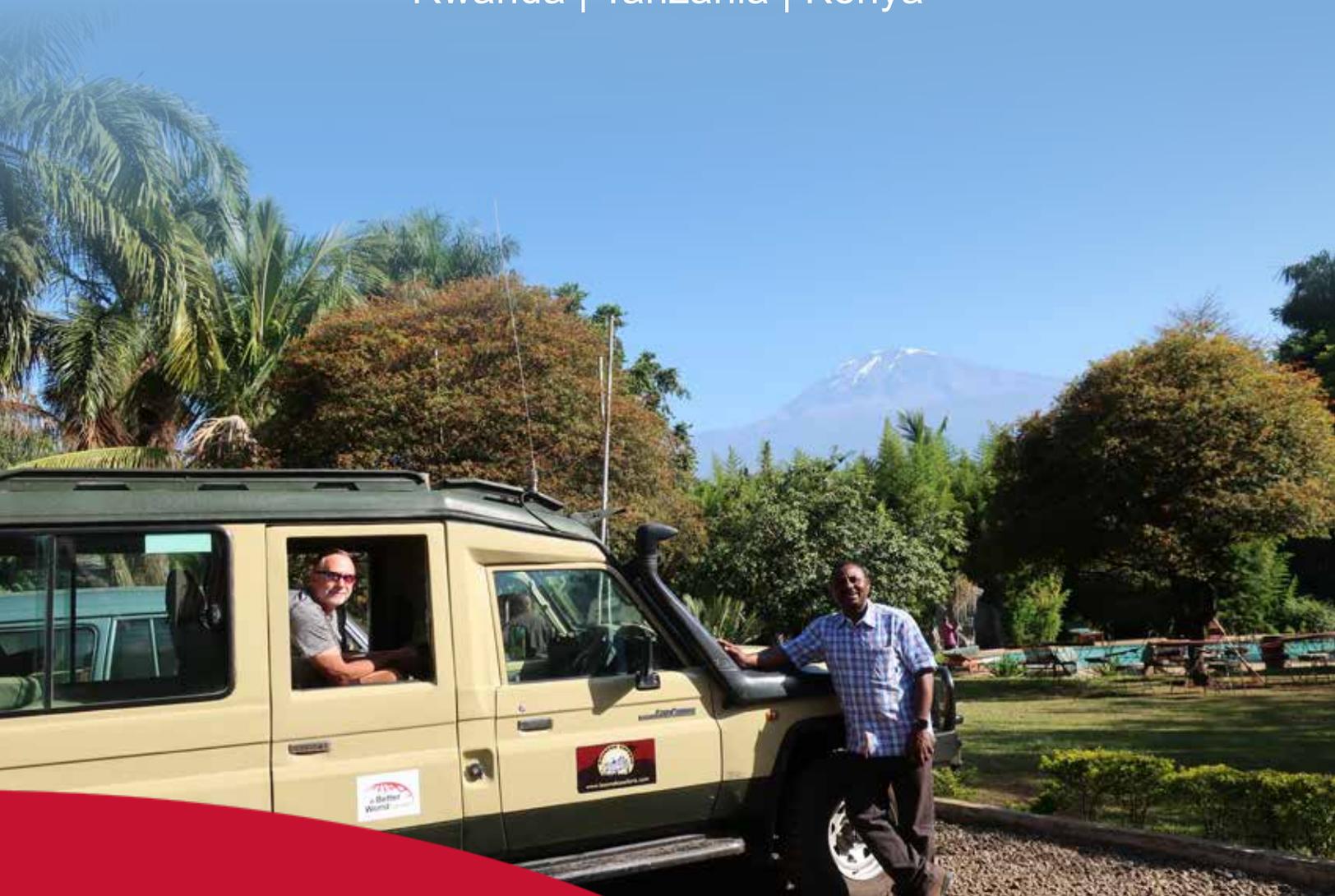


HUMANITARIAN TRIP

MEDICAL • DENTAL • REHAB

October 21, 2022 - November 12, 2022

Rwanda | Tanzania | Kenya





RWANDA

RWANDA

A Trip with Mission and Memories

DAY 1 **Friday, Oct. 21**

We depart from Canada and travel to Rwanda, we usually connect through Amsterdam and then onto Kigali, Rwanda.

DAY 2 **Saturday, Oct. 22**

We arrive in the evening and are met by our guides and taken to the beautiful Kigali Serena Hotel for the night. It will be time for a good night's rest after nearly 24 hours of travel!

DAY 3 **Sunday, Oct. 23**

Today we have many things to accomplish. Those who have come with us for the first time will do a tour of the city and the genocide museum. We will attempt to learn the challenges that this country faced. Then we will visit projects in the surrounding area and meet with some of our project partners.

DAY 4 **Monday, Oct. 24**

Today we will spend time in Kigali visiting projects and exploring potential projects in the surrounding areas.

DAY 5 **Tuesday, Oct. 25**

We will begin our travel towards Gisenyi near Lake Kivu where we will spend the next three nights of our trip. Our main focus here is the Ubumwe Community Centre (UCC). They serve children and adults with various disabilities. Five members of the group will branch off for their gorilla trek that will begin the next day.

DAY 6 **Wednesday, Oct. 26**

Most of our day is spent at UCC where we will review the rehabilitation work that is taking place. We will visit the children in their homes and train and support the physiotherapist that worked at the centre. Those that went tracking will return with great stories for some entertaining after dinner conversation.

