

## Dental/Medical Mission Trip Kenya, East Africa

Maasai Development Project (MDP) invites you to join us on a medical/dental trip to Maasailand in Kenya. Three mission trips are offered each year in the months of March, July and October. You will minister to the Maasai both spiritually and physically as you participate in a Maasai church service, visit Maasai homes and provide medical/dental clinics in the Masai Mara National Reserve and/or on the foothills of Mt Kilimanjaro. Depending on the trip you come on you will have the added opportunity of visiting Sheldricks Wildlife Trust, (orphanage for baby elephants), and Giraffe Feeding Center, climbing Mt Longonot and shopping in Nairobi.

The first week is spent visiting and providing clinics in various areas of Kajiado district with the remaining clinics held on the edge of the Masai Mara National Game Reserve. The reserve (approx 270km from Nairobi) is one of the best known and most popular reserves in all of Africa due to its “big skies” and open savannahs, as well as the annual wildebeest migration, the density of game, and the variety of bird life. More importantly, MDP is drawn to the area because of the tall, red-robed Maasai people whose lifestyle is completely at odds with western practices and through whom one learns to question certain western values.

The Masai Mara lies in the Great Rift Valley. Every year over half a million wildebeest travel over 600 miles from Tanzania’s Serengeti plains northward to the rich grazing lands of the Masai Mara. They begin entering the Mara in July and as the rains return in October they head back south again to the plains of the Serengeti. This wildlife marvel cannot be experienced anywhere else on earth.

Our campsite in the Mara is nestled among the trees along the Talek River on the northeast side of the reserve. Each morning, after breakfast and worship, we head out to our clinic site—spending a couple of hours on the way to enjoy the breathtaking wildlife. On the way back to the campsite each night we eat sack suppers as we spend a few more hours enjoying the animals. The campsite is very rustic, meaning that sometimes the showers aren’t hot and the toilets are not quite what we westerners are used to (although they do have seats), and sleeping arrangements include a mixture of tents and cottages without electricity. Because of the remote location, wild animals frequent the campsite throughout the day and night. It is not uncommon to hear hyenas laughing and lions roaring or grunting during the night.

The trip will end with a complete day and night of great food, swimming and some well-earned relaxation, as you are spoiled by African hospitality at the Mara Sarova Lodge.

The people of Kenya are thirsting for knowledge, and have the biggest hearts of anyone you will ever meet. You will not be able to leave Kenya without being changed. We need physicians, nurses, hygienists and dentists who can give of their time to help. Even if you are not gifted in the medical area, but feel that this is something God is calling you to be a part then we can use you.

**Dates for 2010 are: July 14-28, and Oct 20-Nov 3**

There are of course other opportunities to be a part of this trip even if you cannot come yourself:

If you can help either financially or with actual donation of any of the following or know someone who would be interested please let us know:

\*Medicines and vitamins

\*Toys, crayons, pens, stuffed animals, baby blankets

\*Eye drops

\*Dental instruments and cleaning supplies

\*Financial sponsors who can help provide the funds needed for the trip and or help sponsor a teen/youth so they can go.

\*Charitable Medical Help – which helps pay for hospital care for patients that need extra care

\*Financial donations for medical/dental supplies

\*Financial donations for mission trip expenses

If you are interested in going on this trip, please download an application and fill it out as soon as possible. SPACE IS OFTEN LIMITED

*If you have any questions please contact me anytime!*

**Kim DeWitt**

Ph# (586)558-0149 or Cell # (989)413-3364 (EST)

PO Box 394

Harvey, ND 58341

Office Phone: 701-324-2699

Email: [letmeshine4him@yahoo.com](mailto:letmeshine4him@yahoo.com)

Preliminary list of necessary items:

Passport

\$25 for Visa (bill needs to be in excellent condition and newer than 2005)

Sleeping bag, clothing, pillow

1 large jar of Peanut Butter and or 1 can vegetarian hot dogs/little links (we will let you know which)

You will need to purchase *your own* round trip ticket to Nairobi Kenya. Most mission trip participants travel on NWA/KLM.\*\* It is better if we can all arrive and depart close to the same time. If you fly in or out at a different time than the main group, there will be an extra \$25 charge. MDP is willing to help you in obtaining your ticket if you would like.

**\*\*Please contact Kim before you book your ticket:**

- 1. To make sure the trip has not been cancelled due to lack of participants.**
- 2. To coordinate arrival and departure times with the rest of the group.**

Donations are tax deductible and need to be mailed to:

Maasai Development Project

PO Box 394

Harvey, ND 58341

Write checks to **"Maasai Development Project"** and include **"Africa Mission Trip"** on the memo line.

**Before making further plans, check that your application has been accepted and that you have received confirmation.**

**Financial Information:**

**Tickets:** Please check with Kim before booking and send in your flight information after you have booked. Keep in mind that MDP is willing to help you in obtaining your ticket.

