



Medical Mission Tours

Highlights

For several years, One Horizon Africa has been welcoming medical and health professionals to assist us in our in-field clinics in Kenya. It has been our mission to bring health professionals together from around the world to work with our local health professionals to make the lives of people better. Children and the aged often suffer unnecessarily from treatable conditions.

However, in 2022, One Horizon Africa and Jungle Medical Missions Uganda realised their shared focus, commitment and work in grassroot communities.

What's Included

- Full board (including alcoholic beverages)
- All internal flights
- All Uganda wildlife Authority fees
- Government taxes
- Professional English-speaking tour guides

What's Excluded

- International airfares
- Tips and gratuities

Blackout Days

- Easter Friday
- Xmas Day

11 Days
Tour

N/A
Passengers

Pick Up
@ 9:00 am
from the hotel

Drop Off
@ 4:30pm
to the hotel

And it wasn't long before we knew that our combined resources would enable us to reach so many more people in Kenya and Uganda. With existing community relationships and infrastructure in place, we are delighted at One Horizon to be working in tandem with Jungle Medical Missions to bring health care to those who need it.

Tour Itinerary

Day 1

Arrival and Airport Transfer

- Arrival at Entebbe International Airport
- Our team will meet you at the airport and help you navigate any pending airport logistics before transferring you to your hotel. You're welcome to Uganda, "The pearl of Africa". The preferred arrival day is Saturday to allow for traditional Music, dance, and drama cultural interaction at Ndere Cultural Center on Sunday. However, this is also customizable depending on preference
- Overnight at Hotel Horizon Entebbe(Mid range, Bed & Breakfast)



Day 2

Orientation and Cultural Exchange

- After sleeping in, continental breakfast will be served at leisure.
- This will be followed by an interactive orientation session led by Dr. Franklin Seth Muwanguzi and his team.
- The session highlights the relevance of the trip, the local healthcare system, available drugs, sundries, and supplies to be used during the trip and a Q&A session.
- You will then head out in the afternoon for a guided city tour highlighting Uganda's history and a first-hand interactive experience of how the people live.
- You will then be treated to a traditional welcome at Ndere Cultural Center with music, dance and drama, and an assortment of local dishes for dinner.



Day 2-4

The Medical Work Begins at Medical Clinic 1 : Kasanje Subcounty and The City Slums

- You will join our local team in medical camps which will run all day from 9 am to 5 pm.
- Stations include registration, triage, consultations/exams, laboratory, dental, eye, and pharmacy.
- You will be serving in your area of expertise, but it is not unusual to be asked to help out in another department when the need arises.
- The clinics will take place in Kasanje sub-county where we have a partner community hospital; 1st Community Hospital, that directly serves over 42,000 people in 33 villages and many more that travel from other geographical areas and/or the city slums around Kampala in which the urban poor dwell
- These are general outreach clinics where you expect to encounter people with a variety of issues ranging from infectious diseases such as Malaria, Typhoid fever, and HIV, to non-communicable diseases like Diabetes and Hypertension.
- Overnight at Hotel Horizon Entebbe (Mid range, full board)





Day 5

Rest and Recuperation for The Medical Team

- Debrief with Dr. Franklin Seth Muwanguzi and his team
- Today you will also rest, relax and recharge for the days ahead.
- The Medical Team transfers by air to Tororo, in Eastern Uganda, arriving to check in and recuperate.
- Overnight at Green Meadows (Basic, full board)

Day 6-7

Tororo District

- The clinics in Tororo will take at our other partner hospital; Hope Missionary Hospital, serving many people from various surrounding villages. It has not been unusual in the past for some people to come from as far 10-15 miles away on foot. On top of the range of diseases mentioned above, Tororo has a high prevalence of sickle cell disease, malaria, teenage pregnancy, malnutrition, and mechanical low back pain among others.
- The medical activities conclude on day 7
- Overnight at Green meadows (Basic, Full board)



Day 8

Source of the Nile Transfer to Entebbe

- Transfer by road from Tororo to Jinja (2-3 hours max)
- Boat cruise on Lake Victoria that takes you to the Zero mileage point of the River Nile, the world's longest river as it starts it's 90-day journey of 6,000km to Egypt.
- Lunch at the sailing club in Jinja and flight to Entebbe.
- Overnight at Hotel Horizon Entebbe (Midrange, Full board)



Days 9-11

Optional Tours for the Medical Team

(to be held at the end of the medical mission)

3 Day Gorilla Trekking in Uganda

Day 9

Fly from Entebbe to Bwindi Impenetrable forest(1hr). Pick up at Kihiki Airstrip. Overnight at Mahogany springs (Luxury Lodge, Full board) or equivalent depending on the availability of Gorilla permits.

Day 10

Gorilla trekking. This can last from 4 hours to a whole day and your reward is an entire hour with a family of mountain Gorillas only 6 meters from you, in an impenetrable forest. Overnight at Mahogany springs (Luxury Lodge, Full board) or equivalent depending on the availability of Gorilla permits.

Day 11

Fly from Bwindi, back to Entebbe (1hr). And overnight at Hotel Horizon Entebbe (Midrange , Full board)