

SIM Malawi has been working in HIV/AIDS related activities since 2002 with over 5 years experience in the implementation of Home Based Care programs in semi-urban and rural locations. The dedicated coordinators of SIM's HOPE for AIDS program place a strong emphasis on quality, growth and capacity building of local Malawians to undertake home based care, orphan care and prevention projects.



**HOME BASED CARE PROJECTS**

120 HBC volunteers currently provide care to chronically ill patients across 6 community locations. The care includes some nutritional supplements, basic medicines and nursing care for improved health, psycho-social & spiritual counselling to support and encourage behaviour change in patients. HOPE for AIDS plans to implement an income generating activity program in the next 12 months to help home based care patients.



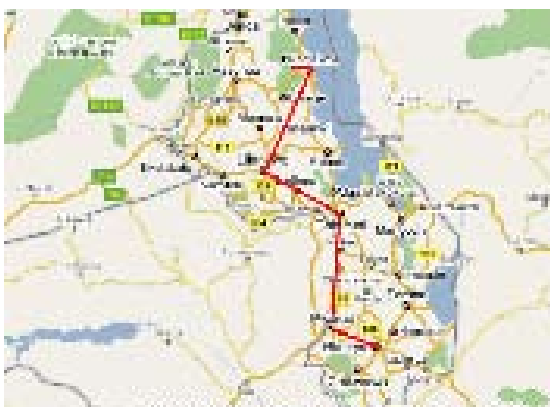
**ORPHANS & VULNERABLE CHILDREN (OVC) PROJECT**

Following the success of their pilot OVC project in 2007, SIM HOPE for Aids now has 3 established OVC project locations across Malawi. Currently there are 60 OVC community visiting volunteers and 12 early childhood teachers and helpers serving across the 3 locations. In numerical terms, the OVC project has on average, in each of the 3 locations, up to 100 OVC attending a day care centre, up to 40 homes being visited and 25 secondary school scholarships underway. The day care centres provide for the needs of vulnerable children between 0 - 5 years of age. Each child is provided with pre-school teaching and a daily nutritious meal. By offering a safe learning environment for vulnerable children, the children's guardians get the opportunity to tend to their other commitments which usually include farming and house work.





<b>Friday Day 1</b>	Depart Australia for Johannesburg, South Africa. Arrive Johannesburg. Board International flight to Lilongwe, Malawi. Arrive Lilongwe Airport - customs and immigration. Stay in Lilongwe.
<b>Saturday Day 2</b>	Orientation in Malawi. Travel north to Nkhotakota. Arrive at accommodation on shores of Lake Malawi. Rest and acclimatize from jet lag.
<b>Sunday Day 3</b>	Relax by Lake Malawi, acclimatize and engage in several introductory leadership skills modules. Visit the nearby Nkhotakota Game Reserve with personal guide.
<b>Monday Day 4</b>	Morning briefing about SIM HOPE for Aids. Visit Home Based Care program in nearby Sani village. Participate in patient care visits. Develop insights into Malawian culture.
<b>Tuesday Day 5</b>	Travel south back to Lilongwe. Visit Pre-School program on city outskirts to meet students, teachers and volunteers. Spend rest of afternoon participating in home based care visits to a number of orphans and vulnerable children. Stay in Lilongwe.
<b>Wednesday Day 6</b>	Travel south towards Blantyre in Southern Malawi. This travel route will showcase the diverse geographical and cultural landscape of Malawi as the route traverses the western border of Mozambique and the Malawian highlands. Stay in Blantyre.
<b>Thursday Day 7</b>	Undertake a half-day hike between two Malawian villages. Explore a variety of challenges that have shaped African/Malawian culture including European colonialism, recent political tensions and the debilitating HIV/Aids pandemic.
<b>Friday Day 8</b>	Travel to Blantyre. Prepare a farewell/celebration event with SIM HOPE for Aids personnel. Team briefing and reflection. Stay in Blantyre.
<b>Saturday Day 9</b>	Travel to Blantyre Airport. Depart for Johannesburg, South Africa. Arrive Johannesburg. Depart for Australia.
<b>Sunday Day 10</b>	Arrive back in Australia.



Location	Distance (km)	Travel
Perth, Australia	0	
Johannesburg, South Africa	8325	Plane
Lilongwe, Malawi	1482	Plane
Nkhotakota	200	Drive
Lilongwe	200	Drive
Blantyre	310	Drive
Johannesburg, South Africa	1360	Plane
Perth, Australia	8325	Plane

\*The information in this itinerary is to be used only as a sample guide. Each company participating in a Leadership Journey can tailor their itinerary to suit their needs.