



KENYA: MEDICAL WORK EXPERIENCE IN MOMBASA

Kenya is the heart of African Safari country! But Kenya is not just about big game - it also has beautiful, unspoilt beaches, thriving coral reefs with their glorious colours, memorable mountain vistas and ancient Swahili cities.

Beaches, Game Reserves, Coral Reefs, Mountains --- Kenya has them all.

The people here are extremely friendly and their hospitality can sometimes be over whelming. Their culture and traditions date back for centuries, and with up to 70 different tribal communities you will find plenty to talk about.



WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Africa and the many diverse cultures in Kenya.
- 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!
- A unique insight into another culture – see it from the inside in a way you could never do as a tourist.
- And best of all ... an unforgettable experience!



► SUMMARY FACTFILE

Start Dates	All year round - you choose your start and finish dates!
Duration	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
Requirements	You should be studying Medicine or have qualified.
Price	From £745 / US \$1,120 for 4 weeks, ranging to £1,795 / US \$2,695 for 12 weeks. Full Price List and other Currencies
What's included	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from your project every day ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support.
What's not included	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to airport.
Who can do this Project?	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

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PROGRAMME OVERVIEW:

This placement is situated in the vibrant cosmopolitan coastal city of Mombasa, working at the local District Hospital. This is a poor facility that caters to a very poor community. You'll get a good general feel of the Hospital by working and/or observing in most departments.

The Medical Programme

The Hospital that you will be placed at was established in 1952, as an Infectious Diseases Hospital. It is the second biggest government hospital in Mombasa. Their mission statement is, to provide accessible, acceptable and affordable high quality promotive, preventative and rehabilitative services in line with the National health guidelines.

The hospital provides 'complete Medical Care'. It is both an in and out patients hospital, that has many different departments, such as maternity, operations, dentistry, pharmacy and many more. There is also a TB testing and treatment centre on site to. A dietician and nutritionist are also available to cater for those with any medical problems due to diet.



Work Content

It is difficult to be specific about the day-to-day work you will do because work is so varied and spread across many areas. The hospitals are very busy with a multitude of duties and responsibilities, so you will probably be worked very hard in most areas! The experience you gain in Kenya will be a lot different to anything you may have been used to and will be an excellent entry on your CV.

You will get a good general feel of the hospital by working and observing in most departments. The type of work you will be allocated will depend to an extent on your own abilities and capabilities, which is understandable given that you will be dealing with patient health and safety.

Most of your work will be to help and assist the local doctors and nurses with their daily rounds, as well as making medical notes and updating records. You will also be asked to help with computer entries, and help clean equipment and various areas within the hospital.



You will be involved in aspects of the day-to-day running of the hospitals, observing or directly assisting, where possible. You can help out in simple but practical ways, vastly increasing your own knowledge and understanding of medical practice. As a volunteer your work may take you into all departments (depending on which hospital you're placed in), e.g. surgery, burns unit, ICU, Physiotherapy, X-ray, and even the mortuary to name just a few. However, if you're not qualified, you won't be allowed into operating theatres.

You will get a good general feel of the hospital by working and/or observing in most departments. Currently, the Hospital has the following departments:

- Radiology,
- Minor and major theatre,
- Pharmacy,
- Laboratories,
- Pre- and post-natal care,
- Morgue
- A comprehensive care unit for people with HIV/Aids.



Another aspect of your work may be to help and assist the local doctors and nurses with their daily rounds, making medical notes and updating records. You could also be asked to help with computer entries, and help clean equipment and various areas within the hospital. You will be given basic and general on the job training by your supervisor, and further jobs should become available for those with medical experience.

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Your hours may vary insofar as they will be subject to shift rotas. Normally you will work from 9-5 Monday to Friday. However, you may sometimes work evenings or nights, sometimes over weekends, etc., but you will have time off on other day instead.

We also have a second medical internship on the exotic coastline of Diani. Please ask your Co-ordinator for further details.

