



VineTrust

Connecting People to Change Lives

Jubilee Hope
Project Information 2016



VineTrust

Who We Are

The Vine Trust is a volunteering charity with a vision to see communities transformed. Our volunteers work to bring opportunity, health and hope to disadvantaged communities and marginalised people, with a particular concern for vulnerable children.

Jubilee Hope Medical & Dental Programme, Tanzania

Vine Trust's latest medical ship, Jubilee Hope, is an exciting new initiative that is based in the city of Mwanza, on Lake Victoria in Tanzania.

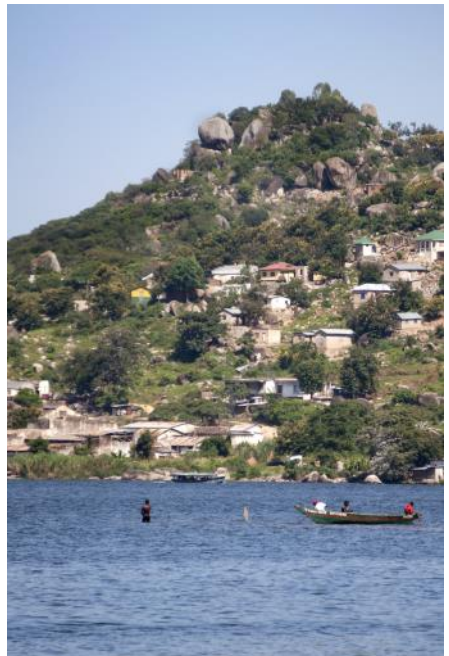
A former Royal Navy Tender, it was refitted as a medical ship with a small operating theatre and dental surgery, she left Greenock, Scotland, in January 2014 and sailed the long way around Africa to Mombasa, Kenya, manned entirely by Vine Trust volunteers.



The 160-ton vessel was then hauled from Mombasa to Kisumu, requiring the movement of power lines and making of some new roads. She was re-launched on Lake Victoria, after the three-week land journey.

The ship was officially launched in October 2014 in Mwanza by HRH The Princess Royal. Expeditions began in 2015, taking vital medical health care services to some of the 100 inhabited islands in Tanzanian waters where an estimated 450,000 people live with limited or no access to basic healthcare.

Working in cooperation with regional, national and international partners, the programme will provide a range of primary health care services, including General Medicine, Dentistry, Mother & Child clinics and HIV testing/treatment. The Jubilee Hope Medical & Dental Programme aims to provide around 100,000 consultations per year by 2017.



Project Information

The ship acts as a floating health centre, providing basic health and dental care to the people in the remote islands communities of Lake Victoria. Each volunteer trip lasts two weeks, with the team usually spending about nine days working on the ship, assisting the project's Tanzanian medical personnel. Starting in August 2015, we will send teams to the programme every month from throughout the UK and beyond. Medical and dental teams are made up of 4-6 people. Normally each team consists of at least two doctors and one or two dentists, the balance of the team being made up of other health professionals. This work in Tanzania is carried out in partnership with Africa Inland Church Tanzania (AICT).

The Project also works with the Tanzanian Ministry of Health, who provide health personnel and medical supplies for the expeditions. Our aim is to provide quarterly visits to communities on a number of the islands which will impact on chronic illnesses and on dental health. In addition, we will be able to identify those in need of secondary care and refer patients for treatment at facilities based on the mainland.

The Vine Trust aims to encourage overseas health professionals to use their skills and part of their annual leave to help the isolated island communities in this region of Tanzania.



Who Can Apply?

Please note that all healthcare professionals must be registered with the appropriate body (eg GMC, GDC, NMC) and hold a licence to practise.

We welcome applications from:

GPs within the NHS or working in OOH care

Dentists in practice in the UK

Nurses or nurse practitioners in primary care or A&E or similar setting

Doctors working in emergency care, A&E or Paediatrics, or who have previous experience of working in primary care

Ophthalmologists, optometrists and opticians

Any healthcare professional with an interest in helping provide a primary care service to some of the poorest people in the world.

Medical and Dental Students

We also welcome applications from medical and dental students looking for a two-week medical experience as part of their elective programme. Please note that because of the nature of the work, we cannot guarantee a 'tick list' of procedures which you will be involved in, but we can offer a very hands-on medical experience serving isolated rural communities on Lake Victoria. We also require students to be supervised by a UK doctor or dentist who is part of the volunteer team, so please contact the Vine Trust office to find out which trips would be suitable for your needs.

