

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’ market
Stay at Sambani Lodge in Chinteche, 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**