



Giant sand dunes in Namib Desert

Medicine and Society in Namibia

4 – 17 October 2019



Jon Baines
tours



Desert trees

Discover the Republic of Namibia, host to some of the planet's most extraordinary scenery, from the world's second largest canyon to national parks and reserves with an abundance of big game wildlife. Explore its varied and diverse cultural heritage from Kalahari Bushmen through over a dozen different ethnic groups to more recent German settlers. Namibia is one of the world's least densely populated countries, with an average of fewer than three people per square kilometre, scattered across a starkly beautiful landscape.

As well as magnificent scenery, our tour includes safari days and opportunities to meet the people of this unique country. There is also a full professional programme examining Namibia's healthcare system and its specific approaches to providing medical care in some of the most remote and isolated settlements in the world.

Starting in the capital Windhoek, settle into the hotel before taking an afternoon panoramic city tour. Take in the splendid Christuskirche sandstone Lutheran church, the train station and the outskirts to Katutura to meet with locals to learn about their culture and everyday life.

The next morning visit Lady Pohamba Private Hospital, a Namibian owned state-of-the-art hospital. Meet with local doctors to hear about their work and the hospital operation. In the afternoon examine traditional medicine – still in use, with traditional medicine widely sold in markets and shops.

After breakfast the following day drive to the south eastern part of the country to the Kalahari Desert, a wilderness that is home to huge herds of antelopes and other grazing animals. The first stop will be the historical town of Rehoboth, inhabited by the 'Baster' community whose ancestors trekked across the Orange River and



Christuskirche, Windhoek



Kalahari Bushmen

settled here in 1870. From here continue to your hotel in the Kalahari Desert.

The next day depart for Hoachanas, a settlement of 3000 people that has been inhabited since 1695. It is the main settlement for the Khaillkhaun, or Red Nation, and all Red Nation chiefs have their main residence here. Visit a rural health care facility and meet with local staff to see how medicine in rural communities differs to that in the capital. Learn how they operate and the specific challenges they face in such remote environments. From here continue into the beautiful Namib Desert.

Before sunrise depart the lodge and drive into the Sossusvlei/Nambib Naukluft Park with its iconic sand dunes, some of which are the highest in the world. For those who are feeling active there is the chance to climb them for stunning views. Explore Sesriem Canyon, a deep chasm carved through the rocks by water, with steep stone walls that are home to nesting birds. The afternoon will be at leisure.

The next day drive through the spectacular Namib Desert to the coast via Solitaire, a remote desert settlement comprising a petrol station, a post office, a general store and a restaurant. Continue to Walvis Bay, renowned for its huge natural lagoon and for being Africa's largest oyster producing area. Arrive in the coastal city of Swakopmund, which was founded in 1892 and was the main harbour for German South

West Africa. The town is a quirky mix of colonial German and Namibian influences. Visit Cottage Medi-Clinic, a private hospital, to meet with the staff and learn about the work they do.

Next morning visit our supported project, the DRC School and Community Project, a community centre on the outskirts of Swakopmund (see overleaf for more information). The rest of the day in Swakopmund is at leisure with the opportunity to take an optional boat cruise out on the lagoon.

After breakfast depart for the Damaraland region, a vast desert landscape with ruggedly beautiful scenery. Take in the dramatic vistas, the spectacular rock formations and keep an eye out for the rare desert adapted elephant. On the way stop at Twyfelfontein to see extraordinary 6000-year-old rock art reflecting the lives of hunter gatherers millennia ago. Visit the Living Museum of the Damara to learn about the lives of the traditional inhabitants of this land – one of the oldest nations in Namibia. Arrive at the lodge late afternoon.

Next day visit the town of Khorixas, which was the capital of the Damara Bantustan during the apartheid period. Visit its only health care facility and meet with the staff. Explore the town and head to the dramatic Vingerklip, a prehistoric rock formation that protrudes straight up in the air, in stark contrast to the flat landscapes around it. The afternoon is at leisure to relax at the lodge.



