



2024 CHINA MEDICAL OUTREACH

(JUNE 16-22)

**Join us For Another Amazing Adventure in Serving
The Poor Together in the Gansu Province of China!**

ABOUT ICARE

ICARE is a Registered NGO (a foreign charity organization) located and serving in the Gansu Province of China. We serve in the areas of Medical Relief, Disaster Relief and Poverty Relief (including care for orphans, disadvantaged children and families, and the elderly). www.icarechina.org

We work closely with local Chinese governmental bodies including the Health Commission of the Gansu Province, Government Charitable Federations, Civil Affairs and the regional and county Health Commissions.

THE GANSU PROVINCE



The Gansu Province is located in the NW Central region of China, and is one of the poorest areas in China. Its rugged, barren terrain consists mostly of mountains and deserts, and has long been considered a “forgotten backwater”. Nonetheless, it has played an important role in Chinese history. The historic Silk Road threads its way through the Gansu Province. Travelers and merchants from as far as the Roman Empire entered the Middle Kingdom via the Silk Road using a string of oasis towns as stepping-stones through the barren landscape. The Great Wall extended to here, but much of it has crumbled in this region. This province is the home to a considerable variety of Chinese minority groups, including the Hui, Mongols, Tibetans, Kazaks and the Dongxiang.

China, Lonely Planet Publications, 2002 (page 875)

HUINING



Huining County is situated in the middle of the Gansu Province and has a population of around 580,000. Agriculture dominates the local economy. It is known as *"the home of grain and sheep."* It is also known as a turning point in Chinese revolutionary history. Major forces of the Workers' and Peasants' Red Army met there in October 1936, marking the end of the famous "Long March." According to Edgar Snow, an American embedded journalist, who wrote the "Red Star Over China," the Red Army passed 18 mountains, 24 rivers and 12 provinces across the country. Though thousands of people died during the Long March, more than 70,000 soldiers from different units of the army survived the tough journey and arrived at Huining.

Huining remains as state-level poverty-stricken county because of the yearly drought problem that they faced. Most of the population resides in villages and are from farming families who grow potatoes, wheat and corn. Yields are low because of poor conditions; thus, they have a very low standard of living. Quality health care is not available and thus the people suffer a high infant mortality rate and lower life expectancy due to poor nutrition and insufficient water supply, and this contributes to the perpetuation of the cycle of poverty.

MEDICAL TEAMS



With each team, we endeavor to provide free medical care to as many poor villagers as possible. Most trips include general surgery, general medical care, dentistry, dental hygiene, physiotherapy and village health education. On each trip, we usually deliver care to about 3000-3500 village residents and orphans.

General Surgery and Eye Surgery

Our surgeries are performed in a community hospital with operating rooms that have been made available for our team to use for the poor. Surgeries usually include cataract surgeries, gall bladder removal, thyroid, tumor removal, hair lip, hernia, appendectomies, and other assorted surgeries depending on need.

Mobile Medical Clinics

We provide general medical care for residents of the more remote villages where access to medical care is more difficult for the poor. We will set up a temporary clinic and will treat as many patients as we can reasonably accommodate for six full days (usually in two or three different villages). Some of the more frequent conditions that present are gastro-intestinal problems, joint-muscle problems, hypertension, female problems and dental problems.

In addition to licensed medical providers, we also need non-medical personnel to assist our physicians, handle crowd management, translation services, patient assessments (triage), pharmacy operations, diagnostic lab tests, ECG's, dental hygiene, and other services depending upon need.

PREPARING TO GO

Applying To Go. If you are interested in joining our medical teams, please visit our website at www.icarechina.org and complete our online Project Application.

Trip Cost. Team members must arrange in advance (and pay for) their own plane tickets to/from Lanzhou. ICARE will arrange for all ground transportation (to and from airport, and clinic sites), meals (breakfast, lunch, dinner, not including personal snacks), and lodging. At the end of the trip, we will ask each team member to reimburse ICARE for his/her respective portion of these costs (most likely about 4500-5000 RMB, which is about \$650-700 USD).

Immunizations. Please discuss with your physician or health department which immunizations that you might need. Although vaccines are not required to enter China, we do recommend that you at least receive Hepatitis A&B vaccinations.

Accommodations. Our hotel accommodations are adequate. All rooms are double-occupancy, so everyone will have a roommate.

Meals. Breakfast will be available at the hotel, lunches will be furnished at the work site, and dinners will be at a restaurant near the hotel. The food usually consists of fruits and vegetables, rice or bread, and either chicken, beef or lamb.

Drinking Water. You should not drink tap water on this trip. We will provide bottled drinking water for everyone. You may also purchase fruit drinks.

Weather. The climate is dry and the temperatures fluctuate. During the day, temperatures are likely to be 60-80°F (i.e., 15-26 °C) in June, and 80-90°F (26-32°C) in August, but it may be cooler depending upon conditions.

Language/Translators. The primary languages are Mandarin Chinese and local dialects. We will have translators who speak Chinese and English, and will arrange for translators for communication in the local dialects as necessary.

Shopping/Recreation. While in Huining, you most likely will not have the opportunity to shop at the local markets for souvenirs. Instead, you may wish to travel to other areas following the trip, such as Beijing where you can see tourist areas such as the Great Wall of China and shop for souvenirs.

Medical Care. Medical care in the Gansu Province does not meet the same standards as in western countries (and that, of course, is why we are working there). Medical care can also be obtained in Lanzhou or Beijing. In case of severe medical needs, it may be recommended to leave the country to obtain care.

**Space is limited. Submit Your On-Line Application at
www.icarechina.org.**