

WORLD PULSE™

ITINERARY

World Pulse Journey: The Heartbeat of East Africa



JANUARY 31 - FEBRUARY 11, 2011

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MAPS

From Kenya to Rwanda, we'll move through pulsing city centers and rural villages, over dry plains full of wildlife, and up to misty mountains.



ITINERARY AT A GLANCE

KENYA

Monday January 31

- Arrivals
- Afternoon spa treats
- Late welcome dinner at hotel

Tuesday , February 1

- Welcome & Group Breakfast at hotel
- Jamii Bora morning visit, lunch in transit
- Pre-dinner meeting with Karambu Ringera
- Dinner at Carnivore

Wednesday , February 2

- Early hotel breakfast
- Early visit to CREA projects
- Lunch and visit with Project Africa/Rafiki Club
- Dinner at Tamarind

Thursday February 3

- Early hotel breakfast
- "Speak Out" Event
- Lunch at Blanco's with featured guest
- Leisure afternoon and spa times
- Pulsewire Open House Jave Café and ala carte dinner

Friday February 4

- Early hotel breakfast
- Early departure by land for Masai Mara safari
- Dinner & overnight at Mara Sopa lodge

Saturday February 5

- Pure wilderness adventure day!
- Morning and afternoon game drive
- World Pulse Inspiration dinner
- Overnight Mara Sopa Lodge

Sunday February 6

- Early Masai Mara Safari / Return to Nairobi
- Visit IDP Camp en route
- Overnight back in Nairobi

TRANSITION TO RWANDA

Monday February 7

- Early hotel breakfast
- Shopping and morning tours, Nairobi
- Afternoon flight to Kigali
- Evening arrival in Rwanda

RWANDA

Tuesday February 8

- Early hotel breakfast
- Morning tours of Kigali, Rwanda
- Lunch at "Hotel Rwanda"
- Afternoon visit and evening BBQ with WEACTX

Wednesday February 9

- Early hotel breakfast
- Visit AVEGA
- Lunch Chez Lando
- Afternoon Genocide Memorial
- Yoga
- Dinner

Thursday February 10

- Early hotel breakfast
- Rwandan Women's Speak Out
- Lunch
- Afternoon visit Solidarité
- Farewell Dinner & Celebration at Heaven Café

Friday February 11

- Hotel breakfast & checkout
- Farewells
- Airport transfers and departures

EXTENSION TOUR: GISENYI, RWANDA

Friday February 11

- Early Morning Transfer to Kinigi
- Gorilla Trekking at the Volcano National Park
- Lunch at CPND Fatima
- Dinner at Lake Kivu Serena Hotel
- Overnight: Lake Kivu Serena Hotel

Saturday February 12

- Day at leisure with optional visit to border towns local market
- Lunch at White Rock Restaurant
- Dinner at Lake Kivu Serena Hotel
- Overnight: Lake Kivu Serena Hotel

Sunday February 13

- Transfer to Kigali International Airport for ourtbound departure
- Personal farewell and end of tour services

HOSTS



Jensine Larsen | World Pulse Founder

As a young journalist in Burma and the Amazon, Jensine discovered that some of the world's most important stories are rarely mentioned in the mass media. But through her determination and persistence to reach out and connect, she became a new voice in global media. Touring around the world, she appeared on NPR and Air America, presented keynotes at major corporations, universities and world forums, and wrote articles in international publications. A visionary and pioneer, Jensine became the first voice of World Pulse—the first of many.

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Leah Auma Okeyo | World Pulse Outreach Specialist and Kenyan AIDS Activist

Leah is World Pulse's African Outreach Specialist. As an HIV Activist, she serves her community of Migori, Kenya through PACHO, an NGO that is on her road to positive change for women. Her main working tool is "The Power Of Sharing Voices" for which World Pulse has been a supportive ground. She uses GIPA (Greater involvement of people with AIDS) in her work to create empowerment and change. She has been a featured, inspirational speaker in several forums in East Africa, Europe, and North America.

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Anne-christine d'Adesky | Author & Journalist

A Pulitzer Prize nominated journalist, author, documentary filmmaker, activist and human rights advocate, she began humanitarian work in Africa in 2003, focusing on the issue of gender-based violence linked to HIV/AIDS and the use of rape in war in East Africa. She launched and served as Co-Founder and Co-Executive Director of a global initiative, WE-ACTx (Women's Equity in Access to Care and Treatment), based in San-Francisco and Kigali, that helps Rwandan women affected by HIV/AIDS who are survivors of genocidal rape, and orphans.

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HOSTS



Corine Milano | Editor, World Pulse Magazine

As the managing editor of World Pulse Magazine, Corine Milano directs content creation and production for World Pulse's print and online media. With a passion for independent media, global issues, and women's empowerment, Corine joined the team in 2007. For her first assignment, an e-magazine focused on women in the aftermath of Kenya's 2007 election violence, she helped Leah Auma Okeyo and Karambu Ringera share their experiences with World Pulse readers. Corine is a firm believer that expression is the starting point to creating social change and that technology can empower women across borders.