Trip fee: \$1500 per person (**not including airfare**)\*

*\*\* Please note that this is non-refundable*

**\$100 per application required when applying.**

**Please send the application to:**

Kim DeWitt  
28676 Los Olas Dr  
Warren MI 48093

**Please send the \$100 made out to Maasai Development Project to:**

Maasai Development Project  
c/o Mission Trip  
PO Box 394  
Harvey ND 58341

*The following amounts of money for your trip are due by the dates below or sooner and are non re-fundable.*

**July 14-28, 2010**

\$100 due when application is sent in  
\$400 due Mar 15, 2010  
\$400 due Apr 12, 2010  
\$400 due May 10, 2010  
\$200 due June 14, 2010

**October 20 - Nov 3, 2010**

\$100 is due when application is turned in  
\$400 due June 14, 2010  
\$400 due July 12, 2010  
\$400 due Aug 9, 2010  
\$200 due Sept 13, 2010

**Pre-trip Instructional Information:**

- Obtain/renew valid passport (expiration date more than six months from time of trip)
- Doctors, nurses, hygienists, pharmacists, paramedics, etc.: send Kim a copy of license and diploma
- Make copies of the following, birth certificate, passport and International Vaccination Record (yellow). Bring these copies in your carry-on luggage.
- "Permission to Treat" forms for those under 18 years of age traveling without parents will need to be signed, notarized and sent back to Kim as soon as possible

## **Information regarding Kenya:**

**Weather:** The temperature can range from high 60s at night to low 80s during the day. Rain is possible, but most likely it will be sunny with blue skies and very little humidity. The cool breeze masks the effects of the hot sun, so please bring sunscreen and apply liberally every day.

- Elevation at East-Central Africa Division – 6000 ft
- Elevation at the Mara – approx 4000 ft

**Food and water:** The water at East-Central Africa Division is safe to drink. We will take drinking water with us on all of our outings. *The meat in Kenyan restaurants is not always safe so proceed with caution.* Fresh fruits and vegetables will be abundantly available. More details once in Kenya.

**Money:** Bring spending money for crafts, trinkets, souvenirs, etc. You will be able to exchange dollars for Kenya Shillings at the airport and several other places. Bring \$20 bills or larger. They should be issued no later than 2004 and in good condition.

**Thieves:** Stealing is more common in Kenya. It is recommended that you not take wedding bands, jewelry, nice watches, ipods, MP3 players, cd players, etc. **You are welcome to bring them, but please be aware that MDP will not be responsible for lost items.**

**Time Change:** Kenya is seven hours ahead of Eastern Standard Time. Your body will take some time to adjust to the change. You might want to bring a sleep aide for the first night or so to get your body adjusted. We have found that being as healthy as possible before you leave makes a big difference. Eat healthy foods, stay away from sugar, and come well-rested.

**Pictures:** You will want your camera and lots of film and/or an extra battery. While at East-Central Africa Division, you will be able to re-charge batteries, but there will be no electricity at the Mara. Voltage is 220 there, not 110. Film is available in Kenya, but might cost more. Pictures are not allowed to be taken in the airport in Kenya.

**Packing:** Each person needs to pack as lightly as possible. Everyone will be expected to help with taking clinic supplies. The goal is to pack personal things in a carry-on, plus one check through suitcase, leaving an extra suitcase for supplies. If you are traveling on NWA each person can bring one carry-on and two trunks or suitcases measuring 62” total linear dimensions and weighing 50 lbs each (or 23 kilos). **PLEASE PACK LIGHT! CHECK WITH YOUR AIRLINE CARRIER FOR THE NUMBER OF ALLOWED CHECKED BAGGAGE WITHOUT CHARGE.**

**Bedding:** Bring a sheet to cover your mattress, sleeping bag, pillow with extra pillowcase. Note: pillows can often be hooked to the outside of your carry on to save space in check through luggage and can be used for your comfort on the plane.

**Misc. Items:** Bring sunglasses, flashlight, alarm clock, extra batteries, binoculars, pen, journal, Bible, personal devotional reading, spending money and water bottle. You might want to bring

powdered Gatorade or Kool-aid to flavor your water as it may have a chlorinated taste to it in some places.

**Clothing:** Bring shorts, one or two pairs of jeans, t-shirts, flip flops, tennis shoes, socks, pajamas, baseball cap, a light-weight jacket or hoodie, scrubs, swimsuit.

**Men** – for church please bring khaki type pants and a collared shirt, for clinics scrubs are the best.

**Ladies** - for church please bring a dress or skirt/blouse with sleeves, for clinic scrubs are the best. Outside of clinic time please keep your shorts as close to your knees as possible, sleeveless shirts are acceptable but not at clinics. When we have personal time, feel free to wear spaghetti straps and Capri's.

\*Scrubs are the most comfortable, modest, and cool item and pack easily.

**Bathroom needs:** Bring deodorant, lotion, bug spray, suntan lotion (at least 30 spf), razors, shaving cream, shampoo & conditioner, soap, hand cleanser, optional medicines (Tylenol, Imodium, Pepto-Bismol, charcoal tablets), nail clippers, chap stick, comb, brush, hair bands, towel, washcloth, tooth paste, toothbrush. With limited or no electricity, you might prefer not to bring blow dryers or curling irons.