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NIGERIA WEST AFRICA

JULY 2022





THE NIGERIAN HEALTHCARE FOUNDATION INC. (NHF) invites you to join our mission to stop the deterioration of Nigeria due to poverty, hunger, and insufficient healthcare. Lend a helping hand as a medical professional or aspiring student, and we will show you how you can change many lives in just two weeks.

Our goal is to drastically improve Nigeria's health conditions and social welfare by supporting local clinics with skilled clinical volunteers, donated medicine and medical supplies, and health education. Like previous mission trips, we estimate visits from nearly 400 patients a day— 95% are individuals from rural areas with inadequate medical care due to inaccessibility and affordability.

Join us and become a face of hope for international healthcare! The opportunity to travel to West Africa and immerse into the culture is an exciting experience.

Review this overview to ensure this is the right opportunity for you. For additional questions, contact mission@nhfinc.org.





HEALTHCARE IN NIGERIA

HEALTHCARE is one of the biggest challenges in Nigeria and the rest of Africa. With a population of 170 million, Nigeria is the most populous country in Africa. It faces the challenges of a petroleum-based economy, ethnic and religious strife, and widespread corruption. Amid economic deprivation, families have very little access to healthcare. With one of the world's highest fertility rates, the average life expectancy is only 52 years due to critical health issues, including widespread poverty, malnutrition, poor sanitation, and limited access to clean drinking water.

High maternal and infant mortality with a lack of prenatal care and shortages of basic medications are among the leading causes of preventable death. There is also a high risk of communicable diseases: malaria, yellow fever, Hepatitis A and E, typhoid and diarrheal disease.

Another major problem afflicting the healthcare system in Nigeria is the “brain drain” of doctors and medical staff. Highly-trained experts often leave the country to pursue their profession in countries with better infrastructure or higher wages. Consequently, there are an estimated four doctors for every 10,000 inhabitants.

Nigerian Healthcare Foundation Inc. (NHF) continues to partner with medical volunteers from the United States to provide charitable health services to hundreds of under-served patients in Nigeria.



TRIP INFORMATION

MISSION TRIP DATES: JULY 6 – JULY 20, 2022

Volunteers will travel to Nigeria for two weeks during mid-late July. The approximate dates are July 6-20, 2022; however, dates are subject to change slightly +/- two (2) days on either end. NHF will provide appropriate communication of any date changes.

QUALIFICATIONS

We are looking for volunteers who have a passion for improving health outcomes in developing countries. You will spend time amongst people who are full of life and love, despite barriers to quality healthcare within their local communities.

WHO: Priority reserved for Physicians, Physician Assistants, Nurses, Nurse Practitioners, Pharmacists, and aspiring healthcare students. Dedicated non-medical individuals who share our mission are encouraged to apply.

AGE: 21+

EXPERIENCE: Demonstrated expertise to support the medical mission team.

SIZE LIMIT:

10-15 volunteers

PASSPORT

A passport is required and must be valid for up to 3 months after your travel date.

For Americans, the United States Department of State issues passports that are valid for ten (10) years. To initiate a new or renew an existing passport, click to visit the U.S. Department of State- Bureau of Consular Affairs.

Currently, routine processing is **8 to 11 weeks** and expedite processing (for an additional \$60) is **5 to 7 weeks**.

VISA APPLICATION

A visa is required to enter the Republic of Nigeria. The Nigerian Healthcare Foundation team will assist with processing visas before departure. The Nigerian Consulate in New York City issues the official Visa. The following documents are required:

- a. A completed Nigerian Visa application;
- b. Receipt for visa application. (NHF will cover);
- c. A valid passport;
- d. Proof of yellow fever inoculation (varies);
- e. 2 passport pictures (color).

INOCULATIONS

Inoculations from various diseases provide protection and maximize enjoyment of your trip.

YELLOW FEVER:

A vaccination for Yellow Fever is required to enter Nigeria and most African countries. This should be documented through a yellow International Certificate of Vaccination, which is available from travel clinics or the local public health service. Proof of this vaccination will be requested upon entry to Nigeria.

All travelers should visit either their personal physician or a travel health clinic **4-8 weeks** before departure.

MALARIA:

Most physicians recommend taking oral dosages two weeks before departure, once a week during your stay and 4 weeks upon your return. Prophylaxis with Lariam, Malarone, or doxycycline is recommended for all areas.

COVID-19:

The Government of Nigeria requires proof of being fully vaccinated or a negative COVID-19 PCR test within 48 hours before departure. The Government of Nigeria also requires a negative COVID-19 test within 48 hours of boarding to exit Nigeria.

Recommended Vaccinations:

Hepatitis A	Recommended for all travelers
Typhoid	Recommended for all travelers
Yellow fever	Recommended for all travelers. Required for travelers arriving from a yellow-fever-infected area in Africa or the Americas.
Meningococcus	Recommended for all travelers
Polio	One-time booster recommended for any adult traveler who completed the childhood series but never had polio vaccine as an adult
Hepatitis B	For travelers who may have intimate contact with local residents, especially if visiting for more than 6 months
Rabies	For travelers who may have direct contact with animals and may not have access to medical care
Measles, mumps, rubella (MMR)	Two doses recommended for all travelers born after 1956, if not previously given
Tetanus-diphtheria	Revaccination recommended every 10 years

NOTE: All vaccinations are not necessary, please ask a doctor that is knowledgeable to advise you.