All students will be covered by Vine Trust's insurance policy. However, if you wish to extend your stay, or take part in activities which are not part of the Vine Trust's organised programme, it is your responsibility to check that you will be covered, and top up any premium where necessary.

Please note that Vine Trust's insurance does not cover medical indemnity. As a student, if you apply for a place with the Jubilee Hope project, you are entering into a relationship with Vine Trust as a volunteer. It is not a relationship that Vine Trust enters into with your university or institution, and we do not offer indemnity cover.



Clinical Work

Before departure, you will be sent a Jubilee Hope handbook with guidelines and advice to help you prepare for your trip and deal with situations whilst you are in Tanzania. After arriving on the Jubilee Hope there will be time to settle in, meet the crew and just enjoy sailing on Lake Victoria, before any clinical work starts.

The Jubilee Hope programme is a primary healthcare service and so you will be dealing with many of the same conditions which you see in your own working environment. In particular, you can expect to be involved in:

Paediatrics, basic obstetric care, minor injuries and minor surgery, tooth fillings and extractions. You may be required to manage tropical disease such as malaria and dengue, but you will always have the support of your Tanzanian colleagues with this.

However, anything could present as these communities have little access to other healthcare, so be prepared. The pharmacy is stocked with routine antibiotics, analgesics, NSAIDs, preps for eye/ear infections, PPIs, some dermatological preps and dressings and there is some suture material.

Ministry of Health

An agreement has been signed between AICT and the Ministry of Health to coordinate the work and allow overseas professionals to take part in the programme. It is advised by the Vine Trust that professionals inform their Defence Body of the nature of this work and ask for suitable cover. The MDDUS in Scotland has agreed to cover its members, so far free of any extra charge, but each member has to contact them individually.

Please note that proof of your current registration with the appropriate professional body is also required, and we ask for a photocopy (or scan) of that document along with your application. This can be a copy of your GMC/GDC/NMC details from an online search of the register.

AICT Staff

The Head of Medical Services for the Jubilee Hope Project oversees all aspects of the health side of the project and strives to ensure a meaningful experience for visiting health professionals as they participate in the project. There are medical professionals employed by AICT who work on the Jubilee Hope ship and whose salaries are underwritten by the Vine Trust. You will also be working alongside employees from the local Ministry of Health.

Life On Board Jubilee Hope

Apart from the medical personnel there are also the Captain, Engineer, pilot, watchman and chef. The ship is usually busy with as many as 20 people living on board! Everyone is very friendly and welcoming. Catering is basic, but good, with lots of chicken, fish and rice.

Accommodation on-board is in air-conditioned, two-berth cabins. The air conditioning makes it very difficult for the insects to fly. However, for malaria prevention, it is advisable to have a mosquito net on the off chance that the air con breaks down.

The Jubilee Hope Medical & Dental Programme is carried out in partnership with AICT. There will be optional devotional times each day (usually before breakfast, to which everyone is invited).

An applicant does not need to be a Christian to be accepted. However, we do ask that you support the humanitarian work we are undertaking and agree to abide by the Code of Contact, the signing of which is part of the application process.



2016 Schedule

Trip Reference	Arrive Tanzania	Depart Tanzania
TM16011	10 January	24 January
TM16021	7 February	21 February
TM16031	28 February	13 March
TM16032	27 March	10 April
TM16041	24 April	8 May
TM16051	22 May	5 June
TM16061	20 June	4 July
TM16071	10 July	24 July
TM16081	7 August	21 August
TM16091	4 September	18 September
TM16101	2 October	16 October
TM16111	20 October	13 November
TM16112	20 November	4 December



Cost

The cost of a trip in 2016 is **£1,000** plus the cost of international flights. For insurance purposes, Vine Trust will book international flights to your specification – when your place on a trip has been confirmed, we will contact you to arrange flights.

Included in the £1,000 are:

- Taxi Pickup at Mwanza airport.
- Hotel accommodation when not on ship (Days 12 & 13).
- Travel Insurance.
- Food and accommodation on the ship.
- Lunch when not on the boat (Days 12 & 13)
- A contribution to the Jubilee Hope Medical and Dental Programme.

Excluded from this cost are:

- USD\$50 immigration visa paid on entry to Tanzania.
- Required vaccinations and personal medicines
- Evening meals (Days 12 & 13)
- International flights
- Personal spending

Payment Schedule

A deposit of £250 is required on application (to reserve your place).

The balance of £750 should be paid 3 months before departure.

International flights should be paid when booked by Vine Trust.

