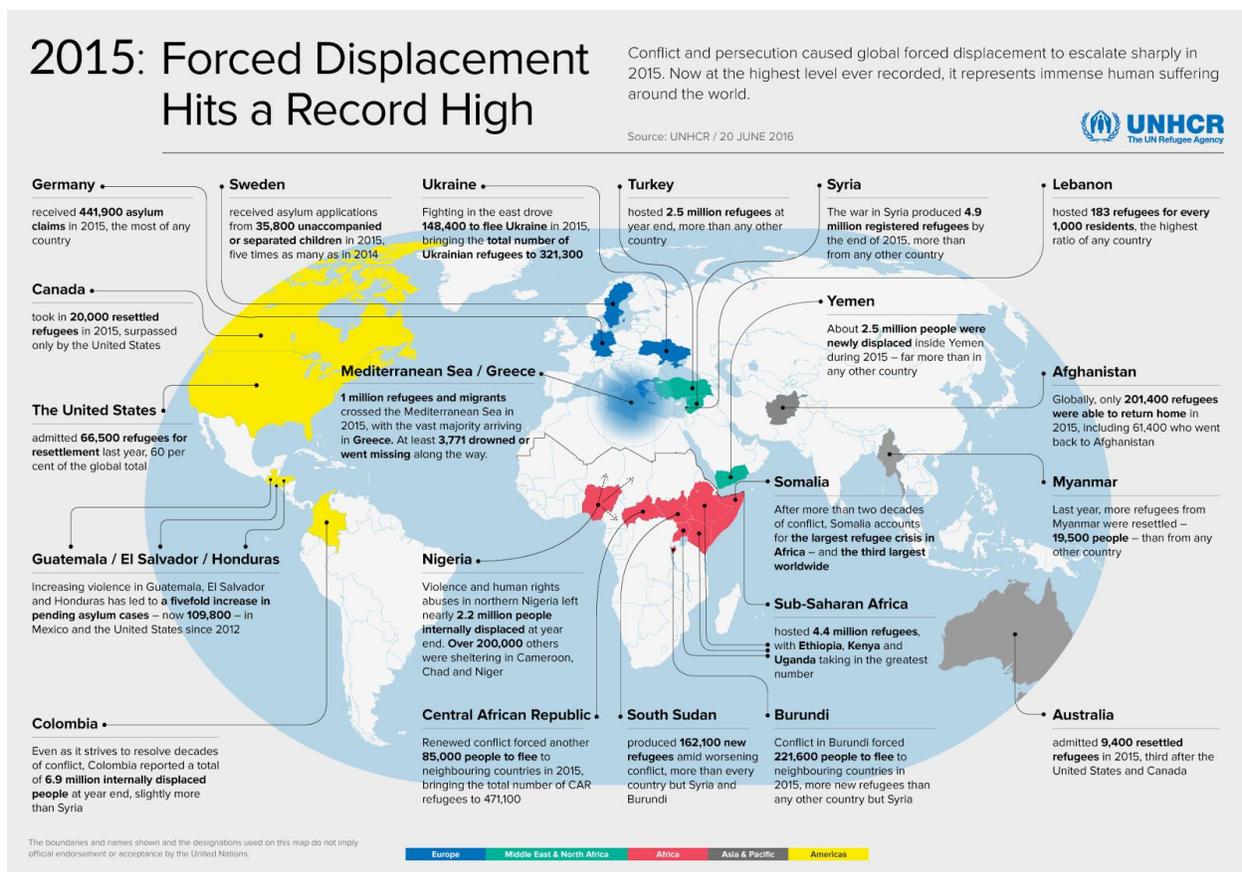


Midwife Pilgrim Mediterranean Refugee Crisis



Thank you for your interest in assisting the refugee crisis in the Mediterranean. Midwife Pilgrim, Inc. is working with volunteers and Non-Governmental Organizations (NGOs) on the ground, coordinating efforts to provide reproductive health services and respond to other emergency medical needs. The crisis situation is fluid and we will do our best to keep you updated.



Thousands of men, women, and children, the great majority escaping the brutal war in Syria, but refugees flee Iraq, Afghanistan, and many other countries as well. Numerous refugees are women in dire need of reproductive health care. Many suffer from severe lack of food or clean water, no prenatal care, as well as exposure to the elements. Additionally they are at high risk for sexual violence, and like so many women survivors of war may have experienced rape, abuse, or even torture. Currently the borders are closed to all migrants and the refugee camps in Greece are overflowing and often lack basic necessities. Those who were further oppressed or without funds have stayed behind in Turkey with little hope of assimilation or support. These women and families hope to journey forward to rebuild their lives in Europe but the dream seems unlikely to become reality.

