



The Gateway

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Projects Abroad

"I promised Michiel's mother I was going to do a health insurance for him when I saw that Michiel was sick and his mother could not afford to take her to the hospital."

- Vicky May, 20, British

Volunteer Vicky May signs 95 children onto health insurance.

Story: Joseph Quaye Amoo

Several families in the village have had a significant relief after Projects Abroad volunteer Vicky May signed their children on the National Health Insurance Scheme.

In all, 95 children were registered. Our Volunteer Vicky May comes from the UK and spent three months on a midwifery and medicine project in Ghana.

Vicky went on a medical outreach in a small village in the Central Region of Ghana. She, including other medical volunteers and Projects Abroad medical coordinator has been visiting the



Vicky May in a pose with Michiel

community to treat wounds, ringworms and other skin infections of the children in the village.

She came across Michiel Hamenu who was terribly sick. The 2-year-old boy became part of 94 other children that Vicky subscribed onto the National Health Insurance Scheme (NHIS).

This means that anytime any of them fall sick, they only have to travel to the hospital to be treated free of charge of the medical conditions that the insurance will cover.

She expressed her inner satisfaction for undertaking such a humanitarian project. "I'm happy that the project was a success and I know it will make such a huge difference for these kids," she said.

She assisted the NHIS officers by taking passport-size photographs of the children to be used for their insurance ID cards.

"I thank Richard Dugbenu our medical coordinator, Emmanuel Abaaja the Projects Abroad Ghana Country Director, the outreach team, the NHIS officials who registered the kids and more importantly AZZ-Tech - a gold mining company in Ghana for their financial support to get the kids on the scheme."



National Health Insurance Scheme officers registering the children from Benkum in the Central Region of Ghana.



Vicky taking passport-size photographs for the NHIS ID cards of the children

Accra

Medical Outreaches



James Town

The medical team of volunteers outreach to a deprived school on the fishing beach of historic James Town to offer basic treatment to some deprived children at the Noyaa Less Privileged Academy.

Our volunteers treated their wounds, skin infections and ringworms of the children. They demonstrated to the children how to effectively clean their teeth.

Elsewhere, the Accra medical team traveled to Benkum to offer the same treatments to the children of the village.



James Town



Benkum Village

Kumasi Regional Update

Kumasi had quite a busy month with thirteen volunteers undertaking various projects.

The Public Health Program and Medical outreaches were held in the community markets of Atonsu, Anloga, Esoyeboah, Tanoso, Abuakwa and Wesley College of Education and during the outreach volunteers checked patients's blood pressure, body mass index, body fat level, sugar level of adults and Hepatitis B. They educated the people on Hepatitis and the importance of its vaccination.

Our teaching and care volunteers continue to care for the children at the Kumasi Children's Home. Both teachers and Care volunteers spent time with Children and helped them to learn.



Veterinary outreach in Kumasi

Ghanaian Food of the Month



Kenkey is a traditional Ghanaian food made from fermented ground corn and can be accompanied by fried fish with fried pepper called *shito*. Kenkey is mostly eaten in Accra.



Medical Outreach in Kumasi

Koforidua Regional Update

Projects in Koforidua have run successfully in April. We had eight volunteers working on the care and teaching project, medical as well as the newest addition - microfinance project.

Both the teaching and care volunteers started working together at the orphanage since schools are on vacation. Volunteers together with the coordinators painted the orphanage.

During one of the quiz nights, the volunteers participated in a cooking activity. Both preparation and serving of the food was done by the volunteers themselves.



Microfinance Project in Koforidua!

After a series of meetings and discussions between staff members, volunteers and potential business partners, Projects Abroad is proud to announce our newest project in Ghana - Micro Finance.

With the aid of volunteers and local insight, the objective is to secure funding for underprivileged entrepreneurs with marketable ideas and businesses.

This is achieved through direct contact with locals of Koforidua and the surrounding communities and towns. The aim of the project is to kick start small enterprises and making them self-sustaining.

Like any new project the initial stages have been positively challenging. The first loans have been granted to a small group of farmers and food traders and we see a lot of hope in the coming months.

Efforts are now being made to canvass for new ventures and in order to scale up the project. This will require new volunteers with fresh ideas. Frankie Bates from Ireland is the first volunteer to start up this project and he is doing tremendously well at it. He hopes to train new volunteers before he ends this project and goes back home.



The first beneficiaries of the microfinance project recently launched in Koforidua with Projects Abroad Irish volunteer Franki Bates and staff Michael Tetteh (sitting)

Dirty Day! Accra

A number of volunteers in Accra visit the Cantonments Football Academy, a Projects Abroad placement to clean the training grounds and its surrounding areas. They painted the poles on the pitch. Boys from the academy assisted the volunteers to make the pitch clean one.