Gift Aid

We encourage everyone who is a UK tax payer and contributing to the charitable activities of Vine Trust to sign a Gift Aid declaration which helps support the wider development of the Trust's charitable work. Gift Aid does not allow any personal benefit and is not credited towards trip costs, but makes a huge difference in the Trust's overall work. We appreciate everyone's support in promoting Gift Aid-giving amongst their friends, colleagues and families.

Payment Options...

Online Card Payments

To pay online for your trip, and to contribute additional fundraising, please visit <https://secure.vinetrust.org/pay> There is a 0.6% surcharge on debit card payments and a 1.95% surcharge for using credit cards. However, donations paid to online fundraising pages will not incur any surcharge.

Vine Trust Fundraising Page

You can set up your own fundraising page through the Vine Trust website www.vinetrust.org/fundraise and pay your instalments through this online facility. Please note that we prefer not to take payments through Just Giving pages due to the fees that are charged against your fundraising.

Cheque

Please send any cheques (made payable to Vine Trust) to:

Vine Trust Finance, Vine Trust Barge, Prince of Wales Dock, Edinburgh, EH6 7DX.

Please enclose full details of your name, address, trip reference number and dates of the trip with your cheque.

Bank Transfers

If you wish to make a bank transfer, please contact the Vine Trust finance office on: 0131 555 5598 or finance@vinetrust.org

Please note that we do not accept CAF payments.

Fundraising

We would encourage team members to try and raise additional funds for the Jubilee Hope Medical and Dental Project. This money will be used for medical equipment, drugs and to keep the ship operational.

It is anticipated that in most cases, the cost of the trip will be borne by the volunteer. However, it is recognised that in some cases, fundraising will be used to cover part of the cost / flights of your trip. Please make it very clear to all donors the purpose of your fundraising i.e. for the ongoing work of the project or for your personal trip expenses.

For ideas about fundraising, download our fundraising pack at www.vinetrust.org/



Safety Information

To ensure you have a safe and enjoyable trip we ask all our volunteers to familiarise themselves with this safety information so that you are aware of the potential hazards and dangers you may encounter in Tanzania. It is recommended that you sign up to the UK Government's Foreign Travel advice website to receive alerts regarding travel in Tanzania www.gov.uk/foreign-travel-advice/tanzania

Tanzania has a different safety culture, and precautions we take for granted in the UK may not necessarily be in place. Standards of food hygiene and healthcare are lower and there are small, but real, risks from tropical diseases and dangerous creatures.

Standards of medical care in hospitals can be poor. Evacuation from the Lake region will take some time and much longer than in the UK. We wish to avoid the need for any unplanned healthcare for volunteers and staff.

Please read the following risks carefully before signing up for a trip with Jubilee Hope.

FLIGHT TO MWANZA (normally 3 flights from UK making a total of 13 hours)

Risk of deep vein thrombosis is now well established and the following precautions are recommended:

Wear flight socks

Drink plenty of water on the flight. Coffee, tea and alcohol all cause dehydration so drink water or fruit juice at least every three hours

Walk about the plane regularly to exercise calf muscles

Do the exercises recommended by the airline whilst in your seat

The use of aspirin is a matter of choice, as taking aspirin is not risk free

If you have a past history of DVT you should consult your GP for further advice

TRANSPORT IN TANZANIA

The transport you will use in Tanzania is basic but is considered reasonably safe. However, you should be aware of heightened risks, namely:

Many vehicles do not have seatbelts and some can be quite dilapidated.

Driving standards are lower than in the UK

Open windows allow hands to pick up bags / cameras that are not firmly held

Road surfaces can be poor and road accidents occur more frequently

Road side protection is often rudimentary; crash barriers are not universal

Bicycle/motorcycle taxis are very open with no passenger protection

ON JUBILEE HOPE

Safety information is given on board the Jubilee Hope and this should be adhered to at all times.

It is possible to slip on the steep stairs, especially if deck or footwear is wet. Descending backwards (facing the steps) is safer.

Don't lean out over shipside rails - especially when travelling - be particularly careful at the doors in the ship's sides.

Always wear a life jacket when transferring / travelling on the JH motor boat / any other boat.

Check the position of fire extinguishers on board – remember to raise the alarm before attempting to extinguish the fire

NEVER enter the engine room without the engineer's permission and presence.

SWIMMING

The Vine Trust has a no swimming policy due to strong currents and the risk of waterborne disease in Lake Victoria.

