Travel As A Force For Good!
June 2019 Machakos County Sterilization and Anti-Rabies Campaign and Safari Adventure

Vet Treks Foundation will return to Kenya for the fourth time in 2019! We’re very pleased to be collaborating once again with African Network for Animal Welfare (ANAW). The Kenyan government has undertaken a massive campaign (called Rabies 2030), to eradicate the domestic incidence of rabies by 2030. As a strategic partner in this effort, we will be working with ANAW in Machakos County, where rabies is endemic, and where sadly, human deaths from this preventable disease still occur. Our team will provide manpower and expertise for a community rabies vaccine blitz.

Vet Treks also provides expertise in the development of community-wide spay/neuter services, an important effort in the goal to lower the population of dogs and cats and therefore limit the incidence of strays and bites. This service also works to improve the lives and alleviate the suffering of dogs and cats in these underserved communities. We will set up and run a four-day MASH-style sterilization clinic along side the rabies campaign in Machakos, as a means of training local veterinarians and veterinary students to carry out this mission moving forward.

Our goal is to vaccinate 6000 animals and sterilize 400 or more dogs and cats! We need your help for all of these service needs. Volunteers of all varieties are welcomed to join us: veterinarians, veterinary nurses, and hard-working animal lovers of all other varieties.

No trip to Kenya would be complete without a visit to some of the iconic sites there. Options for a pre-trip visit to the historic coastal city of Mombasa, as well as a post-trip safari on the world famous Masai Mara Game Reserve are offered for our volunteers. Please join us in 2019 for the trip of a lifetime!

2019 Summarized Itinerary

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<tr>
<th>Date</th>
<th>Description</th>
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<tr>
<td>30 May – 2 June (Mombasa Option)</td>
<td>Early Arrival and Mombasa add-on option</td>
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<tr>
<td>2 June (Begin Service Trip)</td>
<td>Arrive Nairobi – Transfer JKIA to Margarita House</td>
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<td>3-5 June</td>
<td>Nairobi attractions, ANAW projects</td>
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<td>6-10 June</td>
<td>Transfer to Machakos, Maanzoni Lodge, Rabies/Sterilization Campaign</td>
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<td>11 June</td>
<td>Nairobi free day</td>
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<td>12 June</td>
<td>Depart to US or Masai Mara safari add-on option</td>
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Our February, 2018 Crew

Lisa McCarthy DVM/MBA
2019 Vet Treks Foundation Service Trip/Safari Adventure
2019 Detailed Itinerary: Service Trip

Day 1    Sunday, 2 June

On arrival at the Jomo Kenyata International Airport in Nairobi, you will be met by our hosts and transferred to your hotel, Margarita House, for overnight.

Nairobi
Nairobi is the capital city of Kenya and the starting point for many Kenyan tours and safaris. Nairobi, which means ‘cool water’ in the language of the Maasai is now a major hub for all of East Africa. Today the city’s skyline bristles with skyscrapers, but don’t be surprised to see camels in amongst the throngs of cars on Nairobi’s busy streets – and they often move faster than the cars!

Accommodation at Margarita House* - Standard room (Full Board) (*or equivalent – accommodations will depend on group size).

Settle in for the evening, relax with a beverage, and get ready for your Kenyan adventure!

Days 2-4    Monday, 3 June - Wednesday, 5 June

Our first three full days in Nairobi will be spent getting to know our ANAW hosts and the experience the amazing projects they oversee to benefit animal welfare needs in Kenya. We’ll also visit some of the iconic, not-to-be-missed attractions in Nairobi. Activities on these days will include the following:

- We’ll spend time in discussions with ANAW about the important work that they are doing to improve the status of animals in Africa. We’ll accompany them on some of their work projects. This might include a visit to one of the many schools where they sponsor Animal Welfare Clubs, or a walk in the wild with the Kenyan Wildlife Service to remove snares that have been placed by poachers. If there happens to be a snared (or otherwise injured) animal, we might even get to participate in a rescue!

2016 Crew at Bungule Primary School, Kasigau
Removing poacher’s snares
We’ll make two visits to the David Sheldrick Wildlife Trust Elephant Orphanage – a must for any visitor to Nairobi! First, we’ll attend the daily public visit for an overview of the work of the Trust, where we will be introduced to all of the current residents of the orphanage. Later in the week, we’ll return for a private evening visit and you’ll have the opportunity to put your adopted elephant to bed for the evening and meet the heroic keepers who watch over these precious angels. Prepare to have your heart stolen!