Walvis Bay



The next day depart for Windhoek. On the way visit Okahandja, a town of great significance to the Herero people as it was the seat of Chief Samuel Maharero, who was a leader in the uprising against the colonial German authorities and is considered a national hero. The town is now a place of pilgrimage.

Arrive back in Windhoek with time to relax before your final farewell dinner. The following morning is at leisure before heading to the airport for your return flight.

Next day drive towards Etosha National Park, stopping en route at via Outjo, a town founded in 1880. Visit the museum and learn about the history of the town and its surroundings. Continue to Omapaha Himba village, home to the indigenous Himba tribe. This semi-nomadic people are famous for maintaining a traditional way of life. In the afternoon arrive at Etosha National Park for a safari.

The following day will be a full-day game drive in the world famous Etosha National Park, which covers over 22,000 square kilometres of bush, waterholes and salt pan. The park's diverse vegetation ranges from dense bush to open plains attracting a wide variety of wildlife including lion, elephant, leopard, rhino, giraffe and an abundance of birdlife. Return to the lodge later in the afternoon.

Next morning depart the National Park for Otjiwarongo, which means 'pretty place' or 'where fat cattle graze' in Otjiherero. This large town is also known as the cheetah capital of the world and is the base for the Cheetah Conservation Fund (CCF), which you will visit. This project is dedicated to ensuring the long-term survival of the cheetah through research, conservation and education.



Colourful colonial buildings of Swakopmund (top);
Stone Age drawings, Twyfelfontein (above)

Itinerary 4 – 17 October 2019

B = Breakfast **L** = Lunch **D** = Dinner

2 nights Windhoek – 1 night Kalahari Desert – 2 nights Sossusvlei – 2 nights Swakopmund
– 2 nights Damaraland – 2 nights Etosha – 1 night Otjiwarongo – 1 night Windhoek

4 Oct (Fri) Windhoek **D**
Am Arrive and transfer to the hotel
Pm Panoramic tour of the city
Eve Welcome dinner

5 Oct (Sat) Windhoek **B D**
Am Visit the Lady Pohamba Private Hospital, a Namibian-owned state-of-the-art hospital
Pm Look at traditional medicine and at leisure

6 Oct (Sun) Windhoek / Kalahari Desert **B D**
Am Depart Windhoek. Stop at the early missionary station of Rehoboth
Pm Continue into the Kalahari Desert

7 Oct (Mon) Kalahari Desert / Sossusvlei **B D**
Am Drive to Hoachanas, the main settlement of the Khaillkhaun (Red Nation). It is also home of Markus Kooper, a reverend, educator and anti-apartheid activist. Visit a rural health care facility
Pm Continue via Kalkrand and Maltahohe to the beautiful Namib Desert

8 Oct (Tue) Sossusvlei **B D**
Am Early start to the Namib Naukluft Park to see the famous red sand dunes of the Namib
Pm Visit Sesriem Canyon, a deep chasm carved through the rocks by water

9 Oct (Wed) Sossusvlei / Swakopmund **B D**
Am Head towards the coast via Solitaire and continue to Walvis Bay
Pm Arrive in Swakopmund and take a city tour. Visit Cottage Medi-Clinic, a private hospital

10 Oct (Thur) Swakopmund **B L**
Am Visit DRC School Project and Community Centre
Pm Afternoon at leisure or optional boat trip out onto the lagoon

11 Oct (Fri) Swakopmund / Damaraland **B D**
Am Visit Twyfelfontein to view rock art dating back 6000 years
Pm Continue onto Damaraland via the Living Museum of the Damara

12 Oct (Sat) Damaraland **B D**
Am Visit a health care facility in Khorixas
Pm Explore the Khorixas and visit Vingerklip, a prehistoric rock formation. At leisure at hotel

