

# Hamlin 13-Day Southern Ethiopia 2024



## Trip Highlights

Travel to Ethiopia with Team Hamlin
Explore the main sites in and around Addis Ababa
Witness traditional lifestyles of various tribal groups in the Omo Valley
Immerse yourself in weekly markets and meeting place of the ancient tribes of Mursi and Karo
Spectacular Rift Valley scenery
Insider's tour of Hamlin's Addis Ababa fistula hospital
Visit the Hamlin fistula hospital and Midwifery Clinic in Yirgalem
Full day to explore Addis Ababa and surrounding sites
2 nights at Aregash Lodge
Visit the twin lakes of Abiata and Shalla famous for flamingos and great white pelicans
Take part in one of the best events in Africa: The Great Ethiopian Run International



<b>Trip Duration</b>	13 days	<b>Trip Code:</b> HE13
<b>Grade</b>	Adventure touring	
<b>Activities</b>	Charity Challenge	

## Supporting Your Cause

Catherine Hamlin Fistula Foundation has one purpose: eradicating fistula. Forever. Over more than 60 years, pioneering Australian Dr Catherine Hamlin, her husband Dr Reg Hamlin and the clinical team at Hamlin Fistula Ethiopia have provided more than 60,000 women with life-changing treatment, built six fistula hospitals, a rehabilitation and reintegration centre - Desta Mender, the Hamlin College of Midwives and more than 90 Hamlin-supported midwifery clinics across Ethiopia.

Dr Catherine Hamlin's goal was to eradicate obstetric fistula in Ethiopia, so that every woman can be free from this atrocious childbirth injury. No other woman, or man, has done as much to eradicate this preventable, crippling condition and give these women back their lives.

Whilst enormous progress has been made, it is estimated up to 31,000 Ethiopian women still live with an untreated obstetric fistula injury. Hamlin Fistula Ethiopia is working hard to locate them in remote areas of the country and repair their injuries. In addition, each year approximately 1,000 new fistula cases occur in Ethiopia.

While the eradication of obstetric fistula in Ethiopia once seemed impossible, it is becoming a reality that will be achieved because there is a growing movement of generous supporters who are determined to see this dream come true.

With your support, we can continue Catherine Hamlin's journey towards transforming the lives of Ethiopian women and eradicating fistula from Ethiopia. Forever. As Catherine once said, 'We do not just treat the hole in the bladder, we treat the whole person with love, kindness and acceptance, a new dress and money to travel home.'

## Your Huma Challenge

Thank you for your interest in the Hamlin 13-Day Southern Ethiopia 2024. Huma Charity Challenge is a division of the worldwide adventure travel company World Expeditions. When joining a Huma Charity Challenge you embark on a remarkable journey to discover your inner philanthropist as you raise money for the Catherine Hamlin Fistula Foundation. At the same time you take on the challenge of fundraising and partake in an adventure to discover new worlds, new landscapes and new cultures.

We are passionate about off-the-beaten track travel experiences as they provide travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. Our itineraries are well researched, affordable and tailored for the enjoyment of small groups. Our itineraries provide the very best travel experience, designed by people with vast local knowledge who share our vision of authentic exchange and exploration with a responsible travel approach.

Connect with us on social media:

FACEBOOK: @humacharitychallenge

Like our page at facebook.com/ humacharitychallenge

INSTAGRAM: @ humacharitychallenge

Follow us at instagram.com/ humacharitychallenge

Share the love - hashtag #Humacharitychallenge or #Adventureforacause on your best travel photos and videos to be featured.



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## Charity Challenge Payments

Joining Addis Ababa from:	\$5890
Non Refundable Registration Fee:	\$200
Optional Single Supplement:	\$550
DO - Minimum Charity Donation - Fundraising:	\$6000

All prices are per person

Huma Challenge does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

## Trip Dates

2024 06 Nov - 18 Nov

## important notes

RF - Registration Fee

DO - Minimum Charity Donation - Fundraising

## Fundraising Impact?

Your fundraising of \$6,000 or more will go a long way in Ethiopia. It can fund life-changing surgery for more than 5 patients, ending their suffering, restoring their dignity and giving them a second chance to live to their full potential. It can fund 2 women with life saving surgery for more complex fistula injuries. Your fundraising will help fund a one-year scholarship for a student at the Hamlin College of Midwives, who will go back to her village and help the women in her area to give birth safely. By fundraising you will change the lives of many in Ethiopia - it will restore dignity to woman, return mothers to their families and prevent the horror of obstetric fistula in the near future. This life-changing work will have a profoundly positive impact that will be felt deeply in the community and will improve the lives of many more, beyond the patients at the hospital.

