Volunteer Abroad in Lilongwe Malawi Africa Volunteering Opportunities Medical Nurse EMT Orphanages

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Nov. 10, 2008 - PRLog -- Volunteer Abroad in Lilongwe, Malawi: Volunteering Opportunities

Volunteer Abroad Lilngwe Malawi Africa: Lilongwe is the capital of Malawi and located in the Central Region. As compared to other African capitals, Lilongwe is politically stable, safe, and quiet. Many European and South African expatriates live in Lilongwe, and many NGO’s and international aid organizations operate out of Lilongwe. The city is accommodating to foreigners and locals are friendly.

http://www.abroaderview.org/lilongwe.php

There are two distinct parts to the city – the Old Town, the original Lilongwe, which features busy African markets and many Asian shops, eateries, and restaurants – and the New Town, which is less than 20 years old and hosts the main Government Buildings, Diplomatic Missions, International Aid Agencies and the Reserve Bank Headquarters which ranks amongst one of the most unique examples of architecture in Lilongwe. In the city the Wildlife Center is an animal rescue and education facility open to the public.

Most international visitors arrive by air, landing at Lilongwe International Airport. For intercontinental flights from Europe, the only direct flight is offered by Air Malawi, once a week between London and Lilongwe.

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South African Airways operates connecting services through Johannesburg (to Malawi) most days of the week. Kenya Airways has a similar frequency connecting through Nairobi from London; also operating in conjunction with KLM from Amsterdam through Nairobi. British Airways has a weekly service connecting through Nairobi as well as operating with Air Malawi via the regional hubs of Johannesburg.

With our volunteer program in Malawi we allow you to discover the wonders of Sub-Sahara Africa, while doing meaningful and rewarding community work. Volunteering in Malawi is a great opportunity to explore life in rural Africa, live and work amongst the locals and realize one person can make a difference.

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We offer the following programs in/around Lilongwe:

Program Length: 1 to 24 weeks +
Accommodations: On-site volunteer residence or local host family
Meals: 3 meals a day
Program Date: Flexible Start & End Date
Work Schedule: Monday-Friday, 8 hour per day
Requirements: 17 years +, open-mindedness to new adventures.

Child Care/Orphanage Assistance
Volunteer at a local orphanage on the outskirts of Lilongwe, or in a nearby rural town. The orphanages are home to over 50 children of all ages (infants to 15yrs). These children have lost parents to Aids, some have been abandoned, and they know abuse, hunger and fear. The orphanage strives to provide a better future for some of the most vulnerable children in the community. As a volunteer, you will primarily assist with the daily care of the kids; including bathing, feeding programs and clothing. You can play games, arrange activities, create arts & crafts projects and share your time and caring with these wonderful children. Prior experience not necessary, volunteers should have a lot of patience, an open mind and a sense of compassion.

HIV/Aids Prevention Program

Volunteers work with a local grassroots organization that is providing HIV/AIDS education and support to poor communities.

This project focuses on providing culturally sensitive methods of awareness, education and prevention methods to men, woman and children in the community. Some of the activities for volunteers include: Promoting safer sex through education talks at the center and local schools, assisting with home-based care for victims with HIV/Aids, rural outreach programs to those in need with food distribution, grant writing and creative fundraising projects to support the local widows and children of the community. Experience in this field is not required. Volunteers with a strong interest in making a difference are welcome, material is limited, so bringing health leaflets and information from home is strongly recommended.

Health Care Program

Volunteers with medical experience are needed to work in community health clinics and rural outposts. Most clinics are very busy, understaffed; with limited medical supplies and no medical equipment. (A challenge!)

There is a wide variety of cases but disease such as malaria, HIV/Aids, tuberculosis and syphilis, as well as childbirth/maternity needs are most common.

Volunteers with medical training; doctors, nurses, paramedics, lab technicians participate in direct patient care such as diagnosing, injections, IV starts and lab work. Nursing and medical students are welcome and assist with tasks like dressing wounds, record and immunization chart keeping, helping dispense medications, helping to screen and organize patients and assisting with administrative needs or seminars. *Medical volunteers must submit a copy of their credentials or nursing certificate.

Elderly Care Program

This project focuses on providing care, attention, and shelter to elderly people of the community. These elderly people need help and often have various needs, necessitating constant care which involves both mental and physical support from others. If you have a love and compassion for the old and want to make a meaningful contribution by making their life worth living, then this project needs the helping hands of volunteers like you. Can include home visits to rural communities. Many of the elders in the community support several grand children who lost their parents to HIV/AIDs. Participants will also help meal preparation (preparing, cooking, and serving) where there will also be opportunities to entertain the elderly people by singing, creating fun games, etc. Volunteers are also expected to assist in various administrative tasks.

Woman’s Support Projects
Through these programs, volunteers work with a local grassroots organization that help the destitute women/widows in Malawi by giving them support, guidance and training. As a volunteer, you can help by teaching English; brainstorming to initiate income generating activities and to create sustainable solutions to the challenges the woman face on a day to day basis. You can assist in training woman in several life and income generating skills and to carry out research to find alternative solutions to fight poverty. Volunteers assist with health education such as HIV/AIDS, child rearing, nutrition, yoga, and sanitation, sewing, bead work, pig farming and other community outreach programs. Volunteers also write grant letters to mobilize resources to assist in the procurement of equipment, materials and supplies needed for income generating activities. No specific requirements except willingness and enthusiasm to help women.

Program Includes:

Accommodation with a local host family. Clean, comfortable room, with shared bathroom and limited electricity. Three meals a day provided. Airport transfers on arrival and departure to Lilongwe. Our local Project Coordinator will provide orientation tour on arrival, project briefing, an introduction to work placement and accommodation.

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