



AMERICAN FOUNDATION
for CHILDREN with AIDS

AFCA's "Vacation with a Purpose" Volunteer Trip

Miwani, Kenya

Trip Dates: July 13 – 26, 2019

Program cost: \$2150

SPECIAL NOTE: This trip is suited only for flexible travelers who are able to easily adapt to unexpected conditions and events.

About Kenya

Kenya is a country in Africa and a founding member of the East African Community. Its capital and largest city is Nairobi. Kenya's territory lies on the equator and overlies the East African Rift covering a diverse and expansive terrain that extends roughly from Lake Victoria to Lake Turkana (formerly called Lake Rudolf) and further south-east to the Indian Ocean. It is bordered by Tanzania to the south, Uganda to the west, South Sudan to the north-west, Ethiopia to the north and Somalia to the north-east. Kenya covers 224,445 sq mi, and had a population of approximately 45 million people.

Kenya has a warm and humid tropical climate on its Indian Ocean coastline. The climate is cooler in the savannah grasslands around the capital city, Nairobi, and especially closer to Mount Kenya, which has snow permanently on its peaks. Further inland, in the Nyanza region, there is a hot and dry climate which becomes humid around Lake Victoria, the largest tropical fresh-water lake in the world. This gives way to temperate and forested hilly areas in the neighboring western region. The north-eastern regions along the border with Somalia and Ethiopia are arid and semi-arid areas with near-desert landscapes. Kenya is known for its safaris, diverse climate and geography, and expansive wildlife reserves and national parks such as the East and West Tsavo National Park and Nairobi National Park.



AFCA in Kenya

AFCA has been actively involved in Kenya since 2005, in a very successful partnership with Community Based Health Care (CBHC) and St. Mary Mission Hospitals in Nairobi and Elementita, St Joseph's Home of Hope in Voi, and lastly, with Restoring Hopes Ministry in Miwani. At the beginning of the relationship, AFCA sent anti-retroviral medicines to St. Mary's Mission Hospital and CBHC, but these are now being

provided by the Kenyan and USA government. However, AFCA continues to provide medicines to fight opportunistic infections which strike children with compromised immune systems, as requested. AFCA also sends shipments of donated medical equipment and medical supplies, and AFCA also supports livestock and agriculture programs in Kenya.

Our team will be working in the small town of Miwani in the western region on Kenya, very near the Ugandan border. AFCA provides assistance to the village clinic and to the community at large by providing medical equipment, beds and supplies; school supplies; seeds for community gardens; and funds for a sisal project, a garden project, and a feminine pad project.

In early 2016, AFCA provided goats, seeds and a water filter to Mama Rosalie, an 84-year old woman who adopted HIV+ girls aged 2 and 3. Immediately, the milk gave much-needed protein to the little girls and it is AFCA's desire to expand this project in the near future to include more families. In 2017, three teams of volunteers worked beside community members to paint the school, clinic and orphanage, to build a playground, to do medical check-ups on the children, and so much more! Now you can visit!

What we'll be doing

Working in coordination with Restoring Hopes Ministry, our team may participate in variety of projects that they would like us to help with. Some of those projects may include:

- Sewing lessons (they have seven sewing machines ready!)
- Helping teaching English at the school
- Teaching on farming techniques
- Finishing the granary (focus of 2019 teams)
- Building bath rooms for the orphanage
- Playing with the children
- Visiting a few of the widowed families affected with HIV/AIDS (home based program)
- Community medical clinic help, for nurses or doctors

You don't need to be an expert at any of these topics – there will be many ways that each of us can help this community. Let us know what special skills you have, and we're sure we can put them to use!

Accommodations

We will be staying in the village of Miwani at the guest house belonging to Restoring Hopes Ministry. We will stay at an apartment which accommodates 12 people, with shared rooms, where bedding and mosquito





nets are available. It is basic, but the good news is, we will have electricity, water, both pit latrine and western toilets in the apartment (septic tanks).

We will have most of our meals at the guest house, cooked by local women, so our meals will be authentically Kenyan. We will share a meal while looking at beautiful Lake Victoria one day, too. Many Kenyan dishes include various vegetables, potatoes, cassava, yams and local leafy greens. For meat, we'll likely see chicken, fish (usually fresh, but there is also a dried variety, reconstituted for stewing), beef and mutton. Main dishes are usually centered on a sauce or stew of groundnuts, beans or meat. The starch traditionally comes from ugali (maize meal). We may also have white (often called "Irish") potato, rice and chapati (a wheat flatbread).

A few important things to know

Kenya is one of those countries where you can get your visa before you leave the U.S, electronically.

CDC recommends the yellow fever vaccine for travelers 9 months of age or older to this area. The CDC does recommend that travellers take anti-malarials due to the risk of malaria that is present in Kenya.

Totally up to you. Just a couple of things you'll need to be thinking about and planning for.

Trip Cost: \$2150

Your fees cover the majority of your expenses while in-country. Included are the following:

- All meals, accommodations and transportation while in-country
- Cultural activities in and around the Nairobi and Miwani, including visit to [Lake Victoria](#)
- Administrative costs and donation to AFCA
- Some team leader costs

The trip fees **do not include** airfare from your home to the host country; accommodations outside of the official trip dates; medical / emergency evacuation insurance; passport; trip cancellation insurance; visa and exit fees (not applicable for all destinations); vaccinations.

We hope you'll consider joining us in MIWANI!!

More About Restoring Hopes Ministry

Restoring Hopes Ministry is a registered not for profit organization located in Miwani, Kenya with the aim of restoring back hope to the hopeless and the less fortunate persons in the society. The organization has outreach mission for orphans and old widows in the rural villages where care for the total orphans affected with HIV/AIDS, widows and vulnerable old people.

It is the mission of RHM to become a tool of hope to the hopeless, traumatized, orphans and widows within and around the community. We provide a rewarding future to the less privileged in the society by providing, supporting and economically empowering the widows and orphans. We serve the community through the provision of clean water by treating the water to prevent the spread of water borne diseases. We have a home based program to offer encouragement to those who need it. The organization aims to improve the welfare of orphaned children through the empowerment of their caretakers with skills to raise their household income, identify and address the necessary support for children to further their educational pursuits

The HIV/AIDS scourge has robbed most of the children in the community of their parents, leaving them destitute or at the hands of aged, unemployed grandparents who can barely support them. This situation is forcing most young children to seek casual employment like weeding, cutting sugarcane, or rice farming to meet their needs. Most of the children end up dropping out of school at tender age in order to work. This epidemic has left behind more orphans and widows/widowers desperate, with no hope for future. Our goal is to be of help to these children and guardians.

More About American Foundation for Children with AIDS

AFCA is a non-profit organization providing critical support to infected and affected HIV+ children and their caregivers. Since 2005, in collaboration with our in-country partners, AFCA has served tens of thousands of families in underserved and marginalized communities in Africa. Our areas of impact include: medical support, livelihoods, nutrition, educational support and emergency relief. Currently, AFCA is transforming lives in Kenya, Uganda, Zimbabwe, and the Democratic Republic of Congo.

AFCA's Core Values:

1. Efficient and sustainable programs that promote self-reliance, with measurable results
2. Comprehensive services for children and their families/caregivers
3. Support in regions that are underserved and marginalized

For more information, visit AFCA's website at: www.AFCAids.org