



## Kenya - Kisumu Classic

August 4, 2024 — August 10, 2024

Starting at: \$1,700



### OVERVIEW

#### The Need

Kenya has made immense progress towards HIV/AIDS education, prevention and treatment programs. They are also improving malaria and tuberculosis programs. International Medical Relief is able to support and serve Kenya as they continue with these efforts and improve the overall wellbeing of the community. The shining faces of children will fill you with delight upon your arrival as you bring much needed aid to those without access to medical services. You will see every facet of life that Kenya has to offer from the orphanages and informal settlements to the villages and game parks. The leading causes of death in Kenya HIV/AIDS, lower respiratory infections, diarrheal diseases, tuberculosis, and malaria. Since 2019, Kenya reported an infant mortality rate of 35 deaths per 1,000 live births. IMR continues to provide education towards sanitation and hygiene measures, as well as help increase access to clean water.

Join the IMR team as we continue our decade-long work in Kenya to help improve

the quality of life for the country. Kenya has undergone extensive improvements over the last few years, but the healthcare here still benefits from outside aid.

## Our Work

International Medical Relief began serving in Kenya in 2006 with the goal of helping to alleviate the burden of communicable diseases that Kenya was facing, specifically HIV/AIDS. IMR was able to provide resources that broaden treatment options among many communities. IMR has worked alongside Kenyan officials in their efforts to expand HIV/AIDS treatment, assist in malaria control initiatives, and work with programs focused on maternal and child health. Since 2010, nearly 600 staff and volunteers have treated 20,000 patients. We continue to serve the communities in Kenya to decrease the burden of both communicable and non-communicable diseases.

With diligent planning and preparation, IMR is dedicated to ensuring that specific goals are met on our missions, each in correlation to the United Nations Sustainable Development Goals 3, 6, and 17.

IMR works to elevate vulnerable populations through shoulder-to-shoulder care with our local partners, creating workforce density, and a cadre of future healthcare and public health leaders in association to UNSDG 3: Good Health & Wellbeing.

Our medical mission teams also work toward UNSDG 6: Clean Water & Sanitation by supporting and strengthening the participation of local communities in improving their water quality, and installing water filtration systems that supply communities with clean drinking water and providing education on hydration and hygiene.

In correlation with UNSDG 17: Partnerships for the Goals, our organization works in collaboration and at the request of local hosts where we are under their direct influence and affluence. IMR never goes into a country without a formal invitation where there is a great community need for medical or dental care, and health education.

## This Mission

Participate in a truly 'Out Of Africa' experience. You will bring needed aid to those living in disadvantaged situations without access to medical and dental care. The shining faces of children will fill you with delight upon your arrival as you bring much needed aid to those without access to medical services. Venture into their hearts and experience the rich Kenyan culture while caring for them and bringing them hope and inspiration. This premier opportunity will allow volunteers to see every facet of life that Kenya has to offer from the orphanages and informal settlements to the villages and game parks. During this trip you will enjoy a one-day safari and see the world famous Big 5 of Kenya!

## Lodging/Transportation

On this Classic Trip, you and your fellow team members will be staying at a 2-star accommodation with safe, clean, comfortable rooms. The lodging is simple, basic, safe, comfortable, and affordable

All transportation to and from the clinic has been arranged for you. Professional drivers, safe vehicles, and security are some of the many reasons to join IMR on a trip. Don't nap - there's plenty to see out the window surrounding your home away from home this week! Don't forget to look for the zebra herds!!

## Highlights

The families will stay with you long after this trip ends. Multi-generational but often missing one entire generation in the middle with HIV/AIDS a common cause of the devastation the missing generation means to the family before you. Grandmothers will bring their grandchildren for your recommendations and expertise; young girls will bring their babies for you to do the same. You'll see many unforgettable things on this trip.

SAFARI INCLUDED! After an arduous clinic schedule the team will see up close some of the world's most amazing animals. On your safari, you will witness the harmony of numerous species of wildlife rarely found in any large quantity anywhere but Kenya. See the abundant wildlife first hand that has made Kenya the leader for adventure wildlife seekers and renowned photographers. In this place like no other, you will have the opportunity to see up close the world's most amazing animals.



