

Your **Doctor** is your principal advisor on how you need to prepare for your stay abroad. S/he will deal with the inoculations you may require and any medicines. It is worth stressing that you are doing voluntary work and are (probably) a poorish student. **Check** also: www.fco.gov.uk or www.fitfortravel.scot.nhs.uk

YELLOW FEVER: Inoculation & certificate usually obligatory for Africa & some other places.

Lasts 10 years.

POLIOMYELITIS: Essential. You were probably vaccinated when young but should have a booster.

TETANUS TOXOID: Vaccination advised as we do physical work in rural areas.

TYPHOID: Vaccination advised. May need renewing if already had.

HEPATITIS A: Important. Course of 3 injections gives 10 year protection.

RABIES: Course of injections may be taken if desired. (Expensive. Fairly low risk.)

MALARIA: It is usually necessary to take prophylactic tablets. Your doctor will suggest tablets.

There are 3 main options:

- a) Doxycycline.
- b) Lariam/ Mefloquine. Not recommended for certain people, especially where there is a history of fits/depression.
- c) Malarone. Note that in India Chloroquine & Paludrine tablets may be adequate. Relatively cheap and can be bought over the counter.

These medicines are not a guarantee of immunity and it is essential to avoid unnecessary exposure to mosquito bites. Use insect repellent, wear long sleeved shirts and trousers in the evening and very early morning when mosquitoes are most active. On some projects you may need to take a mosquito net. Other diseases can also come from bites.

INSURANCE.

There is very comprehensive insurance taken out for volunteers and no extra is required. However, it is obviously unwise to take unnecessary risks in places where medical treatment may not be on the doorstep. Common-sense and forethought are the best insurance policy.

APPLICATION FORM: PRACTICAL SKILLS.

The kind of skills areas which it is useful to mention are:

cooking medical mechanical IT camping music drama

Artistic sports (esp. coaching) full and valid driving licence foreign languages

working with children or groups or handicapped.

Organisation experience with scouts / guides / D of E / pilgrimage groups etc.

THE COST.

Fares, food, lodging, insurance, some excursions, meetings & weekend reunion in Britain etc. are covered by £1,000 of your contribution.

The additional £300 goes directly into the purchase of building materials etc. to support education in the developing world.

We do provide a booklet of fund-raising ideas but you must be prepared to organise events, write letters and talk to people to get support. Remember that you are likely to be asked to pay the cost of some inoculations and you need to budget to travel to the meetings. Very little specialist clothing/equipment is required.