



JUSTLIKEMYCHILD
FOUNDATION 

Journey to Uganda Nov 30-Dec 7, 2017



Join our founder Vivian Glyck for a unique glimpse into the country and an experience of a lifetime! See why our vision is to empower one million vulnerable adolescent girls and the communities they live in, and how it will create a dramatic improvement in the world's health, economic stability and environment.

Cost: \$5,000 (\$2,500 is tax deductible; airfare not included)

Itinerary dates (not including travel time): **Thursday, November 30 - Thursday, December 7, 2017**

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**Itinerary is subject to change.*

Thursday, Nov. 30 — Arrive in Entebbe, Uganda

Relax and enjoy a day to explore Entebbe

Upon your arrival in Entebbe, an airport shuttle will pick you up outside of the arrivals terminal and take you to the Protea Hotel in Entebbe. The driver will be holding a sign that says “Just Like My Child”. The shuttle will be pre-paid for you. Hotel amenities include high speed wireless internet, hot showers, lakeside pool serving cold beverages and continental breakfast. You will be greeted at the hotel by JLMC Staff. Recover and unwind after hours of travel.

Friday, Dec. 1 — Arrive in Luwero, Uganda —

Wear a Red Ribbon in honor of World AIDS Day!

10 am — Depart Entebbe

Travel to Luwero, the epicenter of most of JLMC’s programming. You will be in Uganda on World AIDS Day. It’s a wonderful opportunity to showcase how far the communities we work in have come in the fight against HIV in Africa. We will travel by vehicle to Luwero where JLMC’s programs began 11 years ago.

12:00 noon — Check-in to the Diocese accommodations in Luwero.

12:30 — Lunch at the Diocese

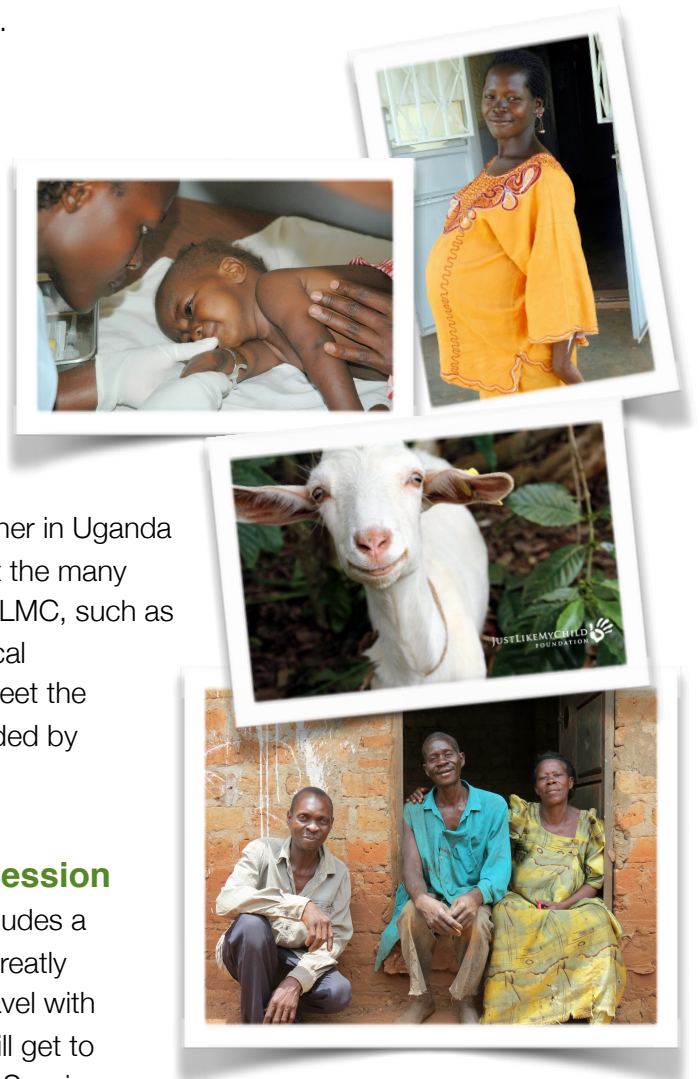
During lunch, JLMC’s Country Director, Audrey Kanyesigye will give us a short orientation.

1:30 pm to 3 pm — Visit our partner, Bishop Asili Hospital

After lunch, we’ll tour Bishop Asili Hospital, JLMC’s partner in Uganda since 2006. Meet the extraordinary staff and learn about the many services the hospital is able to provide with the help of JLMC, such as a CD4 count machine, surgical suite, dental chair, medical equipment and doctor. Tour the hospital grounds and meet the patients who benefit from the health care services provided by JLMC’s Keep a Mother Alive program.

