



# MedShare

*Bridging the gap between surplus and need.*

## MedShare Kenya Experience

October 30 — November 8, 2011



# Overview

MedShare's 2011 Kenya Experience promises to be an amazing opportunity in many ways. It is hard to imagine becoming more passionate about MedShare's mission, but that is exactly what will happen when participants get a first-hand look at the incredible work being done by our partner organizations to bring quality health care to those most in need. We will visit a range of health care facilities from small to large, private to government-owned, and existing to new.

We will also learn about some of our partners' other initiatives such as an orphanage, a school, a well, microfinance initiatives and training programs. Our partner hosts and special guests will give us an insider's perspective on health care and other critical issues facing Kenyans. Special guests are still being confirmed but will include people such as senior representatives from The Coca-Cola Africa Foundation and the Ministry of Health.

The trip will be an opportunity for supporters from MedShare's expanding network to get to know one another, and we'll include supporters from California, Florida, Georgia and New York. Our new CEO and Lindsey Barnett, Senior Programs Manager, will join us.

You can't go to Kenya without going on a safari, and we will do that too! We will offer a safari extension at the end of the trip for people with more time and the desire to see more wildlife.



We are fortunate to have [Safari Experts](#) planning our trip. The founder, Tim Lapage, was born in Nakuru, Kenya, and has been organizing personalized safari tours since 1991. In addition to specialized travel, Tim and his daughter, Tana, are deeply involved with several local non-profits that provide medical and educational aid.

# Itinerary

## **Saturday, October 29**

Our flights depart the U.S. bound for Nairobi, Kenya.



## **Sunday, October 30**



We will arrive in Nairobi, Kenya in the evening. Safari Experts drivers will meet us upon arrival with a signboard and transfer us to the [Serena Hotel](#).

Dinner will be on your own tonight, given the variety of travel schedules.

## **Monday, October 31**

This morning, we will have free time to rest up from the journey, then meet for an early orientation lunch.

In the afternoon, we'll visit St. Mary's Mission Hospital in Karen, one of MedShare's earliest recipients. St. Mary's is located at the intersection of Nairobi's two largest slums. One of Kenya's largest private hospitals, it has 320 beds and treats 1,200 patients a day. St. Mary's started out primarily serving those in Nairobi and has expanded to the Rift Valley, which we will visit later in the week. MedShare has shipped 18 containers to St. Mary's.

We'll have an early evening welcome dinner to round out our introduction to Kenya. Overnight at the Serena Hotel.



# Itinerary (cont.)

## ***Tuesday, November 1***

After breakfast, we begin our 2-hour journey north of Nairobi to visit projects supported by our in-country partner VICDA, a volunteer organization whose dynamic founder Irene Ngatia will be our host.

First we will visit Ngong Hospital, which is government-funded and has a tremendous need for the basic supplies that MedShare provides. Next, we will have the unique opportunity to visit a camp for internally displaced people. This camp is providing hope through education programs, an orphanage for young girls and healthcare to an area that would be without otherwise.

After returning to Nairobi, we will dine at a local restaurant with invited guest(s). Overnight at the Serena Hotel.



## ***Wednesday, November 2***

Today, we will visit a healthcare facility that has applied to be a MedShare recipient. After our visit, you will participate in a discussion to evaluate whether this program is one MedShare should support.

We'll have a relaxing afternoon touring some of Nairobi's highlights, including the Karen Blixen House and Museum, the Giraffe Center, and perhaps a little shopping!

Dinner will be at a local restaurant with invited guest(s). Overnight at Serena Hotel.



# Itinerary (cont.)

## **Thursday, November 3**

We depart early for our drive to Nakuru. On the way, we will visit two MedShare in-country partners.

CURE International is an NGO that builds hospitals in the developing world and trains local medical professionals in highly specialized fields. Several years ago, CURE realized that MedShare's supply and logistics capabilities were a valuable resource for sustaining their efforts. Through this long-standing partnership, MedShare has supported them in 8 countries, with 2 shipments to Kenya. Their specialty in Kenya is Pediatric Orthopedics, focused on bringing hope and restoration to children whose disabilities have left them ostracized by their communities. We will be hosted by Dr. Joseph Theuri, the dedicated Medical Director of CURE Kenya.



