

UGAIRISH project

Volunteer trip to rural Uganda.

Dear Doctor,

Your patient, _____, has applied to travel with UgaIrish Project to the rural district of Masaka, Uganda as part of an expedition to provide relief to Uganda's most needy. The projects being undertaken can include:

- 1) farm work
- 2) gardening
- 3) painting & decorating
- 4) building
- 5) cleaning
- 6) teaching (for qualified teachers)
- 7) nursing (for qualified nurses).

Temperatures at this time of year range between 25 and 35 degrees; the terrain is hilly; our meals will be home cooked food, prepared by our hosts at Kititi Guest House. Sealed bottled water is freely available. The doctor attends the local clinic on 2 mornings per week; the nearest hospital in Masaka is approximately 1 hour's drive away.

The typical day starts with breakfast at 7.30am, leaving for work at 8.30 am; lunch is from 12.30 - 2pm, with work finishing at 5pm approximately.

I would be grateful if you could assess your patient and certify him/her as **fit or unfit** to travel and participate in the programme that has been outlined above. In this way those who are certified unfit will avoid unnecessary risk to their health.

Many thanks for your help in this matter.

Sincerely yours

Siobhán Kinsella (Chairperson of UgaIrish Project)

I, Dr _____, have assessed my patient _____ and hereby certify him/her to be fit/unfit* to travel and fully participate in projects which he/she chooses in the proposed UgaIrish Project's expedition to Uganda in September/October 2014 noting that he/she would not be considered to be putting his/her health at increased risk compared with the normal population, yet acknowledging that Africa poses health risks to all persons.

* Please delete appropriately

Signed: _____

Surgery Stamp:

Dated: _____

www.ugairishproject.org
Registered Charity:- CHY 18988

Chairperson:- Siobhán Kinsella Secretary:- Roisin Buckley Treasurer:- Austin Kinsella. Committee:- Fran Stilwell, Eric Stilwell, Joan Thompson,