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Ila Asplund | Trip Coordinator, Half Sky Journeys

With a background in marketing and communications for women's media and empowerment organizations, Ila was inspired to create Half Sky Journeys, a company focused on 1. Travel, with a purpose 2. Maximizing financial and advocacy impacts through well-designed journeys; and 3. Always holding women, girls, and children as top priority beneficiaries of the journey. She is thrilled to assist World Pulse and her group of amazing guests in crafting this powerful trip to Kenya and Rwanda. Having lived and worked in Uganda years ago, she is looking forward to re-connecting with East Africa, one of her global homes.

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Karambu Ringera | Founder, IPI

Karambu is dedicated to supporting initiatives that mitigate the effects of war, disease, poverty, and discrimination. A native of Kenya, she vied for the North Imenti parliamentary seat during the 2007 general elections, a constituency that had not had a woman candidate run for office since independence. At serious risk to her personal safety, when the post-election violence broke out in 2008, she conducted peace dialogs in the IDP (Internally Displaced Persons) camps, leading many women to start their own peace-building initiatives.

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DELEGATES



Maura Conlon McIver | Author, Speaker and Social Entrepreneur

Maura is a best-selling memoirist (*She's All Eyes*) who originally hails from Los Angeles and now lives in Portland, Oregon. She graduated from The University of Iowa, completed her M.A. in Irish Literature and has enjoyed life in the media industry. Her literary work has been adapted for stage. She holds a PhD in Depth Psychology and believes in supporting projects which inspire people to move from a “me” to a “we” consciousness. She is currently writing a book on *Women and Conscious Legacy*. She feels at home at the piano, on an airplane, and exploring all the wonders of life.

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S. Renee Mitchell | Creative Visionary and Women's Advocate

Renee is a creative visionary and inspirational speaker who is following her dreams, by living with her heart first. It's hard to put Renee into one category that describes the breadth of her talents as an MBA-trained project manager, self-taught graphic/multi-media artist, playwright, actress and published author. She is also an award-winning writer, with more than 25 years of newspaper experience. She now is using those award-winning writing skills to write a jazz opera, debuting in February, and design grants for social justice projects.

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www.TangoingWithTornadoes.com



Kathryn L. Reed | Professor and Head of OBGYN at the University of AZ College of Medicine

Dr. Reed is recognized worldwide for her pioneering work in fetal cardiac physiology and Doppler ultrasound. She was elected to the Board of Directors of University Physicians Healthcare in 2001. In 1991, she co-established a private foundation to fund research in Cardiovascular Medicine and in Women's Health. In 2009, she was selected to receive the U of AZ Alumni Achievement Award. Her recent work has included investigations of how women view women's health and well-being, and differences salary and leadership opportunities for women in academic medicine.



Marisa Rivera | President, Mpowerment Works

Marisa Rivera Albert is originally from San Juan, Puerto Rico. She is the President of Mpowerment Works, a consulting firm designed to impact global change by empowering people. Mpowerment Works provides unique domestic and international seminars, keynote presentations and innovative programs, designed to empower and impact women to become agents of social change. She served on the Board of (UNIFEM), and is on the board of World Pulse. Ms. Rivera-Albert is a Social Entrepreneur whose extensive work experience in the non-profit, government and private sectors has always been used to resolve justice and equality issues facing the world today.

DELEGATES



Seana Steffan | Executive Director, Restorative Leadership Institute

Seana serves purpose-driven organizations and conscious leaders through executive coaching, strategic consulting and leadership development. She was the founding director of INVST Community Studies at the University of Colorado, where she produced leadership programs to develop a more just and sustainable world. Seana sees herself as a lifelong learner and is passionately committed to elevating the quality of life on Earth. She conducts participatory action research and is currently writing a book on restorative leadership and women in sustainability. Seana lives in Colorado with her beloved husband Barron.

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Katrin Wilde | Executive Director, The Channel Foundation

Katrin guides Channel's grantmaking, advocacy, and collaboration to support and promote leadership in women's human rights. She serves on the Board of Grantmakers Without Borders, the Philanthropy Committee of the Global Fund for Women, and the Grantmaking Committees of the Women's Funding Alliance and Social Justice Fund Northwest. She helped plan the first Pacific Northwest Global Donors Conference and has joined the Advisory Committee for the Center for Human Rights at the University of Washington. She is Women's Human Rights Outreach Coordinator for Amnesty International Seattle.