The 410 Bridge partners with communities to create sustainable holistic solutions that equips them to truly move forward in economic growth. A key element of their model is allowing each community to choose their priorities in clean water, education, healthcare, microfinance, and spiritual development. Our relationship with The 410 Bridge was initiated by NorthPoint Community Church in Atlanta. We've shipped them one container, and hope to send more this fall. As a native Kenyan who deeply believes in The 410 Bridge mission, Country Director Andrew Sylvester will be an inspiring host.

Dinner and overnight at St. Mary's Lake Elementaita Guest House in the Rift Valley.

## **Friday, November 4**

Our morning will be devoted to a tour of St. Mary's Mission Hospital in Rift Valley with their legendary and endearing founder, Dr. Bill Fryda. Opened just a few short years ago, this facility has grown to treat 250 patients a day. A unique part of their mission is outreach to the cave-dwellers, many of whom have a rare form of HIV/AIDS and cancer.

In the afternoon, we're in for a special treat: a game drive in Lake Nakuru National Park, home to one of the world's largest populations of flamingos as well as rhinos, baboons and warthogs.

We will return to St. Mary's Lodge at Lake Elementaita Guest House for dinner and overnight.



# Itinerary (cont.)

## ***Saturday, November 5***

After breakfast, we will take a private charter flight to the Maasai Mara and then be driven to [Olonana Safari Camp](#). Situated at the foot of the impressive Siria Escarpment, the camp sits on a secluded stretch of the Mara River. Here, we'll go on a game drives and have the opportunity to participate in a range of activities, including visiting a Maasai village, taking a guided bush walk, or even getting a massage.



## ***Sunday, November 6***

Our safari adventure continues with morning and evening expert-guided game drives in custom-built 4x4 Land Cruisers. During the rest of the day, we can choose from a variety of other activities.

## ***Monday, November 7***

We'll have one more game drive, a leisurely morning, and lunch before our chartered flight back to Nairobi. After our farewell dinner in Nairobi, it will be time to head to the airport for our flights back to the U.S.

Those of us who have elected to stay in Kenya for the safari extension will be transported to Lewa Downs Game Park to continue their adventure.

## ***Tuesday, November 8***

Our flights arrive in the U.S.



# Accommodations and Local Attractions

## [Serena Hotel, Nairobi \(Oct 30 — Nov 2\)](#)

The Serena Hotel is a serene oasis amidst the bustle of one of Africa's most dynamic cities. Tucked into lush gardens, this flagship hotel offers impeccable standards and is considered Nairobi's finest hotel.

## [Karen Blixen House & Museum, Nairobi](#)

Karen Blixen (1885-1962), also known by her pseudonym, Isak Dinesen, is famous for her memoir, *Out of Africa*. This genuine farmhouse has fine examples of period furniture from the early years of the 20<sup>th</sup> century.

## [Giraffe Center, Nairobi](#)

Dedicated to educating Kenyan youth in conservation of the environment and preservation of endangered wildlife and their habitats, the Giraffe Center is home to the engaged Rothschild's Giraffe. We will have the opportunity to get up close and personal to giraffes, and even feed them!

## [St. Mary's Guest House, Lake Elementaita, Rift Valley \(Nov 3 — Nov 4\)](#)

St. Mary's sees itself more as a community than just a hospital. As such, doctors, staff and guests all live in a campus setting. Here, you'll have the opportunity to relax and feel at home while engaging with local staff on a wide range of issues affecting Kenya and East Africa, including healthcare, politics, history and culture.



