



## Medical Outreach Mission Trip August 15 - 25, 2023



### WHO WE ARE

MPACT For Mankind is a 501(c)3 nonprofit organization providing outreach in health and humanitarian services. Our mission is to transform communities by improving health outcomes, enhancing knowledge, and providing hope, all while promoting sustainable development.

### WHAT WE'RE DOING

MPACT For Mankind is partnering with Fearless Rock Ministries for a mission trip and medical outreach in the rural areas of Western Kenya (near Malindi) and of Eastern Kenya (within the township of Kisumu). Fearless Rock Ministries is hosting a conference to train pastors and church leaders in the areas that we'll serve. We will provide a medical camp during the conference to serve all residents in the area. This outreach is a part of our MPACT Africa program. We are looking for medical professionals, including doctors, nurse practitioners, physician assistants, nurses, pharmacists, EMT's/paramedics, therapists, etc. to volunteer to assist with providing care during the outreach. We can accept a limited number of non-medical volunteers as well. There are certainly opportunities to contribute without a healthcare background.

### HOW DO I SIGN UP?

Submitting your application is easy via our online portal. Use the following link to access the application: <https://app.managedmissions.com/MissionApplication/Start/32904>. You will be required to pay a non-refundable deposit of \$50. You will be notified by email or by phone after the review process is complete. Once your application is approved, a background screening is required. After this process has been successfully completed, your spot on the team is secured. We will then send you more information to begin preparing for the trip!

### WHAT IS THE COST OF THE TRIP AND WHAT DOES IT COVER?

The cost for this trip is \$3,200. The trip fees cover airfare, meals, lodging, ground transportation, interpreters, travel insurance with medical coverage, customs fees upon arrival to Haiti, a team travel pack, and any incidental costs. A portion of the fees also goes towards the purchase of supplies and medications needed for the medical outreach, rental equipment needed during the camp (i.e. tents), and a small stipend to the nurses and community health workers who will assist us as translators, registrars and general assistants during the camps. All fees are non-refundable.

An initial payment of 50% is due no later than May 15, 2023, with the remaining balance to be paid in full by July 1, 2023. Trip fees cover all expenses with the exception of souvenirs, excursions and food outside of the hotels. All lodging, transportation, security, and tourism costs are included. Travel insurance is also included which covers such things as medical care, emergency evacuation, and legal fees. We will purchase visas for each team member as well.

**Note:** Fees are non-refundable, however trip insurance covers refunds of expenses should the trip be cancelled to reasons beyond our control. In most cases, funds can be applied to future trips.

### WHAT OTHER EXPENSES SHOULD I EXPECT?

You are responsible for the cost of your passport, vaccinations, and any personal spending money for souvenirs, excursions and food or drinks outside of the hotel. American dollars are accepted in Kenya.



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### HOW DOES THE FLIGHT PROCESS WORK?

Team members may fly from their home city. All team members departing from DFW International Airport (Dallas, Tx), will meet up with team leaders for the initial departing flight. The entire team will meet for a common connecting flight, departing together for the final leg to Nairobi, Kenya. This flight is pre-selected in coordination with our in-country partners who will have pre-arranged transportation and an in-country team to assist us throughout our trip.

### AIRFARE ITINERARIES

All flights are booked through the organization's travel vendor. As a nonprofit organization, MPACT For Mankind has access to vendors who provide discounted flights and travel accommodations specifically for mission trips. Most often, this results in being able to purchase flights for a cheaper cost than buying them directly from the airline. We are often able to secure additional benefits such as multiple free checked bags for all team members. Having a single travel agency managing the flights for multiple people coming from various destinations helps us to ensure that all team members make it where they should be and at the correct times.

### WILL I NEED TO GET A VISA?

Yes, you will need a Visa for entry in Kenya. However, we will assist with this process. Please note that your passport must be no less than 6 six months away from expiration on the date of departure and there must be at least one empty page for an entry stamp. It is highly recommended, but not required, that you consider TSA precheck and Global Entry services to expedite your process at security and in customs upon your return to the US.

### WILL I NEED ANY VACCINATIONS, AND IF SO, WHAT KIND?

It is strongly recommended that you discuss this with your physician as early as possible. Some vaccinations require multiple doses over a given period of time. You can visit the CDC website at [cdc.gov](https://www.cdc.gov) for a full list of recommended vaccinations and preventative medications. We advise that you read and become familiar with the Health Information for Travelers to Kenya guide on the CDC website (<https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>). The recommended medications include anti-malarial and diarrhea medications. The [CDC](#) and [WHO](#) recommend the following [vaccinations](#) for Kenya:

[hepatitis A](#), [hepatitis B](#), [typhoid](#), [cholera](#), [yellow fever](#), [rabies](#), [meningitis](#), [polio](#), [measles](#), [mumps](#) and [rubella \(MMR\)](#), [Tdap \(tetanus, diphtheria and pertussis\)](#), [chickenpox](#), [shingles](#), [pneumonia](#) and [influenza](#). [COVID-19 vaccination](#) is recommended for travel to all regions, both foreign and domestic.

You may want to consult your primary care physician for additional recommendations and prescriptions. Please note that some vaccinations require an incubation period to protect you prior to travel. We suggest that you attend to this early on to ensure you can meet those time frames.

### IS FINANCIAL ASSISTANCE AVAILABLE?

We are unable to provide financial assistance to pay for your trip. However, many volunteers successfully raise financial support from their network of family, friends, and community to fund their trip. Also, some volunteers have been able to



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receive assistance from their local church. As a team participant, you will have access to your own online fundraising page that you can share to assist with raising funds for your trip. We ask that you not use crowd funding sites outside of our platform for this trip without approval. All donations / payments made towards the trip are tax deductible and you, or your donors, will receive a tax receipt to use with your tax filing.

### WHAT DOES THE ITENIRARY INCLUDE

This trip will offer opportunities for participants to not only serve, but experience the rich culture and beauty of the country of Kenya and the continent of Africa. A full, detailed itinerary will be provided for all trip participants. A general summary of the trip is as follows: 6 days of medical clinic; a rest day for excursions or relaxation, Sunday worship in a local church, team devotionals, souvenir shopping in local markets and more. There is considerable travel included, as we will be traveling to remote locations. Individuals should be prepared and have the ability to take prolonged flights and bus rides, and have the ability to walk and stand for extended periods. Clinic days can be long and hard work. There will also be cultural variations that will be faced. Trip participants must have an open and flexible mindset to experience and adjust to these factors.

Here is a general overview of the proposed itinerary. These details are subject to change as we continue the planning process.

### Itinerary

- August 15th: Depart US for Nairobi, Kenya
- August 16<sup>th</sup>: Travel to Malindi; check into Turtle Bay Beach Resort Watamu (Watamu Beach, Kenya); prep for clinic
- August 17<sup>th</sup>: complete clinic prep and set up; ½ day medical clinic
- August 18th: full day medical clinic
- August 19th: full day medical clinic
- August 20th: Day off; safari excursion, beach or relax at the pool!
- August 21st: Travel back to Nairobi and fly to Kisumu; check in to Le Savannah Hotel
- August 22<sup>nd</sup>: Clinic prep and set up; ½ day clinic
- August 23rd: Full day of clinic
- August 24th: Possible full day of clinic
- August 25<sup>th</sup>: Fly back to Nairobi and then back to US

[Turtle Bay Resort Website](#); [Turtle Bay Resort Trip Advisor Page](#)

[Le Savannah Country Lodge Website](#); [Le Savannah Trip Advisor Page](#)