



## Welcome to Malawi!

### About the Organization

Luke International (LIN) is a faith-based, Christian international NGO (INGO) registered in Nøtterøy, Norway. LIN aims to improve the life of individuals with a focus on children and youths, women and people living with HIV/AIDS. LIN primarily works in the Southern African region with expertise in health informatics, health system strengthening, capacity building of health and IT professionals and community development. LIN has country offices in Malawi started in 2008 and South Africa started in 2013.

Read more about LIN: <http://lukeinternational.no/>

For latest news, follow us on Facebook: <https://www.facebook.com/lukeinternational>

### History of LIN

LIN (originally named: Norsk Lukasmisjon) was incorporated in Norway in 1997 to meet the need of the health care promotion program for Pingtung Christian Hospital (PTCH) in Taiwan. LIN acted as a platform for PTCH to link up with the Diakonhjemmet University College and Diakonhjemmet Hospital in Oslo, Norway. A house was bought in the suburb of Oslo (Lommedalen) that was used for boarding and lodging for staff from PTCH attending different courses or programs for continuing education in diaconal, holistic care and ministry at the Diakonhjemmet hospital and Diakonhjemmet University College.

From 2001 till now, LIN has played a vital role in leading the Diaconal Development for PTCH staff. LIN also assisted PTCH in improving their capacity in relation to their overseas missions in Burma, Kyrgyzstan and Laos.

In April 2008, PTCH expressed a wish to increase its international relations and competence with regard to international and development work. LIN agreed to cooperate with PTCH in reaching its objectives, and we signed a Memorandum of Understanding (MOU) to smooth cooperation and secure a successful result in achieving our objectives.

### LIN Ministry in Malawi – Since 2008

PTCH was awarded the Taiwan Medical Mission in Malawi by the Taiwan International Cooperation and Development Foundation (TaiwanICDF) in 2002. The Medical Mission supported the establishment of the Mzuzu Central Hospital (MCH) in Northern Malawi. The Rainbow Clinic in MCH was launched in 2004 to provide HIV care and ART Treatment to patients in the northern region. In 2008, diplomatic ties between Malawi and Taiwan were severed, resulting in the withdrawal of the Taiwan Medical Mission in Malawi. PTCH, as a diaconal hospital, wished to continue its work in Malawi despite the political situation. PTCH sought out

to work with its partner in Norway, LIN, to establish an overseas mission in Malawi as a non-governmental organization.

LIN signed a cooperation agreement with the Government of Malawi through Ministry of Health (MoH) on 18 March 2009, and was approved by the Ministry of Women and Child Development on 12 May 2012 as an International NGO in Malawi. LIN's Malawi Office is based in Mzuzu and operates in the Northern region of the country, covering the Mzimba North, Mzimba South, Rumphi, Nkhata Bay, Karonga and Chitipa Districts.

According to the MOU signed with the MoH, LIN has three main working areas in Malawi:

- (1) **Health Information System (HIS) Strengthening Program:** LIN is the partner assigned by the Malawi government to assist hospitals in the northern region for Health Information Management System (HMIS) strengthening and development. LIN partners with Baobab Health Trust (BHT) in the development of the hospital/facility based a health information system that is being implemented country-wide. LIN currently supports and maintains the national electronic medical records systems (NEMRS) for 15 hospitals and health facilities in the North region.
- (2) **Capacity Building Programs with Academic Institutions:** In order to have sustainability for health information systems (HIS) and other programs development, LIN cooperates with universities and training institutes in Malawi, Norway, Taiwan and other international institutes to offer integrated education programs for computer science (CS) and health science (HS). LIN supports the Faculty of Health Sciences at the Mzuzu University with lecturers in Epidemiology, Biostatistics and Research Methodology. One of the ongoing project, the iCBP-him (integrated capacity building project for health information management) initiative will provide cross-disciplinary training for health care workers and ICT professional by launching health information system courses at Mzuzu University, St. Johns College of Nursing and Ekwendeni School of Health Science. LIN also provides small research grant and funding to support the local health studies
- (3) **Community Development Program:** LIN is working with Churches to assist community based organizations (CBOs) and HIV patient supporting groups on economic development projects, HIV prevention campaign, scholarship programs and youth development works. Chitatata widows and orphan care group, Titemwanenge HIV support group, Cool Volleyball and Saved by the ball (SBB) youth sport organization are the current cooperation local CBOs in Malawi. All projects are implemented to fully empower people to take on responsibilities to activities with professional guidance and technical support.

