Mission Statement

Project Helping Hands is a non-affiliated, not-for-profit organization dedicated to providing sustainable healthcare and education programs to people in developing countries, through culturally sensitive adventure.

Core Values

Cultural Awareness & Sensitivity

PHH believes cultural awareness leads to greater empathy and compassion and personal growth. We strive to learn the cultures of the people we serve in order to integrate our work with that of those we work with and provide care that is culturally-sensitive.

Responsibility

We actively seek the opportunity to become aware of the needs of the world around us and accept the responsibility to share our abundant resources with those most in need.

Volunteerism

PHH believes in empowering individuals who wish to use and volunteer their skills and talents to provide services for people who are vulnerable and economically disadvantaged.

Access to Primary Health Care and Preventive Education

PHH believes everyone has a right to access to health care and education on how to prevent illness. A strong foundation of primary and preventive care and education is critical to successfully treating people with chronic and endemic diseases. People seek care because they feel sick, not because they have a particular disease. When quality primary health care is accessible, the community develops new faith in the health system, which results in increased use of general medical services as well as services for more complex diseases. PHH continues its service to the community by strengthening and improving existing healthcare systems or to establish healthcare systems where there are none.

Our volunteer experience

Our teams are composed of volunteers, both medical and non-medical, who commit two weeks of their time to helping the less fortunate. Team members are responsible for raising funds to pay for their trip and assisting with the collection of needed medications and medical supplies.

While each trip is unique, we cater to the sense of adventure while providing Humanitarian Medical Care and Health Education focused programs. Opportunities to experience the culture of the people and enjoy the country are provided. Many teams will
experience rugged conditions, which may include hiking, sleeping on floors and being in areas without electricity or running water.

**How do I volunteer for a Project Helping Hands Medical Team?**

The **first step** is to review the teams that are currently available. You will find them listed on the "Home Page" of our website. As you begin to read about each of the volunteer opportunities you will discover that we offer a variety of experiences. These opportunities range from what we rate as "Mild" to "Extreme" teams.

The "**Extreme**" teams are the ultimate in the area of "**Adventure With Heart**". Typically traveling teams do not stay in the same location each night, and offer very few amenities in regard to electricity, running water, showers etc... An example of an extreme team would be the "Jungle" teams that we offer in Bolivia. The areas reached by these types of teams will take you into regions of the world that are seen by very few people, and the need for assistance by residents of these areas are tremendous. This type of travel can include any number of modes of transportation! ie... Plane, Bus, 4wd Suv's, Boats, Rafts, Canoes, and of course your own two legs with a pack on your back! Here is a [VIDEO LINK](#) of a Bolivia Extreme team in action!

A "**Moderate**" team would not have such a high level/degree of travel and you typically stay several nights in the same location. An example of a Moderate level team would be our "Oyugis Kenya" teams. With the Oyugis trip the team stays in the same location each night and does have amenities such as electricity and running water where they stay. This team does have a high level of physical activity condiserign that it is a three mile hike each to reach the clinic location each day. Here is a [PHOTO LINK](#) showing photos from a previous trip to Oyugis Kenya!

A "**Mild**" level team typically stays at the same location each day and has minimal travel once they are at their destination. An example of a Mild team would be the "Kampala Uganda" team. This team stays at a very nice Hotel in Kampala and are transported each day to "Kawempe" which is a slum region on the outskirts of Kampala. The need is extreme for the residents of Kawempe and you will be very busy with clinical activities from the moment you arrive at the clinic site to the end of each day. This team typically treats upwards of 2,000 patients during their two week mission trip. Here is a [PHOTO LINK](#) showing photos from a previous trip to Kampala Uganda!

Once you have made your decision on the "**Level**" of team that you wish to participate in, and the particular team that you wish to apply to you will need to complete our on-line volunteer application form (which you will find a link to on the bottom of each trip description page) and pay the $300.00 trip deposit fee.
Skill Requirements:

The primary focus for this team is to provide general health care and health education services. We seek licensed health care professionals including but not limited to the following:

- Physicians
- Nurse Practitioners
- Physician Assistants
- Dentists
- RN’s
- EMS Personnel
- Student Nurses
- Translators (Spanish/Quechua/English)
- Non-Medical Support Personnel

We welcome both medical and non-medical volunteers with a spirit of adventure and determination to partake in a culturally sensitive growth opportunity while helping others in need of our services. Above all you must be willing to work as a team for the common goal of our mission.

Please note that each team member is expected to collect a minimum of 30 pounds of medical supplies and 20 pounds of education materials to bring with them. The team leader and/or clinic director will provide you with information/guidance in regard to supply collection.

What is included in the trip price?

- Round trip Domestic Airfare (from a major USA airport except Alaska or Hawaii, **does not include regional airports**)
- Round trip International Airfare (From USA departure point to destination country)
- All in-country air and ground transportation (All transportation while in our host country)
- All applicable VISA fees
- Airport departure taxes
- Travel Insurance (Does not include trip cancellation and members should consider purchasing their own trip cancellation insurance)
- All meals and drinking water while in our host country
- Housing while in our host country (Housing location may vary from what is listed in trip description based on availability)
- Project Helping Hands team shirt/name tag
- Transportation, meals and any fees associated with PHH sanctioned team activities.

What is not included in the trip price?

- Airline baggage fees
• Meals or lodging in the USA due to a forced layover
• Passport Fees
• Fees associated with vaccinations
• Personal Gear
• Personal choice food or snacks either home or abroad
• Trip Cancellation Insurance

Here are a few links where you can learn more about Project Helping Hands (PHH):

Our Website:  www.projecthelpinghands.org
Our Facebook Page:  https://www.facebook.com/ProjectHelpingHands
Our Flickr Photo Page: http://www.flickr.com/photos/project_helping_hands/sets/
Our YouTube:  http://www.youtube.com/channel/UCPAPtm1rcmDTExyUrhoVLA

Follow this link to view a video from a recent trip to Kenya: http://www.youtube.com/watch?v=Kp6_LA8VOAU

Please feel free to contact me directly for additional information.

Kind Regard,

Ken Weaver
Ken Weaver – Deputy Executive Director