## ITINERARY

*This itinerary is subject to change without notice.*

*Please note: You will be notified about the group flight option prior to the Early Bird deadline. Domestic flight arrangements should not be made until after the group flight is booked.*

*If you choose to fly independently, transportation between your arrival airport and your IMR accommodation is not included. If you wish to arrange transportation, you can contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).*

*If you have any questions regarding flights, please contact [flights@worldwidenavigators.com](mailto:flights@worldwidenavigators.com).  
Thank you.*

### **Sunday, August 4, 2024**

#### Arrivals & Orientation

You need to fly into the Kisumu International Airport, airport code KIS, in Kisumu, Kenya by 2:00 pm and then transfer to your team lodging. Upon arrival at the airport, team members who have selected Airport Transfer will be transported from the airport to team lodging. Team members who have opted

out of Airport Transfer will need to arrange transportation from the airport to team lodging. Once you've arrived at team lodging, settle in and join your team for dinner. After dinner, you will attend the team orientation to prepare you for the upcoming week of clinic. During orientation, your team leader will assign roles for the clinic, discuss our community health education efforts in detail, present IMR's clinic protocols, and provide an overview of the communities your team will be serving in Kenya. Our partners will join us to explain the cultural components, medical landscape and overview of the medical conditions prevalent in the area.

### **Monday, August 5, 2024**

#### Clinic

You and the team will travel to different clinic sites each day. Prepare to work together to stop the spread of infectious diseases and minimize this devastation. Our clinic camps will be set up exclusively for the IMR team and the entire community will come out to be a part of the clinic. The children's shining faces and bright smiles mask the chronic conditions and acute illnesses plaguing their survival. They are filled with delight upon your arrival as you bring much needed care to those without access to medical attention. You will experience the rich Kenyan culture while caring for the many families, elderly, and pregnant women that come to clinic, while bringing them hope and inspiration. After clinic, dinner and debriefing with your team will complete your day.

### **Tuesday, August 6, 2024**

#### Clinic

You and your team will provide training for local healthcare providers to continue IMR's long-term, sustainable education efforts. Education is as important as medical and dental care for our patients. Each clinic includes basic health education according to the specialties and skills of the IMR volunteers, as well as the needs of the local people. When communities become empowered to take health and wellness issues into their own hands, they become self-sufficient. IMR provides learning opportunities for the local communities through classes and hands-on learning to sustain their well-being beyond our visit.

### **Wednesday, August 7, 2024**

#### Clinic

During clinic day three, you will continue responding to the communities that need you most! Caring for many families, the elderly, and pregnant women that come to the IMR clinic.

### **Thursday, August 8, 2024**

#### Clinic

Today will be another wonderful day of clinic. You'll be welcomed into this community with open arms! The days are long and hard but incredibly rewarding! Following clinic, join your team for dinner and the nightly debrief.

### **Friday, August 9, 2024**

#### Safari

Wake up to breakfast at your lodging and then drive to the Nairobi National Park with your team! This park is known for the Black Rhino Sanctuary, but you will have opportunities to see zebras, giraffes, lions, and more! After your exciting day at the game park, you will have time to explore Nairobi and do some shopping.

### **Saturday, August 10, 2024**

#### Departures

This is your last day in Kisumu! We are so thankful for all your hard work and hope to see you back soon. Enjoy your flight home and savor the memories! If you're interested in extending your stay, our partner Worldwide Navigators offers exclusive trip extensions just for IMR volunteers! See the extensions tab on this page for details.



## EXTENSIONS

Since you're journeying halfway across the globe, have you considered extending your stay to visit some of Kenya's top spots? Join International Medical Relief on an exclusive trip extension provided by our partner, Worldwide Navigators!

Worldwide Navigators offers four fantastic safari opportunities to extend your time in Kenya and view some of Africa's biggest and most beautiful animals. Contact Worldwide Navigators to book one of these extensions or get more information.

