

Kenya Rural Clinic

Help to bring medical care to rural communities in stunning Kenya within a small hospital, as well as working towards greater healthcare awareness within the local population.

Kenya is a land of intense beauty, epic landscapes, fascinating tribes and exuberant communities. Magnificent wildlife roams across vast Rift Valley plains, white sand beaches fringe the turquoise Indian Ocean and ancient tribal communities practise traditional customs little changed since the dawn of time. All these combine to provide a destination of unparalleled appeal and fascination.

Travel to this spectacular land and immerse yourself in a community and culture in which you will be made to feel incredibly welcome. The people are positively inspiring and the landscape, national parks, beaches and surrounding islands are stunningly beautiful.

Once you've learnt to do things the Kenyan way you'll never want to leave this unique travel destination.

PROJECT HIGHLIGHTS

- Discover this land of intense beauty
- Make lifelong friends
- Gain valuable medical experience in a rural setting

PROJECT REQUIREMENTS

- Minimum age of 17 years
- Intermediate level of English
- Up to date CV

FAST FACTS

Location	Kenya, Mombasa
Activities	Activities depend on experience & specialisation Assisting in the clinic Taking or recording vital signs National health screening/immunisation programme
Outreach and community programmes	
Lab and pharmacy work	
Caring for patients	
Routine hospital duties	

Transport	Airport pick-up
Accommodation	Small hostel or homestay

WHAT WILL I BE DOING?

This is a fantastic small rural hospital about 1.5 hours from Mombasa, the surroundings are beautiful and the local people are exceptionally friendly. Volunteers' activities will depend on their qualifications and experience, but there is something for all healthcare devotees on this hands-on medical project.

You may find yourself working in one of many departments within this small hospital. These include the HIV clinic, which involves both in-hospital work and outreach clinics working with local communities, support groups, paediatrics, inpatients, outpatients clinic, laboratory, pharmacy and theatre. More experienced medical practitioners and students will be able to help with blood tests, malaria tests, vaccines and other activities and there is certainly a lot of scope for learning. Even pre-med volunteers can gain fantastic experience looking after patients, helping in the pharmacy and lab and observing various procedures. All volunteers can also take part in the inspiring community outreach programme and support groups.

Volunteers taking part on this project are able to make a huge difference to the morale of both staff and patients working in this rural community. By bringing their enthusiasm and energy, volunteers are able to motivate those around them while learning an incredible amount. One surgeon said *"volunteers are a blessing and it lifts our spirits and enthusiasm to have them here working with us"*.

Volunteers are asked to remain flexible and use their initiative in order to get the most out of this placement. You may be dealing with anything from common complaints like headaches and toothache to more serious ailments such as malaria and typhoid. You may be assisting the doctors in taking vital measurements, such as blood pressure and temperature, as well as dispensing medication and assisting with nursing duties. The most common complaints of patients are tropical diseases, but many patients have the secondary complication of HIV/AIDS, which has a prevalence rate of up to 40% within the area. Part of your work will be to educate the local community, reduce the stigma associated with HIV/AIDS and provide support to those afflicted.

WHAT HAPPENS WHEN I ARRIVE?

You will be picked up from Nairobi airport by a friendly local staff member. You will usually spend a night in the Kenyan capital to recover from your international flight before taking the comfortable coach ride to the coast and Mombasa. If you prefer, you can fly directly to Mombasa and we will arrange an airport pick up for you accordingly.

In Mombasa the local staff will meet you and introduce you to your host and the local area. Both your host and local coordinator will be more than happy to help you settle in and acclimatise and you'll feel at home in no time in this friendly and laid back community.

WHERE WILL I BE STAYING?

You will be staying with a friendly host in a homestay, which will allow you truly to experience Kenyan culture. We choose our hosts carefully to ensure that they are able to provide the support and security needed to make your stay comfortable – and fun! The homestay will usually have a bathroom, living room with TV and kitchen with a fridge and will be close to transport and local shops. You will be made to feel part of the family from the moment you arrive and you will soon find yourself immersed in home and community life.

WHAT WILL I BE EATING?

You will eat with your host and will be provided with two meals a day, enabling you to get a true feel for the Kenyan lifestyle and sample some authentic African home cooking. For lunch, volunteers usually eat out with colleagues or at the projects themselves, as they are away from the homestay.

Kenyan cuisine offers a variety of dishes based on meat and vegetable stews. Most dishes are served with either rice or ugali, the staple food for most of sub-Saharan Africa made from maize flour. You may also have the chance to sample such delicacies as "oysters Mombasa", fish or chicken in coconut, groundnut soup or beef and potato stew and for pudding, bananas cooked in banana leaves.

COSTS

2 weeks	US\$ 1,045
Extra week	US\$ 345

DEPARTURE DATES

Weekly, please arrive on a Monday.

DURATION

Two weeks and more

This project is available throughout the Christmas period

WHAT'S INCLUDED

Before you go

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Advice on visas and equipment
- Discounted medical kit
- Free Frontier T-shirt

In-country

- 2 meals a day
- Accommodation
- Airport pick-up
- Project orientation and training
- In-country emergency support
- 24-hour international HQ back-up

AIRPORT INFORMATION

Nearest airport(s): Nairobi Jomo Kenyatta International Apt (NBO)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.