

Lesotho Medical Mission





Kingdom of Lesotho

People: 99% Basotho

Languages: Sesotho, English

Population: 2.3 million

Life Expectancy: 49.1

Top Causes of Death:

1. Tuberculosis
2. HIV/AIDS
3. COVID-19
4. Stroke
5. Lower Respiratory Infection
6. Diarrheal Diseases
7. Diabetes

Source: WHO Data 2021



Maluti Adventist Hospital

Established 1951

140 Beds

About 2,000 Births per Year

Services:

- Emergency Department
- Inpatient Services
- Outpatient Clinic
- HIV/AIDS Clinic
- Dental Clinic
- Eye Clinic



AdventHealth Projects

- Community Health Camps
- Free Surgeries
- Helping Mothers and Babies Survive
- Departmental Training
- Administrative Support
- Clean Water





Clinical Services

- Testing:
 - HIV/AIDS
 - TB
 - Cervical Cancer
- Physician Exams
- Pharmacy
- Ultrasound
- Dental
- Mental Health



Surgery: GYN and General / 15-20 cases per week



Helping Mothers & Babies Survive

**Neonatal
Mortality**

35.3 per 1,000
Live Births (17
world average)

**Maternal
Mortality**

500 per 100,000
Live Births (200
world average)

*Source: WHO
Data 2022*



Training Clinical & Non-Clinical Education

Facilities Improvement



Administrative Support



1. Fana ka pale e hakieng, ea 'nete, ka bokuli ba hau
2. Se sebelise joala kapa koea ka sepetelele kapa mapatelong a sona. Thibelo ena ke ho qobisa litlamorao tsa tsona ho uena le ho ba bang
3. Se tsoele kante ho mapatelo a sepatelelo. Lula moo ho lumelletsoeng
4. Se ise thepa ea sepetelele hae
5. Boulela metsi le pampiri ea nloana
6. Ikamahanye le litaba le pheko eo u e fumaneng setsing sa bo-phelo
7. HiKOMELA bophelo ba hau le...
8. Ela hloko menyako ea ph...
9. Tseba ka mehato ea h...
10. Se ke oa sebelisa lit...
11. Ikamahanye le boik...
12. HiMopha bakuli ba...



Clean Water Partnership with Mighty Water

Expectations of Volunteers

- This is not mission tourism.
- Pre trip communication and participation are crucial. Your trip starts now!
- Language and cultural sensitivity
Duolingo, reading list etc.
- Remember that you are a representative of AdventHealth
- Financial expectations
Self-fund or fundraise your portion of trip costs



What to Bring

Passport and Visa Requirements

- Valid US passport
- No visa requirements for most western countries
- Credentials required

Currency and phone information

- Bring crisp, unmarked bills
- Changing money
- Ordering in advance through your bank
- Using your personal cell phone in-country considerations
 - Roaming fees
 - Incoming texts
 - Internet

Travel Tips and Safety

Safety

- The U.S. Department of State's website on international travel is a great resource to explore before your trip.
- Don't bring along anything that you wouldn't want to lose, including valuable jewelry, irreplaceable items, and extra credit cards.
- Before you leave, be sure to notify your bank of your travel plans
- It is the responsibility of each participant to have adequate life, health, or other insurance that is necessary for the trip.

Vaccinations

- Hepatitis A & B
- Typhoid
- Routine Immunizations: tetanus-diphtheria, MMR, polio, varicella

Medications

- Prophylactic treatment for traveler's diarrhea
- Bring sufficient quantities of personal prescription medication, antihistamine, antacid, anti-diarrheals, antibiotic topical cream, anti-nausea medication

Sample itinerary

Thursday Departure

12:25PM -- Depart Denver United

6:15PM – Arrive Newark

8:50PM – Depart Newark

Friday

5:45PM – Arrive Johannesburg

Overnight at City Lodge OR Tambo

Saturday

9:45AM – Depart Johannesburg

10:45AM—Arrive Maseru

Transfer to Blue Mountain Inn

www.bmilesoto.com



Sample itinerary

Sunday - Friday: Service Projects

Volunteers will be based at Maluti Adventist Hospital, with the Community Health Team traveling to nearby villages to set up clinics.

Saturday: Departure day

11:15AM Depart Maseru

12:20PM Arrive Johannesburg

7:45PM Depart Johannesburg

Sunday: Arrive home

5:20AM Arrive Frankfurt

1:10PM Depart Frankfurt

4:55PM Arrive Denver



Mission week and optional excursion cost

Mission week

- \$3,500

Optional excursions - subject to change

- **Safari:** Cheetah Ridge at Nambiti game reserve approx. \$1,500
- **Cape Town:** Hotel/Airbnb price tbd,
- **Madagascar:** Hotel/Airbnb price tbd,

Extras

- Spending money and tipping



Fundraising

- Self-fund
- Friend-raising
- Limited scholarship opportunities

Fundraising letter and ideas included in your folder. Many volunteers have had their entire trips covered by donations.



TRIP DONATION

Please enter the amount you'd like to pay for your trip.

In the comments, please indicate if this is a donation for your trip cost, or a payment for extra excursions.

If you have questions on how to make your payment, call us at 303-715-7616.

LEARN MORE

About the Global Health Initiatives programs and funds.

[Visit our site.](#)



Thank you for volunteering with us!

Designation

Designation:

Donation

Amount: \$

Leave a comment (optional):

Trip Donation

- I understand and acknowledge that any and all donations given or solicited by me for this trip are tax-deductible and **non-refundable** even if I am unable or choose not to participate in the mission trip.
- I understand that any extra costs beyond my trip fundraising goal are for optional items (including extra excursions) and are **not tax-deductible**. I am personally responsible to pay for these.
- I commit to donating or raising a **minimum of \$3,500** to participate on this trip.
- I understand that any donations I raise **above the fundraising goal** will go toward the trip and/or be used to **increase the impact we make in Lesotho** through Global Missions and cannot be applied to any of the optional upgrades or excursions.

Stay connected to Global Missions



Please share photos and stories with us when you return!