



Connect.



Me to We Volunteer Trip to Kenya Passion to Heal 2014 Trip Itinerary

*** Please note that this itinerary is subject to change. Details of specific trip inclusions/exclusions are listed below with the sample costing. Accommodation in Nairobi may change subject to availability.

Day 1

Depart from North America

Day 2

Evening Arrival in Nairobi

Collect your luggage and proceed through customs, where you will be welcomed by your in-country facilitator in the arrivals hall. Enjoy a comfortable ride to your boutique hotel.

Check-in at Karen Blixen Coffee Garden

The Karen Blixen Coffee Garden is located in Karen, a peaceful suburb approximately 20 miles from downtown Nairobi. The cottages are located on Karen Blixen's former coffee estate and have been designed with a sense of reliving history in elegant style. All cottages have hi-beam ceilings with fireplaces, stone floors and a veranda overlooking an old growth garden. Amenities include two restaurants, a bar, satellite TV and a pool, so you can relax before a full week of medical volunteering!

** Evening snack and dinner are out-of-pocket*

Day 3

Full Breakfast at Karen Blixen

Enjoy your breakfast in the hotel's old front garden or in the comfort of your room.

Visit the Kenya Giraffe Centre

Created in 1979, the Giraffe Centre is a safe home for many of Kenya's endangered Rothschild giraffes. Guests have the opportunity to observe, feed and even kiss the giraffes!

Fly from Nairobi to the Maasai Mara

From Wilson Airport in Nairobi, take a short flight that will descend into the Great Rift Valley. Once you descend into the Maasai Mara, watch for circular shapes that characterize Maasai bomas, and look for herds of local wildlife and cattle.

Arrive at Bogani Cottages and Tented Camp

Settle into your new lodgings at Bogani Cottages and Tented Camp. The bespoke cottages and tents are a serene place to relax and reflect after an invigorating day of volunteering. Each accommodation is complete with hot and cold running water, flush toilets and comfortable beds, and is furnished with unique African fabrics and art.

Introduction and Orientation

Meet Free The Children Clinical officers and gain knowledge of the type of medical conditions you might see on site. Learn some keywords in Swahili which might be helpful at the health center.

Tour of the Medical Clinic

Visit the Baraka Health Center, get a tour of the facility and meet the staff. Learn about the facility, what types of medications are available and the type of setting that you will be working in for the remainder of the week.

Learn about Free The Children's Adopt a Village Program

Learn about how health is involved and a part of Free The Children's unique Adopt a Village (AAV) model. Free The Children developed the AAV model with its five key pillars to break the cycle of poverty and achieve long-term community development:



Build.

1. Quality primary education
2. Health care services
3. Alternative income projects
4. Safe, clean drinking water and sanitation systems
5. Agriculture and food security

Visit Old School and New School

Experience a guided walking tour of the Free The Children primary school, and see the difference between an old school structure, and a new working school built by Free The Children.

Lunch and Learn with the Girls at Kisaruni Secondary School

Go on a guided tour of Free The Children's first all-girls secondary school and meet the girls who are completing high school education. Kisaruni focuses on community, and provides empowering curriculum that provides girls with the skills and opportunities to excel. Kisaruni strives to build on cultural values, promote leadership, value diversity, and encourage active learning.

Day 4

Volunteer at the Medical Clinic

Begin volunteering at the Baraka or Kishon Health Clinic.

Lunch

Community Walk

Learn more about how the local people organize their homes and live. Begin to identify potential causes of skin conditions based on common practices in the day to day lives of community members.

Day 5

Volunteer at the Medical Clinic

Continue volunteering at the Baraka or Kishon Health Clinic.

Lunch

Volunteer Medical Outreach

Spend the afternoon at a local primary school that Free The Children works with to provide medical assessments and treatment for school children in the communities we serve.

Day 6

Volunteer at the Medical Clinic

Lunch

Volunteer Medical Outreach

Spend the afternoon at a local primary school that Free The Children works with to provide medical assessments and treatment for school children in the communities we serve.

Day 7

Volunteer at the Medical Clinic

Lunch

Volunteer Medical Outreach

Spend the afternoon at a local primary school that Free The Children works with to provide medical assessments and treatment for school children in the communities we serve.



Home.

Day 8

Volunteer at the Medical Clinic or Volunteer Medical Outreach

Spend the morning working the medical clinic or providing medical assessments and treatments for school children in the communities we serve.

Lunch

Indigenous Tree Nursery

Visit one of Free The Children's newest program initiatives, and tour the tree nursery with one of our community mobilizers. The tree nursery is reputed to be one of the country's largest, with 80,000 indigenous seedlings produced each year.

