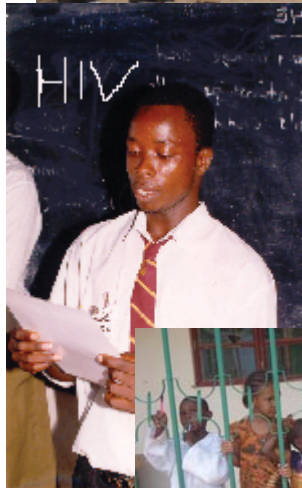




# European Volunteer Service

## Nova Scotia

Nova Scotia began in 1990, NSGA's Peer Health Education (PHE) Program provides a student-centered approach to health education for youth — as well as their families and communities. Cures, treatment and even ease of pain are not always readily available or affordable to people in West Africa. So the PHE program, with its focus on education for prevention and management of infection and disease, fulfils an immediate need and a long-term, cost-effective sustainable approach to improving health in the sub-region. The PHE Program uses role-playing, simulation games and problem-solving as practical methods of getting much needed health information out to young people and their communities. In addition to this volunteers will have chance to work in the local community in either the field of health in a hospital or community health centre, in a school or in a hospital.



with



## GAMBIA

Number of people we will send up to 2 people

### For this project:

- ☉ Be ready to work with young people & in Peer health
- ☉ Interested in cultural exchange & other community activities
- ☉ Be confident in using public transport or using a bicycle
- ☉ Be flexible to try different activities & help where you are most needed
- ☉ Be ready to work with children or in health activities
- ☉ Be prepared to live with conditions you may consider basic such as an outside toilet or limited freeflowing water

## Accommodation & Meals



It is likely that your accommodation will be mixed. Initially you will start by living in a host family in order to gain a full cultural immersion. After a period of homestay integration, you may have the option to opt for staying in an international flat where you can mix with people from other countries and cultures, either in hospital accommodation or in the host accommodation of Nova Scotia. You will receive a weekly allowance for food & personal costs.



Everything's Possible [www.everythingspossible.org](http://www.everythingspossible.org)  
 Unit 15, 30-38 Dock Street, Leeds, LS10 1JF  
 (Tel) 00 44 113 2420 888 (Fax) 00 44 113 2420 999



# NOVA SCOTIA - GAMBIA

## ASSOCIATION



### Address

87 Kairaba Avenue, Fajara (opposite Fajara  
War Cemetery, 3rd floor)  
PMB 760, Serrekunda, The Gambia  
Tel: 011+220-4496927  
Fax: 011+220-4496927

## GAMBIA

**Location:** West Africa – The smallest country on mainland Africa

**Capital:** Banjul

**Land Area:** 11,295 Sq.km (4361 Sq. Miles)

**Population:** 1.5 million

**Climate:** Pleasant sub-tropical climate with two distinct seasons

**Timezone:** Greenwich Mean Time (GMT)

**Currency:** Dalasi (GMD) Pronounced (DA-LA-SI)

**Religion:** Islam about 85 % of the population  
Christianity and African Traditional Religions (ATR) 15%

**Official Language:** English

**Local Languages:**  
Mandinka, Wolof, Fula, Jola, Sarahule, Serere, Manjango, Creole

## About the place



The Gambia, located along the River Gambia in sub-Saharan West Africa, is the smallest country on the African continent. Bordering the Atlantic Ocean, it is surrounded by Senegal. Home to more than 1.5 million people, with a total area of approximately 11,300 square kilometers, The Gambia is one of the most densely populated countries in the world. There are six principal ethnic groups – Mandinka, Fula, Wolof, Jola, Sarahule, and Aku (or Krio). While each group has its own language, English is the official language of the country. The Gambia achieved independence from Great Britain in 1965.

The country is just 50 kilometers wide at the Atlantic

coast, narrowing to less than 20 kilometers further up river. The weather is tropical, with a hot rainy season from June to November, and a cooler dry season from November to May.

The Gambia has no significant mineral or natural resource deposits and has a limited agricultural base. About 75 percent of the population depends on crops and livestock for its livelihood. Small-scale manufacturing activity features the processing of peanuts, fish, and hides.