Travel into the heart of Kenya to visit Amboseli National Park, famous for its spectacular setting with incredible views of the Kilimanjaro peak. Spot large herds of elephants, giraffes, wildebeest, zebra, buffalo and the elusive leopard during exciting game drives.

Highlights:

Itinerary:

Day 1 - Nairobi to Amboseli National Park

Depart in the morning through the scenic Athi Plains and drive into the bush country of Amboseli National Park, home to the legendary Maasai tribesmen and famous for its huge herds of elephants. After lunch an afternoon game run is planned. In addition to seeing elephants; antelopes, zebras, wildebeest, buffalos, and elusive leopards can be seen. Enjoy the spectacular setting of the park, which offers incredible views of the Kilimanjaro peak.

## Day 2 – Explore Amboseli National Park

Rise early for good views of Mount Kilimanjaro before clouds build up over the summit and set off for another game drive. Amboseli is an excellent place to view a multitude of wildlife, including wildebeest, giraffes, and baboons. An optional visit to a Maasai village is planned after breakfast. Maasai warriors are famously known as the proud nomadic tribe whose legendary prowess in battles, and whose single-handed acts of bravery in fights with the wild animals, are known across the world. A visit reveals the singing and dancing that are part of their daily lives and sacred rituals. A glimpse into their homes and social structure is a poignant experience. Enjoy a midday lunch before going on another extensive game drive.

## Day 3 – Amboseli National Park to Nairobi

Enjoy your breakfast in the morning before returning to Nairobi, your camera full of amazing pictures.

3-Day, 2-Night All-Inclusive Tour Starts at \$1,125. Contact Worldwide Navigators to book this extension or get more information.

Experience the Masai Mara Natural Reserve with this 3-Day, 2-Night adventure trip into the heart of the Mara Region. Go on game drives to awe at the pristine nature and wildlife found here such as giraffes, elephants, lions, cheetahs, leopards, hippos, wildebeests, and zebra to name a few. Visit a traditional Masai Village and take a nature walk with a naturalist guide.

Highlights:

Itinerary:

### Day 1: Nairobi | Masai Mara National Reserve

You will be picked from your accommodation at 8:30 am for journey south along the floor of the dramatic Great Rift Valley to Masai Mara National Reserve – an extension of Tanzania’s Serengeti National Park. This area is known as the Seventh Wonder of the World because of the Great Migration that takes place every year between June and September. Millions of wildebeests and zebras cross Mara River from Serengeti National Park in Tanzania to Masai Mara Game Reserve in Kenya in search of food and water. The park is also famous for its wide variety of resident wildlife all year round.

After lunch at Narok Town, you will arrive at the Masai Mara National Reserve in time for an afternoon game drive. You may get to see the Big Five, different varieties of birdlife, and the best savannah vegetation in the world. This is serene, vast country of breath-taking vistas, a panorama of vast rolling plains and rounded hills, and intermittent groves of acacia woodlands and dense thickets of scrub. The Mara River and its tributaries, which are lined by thick river forest, bisect the whole land. The famous Masai tribesmen live within the game reserve, and in every direction, there are seemingly endless herds of game



animals.

### Day 2: Masai Mara National Reserve

You will spend your day absorbing the beauty and splendor of the Mara. In this country of breathtaking vistas, view its vast assemblages of plains game together with their associated predators.

Mara has the largest population of lions to be found in Kenya. Other animals you may see include Buffalo, Black Rhino, Hippopotamus, Leopard, Cheetah, Common Zebra, Coke's Hartebeest, White-bearded Gnu, Oribi, Warthog and Thomson's and Grant's Gazelles. The bird life of Mara is as profuse as its mammalian fauna.

You will have a picnic lunch at the Mara River while watching crocodiles and hippos laze around in their natural habitat. This is a great way to take advantage of your time in the park and enjoy seeing the views below and all around you. After lunch, you will continue your game drive in search for more wildlife.

