

ITINERARY MALAWI, AFRICA 2019

May 26 - June 11

- Sun. May 26 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)
- Mon. May 27 Arrive in Johannesburg at 08:20 am
Flight from Johannesburg to Lilongwe, Malawi
SA flight Leaving 10:00 am–Arriving 12:25 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
- Tues. May 28 Assess health care needs of villagers
Assist Ministry of Hope staff with **mobile medical clinic**
- Wed. May 29 Meet with Kathy Bowler PT/OT
Participate in volunteer work at with children of “Blessings”
Prepare supplies for mobile medical clinic (for the next day)
- Thurs. May 30 Assist Ministry of Hope staff with **mobile medical clinic** at orphan feeding
Center in Selengo
- Fri. May 31 Travel to Lake Malawi Nkhata Bay
Stay at Mayoka Village in Nkhata Bay, Malawi
<http://www.mayokavillagebeachlodge.com/>
+265 0 999268
- Sat. June 1 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. June 2 Rest and relax! Time for journaling and reading.
Local church service for those that are interested
<http://www.sambanilodge.com/index.htm>
- Mon. June 3 Visit Chivumu primary school
Assist with babies Mzuzu crisis nursery.
Stay at Marion Medical Mission house in Mzuzu
<http://marionmedical.org/>

Tues. June 4	Visit Eckwendeni Hospital and Mzuzu Central Hospital Partner with various departments: Lab, outpatient, pediatric and medical Stay at Marion Medical Mission house
Wed. June 5	Visit Mbowe-to see Organic gardening/ building projects Visit well sites Stay at Marion Medical Mission
Thurs. June 6	Travel to Lilongwe Visit Kamuzu University- tour led by Happy Jaji, nurse midwife Stay at Nellie's Guest house in Lilongwe
Fri. June 7	Meet with Dr. Saheed and team Baylor-Malawi Pediatric AIDS
Sat. June 8	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 9	Boat ride on Shire River-See alligators, tropical birds, etc. Discussions and reflection on study abroad experience Travel back to Lilongwe Stay at Nelly's Guest house Lilongwe
Mon. June 10	Early morning visit to Parliament Afternoon flight from Lilongwe to Johannesburg, South Africa Flight SA 1:15 pm-Arriving 3:40 pm Flight leaving Johannesburg to the USA at 8:40 pm Dinner on plane, Sleep!
Tues. June 11	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

Important Numbers:

Best way to communicate is thru WhatsApp

- *To call Malawi from USA: DIAL 011 +265+ phone number*
- Mary Taylor RN 607 592 4067 Erica Weiss 607 342 7382
- Sam Chirwa, Malawi guide and driver: 099 303 7210
- Grace Chiumia, Member of Parliament: 088 860 3641
- Office of International Programs Ithaca College 607 274 3306
- Rev. Nkhoma 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**