Other areas of interest to LIN, includes:

- (1) **Research and Development:** LIN is interested in implementation research and utilization of data collected in routine HMIS, to support decision making in health services delivery and public health programs. By collaborating with research institutes globally, including but not limited to National Taiwan University, University of Oslo, Imperial College of London, University of Washington, University College Cork and Mzuzu University, LIN supports and cultivates local research capacity through conducting field-driven and field-relevant research studies.
- (2) **Global Health Capacity Building:** LIN serves as a host organization for global health education field placements or internships, receiving more than 25 students or volunteers annually. LIN provides linkages to local hospitals and organizations, and opportunities to participate in program activities or research projects, for medical and public health students. LIN has also hosted volunteers with expertise in computer science, photography, tennis and table tennis, according to the needs of different projects and programs.
- (3) **Regional Development and Cross Border Patients, Mobile Population and Migrant Health:** Recognizing the challenges faced by HIV patients that are on life-long ART who will travel abroad, LIN initiated the Cross-Border Patient Forum in 2009, inviting member states from the Southern African Development Community (SADC) to discuss possible solutions for addressing the issues of continuous care and treatment, drug refill, drug adherence and lack of data in the region for patients that are crossing borders. The regional forums were reprised in 2010 and 2012. In 2011 and 2013, partnering with the SADC Secretariat and the International Organization for Migration (IOM), LIN hosted satellite sessions at the 16<sup>th</sup> and 17<sup>th</sup> International Conference for AIDS and Sexually Transmitted Diseases in Africa (ICASA), to continue the dialogue on migrant and mobile population health. |

In 2014, a regional consultative meeting was held, further expanding the topic to integrating HIV and non-communicable diseases service delivery in the Post-2015 health agenda. Later on, the LIN Norway Conference, a two day academic seminar co-hosted by the University of Oslo, was carried out to bring together academia partners and implementation partners, to brainstorm roadmaps and research action plans for the cause. LIN is actively engaging partners within the Southern African Region to advocate for harmonized systems, effective regional referrals, and the use of technology to improve service delivery.

## Intern Experience

As an intern at LIN, you will have the opportunity to learn about the practical aspects of implementing public health projects in a resource limited setting, the structure and current state of health services in Malawi, and make field visits to project sites. You will be able to visit and learn about community projects that are aimed at empowering community-based organizations. You may also have the chance to participate in pre-defined research projects to take part in data collection, data entry and data analysis. Medical students will be able to participate in clinical rotation at the Mzuzu Central Hospital and Mzuzu Health Center.

### Some Tips for Getting the Most out of your Internship!

#### -We call it “BABY” rules!

- **Be Active:**  
A big part of what you will learn and experience during your internship is depended upon your input. The more active you are in pursuing different opportunities, chances for field visits, communicating your learning goals and objectives with your preceptors, the more you will gain from the experience in Malawi.
- **Ask questions:**  
Don't be afraid to ask questions when you encounter something unfamiliar or when you are unsure about something. Generally, people are very happy to answer your questions if you ask them in a polite and non-intrusive way. People working in the hospitals, health centers or in the community, know about the situations in Malawi the best, and they are usually eager to share with you what they know. Colleagues at LIN will also be happy to answer any questions you may have. Basically in the global health working field, if you don't ask, no one will tell.
- **Be Positive:**  
Keeping a positive attitude is important when you start to encounter frustrating situations that is commonplace in Malawi settings. You may experience delays in transportation, bumpy car rides on roads that are in bad condition, haphazard supply of hot water or electricity... You may also experience misunderstanding or miscommunication with people you encounter due to language barriers or cultural differences. Despite all the challenges, try to keep a positive attitude and remember that you are only here for a short period, while these are the things local residents are dealing with on a daily basis.
- **You Will Learn through Observation:** Sometimes you may feel like there is not much you can do directly as a student intern. There is no need to feel uncomfortable with this

status – as an intern your main goal will be more about learning, and less about doing. Even in situations where you are not an implementer, you can learn a lot through observation. Reflect and record what you've seen in your field diary. Find information online or look up related articles on things you're interested in.



## Program Costs

### 1. One-Time Expenses

Item	Estimated Cost (All in USD)	*Note
<b>TRAVEL EXPENSES</b>		
Airticket (Taiwan-Malawi)	US\$2,200	May vary with season.
Visa Letter Fee	US\$20	The visa letter will allow you to obtain a Malawi Visa on arrival.
Visa	US\$75	Prepare USD cash and pay at immigration when you arrive at the Malawi airport.
Visa Extension Fee	US\$20	Will be needed if you stay over 30 days, the extension can be up to 90 days including the first 30 days.
Airport pickup and transfer	US\$ 200 / per trip	Lilongwe <-->Mzuzu
<b>IMMUNIZATIONS &amp; ESSENTIAL DRUGS (Pricing in Taiwan)</b>		
Yellow Fever	US\$100	Please vaccinate in the original country and bring the yellow card along with you.
Malaria Prophylaxes	US\$100	May vary with the type of malaria prophylaxes you choose.