3:30 to 5 pm — “Know your Status” Club Session

The second year of Girl Power Project programming includes a number of “club” sessions on critical topics which can greatly affect their survival. After we tour the hospital, we will travel with Bishop Asili outreach staff to a local village where you will get to observe and participate in our “Know Your Status” Club Session.



In Uganda, children as young as 12-years old are encouraged to be tested for HIV by the government, given the high national rates of the virus and the number of children who are born with HIV and unaware of it.

In this session, you will witness first hand how JLMC is raising a life-saving level of awareness for girls and communities around HIV which still threatens so many lives. Girls and community members will leave understanding HIV and knowing their status, so that they are empowered to seek treatment and stop the spread if they test positive and so they know how to protect themselves if they test negative. You will be astonished at how eager most girls are to learn their status as this is a significant health service most of them have never been offered. Learn the advantages of “Knowing your HIV Status” in Uganda and how to live positively, no matter the results.

7 PM –What’s Your “Why?”

Orientation, Social Mixer and Dinner

We know that deciding to Journey to Africa is an internal and external trip. In the early evening we will gather for an opportunity for individual introductions, to share our purposes and hopes for the trip, and of course, networking. Dinner will follow at the Diocese.

Saturday, Dec. 2 - Luwero, Uganda

10 AM - Participate in the Circle of Sisterhood

After breakfast we will travel to a local village where Girl Power Project® is being implemented and we will be included in an interactive session with a mother/daughter Family Planning Club Session.

All women face the same process with their bodies: puberty, menstruation, reproduction. Yet, we can often take for granted our own reproductive health, access to family planning, health care, and freedom over how we engage as sexual beings. In this Club Session we will participate in an intimate dialogue with African mothers and daughters about our deep similarities and the challenges that women and girls share all over the world.

Get to know Reproductive Health Uganda, working in partnership with JLMC to address the alarming population growth rates affecting Uganda. Currently a woman in Uganda has 7 children on average. If trends stay on pace, the national population (currently 39 million) will double by 2050.

Participate in JLMC’s commitment to ensure women and girls understand the basics of sexuality and reproduction and know their rights, so they are empowered to determine and communicate the number of children they want to have and timing of births, as well as know where to access



information and services from local health providers. It will be a true opportunity to share and celebrate the Sisterhood!

1:00 to 2:00 PM - Lunch at the Diocese

2:00 PM - A Day in the Life of a Girl: Walk for Water at the Home of a Mandela Scholar

After lunch, we will travel to another local village and be welcomed into the Ugandan home of a Mandela Sponsored student and meet other Mandela Scholars. Help the girls take part in some of their daily chores, including walking for water, feeding animals, and digging in the garden. It will be a joyful and fun opportunity for the girls to teach *you* how to live like a Ugandan girl!



JLMC's Mandela Project provides sponsorship of higher education and mentorship for girls in the Girl Power Project who have the potential to become extraordinary leaders in their communities, but whose families simply can't afford the fees to keep them in school. We call it the Mandela Project in honor of Nelson Mandela who demonstrated that true leadership and solutions to a country's problems must come from the resilience and talent of its own people. The Mandela Project is sowing the seeds of leadership in Uganda by ensuring that the best and brightest girls continue their education.

7:00 to 8:00 PM - Dinner at the Diocese

8:15 PM - The Candle Lighting Ceremony at Camp Girl Power

In the evening, we'll travel to a Camp Girl Power happening nearby, where you'll experience the Girl Power Project® Candle Lighting Ceremony. This moving event illustrates the power of mentorship and the symbolizes the difference that this program is making for adolescent girls in communities where JLMC is working.



Sunday, Dec. 3 — Camp Girl Power

10:00 AM - Experience Camp Girl Power

After breakfast, we'll revisit JLMC's Girl Power Project® team members, Girl Power Advocates, and Girl Power Mentors at Camp Girl Power—a weekend-long workshop where 100 girls become trained mentors for their peers. You will be invited to participate in a special dialogue with the girls and share your experiences with them. You'll be surprised by how much we all have in common!

Witness the level of impact that human rights education and empowerment training can have on a community in the Ugandan context. Plus, you'll learn how the Girl Power Project® is helping the whole community to address sexual and gender-based violence and lifts girls up, so they have the opportunity to reach their full potential. Participate first-hand in the Camp Girl Power Graduation Ceremony, where girls graduate as Peer Mentors and receive a toolkit that will help them spread their knowledge to other girls in the community through Girl Power Clubs.