LOCATION:

Mombasa is an island connected to the mainland by bridges and ferries and the town itself overlooks a fascinating harbour of traditional sailing dhows alongside commercial shipping. To most people, Mombasa is a wonderful place, a combination of a tourist resort and a working city with a throbbing heart and laid-back attitude. This sultry area offers interesting things to see, beaches to relax on and beautiful nature reserves to visit. Mombasa is a bustling city with a history stretching back to the 12th century. There is a vibrant mixture of cultures, architecture and entertainment.

Mombasa is the second most important city in Kenya (after Nairobi) It is the main port for Kenya and the surrounding countries, as well as being the oldest town. The pace of life is relaxed and people of Mombasa enjoy themselves (particularly on Friday and Saturday nights!). A spectacular coral reef runs for 480 km along the palm-fringed coastline. The waters below are filled with marine life, while up above a huge diversity of birdlife occupies the mangrove forests or overhanging cliffs

The true heart of Mombasa is the exotic old town. Here the streets are narrow and winding and filled with the heady scent of spices. Amongst the Arab architecture you'll find women wearing the traditional bui bui and busy markets that throb with life and colour, all added to by the wrap-around cloth of the traditional coastal khanga and kikoy that is worn by both men and women.

Fort Jesus lies at the edge of the water. This is an imposing fort that stands watch over the harbour. It was built in the 16th century and has high gun turrets, battlements and underground passages. Modern Mombasa is a city of great diversity and life. This is a town were all are welcomed and quickly absorbed into this great coastal melting pot. Mosques, Hindu Temples and Christian churches surround streets that thrive with a world of cultures.

Outside Mombasa, at the Shimba Hills National Reserve, you will encounter a lovely forest setting with elephant, leopard and the rare, sable antelope. Towards the south, there are a number of beaches and resort hotels. The beaches are white and sandy with coral reefs which are heaven to scuba and skin divers. Further south, on Shimoni and Wasini islands, authentic Swahili culture survives and you can also visit the protected marine reserve. North of Mombasa there are also several beaches like Nyali, Bamburi, Shanzu, Kikambala and Vipingo.

ACCOMMODATION & FOOD:

Your accommodation may vary, but you will most likely live with a local host family. This will give you the opportunity to experience the true African experience from the inside and not just as a "tourist" on the surface of the country.

We will try to accommodate you as close to your project as we can, so you are able to walk to work, but this may not be possible in which case you will have to use local transport, called Matatus.

Food: Meals will be provided by your host family, and they will be local cuisine.

VISAS:

You do need a visa for Kenya; this can be purchased before you arrive or upon arrival into the country. We'll liaise with you about your visa requirements and make the visa process very easy.



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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.

INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Kenyan Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Mombasa and its culture, as well as useful information like how to use the transport system etc.

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 | ✓ UK administration |
| ✓ Food | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport | ✓ Project Research/Site Inspection |
| ✓ Transport to and from your project each day | ✓ Staff Training/Equipment |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile projects |
| ✓ 24hr emergency helpline | |
| ✓ Full pre-departure support | |

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:

Kenya is the heart of African Safari country! But Kenya is not just about big game - it also has beautiful, unspoilt beaches, thriving coral reefs with their glorious colours, memorable mountain vistas and ancient Swahili cities.

Think of Kenya and you think of ...

- Safaris,
- Elephant, lion, zebra, giraffe ...
- The Masai Mara stretching to infinity,
- Serengeti, the Great Rift Valley
- Children barefoot in the African dust,
- Masai resting under baobab trees



"Revered by anthropologists as the 'cradle of humanity', Kenya is also the heart of African safari country, boasting the most diverse collection of wild animals on the continent. And no matter how many Tarzan movies you've seen, nothing will prepare you for the annual mass migration of wildebeests."

