



AMERICAN FOUNDATION
for CHILDREN with AIDS

AFCA's "Vacation with a Purpose" Volunteer Trip

Mombasa, Kenya

Trip Dates: October 13 – October 26, 2024

Program cost: \$2500

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, Restoring Hopes Ministry in Miwani, and lastly with Mother Amadea Hospital in Mombasa. When first in Kenya, 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, agriculture, training, and educational programs in Kenya.

Our team will be working in the city of Mombasa in the coastal region of Kenya.

What we'll be doing

Working in coordination with Mother Amadea Mission Hospital, our team may participate in variety of health services like:

- Assist in major surgeries like c-section, myomectomy, orthopedic, etc
- Fixing plaster of paris
- Nursing care including assisting in deliveries, bathing newborn babies, administering medications, immunizations, taking vital signs, etc
- Accompanying doctors during ward round
- Assessing health conditions at the outpatient department
- Providing health education
- Conducting diagnostic procedures in the x-ray, laboratory departments and interpretation.
- Participating in medical clinics in the hospital and community performing general assessments, immunizations, blood donation, treatments, etc

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

Mother Amadea Mission Hospital has a guest house located on the 4th floor (penthouse). This provides an opportunity for the team to work overnight and on call. A ramp and stairs are available, but there is no elevator. The guest house has 6 standard rooms with a bathroom and western toilet, a desk, closet, fan, mosquito net, and bedding available. The rooms also have internet, electricity, and water. There is a common spacious sitting and dining room where we will be taking most of our meals. Meals are cooked by a professional chef, so our meals will be authentically Kenyan and western. The sitting area has a television with local and international channels, a music system, a water dispenser with clean and safe water for drinking and comfortable sofa sets. You

will enjoy the ocean breeze because the guest house is located on the rooftop with an outside sitting area.



Meals

Three meals will be served in the dining room as per the menu. During the medical clinic in the community, packed lunches will be provided. Since the kitchen will be accessible, team members will be free to cook their own food if arranged with the cook.

Many Kenyan dishes include various vegetables, potatoes, cassava, sweet potatoes, yams, and local leafy greens, biryani, pilau, sea foods, French fries etc. 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 will also enjoy white (often called "Irish") potato, rice and chapati (a wheat flatbread), maandazi, doughnuts, etc.

A few important things to know

Kenya is one of those countries where you must get your electronic visa before you leave the U.S.

The World Health Organization demands the yellow fever vaccine for travelers 9 months of age or older to this area. The CDC also recommends that travelers take anti-malarials due to the risk of malaria that is present in Kenya. Please check with a travel doctor for all required vaccinations.

Trip Cost: \$2500

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 Tsavo National Park (Safari drive, etc) and Fort Jesus Museum
- 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; vaccinations; laundry.

We hope you'll consider joining us in MOMBASA, KENYA!

More About Mother Amadea Mission Hospital

Mother Amadea Mission Hospital is a registered non-profit Faith based health facility located in Mombasa, Kenya. It is owned and managed by the sisters of St Joseph with the aim of providing accessible and affordable health services to the residents. The organization has an outreach mission in the rural villages where they care for orphans affected with HIV/AIDS, widows and vulnerable elders. The hospital operates 24 hours and it is supported by an adequate number of medical and non-medical staffs to offer the following services:

- Outpatient services and In patients services with Laboratory and Pharmacy services
- Surgical services for major and minor procedures e.g circumcision
- Dental services
- Ophthalmology (Eye care) services
- Counseling and nutritional services
- Mental health services
- Radiology services
- E.N.T Services
- OBS/GYN services
- Special clinical care for diabetes, hypertension, etc
- Maternal and Child welfare clinical care
- Orthopedic services/surgeries
- Comprehensive care clinic for those infected with HIV

Vision

To be the preferred quality healthcare provider in the region

Mission

To offer quality healthcare services that is accessible, affordable and sustainable

Guiding principles

- Professionalism
- Integrity
- Dignity and reverence
- Enthusiasm
- Teamwork
- Compassionate
- Innovation
- Sanctity to life
- Excellent customer care
- Partnership and collaborations

Community programs/outreaches

Occasionally, the hospital organizes community outreaches as a corporate social responsibility with an aim to reach the vulnerable. This happens within the hospital or in the community.

Non-Discrimination and Child Protection Policies

The hospital has a non-discrimination policy which stipulates that everyone deserves the right to care and services irrespective of race, religion, gender, sexual orientation or political inclination hence required to abide by it. Also it is expected that all visitors will abide by the child protection policy which is provided upon arrival.

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. AFCA is transforming lives in Kenya, Malawi, 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