College of Saint Benedict & Saint John's University

Global Health | Zambia
May 16 - June 5, 2023
THE LOCATION

Livingstone, Zambia

Livingstone is a historic city and the present capital of the Southern Province of Zambia. It is a tourism center for Victoria Falls (Mosi-oa-Tunya) lying 10 km (6.2 mi) north of the Zambezi River, and a border town with road and rail connections to Zimbabwe on the other side of the Falls. Livingstone acts as a gateway to the magnificent attractions of the Falls and the Mosi-oa-Tunya National Park.

Zambian culture is considered a mixture of traditional Bantu and modern European influences. Colonization and urbanization caused a number of previously competing tribes to live in close proximity to one another. All of this has helped shaped the culture of Zambia - whose people now retain strong ties to their clans alongside a strong united national identity.

THE PROJECT

Quality healthcare in Zambia often depends on location, education, gender and income. Zambia’s health sector is facing many challenges such as a shortage of trained staff and an increased workload due to the HIV epidemic. Participants will gain a well-rounded view of the health system in Zambia and help contribute to initiatives designed to improve community health outcomes.

Home-Based Care

Participants have the opportunity to observe patient care being provided by local staff, which provides valuable insight into the public healthcare system in Zambia. Local clinics have limited medical equipment, are understaffed, and often overcrowded with patients. Home visits, therefore, are vital for the health of the community and allow healthcare workers to assist those with low mobility and those that are very ill.

Health Education

Participants will have the chance to help facilitate workshops with community members on topics such as living with HIV, nutrition, cervical cancer, and women’s health. This form of education is vital, as it provides individuals with the knowledge they need to make healthy lifestyle choices.

Suggested workshop themes include:

1. General health and nutrition
2. Gender-specific health issues including gender-based violence
3. HIV
4. Sports and well-being

Participants will also be involved in workshops on the health implications of poor waste management systems as well as women’s health for groups of girls and boys.
**Itinerary**

**Day 1: Tuesday, May 16 | Welcome to Zambia! (D)**  
Overnight: Volunteer House  
Today, we will arrive and be met by our Kaya group leader. After a meet and greet, we will transfer to the volunteer house as a group and settle into our lodgings. We will enjoy a Welcome Dinner tonight.

**Day 2: Wednesday, May 17 | Orientation and Village Tour (B,L,D)**  
Overnight: Volunteer House  
After a Health and Safety Orientation, an introduction to the project and an Expectations Workshop, we will enjoy a tour of Lobamba Village.

**Days 3-4: Thursday-Friday, May 18-19 | Project Work (B,L,D)**  
Overnight: Volunteer House  
It’s time to start our project work! On Thursday, we will enjoy a thorough introduction to the upcoming program and tour the group’s project sites in Livingstone. During this first week, we will also enjoy a village tour and an afternoon of cultural activities. With this foundation, we can begin to understand local life in Zambia, how all of our upcoming project work is connected, and what to expect in the coming weeks.

Each morning for this first week, we will participate in home-based care visits or a waste management initiative. Each afternoon, we will engage in lectures on health topics as well as workshops led by local medical professionals.

**Days 5-6: Saturday-Sunday, May 20-21 | Bicycle Village Tour, Sunset Cruise and Victoria Falls Trip (B)**  
Overnight: Volunteer House  
It’s time for a weekend of adventure and relaxation. After a bicycle village tour, we will relax at our accommodations, enjoying the swimming pool, hot tub, lounge area and climbing wall. One evening we will also enjoy a sunset cruise. This weekend also includes a trip to Victoria Falls to enjoy one of the seven natural wonders of the world!

**Days 7-11: Monday-Friday, May 22-26 | Project Work (B,L,D)**  
Overnight: Volunteer House  
During our second week, group participants will choose a focus: general health and nutrition; gender-specific health issues including gender-based violence; HIV; or sports and well-being. Each group will plan their 4-session workshops during the morning, to be delivered in the afternoons. We will also continue our home-based care visits, led by health practitioners, and work to build structures out of eco-bricks in order to remove waste from the environment and improve overall public health. These structures will, in turn, be used to run our workshops. On Friday, we will gather in a local community as a group and dispose of litter together. Throughout the week, we will engage in various social development projects in order to immerse ourselves in local life and learn more about the relationship between various global issues.
Days 12-13: Saturday-Sunday, May 27-28 | Mosi Oa Tunya National Park Safari (B)
Overnight: Volunteer House
At Mosi-oa-Tunya National Park adjacent to Livingstone, we will embark upon a guided Safari. Mosi-oa-Tunya, meaning “The Smoke Which Thunders”, is Zambia’s protected area around Victoria Falls and a UNESCO World Heritage Site. Animal sightings may include elephant, zebra, giraffe, wildebeest, buffalo, hippo, crocodile, and possibly even one of the park’s cherished rhinos. Zambia has only 10 remaining rhinos in the country and they all reside at Mosi-oa-Tunya where they are guarded 24/7. The last part of the day will be reserved for relaxation at the volunteer house.

Days 14-18: Monday-Friday, May 29-June 2 | Continue Project Work (B,L,D)
Overnight: Volunteer House
In our third week, we will continue on with our themed workshop sessions and, additionally, focus on a women’s health talk series. We will have time to plan and prepare for these. This week, each student will also plant a fruit tree in a community group orchard, named Kulakupa, or “to grow and to provide.” Like last week, we will also engage in various social development projects in order to immerse ourselves in local life and learn more about the relationship between various global issues. For our final day of project work, we will complete any remaining tasks and say goodbye to the locals we have worked alongside.

Days 19-20: Saturday-Sunday, June 3-4 | Market Visit and Farewell Braai (B,D)
Overnight: Volunteer House
This weekend, the group will enjoy one last dinner together before departing Zambia. One day this weekend, we will also enjoy a visit to the dynamic market so we can pick up some souvenirs!

Day 21: Monday, June 5 | Departure From Zambia (B)
All good things must come to an end. It is time to say farewell to Zambia and the onsite team. The group will head back to the airport to embark upon the journey home.
For more information please connect with our University Relations & Customized Group Programs advisors

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