Beaches, Game Reserves, Coral Reefs, Mountains --- Kenya has them all. We have a wide range of placements you can do in Kenya, plus some additional fun specials, too!

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Kenya is not just about big game - it also has beautiful unspoilt beaches, thriving coral reefs with their glorious colours, memorable mountain vistas and ancient Swahili cities. It is an independent republic which lies on the Indian Ocean coast and forms part of the East African Region. The capital city is Nairobi, and its' other major towns are Nakuru and Kisumu and the port of Mombasa.

The topography and scenic beauty in Kenya is breath taking, ranging from: the vast rift Valley to the rolling savannas, the isolation of the desert regions in the north, the magnificence of the highlands, with its central piece - the world famous glaciated peaks of Mt. Kenya. Mt Kenya, situated in the Laikipia district, is one of the greatest sites in Africa. There are many tours which will allow you to climb this magnificent natural site, and it is only one of the things you will not want to miss out on!

The people here are extremely friendly and their hospitality can sometimes be over whelming. Their culture and traditions date back for centuries, and with up to 70 different tribal communities you will find plenty to talk about.

The transport and open markets are chaotic and summarise Kenya in a word. They will have you wondering where you are, but also glad to be in one of the most intriguing and amazing places available to travel to.



THINGS TO DO IN: KENYA

- The Masai Mara** is Kenya's finest wildlife sanctuary. Everything about this reserve is outstanding. The wildlife is abundant and the gentle rolling grassland ensures that animals are never out of sight. Birds too are prolific, including migrant birds and 57 species of birds of prey. The first sight of this park is breathtaking. Here the great herds of shuffling elephants browse among the rich tree-studded grasslands with an occasional sighting of a solitary and ill-tempered rhino, Thompson's and Grant's gazelle, topi and eland and many more species of plains' game offer a rich choice of food for the dominant predators; lion, leopard and cheetah which hunt in this pristine wilderness.
- The Wildebeest Migration** Kenya's most spectacular annual event is staged by wildebeests. Literally millions of these ungainly antelopes (about 2 million) move en masse in July and August from the Serengeti in search of fresh grasslands. They head south again around October. The animals spend the rainy season (March – April) widely scattered in the area around Ngorongoro in the southern part of the Serengeti Park (Tanzania). By March this area usually dries up and huge herds form and the animals start moving north towards Masai Mara in Kenya. The herds arrive in Masai Mara around August – September and stay there until November. The best place to see this migration is at the Masai Mara National Reserve in Kenya.
- Tsavo National Park** is set on nearly 22,000 sq km Tsavo is the largest national park in Kenya, and for administration purposes has been split into Tsavo east and Tsavo west. The most developed area is in the northern area of Tsavo which has some beautiful scenery, especially in the wet season when the countryside is green. With the animals ranging from ostriches to elephants.
- Safaris** are the obvious Kenya activity, but there are many ways to safari. For something different, Camel safaris - in the Samburu and Turkana tribal areas between Isiolo and Lake Turkana - must rate as the most unforgettable. The countries most talked about wildlife park is the quintessential Masai Mara National Reserve west of Nairobi. Other highly rated parks include the Amboseli for its backdrop of Mt Kilimanjaro, the dense Kakamega with its 330-plus species of birds and the equally fecund soda lakes of Baringo or Nakuru.



WHY GO WITH TRAVELLERS WORLDWIDE?

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- 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:

'Things are truly excellent. Settling in to the way of life fantastically. Pricilla is lovely, and has made me feel very welcomed. She's pretty much your typical African Mama. Njeri has been great in all that she's done.'

Samuel Reed

What did you enjoy the most on your placement?

"Absolutely everything. The outpatient clinic with Dr. Mwea and Risper was particularly interesting, as well as, being in the operating theatre with him. Participating in ward rounds with Dr. Misbah was extremely interesting and enjoyable as well. Both Dr. Mwea and Dr. Misbah were very open and more than willing to explain things to you and help you learn"

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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