Midwife Pilgrim volunteers provide risk screening, treatment when we can, gentle hands, and respite within the camps and as outreach. In Greece there are several NGOs on the ground providing general medical care at various camps during limited hours – but there is a lack of competent midwifery care or reproductive health care services. We plan to fill this gap with midwives who can ensure women receive the care they need. In Turkey we work with a local group and do our best to follow these migrant workers as they are forced to work the fields for substandard housing and pittance of meals and then move on when the crops change.



How you can help!

Volunteer

Midwife volunteers will treat acute women's health problems, provide prenatal and postnatal care, offer feeding support and women's education classes, attend deliveries as needed, assess women for history of sexual violence, and offer treatment or refer to other care. Our job is to help these women go forward on their journey or remain where they are in the best possible health we can offer with limited resources. In addition, we often are called to help other providers manage chronic issues such as parasites, or first aid issues as they arise. It is vital that you feel comfortable in settings with limited resources or support.

Fundraise

Fundraising is crucial for most midwives to be able to participate in this mission. Sites like GoFundMe, Crowdrise, Kickstarter, friends, family, your local houses of worship and civic organizations (Rotary Club) are great places to turn for support. We suggest you do your research first before choosing an online site, to help maximize your return.

As a 501(c)3 organization, all donations made directly to Midwife Pilgrim are tax deductible. Please have all funds donated directly to Midwife Pilgrim tagged with your name and we will use them to help offset your expenses. Our fundraising guidelines require that 15% of all funds directed to us go towards general organizational support and capacity-building, as well as future program planning. Please link direct fundraising to: <http://www.midwifepilgrim.org/donate.html>

Things to Consider

Licensure

You will not be licensed in Greece or Turkey; however, we do expect you to carry a copy of your current license with you at all times. There have been no reports of providers being harassed for volunteering or helping in Greece but there are reports in Turkey of volunteers in general being targeted when it was felt that there was too much publicity. As long as you stay with your group and within your scope of practice you should be fine.

It is also important to state you are a tourist when you go through customs. Please do not tell them you are there to work or volunteer for refugees as you will be flagged and could be delayed. Security is a concern and the governments are being very cautious.

Support

We are working to establish relationships with several NGOs on the ground (some sanctioned by the Greek and Turkish governments and some not) to enable you to have access to transportation, translators, physician referrals, and ease of referral to local hospital for high-risk cases. You will need to utilize your diplomatic skills when working with others.

We expect your budget will be approximately \$2500 per month and may vary considerably depending on your location and preference for housing. Some volunteers have needed much less but none have needed more. This should comfortably cover basic expenses such as simple room and board, public transportation, and local phone service as well as give you some extra to purchase needed supplies locally. Please keep this in mind while fundraising. We recommend having at least an additional \$1000 per month available as a buffer, above housing costs and other needs for each month of service. Airfare is another item that you should budget for and will vary from location to location.

Our Expectations

We want to remind you of the challenges you may face. Please consider factors like personal health, stamina, ability to function with few resources, as well as ability to work in situations where you may have little or no support. The conditions in and outside the camps are bleak, almost “medieval” as one volunteer described it. The emotional toll will be great; therefore self-care is important and we expect you to contact us if your availability changes at any point in the process of preparing to serve those in crisis.



When in the field

You are expected to act professionally, obey all laws and regulations, practice within your skill set and scope of practice, and know your limits professionally and personally. You must take full responsibility for your health, research if any medications you need are available in the country we send you, and bring enough medications for yourself when you go. Pack lightly but make sure you have what you need for your personal health.

We recommend you follow the Center for Disease Control's (CDC) guidelines for prophylaxis and immunizations. We highly recommend visiting your travel clinic to start preparing for possible deployment sooner than later. The current information on Greece can be found at:

http://wwwnc.cdc.gov/travel/destinations/clinician/mission_disaster/greece?s_cid=ncezid-dgmg-travel-single-002

And for Turkey at:

<http://wwwnc.cdc.gov/travel/destinations/traveler/none/turkey>

You will be an ambassador of Midwife Pilgrim and our mission to serve with skilled and compassionate care. We expect you to behave in ways that are culturally sensitive, and to refrain from judgement. Be prepared to offer treatments (such as Plan B for rape survivors or requests for fns) that women may want, or need, or decline for their own reasons. We expect you to leave your own personal beliefs at home in this regard. Pilgrims go purely to serve, not to indoctrinate.

If you are under the umbrella of another organization, their requirements and rules must be met as well.

We understand your specialty is women's healthcare. However, there will be times when you will be asked to step in and help with other tasks or care for those outside your normal expertise. We trust that you will do what you can to serve the people of this community and do your best to ease the suffering you will witness.