## Your Adventure

This unique itinerary provides an insider's visit to the famous Hamlin Addis Ababa fistula hospital and the country that Dr Catherine Hamlin called home for more than half a century.

We begin our journey in Ethiopia's capital, Addis Ababa, with three days to explore the city and visit Hamlin's Addis Ababa Fistula Hospital, Desta Mender - Hamlin's Rehabilitation and Reintegration Centre and the Hamlin College of Midwives. We then fly south to Jinka, the gateway to the Omo Valley and once a crossroad for droves of people migrating through Ethiopia. Today, it is undoubtedly one of the most unique places on earth given the sheer diversity of tribal groups living in this remote area of the Great Rift Valley. This is an extraordinary opportunity to immerse in the fabric of some of these societies, including the Ari, Mursi, Konso and Karo tribes, each with their distinct culture.

Continue to Yirgalem where you will visit Hamlin's regional fistula hospital and a Hamlin-supported midwifery college. In a land of contrast, we'll visit the largest market in East Africa, experience a traditional coffee ceremony and if we're lucky, see monkeys and hyenas. The journey concludes back in Addis Ababa with the 10km Great Ethiopian Run (or walk!).

This trip will not only have a profound effect on your life but also the lives of so many Ethiopian women.

## Online Fundraising Portal

<https://hamlin-ethiopian-adventure-nov24.raisely.com/>

## Itinerary at a Glance

DAY 1	ARRIVE ADDIS ABABA
DAY 2	IN ADDIS ABABA
DAY 3	HAMLIN'S ADDIS ABABA FISTULA HOSPITAL
DAY 4	VISIT HAMLIN COLLEGE OF MIDWIVES AND DESTA MENDER
DAY 5	FLY TO JINKA AND VISIT ARI VILLAGE
DAY 6	VISIT MURSI INSIDE MAGO NATIONAL PARK, THEN TO TURMI TO VISIT HAMAR TRIBE
DAY 7	DRIVE TO KONSO VIA VISITING THE KARO TRIBE
DAY 8	MORNING VISIT KONSO TRIBE BEFORE DRIVING TO YIRGALEM
DAY 9	VISIT HAMLIN'S YIRGALEM FISTULA HOSPITAL AND HAMLIN-SUPPORTED MIDWIFERY CLINIC
DAY 10	VISIT TWIN LAKES ABIATA & SHALLA
DAY 11	DRIVE ADDIS ABABA
DAY 12	GREAT ETHIOPIAN RUN 10KM
DAY 13	DEPART ADDIS ABABA



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## Fast Facts

**Countries Visited:**  
Ethiopia

**Visas:**  
Yes\*

**Vaccinations:**  
Please consult a travel vaccination specialist for up to date information

**Group Size Min:**  
10

**Group Size Max:**  
22

**Singles:**  
A single supplement is available for this trip\*

**Leader:**  
Expert Local Leader & Escort

**Advice for people with limited mobility**  
This trip is not suitable for people with limited mobility.

\*Ask our staff for more information.

## Additional Deposits Required

Once the challenge is confirmed for "Hamlin 13-Day Southern Ethiopia 2024" we will collect a non refundable deposit of \$500 to hold our hotel accommodation that has been personally chosen by your charity. Recommend travel insurance at this stage.

## What's Included

- Travel with a member of Hamlin from Australia's HQ
- Domestic flight from Addis Ababa to Jinka
- Accommodation on twin / double share basis
- All meals
- Bottled water
- Experienced English speaking local Ethiopian guide
- All activities, adventures and sightseeing as per itinerary
- Photography and village fees for Omo Valley
- All entrance fees and licenses as per the program
- Arrival and departure airport transfers
- Private and air conditioned 4x4 vehicles
- Great Ethiopian Run registration fee
- Celebration dinner

## What's Not Included

- International airfare
- Visa
- Soft drinks and alcohol
- Items of a personal services, such as phone calls and laundry
- Travel insurance
- Tips

## Detailed Itinerary

### DAY 1 Arrive Addis Ababa

After all your preparations and fundraising the journey finally begins!