You will be dropped off at the Masai Village at 5:00 pm for an opportunity to visit the Masai people to witness the singing and dancing that are part of their daily lives and sacred rituals. Upon arrival at the village, you will go for a nature walk with a Masai naturalist guide and see herbs that are used as medication among the Masai.

Once you return to the village, a campfire will be lit and there will be entertainment from the men, women, and children of the village with a chance for you to join in their dancing. The chief will then share stories of their culture and tradition, and you will see how the herbs seen during the nature walk are prepared and used. You will also have a glimpse into their homes and social structure. Dinner will be served at the village followed by coffee and tea.

Optional: Tonight, you will have the option to choose to sleep in an authentic Masai-style home with beds, located at the campsite. (Subject to availability.)

### Day 3: Masai Mara National Reserve | Nairobi

You will have an early morning game-viewing drive in the park and return to the camp/lodge for a full breakfast. After breakfast you will then depart on a leisurely drive to Nairobi arriving late afternoon, where you will be dropped off at your accommodation or the airport to head home.

3-Day, 2-Night All-Inclusive Tour Starting at \$1,145. Contact Worldwide Navigators to book this extension or get more information.

Travel to Kenya's most famous game parks on this four-day safari: the Masai Mara National Reserve and Lake Nakuru National Park. Marvel at the pristine nature and wildlife such as giraffes, elephants, lions, cheetahs, wildebeests and over 400 species of birds.

Highlights:

Itinerary:

#### Day 1: Nairobi | Masai Mara Game Reserve

You will be picked from your accommodation at 8:30 am for journey south along the floor of the dramatic Great Rift Valley to Masai Mara National Reserve – an extension of Tanzania’s Serengeti National Park. This area is known as the Seventh Wonder of the World because of the Great Migration that takes place every year between June and September. Millions of wildebeests and zebras cross Mara River from Serengeti National Park in Tanzania to Masai Mara Game Reserve in Kenya in search of food and water. The park is also famous for its wide variety of resident wildlife all year round.

After lunch at Narok Town, you will arrive at the Masai Mara National Reserve in time for an afternoon game drive. You may get to see the Big Five, different varieties of birdlife, and the best savannah vegetation in the world. This is serene, vast country of breath-taking vistas, a panorama of vast rolling plains and rounded hills, and intermittent groves of acacia woodlands and dense thickets of scrub. The Mara River and its tributaries, which are lined by thick river forest, bisect the whole land. The famous Masai tribesmen live within the game reserve, and in every direction, there are seemingly endless herds of game animals.

#### Day 2: Discover Masai Mara Game Reserve

You will spend your day absorbing the beauty and splendor of the Mara. In this country of breathtaking vistas, view its vast assemblages of plains game together with their associated predators.

Mara has the largest population of lions to be found in Kenya. Other animals you may see include Buffalo, Black Rhino, Hippopotamus, Leopard, Cheetah, Common Zebra, Coke’s Hartebeest, White-bearded Gnu, Oribi, Warthog and Thomson’s and Grant’s Gazelles. The bird life of Mara is as profuse as its mammalian fauna. You will have a picnic lunch at the Mara River while watching crocodiles and hippos laze around in their natural habitat. This is a great way to take advantage of your time in the park and enjoy seeing the views below and all around you. After lunch, you will continue your game drive in search for more wildlife.

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Optional: Tonight, you will have the option to choose to sleep in an authentic Masai-style home with beds, located at the campsite. (Subject to availability.)

#### Day 3: Masai Mara Game Reserve | Lake Nakuru National Park

You will depart after an early breakfast for the ornithological paradise of Lake Nakuru National Park. It supports a wide ecological diversity of flamingos and other water birds – over 450 bird species have been recorded here. You will arrive at around 12:30 pm to check in and have lunch. Relax till 4:00 pm, then you will head out for another game drive and nature walk along the lake shores, returning to your accommodation before sunset.

