



**Project OKURASE Invites YOU to be a Health Outreach Volunteer in Africa for 12 Days**  
**An Experience That Will Change Your Life**  
**Commitment Deadline – May 8, 2017**

### **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 7<sup>th</sup>** Arrive at Kotoka International Airport in Accra and travel 1 hour for an overnight stay at Asaasi Yaa Beach Resort on the beautiful Gulf of Guinea to refresh from travel, organize, and prepare.
- July 8<sup>th</sup>** Travel 2 hours to the village of Okurase and move in to your accommodations at Nkabom House. Take a tour of the village and participate in training for the VHO. All meals are local cuisine prepared by village women. Start learning the Twi language.
- July 9<sup>th</sup>** Prepare supplies and organize for the Village Health Outreach (VHO). Participate in a formal village welcome and blessing by the Chief and Elders
- July 10-14** VHO conducted directly in the village. All patients receive free care and free medicines.
- July 15<sup>th</sup>** Patient follow-up, inventory of supplies, attend a party hosted by the Nkabom Children's Cultural Troupe.
- July 16<sup>th</sup>** Interact with new friends, and learn African drumming.
- July 17<sup>th</sup>** Travel back to Asaasi Yaa and rest and relax by the ocean.
- July 18<sup>th</sup>** After lunch travel to Accra to 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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[www.projectokurase.org](http://www.projectokurase.org)