
PROJECT DESCRIPTION

HEALTH-AID ONLUS

Italian-Ghanaian Project for the Rural-deprived in Saboba District



HEALTH-AID
sharing knowledge for better lives



Prepared by the Head of Mission

Last update: 1-Nov-19

Introduction

One's destination is never a place, but a new way of seeing things - Henry Miller

The following information may be helpful to anybody interested in the Project, either for having an idea of the activities carried out by the staff or for a direct contribution as an **expat volunteer**, an **African Camp participant** or a **visitor**.

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change. While it is our intention to adhere to the experience described below, there is a certain amount of flexibility within the project and on occasion it may be necessary, or desirable to make alterations. Ultimately, our goal is to provide the community with better health care and you with the most rewarding experience.

The trip is all about immersing yourself in the local culture and truly experiencing rural Africa, through interacting with the communities you visit, seeing amazing and unique wildlife up close, or just getting out there and taking in the great activities of HEALTH-AID.

Please read through the whole description accurately and feel free to contact us for further information or more details.

AIM OF THE PROJECT

The aim of the Project is to provide better health services and education to the local population and villagers of Saboba, in the Northern Region of Ghana. Activities are carried out both in Saboba Town and in the faraway District and Sub-district villages. Together with the local staff the expats will be involved in all the activities promoted twice a year (in July-August-September and January-February-March) when visiting the faraway villages of the District or organising activities at the HEALTH-AID compound. Expats are required to take part actively in the activities, health care and education, suggesting ideas and bringing their own innovations. Camp participants are expected to be open and interactive with the local community so that they can experience life in a basic but very meaningful way.

Physical demand: You will have to get around on your own, up and down steps and carry your own bag. Light walking that is suitable for most fitness levels. Bicycle riding. Temperatures and humidity may be challenging in summer and will require you to rest frequently.

Culture shocking: extreme. Saboba is one of the few places in the world where life is still basic. Much effort is needed to understand the African culture and a large amount of patience is fundamental.

Activities

A journey of thousand miles must begin with a single step - Lao Tzu

Expat volunteers (either health workers or not) will be involved in caring for people during Outreach Services to the villages and Indoor Activities in the Compound.

This, depending on the individual's experience, may involve:

1. Consultation (Patient-Health worker).
2. Education on malaria, family planning, sexually transmitted diseases and HIV/AIDS ...
3. Giving talks on tropical disease conditions, nutrition or public health in general.
4. Vaccination Campaign against hepatitis B, tetanus and diphtheria.
5. Nursing and wound care.
6. Women Care and Pregnancy follow-up.
7. Teaching students (Informatics, sewing, games, etc.) and sport activities.
8. Logistic support and maintenance of the compound facilities.
9. Cooking and cleaning.
10. Other roles according to actual needs (driving, shopping, etc).

African Camp participants will have the chance of living within the compound where all these activities take place and experience the unique atmosphere of the African way of living.



Dr. Michael and Interpreter consulting patients in a village (ACTION 8, 2005)

DAILY ACTIVITIES

All staff work six days per week. Each morning wake up is between 6:00 and 7:00am. Breakfast is prepared on rotation by the expats themselves. The teams organise the supplies, fuel the pick-up truck, and split up into groups for Outreach Services. Each group travels to a different village either on the pick-up truck, on motorbikes or bikes. The drive takes anywhere from 15 minutes to 2.5 hours, depending on the distance of the day's villages. Upon arrival in each village, volunteers and medical staff greet the Chief and Elders of the village and introduce themselves to the villagers.

The day is divided into two parts. The first part is **education**. Volunteers take turns talking about hygiene & sanitation, nutrition, and HIV/AIDS. The talks are translated by a member of the local staff and are directed toward the entire village. The villages range in size anywhere from 30 to 500 people. The talks can last from 15 minutes up to 2 hours, depending on the amount of information the volunteer feels is important to present, the size of the group, the number of questions asked, the co-operation of the audience, etc. Sometimes the villagers are very outspoken and enjoy participating in the discussion; at other times they are quiet, and listen patiently without asking many questions.

When the education is finished, the translator organises the community into a queue behind the consultants for the **mobile clinic**. They screen and treat patients one at a time, usually giving priority to sick children. While the consultants are treating patients, volunteers can be doing a number of different things. Most of the time, volunteers listen to the screening and diagnosis, learning about the different medical conditions, then count and dispense the drugs according to the instructions. Other times, volunteers can be more active participants by partaking in the screening of patients, listening to the signs and symptoms of illnesses, leading the doctor/patient dialogues, assisting with diagnoses, or recording the patients' information for statistical analysis.

