ALTENATIVE BREAK
MEDICAL CAMPAIGN
IVHQ medical volunteers get a rare opportunity to contribute to healthcare systems abroad. Not only does it look excellent on a résumé, but volunteering means you make a real difference in the lives of people around the world by improving their access to health and wellbeing.

A week-long Medical Volunteer Campaign involves visiting up to five different communities, working with supervisors and patients to address their needs.

IVHQ medical groups are incredibly beneficial to these communities, as they enable local children and adults to access medical support that would otherwise be unavailable.

**WHO CAN TAKE PART?**

IVHQ Medical Volunteer Campaigns are open to all volunteers with relevant training or experience in healthcare. Group members can be in the early stages of training, already in Medical/Nursing school or fully qualified.

Volunteers will always be supervised by local staff regardless of their level of qualification and experience. Duties will vary according to volunteers’ training and experience.

**WHAT VOLUNTEER WORK WILL YOU BE TAKING PART IN?**

**YOUR TASKS:**

- Provide basic checkups and appropriate treatment to members of the community
- Distribution of medication and vitamins
- Deliver health education information

**WHAT TO BRING:**

Group members are asked to bring the following:

- White coat
- Scrubs
- Disposable rubber (or latex) gloves
- Antibacterial soap or sanitizer
- Donations you may like to distribute
EXPLORE THESE DESTINATIONS
WHERE CAN YOU SUPPORT A MEDICAL CAMPAIGN ABROAD?

GUATEMALA
COSTA RICA
PERU
GHANA
NEPAL
INDIA
PROGRAMS

**INDIA – DELHI**
Provide basic hands-on volunteer support in a clinic working within slum communities or gain insight into the Indian healthcare system in a more supervised setting. Either way, volunteers provide much needed healthcare support within communities where access can be limited.

**PRICE**
Medical Campaign 7 day programs from: US $669
+ Travel add-on: Taj Mahal Visit

**PERU – CUSCO**
Cusco offers a wide variety of opportunities for volunteers from a range of different medical fields. Volunteers provide support to communities which have little access to healthcare.

**PRICE**
Medical Campaign 7 day programs from: US $880
+ Travel add-on: Machu Picchu Tour

**NEPAL**
Gain first hand insight into healthcare in a developing country, working closely with supervisors in under-resourced communities around Nepal.

**PRICE**
Medical Campaign 7 day programs from: US $559
+ Travel add-on: Paragliding
**GHANA**

Support rural African communities and improve access to basic healthcare. For most volunteers, this will be a starkly different healthcare environment to experience, but it promises to be as rewarding as it is challenging.

**PRICE**

Medical Campaign 7 day programs from: US $749

+ Travel add-on: Take a trip to the fishing village of Kokrobite

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**GUATEMALA**

This rurally-based project places volunteers in make-shift clinics that provide basic care for people who live in small, low-income communities. Set in communities with little access to healthcare, this project is open to medical students at all levels, as duties depend on prior training.

**PRICE**

Medical Campaign 7 day programs from: US $880

+ Travel add-on: Pacaya Volcano

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**COSTA RICA**

Based in the bustling capital San Jose, volunteers work in a range of settings helping under-resourced communities. Volunteers can also go to Manuel Antonio for a similar placement on the Pacific coast.

**PRICE**

Medical Campaign 7 day programs from: US $970

+ Travel add-on: Irazu Volcano Tour
FEES

IVHQ offers affordable Medical Campaigns abroad without compromising on quality. Our transparent fee structure ensures you know what you are paying for, and can budget accordingly.

The IVHQ fee structure includes:
- Registration Fee from US$299
- Program Fees from US$180

Inclusions vary based on your customized program although typically include:
- Dedicated support from a volunteer expert
- Complete MyIVHQ account access
- Online volunteer training
- Comprehensive program guide
- Deals on flights and travel insurance
- IVHQ alumni membership
- 24/7 in-country support

OTHER COSTS TO CONSIDER:
- Visa, flights, criminal background check, souvenirs, in-country trips or tours and extra meals.

- Airport transfers
- Private transportation to placement
- Program orientation
- Volunteer placement
- Accommodation
- Range of meals
- Discounts on language lessons
NEXT STEPS

For more information about these and other volunteer opportunities abroad, or to apply for a program, contact us!

We can support you with:

- Handy travel tips.
- Guides to help you figure out which destination is right for you.
- Feedback from past volunteers.

IVHQ’s dedicated support staff can answer any additional questions or offer further help at any point in the volunteer journey.

Keep in mind, applying for a program is free and comes without obligation. Fees are only payable once a volunteer is accepted to a program and wants to confirm their place.

- www.volunteerhq.org
- info@volunteerhq.org

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USA/Canada Call Free  1-877-342-6588
UK Call Free  0-808-234-1621
Australia Call Free  1-800-557-380
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