Me to We Duka at Bogani

Visit the Duka, our on-site shop, which offers locally sourced gifts, Kenya exclusive products, and Me to We Artisans beaded accessories and home wares made by local Maasai women.

Meet the Girls at Kisaruni Secondary School

Go on a guided tour of Free The Children's first all-girls secondary school and meet the girls who are completing high school education. Kisaruni focuses on community, and provides empowering curriculum that provides girls with the skills and opportunities to excel. Kisaruni strives to build on cultural values, promote leadership, value diversity, and encourage active learning.

Enjoy a Sunset Safari

Take an afternoon drive through the Mara to look for giraffes, lions, elephants, hippos and buffalos. Enjoy drinks at dusk.



Day 9

Finish School-Building and School Beautification

Plant some trees in memory of your visit to Bogani. Your trees will be individually adopted by members of the community.

Medicine Walk and Maasai Warrior Training

Enjoy a leisurely hike as you learn about medicinal herbs from a local Maasai warrior. You will also have the chance to train in the art of Maasai weaponry as you enjoy a cup of chai or a glass of wine on the hillside.

Say *Kwaheri* to the Community

Wish your new friends in the community farewell and debrief on your Volunteer Trip and community experience with your facilitators.

Enjoy Nyama Choma Dinner

Relax and enjoy a traditional *Nyama Choma* dinner – Kenya's barbecue.

DEPARTURE

Day 10

Depart from Bogani

Take a short flight back to Wilson airport in Nairobi.

Check-in at the Tribe Hotel, Nairobi

Stay in the old suburb of Gigiri in a day room at Tribe, voted one of the hottest hotels in Africa by Condé Nast Traveler. Rest and repack before your departure and enjoy a modern take on eclectic and artistic Africa.

Visit to Me to We Artisans Atelier

Visit the nearby Atelier to see the bespoke pieces being created by Me to We Artisans in our workshop. Travel via Limuru through lush and serene countryside dotted with small towns and tea farms before reaching the Atelier in Rosslyn. Enjoy a high tea lunch while browsing through the latest jewellery collection, handmade with love in Kenya, fair trade crafts from across the continent, and other special items curated by Roxanne Joyal, founder of Me to We Artisans, during her travels around the world.



Recharge.

Feast at the Jiko Restaurant

A farewell dinner exclusively for Me to We guests at Tribe's newest restaurant, featuring a modern décor and continental dishes with African flair.

Drive to Jomo Kenyatta International Airport for Your Flight Home

Kwaherinina safari jemma!

Day 11

Arrive Home in North America

Inclusions

- Me to We professional facilitator
- Ground transportation throughout the duration of the trip
- Hotel accommodation in Nairobi (1 night)
- Entrance fees to sights in Nairobi
- Meals as indicated in Nairobi
- Return airfare from Nairobi to the Maasai Mara
- Accommodation at Bogani Cottages and Tented Camp (7 nights)
- All meals and drinks at Bogani, including purified water, sodas, beer and wine
- All activities as outlined in the itinerary
- Access to a day room on the final day of the trip
- Dinner and a welcome drink at Jiko Restaurant
- Flying Doctors Insurance (evacuation in-country)
- International airfare to and from Nairobi

*Please note that arrival and departure transfers are included in your trip cost. Pick-up time at the airport begins at 2:30pm on your arrival day, to accommodate check-in at the hotel, which begins at 3pm. Should you decide to extend your stay by arriving earlier or departing later than the scheduled times of your Me to We Volunteer Trip, airport pick-up and drop-offs can be arranged at an additional cost.

Exclusions

- Kenya Entry Visa: This must be obtained upon arrival at Jomo Kenyatta Airport, at a cost of \$50 USD per person in cash
- Evening Snack in Nairobi upon arrival
- Additional alcoholic beverages at Jiko Restaurant
- Travel Insurance: out-of-country, trip cancellation & interruption insurance
- Gratuities are not expected but appreciated, and are shared among all staff. We humbly suggest \$5-10 per adult per day



Build.

Me to We Volunteer Trip to India Passion to Heal 2014 Trip Itinerary

*** Please note that this itinerary is subject to change. Details of specific trip inclusions/exclusions are listed below with the sample costing. Accommodation in Delhi may change subject to availability.

Day 1 Depart from North America

Day 2 Late Evening Arrival in Delhi

Collect your luggage and proceed through customs, where you will be welcomed by your in-country facilitator in the arrivals hall. Enjoy a comfortable ride to your boutique hotel.

Transfer and Check-in at the Leela Kempinski Gurgaon

From the same architects as India's first "green" hotel, the Leela Kempinski Gurgaon has been designed to combine India's rich cultural past with its modernity. Surrounded by a lush oasis of green, the Leela Kempinski Gurgaon is an award winning hotel with restaurants that have received the highest of accolades.

