

Medical/Dental Mission Trip Kenya, East Africa

Maasai Development Project (MDP) invites you to join us on a medical/dental trip to Maasailand in Kenya. Three mission trips are offered each year in the months of March, June/July and October. You will minister to the Maasai both spiritually and physically as you participate in a Maasai church service, visit Maasai homes and provide medical/dental clinics in the Maasai Mara National Reserve.

For part of the mission trip you will be staying at the MDP Education Centre (MDPEC) outside of Maasai Mara. The Centre is located on 15 acres of land that was donated to Maasai Development Project by the community for the purpose of housing rescued MDP sponsored children. The newly completed dormitory opened in October 2010. At present over 63 girls call the Centre home. The girls come from a variety of backgrounds. Some are orphans, some have only a widowed mother living, some have been rescued from early marriage (some as young as 8 years of age), some have been taken from their homes where they were abused, some have been rescued after going through female genital mutilation. In several cases girls were rescued after they ran away, having been married for a time. The primary girls attend the local Siana Primary School adjacent to the MDPEC. Once they reach secondary level, they attend private boarding schools, coming home to the Centre for the school holidays.

Information regarding Kenya:

Clinics are held on the edge of the Maasai Mara National Game Reserve. The reserve (approximately 270km from Nairobi) is one of the best known and most popular reserves in all of Africa due to its “big skies” and open savannahs, as well as the annual wildebeest migration, the density of game, and the variety of bird life. The Maasai Mara lies in the Great Rift Valley. Each year more than half a million wildebeest travel over 600 miles from Tanzania’s Serengeti plains northward to the rich grazing lands of the Maasai Mara. They begin entering the Mara in July and as the rains return in October they head back south again to the plains of the Serengeti. This wildlife marvel cannot be experienced anywhere else on earth.

The trip will end with a complete day and night of great food and African hospitality at the Sarova Mara Lodge.



Weather: The temperature can range from low 60s at night to mid- 80s during the day. Rain is possible, especially in March and October. The cool breeze masks the effects of the hot sun, so please bring sun-screen and apply liberally every day.

-Elevation just outside of Nairobi – 6,000 ft.

-Elevation at the Mara – approx. 4,000 ft.

Food and water: We will take drinking water with us on all of our outings. In restaurants and such you should drink only bottled water. *A word of Caution: Meat consumption should be treated with caution, if in doubt please ask Mission Trip Coordinator.* We will wash all fruit and vegetables before serving them.

Money: Bring spending money for crafts, trinkets, souvenirs, etc. You will be able to exchange dollars for Kenya Shillings at the airport. Bring \$20 bills or larger (you will get a better exchange rate for \$50 and \$100 bills). Bills should be issued no earlier than 2009 and be in good condition. The exchange rate fluctuates, but is currently 85 Kenyan shillings to 1 US dollar.

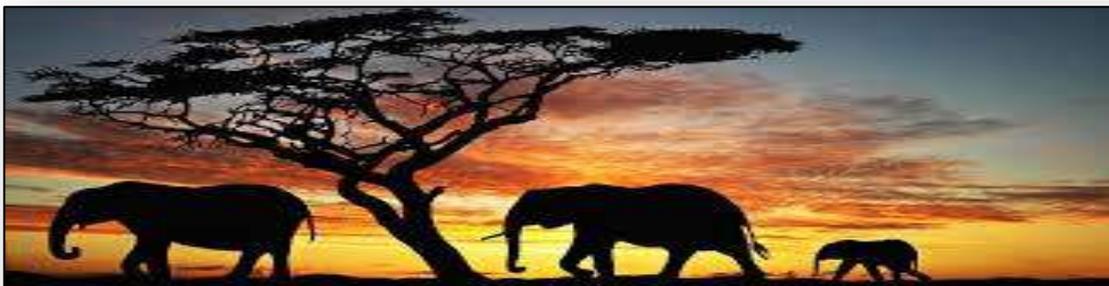
Theft: Stealing is common in Kenya. It is recommended that you not take jewelry, nice watches, iPods, MP3 players, cd players, etc. If you choose to bring them, please be aware that MDP will not be responsible for lost items.

Time Change: Kenya is seven hours (eight during daylight savings) ahead of *Eastern Standard Time*. Be aware that it will take several days for your body to adjust. We have found that being as healthy as possible before you leave makes a big difference. Eat healthy foods, stay away from sugar, and come well-rested.