If the volunteer is capable of simple nursing duties and the supplies are available, they can set up a **wound care** station to clean and dress wounds. Many of the villagers have cuts and sores on their legs, feet, or arms that have not been properly cared for and have become dirty and infected. Several hours can be spent washing, disinfecting and bandaging these wounds.

Sometimes it is fun just to **relax and play** with the children. Unfortunately, the language barrier makes it difficult to interact with them at times. It is therefore useful to bring certain tools to facilitate interaction. Some good examples are: colouring books or paper with crayons or markers, children's picture books, simple games or toys suitable for groups.

The workday can last from 4 to 5 hours, depending on the size of the villages and the distance to the villages. At the end of the day, the chief usually thanks the visitors with a gift of yams, groundnuts (peanuts), chicken, guinea fowl, or a goat before the group sets off for home. Upon arrival at the guesthouse, (anywhere between 12 and 1 pm) lunch is prepared by the cook.

In the afternoon Indoor Activities at the Guest House and Youth Centre are organised for students, children and other sick people. These include:

- Educational courses for HEALTH-AID YOUTH CLUB students
- Library activities
- Computer School
- Sports and swimming pool
- Mini-club for kindergarden kids (in the morning)
- Consultations for patients
- Wound Care



Alessandra giving educational talks to Youth Club students (ACTION 10, 2007)

In the evenings at 8 pm there is a **general meeting** and briefing when anybody can discuss their own activities and plan the day after. Usually on Wednesdays there is a singing prayer/meditation and on Saturdays there are group games. All the foreign volunteers are encouraged to teach their own favourite games. The rest of the evening is free time, expats can read, sing, watch movies, chat or relax. They can also take this opportunity to read or write on the *RED BOOK*, which is a collection of volunteers' thoughts over the years.

In addition to working in the field, other activities and events are planned throughout the duration of the program. Sometimes primary and secondary schools are visited to give educational talks, show educational videos, or distribute toys. Occasionally HEALTH-AID is invited to attend and participate in celebrations and ceremonies (i.e. World AIDS Day, Disaster Day, Route Marches). A small amount of time is spent in the office or at the hospital, observing or performing whatever duties are required at the time.

Every Sunday is a day off. It is a very relaxing day that can be spent as you wish. It is possible to travel to Yendi (1.5 hours) or Tamale (3 hours) to buy food, water, or use Internet. Sometimes private transport is available, but often public transport is the only option (tro-tros and pick-up trucks).

DAILY SCHEDULE

7.00 am	Breakfast
8.00 am	OUTDOOR ACTIVITIES
1.00 pm	Lunch
3.00 pm	INDOOR ACTIVITIES
6.00 pm	Leisure time
7.00 pm	Supper
8.00 pm	General Meeting and Briefing on next-day planning
9.00 pm	Movie, music or Games

LEISURE ACTIVITIES

Everyone is welcome in Saboba where they can experience life in a rural and deprived community. According to one's special desires and requirement we can organise different activities and programs:

- TOGO MARKET across the river by boat (on Mondays)
- MARKET DAY
- CHURCH SERVICES of different congregations (on Sundays)
- SABOBA MEDICAL CENTRE TOUR (meet Dr. Jean)
- DAVID'S FAMILY (Experience the african family atmosphere)
- TRADITIONAL FOOD (at your own risk!!!) cook with Linda
- THE CHIEF'S GRAVE (suggested donation GHC 2)
- TRADITIONAL DANCE (to be organised in advance)
- MAGIC RITUALS (arrange with David)
- FISHING (arrange with Michael)
- WALK TO THE RIVERSIDE (with Dr. Diego for a talk)
- A DRINK AT SABOBA'S BAR

PERIOD OF ROTATION

Each rotation lasts 3 to 8 weeks, during the chosen period of our medical actions, but we can accept also shorter (minimum 2 weeks) or longer periods depending on the volunteer availability. The best period to visit Ghana is during the dry season (when almost no mosquitoes are around). Working during the rainy season may be tough but challenging. Efforts will be made to ensure an international atmosphere allowing different countries to be present at the same time.

