



## 2023 Health Clinic

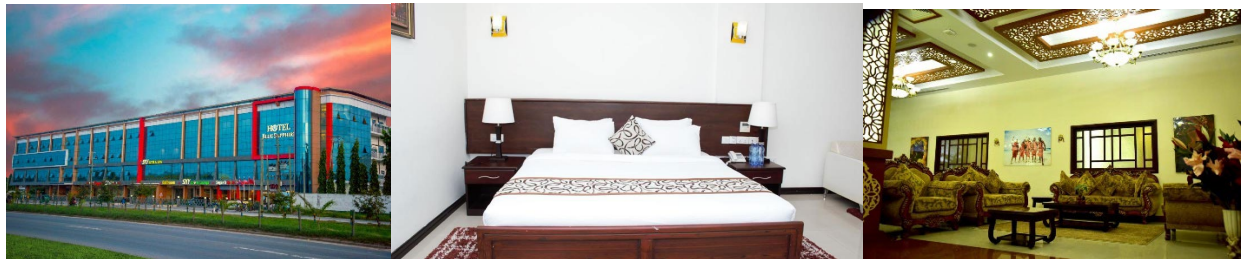
September 28, 2023, through October 12, 2023

Upendo Wa Mungu Dispensary, Kasansa Region, Tanzania

### Tentative Itinerary

**Thursday, 9-28** Depart JFK, New York 10:35 AM on Qatar Airways flights QR 704/QR 1476 arrive DAR, Tanzania 1:55 PM 9-28-23. Scheduled flight time with 1h 50m layover in Doha is 20h 20m. Round trip economy ticket price **\$1044**. (Price is subject to change.)

**Friday, 9-29** After arrival exchange USD for TZS at airport. Then, check in at Blue Sapphire Hotel.



Lodging cost: **\$60** each for double occupancy room. Single occupancy rooms start at **\$120**.

**Saturday, 9-30** depart DAR on Air Tanzania 6:00 am flight to Mpanda, Tanzania. Arrival: 7:45AM

Ticket price: **\$125**. After arrival, we'll meet our in-country partner, Tori, at Mpanda airport and load the Land Cruisers for our trip, stop for breakfast, then travel to the dispensary in Kasansa. Travel time: 3-4 hours. The trip will take us through a national game preserve. Hopefully we'll see some interesting wildlife along the way.

**Saturday, 9-30** arrive at our destination early to midafternoon. On arrival, we'll unpack, set up sleeping quarters, organize our pharmacy and materials for the clinic. We'll enjoy getting to know the medical students, translators, and staff. We should also have time to look at the pharmacy on site and familiarize ourselves with possible referrals. Dinner at the camp. Operational meeting with team assignments in the evening.



**Sunday, 10-1 through Thursday, 10-5** full Clinic Days. We will likely have a 14-person team from the US. Along with our translators, we will be joined by a local doctor and nurse midwife as well as a lab technician, an RN, and other support staff. We will have available patient transport via ambulance as needed to other health care facilities and outreach present after our return for follow up evaluations. The dispensary has its own pharmacy in addition to the medications we bring. They will have an ultrasound available on site and we can send patients for x-ray when truly needed.



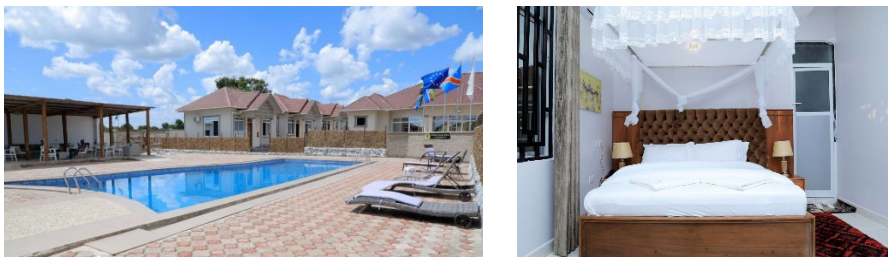
**Friday, 10-6** Pack up clinic, say our goodbyes, and drive to Safari. It is about 1.5 - 2 hours to the Katavi Game preserve. Tori will provide transportation to the Safari and back to Mpanda afterwards. We will spend the next 3 days/nights at the Mbali Mbali Safari Camp. We have visited a neighboring safari camp before and really enjoyed our visit. The tour guides were very knowledgeable, and it was a safe experience. This is really a once in a lifetime opportunity to visit one of the most exceptional safari

camps in Tanzania. It offers much of the same wildlife as the Serengeti with a fraction of the tourist traffic. Vehicle/guides included in the pricing for 2 full day safari experiences.



**Cost: \$1300 per person**, double occupancy for the 3-night stay. Park fees payable in cash: **\$120**.

**Monday, 10-9** depart safari for Mpanda. The expected arrival time is late afternoon. Stay at Nangero Royal Hotel.



**Cost: \$35 to \$65 per person** depending on room choice.

**Tuesday, 10-10** Fly back to Dar Es Salem via Air Tanzania on 8:15 flight. Arrive DAR at 10:50 AM. Flight has one layover. Price is included in the first flight booked as round trip.

After leaving the airport we will travel as a group to Tinga Tinga and the Slipway for some souvenir shopping and lunch. The slipway is within walking distance of our last hotel.



Check into Element by Weston for our last night in Tanzania. **Price \$120** per room double or single occupancy. Please let us know if you want a single room. Otherwise, **\$60** per person.



**Wednesday, 10-11** 11:30 AM ground transportation to airport from hotel.

Depart DAR Qatar Airways flight QR 1476 to Doha at 3:10. The flight has 1 hour 5-minute layover at Kilimanjaro and arrives in Doha at 10:50 PM. Depart flight QR 9001 to JFR 1:35 AM **Thursday, 10-12**. Arrive JFK, NY 8:35 am local time 10-12.

The estimated cost for this trip as listed is approximately **\$2750**. There will be additional transportation (taxi) costs and a few meals. Meals at the safari and clinic will be provided. You may also consider travel insurance. We do not cover transport to or from JFK airport. We encourage you to bring some snacks and meal bars for personal use during long clinic days. We do not stop the clinic for lunch.

**Please email, call or text with any questions:**

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