Pictures: You will want your camera and extra batteries and SD card. While staying in Nairobi you will be able to re-charge batteries, but there will be limited electricity in the Mara. Voltage is 220 there, not 110. Film is available, but might cost more. *Pictures are not allowed to be taken in the airport in Kenya.*

Packing: Each person should pack as lightly as possible. Please be willing to help with taking clinic supplies. The goal is to pack personal things in a carry-on plus one check through suitcase. Your second case should be reserved for bringing items over for the mission trip. Most airlines allow each person to bring one carry-on and two trunks or suitcases measuring 62” total linear dimensions and weighing 50 lbs. each (or 23 kilos). *CHECK WITH YOUR AIRLINE CARRIER FOR THE NUMBER OF ALLOWED BAGS FREE OF CHARGE.*

Bedding: Bring a pillow, and for those staying in tents, bring a sleeping bag as well. You will be informed if you need to bring a sleeping bag.



Needs we have for up-coming trips:

- Medicines and vitamins (especially children's vitamins)
- Sunglasses
- Eye and ear drops
- Dental instruments
- Financial sponsors who can help provide the funds needed for the trip and/or give an opportunity for a teen/youth to experience a Mission Trip
- Charitable Medical Help – which helps pay for hospital care for patients that need extra assistance
- Financial donations for shoes for the MDP sponsored children
- Financial donations for medical/dental supplies
- Financial donations for mission trip expenses

Mission Trips Fees and Mission Trip Donations are *tax deductible*. All checks should be sent to MDP with the designation on the memo line.

If you have any questions please contact me:

Jan Latsha

Cell Phone: 701-341-1607

PO Box 6816

Spokane, WA 99217

Office Phone: 509-443-5666

Email: jan.meharry@4mdp.org

PRE-TRIP INSTRUCTIONAL INFORMATION:

Trip fee: \$1,600 per person (not including airfare)* \$100 per application required when applying (this is deducted from the \$1,600) *Please note that this is non-refundable

Send the application and \$100 application fee to:

Maasai Development Project

c/o Mission Trip

PO Box 6816

Spokane, WA 99217

Necessary items for mission trip:

Passport (valid for 7 months after the date of travel)

\$50 for Visa (bills needs to be in excellent condition and newer than 2009)

Visas will be issued at the Nairobi airport.



You will need to *purchase your own round trip ticket* to Nairobi, Kenya. Most mission trip participants travel on KLM/Delta. Please contact Jan before you book your ticket to coordinate arrival and departure times with the rest of the group.

Pre-trip Instructional Information:

- Obtain/renew valid passport (expiration date more than seven months from time of trip).
- Doctors, nurses, hygienists, pharmacists, paramedics, etc. send Jan a copy of license and diploma.
- Make copies of the following, birth certificate, passport and International Vaccination Record (yellow form if you have this). Bring these copies in your carry-on luggage.
- “Permission to Treat” forms for those under 18 years of age traveling without parents will need to be signed, notarized and sent back to Jan as soon as possible.



PACKING LIST

Clothing:

Shorts
Swim Suit/Trunks
Scrubs
Jeans/Long pants (1 or 2)
T-shirts/shirts
Skirt/Blouse or Dress
for Sabbath (women)
Khaki type pants/collared
shirt for Sabbath (men)
Warm Shirt
Baseball cap or hat
Light weight jacket/hoodie
Flip flops

Toiletries:

Deodorant
Lotion
Suntan Lotion
Chap stick
Tooth Paste
Tooth Brush
Shampoo
Soap
Hand sanitizer/Hand wipes
Towel
Wash Cloth
Comb/brush
Insect Repellent
Mirror
Optional meds- tylenol, charcoal, pepto-bismal

Bedding:

Sleeping Bag
Pillow
Trash bag for sleeping bag traveling
*I will let you know if you need to bring
bedding. Most trip you do not.

Make sure any prescription drugs you may be taking will last through the entire trip.

Personal Item:

Sun Glasses
Camera
Charger
Converter (electricity is 220 there)
Extra Batteries
Alarm Clock
Watch
Flash Light
Passport
Copy of Passport
International Immunization Record if you have one
Pen
Visa Paperwork
E-Ticket
Bible
Binoculars
\$50 cash for visa (exact change & bills newer than 2009)
Spending Money (bills newer than 2009)

Miscellaneous:

Snack food for trip
Vegetarian Hot Dogs (such as Big Franks or
Vegie-Links)
Powdered Kool-Aid/Gatorade



+Most people on the mission trips wear scrubs whether they are in clinic or not. Scrubs are easy to pack and are light weight. You can wear a t-shirt with the scrub bottoms.

*Be sure your dress/skirt is something that works well on wooden benches or the ground. *In respect for the local culture of the people we serve, dresses and skirts need to be below the knee or longer. Blouses or tops need to have sleeves or be a modest sleeveless.*