### 2. Monthly Expenses

Item	Estimated Cost	*Note
<b>Living Expenses</b>		
Food and Board – Mzuzu	US\$15 / per day  Or  US\$360 / per month	Include meals (breakfast, lunch and dinner), water, electricity, housekeeping, and security. The number of days will be calculated based on the arrival and departure date at Mzuzu. This will be paid to LIN House. Meal preparation will be charged separately.
Food– Lilongwe Liaison Office	US\$ 5 / per meal	Paid directly to Lilongwe Guesthouse Manager.
<b>Communications</b>		
SIM Card + Calling credits	US\$ 5- 10 / per month	May vary with personal use.
Internet bundle	US\$ 12 / 2 GB bundle	There are various bundle options (100MB, 500 MB, 1 GB, 2 GB, 10 GB... etc) so you can purchase the

		suitable bundle of your choice.
Recreation & Personal Expenses		
Weekend tours, Souvenirs & Incidentals	US\$ 600	On average, a two-day weekend trip to nearby tourist destination cost around US\$200 / per trip.

## How to prepare for your trip?

### General

Learn as much as you can about where you are going. There is a lot of information online about Malawi, find information about the climate, political system, news, religion, culture... etc. Below are some websites you can browse to help you understand the country and region you are visiting.

#### Africa News

<http://edition.cnn.com/africa>

<http://www.bbc.co.uk/news/world/africa/>

<http://www.aljazeera.com/news/africa/>

#### BBC Malawi Profile

<http://www.bbc.com/news/world-africa-13864367>

#### Malawi Health Profile

<http://www.who.int/countries/mwi/en/>

<http://www.cdc.gov/globalhealth/countries/malawi/>

#### Malawi Local News Websites

<http://www.nyasatimes.com/>

<http://timesmediamw.com/>

### Travel Documents

- **Passports:** You will need a passport to travel abroad.
  - If you do not have a passport, allow several months before your planned trip to apply for a passport.
  - If you have a passport, it must be valid for at least six (6) months beyond the dates of your trip. Some airlines will not allow you to board if this requirement is not met. You should also check if your passport has at least five blank pages for VISA stamps, if not, please renew your passport.
  - Prepare a small supply of extra passport photos on hand for emergencies (visas, replacement passports, or other purposes).

- Make a photocopy of your passport and keep it in a separate place as your original passport. It may suffice in an emergency.
- Airline tickets: Ensure you have return airline tickets. Do not travel with a one-way ticket, as you may be restricted from entering the country upon arrival.
- Copies of Documents: Make a copy of your passport, visa letters, airline tickets and other important travel documents with someone you can contact during emergencies.

## Health

Make an appointment at a travel clinic at your closest hospital and inform the doctor about your travel plans. For your own health, make sure you have the necessary vaccines for the country you are visiting. For Malawi, the **Yellow Fever Vaccine** is a requirement for entering the country. You will have to present vaccination documentation (yellow card) on arrival at the airport, proving that you have received the yellow fever vaccine. Immigration may refuse entry if you cannot present the yellow card.

## Ethics Training

As a participant in short-term global health challenges, you may encounter challenges in navigating a novel cultural setting. An important principal to abide to during short-term (and even long-term) assignments abroad is to “do no harm” to the local community. We recommend that you complete the online training on “Ethical Challenges in Short-Term Global Health Training” as part of your preparation. This series of cases introduces trainees and others involved in global health research and service to ethical issues that may arise during short-term training experiences abroad. Being able to recognize and navigate these issues is critical for avoiding harm to communities as well as facilitating a long-term, productive collaboration for the betterment of global health

<http://ethicsandglobalhealth.org/>



## Packing List

- Passport/ VISA Letter
- Health insurance information/forms
- Foreign Currency (US Dollars – must be bills printed after 2006)
- Airline e-ticket
- Electrical Adaptors (British – 220 V)
- International Certificate of Vaccination (Yellow Card) with Yellow Fever Vaccinated
- Personal Medicines, Spare glasses, sunglasses ... etc
- Sunscreen, feminine hygiene products, personal hygiene products
- Decongestant, cold medicine, cough suppressant... etc
- Food and condiments that you like.