13 Oct (Sun) Damaraland / Etosha South **B D**
Am Depart for the famous Etosha National Park via Outjo. Visit the museum and learn about the town's history
Pm Continue to Omapaha Himba village, home to the indigenous Himba tribe. Continue to the lodge and take a safari

14 Oct (Mon) Etosha South **B L D**
Am Full day game viewing in Etosha National Park

15 Oct (Tue) Etosha South / Otjiwarongo **B D**
Am Depart the National Park for Otjiwarongo
Pm Visit the Cheetah Conservation Fund

16 Oct (Wed) Otjiwarongo / Windhoek **B D**
Am Depart Otjiwarongo for Windhoek
Pm Visit Okahandja, a town of great significance to the Herero people and a place of pilgrimage. Arrive Windhoek
Eve Farewell dinner

17 Oct (Thur) Windhoek **B**
Am Morning at leisure before departing for the airport



Zebras in Etosha National Park



Sunrise in the Kalahari Desert

Hotels

Hotels will be confirmed with your joining instructions.

We will be using a mix of hotels, lodges and tented camps throughout the tour, all of which will have private facilities and the normal facilities.

Project

We support the DRC School Project and Community Centre on the outskirts of Swakopmund. The project, headed by Ivanna and Mike Kriner, was established as a non-profit organisation in 2004 to 'assist the needs of a growing informal settlement community by creating a centre to provide services such as basic education, health information and a cultural forum'. It enjoyed international repute in 2006 when Angelina Jolie and Brad Pitt included it as one of the beneficiaries of the Jolie-Pitt Foundation. The centre serves the community as a whole while focusing mainly on issues facing mothers and children. German volunteers from the Red Cross and paid teachers from Namibia give lessons in all relevant subjects while a community centre guides and supports people from the township in finding employment, for

example by helping in CV writing and computer lessons. The classrooms are well furnished and equipped. In the morning, the project offers bridging classes to 30 primary-school children, while community service and homework assistance are offered in the afternoon.



Elephant crossing (top);
Flock of flamingos in the Kalahari Desert (above)



Solitaire

Tour Leader

Rachel Hargest is an academic colorectal surgeon at Cardiff University and the University Hospital of Wales. She is a member of the Cardiff China Medical Research Collaborative (CCMRC). She regularly visits China in order to enhance the collaboration between universities and hospitals in Cardiff, Beijing and Yantai. She has previously worked in Toronto, Pakistan, South Africa and Madagascar in a variety of employed and voluntary roles.

Rachel has been a member of the Royal Society of Medicine for 25 years and is currently a trustee & Honorary Treasurer. She was President of the Section of Surgery during 2016-17 and led a large group tour to Beijing, Yantai and Xian. She has travelled extensively with the RSM Sections of Surgery and Coloproctology including visits to Israel, Lebanon and Australia along with various parts of the USA and European countries.

She is also a trustee of the Society of Academic and Research Surgeons. In 2017 she won the Silver Scalpel Award for the best surgical trainer in the United Kingdom, awarded by the Association of Surgeons in Training.

**The cost of the tour is
US \$5,370 per person
(excluding international
flights and airport transfers)**

The cost includes:

- 13 nights' accommodation in twin bedded rooms with private facilities in medium grade hotels and lodges

Single supplement US \$500

- Tour leader (Rachel Hargest)
- English speaking national guide
- Meals as per the itinerary
- A full programme of cultural and professional visits as per the itinerary
- Admission fees where applicable
- Donation to the DRC School Project and Community Centre
- Tips

The cost excludes:

- International flights and airport transfers
- All personal extras such as portage, laundry, inoculation fees, drinks
- All optional excursions, tours and visits
- Visa (if required)
- Travel insurance

Flights

International flights are not included in the cost of the tour but we can assist in booking them for you. If you would like a flight quote please do contact the London or Melbourne office.

Quiver Tree in the Kalahari



About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.



The famous dunes of Namibia (top); Himba village; Bushmen dancing; Giraffes in Etosha National Park (above)

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