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Andrea Leoncavallo | Photographer and Documentary Filmmaker

Andrea is an award winning documentary film producer, still photographer and advocate for women. In Washington, D.C. she began a successful career producing fundraising videos for nonprofit organizations and educational videos for the Department of Justice as the Senior Producer at Video/Action. It was there that she discovered her passion for feminist issues and a desire to give a strong voice to women whose stories are rarely heard. An active member of Women in Film & Video (WIFV DC), Andrea joined the Board of Directors in 2007 to advocate for equality for women in the film industry

THINGS TO KNOW BEFORE YOU GO



Wildbeast and Zebra migration in Maasai Mara, © Key45



Rwandan Children © Andriess

UPDATES

If you haven't already, please join the PULSEWIRE Group: "Journey to the Heart of East Africa." All the very latest updates and changes will be live, here, first!

worldpulse.com/pulsewire/groups/29750

TRAVEL INSURANCE

We highly recommend that you purchase travel insurance with a "cancel for any reason" clause. We advise you to cover the entire value of your expenses, and to make clear any special medical concerns to your insurer.

Some options for travel insurance:

<http://www.csatravelprotection.com/>

<http://www.statravel.com/>

<http://www.worldnomads.com/>

HEALTH

Consult your physician and/or local travel clinic to make sure you are prepared before the trip.

Sites to explore:

World Health Organization (www.who.int/en/)

Centers for Disease Control and prevention (www.cdc.gov/travel)

MD Travel Health (www.mdtravelhealth.com)

MUSIC & FILMS

RECOMMENDED SELECTIONS

KENYA

MUSIC:

- **Esther Wahome:**
www.kenyangospel.com/artists/esther-wahome.php
- **Suzanna Owiyo:**
www.suzannaowiyo.net/press-mainmenu-102.html
- **Abbi:** Absalom Nyinza, popularly Abbi, is one of Kenya's most popular male Afro-jazz and Afro-fusion musician who has also been a campaigner for the Global Call to Action Against Poverty,
<http://www.facebook.com/pages/Abbi/106034602760430>

MOVIES:

- Anne Mungai, director: **The Beggar's Husband, Nomani Clinic, The Tomorrow's Adult Citizens; Together We Build.**
<http://africanwomenincinema.blogspot.com/2009/08/glance-at-kenyan-women-in-cinema.html>
- Wanuri Kahiu's second film, the award winning **From a Whisper** (2008) covers the 1993 terrorist bombing of the US Embassy in Kenya. She won the awards for Best Director, Best Screenplay and Best Picture at the African Movie Academy Awards in 2009.
http://en.wikipedia.org/wiki/Wanuri_Kahiu
- Jane Murago Munene, one of Kenya's second-wave female directors. Films include: **The Price of a Daughter**, fiction, 2003; and **Turning Tide: Women Entrepreneurs in Africa** (13-Part series), 2008.
<http://africanwomenincinema.blogspot.com/2010/10/jane-murago-munene-entr...>

RWANDA

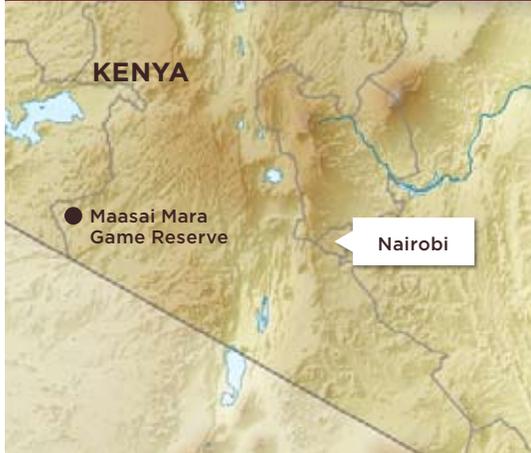
MUSIC:

- **Sophie Nzaywenge**
- **Shanel (Ruth Nirere Shanel)** <http://www.facebook.com/profile.php?id=550299843>
- **Dorothee Munyaneza-Igihe**, who released a popular album entitled, *Luminary*. She initially gained worldwide exposure following her film music debut on the soundtrack of *Hotel Rwanda*.

MOVIES:

- **Sometimes in April**, the acclaimed 2005 HBO feature film by Paris-based Haitian director Raoul Peck.
http://en.wikipedia.org/wiki/Sometimes_in_April (*Amazon.com*)
- **Hotel Rwanda:** the Oscar-nominated 2004 feature film by director Terry George starring Don Cheadle.
- **Shake Hands with the Devil:** The Journey of Roméo Dallaire - a documentary about the role of UN Blue Helmets and General Dallaire in failing to prevent Rwanda's genocide.
- **God Sleeps in Rwanda**, a documentary by US director Kimberlee Acquaro and Stacy Sherman, narrated by Rosario Dawson, the story of five courageous women as they rebuild their lives and redefine their roles in Rwandan society, post-genocide.
www.wmm.com/filmcatalog/pages/c681.shtm
- PBS 'Wide Angle' "**Ladies First**" Rwanda's Women Rebuild the Nation After the Genocide, on the remarkable post-genocide role and victories of Rwandan women in rebuilding their society and gaining a political voice.
<http://www.pbs.org/wnet/wideangle/episodes/ladies-first/introduction/204/>

