



# Health & Safety

A serious attitude to a serious subject.



## *Travelling with VESA*

Our VESA volunteer program directors are travel veterans with years of experience travelling in most parts of the world and each of our locations have been carefully selected to both maximise the impact of our assistance to the local community and to ensure the enjoyment and safety of our volunteers who are mostly young people from universities and colleges around the world.

## *All VESA staff members are fully trained in first aid*

VESA's leaders have all undergone first aid training which is updated as necessary. A full first aid kit is kept with our staff member at all times – on volunteer work and on all our adventure activities.

## *Vaccinations*

VESA has links to government approved travel doctors and vaccination centres on the website under preparing to go. VESA takes every measure possible to minimize risks in all aspects of the program

## *Risk Assessments and Local Knowledge*

All activities and volunteer work sites are thoroughly vetted for their safety and risk assessments are undertaken on all adventure activities and tour providers. Where necessary

security is utilised and professional guides who are familiar with the cultural customs, wildlife, flora and geography are employed directly by VESA.

## *Help is never far away*

Our volunteering base in Ecuador has a nearby medical clinic and there is a full International standard hospital 30 minutes away by car. Tena also has private doctors available. Our Ecuador manager lives in a nearby town with her Ecuadorian husband, speaks fluent Spanish and knows the area well. You will always be in safe hands.

While on your volunteer program in Fiji, large local and private hospitals are a short drive away. On the islands there are small medical clinics that can be visited. St Lucia, our home away from home in South Africa has hospitals, clinics and pharmacies, just a stone's throw away from our accommodation. St Lucia is a gated community and our Hostel employs 24 hour security.

## *Safety in numbers*

For many of our volunteers, this is the first time overseas. Our programs are a great opportunity for first time travellers to experience new cultures, widen their horizons and develop a taste for world travel whilst having the security of experienced guides and the knowledge they are travelling as a 'team'!