 [CURE Kenya \(Kijabe\)](#)  
Kenya

 [St. Mary's Mission Hospital, Nairobi](#)

 [St. Mary's Mission Hospital, Rift Valley](#)

 [410 Bridge \(Kwambakenya\)](#)

 [Ngong](#)  
Kenya

 [Masai Mara Game Reserve](#)  
Masai Mara Game Reserve  
Kenya

# Olonana Safari Camp

*(Nov 5 – Nov 6)*

This small exclusive camp is comprised of fourteen beautiful canvas tents. Each tent has floor to ceiling mosquito netting, four poster beds, en-suite bathrooms with flush toilets, hot showers and solar lighting. Each of the large private verandas overlooks the Mara River and provides a wonderful spot to watch Africa pass by. A trip to Africa without nights under canvas is simply not complete.

The main dining room and veranda command views over a dramatic stretch of the Mara River, providing a perfect setting for breakfast, tea and after dinner star gazing. The camp has a library, a pool and even an organic garden where much of the food served in camp is grown. And who could forget the mini-spa where guests can experience traditional African remedies alongside French marine therapies from Thalgo.

Click [here](#) to learn more.



# Lewa Downs Safari Extension

*(Optional\*)*

On Monday, November 7<sup>th</sup>, we will be transferred to the airstrip for our private charter across the Equator to Lewa Downs. This 55,000-acre rhino breeding sanctuary is just north of the Equator and overlooked by the 17,000 ft. Mt. Kenya.

Here we will walk, ride horses, and game drive. In our spare time, we can relax by the pool or read in the comfort of our decks which overlook a waterhole. Of particular interest is the prehistoric 500,000 year-old Anchulean hand axe site. Lewa is also home to large numbers of the unique Northern species such as Grevy zebra, reticulated giraffe and Somali ostrich, in addition to elephant, rhino, lion and leopard.

Willy and Sue Roberts own an exclusive camp at Manyangalo that sleeps 12 people in luxury. They or their guides will be our hosts and bring this area alive for us. The Roberts family has lived in the unique Ngare Niti House on Lewa Downs for two months each summer. Lewa has been home to four generations of the Craig family, who now play a vital role in community development for the local people and long-term conservation in modern day Kenya.

Fun fact: Lewa Downs is where Prince William proposed to Kate!



For more information, contact Pat Robinson at [probinson999@gmail.com](mailto:probinson999@gmail.com).

# Costs

\$4,350 per person based on double occupancy, \$4,950 single occupancy\*

## INCLUDED

- All accommodations
- All meals, except dinner the night of arrival
- All non-alcoholic beverages
- House wine, local brand spirits, local beer at Olonana Safari Camp
- All Government and hotel taxes and service charges
- All land and air transportation within Kenya
- All park, reserve and conservation area entrance fees
- All game-viewing activities, guided walks and 4x4 vehicle game drives
- Gratuities for drivers/guides and staff
- AMREF Flying Doctors Coverage and Medical Evacuation insurance
- Laundry service while at Olonana Safari Camp

## EXCLUDED

- International flights
- Pre-trip inoculations
- Kenya single entry visa (\$50)
- Trip cancellation insurance

\*Safari extension pricing available upon request.

MedShare

# Application

\_\_\_\_\_  
Name (as it appears on your passport)

\_\_\_\_\_  
Passport Number

\_\_\_\_\_  
Exp. Date

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

\_\_\_\_\_  
Telephone

\_\_\_\_\_  
Mobile Phone

\_\_\_\_\_  
E-mail Address

\_\_\_\_\_  
DOB (M/D/Y)

\_\_\_\_\_  
Sex

\_\_\_\_\_  
Weight (Approx.)

Check One: \_\_\_\_\_ Single Room \_\_\_\_\_ Double Room

\_\_\_\_\_  
Dietary or Physical Conditions

\_\_\_\_ I/We are interested in learning more about the safari extension.

A non-refundable deposit of \$1,500 is due with your application. Checks should be made out to MedShare and mailed to:

Stephanie Greene, Finance Director  
MedShare  
3240 Clifton Springs Road  
Decatur, GA 30034

Alternatively, you can register online and pay by credit card on the [Kenya Experience Trip Page](#). If registering online, email your application to Stephanie Greene, [sgreene@medshare.org](mailto:sgreene@medshare.org).

Final payment is due August 1, 2011.