Please see [Start Dates](#) on our website.

**Requirements:** No qualifications required, just lots of enthusiasm. Minimum age 18.

**What's Included:**

- |                                     |                                               |
|-------------------------------------|-----------------------------------------------|
| ▶ Arranging your Programme,         | ▶ Full pre-departure support and assistance   |
| ▶ Payment Protection insurance      | ▶ Accommodation and Food                      |
| ▶ Certificate of Completion         | ▶ Return transfer to the airport              |
| ▶ 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

## SUMMARY

## PROJECT OVERVIEW

### WORK CONTENT:

#### PROJECT HIGHLIGHTS

- Gaining basic medical experience in local clinics through interaction with nurses and local staff
- Playing a role in HIV/AIDS education and awareness
- Getting involved in tasks such as baby weighing, taking blood pressure and body temperature etc.
- Opportunity to do home visits and night duty at the clinics
- Nutrition awareness and general counselling
- Participating in national immunization campaigns; health outreaches or education drives
- Repairs and Maintenance



You'll be accommodated on a stunning private reserve and have the opportunity to experience hands on interaction with lion cubs, elephant rides, canoeing & fishing, and horse riding, to name a few exciting activities you can enjoy in your time off.

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You will assist qualified personnel in

- Weighing babies, reading body temperatures and blood pressure
- Filing, archiving
- General cleaning and maintenance, and making patients feel welcome and comfortable.

You will also have the opportunity to do home visits and maybe even night duty at the clinics! Away from the clinic you will participate in health education campaigns and national immunization drives

Right on the door step of the Game Reserve is the high density area of **Mkoba**. This is the area where the majority of Gweru's population live Most of them do not have access to private healthcare facilities so most are totally dependent on the poorly staffed and serviced local clinics; specifically Mkoba Polyclinic.

In 2002, Mkoba Polyclinic catered for 47,580 people in one year. Currently it is estimated to be catering for over 90,000 people. It is ill equipped and poorly funded and above all, severely understaffed. This service provider is heavily dependent on goodwill and support from donor agencies.

Their **maternity ward** caters for all surrounding areas and records on average 125 births per months, yet only has 2 delivery beds. The **Opportunistic Infections Department** process about 2500 cases of HIV/AIDS a month and the **Extended Programme for Immunization Department** does a minimum of 1900 immunizations a month.

## PROJECT ORIENTATION

You will receive your introduction and orientation to the project upon arrival. You will be introduced to your Volunteer Co-ordinator and to the Volunteer Manager, and will be shown around the volunteer accommodation and surrounding area.

Your Volunteer Co-ordinator will brief you on Africa, Zimbabwe and the projects and will prepare you for your work on the various parts of the project.

You will receive relevant information about common diseases and illnesses that you will come into contact with (e.g. HIV/AIDS, TB, and Malaria etc.) and safety precautions for working in the clinics to ensure that you start work in a well-prepared and safe way.

### A day in the life of a Volunteer

**Please note** that with the needs of the projects constantly changing, the below is given as a guideline only, and we ask that you remain flexible:

- 7.30: Breakfast at the accommodation park
- 8:00am: Depart for one of the clinics
- 8:30am: Arrival at the clinic and deployment to the different departments – EPI, OI, Maternity ward, outpatients etc.
- 12:00pm: Break for lunch (packed) and move to a different project for the afternoon, or remain at the same one
- 15:00pm: Pick up and return to the Park for the evening where you can relax, socialise, go for a swim, do emails, watch television – to name a few things.
- 6.45pm: Briefing by your volunteer coordinator about the following days activities. The volunteers socialize at dinner at 7.00pm and around the cosy camp fire under the stars.

***“I had an amazing time on my project and met some really great people who made my stay so much more special. Thanks for getting me out there and giving me an experience I'll never forget!”***

**Iain Robertson**

***“Everything is great, food, accommodation, laundry, with mostly comfortable temperatures. It is hot for a couple of hours a day but that is easy to bear. Everyone is waiting for rain, so that will be interesting.”***

**Neil Munro**



## ACCOMMODATION

**Gweru:** The setting of your accommodation is not only very beautiful (with almost all the buildings thatched and very African), it's also very conveniently located just yards away from where you work, eat, swim and play.

- You will be staying in comfortable twin or quad room thatched accommodation at the main reserve camp.
- Other facilities include swimming pool and internet access (access can be sporadic due to our remote location)
- Volunteers have separate clean shower & toilet facilities located adjacent to the sleeping area
- Your room will be cleaned daily by the housekeeping staff, and free use of the laundry service is available to all volunteers
- You will receive three meals a day, breakfast and dinner is served at the main camp of the reserve, and you will be given a packed lunch for your working day.



## 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                            | ✓ UK administration                                                                                                               |
| ✓ Full pre-departure support               | ✓ 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 the placement site          | ✓ Staff Training/Equipment                                                                                                        |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile project                                                                                                 |
| ✓ 24hr emergency helpline                  |                                                                                                                                   |
| ✓ Food                                     |                                                                                                                                   |

*"I would definitely recommend this placement. The staff here are very supportive and helpful. Volunteers worked well as a team and made new volunteers feel very welcome"*

*Janice Imrie*

## 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.

### **On Arrival, your Introduction to the Country:**

When you arrive, you'll be met at the airport and taken to the accommodation, where you'll be introduced to everyone. You'll be made to feel very welcome by all!

Your adventure has begun :-)

# THINGS TO DO IN ZIMBABWE

## LOCATION, EXPLORING AND SIGHTSEEING:

### TRAVEL HIGHLIGHTS

During your stay at the Park, you'll be able to enjoy an excursion to some of the other spectacular spots that Zimbabwe has to offer. Day trips are offered to the Great Zimbabwe Ruins as well as Granite Ridge in the beautiful Matobo National Park, and once a month a trip to the Victoria Falls is organised for those volunteers who are interested. These trips are also a great time for volunteers to interact and get to know each other better.

The expedition such as the one outlined below (to Victoria Falls) will cost you approximately US\$475 (this includes National Parks fees, transport, meals (excluding meals in Victoria Falls), and accommodation).

- Day 1: Leave after breakfast from Antelope Park for Miombo Safari Lodge (Hwange National Park); the largest national park in Zimbabwe. Enjoy a game drive in Big 5 territory where you could get up close and personal with a herd of elephant, buffalo, a pride of lion and many more.
- Day 2-4: Leave after breakfast from Miombo for Victoria Falls, adrenalin capital of Africa! You have the option to bungee jump, white water raft, visit the Falls, gorge swing across the Batoka Gorge below the Falls or just enjoy the great social atmosphere at this tourist hot-spot! Dinner at the amazing "Boma" Restaurant is included whilst at the Falls.
- Day 5: Depart early morning from Victoria Falls to return to Antelope Park

**Please note:** This trip only operates with sufficient volunteer interest and is only available to volunteers joining the project for a minimum of 3 weeks.

There is also the option of a day trip to Great Zimbabwe – the ancient founding city of modern day Zimbabwe or to Matopos – a National Park to go on a wild Rhino tracking safari. The costs of these trips are dependent on the number of people going. +/-USD125



## 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](http://www.travellersworldwide.com) | [www.travelersworldwide.org](http://www.travelersworldwide.org)