Lake Nakuru is a shallow alkaline lake famous for its flamingo population estimated to be more than a million. Bird watchers refer to the lake as the Birds Paradise. There are no elephants in the park, but you may spot other animals including tree-climbing lions, the white and the black rhinos, which are endangered species in Kenya, the rare Rothschild Giraffe, Cape buffaloes, Waterbucks, Gazelles, Leopard, primates, and more.

#### Day 4: Lake Nakuru National Park | Nairobi

After breakfast, you'll go out for a morning game/bird drive around the lake shores. You'll return to your accommodation for a big buffet lunch then pack up and head to Nairobi, stopping at the Rift Valley viewpoint for some stunning photo opportunities. The Rift Valley runs 6,000 kilometers from the Red Sea into Mozambique and is up to 100 kilometers wide in places. After a photo opportunity at the viewpoint and a chance to enjoy the spectacular view, we head to Nairobi, arriving early afternoon.

4-Day, 3-Night All-Inclusive Tour Starting at \$1,630. Contact Worldwide Navigators to book this extension or get more information.

On this exhilarating five-day safari experience, you'll see distinctive species as you travel from one game park to another. Enjoy high-altitude game viewing in Aberdare National Park, marvel at the abundant birdlife at Lake Nakuru, and try to spot the Big 5 at the Masai Mara Game Reserve.

Highlights:

Itinerary:

#### Day 1: Nairobi | Aberdare National Park

Depart Nairobi after breakfast for Aberdare National Park, stopping for lunch at The Aberdare Country Club, nestled on the slopes of Mweiga Hill. After lunch, set off for the Ark Tree Lodge, located in the forest on the slopes of the Aberdare Mountains at 7,000 feet. This outstanding lodge offers high altitude game viewing, including animals that are rarely encountered elsewhere: Giant forest hog, Bush Pig, Tree Hyrax, Large Spotted Genet, and the elusive Bongo Antelope.

Wildlife can be observed from different locations – from outside where you can see, hear and smell everything and from inside where you can sit with a cup of tea and stay warm and cozy. You can put in a request to be awakened during the night if your favorite animals show up. A herd of elephants might be just feet away and if you are lucky, a leopard or large male lion might put in an appearance.

#### Day 2: Aberdare National Park | Lake Nakuru National Park

In the morning, depart Nairobi by road and proceed to Lake Nakuru Park, regarded by avid birders as the greatest World ornithological spectacle on Earth. The Park is famous for its millions of pink flamingoes lining on the lake shore. Arrive mid-morning at Lake Nakuru for a game drive before checking in at your lodge/camp for lunch. A spectacular afternoon game drive is planned. The Park is also sanctuary to the Black Rhino, White Rhino and the Rothschild Giraffe. Bird life is plentiful as well and include common species like the Lesser and Greater Flamingoes, African fish Eagle, Tawny Eagle, Green Wood Hoopoes, Cliff Chat, Great White and Pink Backed Pelicans plus other intra-African Migrants.

The Masai Mara is home to the amazing Wildebeest Migration where 1.7 million wildebeest and more than 500,000 zebras and antelopes cross the swollen Mara River in hopes of finding safety on the sweeping plains in Masai Mara National Park.

#### Day 3: Lake Nakuru National Park | Masai Mara Game Reserve

After having breakfast, travel overland to the Masai Mara Game Reserve- a jewel of Kenya's Game Parks. This enormous Reserve is actually part of the vast Serengeti plains and is famously known for its spectacular great wildebeest migration. It is also home to the big five: Lion, Elephant, Leopard, Rhino and Cape Buffalo. After lunch, explore the Reserve on an evening game drive.

#### Day 4: Explore Masai Mara Game Reserve

The Masai Mara is one of the greatest wildernesses of the world. Morning and afternoon game drives are planned today. Large mammals are diverse, abundant, and easy to see. Residents among the park include Masai Giraffe, Buffalo, Impala, Zebra, Topi, both the Thomson's and Grant's Gazelles.

*\*Optional\** Hot Air Balloon rides are available on this day at an additional cost. On this final day in the Mara, you also have the opportunity to visit an authentic Masai village (optional).

