



## **FreMo/Global Midwife Response Mentorship/Volunteer Trip**

Since FreMo Medical and Birth Centre opened its doors in 2010 they have been an oasis of healthcare in two clinics in some of the poorest districts in Nairobi. FreMo serves more than 50 women per month for births and postpartum care as well as caring for 100s of women for reproductive health care, antenatal circle groups and education, newborns and children, and doing outreach into the neighborhoods. They also have a busy primary care clinic as well. They are looking for a cultural exchange as well as support. Join us!

<https://www.facebook.com/SupportFreMo>

**Target participants:** All providers and persons interested in, or already working in, global healthcare. Midwives (CNM, CM, CPM, LM, RM), APRNs, physicians, RNs, doulas, students, allied health professionals, public health professionals.

**Tentative Dates of travel:** January 21-February 4, 2024 (will be finalized by October 31, 2023, may vary by up to 3 days)

\*Please note this is for Nairobi only. See below for Qatar stopover option (return date February 7, 2024).

**Number of participants:** Minimum 2 - Maximum 6

**Registration Deadline:** October 15, 2023

**To apply:** Please read the whole flier for information before applying.

Fill out the intake/interest application here: <https://wkf.ms/3OnrJZI>

You will also need to complete our Volunteer Application process at [www.globalmidwife.org/volunteer](http://www.globalmidwife.org/volunteer) to get on our registry.

**Cost:** \$3250 (some portion may be tax deductible)

\$500 non refundable deposit to reserve space (refund given only if minimum number of participants not met).

- All fees must be paid in full by October 30<sup>th</sup>
- All donations above the recommended amount are tax deductible by law and will benefit both FreMo and Global Midwife Response's programs equally. We encourage you to raise more if you are able.
- Limited \$500 scholarships are available. Please let us know if you will be applying.

**Includes:**

- RT airfare from Boston, MA
- Transportation in Nairobi related to FreMo activities
- Room and Board in Nairobi (shared rustic/basic rooms) including laundry service
- Daily reflections and topics of discussion for education related to international and low resource healthcare as well as clinical midwifery skills. CEUs pending.
- 24/7 support from mentor and local staff

**Not included:**

- Transportation to and from Boston, MA
- Travel Insurance – Required
- Vaccination requirements and prophylaxis for Kenya (CDC) - Required to be in the program.
- Kenya visa (\$51 USD)

**Optional Add Ons:**

- HBS/HMS Facilitator/Master Training (may be offered if enough interest) \$150-\$1850 depending on individual or full programming (inquire for details).
  - Helping Babies Breathe: \$150-\$350 sliding scale
  - Essential Care for Every Baby: \$150-\$350 sliding scale
  - Essential Care for Small Babies: \$150-\$350 sliding scale
  - Helping Mothers Survive BAB-C: \$300-\$450 sliding scale
  - Helping Mothers Survive PE&E: \$300-\$450 sliding scale
- Tours on days off for cultural experiences (past trips have included Amboseli National Park, Nairobi Park, David Sheldrick Elephant Orphanage, Giraffe Center, as well as tours of government hospitals) \$15-\$250/excursion depending on selection (current pricing)
- Hotel in Doha airport for 8 hour layover (shared room approximately \$110/person)
- Stopover in Qatar on the return trip for a 2 day reset and midwifery "retreat" (TBD approximately \$100/day + additional expenses for excursions - includes 5 star hotel and transportation). This is a new addition to the program and we are excited to try it too!

Midwives/volunteers may come for a shorter time or may stay for longer (with or without mentorship depending on their availability). Longer stays will incur a \$250/week fee for room and board and must be arranged prior to making travel arrangements. Shorter stay expenses remain unchanged. It is recommended that a minimum of 2 weeks be given for this experience.

Once you are accepted into the program you will receive information on what to bring, what to expect in Nairobi and at FreMo in particular, as well as information to help you prepare.

Global Midwife Response is a small, grassroots organization not only dedicated to helping global communities but also in helping midwives fulfill their dreams. Our entire staff is run completely by volunteers who put in countless hours ensuring women around the world receive skilled and compassionate care as well as helping midwives navigate the maze of volunteer work.

This trip not only will help provide care at FreMo but it is our hope to raise a small amount of funds for both Global Midwife Response and FreMo in order to continue our work and assist women throughout the world. Please consider this before applying for a scholarship.

### **Fundraising Ideas:**

<https://www.volunteerhq.org/volunteer-fundraising-tips/>

This organization runs its own volunteer programming, but has great ideas to help you fundraise.

GoFundMe <https://www.gofundme.com/>

CrowdRise <https://www.crowdrise.com/online-fundraising>

Fundly <https://blog.fundly.com/fundraising-ideas-for-individuals>

Start Some Good <https://startsomegood.com/>