

TEAMMED: TONGA TRIP 2020



WHERE

- Tonga is a collection of islands in the South Pacific (close proximity to Fiji)
- You will be going to the capital city of the Vava'u island group, Neiafu, which is away from the main island (Tongatapu)
- Neiafu is the second-largest town in Tonga with a population of ~ 6,000 people

DATES

- Length of trip to be determined by your group (approximate length of stay ~ 10 -14 days)

IMPORTANT INFORMATION

- June 2020 trip is **cancelled** due COVID-19
- Whether a trip goes ahead later in the year (Dec 2020/ Jan 2021) is uncertain at this stage and depends on number of factors including the course of the COVID-19 pandemic, travel restrictions, the weather in Tonga during Dec/Jan (wet season), and most importantly **safety**
- Safety is our greatest priority, and thus a trip will only be allowed to proceed if the health and safety of the trip participants and their overseas contacts can be assured.

WHY CHOOSE TONGA?

- Tonga is the **second most obese nation** worldwide with 95% of the population overweight and over 60% obese
- The leading cause of death in Tonga are non-communicable diseases (NCDs) – cardiovascular disease (38%), cancer (9%), respiratory disease (7%), diabetes (5%) and other NCDs (15%)
- There is limited access to healthcare services ("western" medicine), medical resources/ funding, adequate nutrition and poor health literacy

WHAT DO WE DO?

The main aim of the trip is to work with local health authorities to promote primary prevention by screening for metabolic syndrome and enhancing health literacy. This is achieved by

- Fundraising and donating medical supplies to the local hospital, as well as sports equipment & veggies/fruit to the **youth sport outreach program**
- Running a "**mini clinic**" in the local community to screen for blood pressure, blood glucose, weight, height and provide lifestyle advice and education
- Working with the **Youth sport outreach program** to encourage physical exercise (running sports programs i.e. Zumba, soccer) and healthy eating (i.e. planting fruit and veggies)
- Scope to introduce eye examinations as part of the mini clinic and educational programs in local schools

EXAMPLE OF ITINERARY

Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th	Saturday 15 th	Sunday 16 th
Depart from Melbourne	Arrive in Vava'u, Neiafu Picked up at the airport via hotel service Check into accommodation, get SIM cards, groceries, cash etc Drop off donations to the local hospital (Prince Wellington Ngu Hospital) and meet with doctor	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Swimming, climb mt Talau, snorkelling, whale watching, yacht /boat ride	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Youth sports outreach program at Ofu Island – Zumba class Tongan feast	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Free	Free day: not allowed to work (under Tongan Law – all shops in town closed) Morning Attend church service Afternoon Tongan feast
Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st	Saturday 22 nd
Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Youth sports outreach program – soccer, volleyball	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Swimming, climb mt Talau, snorkelling, whale watching, yacht /boat ride	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Youth sports outreach program – soccer, volleyball	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon free	Morning NCD screening clinic at the local market Or attend hospital ward rounds/ NCD free clinic) Afternoon Drop off the last of the equipment/donations to the local hospital Boat tour/ snorkelling	Depart Vava'u (back to Melbourne)

APPROXIMATE COSTS

Total Cost: < \$2,000 (but will vary depending on accommodation, activities etc.)

- Flights: \$800-\$1200 (depends on airline/route /vacation before or after trip)
- Accommodation: **Lower end:** Hostel/backpackers ~ \$ 15/ night; **higher end:** Hotel/vacation house ~ \$50/ night
- Meals: ~ \$10-15 for meal at restaurant
- Tours
 - Daytrip on boat to local reef with snorkelling ~ \$80
 - Scuba diving ~ \$180
 - Whale watching (depends on season)

WHAT WILL YOU GET OUT OF THE TONGA TRIP?

- Insight and awareness into the health and social issues faced by the Tongan community
- Make a positive difference to a community in need
- Clinical experience in an underdeveloped/ local hospital and community
- Challenge yourself and improve clinical skills
- Meet wonderful people and continue to strength relationships we have built over the years
- Experience the amazing landscape and serenity of Vava'u and surrounding islands