



# Connect.

## Passion to Heal Volunteer Adventure to Kenya 2018 Eye Care Trip Sample Itinerary

\*Please note that this itinerary is subject to change. The itinerary provided is for a Medical Volunteer trip and contains activities that are unique to this experience. Other activities typically offered on ME to WE Volunteer trips are not necessarily included as part of the Medical Volunteer trip itinerary.

### Day 1 Saturday

**Depart from North America**

### Day 2 Sunday

**Evening arrival in Nairobi**

Be escorted through customs and passport control by a member of Tradewinds Arrival Service. They will connect you with your in-country facilitator in the arrivals hall. Enjoy a comfortable ride to your hotel.

**Check-in at your Nairobi Hotel – Radisson Blu**

Rest for the evening and night to start your Passion to Heal adventure the next day. Dinner tonight is out of pocket and available at the hotel.

### Day 3 Monday

**Breakfast at Radisson Blu**

**Visit the Kenya Giraffe Centre**

Created in 1979, the Giraffe Centre is a safe home for many of Kenya's endangered Rothschild giraffes. Guests have the opportunity to observe, feed and even kiss the giraffes!

**Visit to the Sheldrick Wildlife Trust**

Visit the Sheldrick elephant orphanage where you'll get the chance to experience these fascinating animals close up.

**Fly from Nairobi to the Maasai Mara**

Enjoy lunch at Wilson airport before taking a short afternoon flight that will descend into the Great Rift Valley. Once you descend into the Maasai Mara, watch for circular shapes that characterize Maasai bomas, and look for herds of local wildlife and cattle.

**Arrive at Bogani Cottages and Tented Camp**

Settle into your new lodgings at Bogani Cottages and Tented Camp. The bespoke cottages and tents are a serene place to relax and reflect after an invigorating day of volunteering. Each accommodation is complete with hot and cold running water, flush toilets and comfortable beds, and is furnished with unique African fabrics and art.

**Introduction and Orientation**

Walk Bogani's winding paths under yellow acacia groves, and get acquainted with the camp, learning some Swahili along the way. Enjoy lunch on the veranda overlooking the savannah.

**Learn about WE Villages**

Learn about the WE Villages development model. Our local staff work with rural villages and regional governments to support, teach and empower people within five Pillars of Impact:

1. Education: Quality primary education
2. Water: Safe/clean drinking water and sanitation systems
3. Health: Sanitation & health care services
4. Food: Agriculture and food security
5. Opportunity: Alternative income projects

**Welcome Dinner**

Relax into the atmosphere of the Mara as you enjoy your first dinner at Bogani. Share stories with fellow travellers as you dine on our covered outdoor platform and enjoy a delicious meal featuring both Kenyan and Western-style dishes.



# Volunteer.

**Day 4  
Tuesday**

**Volunteer at Kishon Health Centre**

Begin your week of volunteering alongside WE Charity's team at Kishon. At the clinic, patients can now receive eye exams, be fitted for glasses, receive medications and have surgeries performed. Work with our local health care team to build their capacity for diagnosis and ability to provide optimal treatment for a range of eye conditions.

**Day 5  
Wednesday**

**Volunteer at Kishon Health Centre**

Spend your morning preventing further illnesses by identifying potential causes of common eye conditions present in communities.

**Community Water Walk**

In the afternoon, join the mamas at Emori Joi for a special walk through the community. Learn more about how the Kipsigis organize their homes and lives. Fetch water with the mamas, a task the women perform daily.

**Day 6  
Thursday**

**Volunteer at Kishon Health Centre**

**Volunteer Medical Outreach**

Screen students in WE Villages primary schools for potential eye conditions.

**Bush Bar with Maasai warriors**

Join the Maasai warriors at the bush bar as they speak about the Maasai community, their culture, practices, taboos and lion slaying stories. This is also a great opportunity to ask any questions you might have about this deep and rich culture.

**Day 7  
Friday**

**Volunteer at Kishon Health Centre**

**Volunteer Medical Outreach**

**Day 8  
Saturday**

**Volunteer at Kishon Health Centre**

**Visit Enelerai Primary School**

Go on a guided tour of WE Charity's school – Enelerai, see how far the community has come along with their school and meet the students.

**Day 9  
Sunday**

**Volunteer at Kishon Health Centre**

**ME to WE Duka at Bogani**

Visit the Duka, our on-site shop, which offers locally sourced gifts, Kenya exclusive products, and ME to WE Artisans beaded accessories and home wares made by local Maasai women.

**Medicine Walk and Maasai Warrior Training**

Enjoy a leisurely hike on the mountains as you learn about medicinal herbs from a local Maasai warrior.

Meet your local Maasai warrior for a chance to train in the art of Maasai weaponry as you enjoy a cup of chai on the hillside.

**Say Kwaheri to the Community**

Wish your new friends in the community farewell and debrief on your trip and community experience with your facilitators.



# Learn.

## Day 10 Monday

### **Depart from Bogani**

After breakfast at Bogani you'll take a short flight back to Wilson airport in Nairobi.

### **Check-in at your Nairobi Hotel Dayroom – Lazizi Premiere Airport Hotel**

Relax and recharge in your dayroom before taking your international flight.

### **Dinner in Nairobi**

Enjoy a farewell dinner before your flight home.

### **Drive to Jomo Kenyatta International Airport for your flight home**

*Kwaherinina safari jemma!*

## Day 11 Tuesday

### **Arrive Home in North America**

### **ME to WE Signature Service**

You will be guided by an in-country facilitator for the duration of your trip, an invaluable resource and source of local knowledge. As well, a large team on the ground will ensure your comfort and safety at all times.

\*Please note that arrival and departure transfers are included in your trip. Pick-up time at the airport begins at 2:30pm on your arrival day, to accommodate check-in at the hotel, which begins at 3pm. Should you decide to extend your stay by arriving earlier or departing later than the scheduled times of your ME to WE Volunteer Adventure, airport pick-up and drop-offs can be arranged at an additional cost.

### **Inclusions**

- ME to WE professional facilitator
- Ground transportation throughout the duration of the trip
- International airfare to and from Nairobi
- Hotel accommodation in Nairobi (1-night)
- Meals as indicated in Nairobi
- Return airfare from Nairobi to the Maasai Mara
- Accommodation at Bogani Cottages and Tented Camp (7-nights)
- All meals and drinks at Bogani, including purified water, sodas, beer and wine
- All activities as outlined in the itinerary
- Access to a day room on the final day of the trip
- Flying Doctors Insurance (evacuation in-country)
- CSA Out-of-Country medical travel insurance

### **Exclusions**

- Kenya Entry Visa: This must be obtained prior to travel at a cost of \$51 USD per person (cost subject to change)
- Evening Snack in Nairobi upon arrival
- Travel Insurance: trip cancellation & interruption insurance
- Gratuities are not expected but appreciated, and are shared among all staff. We humbly suggest \$5-10 per adult per day