Upon arrival at Addis Ababa Bole International Airport, you will be met by our local Ethiopian guide and transferred to your hotel to freshen up and have lunch. Afternoon at leisure.

Jupiter Hotel Bole

**meals: L,D**

### DAY 2 In Addis Ababa

Today we'll spend a day exploring Addis Ababa. This morning we visit the historical sites including the Red Terrors Martyrs Museum which honors the victims of Mengistu Haile Mariam's Derg Regime. Anywhere between 500,000 and 750,000 people were tortured and killed during the brutality. We will continue to Mount Entoto which rises to an altitude of 3200m and offers a panoramic view of the metropolis. Later we'll head out to a mountain community where the women create the Hamlin "Bullets to Beads" jewellery, made from melted down bullet casings found on Ethiopian farm land. If time allows we will also visit the National Archaeological Museum, which houses the 3.6 million year old remains of "Lucy", discovered in Ethiopia 40 years ago.

Jupiter Hotel Bole

**meals: B,L,D**





# Hamlin 13-Day Southern Ethiopia 2024



## Responsible Travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Responsible Travel Guidebook booklet from our website.

## Trip grading Adventure touring

The touring element of this trip visits remote areas where facilities are often basic. These adventure tours will often involve long journeys and rough roads. To enjoy these adventures we suggest reasonable fitness and health, a moderately active lifestyle and a positive attitude. Suggested preparation: Two or three times a week, we recommend you walk on undulating terrain for an hour or more, for at least 3 months prior to departure.

## Adventure Travel

By its very nature Charity Challenges involve an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are suitably fit, flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your charity representative or one of our team.

### DAY 3 Hamlin's Addis Ababa Fistula Hospital

After breakfast we visit Hamlin's Addis Ababa fistula hospital on the western side of the city. We will have morning tea with key personnel and enjoy a tour of the grounds followed by lunch with the nursing and theatre staff. In the evening we will enjoy dinner at one of the most fabulous cultural restaurants in Addis Ababa, where we will sample the food and drink and enjoy traditional dance.

Jupiter Hotel Bole

meals: B,L,D

### DAY 4 Visit Hamlin College of Midwives and Desta Mender

This morning we will visit the world famous Hamlin College of Midwives, meet key staff and tour the grounds. Lunch is at the Juniper cafe; a cafe run by past fistula patients. The afternoon is spent at Desta Mender (Joy Village), a farm and training centre for long term fistula patients. Meet staff and residents and learn about education, reintegration and microfinance programs.

Jupiter Hotel Bole

meals: B,L,D

### DAY 5 Fly to Jinka and visit Ari Village

After breakfast, you will be transferred to the airport for the flight to Jinka. We will visit the Ari village, who are the biggest group in the Omo region. Ari women are famous for their pottery which they sell to support their families. Ari villages have neat compounds in fertile and scenic land with coffee plantations. They have large livestock herds and produce large quantities of honey.

Eco-Omo Lodge (Jinka)

meals: B,L,D

### DAY 6 Visit Mursi inside Mago National Park, then to Turmi to visit Hamar tribe

This morning we travel to Mago National Park and visit the Mursi people. The Mursi women are famous for the insertion of wooden and terra-cotta discs into the ear lobes and the split and stretching of their lower lips to make room for similar discs. Though these 'lip plates' may appear bizarre to outsiders, the Mursi regard them as signs of beauty. In the afternoon continue to Turmi to visit a Hamar village. The Hamar tribe (also called Hammer or Hamar) is one of the largest groups in the Valley. The Hamar cultivate millet, vegetables, tobacco and cotton as well as raising cattle and goats. They are known for the fine pottery they produce as well as their remarkable hair styling. Most dramatic of all are the clay hair buns with ostrich feathers that the men don when they have killed a fierce animal. These hair buns stay on for 3-6 months at a time. The women wear beaded necklaces and iron coils around their arms and decorate their skin with cowry shells.