PERSONAL SAFETY

In Tanzania

Tanzania is a very friendly and stable country to visit and you will receive a great welcome! However, your safety and security are paramount to the Vine Trust, and we ask that you take sensible precautions to protect yourself and those around you. This includes not acting in a way that attracts attention to yourself, and never travelling alone, especially at night.

As in most places, theft can be a problem in Tanzania. Don't leave anything unattended. It is recommended, if a key is available, to keep your cabin door on board the ship locked at all times and to keep valuable items out of sight in a lockable bag.

You may find that the Tanzania approach to time-keeping is very different from what you are used to, which may affect the planned itinerary. Please be understanding of this and try to adapt to a more relaxed 'pole pole' attitude towards time. However, for safety and security, please be back at agreed meeting points by the pre-arranged times to avoid cause for concern.

Any visits to the islands must be made in the company of JH staff. This applies to both female and male volunteers.

Never wander off alone on the islands. Groups can arrange a walk with the interpreter or other guide from the crew.

Remain aboard the Jubilee Hope from dusk to dawn.

We recommend that you do not give out your personal contact details, including Facebook and social media details.

In the cities

It is advised that you do not go out alone, rather travel in small groups.

Keep visible jewellery to a minimum and keep a close watch on all your personal belongings, especially handbags, cameras, etc. This applies particularly to open windows in vehicles when stopped in traffic.

EATING OUT

Standards of cleanliness in some restaurants are lower than in the UK. Good hand hygiene is essential to reduce the risk of travellers' diarrhoea. Wash your hands regularly with soap and water, especially before eating, and preferably with anti-bacterial hand wash. However, please note that anti-bacterial hand gel is not a replacement for soap and water.

We recommend that you read up about travellers' diarrhoea before you depart for Tanzania. The NHS 'Fit For Travel' website has some helpful travel advice, including prevention and treatment for diarrhoea www.fitfortravel.nhs.uk/advice/disease-prevention/travellers-diarrhoea.aspx

As a general rule of thumb:

Drink only bottled water. Always check the seals of bottled water bought in Tanzania – particularly important with still water (aqua sin gas). The drinking water on Jubilee Hope is safe (top up your own water bottle)

Ice should not be used in drinks. It is sensible to wipe cutlery clean in restaurants before eating. Salad should not be eaten due to the risk of food poisoning. It is not advisable to eat food from street vendors.



TROPICAL DISEASE RISK

Insect borne disease is a risk.

Malaria is a constant risk. You must take anti-malaria prophylaxis as prescribed, use tropical strength insect repellent (containing 50% DEET), sleep under a mosquito net and wear long-sleeved clothing between dusk and dawn.

Dengue fever is currently prevalent in the Lake zone. See above re use of insect repellent and nets.

Yellow Fever-- make sure your vaccination up to date and that you bring your certificate with you.

Sand Fly Bite can result in Leishmaniasis. Again, using nets, repellent and long-sleeved clothing can help to prevent this.

Waterborne disease can cause illness such as gastroenteritis, hepatitis A, typhoid, hepatitis E, cholera, E.coli, amoebic dysentery, giardiasis, intestinal parasites (worms), leptospirosis.

Only drink bottled water or water declared safe by crew on Jubilee Hope and do not swim in the lake.

ANIMAL ATTACK (very low likelihood of occurrence but significant harm if affected)

Dogs: It is sensible to avoid dogs at all times.

Immunisations

Please discuss your trip with your GP/practice nurse to ensure all your UK immunisations are up-to-date and to advise you on necessary immunisations for Tanzania. You will need to arrange these immunisations at least two months prior to departure.

We recommend: Polio/Tetanus/Diphtheria/Hepatitis A and B/ Typhoid/ Yellow Fever.

Yellow Fever is also required for those volunteers arriving from countries with risk of yellow fever transmission—a yellow fever certificate will be required to be shown on arrival at Kilimanjaro Airport. This includes those volunteers travelling via Nairobi airport who may be potentially delayed for more than 12 hours in transit.

Please also seek advice from your GP about the **Rabies** vaccination. As rabies is spread through infected animal bites and scratches, we recommend that you stay away from all animals, especially dogs. Due to the fact that you will be spending the large majority of time on the boat, the potential for contact with infected animals is very low and you are unlikely to be more than a few hours away from a hospital to receive any necessary treatment should you be bitten.



Constant Improvement

The Vine Trust is committed to continually evaluating and trying to minimise the risks to its volunteers. The above health and safety advice is comprehensive, but not exhaustive: please take care while in Tanzania and recognise that you participate in the Jubilee Hope programme at your own risk.

