Below are weekly activities for volunteers.

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<th>DAYS</th>
<th>MORNING</th>
<th>AFTERNOON (after week)</th>
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| MON  | HOSPITAL (working in the hospital with other Ghanaian health professional and volunteers) The hospital has several wards namely children’s wards, diabetic centre, outpatient department, maternity ward, female wards, male wards, psychiatry department, blood bank and the surgical theater etc. As a volunteer yours is to observe and you would be offered a hand on work to do. **Task:**  
  i. Helping fill patient records.  
  ii. Taking patient to the blood bank, doctor’s office, laboratory and the pharmacy.  
  iii. Helping patient eat or drink water  
  iv. Writing of health presentation and advising patience of basic hygiene.  
  v. Taking of patient temperature and blood pressure.  
  vi. Helping the children write basic English wards and some art works.(volunteers are advice come with some drawing books and pencils)  
  vii. Helping wheel patient to undergo surgery and back. Here you would have the opportunity to witness and ask questions(optional). | ORPHANAGE - playing with the kids at the orphanage brings lot of smiles and happy to the kids. Looking at the kids with big smiles on their faces running after you all the time and sharing their life stories with you. **Task:**  
  i. Teaching and helping in daily life skills  
  ii. You can be a computer instructor  
  iii. Creative play. eg. drawing/sketching, etc  
  iv. Teaching the kids Music and dance  
  v. Teaching the kids about Arts back home  
  vi. Playing football with the kids  
  vii. Helping the kids in their vegetable garden  
  viii. Organizing tours, parties and cooking for the kids |
| TUE  | SCHOOL HEALTH -school has been one of the volunteers favorite; where they would get to know more about our school system in Ghana and how its run. We improve the health and well-being of children in the schools. **Task:**  
  i. Helping to design a power point presentation on basic health tips  
  ii. Helping to set up venues for presentation  
  iii. checking the physical examination of the pupils-you would be requested to check their hair, teeth, hands, legs, etc  
  iv. Helping dress the wounds for the kids and apply cream on their head for those with ringworm.  
  v. Helping visit the schools for follow-ups.  
  vi. Helping teach the kids basic mathematics, English and arts. | PAINTING/CONSTRUCTION/RENOVATION PROJECT-Most of our volunteers help raise some funds toward our projects. Volunteers in group raised funds and who want to channel the funds to physical projects, such as building project.(could you believe $2000 UDS could construct a washroom for a community school) For the past years we have build washrooms, classroom and painting of schools & orphanages. **Task:**  
  i. Helping in designing of the plans and cost  
  ii. Helping with the mixing of cements, sand and water. |
| WED | HOSPITAL (working in the hospital with other Ghanaian health professional and volunteers) The hospital has several wards namely children’s wards, diabetic centre, outpatient department, maternity ward, female wards, male wards, psychiatry department, blood bank and the surgical theater etc. As a volunteer yours is to observe and you would be offered a hand on work to do. Task.  
  i. Helping fill patient records.  
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  vii. Helping wheel patient to undergo surgery and back. Here you would have the opportunity to witness and ask questions(optional).  |
| viii. After the handing over ceremony we play football with the kids. | ORPHANAGE (playing with the kids at the orphanage brings lot of smiles and happy to the kids. Looking at the kids with big smiles on their faces running after you all the time and sharing their life stories with you. Task.  
  i. Teaching and helping in daily life skills  
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  iii. Creative play.eg. drawing/sketching, etc  
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  v. Teaching the kids about Arts back home  
  vi. Playing football with the kids  
  vii. Helping the kids in their vegetable garden  
  viii. Organizing tours, parties and cooking for the kids |
| THUR | MEDICAL OUTREACH/SCREENING. We carry out medical outreaches in the impoverished communities where the people lack or have inadequate Access to Healthcare. We move to different communities on daily basis. Task:  
  i. Checking the temperature of patients  
  ii. Checking the blood sugar of patients  
  iii. Checking the blood pressure of the patients.  
  vi. Helping patient check their weight on the scale |
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<td>v. Helping patient walk to the grounds and back especially the elderly.</td>
<td>vi. Helping at the pharmacy to dispense/administer drugs to patients.</td>
<td>vii. Helping in taking patient records.</td>
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<td>viii. Consulting with the field doctors and nurses.</td>
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<td><strong>FRI</strong></td>
<td><strong>Cured Lepers</strong>-Here the projects are optional for volunteers. We move to a cured leprosy village where treat patients. All the patients here are cured of the disease and their families have rejected them and some can trace their families. We have other that their families have moved to leave with them. Some of the patients have gotten married and are leaving with their families at the village.</td>
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<td>Task:</td>
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<tr>
<td>i. Helping share food to patients. eg. rice, bread, oil ,yam</td>
<td>i. Helping in designing of the plans and cost</td>
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<td>ii. Helping dress wounds for the patients.</td>
<td>ii. Helping with the mixing of cements, sand and water.</td>
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<td>iii. Helping to distribute socks and dress</td>
<td>iii. Helping mould blocks</td>
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<td>iv. Helping administer drugs to patients.</td>
<td>iv. Helping lay blocks</td>
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<td>v. Plastering and painting is the last task.</td>
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<td>vi. Helping cut and designing of doors and windows.</td>
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<td>vii. With the painting; volunteers would have the opportunity to write the names of their clubs, schools or friends name on the wall of the building.</td>
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<td>viii. After the handing over ceremony we play football with the kids.</td>
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<td><strong>SAT</strong></td>
<td><strong>Tour- weekend are for tours for volunteers. Two staff would take you on tours.</strong></td>
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<td><strong>SUN</strong></td>
<td><strong>Church service for Christian volunteers (that’s means if we don’t spend the whole weekend touring the country.</strong></td>
<td><strong>We meet volunteers for the next week activities. We have other projects and outreaches like Adolescent sexual and reproductive health, insurance registration, cooking and drummer lessons, teaching at community schools, etc.</strong></td>
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