Your Fellow Travellers: As you travel on a group trip you will be exposed to all the pleasures and maybe some of the frustrations of traveling in a group. Your fellow travellers will probably come from all corners of the world and are likely to be of a variety of ages too. We ask you to be understanding of the various needs and preferences of your group - patience with your fellow travellers is sometimes required for the benefit of everyone's travel experience. Remember too that you have responsibilities to the group. If you are requested to be at a place at a certain time, ensure that you don't keep the rest of the group waiting. We have found time and time again that the very best trips are those where the dynamics within the group work well - this takes just a little effort on your part.

REQUIREMENTS FOR SPECIFIC POSITIONS

Requirements for Health Workers (MEDICS)

- Medical doctor or registered nurse with a license to practice in their country⁽¹⁾
- Clinical working experience of at least 3 years
- Basic knowledge of English
- Theoretical and practical training (MedCell meeting) in Italy
- 3 day induction course with MedCo in Saboba
- Confident with our rules and guidelines/protocols of the MedCell Booklet

⁽¹⁾Medical students and nursing students can assist the consultations but cannot take responsibility for any prescription.

Requirements for Educational Workers (EDUCATORS)

- High school diploma or upper degree
- Good attitude for teaching
- Fluent English
- Theoretical and practical training (EduCell meeting) in Italy
- Simulation of a lecture
- Confident with the chosen topics of the EduCell Booklet and slides

Requirements for HEALTH PROMOTERS

- Any job or school degree
- Basic knowledge of hygiene and sanitation
- English speaking in public
- Theoretical and practical training (HPCell meeting) in Italy
- 1 day induction course with PCo/FieldCo in Saboba
- Confident with the chosen topics of the HPCell Booklet

Requirements for WOUND CARE PROVIDERS

- Any job or school degree
- No English required
- Theoretical and practical training with PharmaCo (and video tutorial)
- Confident with our rules and guidelines/protocols for wound care

Rules for the compound

SECURITY

Overall responsible for security is the Head of Mission (HoM) or Team focal point (TFP)

Ghana security responsible is the Project Coordinator (PCo)

Compound security guard is the Security Man

Emergency contact is at the Italian Embassy.

- Only expats and staff are allowed inside the GUEST HOUSE premises.
- Patients are allowed in the CLINIC after receiving the card and washing their hands.
Students are allowed in the YOUTH CENTRE after showing their membership card.
Students are allowed to access the HAIT school after showing their badge.
- The main gate opens at 7am and closes at 7pm (by Security Man).
- The Log Room opens at 8am and closes at 6pm (by LogCo)
- Curfew time is 10pm (no Expats outside the compound after 10pm).
- Fire extinguishing at midnight (everyone in their own bed).
- For security reason always take a fully charged phone with you when you leave the compound.
- No one, especially if female expat, is allowed to go out alone in Accra, Tamale / Yendi or anywhere in the country. Make sure you are traveling at least in a couple and avoid traveling during the night.

HEALTH-AID is not responsible for your personal belongings; do not travel with valuables that are not needed.

ACTIVITIES

English is the official language for everybody (Italian and Likpalpalm are restricted).

Opening hours (bell) for activities are:

- 8am to 1pm for MORNING activities (Outdoor and Indoor)
- 3pm to 6pm for AFTERNOON activities (Indoor)
- 8pm for meetings (at the Inspiring Hut).

It is expected that expats and local staff work at the project activities during these times.

Out of these times the compound is closed and silence must be kept.

GUEST HOUSE

- Meals are provided to international expats according to schedule.
- The cook will announce by radio (and wind bell) 5 minutes before the food is ready. Be at the table on time. For late comers the food will not be available.
- Tea break (15min) is at 10am and APERO (15min) at 6pm.
- No eating in the house is allowed out of these times.
- During meals do not speak about work and activities unless for emergency cases.
- Sachet water is free. Bottled water is paid by expats. Soft drinks are for sale.
- Do not smoke or drink alcohol during working hours and in the community.
- Smoking marijuana/weed is illegal in Ghana and therefore strictly prohibited.
- Keep the place clean and neat, do not throw rubbish around the compound.
- Security Man must collect and burn the garbage every day at 6pm.
- Always save WATER and ELECTRICITY. You may experience shortages at all times.
- Take shorter shower times and turn off tap while soaping. Practice 5min shower.
- Turn off tap while brushing your teeth or shaving. Use sachet water in a small bottle to rinse your teeth. Ensure taps are always closed. Minimize the use of toilet flush. Be smart in flushing. use flush only if need be.
- The backup for water and electricity must be operated by LogCo or PCo only.
- Do not throw toilet paper and tampons in the toilet. Blockage is common. Use the bin.
- Wi-fi internet will be available on Wednesday evenings and Sundays or as decided by HoM / TFP (check the sign post).
- Do not use your smartphone in public unless for official work.
- Ring the happiness bell when you are happy and you want to share the joy!

