



ZAMBIA: MEDICAL WORK EXPERIENCE

Zambia encompasses everything magnificent about Africa - Wetlands, Wildlife, Birds, Safaris, Lakes, Rivers, Culture and Adventure Sports!

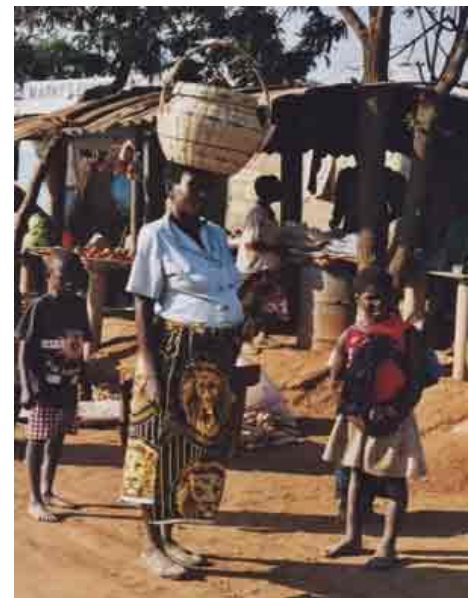
This magnificent country in the heart of Africa is a haven for wildlife and has some spectacular scenery and natural wonders. It is fast developing into a must-see destination and your time there is bound to be a memorable one.

Like most Africans, the people are very friendly and quick to flash their broad grins at you. The children, in particular, enjoy seeing foreigners and absolutely love getting your attention!

WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Africa and the Zambian culture.
- 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

Start Dates	All year round - You choose your start and finish dates.
Duration	From 2 weeks up to 1 year, subject to visa restrictions.
Requirements	You must have some medical experience OR current be training in the medical sector.
Price	For up-to-date prices, please check our website www.travellersworldwide.com
What's included	▶ Accommodation ▶ 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.
What's not included	Flights, Insurance, Return transfer to airport. Visas
Who can do this Project?	All projects are open to all nationalities. You need to be aged between 17 and 70+

PROGRAMME OVERVIEW:

A Work Experience placement is an excellent way to observe experts in your field and learn how they work in Zambia.

The experience you gain will be an excellent entry on your CV or Résumé. It will also be invaluable to you in the future and totally different to what you're used to in your home country.

As with all work experience programmes, your attitude is important – you'll get out of your placement what you put into. Using your initiative and being pro-active are important qualities on any work experience programme.

The Medical Programme

Our medical placement is based about 30km just outside of Livingstone town centre.

The clinic is based on some farmland out in the bush in a fairly remote area which is currently being run by some Missionaries. They have managed to convert one of the out buildings into a medical centre enabling them to do some tremendous work in helping the local communities.

Although the clinic is fairly small the work they have been able to do has been extremely beneficial to the local villagers. The clinic consists of 2 exam rooms, 1 private room for serious cases and two small wards with 3-4 beds in each, one for men and one for women. They are also looking into obtaining some ultrasound equipment to enable them to monitor pregnancies more efficiently. They have also set up an HIV referral clinic open every Thursday, they also provide 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.



Work Content

On arrival you will be given an induction and shown around the area. Once you have had some time to settle in you will then be taken to the medical clinic by our Organiser Lameck and introduced to the staff that work there. You will therefore have the chance to chat to the staff about your work and the plans for the week.

The staff are very friendly and helpful and everyone will make you feel extremely welcome to be there. You will be assigned to a doctor or nurse and they will help show and explain to you the workings of their job.

You will generally be able to assist with all aspects of the day to day medical care work within the clinic.

Most of your work will involve helping and assisting the local doctors and nurses with their daily rounds, making medical notes and updating records. You may also be asked to help with computer entries, and help clean equipment and various areas within the clinic. The type of work you will be allocated will depend to an extent on your own abilities.

The clinic is open on Mondays, Tuesdays, Thursdays and Fridays. Your day will generally start at 9am and your hours of work may vary depending on the situations that occur throughout the day, so you may find that you finish as early as 3pm or on some days as late as 8pm. You will need to have a flexible approach and be willing to help in any areas needed.

You can take part in this placement for any period from 2 weeks to 3 months; however many volunteers have felt that 2 weeks has not been long enough as they just get settled into their work and it is time to leave!

Requirements

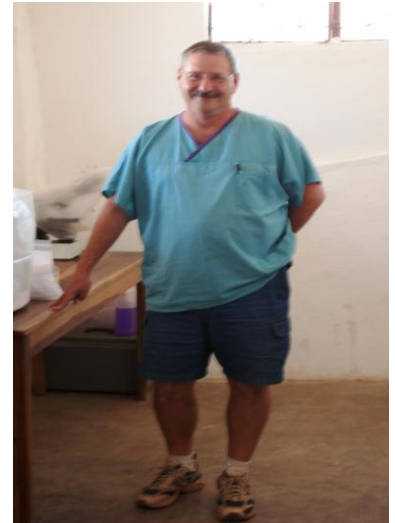
You must have some medical experience or currently be training in the medical sector. You will be required to send a copy off your CV and a letter of motivation explaining why you want to take part in this placement and what you hope to gain from it. These will be sent through to the clinic to confirm if you have been accepted onto the placement.



