

# Malawi HIV & Community Health Programme

*Become an integral part of the HIV and health programme in Malawi as you help those affected directly and indirectly by HIV/AIDS to live a normal life*

Experience the "warm heart of Africa" when you visit Malawi, a country of benevolent, friendly people, vast expanses of sun drenched wildlife reserves and Rift Valley lakes and plains, including the eponymous Lake Malawi, with its abundance of tiny tropical fish and silky sanded beaches stretching as far as the eye can see. Integrate yourself into the community that you work with and inspire the minds of the children of a deprived community whilst acquiring a wealth of experience and new skills. Swim and scuba dive with a myriad of glittering cichlids in the sublime waters of the lake, then bask in the serene heat of the setting sun as you watch local fishermen cast their nets in the tranquil shallows.

Malawi's undeniable natural beauty belies the harsh reality of the daily struggle of many of its impoverished inhabitants. It is one of the poorest countries in the world and consequently has one of the highest levels of infections of HIV/AIDS and other deadly diseases in the world. Lack of financial investment into education and health services results in an ever growing population of children who have been tragically orphaned and who are abandoned, living on the fringes of society.

Join this project and help bring basic care and attention to these vulnerable children, whilst also promoting an education programme that will prove vital in the struggle to bring infection levels down. At the same time discover this delightful part of Africa where it is guaranteed that you will find a wonderfully warm welcome, a wealth of exotic wildlife and the most incredible gap year experience that it is possible to have!

## PROJECT HIGHLIGHTS

- Help to fight the devastating effects of HIV/AIDS
- Experience the "warm heart of Africa"
- Make lifelong friends

## PROJECT REQUIREMENTS

- Minimum age of 18 years

## FAST FACTS

<b>Location</b>	Malawi
<b>Activities</b>	Providing a support system for those affected & their families Health and nutrition education Supporting sufferers in their homes Helping with HIV / AIDS awareness initiatives Working with children who have been orphaned as a result of HIV Taking part in local community handicraft workshops
<b>Transport</b>	Airport pick-up

## **WHAT WILL I BE DOING?**

The work on the project benefits from a varied schedule covering several aspects of the HIV and health programme here. This is a fantastic opportunity for those individuals who are coming to the end of their studies within medicine or who are currently working in the medical sector to develop their hands on experience in the healthcare field and learn about the running of community health programmes in Malawi. Many of the local clinics provide low cost medical care and are often busy and understaffed. 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, assisting or observing in various departments within a local medical clinic or helping out with a range of home care as part of the ongoing community health outreach programme. More experienced medical practitioners and students will be able to help with blood tests, vaccines, taking vital measurements such as blood pressure and temperature as well as dispensing medication and assisting with nursing duties; there is certainly a lot of scope for learning. Pre med volunteers may find the focus of their project working on HIV awareness campaigns, providing home patient care, promoting health and nutrition related issues at local schools or shadowing the school nurse.

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 toothaches to more serious ailments such as malaria and typhoid.

There will also be the opportunity to get involved with HIV/AIDS awareness within the local community as well as the potential to get involved within a number of other community based activities, such as handicraft and other local initiatives in your free time.

## **WHAT HAPPENS WHEN I ARRIVE?**

You will fly into Lilongwe International airport where you will be met at the airport by a member of local staff who will then transport you to your accommodation where you can settle in.

Please be aware of rising fuel costs in Malawi and take this into consideration when arranging your return transfer back to the airport. Our in country coordinator will be more than happy to help you make the relevant arrangements. This can be done either by private taxi (circa \$240) or by public transport (circa \$55). Please take these additional costs into account when planning your project.

## **WHERE WILL I BE STAYING?**

You will be staying in a volunteer house on the shores of Lake Malawi, based within a small local village where the volunteer facilities are basic but comfortable and clean and you will be sharing a room with other volunteers.

## WHAT WILL I BE EATING?

You will be provided with two meals per day, breakfast and dinner. These will be simple but filling meals of rice and beans, meat and fresh vegetables, breads, cakes and drinks. Should you wish to explore further afield and sample a more diverse selection there are supermarkets in surrounding towns and lots of delicious local street food readily available.

## COSTS

2 weeks	US\$ 1,395
4 weeks	US\$ 2,245
Extra week	US\$ 545

## DEPARTURE DATES

Monthly

## DURATION

2 weeks +

## WHAT'S INCLUDED

### Before you go

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

### In-country

- Food (2 meals a day)
- Accommodation
- Airport pick-up
- Ground transfer to project
- Project orientation & equipment
- In-country emergency support
- 24-hour international HQ back-up

## AIRPORT INFORMATION

Nearest airport(s): Lilongwe (LLW)

## CONTACT INFORMATION

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

Mail us on [info@frontier.ac.uk](mailto: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.*