

South Africa

An overload of cultures and communities, landscapes and wildlife that will captivate any visitor

Over the past 20 years South Africa has gone through some remarkable changes - most notably the abolition of apartheid through Nobel peace prize winner President Mandela.

Located at the southern-most tip of Africa, South Africa attracts more visitors than anywhere else in the continent, drawn to its exciting and diverse landscape and culture.

Modern cosmopolitan cities like bustling Johannesburg, stunning natural scenery at Table Mountain National Park, the extremes of the Karoo desert, the snowcapped peaks of the Drakensberg Range, the fresh lush coast of KwaZulu-Natal and of course spotting the 'Big 5' at the world famous Kruger National Park.

Although South Africa has made great strides in recent times, a divide remains greater than ever between the rich and poor, leading to many shanty towns and poor health facilities and education. Things do not seem to be getting any better in South Africa with 57% of the population still living below the poverty line and 35% living on less than \$2 a day. Kaya projects need your help in community and conservation initiatives to help this great nation.

kaya
responsible travel



Your life outside the project

Whether you are based in Cape Town, Chintsa or St Lucia, you are never far away from a stunning beach, a host of adventure or a cultural community of indigenous people. Our volunteer houses provide the opportunity to relax and unwind after a hard day's work and the weekends offer adrenaline sports, the opportunity to spot Africa's magnificent wildlife, the chance to take part in community sports games or just enjoy a typical South African Braai.

Weather

- Average Temperature: 17°C
- Wet Season: November - March
- Dry Season: May - August

Medical & HIV/AIDS Awareness Program in St Lucia

Project facts

- Duration: 2-8 weeks
- Cost: £1099 for 2 weeks, £235 for each week thereafter
- Requirements: Age 18+
- Location: St Lucia, East Cape, South Africa
- Project Activities: Rural home care visits, clinic work, teaching staff computer skills, HIV / AIDS awareness and clinic refurbishment.
- Working Hours: Monday –Friday 08:30 - 16:30
- Project availability: Projects start 1st and 3rd Monday of each month. School Holidays 2 April-10 April, 25 June-17 July, 1 October-9 October, Project closed 10 December - 17 January 2012. During school holidays HIV Education in schools will stop, but HIV Education to adults continues. During the months of June and July this project is only available for a maximum of 4 weeks

What's included

- Accommodation: Shared room in a volunteer House
- Food: 3 Meals a day
- Weekly laundry service
- Airport pick up and drop off
- Training: Pre-departure information pack, on-site Orientation and project induction provided including lessons in basic Zulu language
- Daily transfers to and from your project.
- Support: On-site coordinator providing 24 hour support
- Activities: Staff help organise weekend activities. (Activity price may be extra)

What's not

- Flights
- Visas
- Insurance

The project

Volunteer in South Africa on our medical and HIV Awareness project which works on a number of community initiatives in the St Lucia region. Embrace the opportunity to work with local nurses in a small, but very busy, rural clinic and to go on home care visits which support around 20,000 Zulu people living in the communities around St. Lucia. Alongside this you will also join an AIDS awareness program educating and encouraging prevention, while supporting those affected.

Why the project needs you

The clinics are under-resourced and, therefore, the help we provide is much needed. The clinic is the first point of call for many people and is often very busy. The nurses struggle to consult all of the patients each day, therefore, help from volunteers is gratefully received. Volunteers will never be required to make decisions regarding patient treatments, but will be immeasurable in reducing the workload of the staff by doing basic medical tasks, and they will have the opportunity to learn from the nurses. This project gives you the chance to gain invaluable medical experience whilst making a difference to people who need help.

Role of the volunteer

Your morning times will be spent either in the clinics assisting nurses with carrying out vitals and other work which is required or you will be on home care duty looking after sick people in the rural villages. You will spend the afternoon either teaching HIV education, building, painting or farming. If you are working on HIV awareness in the afternoon you will meet with groups of adults and children from the local communities and during these visits you will explain through a simple method, approved by the UN, what the HIV/AIDS virus actually is, how it affects a human body, how it is transmitted, how infection can be prevented, and also explaining how, after infection life can be prolonged through medication, healthy food and a more healthy lifestyle. You will also be involved in an HIV Support Group to help people affected by the virus. The Clinic is in dire need of refurbishment. This run-down clinic sees over 100 patients per day.

You will also get involved in community regeneration projects and work with local people to fix the roofs, windows, and drainage, paint walls, put up shelving and storage units, and build new walls and rooms.

Finally, encouraging the community to grow vegetables is an important step in improving nutrition, especially for the sick, elderly and growing children. By farming areas of land with the community we will be able to provide needy people with fresh vegetables in their diet. This project gives you the chance to gain invaluable medical experience whilst making a difference to people who need help.

Skills required

For this project, no specific experience is required although any medical training/experience is useful. Having prior knowledge of HIV/AIDS issues is of benefit before you start educating the community. The main thing is to be ready for hard work, have enthusiasm and help out all you can in helping the project achieve it's goal.

Project location

St Lucia is a charming waterfront town on the east coast of South Africa, situated at the entrance to a world-renowned wetlands parks and famous for its wildlife and fishing. The town has a laid-back atmosphere and development is restricted by the tree-canopy - it is not unusual to see money and various antelope in the streets. It is an emerging tourist destination and you can find restaurants, craft shops and supermarkets in the town, not far from the fabulous volunteer house with it's poolside barbecue where volunteers love to relax after a hard day's work.