



## GHANA: MEDICAL WORK INTERNSHIP

**AKWAABA** - which means "welcome" - is never more meaningful than in Ghana. The Ghanaian people are among the friendliest in Africa. So ... **AKWAABA** to this beautiful country!

Working in the health sector in the developing world is a real challenge. Participating on this project you will observe experts in your field and learn how they work in Ghana, you will have the opportunity to shadow the doctors/Nurses in various departments in the Medical Centre. 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.

### WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Africa and the Ghanaian culture.
- You'll learn a lot from experts in your field.
- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you **feel safe and never alone!**
- An in-depth Induction makes you **feel local straight away!**
- An opportunity to **make lifelong friends from all over the world.**
- And best of all ... **an unforgettable experience!**



### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round - you choose your start and finish dates!
<b>Duration</b>	Minimum stay on this project is 4 weeks. You can participate for up to 1 year, subject to visa requirements
<b>Requirements</b>	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.
<b>Price</b>	For up-to-date prices, please check our website <a href="http://www.travellersworldwide.com">www.travellersworldwide.com</a>
<b>What's included</b>	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support.
<b>What's not included</b>	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to airport.
<b>Who can do this Project?</b>	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

## PROGRAMME OVERVIEW:

Our medical internships are based at Holy Trinity Medical Centre. This Centre is fairly new, having been established in 1988, and has undergone various reconstructing processes to become a one-step affordable humane service centre by constantly improving its service delivery.

This Medical Centre has a good team of regular Doctors, including many specialists, such as an Eye specialist, ENT Specialist and a Dietician.

### The Medical Programme

The Centre is rather like an extended doctor's surgery that also offers specialist clinics. This placement will give you the opportunity to gain an insight and experience into the Medical field in a developing country.

If you are going to specialise in a particular area of medicine, the hospital will be more than happy to take this into consideration during your placement. As with all our work experience placements, this placement is tailored to suit your specific requirements to ensure you gain the maximum benefit and experience. We'll have detailed discussions with you to ascertain what you're looking for.

Work experience, even if it is only for a short period, will give you a good insight into the medical field, the standards expected by employers and most importantly, will strengthen your CV!

Getting medical related work experience gives you the skills, personal qualities and motivation to get through training and enter the world of medicine. It also shows employers that you are committed and serious about a career in Medicine. But...one of the greatest benefits of doing work experience is that you'll meet new people and expand your network.

### Work Content

The Holy Trinity Centre, like many medical facilities, is very busy and consultants many patients per day, on average between 9,800 to 14,000 patients per month.

You will get to experience the many different departments that the Centre has to offer, where you will be observing the doctors, nurses and other staff members. The role you will be allocated will depend to an extent on your qualifications, experience and your own capabilities, which is understandable given that you will be dealing with patient health and safety.

The Centre facilities/departments include:

- A well-equipped Dental clinic
- A Radiology and X-ray unit
- An Optometrist Opticians clinic, which conducts can also conduct eye tests and provide prescription lenses and frames.
- Laboratory
- Pharmacy
- Paediatrics
- Physiotherapy
- General Surgery
- Obstetrics and Gynaecology
- General Medicine, such as vaccination, tests and more....

They also have visiting specialists that run weekly clinics, these clinics include:

- ENT (Ear, Nose and Throat)
- Skin specialist
- Dietician
- Paediatrician



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You will 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.

If you planning 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. For example

### **Dentistry:**

Like many developing countries Ghana has a problem with good dental hygiene among people living in poverty. This leads to bad teeth and other medical problems that result from tooth infections. The Holy Trinity has a Dental Clinic where you can work alongside the dentist and nurses and assist the dental team. The Dental Department is equipped with 2 modern Dental Chairs, Dental X-ray Units, etc. It caters for all dental needs of their patients.

This is an excellent opportunity to gain valuable experience in your field in a different culture where practices may differ considerably from what you're used to in your home country

### **Requirements**

According to the hospitals and medical centres, you "must have a passion, enthusiasm and dedication for medicine and caring for people". In other words, they don't wish to play host to 'curious observers' - instead, they want you to gain maximum benefit from your time with them. You should be either, be planning to study medicine or a medical-related subject, currently studying medicine or related subject, or working in a medical field.

### **LOCATION:**

Accra, on the coast of the Gulf of Guinea, is both big-city hectic and African laid-back. Accra may not be one of the prettiest cities by Western standards, but 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!

Spend a few hours in the breezy capital of Accra and you'll swear the wind and waves off the Gulf of Guinea have infused the land and people with equatorial warmth. 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.

### **ACCOMMODATION & FOOD:**

You are likely to stay in a comfortable family run guest house. This means that you will get to eat, sleep, work, socialise and generally live like a Ghanaian. Local family stays enable 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.

*They will look after you superbly and often our volunteers comment how they feel more like being part of the family than a guest! By far the vast majority will do their best to make you feel happy and part of their family.*

*The houses are fairly basic but will have all the basic facilities like kitchens and bathroom, telephone, television, radio and running water.*



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**Food:** Food will be prepared for you and will consist of local cuisine - again this is to enable you to fully experience living as local Ghanaians do.

### VISAS:

Visas are required and must be purchased before departure. We'll liaise with you about your visa requirements, if any, and make the Visa process very easy.

### FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

### INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Ghanaian Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Accra and its culture, as well as useful information like how to use the transport system etc.

### COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

- ✓ Accommodation
- ✓ Food
- ✓ Meeting you at the airport
- ✓ Transport to and from your project
- ✓ Local in-country team support and backup
- ✓ 24hr emergency helpline
- ✓ Full pre-departure support
- ✓ 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 projects

### 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.

For every volunteer, a donation is made by Travellers on your behalf into the **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.



### COUNTRY PROFILE:

The atmosphere in Ghana is extraordinary; with its run-down shacks, half completed buildings and people trying to sell you anything and everything. From the moment you step off the plane you realise that you have arrived in a very different place and you're about to have a completely new cultural experience!

The country has an air of excitement as people strive for achievement and improved quality of life. It is a country that is full of hope and optimism. Ghanaians are proud of their culture and love welcoming people from outside to integrate and mix in with their local customs and way of living.

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The air has an amazing aroma; a mixture of charcoal and local dishes cooking over an open pot. The sounds of the energetic tribal language being spoken around you will assure you.... you have landed in Africa!

Ghana is a country of cheerful anticipation. You will find that you are welcome anywhere and everywhere. The people are extremely friendly and hospitable and Ghanaians are proud of their culture and love welcoming people from outside to integrate and mix in with their local customs and way of living.

Ghana is an exciting modern African culture – open, musical and diverse. Although the country is poor, recently it has attracted new money and Ghanaians are returning from abroad and bringing new investment and ideas with them. Ghana is a stable country and truly delightful to work in and visit. It is now one of the most dynamic countries in West Africa. It was the first country in Africa to gain independence from the British Empire on the 6th of March, 1957, and today Ghana retains a remarkable sense of independence. The country is bursting with customs and tradition and has a long, rich history of crafts-people.

Ghana is very much isolated from what goes in the Western world. When walking around the streets of Accra (the capital city) you won't find any Beckham shirts, McDonald's or other touristy gimmicks; just real people living real Ghanaian lives. Ghana is warm, friendly and feels remarkably safe. You sense that you really are in Africa. Much of the attraction of Ghana results from its legacy as the centre of the gold, ivory, and slave trade during the 17th and 18th centuries, when the mighty Ashanti Empire held sway here. However, Ghana also possesses one of the best game reserves in West Africa, a multitude of good beaches, and plenty of hospitality.

For people who are looking to escape from the comforts and routines of our world and to enter a country that has a proud African culture and heritage, then Akwaaba [welcome] to Ghana.

There really is no 'best' time to visit Ghana, as the temperature is always Africa-hot and if rainfall doesn't soak you, then the humid air will. In the south there are two rainy seasons, from April to June and September to November. Temperatures range between 21 and 32 degrees C, highest in March and lowest in August. Whatever the season, the weather gets more arid the farther inland you go.



## THINGS TO DO IN: GHANA

- **The Makola Market** is a large and famous busy open-air market attended by traders from surrounding villages. Run by women traders, Makola is a place where you can buy anything you need - manufactured and imported foods, fresh produce, tools, medicines, shoes, and pots and pans.
- **The Osu Night Market** is illuminated by hundreds of lanterns and candles and is a great place to experience authentic Ghanaian Cuisine. Local dishes like banku and kenkey are cooked freshly and served with assorted grilled fish and prawns, all prepared while you wait.
- **Accra's National Theatre** where you can watch a musical show, play or dance performance, for a real Ghanaian experience!
- **Ghanaian Festivals** are annual events in each region. Enjoy drumming, dancing and feasting with the locals! Each region has its own affirmation of tribal values, the remembrance of ancestors and past leaders, and the purification of the state in preparation for another year.
- **Safaris Galore!** Owabi Wildlife Sanctuary, Bia National Park, Bui National Park, Mole Game Reserve and Kakum Nature Reserve are all good options for hiking and exploring the savannah and rainforest. The Shai Hills Game Reserve can be explored on horseback.
- **Mole National Park** is a must see! Explore the largest and one of the best-equipped nature reserves. Visitors can explore either on foot or 4-wheel drive vehicle, but must always be accompanied by a guide. Camp and discover the area at will.



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- **Beaches** are always a popular attraction. Labadi Pleasure beach, Kokrobite beach, Coco Beach Resort, Dixcove, Busua and Ada offer tropical palms, spectacular Atlantic breakers and swimming.
- **Lake Volta** Enjoy a round trip on the car ferry to Kete-Krachi to visit the largest manmade lake on earth; alternatively, take the three-day trip to the northern capital of New Tamale at the head of the lake. There are great facilities for water-sports.
- **Lake Bosomtwi** Is great for diving, swimming and mountaineering. Take a multi-day canoe trip through the mangrove jungle of the Ankobra River.
- **Aduklu Mountain** is a great place to visit for those who enjoy hiking. Tours are available through the Ministry of Tourism, and Afadjato Mountain in the Volta region attracts climbers of all ages. Mount Afadjato and Togbo Falls at Liati Wote are excellent for hiking.

## WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
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- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, 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.

## VOLUNTEER FEEDBACK:

*"My first impression was surprise at how nice the hospital seemed, I had been expecting something far more run-down. By the sound of it, this is quite largely because it is a private clinic. The hospital itself is more of a large doctors-surgery, just with a few specialists, a lab and an X-ray machine."*

*"After spending some time with various specialists we have spent the final two weeks of the placements with GPs again. Everyone has been willing to have us observe and have been keen to explain to us. The ENT specialist also invited us to Korle Bu (the Government Teaching Hospital) where we observed consultations and sat with medical students as they practised their clinical skills both in consultation rooms and the wards."*

## HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers, or do other projects in Ghana – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

**Make a Difference – Get Involved!**

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