



Project OKURASE Invites YOU to be a Health Outreach Volunteer in Africa for 13 Days
An Experience That Will Change Your Life
Commitment Deadline - May 31, 2019

OPPORTUNITY:

- **Help make a difference in the health of the people of Okurase**
- **Live in a rural African village**
- **Learn some Twi language and African drumming**
- **Work closely with guiding Ghanaian physicians, nurses, and pharmacists to learn and/or practice skills related to many health issues:**
 - Malaria - learn to evaluate & treat (adult & child patients)
 - Respiratory problems
 - Hypertension
 - Gastrointestinal complaints
 - Other tropical diseases
- **Other Opportunities:**
 - Be a scribe for a physician
 - Help inventory in the pharmacy
 - Help with reading glasses
 - Help with logistics



ITINERARY:

- July 21-22 Travel to Ghana and arrive at Kotoka International Airport in Accra. Then travel about 30 minutes to Asaasi Yaa Beach Resort on the beautiful Gulf of Guinea to rest and relax.
- July 23 Explore the Shai Hills Resource Reserve by guided tour. The Reserve protects the local flora and fauna. We will explore the Shai people's ancestral caves in the Reserve and hike up to an overlook to view the magnificent savannah. Stop at Kokrobite Garden Café for dinner. Then back to Asaasi Yaa.
- July 24 Head to Elmina on the coast of Ghana (3 hrs.). Visit Elmina Castle where you will learn about the dark history of the slave trade in the region and its connection to the United States. Enjoy dinner at Mabel's Table and settle into your room by the ocean for the night.
- July 25 Travel to the village of Okurase. Meet the locals and move into your accommodations at Nkabom House. Participate in a Twi Language Workshop. All meals are local cuisine prepared by village women.
- July 26-27 Take a tour of the village of Okurase and help prepare for the VHO. Participate in a formal village welcome and blessing by the Chief and Elders
- July 28-Aug 1 VHO conducted directly in the village. All patients receive free care and free medicines.
- Aug 2 Patient follow-up, inventory of supplies. Attend a Drumming Workshop.
- Aug 3-4 After lunch travel to Accra and visit the Kwame Nkrumah Memorial, Makola Market, and the Arts Centre for a bit of shopping. Then travel to the Kotoka airport for your overnight journey home.

Considerations:

Land Cost is \$1450: includes in country Facilitator, ground transportation, accommodations, meals and water, Twi Language Workshop, Drumming Workshop, guides, customary tips, and comprehensive Emergency Medical Insurance

Other Costs to consider: passport, Visa, airfare, transportation to/from your home airport, vaccines, anti-malaria medication, souvenirs

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