



POKHARA, NEPAL
MONTHLY ACHIEVEMENT REPORT
APRIL 2016

1 NO POVERTY 	3 GOOD HEALTH AND WELL-BEING 	5 GENDER EQUALITY
-------------------------	---	------------------------------



OBJECTIVES

- Increase the knowledge and understanding of Healthcare in the community with an emphasis on prevention
- Increase the knowledge and skills of First Aid in the community with a focus on staff at the centres where we work and Women in the community

SUMMARY

A group of eleven healthcare workers, mainly nurses, ventured to Nepal for two weeks. They ran Health Camps at six different locations and attended to 290 individuals. They also ran workshops on topics such as First Aid. The health camps supported individuals but also gave us information for future planning as there were several trends in the health issues that our future volunteers can address in preventative workshops.





REPORT

The team visited several hospitals ranging from small private clinics, to large government hospitals including the hospital in the village of Bandipur which was affected by the earthquakes in 2015. It is still being repaired but is still functioning. These visits and tours included an opportunity for professional discussion with the local doctors, nurses and other healthcare workers and helped our volunteer team gain an understanding of the challenges that are faced in hospitals and clinics in Nepal.

The team also ran health camps in a variety of areas. These included mountain villages, rural farming areas and local urban areas. Some of the camps were run alongside local doctors and nurses. All were run in conjunction with interpreters. The team were able to identify some trends in healthcare needs which will become the basis of future preventative education programmes for GVI. Working together in the health camps gave the team an opportunity to share expertise and learn from each other.

The team ran several workshops. Some of these came out of the issues arising from the health camps such as pelvic floor exercises. There was much laughter from both the nurses and the local women as they learnt a little technique involving a balloon to help tighten pelvic floor muscles. Other workshops were based on topics such as developing First Aid skills and exercises to address neck and back issues. Workshops were held for both children and adults and the team made the workshops fun and interactive.



As well as professional experiences, the group were also involved in a range of cultural experiences. These included; a Nepali language lesson and cooking lesson. There was also a visit to the Gurkha museum, a Buddhist monastery, a Hindu island temple, a Tibetan Refugee camp and The World Peace pagoda. These created a greater cultural understanding for the group.

The group came together as a positive team and displayed professionalism and commitment. They were well received by the locals and their time is much appreciated not only by GVI but also the local communities. We look forward to building on their work with our future volunteers.





ABOUT GVI

We're a family-run organisation with an amazing culture and an awesome team of people across the world who are passionate experts in their chosen field and will make your experience a truly unforgettable one (in a good way).

Our award-winning projects receive over 2000 participants every year, and we're proud to say that the vast majority of them describe their experience with us as 'life changing'. Our approval rate from over 20 000 participants since 1997 is over 95%.

A key component of the success of our community development and conservation projects is the participants who join our programs. Opportunities include high impact volunteering from one week and up, internships for those looking for career development opportunities, Challenges that allow a one week adventure all for a good cause and a range of programs for school groups and younger volunteers.

CONTACT

www.gvi.co.uk

www.gviusa.com

www.gviaustralia.com.au

01727 250 250 // 1 888 653 6028

info@gviworld.com