**REACH 4 Ghana One-Page Summary**

**What is REACH 4 Ghana?**

Rural Education and Community Health for Ghana is an 501 (c) (3) non-profit organization started by three VCU medical students in 2010. Our mission is to demonstrably improve the health and well-being of rural Ghanaians through compassionate medical care, effective public health education, and collaborative community development initiatives. We accomplish this mission by connecting medical volunteers and health professionals in the US with our partner organizations and communities in Ghana.

**Where do you go? What do you do?**

We arrive in Accra, the capital of Ghana, and then drive to Ho, the capital of the Volta Region, which spans the Eastern border of Ghana. With Ho as our central hub, every day we travel 30 minutes to 2 hours to one of four-five villages around the area: Peki Agbateh, Goviefe Todzi, Logba Horglikofe, and Adigbo Tornu. In each village we hold medical/eye/physical therapy clinics and teach public health lessons in the local schools. We have several development projects ongoing that we assess that status and impact of in the villages. Students on past teams have also completed award-winning research in malaria and hypertension.

**Who do you work with?**

We are partners with Life for the Living Medical Center, or Lilimed, in Ghana and St. Francis Family Medicine Residency in Midlothian, VA (just outside Richmond). Lilimed is responsible for coordinating in-country logistics (such as food, lodging, and transportation) for the volunteers and familiarizing the team with the new culture and surroundings upon their arrival to Ghana. Lilimed schedules clinic and education days by working with each village’s leaders and provides and educates local translators and volunteers for help during the mission trip. St. Francis provides resident and attending physicians to go on the trip as well as clinical oversight.

**When is the trip?**

Dates of the trip generally fall around middle of June to the beginning of July, though the current year’s team has historically decided on the final dates.

**How much will it cost?**

In-country costs are usually between $800 and $900. Prices for flights to and from Ghana vary greatly, averaging about $1500. Immunizations range from $0-$300, depending on your insurance and which ones you already have. The cost of the medications and eyeglasses needed to hold the medical clinics is typically around $150 per person, though we’ve been fortunate enough to have all of our medications donated in past trips. The total cost estimate is $2700, but it’s important to mention that essentially everyone’s cost decreases from team fundraising efforts and some individuals have even covered their entire trip cost through team and personal (letter writing, etc.) fundraising.

**How do I find out more?**

Visit our website at [www.reach4ghana.org](http://www.reach4ghana.org) for access to the application, information about past teams/trips including videos and blog posts, and more information about Ghana as a country. At any time, please feel free to contact members of the Board of Directors or past teams. You may also email [reach4ghana@gmail.com](mailto:reach4ghana@gmail.com).