

MAASAI DEVELOPMENT PROJECT MISSION TRIP INFORMATION

Maasai Development Project (MDP) invites you to join us on a medical/dental trip to Maasailand in Kenya, East Africa. We offer three mission trips each year in March, July and October. Minister to the Maasai people both spiritually and physically by participating in a Maasai church service, visiting Maasai homes and providing medical/dental clinics among other services. Some sight-seeing opportunities will be made available during the trips including: visiting both Sheldrick Wildlife Trust (an orphanage for baby elephants), and the Giraffe Feeding Center.

Clinics take place in the following locations:

- Outside under a tree
- Private clinics
- Classrooms in government schools
- MDP Rescue and Education Center

On a recent mission trip, five days were spent operating clinics in which one physician and one nurse treated between 800 and 900 patients. One dentist assisted by one hygienist relieved 165 patients from pain. In addition approximately 1,500 school children were serviced with parasite medicine, vitamins and toothbrushes.

Common ailments treated during clinics include:

- Respiratory malfunctions
- Eye infections
- Skin disorders
- Burns
- Wound care
- Parasites and malnutrition

“One of the most cost-effective ways to increase school attendance is to de-worm students.

Intestinal worms affect children’s physical and intellectual growth. Indeed, ordinary worms kill 130,000 people a year, typically through anemia or intestinal obstruction, and the anemia particularly affects menstruating girls.

When de-worming was introduced in the American South in the early twentieth century, schoolteachers were stunned at the impact: the children were suddenly far more alert and studious. Likewise, a landmark study in Kenya found that de-worming could decrease school absenteeism by a quarter.”

(Half the Sky, Nicholas Kristof & Sheryl WuDunn, 171)

“The average American spends fifty dollars a year to de-worm a dog; in Africa, you can de-worm a child for fifty cents,” says Peter Hotez of the Global network for neglected Tropical Disease Control, a leader in the battle against worms.” (Half the Sky, Nicholas Kristof & Sheryl WuDunn, 171)

You don't need a medical degree to minister to the Maasai. A variety of opportunities to participate include:

- Joining the support team for the clinics
- Sorting meds in the pharmacy
- Registering patients
- Cleaning and preparing dental instruments
- Gardening, maintenance, building and other projects at the MDP Rescue and Education Center

The trip ends with game-viewing either in the Masai Mara Game Reserve or the Amboseli National Park, a day and night of great food, swimming and relaxation as you are spoiled by African hospitality at a five star lodge, and finally, shopping at Nairobi's famous open market.

If travel isn't for you, other opportunities for participation include monetary and item donation.

Items needed include:

- Medical
 - Donations to purchase medicines
 - Donations for Charitable Medical Hospital Care including burn victims, emergency care and follow-up care
 - Vitamins for children, adult and prenatal
 - Antibiotics
 - Cold and flu meds
 - Eye/ear/nose drops
 - Topical skin ointments/anti-fungal ointment
 - Ottoscopes
 - Stethoscopes
 - Wheelchairs
 - Crutches
- Dental
 - Forceps of any kind
 - Root picks
 - Surgical gloves
- Child's items
 - Stuffed animals such as “Beanie Babies”
 - School supplies
 - Educational sponsorships
- Other MDP Projects
 - Donations for MDP Rescue & Education building projects
 - Donations for Electrical & Water Projects at the center
 - Goat Bank Project
 - Sponsorship of Maasai Lay Pastors and Teachers

Tax Deductible Donations:

Maasai Development Project is a 501(c) (3). All donations are tax deductible and should be made out to **Maasai Development Project** with the desired designation on the memo line. Donations should be mailed to:

Maasai Development Project
PO Box 394
Harvey, ND 58341

Mission Trip Applications:

If you would like to join us on an MDP mission trip, applications are available on our website at www.4mdp.org. Or contact us at any of the following:

Gwen Edwards

PO Box 394
Harvey, ND 58341
Phone: 509-690-7821
Email: gwen.edwards@4mdp.org
MDP office: 701-635-0103

NOTE: Doctors, nurses, dentists, hygienists, paramedics, send copies of license and diploma with application.

