JUSTLIKEMYCHILD FOUNDATION

Journey to Uganda

Nov 15-22, 2018

Join our founder Vivian Glyck for a unique glimpse into the country and 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 15 - Thursday, November 22, 2018**

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**Itinerary is subject to change.*

Itinerary At-A-Glance

Thursday, November 15th
Arrive in Entebbe, Uganda.

Friday, November 16th
8:00 am – Breakfast at the Premiere Garden Hotel
10:00 am – Depart Entebbe
12:00 pm – Check-in Naiga Hotel, Uganda
12:30 pm – Lunch at the Naiga Hotel with Orientation from Vivian and Team
1:30 pm – Visit Our Partner; Bishop Asili Hospital
3:30 pm – Self-Defense Club Session; "Defend Your Body"
7:00 pm – Social Mixer and Dinner; "What's Your Why?"

Saturday, November 17th
8:00 am – Breakfast at the Naiga Hotel with Orientation from Ismail
10:00 am – Club Session; "Know Your Status"
12:30 pm – Lunch at the Naiga Hotel with Mandela Scholars
2:00 pm – A Day in the Life of a Girl; Walk for Water
7:00 pm – Dinner at the Naiga Hotel with Orientation from Audrey
8:15 pm – The Candle Lighting Ceremony at Camp Girl Power

Sunday, November 18th
8:00 am – Breakfast at the Naiga Hotel
10:00 am – Experience Camp Girl Power
12:30 pm – Lunch at the Naiga Hotel
2:00 pm – Meet Evelyn Amony; Ugandan Author & Artisan
4:00 pm – Guided Village Walk
7:00 pm – Dinner at the Naiga Hotel with Community Legal Volunteers (CLVs)

Monday, November 19th
8:00 am –Breakfast at the Naiga Hotel
Morning Open – Pack and prepare for early next day adventures
12:00 pm – Lunch at the Naiga Hotel
1:00 pm – Visit Zak's Library at Namumira Primary School
4:00 pm –Community Legal Volunteer Bicycle Distribution
7:00 pm – Dinner at Naiga Hotel

Tuesday, November 20th
6:30 am – Early Breakfast, Depart for Paraa Safari Lodge
2:00 pm – Boat Safari and Nile River Excursion
7:00 pm – Dinner at Paraa Safari Lodge

Wednesday, November 21st
8:00 am – Land Safari Group One (Explore Paraa Safari Lodge on your own before dinner)
4:00 pm – Land Safari Group Two (Explore Paraa Safari Lodge on your own before safari)
7:00 pm – Dinner at Paraa Safari Lodge

Thursday, November 22nd
8:00 am – Depart for Kampala; Culture and Marketplace Shopping
4:00 pm – African Thanksgiving Dinner
*Prepare for Flight Departure

Thursday, Nov. 15 — 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 Best Western Premier Garden Hotel. 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, and continental breakfast. You will be greeted at the hotel by JLMC Staff. Recover and unwind after hours of travel.

Friday, Nov. 16 — Arrive in Luwero, Uganda

8 am — Enjoy Breakfast at the Best Western Premiere Garden Hotel

10 am — Depart Entebbe

Travel to Luwero, the epicenter of most of JLMC's programming. We will travel by vehicle to Luwero where JLMC's programs began 11 years ago.

12 noon — Check-in

Check-in to the Naiga Hotel accommodations in Luwero.

12:30 pm — Lunch at Naiga Hotel

During lunch, JLMC's Country Director, Audrey Kanyesigye will give us a short orientation, along with the history of Just Like My Child Foundation from the Founder herself, Vivian Glyck and Executive Director, Shawn Ruggeiro.

1:30 - 3pm — 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 — "Self Defense" 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. Girls learn basic self-defense and ways to attract help if they are threatened with violence. The club session is led by local police officers. Not only will the girls learn strategies to protect themselves, they will be building vital relationships with local police officers who work to protect them.

7 PM — What's Your "Why?" Social Mixer and Dinner

We know that deciding to Journey to Africa is an internal and external trip. In the early evening, Vivian will lead us by gathering together in an opportunity for individual introductions, to share our purposes and hopes for the trip, and of course, networking. Dinner will follow at the Naiga Hotel.