Should you identify any potential hazard not included in this document, please let us know as soon as possible so we can evaluate the problem and minimise the risk.

Frequently Asked Questions

Below is a list of frequently asked questions in relation to the Jubilee Hope programme. If your question is not answered here, please contact the Vine Trust office on 0131 555 5598 or email health@vinetrust.org for further information.

How do I apply for the Jubilee Hope programme?

Once you have identified the trip you would like to go on, please contact the Vine Trust office to see about availability. You can then apply online through the Vine Trust website. All information and dates regarding the Jubilee Hope programme are available on our website at www.vinetrust.org/volunteer/medical_teams

Do I need to be a member of a registered medical body to volunteer?

To ensure the quality of service provided to the people on Lake Victoria is of the highest standard, and in keeping with Vine Trust's commitment with the Ministry of Health in Tanzania, all healthcare volunteers with the Vine Trust will be confirmed as having current eligibility to practise as a clinician in the UK and that they remain in good professional standing. For Doctors it will also be necessary to confirm that you hold a current GMC licence to practise.

I am a medical/dental student. Can I sign up with Jubilee Hope for my elective?

We do not offer student electives as they are usually described. We can only offer a two week 'medical experience' linked to one of our standard primary care trips, and cannot guarantee a 'tick list' of tasks or procedures that you might or might not carry out. Ideally, we also ask one of the qualified UK volunteer doctors or dentists to provide supervision for students. Our Tanzanian medical colleagues are also willing to sign off on a two-week 'experience' on the Jubilee Hope for medical students. Their 'sign-off' letter will be more general than specific and will simply advise that you have served as part of the medical team on the Jubilee Hope in providing primary healthcare clinics to communities on Lake Victoria. There is not currently a permanent Jubilee Hope dentist on board to act as a supervisor, so if you can encourage a qualified colleague to accompany you then that would benefit all.



As a student, who can I put down as my supervisor whilst volunteering with Jubilee Hope?

Because of the nature of the work, we are unable to say until a few weeks before the trip who your supervisor will be. It will either be one of the Tanzanian doctors employed by the Jubilee Hope programme, or one of the UK volunteers who is willing to act as a supervisor. Please see previous question regarding dental students.

Do you offer discounted prices for students?

Unfortunately we cannot offer a reduced price for students. All our prices are carefully worked out to ensure that all costs are met, and this includes a contribution to the on-going work of the Jubilee Hope programme.

I am a retired GP/Nurse/Dentist. Can I still volunteer with Vine Trust?

Doctors - current GMC regulations require all doctors to hold a Licence to Practise; this lapses as soon as a retiral has been confirmed unless the Doctor undertakes additional steps to retain the same. Whilst revalidation is for 5 years, the License to Practise is linked to working in a recognised clinical environment (technically under supervision of a Responsible Officer) and therefore lapses on retiral. The Vine Trust would wish to encourage doctors to consider undertaking a Jubilee Hope trip whilst their License to Practise is still valid; the alternative is to volunteer as a general helper alongside colleagues who still have full practising rights. The doctor offering

supervision would be required to take clinical responsibility for all decisions. It is expected that, on board, the skills of all volunteers will be recognised and used to best help the people of Lake Victoria.

Dentists and Nurses - at present GDC and NMC registration continues to next renewal point and so Vine Trust welcomes volunteers from Dentists and Nurses during the period of their continued registration after retiral. Thereafter the supervision model described above for Doctors would pertain.

I am a physiotherapist/pharmacist/paramedic/psychologist/social worker. Can I still volunteer with Jubilee Hope?

Because of the nature of the work and the emphasis on primary healthcare, we cannot guarantee that you will be able to use your skills in a specific way. However, if you are happy to accept a generic healthcare support role, plus help with other non-medical tasks on the boat, you would be welcome to apply for the programme. Please note, however, that we must first allocate spaces to doctors, nurses and dentists and professionals with similar roles. Please also be aware that for disciplines such as psychology and social work, there can be significant cultural issues to be aware of which can hinder support, plus the fact that there is rarely any follow-up because of only spending a few days with a community every few months.



I don't have a healthcare background. Can I still join the Jubilee Hope team as a general helper?

We must first allocate spaces to healthcare professionals, but if there is any availability, non-medics are welcome to apply for the programme. You must be willing to help out wherever needed, such as with admin tasks, in the kitchen, with cleaning, organising activities for children etc.

What hazards do I need to be aware of during the trip?