NHF ACCOMMODATIONS

We will stay in a house provided by a host family in or near the village where we will conduct the medical mission.

Food will be prepared and cooked for the volunteers. Volunteers should indicate any dietary restrictions during on-boarding to ensure we provide proper accommodations.

All transportation and security will be provided. Upon traveling to the Southeast of Nigeria, 24 hour security detail will accommodate the group.

FLIGHT

Mission volunteers should arrange their flights. You will be required to arrive on a particular day within a specific time window. Mission volunteers can depart from any airport; however, the NHF staff traditionally depart from Newark International Airport (Newark, NJ) or JFK International Airport (Queens, NY). Flight time typically range from 6-13 hours total but up to 24 hours, depending on layovers. Dress comfortably, stack up on snacks, and bring a good read.

PREFERRED TRAVEL AGENT: Bolaji Oladunni
Office: 718-450-8795 | Cell: 646-716-2559
Email: bot.travels@gmail.com

WEATHER & DRESS

Nigeria is a tropical country, and in July, the weather can be hot – 80° F. Wearing natural fabrics such as cotton can assist in keeping comfortable. As the final schedule evolves, we will give specifics on appropriate attire for specific activities and events. Persons with African or Afro-centric clothing should feel free to bring them for evening events or day activities. Before departure, a suggested attire sheet will accompany each participant's on-boarding kit.

MONEY EXCHANGE

Nigeria has a dual currency system that frequently uses its local currency (Naira) and the U.S. dollar. The current exchange rate is 414N to \$1 USD. It is highly recommended that dollars be converted into local currency for spending. Your spending goes further once your money is converted.

Travelers checks can also be converted but at a lower exchange rate. Most local places do not take credit cards, except for hotels, a few restaurants, travel agencies and a few boutiques that cater to the international buyer. ATMs have arrived in Nigeria, but will only dispense the local currency. It is recommended that both the use of credit cards and ATMs be kept at a minimum or not used AT ALL.

COMMUNICATION

Arrangements can be made to purchase of a local phone card or if desired, a temporary cell phone. US phones now have access to use GSM and install an international chip. Blackberries and other similar PDAs have difficulty in Nigeria from the US. Please check your carrier before departure.

During our visit, the time difference will be 5-hours (GMT) ahead of EST (New Jersey/New York). Anyone bringing a computer should also purchase a converter to 220V (three prongs).

FOOD

Participants will have an opportunity to try the array of foods that are indigenous to Nigeria and West Africa. As an international city, Lagos will also have an array of restaurants including, continental, Chinese, Italian, Lebanese, French and fast foods that are familiar.

All visitors are encouraged to drink bottled mineral water. Bottled water should be used for teeth brushing and ice.

FINANCIAL COMMITMENT & FUNDRAISING FUNDRAISING REQUIREMENTS

TOTAL COST OF MISSION TRIP

The total cost for a volunteer to participate in the annual mission trip is \$3,000. A \$500 deposit reserves your spot and you are responsible for booking your flight, which can range from \$1,000-\$1,800 (depending on the time of year).

Your deposit will contribute to the following and NHF will cover the remaining costs incurred to exhibit our gratitude for your dedication, including:

- Visa Application Fee
- Meals, lodging, transportation and tours
- Security
- One (1) round-trip flight within Nigeria
- Purchase of additional medical supplies and equipment
- 2022 MissionTeam Gear

NOTE:

Insurance will not cover expensive personal items such as cameras, laptops, jewelry, glasses or mobile phones. You should arrange your own insurance coverage for such items.

TIMELINE

Interest Form Due: April 1, 2022

Interested volunteers should complete the interest form at www.nhfinc.org/nhf-volunteer. Please allow up to 7 business days for processing. Selected volunteers will receive a confirmation e-mail with detailed next steps.

Deposit Due: May 1, 2022

To ensure your commitment and secure your place on the 2022 Mission Team, a timely deposit of \$500 is requested. You will receive your itinerary and on-boarding kit upon processing your application.

Flight Confirmation Due: May 15, 2022

Please book your flight and send your itinerary to mission@nhfinc.org by the deadline. Your itinerary should include the departure and arrival airports, connecting airports (if any), dates and times of flight, and flight numbers.

FUNDRAISING OPPORTUNITIES

• Volunteer Fundraising Letter

NHF will provide volunteers with a sample solicitation letter and remittance envelope. This letter will help you approach family and friends to support you on your journey. In addition, you can modify the letter to fit your fundraising goals.

• Online Fundraising

NHF relies on the support of our volunteers and supporters to deliver our mission. Therefore, you are encouraged to solicit donations towards the cost of the trip. Our preferred fundraising tool is Classy.org, and the NHF team will assist you with setting up a personalized fundraising page!

• Host an Event

Up to hosting an event? Hosting a happy hour or a virtual event with your friends and family is another excellent way to gain supporters, spread awareness, and raise funds for your trip.

Volunteers are responsible for ensuring that donors receive thank you and acknowledgment notes. Nigerian Healthcare Foundation can only write acknowledgment letters for tax purposes to donors who write checks directly to the organization. If checks are written to NHF, we will apply the funds to your account.



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