- Please go to https://www.sheldrickwildlifetrust.org/ to adopt an orphan elephant and support the important work of this heroic organization. All participants must adopt an elephant to qualify for the bedtime visit. The cost of adoption is only $50!

We’ll enjoy lunch at the Blixen Coffee Gardens, on the estate of Karen Blixen of “Out Of Africa” fame. This is a great place to enjoy (and purchase) some beautiful local artwork.

We’ll visit the Giraffe Center, which houses a few of the dwindling number of beautiful Rothschild’s giraffes. Get ready to meet the tallest patients you’ll ever see!

Day 5  Thursday, 6 June

Today’s we’ll split into two groups:
- Teachers (Dr. Lisa McCarthy and TBD) will conduct CE classes in Nairobi, then join the group in Machakos.
- The remaining group (most) will travel to our new hotel and our clinic location in Machakos County and do preliminary set up for the sterilization campaign to begin the next morning.
Our next several nights will be spent at Maanzoni Lodge* – Standard Room/Full Board (*or equivalent, dependent on group size). This hotel is located on a large ranch where wildlife is regularly spotted, and you can enjoy guided evening walks to enjoy the views. This luxury resort offers many other amenities including restaurants, bars, and a pool.

Days 6-9  Friday, 7 June – Monday, 10 June,

This is the real reason we came to Kenya! For the next four days, we’ll conduct a community spay-neuter and mass rabies vaccine campaign, alongside our ANAW partners. Veterinarians and students who attended our CE sessions in Nairobi will join us in this collaboration. Our goal is teaching and sustainability: we want them to carry on this work after we leave.
Day 10  Tuesday, 11 June

We return to Nairobi and Margarita House for one more day. This is a free day to use as you wish: rest and repack before safari or your long trip home, or use the day to squeeze in a little more fun in fabulous Nairobi! Some suggestions include: the Nairobi City Market, Kazuri Bead Factory, a ½ day Game Drive in Nairobi National Park, or a visit to the Karen Blixen Home Museum (for you “Out Of Africa” fans). Depending on group interest we can help you arrange drivers or guides for these activities.

Day 11  Wednesday, 12 June

Depart on return flights to US or Optional Safari

End of your service trip – You have made a positive difference! Thank You!

OPTIONAL TRAVEL EXTENSION: MOMBASA!

This historic coastal city on the Indian Ocean is the second largest in Kenya. Its an ancient port city that has been an important trade center since the 5th century A.D. Both Arab and Persian influences are evident in the architecture and culture there.

This excursion begins on Thursday, May 30th. You’ll enjoy 3 nights at the Jacaranda Indian Ocean Beach Resort. There will be plenty of time for beach combing and relaxation. We will also visit historic Mombasa Old Town with its beautiful mosques, Fort Jesus (built by the Portuguese in the 16th century), the town bazaar and the famous Akamba woodcarvers.

We’ll also visit the Colobus Conservation Center, a Colobus monkey clinic and rescue facility run by ANAW in Mombasa.
On June 2nd, we’ll return to Nairobi via train. You’ll have a 1st class ticket and a view of the Kenyan countryside for the 4 hour trip back to Nairobi. This extension gives you the opportunity to see a historic city of Kenya and the coast of the Indian Ocean, relax and get over your jet lag before the big trip begins.

FOR QUESTIONS AND FURTHER INFORMATION, PLEASE CONTACT, VIA THIS WEBSITE:
Dr. Lisa McCarthy, Founder and Chair, Vet Treks Foundation
lisa.vettreks@gmail.com

About Vet Treks Foundation

The mission of Vet Treks Foundation is to support the establishment of permanent veterinary services in underserved areas of the developing world. In the short term, we do this by assisting local veterinarians and animal welfare agencies with urgent needs. We specifically recruit veterinarians and animal lovers in the US for this service. Over the longer term we contribute to sustainable veterinary services by providing continuing education, equipment and supplies to veterinarians in areas of need.

The One Health philosophy that the health of animals, humans and the environment are linked underpins our efforts. The knowledge, talent and passion that veterinarians and animal care workers bring to efforts to improve all of these areas is invaluable.

Vet Treks Foundation projects welcome the participation of all animal lovers – not just veterinarians and technicians, but anyone in involved in or concerned about animal welfare and the humans who are affected by the animals around them.

Vet Treks Foundation is the culmination of founder Dr. Lisa McCarthy’s belief in the mantra that “The meaning of life is to find your gift; the purpose of life is to give it away.”

Learn more and donate at: http://veterinarytreks.org/