IMPACT GLOBAL HEALTH ALLIANCE VOLUNTEER PROGRAM





Expedition Kenya: Community Health in Kisii County

Expedition Overview

Trip dates can be customized for groups of at least 6 people.

Location: Impact Global Health Alliance's project communities in Kisii County, Kenya. https://goo.gl/maps/9vrupB3AcX3x84k96

Goals: Through this trip, we will seek to:

- Participate in mutually beneficial leadership exchange with government officials at the federal, state, and local level. In partnership with health workers, visit health facilities, complete home visits, attend care groups, and learn about local health issues and initiatives.
- Contribute skills and energy to a sustainable community health program.
- Experience Kenyan culture and learn about its history, health, socio-economic and political issues.

Impact Global Health Alliance

Founded in 1983 at Lake Junaluska by a Methodist Missionary, Impact Global Health Alliance has worked to save the lives of women and children in forgotten communities. Globally nearly 5.9 million children will not see their fifth birthday due to preventable and treatable illnesses like pneumonia and diarrhea. We have reached over 1.6 million people in the most rural parts of Latin America and Africa in 40+ years and seven countries. We know that good health directly affects education, income, family and community wellbeing, so Impact Global Health Alliance uses evidence-based solutions to bring about sustainable changes to the healthcare system in the communities with whom we partner. We have been working in Kenya since 2018 and currently partner with the Ministry of Health in Kisii County and Kisii Konya Oroibo Project (KIKOP) to save the lives of women and children.

Our Work in Kenya

The combination of poor infrastructure and harsh living conditions has made Kenya a tough place for moms and their babies. Due to isolation and lack of knowledge or trust in the health system, many women and children die from preventable illnesses such as pneumonia, diarrhea, malnutrition, and gastrointestinal complications.

We build sustainable, grass-roots health programs which meet community needs in effective and measurable ways. We provide primary health care and health education to over 43,000 people, focusing on child survival techniques, reproductive health, healthy moms and babies and clean water.

Our focus is on saving lives and improving the well-being of women, children, and families through activities such as:

- Nutrition education & support for vulnerable children
- Pneumonia prevention & treatment
- Reducing teenage pregnancy
- Diarrheal disease control & treatment
- Maternal & newborn care

Service, Learning and Cultural Exploration

Service: Volunteers will serve in whatever way(s) are identified as most helpful by the local staff. In the past, volunteers have broken up into small groups and shadowed health workers in different areas of the clinic, general consultations, well child visits, and home visits. Volunteers will learn about and participate in a community-based healthcare program, shadowing the day-to-day activities of staff and learning about health issues and the healthcare system in Kenya. In addition, volunteers will have the opportunity to visit partner facilities in the area, including hospitals, and specialty care clinics to gain a more holistic understanding of the healthcare system. Volunteers will also participate in mutual educational exchanges with local staff to teach and learn from one another.

Volunteers will:

- Be immersed in another culture.
- Learn about cultural competency and culturally appropriate care.
- Participate in meaningful and results-oriented, grassroots community health.
- Understand health inequities and the effect it has on vulnerable populations such as women/mothers and children.
- Gain a deeper understanding of how community health affects positive change in the community.
- Examine evidence-based practice and data collection techniques used in a community healthcare.
- Practice medical skills in a low resource environment (if applicable)

Learning: By interacting with local health workers, touring health facilities, attending peer-led health education care groups, and participating in home visits, team members will have the opportunity to take part in a real community-based, rural healthcare program in a developing country. They will learn, from the workers themselves, about local health problems and initiatives, as well as the various cultural, religious, governmental, and socio-economic factors which affect health care in high-need communities.

Culture: In the project area, volunteers will have the unparalleled experience of being immersed in both an urban setting, as well as small, traditional villages in surrounding areas. The area is known for its soapstone crafts, lush and hilly landscapes, and rich agriculture (robust banana, tea, coffee, and maize farming). Many people speak English, Swahili and the native language, Gusii. The trip will also

include time for optional cultural activities such as going to the soapstone market and purchasing ornate and colorful Kitenge fabric for tailored items. In Nairobi, activities include a morning safari in Nairobi National Park, and visits to the Sheldrick Elephant Orphanage and the Giraffe Center.

The Impact Global Health Alliance Experience in Kenya

Support: All food, lodging, transportation, and activities will be coordinated in advance by Impact Global Health Alliance. A facilitator will travel with the team to coordinate logistics and provide support as needed. Teams also receive extensive orientation materials such as travel guidelines, packing lists, cultural and safety orientation, and area information to help prepare for the trip.

Safety: Impact Global Health Alliance and all our partners consistently make safety the highest priority for team members. The primary way we ensure safety is through partnership with local organizations. Through these established partnerships, our Kenyan friends know where to go, when to go, and how to get there to keep us safe. In addition, group facilitators have extensive international travel experience along with a familiarity of Kenya. Extensive risk management practices are in place in coordination with the local US Embassy, emergency evacuation insurance, and travel Insurance from the US.

