

HELPS INTERNATIONAL (HINT), CAMEROON

MEDICAL OUTREACH PROGRAMME

Programme Summary

Days 1 – 3: Welcome and orientation

Days 4 – 8: Ekona Outreach

Days 9 – 10: At leisure

Days 11 – 15: Tole Outreach

Days 16 – 21: At leisure

DAY	MORNING	AFTERNOON	EVENING
1	Rest	HINT orientation	Rest
2	Buea orientation	Cultural orientation	At leisure
3	Programme familiarisation and preparation	Programme introduction	At leisure
EKONA OUTREACH PROGRAMME			
4	Travel to Ekona, establish clinic	2 - 4: Consultation	5 - 7: HIV/AIDS sensitisation
5	10 – 1pm: Consultation	2 - 4: Consultation	5 - 7: STI Education
6	10 – 1pm: Consultation	2 - 4: Consultation	5 - 7: Basic Hygiene Education
7	10 – 1pm: Consultation	2 - 4: Consultation	5 - 7: HIV Educators programme 1
8	10 – 1pm: Consultation	2 - 4: Consultation	5 - 7: HIV Educators programme 2
9/10	At leisure. Suggested visit to beaches at Limbe		
TOLE OUTREACH PROGRAMME			
11	Travel to Tole, establish clinic	2 - 4: Consultation	5 - 7: HIV/AIDS sensitisation
12	10 - 1: Consultation	2 - 4: Consultation	5 - 7: STI Education
13	10 - 1: Consultation	2 - 4: Consultation	5 - 7: Basic Hygiene Education
14	10 - 1: Consultation	2 - 4: Consultation	5 - 7: HIV Educators programme 1
15	10 - 1: Consultation	2 - 4: Consultation	5 - 7: HIV Educators programme 2
16/20	At leisure. Suggested visit to Korup National Park and Kumba OR Bamenda and Northwest		
21	Home		

Budget-Medical Outreach Program (CFA (XAF)) at Helps International (HINT), Cameroon.

Living expenses	250,000	at 125,000 per person per month
Transportation	300,000	for 12 days at 25,000 per day
Local team feeding/motivation	120,000	at 2,000 per person per day for 5 people for 12 days
Medication	500,000	for assorted medication bought
Community Hall for activities	250,000	at 25,000 per hall per day for 5 days
Miscellaneous	100,000	
TOTAL	1,520,000 CFA (XAF)	
	US\$ 3,425.97	

Currency exchange rate: US\$ 1 = CFA (XAF) 443.67 as at December 8, 2007