



Introduction for Prospective Volunteers

Thank you for your enquiry about volunteering for our organisation. The purpose of this brief introduction is to provide you with some basic information, to help you to decide whether you wish to pursue your application to volunteer. We greatly appreciate your interest in volunteering as we rely on volunteer doctors to support our work in southern Zambia.

What do On Call Africa volunteers do?

On Call Africa is a small registered charity – set up in 2010 by a group of Scottish doctors - which provides healthcare in rural Zambia. Snapshots of the work we do can be seen at www.oncallafrica.org

We are currently working to improve access to healthcare in isolated villages in the Southern Province of Zambia. The Zambian Health Authorities helped us to identify the places that would benefit greatly from our services.

We employ a three-pronged approach of Treating, Teaching and Training (our volunteer doctors are involved in all three areas):

- 1. Treating: Mobile medical services.** These give villagers direct access to primary healthcare. On Call Africa's (OCA) Doctors will run clinics alongside the Rural Health Centre (RHC) staff. OCA doctors will diagnose and treat many common conditions, varying from basic musculoskeletal problems, coughs and colds, to fractures, bilharzia, intestinal worms, malaria and HIV related issues. The RHC will provide dedicated antenatal and child health services to mothers and children alongside family planning. We work in conjunction with the local rural health posts and report to the district health offices.
- 2. Teaching: Health education.** This enables communities to adopt healthy lifestyles. Our interactive health education sessions address those issues which local communities identify as being the most pressing. Nutrition, Hygiene and Sanitation, Sexual Health and access to safe drinking water are among the topics most commonly covered. Teams will help write and teach sessions to school age children and small groups of adults with the support of the Operations Manager and local Community Health Workers. These sessions are practical, engaging and fun to teach.
- 3. Training: Community Health Workers (CHWs).** This work is currently focused on providing CHWs with training and skills to increase their ability to attend to the needs of their communities. Volunteer doctors mentor the CHWs on clinic and support their learning needs as well as assess their knowledge and competencies each month. The teams deliver the teaching of the set curriculum during residential training weeks every two to three months.

What is the pattern of work?

- Volunteers usually join the team for 3 and 6 months
- Volunteers are based in the town of Livingstone. At any one time the team comprises of 4 to 8 doctors (usually from the UK), our Zambia Operations Manager and Project Manager
- In each of the first 3 weeks of each month, the team travels in our off-road vehicle into rural Zambia to spend 3 days running clinics, delivering health education and providing support to CHWs. The 4th week of each month is made up of 2 breaks in activity and a training week leading CHW training.
- During clinics, accommodation is provided for the team members in the villages where the services are provided (typically within school buildings where we camp in tents). When not out at clinics accommodation is in a guesthouse in Livingstone.

What financial support will I need to contribute or raise?

To work as a doctor in Zambia you must register with the Health Professionals Council of Zambia. The Zambian Ministry of Health currently waive registration fees for volunteers with On Call Africa. As a voluntary organisation our volunteers are asked to cover certain costs (Prices given in GBP accurate January 2020, all prices are subject to change):

- **Project Support Costs, £720 (This will increase to £1000 in January 2022):**
We ask volunteers to contribute towards the charity's direct costs. OCA provide a project support team in the UK and Zambia to help with the registration processes before and during volunteer placements, necessary accommodation whilst in Livingstone and at clinics, logistical support and freshly cooked food whilst delivering voluntary activity.
- **Flights, from £650:** A return flight from the UK to Livingstone can cost between £650-£900. This will vary depending on the airline chosen, the route, the time of year, etc. Most volunteers fly via Kenya or Johannesburg.
- **Food at the weekend, £Varies:** Volunteers provide their own food on a weekend, there are cooking facilities in the accommodation provided in Livingstone should you wish to buy your own ingredients and cook yourself, a cheaper alternative to dining out. Dining out in Livingstone costs upwards from £5-£10 per meal
- **Visa, from £162:** On arrival in Zambia you will purchase a business visa for £42 single entry. You will then extend this to a 3-month temporary employment permit in Livingstone which our project team will support you with. The cost of this is approx. £120. On arrival you may choose to pay more for a double entry visa if you intend to visit nearby countries in your spare time.
- **Other costs £Varies:** will include a five-day course of PEP, immunisations, travel insurance and indemnity insurance before you leave for Zambia. Once in Zambia you can take out an additional local insurance cover for £33. Other costs in Zambia include any socializing/activities you wish to do.

Next Steps

- Volunteer doctors should be beyond the end of FY2 (we regret we cannot offer placements to medical students who have not yet completed their training).
- Get in touch if you'd like to discuss our volunteering opportunities further using the email address below
- If you are interested in applying to join us as a volunteer please download an application form at www.oncallafrica.org/volunteer and send it to us at info@oncallafrica.org
- We'll get back in touch with you, to let you know what happens next.

Thank you once again for your interest in volunteering with On Call Africa.