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A Typical Day

- 8:00am: You will get collected from the backpackers and taken to the clinic. You are likely to arrive at the clinic before 9am.
- 9:00am: You are likely to be assigned to a member of staff to work with throughout the day. The duties will vary depending on who you are working with and what work needs to be done at the time.
- 12:00pm: Break for lunch.
- 4:00pm: Collected from the clinic to return back to the backpackers
- 5:00pm: Dinner and meet up with fellow volunteers



ACCOMMODATION:

During the week (from Monday to Thursday nights), you will stay in a Guest House which is conveniently located 500 meters from the Medical Centre. The Guest House has 2 separate dorm rooms (for males and females), each with 4 beds in. There are also separate bathroom facilities for males and females.

The area around the Medical Centre and Guest House is rural and quiet, so we'd recommend taking along some games etc to keep you occupied in the evenings.

Food and drink is not provided on this placement. The Guest House has kitchen facilities, so you will be expected to prepare food for yourself. There are no shops or restaurants around the Guest house, but you can pick up supplies while you're in Livingstone at the weekends, or there is a free minibus that travels from the Guest House into Livingstone every week.

On Friday nights (after work has finished), you will be transported to Livingstone (approx. 45 minutes drive) to stay in a small, modern, and lively hostel situated in the centre of town. You will stay here for 3 nights (Friday, Saturday and Sunday). This will enable you to do more during your time off at the weekends and also allow you to meet others. 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 weekend accommodation is ideally situated and can offer excellent trips to places such as Lusaka.

Again, you will be required to share a room with other volunteers or guests of mixed gender. You will also have to cater for yourself at the weekends. 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 weekend 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!

They are also involved in a number of community projects. Recently they raised over US\$2000 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.

On Monday mornings, you will be transported back to the Guest House near to the Medical Centre, in time to begin your working week.

VISAS:

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Visas are required for Zambia. We will liaise with you about your visa requirements, 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.

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
- ✓ Meeting you at the airport
- ✓ Transport to and from you project each day
- ✓ 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:

Until recently, Zambia has been overlooked by tourists, which was a pity because it has so much to offer tourists. Recently, however, the country has been gaining a reputation for being one of the greatest destinations to go to for a unique experience. On entering the country, you're instantly welcomed by generous locals and friendly faces. This will continue throughout your stay, either from a dozen school children running to greet you or a park ranger as he swerves the vehicle to get a better view of a lion! Zambia has such a diversity of activities and attractions that it is impossible to see everything unless you are there for a good amount of time.

This magnificent country in the heart of Africa is a haven for wildlife and has some spectacular scenery and natural wonders. It is fast developing into a must-see destination.

Like most Africans, the people are very friendly and quick to flash their broad grins at you. The children, in particular, enjoy seeing foreigners and absolutely love getting your attention!

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 manmade lake in Africa and the second largest in the world. It is about 280kms long and 40kms across at its widest point.

Zambia has a population of 11,261,795, a total land area of 752,614 sq km



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(*land*: 740,724 sq km, *water*: 11,890 sq km), and 19 national parks. It borders Angola, Democratic Republic of the Congo, Malawi, Mozambique, Namibia, Tanzania and Zimbabwe. Zambia has a fairly stable economy which is based around mining, transport, construction, foodstuffs, beverages, chemicals, and textiles, and has a British style parliamentary democracy with a president and national assembly.

Climate: The general height of the land gives Zambia a more pleasant climate than that experienced in most tropical countries. There are three seasons - cool and dry from May to August, hot and dry from September to November, warm and wet from December to April

THINGS TO DO IN: ZAMBIA

- **The exciting viewing of Victoria Falls** "Thundering smoke" - that's what the local people of Zimbabwe call Victoria Falls. At the end of the rainy season, the immense amount of water thundering over the edge of the Falls literally forms an enormous cloud of thin spraying mist. You're absolutely drenched long before you reach the Falls themselves.
- **Extreme activities** at Victoria Falls, including bungee jumping, small plane flights over the Falls, and raft trips to the Boiling Pot at the base of the Falls where the water cascades down into the river. Victoria Falls is also the centre for some of the best safari and adventure opportunities in Africa. Canoe and kayaking safaris are available, offering one of the most exciting and memorable ways to experience both the Zambezi and the abundant game of Zambezi National Park.
- **Mosi-oa-Tunya National Park** covers an area of 66 square kilometers and is located in the southern province of Zambia near Livingstone town. It is home to the magnificent Victoria Falls and a wide variety of African wildlife, such as giraffe, white rhino, elephant, buffalo, impala, puku and warthog. The most frequently seen mammals include baboon and vervet monkeys.

WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- 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:

'I thought the accommodation was an amazing environment to be in especially for first time travellers, the staff working there were excellent by being friendly and arranging lots of different activities. There was also lots of time to go sight-seeing on the weekends and do all the tourist activities. We actually did bungee jumping, white water rafting and went to a safari. These were also amazing things especially bungee jumping!'

Prithika Selvadurai

"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 feel I am gaining more knowledge towards my nursing course. I am able to experience a wide variety of opportunities to do with the clinic. This has ranged from working with the different staff members, meeting different aged patients, seeing different problems/issues, taking part in the diagnosis and treatment, assisting with wound dressing, lab tests, helping inpatients and being able to go out to the villages with the clinic.

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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. The clinic is a worthwhile placement, being able to connect with the village people is amazing. The clinic is extremely beneficial if you're in the health profession."

Sahra-Luise Kerle

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 – 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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