NAIROBI, KENYA | JANUARY 31



NBO



The Heron Hotel



Silver Springs Spa

MONDAY JANUARY 31 Arrival in Nairobi

- Personal welcome in Nairobi at Jomo Kenyatta International Airport arrival
- Transfer to Heron Hotel in the heart of Nairobi
- Spa treatments available at Silver Springs Spa

SPA TREATMENT OPTIONS:

Facial

- Deep cleansing
- French

Massage

- Therapeutic
- Swedish
- Hot Stones

Pedicure

Manicure

- Dinner and group introductions at Hotel

NAIROBI, KENYA | FEBRUARY 1



Hairdresser Sign at Mathare Slum © Flickr: Meanest Indian



NBO



Colors of Mathare © Flickr: Meanest Indian



Dr. Karambu Ringera



Carnivore Restaurant

TUESDAY FEBRUARY 1

Nairobi Day 2

- Group breakfast at hotel, with introductions for all including late arrivers, and a chance to brief and set intentions for the days to come.

- **Jamii Bora day!**

After a briefing at Jamii Bora headquarters, we visit Mathare—Kenya's second largest slum. This will be an intense, possibly emotional experience, as we will witness extreme poverty in some of the worst imaginable living conditions. (Please dress simply in clothes and shoes that you don't mind getting dirty.)

After a packed lunch, we will then visit Jamii Bora's new modern housing project in Kaputei, Kajiado.

Jamii Bora, directed by the inspiring Ingrid Munro, is Kenya's largest microfinance institution, and is making real the dream to reach the poorest people through using the latest technology and member-based initiatives.

- Pre-dinner meeting at Carnivore with the amazing **Dr. Karambu Ringera**

Dr. Ringera is dedicated to supporting initiatives that mitigate the effects of war, disease, poverty, and discrimination. A native of Kenya, she vied for the North Imenti parliamentary seat during the 2007 general elections, a constituency that had not had a woman candidate run for office since independence. At serious risk to her personal safety, when the post-election violence broke out in 2008, she conducted peace dialogs in the IDP (Internally Displaced Persons) camps, leading many women to start their own peace-building initiatives. She is also helping to lead World Pulse's Voices of Our Future program!

- Dinner at world-famous **Carnivore Restaurant**

Nyama Choma (barbecued meat) is practically the national dish of Kenya, and when served is a gesture of hospitality to guests. The Carnivore is a unique experience. This open-air meat specialty restaurant has become a standard stop on the safari trail. Every type of meat imaginable, including four choices of wild game, is roasted on traditional Maasai swords (skewers) over a huge, visually spectacular charcoal pit that dominates the entrance of the restaurant. Vegetarians: The Carnivore also serves a wide range of delicious non-meat dishes.

NAIROBI, KENYA | FEBRUARY 2



Project Africa Founder Lindy Wafula



Women at a CREAW event



Tamarind Nairobi

WEDNESDAY FEBRUARY 2

Nairobi Day 3

- Early buffet breakfast at hotel
- Early visit to **Centre for Rights Education & Awareness (CREAW)** with **Ms. Ann Njogu**
This life-transforming organization was set up in 1998 by several women lawyers, who had common goals and purpose: a commitment to confront the low awareness of women's real needs and rights in society. We'll learn how far women in Kenya have come to change and utilize rule of law for their human rights, what still needs to be done, and share ideas on how to make a difference!
- **Project Africa** light lunch & learn about the **Rafiki Club**
The Rafiki Club is a program of Project Africa that was initiated to build inter-cultural relations and global friendships for the advancement of women and girls. The Program started in 2006 and soon after Project Africa founder/director Lindy Wafula joined the Pulsewire Community on Worldpulse.com and saw the need to engage women in rural africa in the discourse of global issues through the eyes of women. This will be a soulstirring, joy-filled afternoon of friendship and inspiration!
- Dinner at **Tamarind Restaurant Nairobi**
...serving Nairobi's best seafood restaurant plus many other delicious options. The Tamarind focuses on its original mission of continually improving the quality and value of its services, and maintaining a superior level of social and environmental awareness. The Tamarind Group has all Kenyan shareholders who have hands-on participation in a variety of enterprises.

NAIROBI, KENYA | FEBRUARY 3



past Creaw Event



Java Nairobi



Blanco's Lounge

THURSDAY FEBRUARY 3 Nairobi Day 4

- Early hotel buffet breakfast
- Morning (9:30 AM - 11:30 AM): **Pulsewire & CREAW "Speak Out!" event!**
This will be an unforgettable gathering of Kenyan women leaders from all over the country, from the highest ranks in parliament, NGO directors, and prominent media representatives, to the grassroots members cultivating change in local communities. We will share inspiration, tears, and laughter as we at last make our "virtual" friends "real" ones and join forces for transforming women rights worldwide.

- Lunch to follow at Blanco's with Special Guest, **Wanjira Mathai!**

Wanjira Mathai is the international liaison for the world-renowned Green Belt Movement of Kenya. This movement was founded by Wagari Maathai, Wanjira's legendary mother.

