

## DETAILED ITINERARY MALAWI, AFRICA 2020

### May 19-June 02

- Tues. May 19            Meet at JFK for flight to Johannesburg, South Africa  
South African Airways  
Arrive at the gate at 08:00 am Flight leaves at 11:15 am  
Sleep on plane (Dinner, breakfast served)
- Wed. May 20 Arrive    in Johannesburg at 0820 am  
Flight from Johannesburg to Lilongwe, Malawi  
SA flight Leaving 10:00 am—Arriving 12:20 pm  
Meet with Ministry of Hope staff  
Hold babies at the crisis care nursery  
Stay at Korean Gardens in Lilongwe  
Assist MoH staff with preparations for mobile medical clinic  
<http://www.ministryofhope.org> +265 1 761 672  
<http://www.kglodge.net/content> +265 1 753 467
- Thurs. May 21 Assess health care needs of villagers  
Assist Ministry of Hope staff with mobile medical clinic  
Stay at Korean Garden Lodge
- Fri.. May 22 Visit Parliament  
Travel to Lake Malawi Nkhata Bay  
Stay at Mayoka Village in Nkhata Bay, Malawi  
<http://www.mayokavillagebeachlodge.com/>  
+265 0 999268
- Sat. May 23 Visit traditional woodcarvers 'market  
Stay at Chintheche Inn  
+265 1 771 393
- Sun. May 24            Rest and relax! Time for journaling and reading.  
Local church service for those that are interested  
  
Stay at Chintheche Inn
- Mon.. May 25           Visit Chivumu primary school  
Travel to Mzuzu  
Assist with babies Mzuzu crisis nursery  
Stay at Marion Medical Mission house in Mzuzu  
<http://marionmedical.org/>
- Tues..May 26 Visit Eckwendeni Hospital and Mzuzu Central Hospital

Partner with various departments: Lab, outpatient, pediatric and medical  
Stay at Marion Medical Mission house

Wed. May 27 Visit Mbowe-to see Organic gardening/ building projects  
Return to Lilongwe  
Stay at Korean Gardens, prepare for mobile medical clinic

Thu. May 28 Mobile medical clinic  
Invite Ministry of Hope staff to dinner  
Stay at Korean Gardens

Fri. May 29 Meet with Kathy Bowler PT/OT  
Volunteer work at "Blessings"- serving children with disabilities  
Stay at Heuglins Lodge Lilongwe +265 1 771 393

Sat. May 30 Travel to Safari at Mvuu Camp, Liwonde National Park  
See the elephants, hippos, monkeys, etc!  
<http://www.eyesonafrica.net/african-safari-malawi/malawi-safari.htm>  
+265 888 822 398

Sun. May 31 Boat ride on Shire River-See alligators, tropical birds, etc.  
Discussions and reflection on study abroad experience  
Travel back to Lilongwe  
Stay at Heuglin's Lodge Lilongwe

Mon. June 1 Early morning visit to Parliament  
Afternoon flight from Lilongwe to Johannesburg, South Africa  
Flight SA 1:15 pm-Arriving 3:30 pm  
Flight leaving Johannesburg to the USA at 9:05 pm  
Dinner on plane, Sleep!

Tues. June 2 Arrive at 06:40 am JFK, USA  
May take 1-2 hours to clear customs

**Other Information:**

- Internet is not reliable!
- 94% of the country is without electricity and we will have periods where electricity is “turned off” where we visit.
- Please bring headlamp or flashlight.
- Snacks to share from home may be comforting.
- Time difference: Malawi is 6 hours ahead of EST

**Best way to communicate with each other in country is thru WhatsApp**

- *To call Malawi from USA: DIAL 011 +265+ phone number*
- Kathy Besemer 315-406-6613 Mary Taylor RN 607-592-4067
- Peter Chirwa, Malawi guide and driver: +265 995-480-0990
- Grace Chiumia, Member of Parliament: +265 088- 860-3641
- Office of International Programs Ithaca College 607 274 3306
- Rev. Nkhoma +265 088 887 0495

**Baggage:**

- 2 pieces per traveler (50# 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**