

Itinerary :CHEEERS DHT 2026

- Group will depart from Dublin Airport on Friday 20th/ Sat 21st Mar 2026 (TBC):
- Fly to Kigali Airport Rwanda
- Stay Saturday 21st Mar in Kigali
- Travel to Kisiizi Hospital, Uganda on Sunday 22nd (4 .5 hrs drive from Kigali)
- Arrive Kisiizi by Sunday evening
- Accommodation in Kisiizi will be Kisiizi Falls Guest House

Week 1: Monday to Friday, Kisiizi

- Orientation to hospital, local staff and community work
- Observe and participate in treatment of appropriate patients
- Identification of areas for training/ teaching together with local staff
- Trial certain teaching topics/ skills by the end of week one
- Work in the community around the hospital
- Begin project preparation and implementation, final planning for Workshop
- Host educational workshop/conference end of week one (main multidisciplinary project)
- Evenings: participate in local culture, visit rehab staff in their homes and explore the surrounding area

Weekend 1:

- Travel to Queen Elizabeth National Park (4- 5 hours' drive from Hospital)
- Boat Safari on Kazinga channel upon arrival mid-afternoon
- Dinner Myweya Safari Lodge
- Game drive/ Safari x2 Sat evening & Sun early morning
- Leave Queen Elizabeth midday Sunday and return to Kisiizi Hospital

Week 2: Monday to Friday, Kisiizi

- Continue teaching/ development work/ projects maximising learning and benefit for local staff and patients and building on relationships formed in week 1
- Complete implementation of project plans with local staff
- Assess benefit of work performed to embed change and plan for future projects
- Identify areas for future work and development
- Report to hospital staff and management on project
- Evenings: Team catch- ups, seek out other opportunities to explore the local culture and activities and mix with local health care workers and staff

Weekend 2:

- Travel to Bushara Island (1.5- 2 hours away from the hospital)
- Stay Bushara Island camp Friday and return to the Airport on the Sat/ Sun (Kigali Airport, Rwanda)
- Optional visit to the Genocide Museum on way to airport
- Fly home late Saturday or early Sunday (4/5th April 2025)