MOVEMENTS

- Expats are not allowed to drive the pick-up, only motorbikes and bikes in town.
- Chameleon, Jeffrillion, Dragonfly, Porcilion and Beatle must be available for expats movements at all times during ACTION. The keys will be released by and returned to LogCo.
- Fuel money will be provided by the Admin to the LogCo, he will personally fuel the vehicles and will keep all the receipts in the LogCo folder.
- Chameleon and Jeffrillion movements must be always announced by radio and validated by HoM.
- Bikes are assigned by the LogCo and are available to expats only.
- Any fault or broken part is everyone's personal responsibility. The following rule applies: if you break it, you repair it!

BEHAVIOUR

- Please always wear decent clothes (showing thighs or breast is not appropriate).
- When using a white HEALTH-AID T-shirt during medical and educational activities make sure you do not stain it with paint or heavy dirt.
- Use common sense when taking photos: always ask permission from the people you photograph.
- Social media usage should be clarified by HoM.
- Sexual/romantic relationships between expats and locals are not permitted in this mission due to unbalanced power relations.
- It is recommended that expats do not give money to local staff or beneficiaries in need (unless discussed with HoM) as it will imply favouritism and reinforces the notion that expats are rich.
- Do not take anything from the project's properties without permission.
- Beware of thieves at all times even amongst expats and local staff.
- Stealing, fighting or aggressive behaviour is not tolerated and will always result in permanent expulsion from the project.

Make sure you are happy to follow all these rules before you send your application form.

Braking any of the above mentioned rules while in the field may result in immediate expulsion from the Project.

Arrival and Transportation

Tourists don't know where they've been, travellers don't know where they're going - Paul Theroux



Dr. Paola assisted by Moses at hotel in Accra (ACTION 11, 2008)

Arrival is by plane at KOTOKA INTERNATIONAL AIRPORT (ACC) - Accra.

TIMEZONE : Ghanaian time = GMT + 0 (LONDON)

Someone from the HEALTH-AID staff will be there to welcome you and find you a place to lodge for the day/night (*SUE'S INN* is quite convenient and recommended, approx € 20 per night - Achimota Lapaz Motorway +233 20 8123 874 - smileinsues@yahoo.com).

The next day you will leave by Bus to TAMALE (Northern Regional Capital) or YENDI. This usually takes 12-16 hours. The bus ride is long and arduous: it is hot, cramped and over twelve hours in duration. There is, however, an air-conditioned bus that is more comfortable and approximately twice as expensive (approx € 20). If you take a daytime bus, bring a lot of reading material, and if you take a nighttime bus, be prepared to meditate. The bus stops three times in areas with food and toilets. A flight (EUR 80 one way) is also available for booking in the internet (African World, Antrakair, Starbow).

In Tamale the trip continues by pick-up, minibus or tro-tro to Yendy (2 hours) and then to Saboba (2 hours). Car troubles are common, so be prepared. Good Luck!

Arrival Complications: We don't expect any problems, and nor should you, but if for any reason you are unable to meet the local staff at the airport please contact the emergency number at +39 338 2905699 (Head of Mission - Dr. Diego Manzoni).

UPON ARRIVAL IN SABOBA

1. Clean up the place (inside and outside the Guest House).
2. Switch on electricity in the Guest House, a generator is also available.
3. Clean and switch on the refrigerator.
4. Hang the Italian and Ghanaian flags to the poles (this is the sign that an ACTION is taking place with expats); if you come from a different country and would like your flag to be hung please make sure you bring one (medium or large size), we would really appreciate.
5. Fill the upper and lower water tanks (adding chloride tablets) with the water from the well.

BEFORE LEAVING SABOBA

1. Clean up the place and make lists of available items for the next ACTION.
2. Pump water up to the tank and keep it full (adding chloride tablets).
3. Disconnect and clean the refrigerator.
4. Remove the flags and put them in the office.