Total drive 130kms - approx 3 hours on gravel road 4WD

Buska Lodge (Turmi)

meals: B,L,D

### DAY 7 Drive to Konso via visiting the Karo Tribe

This morning we will drive to Koricho, a settlement for the Karo ethnic group. With its lofty views over the Omo River and traditional Karo dwellings, this is perhaps the most beautiful tribal village. The Karo people are famous for their body painting, using locally available vegetable pigments traced in fantastic patterns on each other's faces, chests, arms, and legs. Karo men, as with neighbouring tribes, are also famous for their unique hairstyle. Continue to Konso for overnight.

Drive 185kms - approx 3 hours on gravel road 4WD

Kanta Lodge (Konso)

meals: B,L,D



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## Important Note

These trip notes represent the most current information for this itinerary, and may supersede any other supplied information, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 8 Morning visit Konso tribe before driving to Yirgalem

After breakfast, we will visit the Konso tribal village, who have managed to develop a highly specialised agriculture economy and in the process, one of Africa's most fascinating cultures. We also have the chance to visit the Chief of Konso's house and hopefully meet the Chief himself to learn about the tribe and how they live. Continue to Yirgalem for overnight.

Drive 335kms - approx 6 hours on asphalt road 4WD

Aregash Lodge (Yirgalem)

**meals: B,L,D**

### DAY 9 Visit Hamlin's Yirgalem fistula hospital and Hamlin-supported Midwifery Clinic

This morning we visit Hamlin's Yirgalem fistula hospital and Hamlin-supported midwifery clinic to see the work being done. This afternoon we have a cultural village visit to see the traditional Sidama and in the evening, there will be a coffee ceremony. If time allows, a walk through the nearby forest is worthwhile. The wildlife you can see includes bushbuck, hyena, baboons and colobus.

Aregash Lodge (Yirgalem)

**meals: B,L,D**

### DAY 10 Visit twin Lakes Abiata & Shalla

After breakfast, we drive to visit twin lakes Abiata & Shalla, famous for flocks of flamingos and great white pelicans. Abiata is a shallow brackish lake, home to colonies of flamingos. While Lake Shalla is a crater lake that has a depth of about 820 feet and is surrounded by sulphure springs. We plan to take some recommended walks in the areas surrounded by podocarpus and wild fig trees, and full of Columbus Monkeys and many species of birds, seven of which are endemic to Ethiopia.

Continue to Langano for overnight.

Drive 100kms - approx 2 hours on asphalt road 4WD

Sabanna Beach Resort (Langano)

**meals: B,L,D**

### DAY 11 Drive Addis Ababa

After breakfast, we will drive back to Addis Ababa.

Drive 150kms - approx 3 hours on sealed road 4WD

Jupiter Hotel Bole (or similar)

**meals: B,L,D**

### DAY 12 Great Ethiopian Run 10km

The 2024 Great Ethiopian Run attracts participants of all abilities from all over the world. Celebrated as one of the liveliest and most colourful races in the world, it is Ethiopia's biggest street party, with over 45,000 Ethiopians running, walking and dancing their way along the route, led by Ethiopia's celebrated international runners.

Competing with the staff from Hamlin Fistula Ethiopia will be an experience of a lifetime! For those spectating, you'll be able to be part of the festive and fun atmosphere and be an awesome support crew.

In the evening we will celebrate with dinner at a local restaurant in Addis Ababa.

Jupiter Hotel Bole

**meals: B,L,D**



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## DAY 13 Depart Addis Ababa

This morning is free before we head to the Makush Art Gallery to check out local artists and do some last minute shopping, followed by an early lunch at the Art Gallery. At midday we check out of our hotel and transfer to Addis Ababa airport for your flight home.

### meals: B

This itinerary is subject to change with any modifications in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## Fundraising Support

Upon registration you will also receive a Huma Charity Challenge comprehensive confirmation kit that includes a Fundraiser's Guidebook; a great resource for fundraising ideas and support. The team at Catherine Hamlin Fistula Foundation in Sydney will be in touch with you upon registration to give you details of your own Team Hamlin online fundraising page.

Your Hamlin fundraising page will chart your fundraising progress and your journey to Ethiopia allowing you to maximise your fundraising potential.