Record keeping

Record keeping not only assists the women we serve in giving them their records to pass onto the next healthcare worker so care is more efficient, it also helps you during your follow up. It is vital that you keep a good record that includes the patient's: name, condition, diagnosis and treatment. Please keep a copy for yourself as well. This can be easily done in a notebook but we can assist you with a form if you need. ***We are requiring all volunteers to report to us the work they do including who they see and what they treated.*** This helps us for a variety of reasons including:

1. To prepare midwives who arrive after you with realistic expectations
2. To help us be more effective as we continue to work in this ever-changing climate
3. To assess our impact and coordinate efforts

What To Bring

You will be in touch with your group before you leave and they will let you know if there is anything they cannot get locally and need you to bring. It is always best to buy supplies and medications for refugees locally if you can.

- Doppler/batteries
- blood pressure cuff
- stethoscope
- thermometer
- alcohol or bactericidal wipes for cleaning equipment
- Nitrazine paper
- Pregnancy tests
- urine dip sticks
- suture materials
- headlamp/batteries
- gloves
- a wifi and google docs capable device
- electricity converter
- personal medical kit

- **Euros and Liras.** ATMs are available in the larger towns but may not be easily accessible. The airport in Athens does not always have working ATMS and money exchange can be time consuming and often has more fees than your local bank. You may find it helpful to change your money at the money exchange kiosks in the airports when you first arrive or prior to travel.
- **unlocked phone.** Plan to get a local sim card unless you have an International plan. Check with your provider, some plans are prohibitively expensive or have limited access so getting a local sim card is often the best. You will need this to communicate with the various organizations in Greece and with your group in Turkey. Install Whatsapp. Facetime and Skype are also a good options for staying in touch with people back home since both can be used with wifi.

Airfare

The best rates are found if you fly into Athens and then make separate arrangements to get to your final destination either by air, boat, or car/bus. There is an expensive fee for bringing bags this way, (approx. \$100 USD) so the difference between tickets vs. directly may not be as great. Plan on raising enough funds for all your expenses.

Lodging and Food

There are many hotels and guest houses with reasonable rates (\$20-\$60/night) for volunteers. Depending on where you are placed, housing may be provided at low or no cost so please budget accordingly. You will not be staying in the camps. We will assist you with finding accommodations if you need.

Healthcare

There are hospitals to assist you if you have a need but they are often overwhelmed and understaffed. It is best to bring your own personal medical kit. There are pharmacies in most areas and with the exception of narcotics you purchase most anything you need at a reasonable cost. ***We cannot stress enough the importance of medivac insurance in case of a personal emergency.*** We recommend Frontier Medex: <https://www.medexassist.com/>.

Language and Culture

This population is mainly Muslim and Arabic and Farsi speaking. While some English is spoken, you will greatly benefit from a translator if you don't know the language – yet translators may or may not be available. Learning a few words of Farsi or Arabic will be helpful and respectful. An app for translation will be helpful. Google translator is highly recommended: <https://translate.google.com/> There is a free mobile app as well.

Modesty is an important aspect of Muslim culture. Privacy is very important, especially during exams. Women may feel violated if forced to uncover their body in front of an unrelated male. Female providers and support personnel are highly preferred, except in case of emergency. If a private space is not available for exams, be prepared to assess with your other skills (eg hands, not sight).

Kudos to Pilgrim!

We invite you to review the photo/essay about the work we are doing in Western Turkey, published in The Lancet September/2016.

<https://mail.google.com/mail/u/0/?ui=2&ik=84cd511686&view=att&th=1574c225a50d0083&attid=0.1&disp=inline&safe=1&zw>

Resources:

The following links will help you educate and explain Family Planning. There are handbooks and wall charts in both English and Arabic. We recommend you print these out before you travel so you can have them available.

Handbook/English:

<https://mail.google.com/mail/u/0/?ui=2&ik=84cd511686&view=att&th=157bacdb7d488cf7&attid=0.2&disp=inline&safe=1&zw>

Wall Chart/English:

<https://mail.google.com/mail/u/0/?ui=2&ik=84cd511686&view=att&th=157bacdb7d488cf7&attid=0.3&disp=inline&safe=1&zw>

Handbook/Arabic:

<https://mail.google.com/mail/u/0/?ui=2&ik=84cd511686&view=att&th=157bacdb7d488cf7&attid=0.1&disp=inline&safe=1&zw>

Wall Chart/Arabic:

<https://mail.google.com/mail/u/0/?ui=2&ik=84cd511686&view=att&th=157bacdb7d488cf7&attid=0.4&disp=inline&safe=1&zw>