***Depending on your arrival time, dinner or bar snacks are available on the premise. Not included.*

Day 3 Late Morning Domestic Flight to Udaipur

Board the shuttle bus from your hotel to take you to your commercial flight to Udaipur.

Arrival into Udaipur

Depart for Araveli Cottages and Tented Camp

While in the coach you will enjoy the stunning landscapes of Rajasthan, the royal state of India, while learning some key Hindi words and greetings.

Introduction and Orientation

Settle in to what will be your home-away-from home while volunteering on Free The Children projects. Become acquainted with Araveli Cottages and Tented Camp, discuss the trip itinerary and what to expect, and practice some of the Hindi that you've learned along the way in preparation for your meeting with the community.

Learn about Free The Children's unique Adopt a Village (AAV) model. Free The Children developed the AAV model, which relies on five key pillars, to break the cycle of poverty and achieve long-term community development:

1. Quality primary education
2. Health care services
3. Alternative income projects
4. Safe/clean drinking water and sanitation systems
5. Agriculture and food security

Welcome Dinner



Connect.

Day 4

Visit Free The Children Primary School

Go on a guided tour of a Free The Children primary school and see the difference between an old and new school. Witness the impacts in terms of student enrolment, quality of the school building, and community.

Village Walk

You will walk through the village where you will experience shared communal responsibility, frugality in response to limited resources, and sustainability defined by the renewable and functional use of resources, buildings, and activities (i.e. mud homes provide adequate ventilation for summer and winter, cow patties used for cooking). Begin to identify potential causes of skin conditions based on common practices in the day to day lives of community members.

Lunch and Jhapki

"Jhapki" is Hindi for "siesta". In keeping with local tradition, you will retire from the hot midday sun for a siesta before returning to the day's activities in the cooler afternoon hours.

Volunteer Medical Outreach

Spend the afternoon in Free the Children communities providing assessments and treatments for school children and community members.

Dinner

Day 5

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Lunch and Jhapki

Volunteer Medical Outreach

Spend the afternoon in Free the Children communities providing assessments and treatments for school children and community members.

Day 6

Volunteer Medical Outreach

Continue working in Free the Children communities providing assessments and treatments for school children and community members.

Lunch and Jhapki

Volunteer Medical Outreach

Spend the afternoon in Free the Children communities providing assessments and treatments for school children and community members.

Day 7

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Lunch and Jhapki

Volunteer Medical Outreach

Spend the afternoon in Free the Children communities providing assessments and treatments for school children and community members.



Recharge.

Day 8

Early Morning Yoga

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Lunch and Jhapki

Afternoon Medical Volunteering

This is your opportunity to say farewell to the community members you've worked with.

DEPARTURE

Day 9

Depart from Araveli for Udaipur

Lunch at Fatehgarh Palace

Fatehgarh Palace is a gorgeously restored heritage hotel with a lovely lake view, operated in harmony with its local community.

Fly back from Udaipur to Delhi

Catch Connecting Flights Home in Delhi

***International flights back to North America generally depart from Delhi in the very early morning hours*

Day 10

Arrival in North America



Inclusions

- Me to We professional facilitator
- Ground transportation throughout the duration of the trip
- Hotel accommodation in Delhi (1 night)
- Meals as indicated in Nairobi
- Return airfare from Nairobi to the Maasai Mara
- Accommodation at Araveli Cottages and Tented Camp (6 nights)
- All meals and drinks while at your accommodation in Udaipur (beer and wine included)
- All activities as outlined in the itinerary
- Entrance fees to sights
- Flying Doctors Insurance (evacuation in-country)
- International airfare to and from Delhi

*Please note that arrival and departure transfers are included in your trip cost. Pick-up time at the airport begins at 2:30pm on your arrival day, to accommodate check-in at the hotel, which begins at 3pm. Should you decide to extend your stay by arriving earlier or departing later than the scheduled times of your Me to We Volunteer Trip, airport pick-up and drop-offs can be arranged at an additional cost.

Exclusions

- India Entry Visa (to be obtained prior to your departure). Please obtain the visa through the consulate or embassy in the city nearest to you
- Meals as indicated in Delhi (1 evening snack out-of-pocket upon arrival, and 1 dinner on final day depending on your departure)
- Travel Insurance: out-of-country, trip cancellation & interruption insurance
- Gratuities are not expected but appreciated, and are shared among all staff. We humbly suggest \$5-10 per adult per day



Build.

ME
TO
WE



KPMG
Volunteers

Me to We Volunteer Trip to Ecuador Passion to Heal 2014 Trip Itinerary

*** Please note that this itinerary is subject to change. Details of specific trip inclusions/exclusions are listed below with the sample costing.