Please refer to the Jubilee Hope information packs about risks to be aware of, and for health and safety guidance.

What prophylaxis do you provide on board Jubilee Hope?

There should be one Post Exposure Prophylaxis pack on board. This is for after a sharp's injury involving a high risk patient, i.e. someone who is likely to, or has HIV/AIDS or Hep C or dangerous blood borne disease. However, as a precaution, you may want to take your own pack, or arrange with other volunteers to share a pack between two or three of you.

What Personal Protective Equipment (PPE) do I need?

All necessary PPE is provided on board, but it is advisable to bring your own personal first aid kit to prevent using supplies intended for patients.

Do I need to arrange my own insurance?

UK volunteers are covered by Vine Trust's group insurance for all elements of the Jubilee Hope trip. If you wish to extend your travel or participate in activities which are outwith the Jubilee Hope programme, it is your responsibility to arrange any additional premium as necessary. Please note that volunteers applying from outside the UK will need to organise their own insurance to volunteer with Vine Trust.

Do you offer indemnity cover?

Whilst there have been no instances of a volunteer being complained against during a trip on Jubilee Hope, it is good practice to alert your Professional Indemnity Organisation that you are travelling to Tanzania to undertake 'healthcare work as a volunteer', and that you will be 'working with children'. This requires a phone call or email to your indemnity provider– and occasionally a follow up letter. For students, please note that the two-week trip is a volunteering experience that you engage in as an individual volunteer, not a relationship that is through your university, so Vine Trust cannot indemnify you.

If my application is not accepted, will I receive a refund on my deposit?

In the unlikely case that your application is not accepted, your £250 deposit will be refunded.

If I need to pull out of the trip at a later date, can I get a refund?

All deposits are non-refundable (unless a trip is cancelled by Vine Trust, or your application is not accepted). You may be able to claim the remainder of the trip costs back on your insurance cover depending on the reason you have withdrawn from the programme.

Can you recommend any other clinical experience I can get whilst I'm in Tanzania or people I can contact to find out about further opportunities?

Unfortunately, we are unable to recommend other opportunities. However, you may want to search certain defence union sites as they often feature specific programmes.

Can I sign up to do more than 2 weeks?

Currently the ship's expeditions last only 10 days so it is not possible to extend your volunteering time with the Jubilee Hope Programme. As the programme develops there is the potential that we will increase the length of expeditions.

Can I book my own flights?

Vine Trust prefer to book your flights for insurance purposes. It also means that in the event of an emergency we will be able to sort out alternative flights for you quickly. Through our agents, we are able to obtain flights with minimum cancellation costs and good re-arrange options. Even if you are extending your travel dates, we can still look into getting the best prices for your trip.

Can I extend my dates to include further travel?

Yes—please just inform the Vine Trust office as soon as possible of your confirmed plans.

Do I need a visa?

Currently volunteers with a British passport do require a visa for working on Jubilee Hope. A tourist visa on arrival at the airport in Tanzania is sufficient and costs US\$50. Volunteers who do not have a British passport should make their own enquiries about the necessity for a visa.

I am not from the UK. Can I still volunteer with the Jubilee Hope programme?

We welcome all interested volunteers to apply for the programme. However, please be aware that to ensure the quality of service provided to the people of Lake Victoria is of the highest standard, and in keeping with Vine Trust's commitment with the Ministry of Health in Tanzania, you will be required to produce evidence of your current eligibility to practise as a clinician and that you remain in good professional standing.

I have special dietary requirements. Is the boat able to cater for this?

Please be aware that the diet on board Jubilee Hope is fairly limited, whatever your dietary requirements! Please inform us on application of any special dietary requirements so that we can inform the cooks. They do not usually use peanut oils or nuts in their cooking. If your dietary requirement is very specific, please give us time to check with the ship's cook if it is possible to accommodate your request. Please note that meals are prepared freshly every day and that some food/ingredients are seasonal, so it is not always possible to source certain items—for example, we cannot always guarantee a fresh supply of fruit for the entire trip.

Can I bring my own equipment and/or medical donations for the Jubilee Hope programme?

We advise volunteers not to bring their own equipment or medical supplies. There are strict rules regarding what items visitors can and cannot bring into Tanzania. You will be asked to complete a comprehensive immigration form declaring any items you are bringing in for professional use. Items may be confiscated, or you may be asked to pay a deposit for these items.

I don't speak Swahili. Is this a problem?