The minimum fundraising target is \$6,000. You can do it!

## Country Information

Ethiopia, the 'Horn of Africa', is situated just north of the equator, in north-eastern Africa. Formally known as Abyssinia, it stands between the cultures of the Mediterranean and the tribal people of Africa and boasts the origins of humankind. Ethiopia is one of the largest countries in Africa in terms both area and population. With an area of 1,235,000 square kilometres it is around the size of New South Wales and Victoria combined. The population is fast approaching 100 million – with the densest population living in the fertile central highlands. Ethiopia has been able to keep its own strong independent character and not be marred by the ways of colonists, still retaining ancient cultures untainted by western influences. It is this uniqueness that gives Ethiopia such a magnetic appeal. They are a people with incredible resilience, who show true pride in their culture and civilisation, which is apparent in their many colourful celebrations. Most Ethiopians make a living by farming and cattle-raising and live in the countryside. The highland peoples have followed an ancient biblical, moral and civil code for more than 16 centuries.

## Climate

Ethiopia has a very pleasant climate. Hot in summer and cool in winter. Evenings can be cool but prepare for hot African weather during the day.

## Dietary Requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.



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## Accommodation on the Trip



Our group will be staying in centrally located three star accommodation which allows free time to explore and shop.

## How To Book

To register on this Charity Challenge please complete the registration form and email to [megan@humacharitychallenge.com.au](mailto:megan@humacharitychallenge.com.au). Otherwise you can make your booking online by using the REGISTER NOW button found at the bottom of our website [www.humacharitychallenge.com](http://www.humacharitychallenge.com)

## FAQs

### Q. Am I suited to group travel?

A. We recognise that many of our participants have not been on a 'group trip' before. You can rest assured that our trips are flexible and allow you to do your thing within the framework of the itinerary. We fully recognise your needs as an individual and you will be travelling with like-minded people who have also fundraised for a very worthy cause.

### Q. What level of comfort can I expect?

A. We will be staying in three star share accommodation (single rooms may be available at an extra cost). Our accompanying leader and staff will take care of your day to day needs. Travel is in comfortable air-conditioned private vehicles.

### Q. How safe is it?

A. Your well-being is our first priority. Our staff constantly review every aspect of your adventure and our expert guides are fully conversant with the demands of travelling in remote regions.

### Q. Where do we stay?

A. To capture the essence of your journey we have, wherever possible, selected accommodation with local character. In the cities our hotel rooms are on a twin share basis with private facilities. In remote localities you can expect simple, clean but more basic facilities.

### Q. What about environmental impact?

A. We believe that adventure travel revolves around establishing a sound working relationship with the people and environments in which we operate. We believe that you can also make a positive contribution and we urge you to familiarise yourself with our Responsible Tourism Guide before you depart. Every participant receives a copy of this booklet upon registering.

### Q. What about the food?

A. We are fully aware of the healthy appetites that build up when touring and provide tasty and varied meals with plenty of fresh ingredients. Our guides will be taking the group to a combination of local and European restaurants. Your good health is our highest priority. We also cater for vegetarians. Please let us know if you have any special dietary requirements at the time of booking.

### Q. What is included in my trip?

A. It is our aim to ensure that we incorporate as many inclusions as possible in your trip to minimise any out of pocket expenses while you are away. It is important that you refer to our trips notes for the exact inclusions, as they do vary from challenge to challenge.





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**Q. Are there any hidden extras or surcharges?**

A. Huma Charity Challenge owns most of the operations, which allow us to include all land transport, most meals, accommodation and much of the equipment you will need for your challenge. Consult your detailed trip notes for flight information and contact Huma Charity Challenge for more information. Please note that generally the following items are not included - visas, passport, vaccinations, personal travel insurance, airport and departure taxes, tips and personal expenses.

**Q. What if the minimum number of participants is not met?**

A. Most of the adventure challenges require a minimum of 8 to 10 participants. If this amount is not reached, Huma Charity Challenge will consult with the charity and decide either to postpone the trip or to charge a small group surcharge if need be. The maximum group size is 16.

**Q. Who takes part in a Huma Charity Challenge?**

A. Our challenges are available to men and women over the age of 18. Medical checks may be required as directed by Huma Charity Challenge.

