



Save the Mothers VISION TRIP—February 2017



AN INTRODUCTION: Every year 303,000 mothers die from (mostly) preventable complications of pregnancy and childbirth. In addition, over 2 million newborns are lost—many due to the poor care of their mothers. Save the Mothers’ vision is that **NO MOTHER OR HER CHILD SHOULD DIE FROM PREGNANCY COMPLICATIONS.**

Established in Uganda, Save the Mothers has trained over 400 East African multidisciplinary professionals to be advocates for change—helping to bring about sustainable systems and care for vulnerable mothers and their babies. Students are from Uganda, Tanzania, Rwanda, Southern Sudan, Kenya and Congo.

Through its **Master of Public Health Leadership program**, Save the Mothers, is raising up champions for change in safe motherhood within the areas of politics (including Ugandan Parliament with 5 MPs trained by the STM program), religious communities (training of leaders within faith communities), education (principals and teachers who start school clubs and activities for safe motherhood) and media (by training journalists who are both writing and training others to accurately and effectively communicate safe motherhood principles in local and national media).



In addition, STM has started the **Mother Baby Friendly Hospital Initiative** in 9 hospitals, through which graduates of the STM program mentor local hospitals and help them attain "Mother Baby Friendly Hospital" status, so that mothers can have a **safe and dignified** delivery. STM graduates are helping hospital leaders to “think outside the box” to raise support using local resources.

**-THE SAVE THE MOTHERS VISION TRIP-
will give YOU the opportunity to see these agents of change in action.**

Outline & Important Questions

When are we going? Where are we staying?

Departure (some flexibility on these dates)

Feb 11th (SAT) 2017
From Calgary (YYC) OR Toronto Pearson Airport (YYZ)
(OR your nearest airport)
Arriving at ENTEBBE (EBB) airport (Uganda)

Return:

Feb 19th (SUN) 2017 or
Feb 20th (MON) from
Entebbe Airport, Uganda

What are the days like and how are they scheduled?

We will spend approximately 4 days observing various aspects of the Save the Mothers program, including the STM students in class, during meal times as well as going on field trips to see some of the Mother Baby Friendly Hospitals. We will also visit numerous **STM alumni in their places of work and influence**—seeing their efforts in the community to improve maternal and child health as well as helping to economically empower women to rise above poverty.

You will be inspired to see these Ugandan leaders in action!

But it won't be all just work:

Friday Feb 17th is the SAVE THE MOTHERS' reunion. It will be a DRESS UP affair at one of the largest Kampala hotels with a significant number of students/graduates in attendance. It will be a wonderful time to see and meet many of the students/grads, and to hear the testimonies of what they have been doing to improve maternal/newborn health in Uganda. **The remaining 3 days will be on safari (if you choose this option). A full agenda will be given to you once the final details have been made.**

Other fun activities:

Ndere cultural centre – a fun evening of Ugandan dance and food—providing lots of insight into life and cultural practices here!

Jinja – visit the Source of the Nile and other wonderful arts/craft shops along with yummy cafes!

Stay at Uganda Christian University guest house

- This is a secured facility with walls and gates
- There are numerous options including the Eunice guest house, Garry guest house and All Nations—each room has a single or double bed with private bathroom facilities—most rooms have a fridge (or access to one)
- All meals are provided
- The on-site chef previously worked at a top quality safari lodge—so the food is excellent!

What kind of shots do you need?

*****YOU DEFINITELY NEED YELLOW FEVER (and must have the card to prove you had the shot when you arrive at Entebbe airport—carry it with your travel documents!)**

The best advice we can give you is to consult with your doctor about travelling to Uganda.

In Toronto: go to the Missionary Health Institute on Leslie St (across from North York General Hospital).

You can also check the Government of Canada website, which has recommendations. The link is here: <https://travel.gc.ca/destinations/>

Dr Jean's quick advice:

I always have medicine for traveler's diarrhea (ciprofloxacin or norfloxacin)—other shots: Yellow fever, Hepatitis A and B, anti-malarials. The clinic may recommend meningitis vaccinations and others.

How's the weather over there?

- Guaranteed 27-29 degrees Celsius (NOT minus 24!) every day!

Other things to keep in mind:

- At the end of the day, you will likely be tired, so bring a book for a little reading, and/or a journal to record your experience.
- The predominate language in Uganda is English. We will have access to translators if we are in rural areas where English is uncommon.
- A potential end-of-trip excursion includes a day at the beach in Entebbe. Bring a swimming suit.
- Barclays Bank is available in Uganda—most Canadian bank ATM cards will work at Barclays (BNS is actually FREE—other cards have a small transaction cost). It will dispense your money in Ugandan shillings so it is incredibly convenient! Still, you should bring some US\$ in hand. We'll give more information soon about these kinds of details.

Can We Bring Items for Donations?

The following items are helpful always:

- Little Canadian souvenirs to give away to people you may meet—keep them light and easy to carry.
- School supplies (we will visit some schools): pencils, pens, erasers, sharpeners
- Craft supplies for children's programs
- Baby products for the hospitals: (newborn) new or almost new clothing: blankets, washcloths, trial-size soaps, creams & shampoos.

Fundraising:

Each person is responsible for their own fundraising for this trip.

The approximate cost of the trip:
\$2,900 (CAD)

This includes:

- Flight
- accommodation and meals on campus (for 7 days)
- land transport
- airport pickup
- other on-the-ground logistics



EXCLUSIVE of:

- A) Safari costs: (depends on your taste in accommodation—ranges from \$600 (backpacker style) to \$1200 CAD (for a VERY nice place). YOU DON'T have to go on a safari—you can either stay longer at the university (and go on day trips here and there) or you can return home earlier.
- B) Ugandan VISA (which you buy online ahead of time = \$50 USD (**MUST be bills newer than 2006 and in good condition!**))
- C) immunizations and other meds
- D) medical/travel insurance

WHY SHOULD YOU BE PART OF THIS?

This Save the Mothers' VISION trip is a unique opportunity to see how CHANGE is happening through leadership development in East Africa—it's about empowering East African professionals to become champions of change. When you return to *your* place of influence—wherever that is, you will be empowered to share your story and your experiences. Here is what previous visitors have said:

“What impressed me most about the program was the fact that it clearly was achieving its goals. Graduates were educating the people they came in contact with and were taking the initiative to make meaningful changes (eg. solar panels at the local hospital to provide electricity). And the people for whom the program was started, those without the social and medical safety net that we in North America take for granted, were empowered to take action to help themselves.

I came away with the conviction that this program was exceptional, enlightened and very deserving of support and with the determination to help. I trust that with the help of others, together we may be deserving of the Ugandans' belief in our desire and ability to help.”

---- (Dr Scott Farrell, Former President Society of Ob/Gyn of Canada, NS)

“I've never felt so much alive as I do now” --- (Julie, BC)

“I've always supported Save the Mothers, but now that I see it, my commitment is so much deeper”

--- (Diane, ON)

INTERESTED IN JOINING US?

1. If you are interested, please have a look at our website www.savethemothers.org and take time to review, especially the VIDEO/NEWS section.
2. Contact Dr Jean: jchamber@mcmaster.ca and 'cc' ddscott@rogers.com
(Dr Daniel Scott – managing director STM -- his # is 905 928 7283)
3. Let us know of your interest, your availability, who would accompany you (or if you are coming by yourself) and we'll send you more details!



WE LOOK FORWARD TO HOSTING YOU IN UGANDA!