SHOPPING IN TAMALE

The Admin in charge will make sure the following items are bought in Tamale because they are not available in Saboba: spaghetti/short pasta, rice, tomato sauce, jam, milk, milo, Nescafé, biscuits, vegetable cans (beans/peas), fruit cans, tunafish cans, curry, oil, soap for dishes, water (bottled), chicken, meat, fish, pineapple, papaya, bananas, watermelon, bread.

In Tamale there is also chance for exchanging foreign currency into New Ghana Cedis (GHC) but we recommend to change with the Admin or at the Airport Exchange Bureaux in Accra upon arrival.

CURRENCY

(as per 1st November 2019 rate of exchange)

1 € = 6 GHC

1 \$ = 5 GHC

1 GHC = 0.16 €

Food and Lodging

The first condition of understanding a foreign country is to smell it - R. Kipling

All the expats and campers/visitors will be hosted at the HEALTH-AID Guest House in Saboba, where 4 multiple bedrooms with toilets plus a kitchen and a living room are available throughout the period (15 beds in total). The office is just next to the guest house. Electricity and running water is available but sometimes we are cut off because of shortage. Be prepared to face also these shortages.

The day will be spent in a community style, working in teams and sharing both duties and leisure time. Breakfast will be prepared by the expats themselves, while lunch and dinner will be served by a dedicated cook (Mercy). Specific diets or allergies must be declared in the application form to make sure there are no contraindications for common meals.

Alcohol and Tobacco: it is HEALTH-AID policy not to permit alcoholic drinks or cigarettes in the Guest House during the day, especially in front of children. Only after 9pm sometimes the group hangs out and share some beers.

FOOD AND WATER

There is a very limited variety of food available in Saboba. It is, therefore, advisable to bring any additional products that you might enjoy having (within reason). There is a fridge to store things once they have been opened, but non-perishables are recommended. Canned fruits and vegetables are good to bring since there are no vegetables and only certain fruits. It is wise to bring food that would make a suitable packed lunch i.e. peanut butter & jam. Most items are available in Accra and Tamale and it is possible to buy them on the way to Saboba.

There are a few small shops in town, and market day is every eight days. You can buy canned tuna, sardines and beans, bread, eggs, spaghetti, tomatoes, onions, oranges, watermelon, bananas and popo (papaya) on a regular basis. Otherwise, almost nothing else is available.

Bottled water is expensive in Saboba. There is a limited supply of sachet water. HEALTH-AID asks a contribution to buy bottled water because it can be quite expensive.

CLOTHING

During the dry season Saboba is extremely dry and dusty. While traveling to and from villages each day, it is helpful to have certain articles of clothing to protect yourself from the dust and dirt. Specifically, light coloured clothing gets filthy, a scarf or bandana is useful to cover your head and hair, and sunglasses are good for protecting your eyes. The temperature during the day is very hot. However, at night it gets cold enough to need long sleeves and long pants

(which are also useful to protect from mosquitoes). During rainy season is hot and humid and you will sweat a lot. Health-aid T-shirts are available for all. For women, pants or shorts are more appropriate for riding on the pick-up truck and the motorbikes than skirts. It is useful to bring baby wipes, wet napkins, and/or antibacterial lotion to clean hands and face when in the field. People are very liberal in Saboba, and women can feel relatively free to dress how they like. The breast is not as sexualised as the thigh and buttocks. Wearing short-shorts or short-skirts is not advisable. It is nice to wear some of the local clothing. Be advised that Tamale is a predominately Muslim area, and while stopping over in this city, it may be wise to dress accordingly.

Laundry: Laundry is offered by our local staff for a small tip at the end of the period. Please put your laundry in the box in the morning and collect it in the afternoon. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

COMMUNICATION

Telephone: mobile telephones operate in roaming in Saboba and they are quite expensive but texting is also possible and it is a good way to keep in contact with families and friends.

Internet: it is possible to use internet on Wednesday evenings and Sundays. But we cannot guarantee coverage and sometimes the whole system is down.

MEDICAL SUGGESTIONS





- Always eat cooked food (avoid to eat fresh vegetables and not peeled fruits).
- Drink pure water or soft drinks only. Avoid drinks not made with mineral water or shaken with ice like fresh fruit juice or milk-shake.
- Wear shirts with long sleeves, trouser and socks, especially after sunset when mosquitoes appear. Use mosquito-nets during the night.
- Bring anti-diarrhoea drugs, intestinal disinfectants, antibiotic drugs (large spectrum) ORS (oral rehydration salts), needles for injections, gloves, bandages, anti-micotic lotions, shampoo against lice, medical equipment.