The staff on-board the Jubilee Hope who will work with you will all speak English. However, it makes a good impression if you have a few basic phrases which you can use to welcome patients and ask them what is wrong. We will provide some suggested phrases to learn in the Handbook that will be given to you before you travel.



What support does Vine Trust offer volunteers before they join the Jubilee Hope programme?

Where possible, all new Jubilee Hope volunteers are expected to attend one of our orientation sessions to find out more about the programme and to cover essential health, safety and cultural issues. It's also an opportunity to connect with other Vine Trust volunteers and to ask any questions which you might have.

There are usually three orientation dates to choose from throughout the year, with sessions being held at Vine Trust's head office in Edinburgh. Orientation dates are advertised on the Vine Trust website www.vinetrust.org/volunteer/medical_teams - please put one of these dates in your diary now and make it a priority to attend.

Once your application has been processed, you will be sent a handbook to help you prepare for your trip. It is essential that you read the guidelines in detail as part of your preparation and that you contact the Vine Trust office as soon as possible if you have any further questions. We advise that you take a copy of the handbook with you to Tanzania so that you have it as a reference point.

A few weeks before departure, you will also be sent an email with final information, including emergency contact numbers, arrangements at Mwanza airport and details of accommodation.

We also encourage you to touch base with others in your team before departure, either in person or through a Skype call, so that you can begin to build relationships with your team before joining the Jubilee Hope programme.

If you need to do some personal fundraising to cover the cost of your trip, or if you would like to raise some additional funds to support the Jubilee Hope programme, you can download our fundraising pack here www.vinetrust.org/give/fundraising

Is there any support once I have completed my experience aboard Jubilee Hope?

We encourage all volunteers to attend one of our 'Stay Connected' debrief sessions which are held twice a year. This offers the opportunity to reflect on your experience aboard Jubilee Hope, to share ideas with other volunteers and to think about ways to continue your involvement with Vine Trust.

We also encourage volunteers to get in touch with us at any stage if they have any questions, concerns or suggestions about the Jubilee Hope programme, in addition to completing a feedback form after the trip.

