



# PUBLIC HEALTH PROGRAMS

Nepal has in the recent past made significant progress in improving the health of its people. Nepal has made impressive progress in health outcomes relative to its income level.

Life expectancy has been steadily increasing and Nepal's progress in reducing maternal and child deaths has been lauded internationally, even though the maternal mortality remains the highest in the South-East Asia Region. But challenges remain. Health care is not yet universal: access to quality services at an affordable cost remains a goal rather than an achievement for several groups of Nepalis. The rise in noncommunicable diseases and the constant threat of natural disasters require new approaches. Do you want to build a healthier and more sustainable future for the world? Join us in Nepal!

## **Empower Communities through Health, Sanitation & Hygiene Education**

Create awareness in local communities in Nepal while experiencing what it's like to teach and educate in rural communities abroad. Through VIN's Health, Sanitation, & Hygiene Education project, you have the opportunity to be a part of removing barriers to improved health, by providing basic sanitation and hygiene education. This is the most sustainable way in which VIN can positively change public health. We need international volunteers and interns to work in rural communities, spreading public health awareness to women's groups, youth groups and schools, with the support of local volunteers and translators.

## **Preserve Nature and Health by Establishing Waste Management Practices**

As a public health volunteer or intern in VIN's Waste Management you will come up with ideas and help establish best practices for waste management in rural communities in Nepal. Help create and raise awareness of the basic, yet crucial advantages of having and preserving a clean environment. As of 2012 only 30 percent of households were segregating their waste. With limited rubbish removal, some of which is from open dumps at the side of roads, and no significant recycling industry, practices such as burning and open dumping are still wide spread. When collected, waste is finally deposited at crude dumping sites, where it is left untreated, regardless of the public health risk it presents.

## **Gain Hands-on Experience by Providing Public Health & Medical Care**

Are you seeking international medical internship or a public health volunteer program abroad? As a volunteer or intern in VIN's Public Health & Medical Care program you will be involved in a variety of hands-on activities such as reviewing patients, taking pulse rates and blood pressure, giving basic counseling, and providing ongoing education on basic public health awareness and hygiene among the local people. You will also have the opportunity to conduct research and public health surveys that will be instrumental in guiding the future direction of the program. In rural Nepal more than 70% of the population do not have access to improved sanitation facilities and furthermore the Nepali government is not in a position to make adequate healthcare provisions. Unsurprisingly, many health problems stem from a lack of basic hygiene and practices such as open defecation. These problems are compounded by orthodox religious and superstitious beliefs, which lead the sick to seek the help of a witch doctor, rather than a medical one.

## **Care for the Elderly**

VIN seeks skilled and passionate volunteers to join care for the elderly project to support elderly people at their old age and make them feel they aren't alone.

In Nepal, those of 60 years and over are considered elderly. The majority of elderly people are living in poverty due to lack of resources. They are suffering the cumulative effects of a lifetime of deprivation, lack of education, poor health and nutrition, low social status, discrimination and restriction of mobility.

Traditionally, it was the responsibility of family members to care for the elderly within the extended family home. But, as society begins to change, families have become much smaller, women are beginning to work outside the home and many family members move from rural Nepal to seek employment in the city or abroad.



Volunteer Testimonial: Lian van Hartingsveldt, Netherlands  
01/11/2014 to 28/11/2014

What an amazing experience these four weeks. Helping the community and staying at a host family to get to know the true culture of Nepal. A perfect combination. I really liked to assist doctor Laxmi at the health clinic in Tinipile. Of course that is where my interest are as a medical student, but I also learned a lot. It is good to realize that the situation here is totally different from the situation in Europe, but with the limited options they can do so much for the community.

One thing I will always remember is the Okhaldunga Health camp. I am glad that I could come and see the way of life in the rural area of Nepal. It is completely different from the Kathmandu valley. Life is really basic and there are not a lot of medical facilities. The work we all have done was needed and I am happy that I could be a part of the public health and medical team.