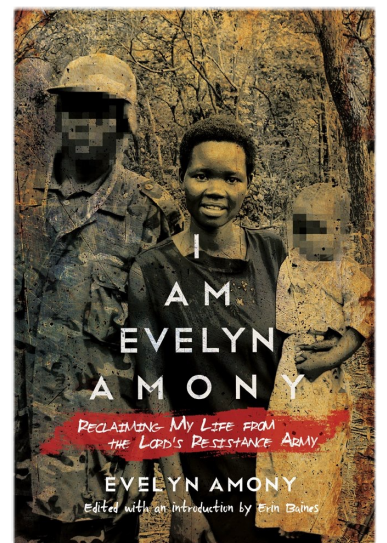


12:30 to 1:30 PM - Lunch at the Diocese with special dance performance and dance lesson/contest by children from one of JLMC's award-winning schools

If you love dance, you won't want to miss this award-winning dance troupe that JLMC sponsored for many years. The children will offer to teach you some true local dance moves and maybe invite you to participate in a dance contest!

2:00 to 3:00 PM - Meet Evelyn Amony, Ugandan Author & Artisan

Abducted at the age of eleven, Evelyn Amony spent nearly eleven years inside the Lord's Resistance Army, becoming a forced wife to Joseph Kony and mother to his children. Amony was freed following her capture by the Ugandan military. In her new book, *I am Evelyn Amony: Reclaiming My Life from the Lord's Resistance Army*, her extraordinary testimony shatters stereotypes of war-affected women, revealing the complex ways that Amony navigated life inside the LRA and her current work as a human rights advocate to make a better life for her children and other women affected by war.



You'll meet Evelyn, along with other local artisans, to learn the weaving and bead rolling techniques that are used to craft baskets and necklaces. Try your hand at crafting baskets and beads using local materials, like dried plants and paper. You'll also have the unique opportunity to shop for handmade craft souvenirs, direct from the artisans themselves. The day's events will be followed by an early dinner, so you can rest and reflect on the day.

Monday, Dec. 4 — Meet the Community and JLMC's Partners

8:00 AM - Early Breakfast followed by a Guided Village Walk

Feel like a true Ugandan as you take an "off-road" walk in the village in the early morning. See children completing their morning chores and heading to school, parents preparing for a day's work and the general hubbub of village life. Plus you'll witness the true beauty of the Ugandan "bush."

10 AM - Morning Presentation Project Justice by Judith Akware

Meet some of JLMC's star Community Legal Volunteers and learn how Project Justice sets the stage for Empowering Girls.

1:00 PM - Partner Meeting and End of Year Luncheon (Legal Volunteer bike disbursement)

Diocese - details TBD

Take the afternoon to pack and get ready for an early departure.

7:00 PM - Dinner at Bishop Asili Hospital Guest House

Farewell Luwero dinner and dance.





Tuesday, Dec. 5 — Experience “The Jewel of the Nile”

6:30 AM - An excursion to Paraa Safari Lodge, situated along the Nile River

After an early breakfast, we'll travel to the beautiful Murchison Falls National Park. With magnificent views of the majestic Murchison Falls, the four-star Paraa Safari Lodge offers a unique blend of comfort, relaxation and adventure. Set in a small area of landscaped gardens, the lodge recreates the mood of quiet elegance. With some of the country's finest attractions at your doorstep, you will enjoy an impressive range of activities.



2:00 - 4:00 PM - Boat Safari

Take a picturesque boat ride down the Nile River to the foot of the gorgeous Murchison Falls. Afterwards, you will journey to the top of the falls for an easy walk around the cliffs and right up to the edge of the breath-taking falls themselves. The mesmerizing scenery, sounds and pure rush of the water will change your soul for the better. There really is nothing like it. In the evening relax and appreciate the superb setting, cool swimming pool, and delicious cuisine. Enjoy a complimentary breakfast the following morning.

Wednesday, Dec. 6 — Safari Adventure

8:00 AM - Land Safari

Enjoy a lovely breakfast before an expert safari guide takes you out for an early morning game drive through bushland teeming with a wide variety of wildlife. See herds of elephants, giraffe, water buffalo and lions from a safe, but close distance. Travel back to Paraa Safari Lodge to eat a delicious lunch and relax on the beautiful grounds and the heated pool



Thursday, Dec. 7— Culture, Shopping and City Life in Kampala

Depart for Kampala early in the day, take a stroll through the National Theatre craft market where you can find almost anything made in Uganda, including mats, bracelets, artifacts, beads and so much more. Bargain with the locals for a fair price and take home something that will remind you of the amazing experience you've had in the Pearl of Africa.

Prepare for Departure

After a day in Kampala, we will head straight to the airport for your late night flight. We recommend scheduling your departing flight from Entebbe Airport the evening of Thursday, December 7th.

