

Summer Session 2011- Social Work/Health Sciences Program to Kenya



Travel to Kenya on 7/12/2011 through 7/31/2011.

This program is designed for participants who enjoy learning in unfamiliar settings such as culture and nature.

Date	Day activity	Overnight	Meal plan	Kms	Hrs
Day 1: Tue 12th July	<u>Nairobi City</u> On arrival at Nairobi's Jomo Kenyatta International Airport, you will be met and transferred to Country Lodge . Bed and breakfast is provided	Country Lodge	Breakfast	17	.45
Day 2: Wed 13th July	<u>Nairobi-</u> 06:30 - 8:30- Breakfast 9:00- 11:00 - Welcome followed by lecture on <u>History and culture of the people of Kenya</u> 1:30- 2:30pm - Lunch at Shade hotel (<u>which shall be on your own</u>) After lunch, proceed to Utamaduni Craft Centre - cultural/traditional centers where various cultures are represented in the form of artifacts. After Utamaduni, drive further to Kazuri beads factory and marvel at the evolution of Kenya's beautiful jewellery from clay representing various cultures in the country. <u>Dinner on your own.</u>	Country Lodge	Breakfast	15	
Day 3 Thu 14th July	<u>Nairobi-</u> 06:30 - 8:30- Breakfast 9:00- 10:30- <u>Lecture on Health and Gerontology (aging) in Kenya</u> 11:00am - 12:30pm- Lunch on own account After lunch, visit Nyumba ya Wazee in Kasarani (home for the aged) and interact with the aged. <u>Dinner on your own.</u>	Country Lodge.	Breakfast		
Day 4 Fri 15th July	<u>Nairobi-</u> 06:30 - 8:30- Breakfast 9:00- 10:30 am- <u>Lecture on effect of HIV/Aids and child mortality. Visit Happy Life Children's home at Kasarani</u> (Home for orphaned and abandoned children some HIV / aids victims). 12:00- 2:00pm - Lunch break (<u>which shall be on your own</u>). After lunch, visit Tumaini Brooks Center (A Child Development Centre in Gitamayu, along Kiambu- Ruiru Rd) that caters for orphaned and vulnerable children , <u>Dinner on your own.</u>	Country Lodge	Breakfast		

Day 5 Sat 16 th July	Nairobi- 06:30 - 8:30- Breakfast 9:00- Lecture by a community health worker before visiting Mathare mental hospital . 1:00- 2:30pm - Lunch break (which shall be on your own). Afternoon lunch visit Amani Counseling Centre & Training Institute , Mbagathi Way, off Langata Rd. (A Counseling centre on social and health issues.)	Country club	Breakfast		
Day 6 Sun- 17 th July	Mt. Kenya After breakfast, travel to Dr. Githae's Clinic (Traditional--herbalist) doctor for lecture on traditional medicine Head to Mt. Kenya to arriving in good time for lunch at Mountain Lodge Tree Hotel . Lunch, dinner and overnight at Mountain Lodge Tree Hotel . The lodge is situated deep in the forest. As you take 4 o'clock tea / coffee, the resident naturalist will give a lecture on the ecology, history and wildlife of Mount Kenya National Park. Throughout the day and night forest animals visit the waterhole and saltlick, to ensure you many exciting moments.	Mountain Lodge Tree Hotel (5 star)	Breakfast Lunch Dinner	2.50	220
Day 7 Mon- 18 th July	Mt. Kenya After breakfast, travel to Nanyuki to visit women's self-help project. (Packed lunch) Return to Mountain Lodge Tree Hotel .	Mountain Lodge Tree Hotel (5 star)	Breakfast Lunch Dinner	1.50	110
Day 8 Tues- 19 th July	Nakuru-School construction 08:30- After breakfast, travel to Nakuru via Nyahururu Falls arriving in time for lunch <u>Dinner on your own account</u> .	Flamingo Lodge (2 star)	Breakfast Lunch	2.50	220
Day 9 Wed- 20 th July	Nakuru-School construction 08:30- After breakfast, travel to construction site Provide health service to students and community members <u>Dinner on your own account</u> .	Flamingo Lodge (2 star)	Breakfast Lunch		
Day 10 Thu- 21 st July	_Nakuru-School construction 06:30- 8:00 am- Breakfast 9:00- Proceed to construction site. BBQ lunch arranged by the school. After lunch, visit marigiti open air market, railway station, meet with the locals . Proceed to Hyrax Hill Historic site. Learn about Sirikwa tribe (almost extinct) sun-tribe of Nandi community . Alternatively visit Menengai Crater . <u>Dinner on your own account</u>	Flamingo Lodge (2 star)	Breakfast Lunch		
Day 11 Fri - 22 nd July	Lake Nakuru National Park After breakfast, visit Lake Nakuru National Park . Lake Nakuru has earned its fame as the home of the greatest bird spectacle in the world. The abundance of lions, leopards, buffaloes, and other Savannah and forest game makes game viewing a lifetime adventure. While enjoying lunch at Lake Nakuru Lodge, listen to a lecture by Lake Nakuru's enviromentalist, John Kuria	Lake Nakuru Lodge (5 star)	Breakfast Lunch Dinner		
Day 12 Sat 23 rd	-Nairobi - Departure After breakfast, drive back to Nairobi. Lunch at Karen Blixen hotel (on your own account). After	Departure	Breakfast	170	2.0