Volunteer with us!

Ghana is an exciting and popular place to spend some time on a volunteer project or work experience placement.

Projects Abroad has many projects available to volunteer in Ghana, based in Accra, Cape Coast, Koforidua, Kumasi and the Akuapem Hills. Volunteers in Ghana work on a wide range of projects including Teaching, Care, Community – including Building and IT Projects, Medical & Healthcare Projects – including Medicine, Physiotherapy, Nursing, Midwifery and Dentistry, plus Journalism, Veterinary Medicine, Sports, and Human Rights.



News Volunteer in Ghana this Summer on a Pre-Med Project

Projects Abroad is launching a brand new project aimed at providing experience to young volunteers planning on working in the medical field.

The Pre-Med project consists of 3 days medical outreach work per week and 2 days observation in a local hospital or clinic in Ghana. During the outreach work, volunteers will learn how to treat minor injuries and ailments, check vital signs, test blood glucose, and carry out malaria testing. You will also take part in awareness campaigns in schools and communities to highlight particular health issues.

This project, based in Cape Coast, starts in July this year and offers volunteers lacking medical experience the chance to get hands-on work, whilst helping those who really need it.

This is the perfect opportunity to immerse yourself in a different culture and offers a fantastic insight into how local procedures and patient support are carried out in a developing country compared to back home.



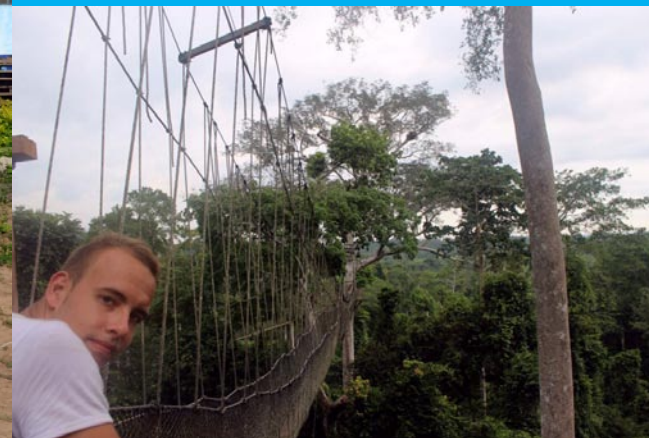
Places are limited so call us on 01903 708300 or email info@projects-abroad.co.uk to find out how you can join this project.

Cape Coast



Swedish volunteers Alexandra Gass Vinberg and Elin Sparrnäs playing with children from the Children's Home of Hope in Asebu – Cape Coast.

Weekend Trips?



The Kakum National Park is located in a reserve located in Cape Coast. It is about 375 square kilometers and it is covered with tropical rainforest. It is the only park with a canopy walkway in Africa. The walkway connects seven big trees and that provides a unique access and view of the rainforest.



Eerste Christelyk Lyceum graduate Myrthe Bussink gathers tremendous experience while volunteering in Ghana.

Nineteen-year-old Myrthe Bussink from the Netherlands travelled to Ghana to work as a medical and HIV volunteer with Projects Abroad in Accra.

She studied biology, chemistry, French, German and Dutch, but medicine has always been her dream. Prior to her coming to Ghana, she applied to a medical school but her application was not successful so she decided to spend her time judiciously and to figure out if indeed she wanted to go to medical school in the first place.

She worked at the Ghana Police Hospital on a medical project and at the country's biggest hospital; Korle-Bu

Teaching Hospital on an HIV project.

The experience, she believes, will deepen her chances of reaching her dream.

"At the Police Hospital, I would arrive at 8:30 in the morning every day. I take patients' vital signs and I interact with them. At the labour ward, I bathe and take care of the babies," she recounted.

Myrthe is convinced that she has learnt more about medicine. According to her, she faced a few challenges the first time she went on a medical outreach.

"The first time, I didn't know what medicine to use for what but now I know exactly what to do at the medical outreach."

The Projects Abroad medical team travels to rural communities regularly to provide basic treatment for children who have wounds, cuts, ringworm and other skin infections and they provide vitamin supplements for the children. Myrthe believes that these outreaches enable volunteers like her to give the children some attention and loving care. "A wound can prevent an infection.

Being there and giving them something is what makes such a huge difference."

Myrthe believes that her experience is something no one can take away from her. "No one can take the experience away from me. I've experienced a different context in which medical procedures are done."

"Come here open-minded. Don't expect anything. Give yourself time to get used to the new culture," she concluded.

