

# Medical Programme

HIV Clinic, Thats It Mobile Clinic, Home-based Clinic, Community Work

Knysna, South Africa



Knysna is situated on the Southern Cape coast of South Africa, situated between lush forests and the shores of the peaceful lagoon - it offers many activities and attractions of a wide variety. The area is hugely affected by HIV/AIDS, poverty and unemployment. Join us on this programme, and gain insight in the South African medical field, while making a positive impact on the lives of those that are affected by these struggles the country is facing.

## Programme Location

Knysna is situated approximately 4 hours drive North Of Cape Town on the Garden route. Surrounded by the Indian Ocean, indigenous forests, lakes, rivers, mountains and beautiful coastlines combined with a moderate climate, make the Knysna area a natural Eden. A natural paradise of lush indigenous forests, tranquil lakes and golden beaches adorns South Africa's unspoilt southern coast. A truly beautiful location to do your Medical placement.

## The Project

As a volunteer, you will spend each day of the week in the clinics at the various communities, assisting the supervisors with the many people desperately needing help. There are many sick children, whose only support and means of medical care is from

these clinics. The clinics run daily. This placement will give you the chance to make a positive impact on the health service in these underprivileged areas in or near Knysna, and to make a profound difference in the lives people living in the surrounding community.

The Knysna HAART clinic cares for 900 HIV positive adults and children on Highly Active Antiretroviral Therapy or ARVs. 25-30 new patients per month are started on this life saving medication.

We work in conjunction with a variety of organisations to provide support through our volunteer programs. Volunteers can expect to experience four sections of the medical industry, each having a vital part to play in health awareness of the area:

You will be involved in all of your mentioned tasks, however as you know priorities change due to the nature and needs of the industry. Your duties will also depend on your experience and qualifications. Although no invasive procedures will be possible even if they are qualified doctors or nurses due to South Africa medical regulations.

- **Provincial Hospital** – awareness, assistance with patients, admin, visual upliftment projects. Shadowing and assisting doctors and nurses. Assistance in casualty and other wards (experience dependent)
- **HIV Clinic** – awareness, assistance with patients, admin, visual upliftment projects. Shadowing and assisting doctors, nurses, staff members
- **Home Based Caring** – mobile assistance in underprivileged areas. Shadowing and assisting home based carers, social workers and staff members.
- **Mobile Clinic** – community awareness, assistance with patients. Working with Nurses.

Your Duties may include:

- *Educating patients*
- *Developing income generated projects and the business plans thereof*
- *Administrative tasks*
- *Simple health tasks, measuring patients weight and checking adherence to therapy*
- *Establishing vegetable gardens*
- *Support pregnant mothers and their children*
- *Carrying out and assisting with check-ups*

Furthermore, experienced medical volunteers are able to offer advice to the day care and after care centres that they will be working with in the afternoon. There are many children at these centres with special health care needs.

During the afternoon, you have the option of participating in different community projects. These may include the following:

- Kadiki Kids Project (teaching and helping literacy and numeracy in preschools)
- Funda English Project (assisting with teaching English to children and adults)
- Sinethemba (working with street kids and other youth with disadvantaged backgrounds)
- HIV AIDS and TB Awareness Project (helping home based carers with people affected by HIV and AIDS, volunteering in workshops held to educate children about the disease).

## A Typical Day

This is a typical day on this programme. However, please note that your itinerary may differ from this, depending on your own experience and the number of other volunteers on the placement at the same time; this is simply to give an example:

07:00 - Get up and start getting ready to depart for your project

07:40 - Depart to your project after breakfast

08:00 - Start work at a clinic

12:30 - Lunch break. You will be picked up from your project, and taken to your volunteer house, where lunch will be waiting for you.

14:00 – Planning session – you will be given some time to prepare for your afternoon project

Approx. 16:30 - Home time. You will be collected and driven back to the volunteer house, where dinner will be served around 18.30.

## Experience Required

This project is suitable for the following categories:



Category 1: volunteers with little or no experience



Category 2: medical students on electives

## Accommodation



You will be based in simple, clean, dorm style accommodation at our cosy volunteers house, located in Knysna, or in one of Knysna's vibey Backpackers. Private/Twin/Family rooms are available on request.

Should you wish to travel outside of Knysna during your stay, we will happily recommend safe, comfortable accommodation in the Garden Route.

## **Meals**

All meals will be provided, some ready made and some do it yourself. Our focus is on healthy, hearty food.

**Breakfast** This will be a light selection of breads, fruits, tea, coffee and juice

**Lunch** This will be in the form of sandwiches, salads, pitas, bread rolls or wraps

**Dinner** With a few ready cooked dinners and the rest left to your own tastes, all ingredients and menu plans will be provided. You can expect a range of many different kinds of dishes.

All meals will be according to your specific tastes as best as possible, however specific food requirements are only subject to request.

## **Support**

Throughout your stay, you will be assisted by our volunteer co-ordinators, who will be available 24/7 for questions and issues.

## **Transport**

You will be picked up from the airport in George on arrival, and dropped off at the end of your stay. You will get transport to and from your daily projects.

## **Getting there**

You can fly from the UK directly to Cape Town or Johannesburg and get a connecting flight to George.

## **Length of Programme**

This programme has a minimum of two weeks and no maximum although there are set departure dates so please call 0207 384 3028 to discuss availability and the departure dates.

## **Age Limit**

The minimum age on this programme is 18. There is no maximum age.

## Price

The price of the Knysna project is as follows:

4 weeks - £1, 795  
6 weeks - £1, 935  
8 weeks - £2, 315  
10 weeks - £2, 675  
12 weeks - £3, 035

**Included** in the price are:

- Accommodation
- Three meals a day
- Airport transfers (George Airport)
- Transport to and from your projects on a daily basis
- Constant guidance and assistance by a volunteer co-ordinator
- A comprehensive induction programme on arrival
- Laundry service

**Not included** in the price are:

- Flights to South Africa
- Insurance
- Spending money
- Internet and/or phone calls

## How to Book

To book this project, go to the option 'book' on our homepage; [www.medforce.info](http://www.medforce.info).  
For any questions about the project, email us at [info@medforce.info](mailto:info@medforce.info), or call us at 0207 384 3028



We look forward to having you join us on this fantastic project in South Africa.

Regards

The Gapforce Team