July	lunch, relax before transferring to the airport for your outbound flight back home. END OF 12 DAYS PROGRAM.				
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The estimated price for the 12 days summer program in US dollars Per Person sharing is as follows:

NO OF ADULTS IN VEHICLE	PRICE P/ADULT SHARING A DOUBLE / TWIN
2	\$2,500 P/P - CHILD<12 YRS \$1,230
3	\$2,370 P/P - CHILD<12 YRS \$1,190
4	\$2,310 P/P - CHILD<12 YRS \$1,150
5	\$2,270 P/P - CHILD<12 YRS \$1,110
6	\$2,240 P/P - CHILD<12 YRS \$1,085

SINGLE ROOM SUPPLEMENT US\$435 (amount to add if not sharing a room)

Optional Program

Day 12 Sat- 23 rd July	Maasai Mara National Reserve After breakfast, continue across the floor of the Great Rift Valley to the famous Maasai Mara National Reserve for Savannah ecology and wildlife. Spend three days in this nature's paradise amongst zebras, wildebeests, giraffes, buffalos, elephants, gazelles and many others. Encounter prides of lions resting in the shade of acacia trees or lying low in the grass in wait for their next prey. There is also a good chance of spotting cheetahs and if you are lucky shy leopards. You will arrive at Mara Serena lodge in time for lunch. After relaxing for a while proceed for a game drive, followed by late afternoon tea/coffee.	Mara Serena Lodge (5 star)	Breakfast Lunch Dinner	345	5.0
Day 13 Sun 24 th July	Maasai Mara National Reserve Spend a full day in Maasai Mara with early morning and late afternoon game viewing with lunch and leisure time at the lodge. Visit a Maasai village (Manyattas) en route for morning game drive where you will freely mix with the local Maasai people as they perform Maasai dances for various occasions. A small fee would be a good gesture, which should be given to the Maasais directly. By nightfall it is once again time for a refreshing drink before dinner.	Mara Serena Lodge (5 star)	Breakfast Lunch Dinner		

Day 14 Mon 25th July	Maasai Mara National Reserve Another full day in Maasai Mara with early morning and late afternoon game viewing with lunch and leisure time at the lodge. By nightfall it is once again time for a refreshing drink before dinner.	Mara Serena Lodge (5 star)	Breakfast Lunch Dinner		
Day 15 Tue 26th July	Lake Naivasha After breakfast, visit a Maasai School en- route to Lake Naivasha. Lake Naivasha is one of the gems in a necklace of Rift Valley Lakes. The Lake is famous for its remarkable variety of bird life and its hippo colonies. Arrive in time for lunch at Lake Naivasha Sopa Lodge. Relax in afternoon. Breakfast/Lunch/Dinner/Bed at Lake Naivasha Sopa Lodge	Lake Naivasha Sopa Lodge (5 star)	Breakfast Lunch Dinner	280	4.0
Day 16 Wed 27th July	-Nairobi - Departure After breakfast, drive back to Nairobi. Lunch at Karen Blixen hotel (on your own account). After lunch, relax before transferring to the airport for your outbound flight back home. END OF 16 DAYS PROGRAM.	Departure	Breakfast	90	1.15

The estimated price for the 16 days summer program in US dollars Per Person sharing is as follows:

NO OF ADULTS IN VEHICLE	PRICE P/ADULT SHARING A DOUBLE / TWIN
2	\$3,775 P/P - CHILD<12 YRS \$1,920
3	\$3,580 P/P - CHILD<12 YRS \$1,860
4	\$3,480 P/P - CHILD<12 YRS \$1,800
5	\$3,420 P/P - CHILD<12 YRS \$1,740
6	\$3,385 P/P - CHILD<12 YRS \$1,675

SINGLE ROOM SUPPLEMENT US\$740 (amount to add if not sharing a room)!