Wanjira is part of a new generation of emerging young leaders and is a rising figure in Kenyan and international environmental, women's and social justice movements. We will learn more about the history of the Green Belt Movement of Kenya and how it functions as a catalyst for grassroots organizing of sustainable projects to benefit women and the earth, worldwide.

Afternoon at leisure, chance to linger with new friends from the day, rest, shop, or Spa treatment

- **Pulsewire "open house" cafe night 6 - 8 pm**
This evening we will gather at Nairobi's downtown Java café to meet Pulsewire members and other organization leaders who have been awaiting the arrival of World Pulse in Kenya! This will be an informal meet and greet, and a great opportunity to get to know all those friends from afar and catch up.
- Dinner will be à la carte at Java Nairobi.
- Overnight
...Get packed and ready for SAFARI time tomorrow!

MAASAI MARA, KENYA | FEBRUARY 4 - 6



FRIDAY FEBRUARY 4

Nairobi - Maasai Mara Game Reserve

- **Depart for Maasai Mara**, with gorgeous views of landscape
- Check-in, lunch at **Mara Sopa Lodge**
- Afternoon at leisure, optional late afternoon game drive
- Dinner at Mara Sopa Lodge
- Overnight: Mara Sopa Lodge



Pool at the Mara Sopa Lodge

SATURDAY FEBRUARY 5

Maasai Mara Day 2

- A day of pure wilderness adventure and inspiring fun in one of the most beautiful places on Earth!
- Morning and afternoon game drive
- Meals & overnight: Mara Sopa Lodge



Elephants in Maasai Mara

FEBRUARY 6 (SUN):

Maasai Mara Game Reserve - Nairobi

- Morning game drive
- Transfer to Nairobi by road with site stops of the Great Rift Valley
- Packed lunch from Mara Sopa Lodge
- En route visit the **IDP (displaced persons/refugee) Camp at Mai Mahiu**. We'll witness the good work of **Tumaini Kenya**, and our hearts will be moved by the children striving for better lives under difficult circumstances.
- Dinner at **Tamambo Bar and Grill**
- Overnight: Nairobi hotel



Sunset silhouetting acacia trees in Masai Mara
© Dan Lundberg

KENYA TO KIGALI, RWANDA | FEBRUARY 7



Kigali Airport © Flickr: The Advocacy Project



Nairobi Market © Whirling Phoenix



Rangers Restaurant



Hotel Gorillas in Kigali City Center

MONDAY FEBRUARY 7

Nairobi, Kenya - Kigali, Rwanda

- Hotel breakfast and checkout
- Nairobi and surrounds, morning **shopping** excursion options
- Lunch at **Rangers Restaurant in Nairobi**
- Transfer to Jomo Kenyatta International Airport for 17:20pm **departure to Kigali**
- Evening arrival and check-in
- Dinner at **Karisimbi Restaurant, Kigali**
- Overnight: **Hotel Gorillas**

KIGALI, RWANDA | FEBRUARY 8



WE-ACT program Voluntary Counseling and Testing (VCT)