Saturday, Nov. 17- Welcome to Luwero, Uganda

8 am — Breakfast at Naiga Hotel

While you enjoy breakfast, JLMC's team member Ismail will present our club session "Know Your Status", with insightful details around the importance of HIV testing for Uganda's youth, and things to anticipate in the day's experience ahead.

10 am — "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. 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. If they test positive, they are empowered to seek treatment and stop the spread, and if they test negative, they know how to protect themselves. 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.

12:30pm — Lunch at the Naiga Hotel Joined By Just Like My Child's Mandela Scholars

2pm — 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.

7pm — Dinner at the Naiga Hotel

While you enjoy dinner JLMC's Country Director, Audrey will debrief you on Camp Girl Power.

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 symbolizes the difference that this program is making for adolescent girls in communities where JLMC is working.

Sunday, Nov. 18 — Camp Girl Power

8 am — Breakfast at Naiga Hotel

10am — Experience Camp Girl Power

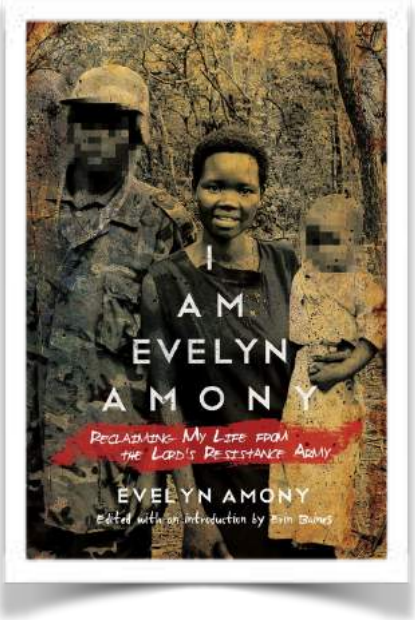
After breakfast, we'll revisit JLMC's Girl Power Project® team members, Girl Power Advocates, and Girl Power Mentors at Camp Girl Power—a weekend-long workshop where 100 girls become trained mentors for their peers. You will be invited to participate in a special dialogue with the girls and share your experiences which 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 firsthand 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 pm — Lunch at Naiga Hotel

2pm —Meet Evelyn Amony, Ugandan Author, Artisan & Survivor



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.

4pm — Village Walk

Feel like a true Ugandan as you take an "off-road" walk in the village in the afternoon. See children completing their weekend chores, parents preparing for the week ahead and the general hubbub of village life. Plus you'll witness the true beauty of the Ugandan "bush."

7pm — Dinner at Naiga Hotel & Community Legal Volunteers Tell Their Story

Enjoy dinner with JLMC's Community Legal Volunteers (CLV) and after listen as they share their stories of how our training has helped them when handling cases where authorities are required to help resolve an issue.

Monday, Nov. 19 — Meet the Community and JLMC's Partners

8 am — Breakfast at Naiga Hotel

9 am — Open Morning

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

12pm — Lunch at Niaga Hotel

1 pm — Visit Zak's Library

Tour the library and classrooms at Namumira Primary School and meet the teachers, students and community members. The school was built by the community with support from JMLC's Project Universal Education. Learn how this inspiring community has fought the injustices facing girls through JLMC's Girl Power Project and Project Justice programs—while mentoring other communities to do the same.

4pm — Community Legal Volunteer End of Year Learning Forum

Celebrate the achievements of JLMC's CLV's by attending the last hour of their day long learning forum where they come together to share their successes, challenges and future plans. Participate in JLMC's annual tradition of honoring the most active CLV's with a bicycle to better serve their communities.

7:00 PM - Farewell Dinner at Naiga Hotel with JLMC Team

Farewell Luwero dinner and dance led by JLMC's talented team member, Aggrey.

Tuesday, Nov 20 — 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.

1pm — Lunch at Paraa Hotel

2pm — 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, Nov 21 — Safari Adventure

8am or 4pm - 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, Nov 22— Culture, Shopping and City Life in Kampala

8:00 am — Depart for Kampala Banana Boat and Cafesserie 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.

4pm — African Thanksgiving Dinner The Protea Hotel by Marriott Entebbe

After a day in Kampala, we will travel as a group to the Protea Hotel in Entebbe to partake in an African Thanksgiving dinner. Following dinner, we will transport you to the airport to catch your late-night flight.

8pm — Prepare for Departure

We recommend scheduling your departing flight from Entebbe Airport the evening of Thursday, November 22nd.

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