Optional Program

Day 16 Wed 27th July	Mombasa After breakfast, drive back to Nairobi. Lunch at Karen Blixen hotel (on your own account). After lunch, drive to Jomo Kenyatta Airport and connect with your flight to Mombasa. On arrival you will be met and transferred to Sun N Sand Beach Resort	Sun N Sand Beach Resort	Breakfast Dinner	flight	.45
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Day 17 Thu 28th July	Mombasa After breakfast, spend full day at leisure.	Sun N Sand Beach Resort	Breakfast Lunch Dinner		
Day 18 Fri 29th July	Mombasa After breakfast, proceed for an excursion to Mombasa Town with a visit to Fort Jesus and the old town . Take the opportunity to do some shopping in Mombasa. Late afternoon, return to the beach hotel and relax the rest of the afternoon. Lunch, dinner, overnight and breakfast at the Sun N Sand Beach	Sun N Sand Beach	Breakfast Lunch Dinner		
Day 19 Sat 30th July	Mombasa After breakfast, proceed for an excursion to Ngomongo Cultural Village . You will have an opportunity to interact with a traditional healer . This cultural experience will take better part of the morning.	Sun N Sand Beach	Breakfast Lunch Dinner		
Day 20 Sun 31st July	Nairobi - Departure After breakfast and check out formalities, transfer to the airport to catch your flight back to Nairobi in time to connect with your outbound flight back home. (Dinner own account.) END OF 20 DAYS PROGRAM.	Departure	breakfast	flight	.45

The estimated price for the 20 days summer program in US dollars Per Person sharing is as follows:

NO OF ADULTS IN VEHICLE	PRICE P/ADULT SHARING A DOUBLE / TWIN
2	\$4,780 P/P - CHILD<12 YRS \$2,500
3	\$4,520 P/P - CHILD<12 YRS \$2,425
4	\$4,385 P/P - CHILD<12 YRS \$2,345
5	\$4,310 P/P - CHILD<12 YRS \$2,265
6	\$4,260 P/P - CHILD<12 YRS \$2,175

SINGLE ROOM SUPPLEMENT US\$910 (amount to add if not sharing a room)!

PRICE ESTIMATES INCLUDE:

- Meet / assist services on arrival in Nairobi
- Airport to hotel transfer in Nairobi & Mombasa
- Accommodation on bed and breakfast while in Nairobi
- Excursion to Utamaduni Craft Centre
- Excursion to Kazuri beads factory
- All lectures as indicated in the program by qualified Educationists

- Accommodation on full board while on safari (bed, breakfast, lunch & dinner)
- All game parks entry fees
- Game drives while on safari
- Services of qualified English speaking tour / driver guides
- Transportation in a safari designed vehicle with pop up roof ideal for game viewing and photography
- Purified bottled water while in Nairobi and on safari Ltd
- Flying Doctors evacuation insurance cover while on safari.
- Return flights Nairobi-Mombasa plus taxes
- Accommodation on full board while in Mombasa Sun N' Sand Beach Resort
- Excursion to Mombasa old town and Fort Jesus
- Excursions to ngomongo village and entry fee
- All government taxes

PRICE ESTIMATES EXCLUDES

- Air ticket to and from Nairobi (2,500.00..maximum)
- Entry visas to Kenya (\$50)
- Immunization (\$300)
- Tuition & Fees (\$???)
- Pocket Money (\$500..minimum) for:
- Tips/ gratuities to the driver / tour guides (recommended but not mandatory)
- Lunch & dinner while in Nairobi
- Any other item of personal nature (extra \$\$s recommended)

INTERNATIONAL PROGRAM COSTS ARE BASED ON 2010 RATES AND ARE SUBJECT TO CHANGE TO REFLECT 2011 RATES