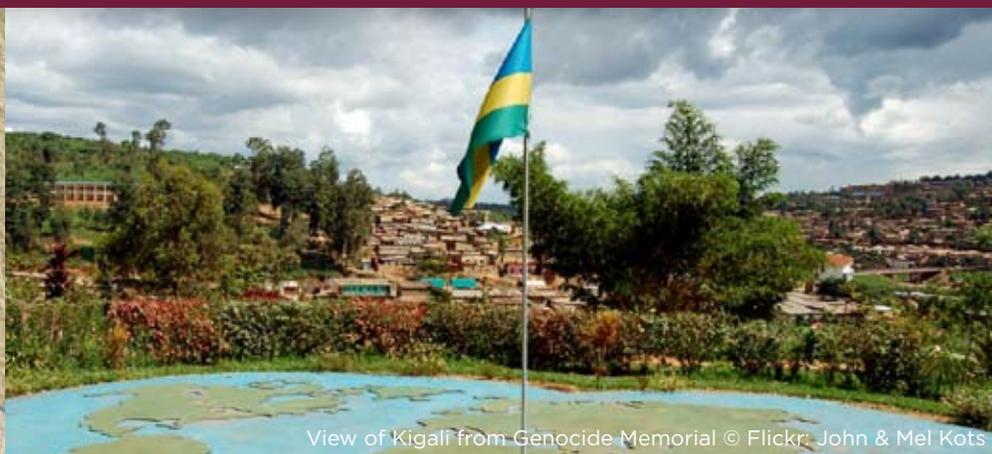
Mille Collines

TUESDAY FEBRUARY 8

Kigali Day 2

- Morning, after-breakfast **tour of the city of Kigali**
We'll take a historical journey through the city of Kigali, including colonial history – the Richard Kandt House, Camp Kigali and the lively, culturally diverse Nyamirambo suburb
- Lunch at **Mille Collines** with **Weactx** directors
The Hotel Mille Collines is also known as “Hotel Rwanda” and was the site of the now famous book and film. We will be joined at Milles Collines for lunch with WE-ACTx’s two co-directors (Chantal Binekigeli, Eugene Mutimura) and Joseph Mafurebo of the Health and Justice Project. Afterwards, we’ll head across town to visit the legal program and INEZA textile cooperative.
- Afternoon site visit to **WEACTx clinic**
WE-ACTx is an international community-based initiative that was launched in fall 2003 by frontline AIDS physicians, activists and researchers with extensive experience in caring and advocating for HIV-positive women.
- Evening (6 PM) **Celebration and BBQ dinner with WEACTx** staff and partners
Delicious BBQ will be cooked and served by the WE-ACTx staff at the house (Seraphine is the brilliant cook — a longtime staffer). In addition to WE-ACTx senior staff, and the two other US medical directors who will be visiting (Dr. Kathy Anastos and Dr. Mardge Cohen), we are inviting the directors of WE-ACTx’s 22 partner associations.

KIGALI, RWANDA | FEBRUARY 9



View of Kigali from Genocide Memorial © Flickr: John & Mel Kots



AVEGA-AGAHOZO



Chez Lando



Rwanda Genocide Memorial
© PolandMFA

WEDNESDAY FEBRUARY 9

Kigali Day 3

- Breakfast at hotel
- **AVEGA** visit in morning
AVEGA-AGAHOZO, is a non-profit organisation conceived and finally created on January 15th 1995, by 50 widows who themselves are genocide survivors. AVEGAAGAHOZO was formed to address the needs of these people, including widows, orphans, children who have become heads of household, the elderly, and the handicapped.
- Lunch at a local favorite fish BBQ place, **Chez Lando**, with speaker & guests
- **Genocide memorial** afternoon
Changes are sweeping across Rwanda, as we have seen and will see on this trip. Government and NGO's are pushing an ambitious reform agenda. Signs of development are everywhere. But even as Rwanda moves on, it does not want to forget. So it's also country of powerful, haunting memorials. Today we will visit them...
- Optional **yoga class** to process sights of the day
Seraphine, our yoga instructor, is a genocide survivor, trained by the WEACTx yoga program. Class will be held at the WE-ACTx house, where there is often an outdoor yoga class that US volunteers and medical staff also do.
- Dinner (Republika or other)

KIGALI, RWANDA | FEBRUARY 10 - 11



Dr. Agnes Binagwaho



Solidarité Weavers



*Heaven Cafe
© Trip Advisor*

THURSDAY FEBRUARY 10

Kigali Day 4

- Morning Event (9:30 - 11:30 a.m.): **“Rwanda Women’s Speak Out”** at Hotel Okapi
This forum will bring together Rwandan women parliamentary leaders, gender advocates and professionals to share news, views, experiences related to Rwanda’s achievements on women’s rights. A distinguished panel of speakers will discuss recent legal reforms and highlight innovative field programs, followed by an open group discussion of Rwanda’s achievements.
- Lunch (Indian Khazana or other)
- Visit to **Solidarité**
Solidarité is a Rwandan grassroots organization of men and women that provides services and support to vulnerable groups, including women and families living with HIV/AIDS, orphans, and homeless or displaced Rwandans. Solidarité’s programs in Kigali include counseling and help with income-generation programs for HIV-positive women, school fees for orphans, and work with members of the Batwa community.
- Farewell dinner at **Heaven Café**
Former NGO-workers Alissa & Josh Ruxin created Heaven to support the economy, tourism, create jobs and provide ongoing vocational training. Heaven employs 15 staff directly, supports many local farmers, suppliers, technicians and artists, and provides ongoing training in order to achieve excellence and build future leaders in the local service industry. And it is said to serve the best food in Rwanda!
- Overnight: **Hotel Gorillas**

FRIDAY FEBRUARY 11

Kigali - Kinigi - Gisenyi

- Morning breakfast and checkout
- Transfers to Kigali International Airport for outbound departure
- **Personal farewell** and end of services (for those not doing Gorilla trek)



Gorilla Mother and Baby - for an infant gorilla, Mama is food, transport, and playground. Credit: by Sarel Kromer



Kivu Serena Hotel



Volcano National Park
© John & Mel Kots



Lake Kivu Shoreline
© BanyanTree



Gisenyi, Rwanda

EXTENSION TOUR

FRIDAY FEBRUARY 11

Kigali - Kinigi - Gisenyi

- Packed breakfast
- Early morning transfer to Kinigi
- **Gorilla trekking** at the Volcano National Park, Kinigi
- Lunch at **CPND Fatima**
- Dinner at Lake Kivu Serena Hotel
- Overnight: Lake Kivu Serena Hotel

SATURDAY FEBRUARY 12

Gisenyi

- Day at leisure with optional visit to the border towns local market
- **Batwa community visit** <http://www.pih.org/>
- Lunch at **White Rock Restaurant**
- Dinner at Lake Kivu Serena Hotel
- Overnight: Lake Kivu Serena Hotel

SUNDAY FEBRUARY 13

Gisenyi - Kigali - Departure

- Transfer to Kigali International Airport for outbound departure (time tba)
- Personal farewell and end of our services

FEATURED ORGANIZATIONS



AVEGA

AVEGA-AGAHOZO, is a non-profit organisation conceived and finally created on January 15th 1995, by 50 widows who themselves are genocide survivors. AVEGA-AGAHOZO was formed to address the needs of these people, including widows, orphans, children who have become heads of household, the elderly, and the handicapped.



