IMPACT GLOBAL HEALTH ALLIANCE
INTERNATIONAL VOLUNTEER PROGRAM





From L to R: Brooks Keener smiling with his new friend in Guatemala; Fayetteville Academy student, Harper Spell, distributing de-worming medicine to children at an elementary school; caption for last photo.

Our Mission: Transforming Communities, One Mother at a Time

Impact Global Health Alliance partners with forgotten communities to save the lives of mothers and children. We work with our partners to assess and address the unique needs of each community while providing comprehensive care for mothers and children.

Our Purpose

Impact Global Health Alliance offers unique opportunities for service-learning trips to high-need communities, where groups can have a profound impact on the health and wellbeing of the local population while being immersed in the local culture. Our trips combine community outreach alongside health workers, with cultural and sightseeing activities.

The purpose of our volunteer program is to:

- Help our partners meet community needs
  Volunteers help to meet community needs by providing skills, resources, and knowledge that would be difficult or impossible for our partners to fulfill without external assistance.
- Strengthen our programs at the grassroots-level
  We provide effective, equitable, and accessible health services by establishing sustainable, community-based health care programs. Volunteers help to build the capacities and resources of our local health workers.
- Offer opportunities for cultural & educational exchange
  Expeditions provide both volunteers and local participants with opportunities for mutual learning, sharing, and relationship building. Not only do volunteers gain valuable international and language experience they are also able to explore natural, historical, and cultural treasures of our project countries, while truly becoming part of the local community - a life-changing experience.

The Volunteer Experience

Flexibility is a core value of the Impact Global Health Alliance Volunteer Program. Due to the countries in which we work, the ability to prepare for and react accordingly to unexpected situations is crucial. Our staff will provide the necessary orientation and support to help prepare you, and your team. As each expedition is different, we stay flexible with regards to the time frame, group size, and service activities.

Our expeditions are designed to provide the most enriching and productive experience possible. Trips typically involve teams of 6-14 people and take place over 10-14 days. In addition to a variety of volunteer work, trips also include cultural and sight-seeing activities, such as trips to ancient ruins, co-ops and markets, nature parks and more!

It is important to us that our volunteers have the chance to become part of the local community during their stay. When possible, we arrange visits to local businesses, schools, and churches and offer volunteers the opportunity to accompany our health workers on home visits. All in-country travel logistics are arranged by an Impact Global Health Alliance coordinator, who may travel with the team to translate and provide on-the ground support.

What to Expect on Your Trip

To get the most out of your experience, remember that this is a service-focused trip rather than a typical vacation. Our project sites are remote, and adjusting your expectations early will help you dive right in!

- **Rustic Accommodations:** Living conditions are basic and lack standard home comforts. Expect limited A/C, room-temperature drinks (no ice), and lukewarm showers.
- **Water Safety:** For your health, use only the provided bottled or filtered water for drinking and brushing your teeth. Never use tap water.
- **Physical Demands:** Be prepared for long travel days on rough, winding roads, walking on uneven terrain, and navigating stairs.
- **Meals & Dietary Needs:** While we try our best to accommodate dietary restrictions, food choices are limited in rural and remote areas. Please disclose any allergies early and plan to bring supplemental food items with you.

Work Team Projects – No Special Skills Required!

No special skills are required to be of service! It is critical to be open to serving in whatever way is most useful to the local community.

Community Health Outreach

Volunteers accompany Community Health Workers out into the field to provide education and services to the local mothers and children. Services include weighing and measuring babies to check for malnutrition, giving vitamin supplements, and assisting with pre-natal checkups.

Construction and Maintenance of Health Facilities

Work team volunteers construct and add to healthcare facilities. Volunteers can work in a variety of areas, from mixing cement and putting up new walls to painting. A local foreman is hired to supervise the worksite.

Medical/Health Teams

Health professionals are needed to support our partners in a variety of ways, such as training local staff, assessing needs, bringing equipment and supplies, and providing patient care. Our volunteer trips

provide excellent international health experience for medical and public health students. Sometimes, particularly in the case of students, this may involve more support and teaching than hands-on work.

Requirements

You must be at least **14 years old** to volunteer with a parent, and **18 years old** to volunteer abroad without a parent.

Foreign language skills, although highly valuable, are required only for long-term, individual volunteers. Interpretation services are provided for short-term team expeditions.

Medical/health volunteers must demonstrate that they possess the qualifications required for the type of work they will be doing. For liability purposes, students may only participate in medical procedures when accompanied by and under the supervision of a practicing physician.

Opportunities

We are currently coordinating volunteer expeditions to Guatemala and Kenya. Please visit our website, www.impactglobalhealthalliance.org or contact Lisa@Impactglobalhealthalliance.org for the latest information on upcoming opportunities.

Costs

Expedition Expenses

Volunteers pay a flat-rate fee which covers all in-country travel costs, including lodging, meals, transportation, work activities, cultural excursions, travel insurance, interpreter fees, etc. The exact amount varies according to the expedition and can range anywhere from $2,000 – $3,000 (not including airfare) per person for a 10-day trip depending on the location, timeframe, activities, and number of team members. Impact Global Health Alliance does not charge administrative fees.

Project Donation

As part of their fee, volunteers contribute a project donation of $300 per person, which supports the local program and helps to cover costs associated with the volunteer project. Individual volunteers seeking a long-term placement may be asked to contribute a monthly amount, which would be discussed on a case-by-case basis. We are happy to provide fundraising tips and tools.

Airfare

Airfare can be arranged and invoiced by IGHA or purchased by the individual to take advantage of frequent flier miles or special deals. If purchased separately, be sure to contact your trip leader to coordinate arrivals and share flight information.

Planning an Expedition

The planning process begins with an email to our volunteer coordinator, Lisa Hoskins, at Lisa@Impactglobalhealthalliance.org. In this email, provide us with information on your professional background/skill set, goals, and travel preferences. This will help us to determine the best placement options for you. Ideally, trip planning should begin six months to one year in advance of travel, though exceptions can occasionally be made.

Our expeditions are planned on a case-by-case basis to most effectively match our volunteers' skills, availability, and interests with the immediate needs of our partners. Our volunteer coordinator will work with you to select a project and propose a potential trip itinerary and budget.

Once participation is confirmed, we make all in-country arrangements, including lodging, transportation, meals, and cultural activities. With the help of our partners, we create a detailed work plan and trip itinerary, making every effort to accommodate any special needs or requests.

Impact Global Health Alliance Volunteer Expeditions offer once-in-a-lifetime opportunities to help others while learning more about yourself and the world.

Are you ready? Let's Go!

IMPACT GLOBAL HEALTH ALLIANCE
PO Box 1090, Holly Springs, NC 27540
LHoskins@curamericas.org
P 919-510-8787

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