#### Day 5: Masai Mara Game Reserve | Nairobi

Go on an early morning game drive followed by a complete breakfast at your lodge/camp. Then depart for Nairobi. The rest of the day is at your leisure for last-minute shopping and sightseeing.

5-Day, 4-Night All-Inclusive Tour Starting at \$1,945. Contact Worldwide

Navigators to book this extension or get more information.



## FLIGHTS AND PRICES

### Minimum Donation

*Your generous donation helps to save and change lives every day*

Your generous donation of **\$1700** will go toward the ongoing global relief to care for the underserved and vulnerable people of this community. As a member of this medical mission team, you will elevate the long-term impact of sustainable, capacity-building efforts that improve the health, wellness, and quality of life of those most in need. A small portion of your donation includes:

- Clinic supplies and medications for patients
- Clinic participation
- Transportation, accommodations, and meals as outlined in the itinerary

### Donation Payment Deadlines

\$1500 due by May 6, 2024

\$1700 due by July 7, 2024

## Early Bird Savings Opportunity

To be eligible, upload all your required documents and forms, and make a minimum of 50% of your donation payment by .

## FLEXIBLE FLIGHT OPTIONS

### Volunteer with Airfare

You may choose to book a flight with us for an additional fee. Details on the available flight routing and US departure city will be announced on . Airport transportation to and from the team's accommodations are also included with this option. Depending on your departure city, you may still need to purchase another flight in addition to this one. After this flight has been booked, you may contact our travel agent, Worldwide Navigators, for assistance booking any necessary additional flights.

### Benefits of Flying at a Group Rate

- Travel with other members of your team on select routing
- Fly on a group ticket at a guaranteed rate
- Transport to and from the airport included

### Volunteer without Airfare

Many team members choose to book their flight(s) to and from the mission location independent of IMR. This is a great option if you would like to extend your stay in the area to tour and explore, or if the routing from your home airport is more feasible for you. If you choose to fly independently, please note that your transportation in between the airport and the team's accommodations will not be provided. This will need to be arranged separately. Our partner for travel, Worldwide Navigators, would be happy to assist you in coordinating flights and/or transportation. You can contact them at [travel@worldwidenavigators.com](mailto:travel@worldwidenavigators.com).

### Benefits of Flying Independently

- Extend your stay and customize your dates of travel
- Choose your departure location
- Customize your class of service

## Featured Enhancements

Airfare & Airport Transfer:

**Starting at \$50+ each way plus airfare that is subject to availability at the time of booking.**

Single Supplement:

\$100 per night

Airport Transfers (for independent flyers):

\$50 each way

Malpractice Insurance:

\$129.50 to \$279.50

Continuing Education (CE/CME) Credits:

\$350

Personalized Scrubs (2 sets):

\$50

IMR T-Shirt:

\$15

Partner Program:

Starting at \$25 per month

*\*\* To purchase any of the above Featured Enhancements for your mission please contact our office at [office@imrus.org](mailto:office@imrus.org) or call at (970) 635-0110*

## Your Donation to IMR for Your Mission Cost Includes:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- Transportation
- Lodging
- Costs associated with the clinic
- Food
- Tips for services provided to the IMR team
- All logistics, including translation services and security as needed

## Additional Costs That You Are Responsible For:

All group costs from the time you arrive at the team meeting point in country until you separate from the team or when the team arrives at the departure airport, including:

- International and Domestic flights to the country. [You have the option to](#)



[fly independently, or on a group flight with IMR](#)

- Passport fees, visa fees, and transit fees, including baggage or overnight accommodations/meals while in transit
- Required or recommended insurance
- Vaccinations and medications common for travel
- Spending money for souvenirs and personal purchases
- Required or desired mission supplies, personal equipment, or small gifts for the special people you meet
- Any lodging, meals, and transportation outside of the scheduled team mission, payable at the time of service to the local vendor
- COVID-related fees such as testing, vaccinations, and quarantines as required by incountry arrival/departure or USA arrival/departure