Center for Rights Education and Awareness creawkenya.org

(CREAW) is a non-governmental, non-partisan, membership organization based in Nairobi, Kenya. This life transforming organization was set up in 1998 by several women lawyers, who had common goals and purpose: a commitment to confront the low awareness of women's real needs and rights in society. CREAW obtained its full legal status in 1999, when it was registered as an NGO, in compliance to Kenyan Laws.



GREENBELT MOVEMENT | greenbeltmovement.org

GBM Kenya is a non-profit grassroots non-governmental organization (NGO) based in Kenya. The mission of the Green Belt Movement (GBM) is to mobilize community consciousness for self-determination, equity, improved livelihoods and security, and environmental conservation.



INTERNATIONAL PEACE INITIATIVES | ipeacei.org

(IPI) is a Kenya and U.S. based organization that is dedicated to supporting and funding initiatives that mitigate the effects of poverty, disease, discrimination and violence. IPI provides Homes for orphans and vulnerable children, supports African grassroots organizations and community leaders, and provides trainings in peace education and conflict resolution. The IPI tools are education, enterprise and empowerment.



JAMII BORA | jamiibora.org

Our Mission is to assist our members to get out of poverty and build a better life for their families. Our experience is that any family, however poor, miserable, and hopeless, is capable of getting themselves out of poverty. We want to strengthen and utilise all the skills, determination and hard work of the people of Kenya to build a better nation through better families.

FEATURED ORGANIZATIONS, cont.



PARTNERS IN HEALTH | PIH.org

Partners In Health's success has helped prove that allegedly "untreatable" health problems can be addressed effectively, even in poor settings. Until very recently, it was conventional wisdom that neither multidrug-resistant tuberculosis (MDR TB) nor AIDS could be treated in such settings. PIH proved otherwise. Today, PIH has transplanted and adapted its model of care to the epicenter of the HIV pandemic in Africa, launching projects in Rwanda in 2005 and Lesotho in 2006. Elements of PIH's community-based approach have been disseminated to and adapted by other countries and programs throughout the world.



PROJECT AFRICA | projectforafrica.org

PROJECT AFRICA is a non profit organization, that brings together both men and women from all over the world, to be keepers of their sisters in Africa while bringing with them the essence of responsibility and charity that aims at making a different. The concept of empowering women in Africa to help themselves is a timely initiative in mainstreaming gender and fighting poverty. We believe that we have a moral responsibility to ensure that women in rural Africa are given the skills and resources they need to support themselves and to enjoy the broadest opportunities for self-fulfilment, sustainability and development.



SOLIDARITÉ | SOLIDARITY ASSOCIATION OF PEOPLE WITH HIV Kigali Phone: +250 788549830

Solidarity is an association that focuses on education and has many programs to help children who are not attending school, including financial aid. It also offers special training programs for children who have been exploited as domestic workers or recruited into the military. It organizes regular support groups for girls who have experienced violence or abuse and also can help girls report abuse to the police.