Middlesex University graduate Shanelle Nwanaebi gains experience in journalism while volunteering in Ghana



Shanelle Nwanaebi, a twenty-three year-old British student with Nigerian heritage, travelled to Ghana for one month to volunteer at the Journalism Project offered by Projects Abroad.

After completing a degree in Journalism and Media at Middlesex University, Shanelle had always wanted to come to Ghana to work in the field of journalism and lend a helping hand at the same time Shanelle was placed at Radio XYZ, a popular radio station based in the cosmopolitan district of Osu in Ghana's capital city Accra. Radio XYZ airs political, social, business, health and Entertainment programmes.

After only a short time working at the radio station, Shanelle became the entertainment correspondent and took charge of the entertainment news.

Shanelle had a lot responsibility at the radio station; "I assisted the journalists here to produce their documentaries; I co-hosted the Drive Time Show every afternoon; and I assisted the host of our requests and dedication shows."

In addition to this, Shanelle would also general news and political stories on the radio station's website and even wrote some of the stories herself. Every evening at nine o'clock, listeners could tune in to hear Shanelle present the Radio XYZ African News programme.

"I had the opportunity to work on some really interesting stories, such as a prostate cancer documentary. We went to the Korle-Bu Teaching Hospital and interviewed doctors on what can be done to make men aware of prostate cancer. I also worked on the Bojo Beach Island documentary on

were not allowed to give birth on the women who were not allowed to give birth on the island because it's a taboo. This was an unforgettable experience."

Shanelle is convinced that she has improved on her commitment to deadlines as well as working with different

people. "I have put most of the skills I have already learnt into practice.

The one thing that Shanelle loved about Ghana is the warmth of the people. "You can walk to the store and people will ask you how you are doing; they'll greet you.

Shanelle encourages future volunteers to realise their dreams: "Come to Ghana! Enjoy Ghana because it's a great atmosphere. It's a buzzing feeling living here."



Werenfridus Tabor College graduate Wendy Zwarthoed gathers experience in a Teaching and Care project in Ghana.

Eighteen-year-old Dutch volunteer Wendy Zwarthoed travelled to the Ghana's Eastern Regional Capital Koforidua to work as a Projects Abroad volunteer in a care and teaching placement – Anointed Royal Day Care.

Wendy had always had the desire to help children and she already has volunteering experience in her home country, Holland.

Prior to her coming to Ghana, she had plans of traveling to experience how life out of her country is and how she can live independently for the first time in her life.

Projects Abroad offers volunteer placements in many projects including Care and Teaching in Koforidua and that is what Wendy spent her time learning how to communicate with younger children. She believes that her

presence, as well as that of the other volunteers, helps the children appreciate other cultures aside their own. "Our presence here tells the staff that one can teach children without hitting them. We are happy that we share our knowledge with the staff of the school. The kids smile more and they have fun with us," she added.

Every day, Wendy assists the staff during the morning assembly of the children. She checks their homework and gives them daily tasks to do. "I let the children do activities as well as work on the black board and then before the day ends; I give them some new home work. I have the feeling I get a lot of responsibilities. I can teach the kids on their own when the teachers are not there."

Wendy compared her home country and Ghana: "They are two different countries. Ghanaians are really nice people even though they don't have

the luxuries of life. There is no racism against white people in Ghana."

One of the most memorable experiences for Wendy was on Easter day when the teachers, other staff and volunteers threw a big celebration for the children in the school. Other memorable times according to her was whenever she was traveling with other volunteers to all the interesting places they visited in Ghana. "Whenever I am with them, we laugh together, do whatever we want and say whatever we want," she recalled with intermittent laughter. "Julie Laursen is one crazy friend and roomie – friends forever," she added.

"I love the people, the beautiful green landscape, the beaches, the waterfalls and of course my roommates," Wendy concluded.

Social Media

Our social media platforms remains a powerful tool that connects volunteers, friends and family of Projects Abroad though status updates, tweets, pictures, blogs and videos. Our Facebook groups were as active as always in providing information on volunteer experiences and that informs the expectations of volunteers who are coming to Ghana and prospective volunteers as well. Our different Facebook groups – [The Hills](#), [Koforidua](#), [Accra](#), [Cape Coast](#), [Kumasi](#) and the [Projects Abroad Human Rights Office](#) were active throughout the month of April.



An opportunity to relive

For many of our volunteers, our social media platforms provide the opportunity to continuously relive the valuable moments they once had in Ghana and it becomes their space for expressing the heartwarming satisfaction they gained from volunteering to affect the lives of people in need.

Visit us:



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