Money

One must be poor to know the luxury of giving - George Eliot

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others (drinks other than water are for sale in our kitchen) while other travellers like to purchase more souvenirs than most. In Saboba there will not be many opportunities to spend money on drinks or souvenirs but please consider your own spending habits when it comes to allowing for drinks, shopping and tipping.

Please also remember the following specific recommendations when planning your trip:

-  All meals are included in Saboba but not in Accra or Tamale for working expats on a voluntary basis. Please consider donating € 20 per week for bottled water and food which can be very expensive to bring to Saboba.
-  If you are a visitor or a participant of the African Camp you may be asked to contribute with € 50 per week for water, food and lodging.
-  **Tipping Local Staff:** It is customary in several countries to tip service providers. HEALTH-AID local staff have no salary and depend exclusively on donations by supporters. You will have the chance to see how committed they can be when working with foreign volunteers and how strongly they try to make your experience the best possible. Tipping is an expected - though not compulsory - component of your experience and an expression of satisfaction with the persons who have assisted you on your program. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your stay. You can include this tip in your Personal Expats' Budget form before ACTION. Recommendations for tipping staff (12-15 people) would range from € 30-50; ask your HoM for specific recommendations based on the circumstances and culture.
-  **Emergency Fund:** Please also make sure you have access to at least an additional € 200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our plans. This is a rare occurrence!

Language

The official language is English but LIKPAKPALM is the local dialect in Saboba. It is advisable that all expats try to learn as much as possible of the foreign language as a sign of respect for that culture. Translators will help you when needed.

GLOSSARY OF WORDS

<u>WORD</u>	<u>USAGE</u>	<u>MEANING</u>
KONKOMBA		The name of the people in the Saboba/Chereponi district
LIKPAKPALN		The name of the language that Konkomba people speak
LAFEBE	Used as a greeting or as a response to any of the following greetings	I'm well/good health
NNAH	Also used as a greeting or as a response to any of the following greetings, including LAFEBE	Same meaning as LAFEBE but more casual, quick
DOPWAH	Greeting to one person	How are you?
NDOPWAH	Greeting to a group of people	How are you?
APWAH	Greeting used for the first time you are seeing that person that day. (Not to be said to anyone older or in a more senior position than you.)	Good morning, good afternoon, good evening...
ANOWEE	Greeting	Good afternoon
KUJOPWAH (KUJO)	Greeting	Good evening
SEFWHEN		Goodnight
ANELETULN	To one person	Thank you
NNELETULN	To a group of people	Thank you
BEYISEKENYEH	Question	What is your name?
BEYIMI	Answer	My name is...
NIMO(R)		That is sweet/nice
NIMO(R)MI		I am happy
OKANJA/OKAMPI		White man/woman
UNIBON		Black person

Your further steps after selection

(Follow the PPD document - Preparation for Primary Departure sent by the HRCo)

1. book your ticket to Accra, as soon as possible, consult the FlightCo.
2. get an entry Visa to Ghana, which is compulsory, consult the VisaCo.
3. Complete the MEDICAL CHECK with the online MALARIA AWARENESS TRAINING CERTIFICATION (<https://www.travax.com/malariavisa>) and obtain all your vaccinations and fill all the medical forms

VACCINES	COMPULSORY	RECOMMENDED	OPTIONAL
YELLOW FEVER	X		
HEPATITIS A		X	
TYPHOID FEVER		X	
TETANUS		X	
HEPATITIS B			X
MENINGOCOCCUS			X
RABIES			X
MALARIA PROPHYLAXIS	(MEFLOQUINE 1 WEEK BEFORE OR MALARONE)		4 WEEKS AFTER

4. get your own TRAVEL INSURANCE, because no insurance is provided by HEALTH-AID. Travel insurance is optional but strongly recommended to participate. When selecting a travel insurance policy it is advisable that you are covered for medical expenses including emergency repatriation, personal liability, cancellation, curtailment and loss of luggage and personal effects.
5. Fill in the EXPAT PERSONAL BUDGET FORM for water, bus/plane ticket, hotel fees, tips and give it with money to the HoM.

Evaluation

Before leaving the project, fill the End of Mission Report, any handover to the expats following you and other evaluation forms. This would be highly appreciated and it will help us improve more and more. Please don't forget!

Contacts

For any further information you may contact:

BEATRICE PERICO

Human Resources Coordinator

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