Preliminary Items for Mission Trip:

- Obtain/renew valid passport (renewal date must be more than 6 months prior to departure)
- \$25 for visa (bills should be 2006 or newer and in excellent condition)
- It is recommended to carry copies of your birth certificate, passport and international vaccination record. Copied documents should be carried separately from originals.
- For participants under 18 years of age, a signed and notarized "Permission to Treat" form needs to be sent as soon as possible.

Air Fare for MDP Mission Trip:

Each participant will purchase their own air ticket. The recommended airline is Delta/KLM which has the best flight schedules. When booking your ticket, the departure from the United States would be the first listed date for the trip with your arrival date being the second day. Your departure date from Nairobi would be the second to last date with your destination city arrival being the last day. For your convenience, MDP is willing to help you book your ticket. **Contact Gwen Edwards before booking your ticket**

Financial Information:

There is a \$100 non refundable application fee required with the application.

The trip fee is \$1,400 which includes all in country transportation, food and lodging, insurance, and park fees, plus \$100 for MDP projects for a total of \$1,500. (The application fee is included in the \$1,400)

Application and fees should be sent directly to:

Maasai Development Project
PO Box 394
Harvey ND 58341

Get to know Kenya!

Before setting out on an MDP mission trip there are a few things you may want to know about the country you will be visiting:

Weather: The temperature can range from 60s at night to 80s during the day. Rain is possible, but will most likely be sunny with blue skies and very little humidity. Due to the high elevation and breeze, the affects of the hot sun is often masked, so please bring sunscreen to apply liberally throughout the day. (Elevation in Nairobi is 6,000 feet above sea level and at the Masai Mara, approximately 4,000 feet above sea level.)

Water: Safe drinking water will be provided, however it is recommended that you bring your own water bottle.

Money: Spending money should be exchanged at the airport upon arrival. For a better exchange rate bring \$50 or \$100 bills, issued no later than 2006 and in excellent condition.

Thieves: Stealing is quite common in Kenya. Please use caution with your camera equipment and electronics. MDP will not be responsible for lost items.

Time Change: Kenya is seven hours ahead of Eastern Standard Time. Your body will need time to adjust to the change. We recommend using a sleep aid for the first night or two, allowing time for your body to adjust. Being as healthy as possible before you leave makes a big difference. Eat healthy foods, stay away from sugar, and arrive well-rested.

Pictures: Be sure to bring your camera, film and batteries. There will be places throughout the trip to recharge your batteries, however remember that the voltage in Kenya is 220 and not 110. Pictures are not allowed in the airport. Cameras will be confiscated by airport security if you are caught taking pictures.

Packing: Pack as lightly as possible. Because there are always supplies to be transferred, MDP would appreciate it if you would be willing to carry a container with supplies as your second piece of checked baggage. Please check with Gwen Edwards as to the type of container that works best for shipping and trip purposes. Most international airlines allow one carry-on and two containers or suitcases, measuring 62" total linear dimensions and weighing 50 pounds each (23 kilos).

Bedding: Bring a sheet to cover your mattress, sleeping bag, pillow and an extra pillowcase.

Suggested Items: Sunglasses, flashlight, alarm clock, extra batteries, binoculars, pen, journal, Bible, spending money and water bottle. You may want to bring powdered Gatorade or Flavor-aid for your drinking water.

Clothing: Scrubs, light-weight jacket, one or two pairs of jeans or capris, t-shirts, knee-length shorts, pajamas, close-toed shoes, flip flops for showers, socks, hat, swimsuit.

Men: For church, please bring khaki type pants with a collared shirt, scrubs work best for clinics.

Ladies: For church, please bring a dress or skirt and blouse. In respect for the local culture of the people we serve, dresses and skirts need to be below the knee or longer. Blouses or tops need to have sleeves or be a modest sleeveless. Scrubs or capris work the best for clinics. Knee length shorts may be worn during personal times.

Toiletries: 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. Be aware that there may be times during which electricity is not available.