Lodging: Reservations will be made in clean, modest, and reputable hotels. In the project area, team members will have secure and comfortable accommodations typically at Dans Hotel or Dallas Premier Hotel.

Food: Breakfast, lunch, dinner and clean drinking water are provided daily at the hotel. All restaurants have been vetted for international travelers. While travelling through Kenya, meals will be taken at reliable and safe restaurants. All efforts are made to accommodate food allergies and dietary preferences however food choices are more limited in rural and remote areas. Please disclose any allergies or dietary restrictions early and plan to bring supplemental food items with you.

Schedule: While in-country, team members will participate in meetings with project stakeholders and community visits throughout the day. Evenings offer time to relax, reflect, and interact with other volunteers.

Cost: A cost breakdown is provided below, but you can anticipate a per-person cost, not including airfare, ranging from $2,000 - $3,000. Please note that exact costs depend on current food and gas prices, team size, and individual rooming preferences among other factors.

Volunteers pay a flat-rate fee which covers all in-country travel costs including meals, lodging, transportation, tips, activities, travel insurance, support before and after the expedition, and accompaniment by an Impact Global Health Alliance facilitator. While there is a donation to the project you are visiting included in the price, IGHA provides all travel at-cost and does not charge administrative fees. Other expenses include airfare, visa, vaccinations, spending money, and excursions not outlined below.

We can help coordinate your flights if needed or volunteers can purchase separately to take advantage of frequent flier miles or special deals. If purchased separately, be sure to contact your trip leader to coordinate arrivals and share flight information.

General Itinerary 11 day/ 10-night Core Project Trip

Please note this is a sample itinerary and subject to change.

Meals: Breakfast is included in hotel stay. Lunches and Dinners will also be taken in the hotel restaurant. If away for the day, box lunches will be prepared.

Day 1-2	Fly from U.S. to Nairobi Airport pick up and transfer to hotel in Nairobi (in the Karen area of Nairobi) Depending on arrival time, afternoon at Giraffe Center
Day 3	Breakfast at hotel Travel through the Great Rift Valley to Kisii County (5+ hour drive) Lunch in Narok en route Check in to hotel (Dallas Premiere Hotel or Dan's Hotel) Meet host at hotel dinner
Day 4	Breakfast at hotel Visit KIKOP office, Introduction to project and staff Community home visits Box lunch in the field Dinner at hotel
Day 5	Breakfast at hotel Day in Iranda catchment area Tour Iranda Health Center Participate in care groups and/or home visits Box lunch in the field Kitenge fabric shopping and tailor visit Dinner with staff
Day 6	Breakfast at hotel Day in Nyogoto catchment area Tour of Nyogoto Health Facility Community health work Box lunch in Kisii Dinner at hotel
Day 7	Breakfast at hotel Day in Matongo catchment area Tour Matongo Health Center Community activities Box lunch in Kisii Dinner at hotel or Indian restaurant

Day 8	Breakfast at hotel Optional activities: soapstone market, pick up custom clothing Farewell dinner with project staff
Day 9	Breakfast at hotel Departure from Kisii Lunch en route Arrive in Nairobi/spend night
Day 10-11	Get breakfast box from hotel Safari to Nairobi National Park 11:00-12:00 Sheldrick Elephant Orphanage Visit Giraffe Center Flights leave later at night around 11:00 pm Next day: Arrive back in US

"Core" trip cost estimate per person: $2,000 - $2,500

Included

- "Core" trip of 11 days/10 nights
- Lodging
- Three meals per day, snacks, and water
- All private transportation
    - Airport transfers
    - To/from Nairobi and Kisii
    - Kisii and project site (visits to health posts, home visits to rural communities, etc.)
- Miscellaneous Costs
    - Donation to the Project ($300)
    - All tips and gratuity
    - Medical evacuation travel insurance
    - Entry to:
        - Nairobi National Park
        - Sheldrick Elephant Orphanage
        - Giraffe Center

Additional trip expenses to consider:

- $1,200-2,000 - Airfare (economy, roundtrip)
- $0.00 to $150.00+ - Travel vaccinations and medications (depending on medical history and medical insurance). All travelers should see their primary care physician to determine what vaccines and medications are necessary. It is recommended that travelers take malaria medicine for the duration of their stay in Kenya.
- $35.00 - Kenya e-visa
- $100 to $200 - Spending money

Next Steps

- **Contact Lisa Hoskins:** Lisa@ImpactGlobalHealthAlliance.org **or 919-649-2851**

- **Complete requested paperwork**

- **Make trip deposit of $500 required 6 months prior to departure date.**
    - **You can make your $500 deposit by going to impactglobalhealthalliance.org/donate/**
    - **Once contact information is provided, it will ask you if you are going on a volunteer team/trip? Type in the country, month and year of your trip.**

  OR
    - **Mail a check noting country, month and year to:**
      PO Box 1090
      Holly Springs, NC 27540

Thank you for your interest in volunteering. Impact Global Health Alliance Volunteer Expeditions offer once-in-a-lifetime opportunities to help others while learning more about yourself and the world.

Are you ready? Let's Go!