Read more at: www.thebody.com/content/art44954.html



TUMAINI KENYA | tumainikenya.com

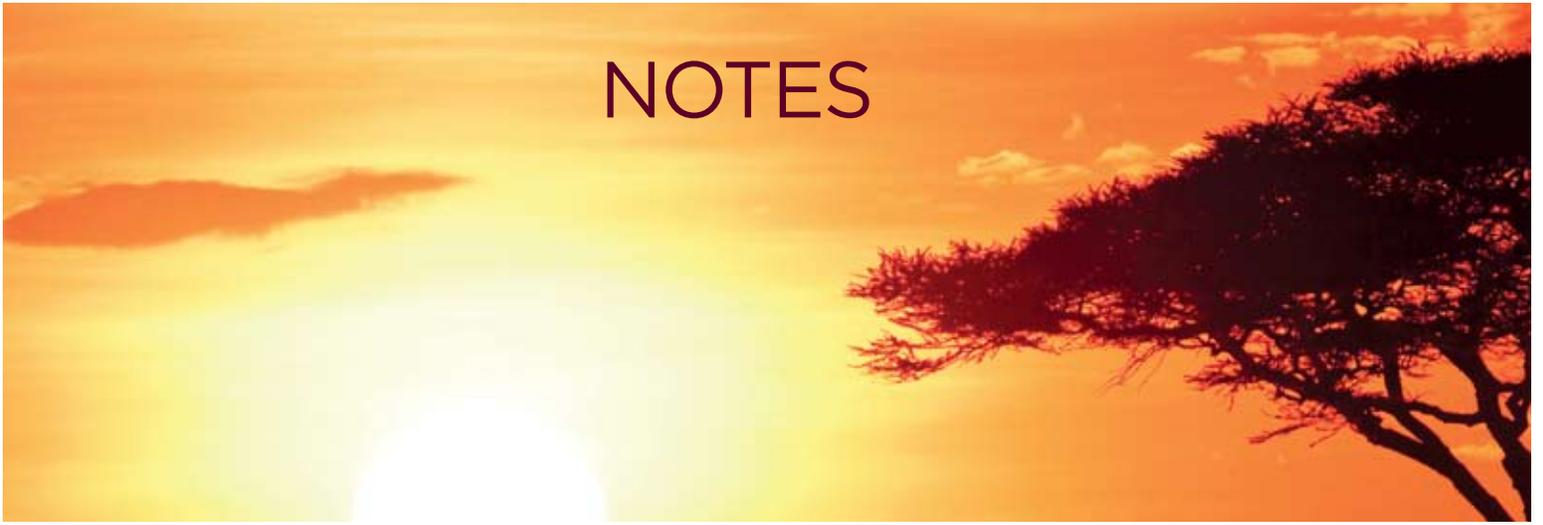
Our Mission is to to promote hope, education, development and support for African youths in Kenya and other East African Union countries. Our primary focus is the AIC school and the IDP camp in and near the Great Rift Valley of Kenya. The center is supporting 14 Internally Displaced Children and orphaned children who are registered at Nderu Primary school and seven orphaned children at the vocational training center.



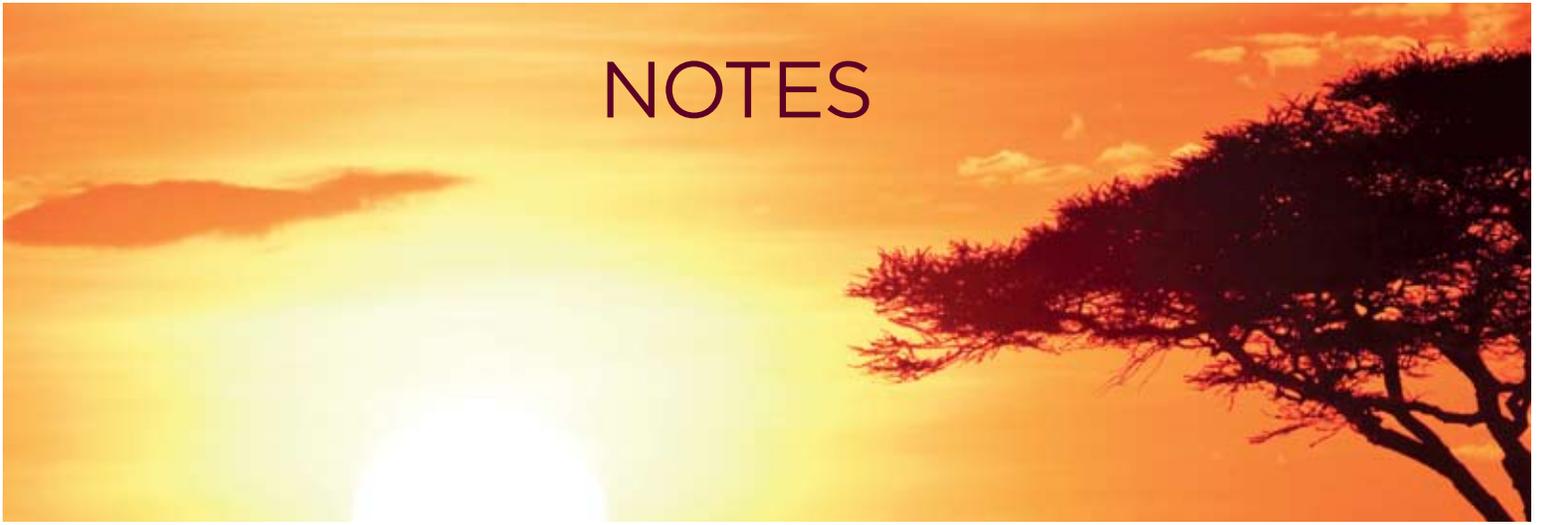
WOMEN'S EQUITY IN ACCESS TO CARE & TREATMENT | we-actx.org

WE-ACTx is an international community-based initiative that was launched in fall 2003 by frontline AIDS physicians, activists and researchers with extensive experience in caring and advocating for HIV-positive women. Our primary goal is to increase women's and children's access to HIV testing, care, treatment, support, education and training in resource-limited settings at the grassroots level.

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