Day 1

Depart from North America

Evening Arrival in Quito's Mariscal Sucre International Airport

After collecting your luggage and clearing customs, meet your Me to We facilitator in the arrival area. Relax as we transfer you to your hotel.

Check-in at the Swissôtel

Dinner and Evening at Leisure

Day 2

Full Breakfast at Swissôtel

Enjoy your breakfast in the hotel and then prepare for your journey to the Amazon.

Depart for the Amazon

Sit back, relax and watch the scenery change as you wind your way past snowcapped mountains and enter the lush, tropical Amazon rainforest.

Canoe Ride to Minga Lodge

From Coca, you will board a motorized canoe that will take you on an unforgettable ride up the Rio Napo, a tributary to the Amazon, where Minga Lodge is located.

Arrival at Me to We's Minga Lodge; Introduction and Orientation on the Communities

Arrive at Me to We's Minga Lodge in the Amazon which will be your home away from home during your time in Ecuador. Receive training on clinical volunteering and the culture of the communities you'll be working with.

Learn about Free The Children's unique Adopt a Village (AAV) model. Free The Children developed the AAV model, which relies on five key pillars to break the cycle of poverty and achieve long-term community development:

1. Quality primary education
2. Health care services
3. Alternative income projects
4. Safe/clean drinking water and sanitation systems
5. Agriculture and food security

Welcome Dinner!

Day 3

Arrive at Free The Children Community for Orientation

Spanish Lesson

Spend your afternoon learning or finessing your Spanish, and then practice what you've learned with members of the community.

Lunch



MINGA
LODGE

ECUADOR



Connect.

Begin Volunteer Medical Outreach

Roll up your sleeves and pull on your gloves as you begin to your first visits to diagnose community members

Dinner

Day 4

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Lunch

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Dinner

Dance Night!

Enjoy an educational evening of traditional Ecuadorian dance performed by local community members.

Day 5

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Lunch

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Dinner

Weapons Training and Visiting a Shaman

Participate in a traditional cleansing ceremony performed by a local medicine man, and test your skills at the indigenous, traditional art of blowguns and spears.

Day 6

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Lunch

Volunteer Medical Outreach

Work in Free the Children communities providing assessments and treatments for school children and community members.

Dinner

Day 7

Volunteering and Community Farewell

Traditional Cooking Lesson before Lunch

Guided by our indigenous Kichwa chefs, you will learn how to transform exotic and unusual ingredients into delicious dishes which you will enjoy for your lunch.





Home.

Volunteer Medical Outreach

Head back to the clinic to wrap up your work and say farewell to the staff.

Farewell Dinner in the Amazon

Day 8

Depart for Quito

Check-in at the Swissôtel

Visit Historic Quito

Explore Old Quito, the first UNESCO World Heritage Site, on a walking tour of the area. Ecuador's capital city boasts beautiful old churches, striking colonial architecture and winding cobblestone streets with mountains and hills surrounding the downtown proper.

Visit Café Tianguéz

The word "Tianguéz" is derived from Aztec and, roughly translated, means "open market". Located right in the historic Plaza San Francisco, Café Tianguéz is a beautiful fair-trade shop and restaurant where you will have the chance to browse through a stunning collection of products collected from all over the country. Sit on the café's shaded patio and enjoy a refreshing glass of fresh passion fruit juice and traditional meal, while taking in the cobbled plaza and magnificent views.

Farewell Dinner at Café Tianguéz

DEPARTURE

Day 9

Early Morning Departure

Depart from Mariscal Sucre International Airport for the Journey Home.

Arrive Home in North America

¡Hasta luego!





Inclusions

- Me to We professional facilitators
- Ground transportation throughout the duration of the trip
- 2 nights hotel accommodation in Quito
- Meals as indicated in Quito
- Airfare from Coca to Quito
- 6 nights' accommodation at Minga Lodge
- All meals and drinks while at Minga Lodge (beer and wine included)
- All activities as outlined in the itinerary
- Flying Doctors Insurance (evacuation in-country)
- International airfare to and from Quito

*Please note that arrival and departure transfers are included in your trip cost. Pick-up time at the airport begins at 2:30pm on your arrival day, to accommodate check-in at the hotel, which begins at 3pm. Should you decide to extend your stay by arriving earlier or departing later than the scheduled times of your Me to We Volunteer Trip, airport pick-up and drop-offs can be arranged at an additional cost.

Exclusions

- Meals in Quito (1 dinner on the first night, 1 lunch on the last day in Quito)
- Travel Insurance: out-of-country, trip cancellation & interruption insurance
- Gratuities are not expected but appreciated, and are shared among all staff. We humbly suggest \$5-10 per adult per day

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