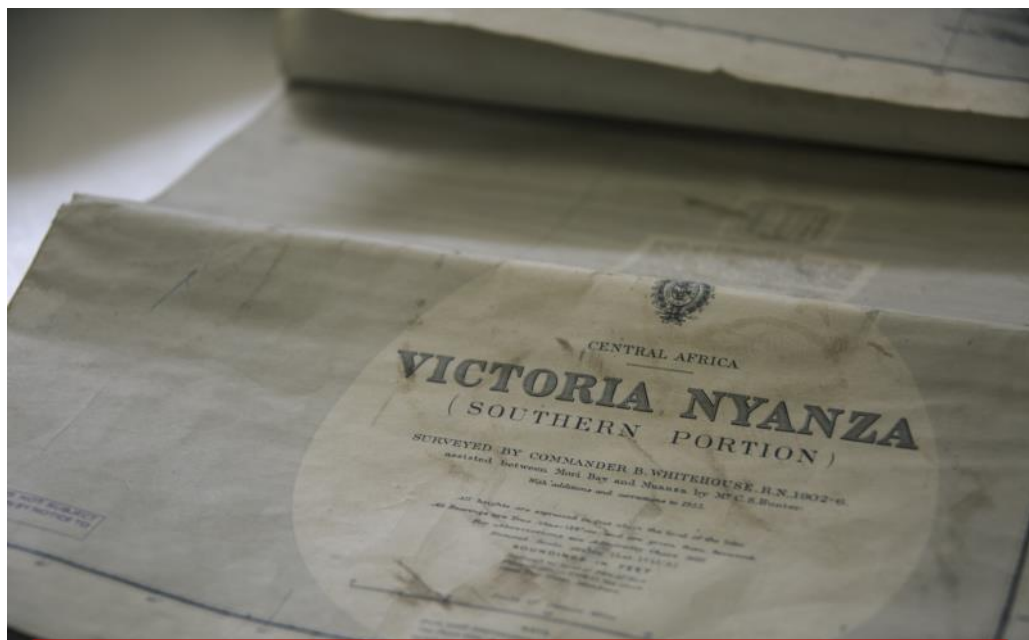


Terms and Conditions

1. To register for a medical trip we require a non-refundable £250 deposit (see clause 19) which must be enclosed along with your application form.
2. All volunteers must be physically and mentally fit for the medical trip and must complete a confidential medical questionnaire and disclaimer and submit these with the initial application.
3. You are not guaranteed a place until your medical questionnaire and insurance have all been confirmed. Your deposit will be refunded if you are not accepted on a medical trip.
4. By applying for a medical trip you agree to pay all your costs in full 90 days prior to departure. Failure to do so will result in cancellation.
5. You will be required to pay any additional fuel surcharges imposed by the airline or government tax which is levied.
6. It is the responsibility of participants to ensure they comply with passport and visa requirements and health formalities required for the journey and the stay.
7. To take part in the Amazon Hope programme in a healthcare capacity, you must be registered on the GMC/GNC/GDC, with a current licence to practise.
8. All flights, timings, itinerary and arrangements are subject to change by airlines. You will be notified of such changes. The Vine Trust will endeavour to give volunteers as much notice as possible when changes are made.
9. If you wish to extend your stay for private travel before or after your time on a medical trip, the Vine Trust will, wherever possible, meet such requests. However, volunteers must be aware that this will result in additional costs and the request must be made in writing along with your application.
10. We are unable to alter pre-booked tickets.
11. Your passport must be valid, with at least six months' validity remaining at the time of your scheduled return from Peru. It is a volunteer's own responsibility to check if they require a Visa.
12. You will be responsible for providing your own personal equipment and kit in line with the recommended kit list in the medical trip Handbook.
13. All volunteers must be physically and mentally fit for the expedition and must complete a confidential medical questionnaire and submit it with the initial application. Volunteers must inform the VT office if there is any change to the medical questionnaire before departure.
14. Travel insurance covering you for a medical trip is compulsory. This will be organised by the Vine Trust. However, if you wish to extend your stay, or take part in activities which are not part of the Vine Trust's organised programme, it is your responsibility to check that you will be covered, and top up any premium where necessary.
15. Please note that Vine Trust's insurance does not cover medical indemnity. It is advisable that you contact the relevant body (e.g. MPS, MDDUS, MDU) and advise them of your intention to work as a volunteer with the Amazon Hope programme.
16. As a qualified healthcare professional, you may be asked to supervise any medical or dental students who are part of your team.

17. The Vine Trust reserves the right to cancel the medical trip if there are fewer than the minimum required number of participants, or if the UK Foreign and Commonwealth Office advise against travel.
18. All Medical trip members are taken to give their consent for their picture to be reproduced and published and distributed within promotional material of the Trust. It is not possible to give remuneration for any image or other material that is used.
19. As part of the application process, all volunteers are required to sign a code of conduct which sets out behaviour and expectations. Disciplinary action will be taken if the code of conduct is breached. All costs incurred as a result of imposing sanctions will be met by the volunteer, including the costs of repatriation where necessary.
20. Prices are correct at time of going to print, but additional costs may be incurred due to unforeseen circumstances such as accommodation price increases, significant changes in exchange rates and inflation, or enforced government taxes and visa fees. There may be an additional charge for optional tourist excursions
21. If a volunteer passes on their own images or written contributions to the Vine Trust we receive it on the understanding that it can be used on the same terms outlined in clause 16.
22. The Code of Conduct, the Health and Safety Guidance, and financial requirements which are all outlined in the medical trip Handbook and application pack are part of the terms and conditions, and must be adhered to.
23. Deposits are non-refundable unless the trip is cancelled by the Vine Trust, in which case deposits will be refunded in full. Refunds on other costs will depend on what the Vine Trust is able to claim back. Cancellations within 6 weeks of the trip will not be eligible for any refund.
24. Prices are correct at time of going to print, but additional costs may be incurred due to unforeseen circumstances such as accommodation price increases, significant changes in exchange rates and inflation, or enforced government taxes and visa fees. There may be an additional charge for optional tourist excursions and for any additional nights required due to flight schedules.
25. There will be a team orientation meeting before the trip to Peru. Volunteers must make every effort to go to this and attendance is expected. Team meetings are an opportunity to get to know others going on the trip, to find out what to expect whilst you are there, and to ensure you prepare effectively for the trip.
26. Volunteers are encouraged to complete a feedback form at the end of their volunteering expedition. There are also formal procedures for making a complaint or compliment—details available on request.
27. Volunteers take part in Vine Trust's Amazon Hope programme at their own risk.

For full terms and conditions please visit <https://vinetrust.box.com/ExpeditionTsCs>



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Website: www.vinetrust.org

Facebook: www.facebook.com/vinetrust

Twitter: www.twitter.com/vinetrust

Flickr: www.flickr.com/photos/vinetrust/

You Tube: www.youtube.com/user/VineTrustUK

The information and prices in this booklet are up-to-date as of June 2015.
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