

**Healthcare and Culture:
An International Field Experience
Malawi, Africa**

May 22- June 6, 2018
PROPOSED ITINERARY

- Tues. May 22** Meet in at JFK
11:15 SAA flight #204 to Johannesburg (Lunch, breakfast served)
Sleep on plane!!
- Wed. May 23** Arrive in Johannesburg at 0805 am
Flight from Johannesburg to Lilongwe, Malawi
SA flight #170 Leaving 10:00 am–Arriving 12:20 pm
Brunch on plane
Meet with Ministry of Hope staff and prepare for mobile medical clinic
Hold babies at the crisis care nursery!
Stay at Korean Gardens in Lilongwe – Meet Happy Jaji-Malawi Cultural Introduction. <http://www.kglodge.net/content>
- Thur. May 24** Assess health care needs of villagers in rural Malawi
Assist Ministry of Hope staff with mobile medical clinic
<http://www.ministryofhope.org> +265 1 761 672
Stay at Korean Gardens in Lilongwe
<http://www.kglodge.net/content> +265 1 753 467
- Fri. May 25** Meet with director of “Children of Blessings” OT/PT clinic
Travel to Lake Malawi Nkhata Bay
Stay at Mayoka Village in Nkhata Bay, Malawi
<http://www.mayokavillagebeachlodge.com/>
+265 0 999268
- Sat. May 26** Visit Nkhata Bay Hospital
Visit traditional wood carvers’s market
Stay at Sambani Lodge in Chintechi, Malawi
<http://www.sambanilodge.com/index.htm>
+265 1 990 011(landline)
+265 999 723 062 (manager’s mobile)
- Sun. May 27** Rest, relax and reflect.
Time for journaling and reading. Optional local worship service.
Travel to Mzuzu
Stay at Chatonda Lodge in Mzuzu
+265 99 984 1087
Sam Chirwa, driver’s # 099 303 7210

- Mon. May 28** Assess health care needs of staff and babies at crisis nursery
 Visit Eckwendeni Hospital
 Partner with various departments: Lab, outpatient, pediatric and medical
 Stay At Chatonda Lodge in Mzuzu
[265 99 984 1087](tel:265999841087)
 Sam Chirwa, driver's # 099 303 7210
- Tues. May 29** Visit Mbowe to see Organic gardening/ building projects
 Travel to Lilongwe-Stay at Nelly's for next 3 nights
 phone +265(0)759 514
<http://www.nellysguesthouse/>
- Wed. May 30** Visit Baylor sponsored pediatric Aids Clinic with Dr. Saeed Ahmed
 Stay at Nelly's
 phone +265(0)759 514
<http://www.nellysguesthouse/>
- Thur. May 31** Medical Mobile Clinic with Ministry of Hope
 Stay at Nelly's
 phone +265(0)759 514
<http://www.nellysguesthouse/>
- Fri. June 1** Visit Parliament
 Move to Korean Gardens in Lilongwe
 NGO guest speakers to discuss public health issues in Malawi
<http://www.kglodge.net/content> +265 1 753 467
- Sat. June 2** Safari at Mvuu Camp Liwonde National Park
 See the elephants, hippos, monkeys, etc.
<http://www.eyesonafrica.net/african-safari-malawi/malawi-safari.htm>
- Sun. June 3** Boat ride on Shire River-See alligators, tropical birds, etc.
 Visit local clinic
 Discussions and reflection on our experiences
 Travel back to Lilongwe to Korean Gardens
- Mon. June 4** Mobile Medical clinic with Ministry of Hope
 In conjunction with team from University of South Carolina
 Medical team farewell dinner at Korean Gardens

Tues. June 5 Wrap up with staff from Ministry of Hope
Afternoon flight from Lilongwe to Johannesburg, South Africa
Flight SA # 171 1:05 pm-Arriving 3:35 pm in JBurg
Flight SA #203 leaving Johannesburg 20:55 to the USA
Dinner on plane, Sleep!

Wed. June 6 Arrive JFK at 6:40 am
May take 1-2 hours to clear customs

Other Information:

- WhatsApp is best way to stay in contact to US.
- Internet is not reliable!
- 94% of the country is without electricity and we will have periods where electricity is “turned off” where we visit.
- Time difference: Malawi is 6 hours ahead of EST

Important Numbers:

- **To call Malawi from USA: DIAL 011 +265+ phone number**
- Melissa Dhundale cell 917-826-4914-Group Malawian phone number TBA
- Jessica Hoff cell: 724 272 3116
- Sam Chirwa, Malawi guide and driver: 999 51 57 60 mayors28@yahoo.com
- Grace Chiumia, Member of Parliament: 888 603 641
- Rachel Gould-Ithaca College office of International Programs 607-274-3306

Baggage:

- 2 pieces per traveler (50 lb limit each) One personal suitcase, one with donations. Small backpack as carry on – all personal meds in this bag.
- Label all luggage with your name and email address and final destination:

**Ministry of Hope
Crossroads Complex
Lilongwe, Malawi**