DAY 7 **Thursday, Oct. 27**

Our goal today is to visit rural areas where community based rehabilitation is taking place. This could be a fun day as we visit various communities and visit those who care for children with disabilities. Later we hope to find time for a boat ride after we settle in to our hotel located right on Lake Kivu.

DAY 8 **Friday, Oct. 28**

Today could be one of our most exhausting days. We will finish our work at UCC and after lunch travel to Kigali. Our flight is at 3:00 AM the next day so we're hoping to have dinner at Hotel Mille Collines and prepare for our flight. This hotel is where the movie Hotel Rwanda was filmed and where the story took place of a hotel manager who saved hundreds of lives during the genocide. Off to the airport at midnight.



TANZANIA

A Trip with Mission and Memories

DAY 1

Saturday, Oct. 29

Today we arrive in Arusha, Tanzania from Kigali, and some from Canada to begin their work in Mombo. We will stay near the airport for the night. Dr. Ray and Deryl have already been here for three days working with another team and preparing for our team to arrive.

DAY 2

Sunday, Oct. 30

Today we begin our travel to the Mombo area where A Better World has been developing schools, clinics, and water systems. We are accompanied by local project manager, Rama. He is also our driver and guide. For the next three nights we will stay at the Executive Lodge.

DAY 3

Monday, Oct. 31

This morning our teams will be divided into four groups: rehabilitation, medical, dental, and project management groups. We will go in separate directions reviewing new and existing projects. We will regroup at certain times and discuss findings and plan for the next day.

Our visit today will include the Mombo hospital and several new schools that were built this year and rehabilitation infrastructure projects. One of our goals is to establish services and education for children with disabilities in the Mombo area.

DAY 4

Tuesday, Nov. 1

Today we will continue our project work. Some of our team will meet with our government partners and discuss future plans for the community.

DAY 5

Wednesday, Nov. 2

Another group who worked in Rwanda will be joining us in Kenya. They have been enjoying a Safari around the Ngorongoro crater. We look forward to hearing their stories. After final meetings we will leave for the airport for our travel to Kenya.



TANZANIA



KENYA

A Trip with Mission and Memories

DAY 1

Wednesday, Nov. 2

Today we depart from the Kilimanjaro Airport in Tanzania and fly in a small plane to the Wilson airport in Nairobi. We will avoid the International airport and the crowds. On arrival, we will be met by our guides and travel to Nakuru town about three hours away. We will be staying at the beautiful Woodlands Sarova hotel

DAY 2

Thursday, Nov. 3

Today is going to be a long travel day to Kendu Bay. After breakfast, we will travel through rural Kenya and arrive at the Pikadilly Hotel late afternoon. If time permits we will enjoy the sunset on lake Victoria. This morning Warren and Sara-Jane will depart on their mission to visit the projects in the Nakuru area, travel to Mara, and then home to Canada.

DAY 3

Friday, Nov. 4

Today we visit the very first project A Better World started with Dr. Ken and Hazel Hill in 1990. Members and friends of the Hill family will help us celebrate the opening of The Professor Hill Rehabilitation Centre. In the morning we'll visit the children at the centre and in the afternoon, we will open the rehabilitation centre.

DAY 4

Saturday, Nov. 5

One group of physiotherapists, Dr. Ray and Deryl Comeau, RN will remain in Kendu Bay and work with the children. Dr. Kelvin Hill,

his family and I will proceed to Nakuru to explore new potential dental clinics and inspect the latest schools we have built. Today is most likely a long travel day, and we may not get a whole lot done.

DAY 5

Sunday, Nov. 6

We will complete what we didn't complete yesterday. We will visit an orphanage for children with disabilities that we have been supporting since 2008 and visit Janet Auma and John Hinga long-term friends of A Better World.

DAY 6

Monday, Nov. 7

Most of today will be spent traveling to the Maasai Mara for an exciting adventure to see the A Better World projects. We may see some animals along the way as we head to our stay at the AA Lodge, just outside of the Maasai Mara Game Park. Then we will meet up with the physiotherapy and medical team later that evening.

DAY 7

Tuesday, Nov. 8

One of our recently completed projects in the Mara; is the Naikarra school and clinic. The entire team will be working at the site. It will be a full day.

DAY 8

Wednesday, Nov. 9

Today is an all-day game drive through the famous Mara Serengeti ecosystem. We will stop for a bush lunch along the river and if you are lucky you may see the BIG 5!

After visiting a Maasai village we will carry on to the favorite Mara Serena Hotel for the night. We say goodbye to Ray and Deryl as they head back home to Canada.

DAY 9

Thursday, Nov. 10

Another adventure awaits us today as we board another small plane from the Serena airstrip back to Nairobi, then on to the coastal region of Kenya. Lamu Island is a world heritage site. We have been working for over 15 years with a school for children with mental disabilities. We hope to do a sunset sailing in a dhow on the Indian Ocean before dinner today.

DAY 10

Friday, Nov. 11

In the morning we will head to Mkowe on the main land to visit the school. This island is very unique because there are only two cars for transportation so we will be taken by boat to wherever we want to go. If we are brave enough, we can also ride a donkey part of the way. After our school visit and assessment, we will take a tour of the Lamu town, have lunch, then spend the afternoon at our hotel on the beach.

DAY 11

Saturday, Nov. 12

In the morning we will explore the village of Shella where we're staying. We will board a plane to Nairobi and connect with our flight home to Canada – We will enjoy some relaxation before heading back to the cold beaches of Canada.

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