



"whoever receives one little child like this in my name, receives me" matthew 18:5

Important Travel Tips - Travel Facts, Advisory -

Health Precautions, Shots, Prescriptions

IMPORTANT: The suggestions made below are simply suggestions and examples of vaccinations and medications that may be prescribed by your physician. The vaccinations and/or medication that a traveler may (or may not need) prior to travel are based on individual circumstances and should be determined by the traveler in conjunction with their physician or local health department. Travelers should consult with their physicians as to which vaccinations may or may not be right for them and the possible side effects / risks associated with receiving any vaccination or taking any medication.

It is strongly recommended that one have a full complement of international vaccinations, as recommended by your local State, or County Health Department. Vaccinations regimens for international travelers should generally start as much as 6 - 8 weeks in advance of travel, to ensure that all are taken.

Typically, the two shots (but not necessarily all) that may be recommended for all international travel are the Yellow Fever vaccination and Typhoid vaccination. These may have to be given by State / Local health departments or authorities, as they may not be available at your local clinic or physician. Typhoid is acquired through contaminated food or water, and Yellow Fever is a mosquito-transmitted disease.

For travel in a 'malaria' region, prescription antimalarial drugs are highly recommended to be taken. Malaria is a disease transmitted by mosquitos infected with the parasite. If left untreated malaria can be fatal. Prevent infection by taking prescription antimalarial drugs and protecting yourself against mosquito bites using mosquito nets, wearing long pants and sleeves at dusk. Prescriptions for these can be obtained from your local physician, and are advised not to be overlooked. Always take this medicine with food for greater comfort.

Food contamination and waterborne diseases are the number one cause of illness in travelers. Travelers' diarrhea is very common and can be treated with over-the-counter anti-diarrheal medicines. You may also want to request Cipro from your doctor for extreme cases. Always make sure your food and drinking water are safe.

It is recommended that you wash hands often with soap and water. Use of antibacterial is also recommended for times soap may not be available.

*****It is REQUIRED that you bring your international travel vaccination records "yellow card" with you on the trip and have them with you at all times. These records are typically**

supplied by the health care provider where you received your international travel immunizations.

Food

Eating carefully will go a long way to staying well for the duration of the trip. Toward that end, the following are highly recommended:

- Eat only cooked food. Un-peeled fruit may be eaten. Do not eat fresh (un-cooked) vegetables, or water that is served to you outside of the children’s home.
- Drink only water that comes in un-opened, packaged, water bottles. This applies both in hotels, as well as in the rural areas. We will provide bottled water for you regularly. Use only bottled water for brushing teeth. Basically avoid all tap water, fountain drinks, and ice cubes.
- Don’t eat food purchased from street vendors.
- Bottled soda is ok. Hot coffee and hot teas are generally ok.
- If you have any food allergies, please make these known in advance.
- Please let us know, in advance, if you have special dietary needs and we will do our best to accommodate for such.

Health, Health Insurance, Special Needs

If you have a medical condition that requires special medication or could create an emergency situation (such as heart disease, epilepsy, diabetes, asthma, allergies, etc...) please make this known in advance of the trip.

Make sure you have a list of your medications and their purpose on you at all times, as well as the prescriptions themselves in case you need them. Please do not include important medications and prescriptions with your ‘checked luggage’, but alternatively keep them with your ‘carry-on’ bag.

PRIOR TO DEPARTURE: *It is strongly recommended that when traveling outside of the U.S , individuals should check their health insurance company policy to determine what (if any) coverage your individual policy will cover in case of a medical emergency overseas , and the policies and procedures for receiving reimbursement (if any) as it applies to your specific policy. It is not uncommon for health insurance companies to require specific documentation (i.e. payment receipts, diagnosis papers) to determine if an individual is eligible to receive reimbursement of any kind.*

Time Difference

The time difference from various cities in the US (Std times) to Kenya are:

- PST:.....10 hrs
- Denver MST.....9 hrs
- CST:.....8 hrs
- EST.....7 hrs

Airport Departures

It is recommended that you arrive at the airport 2 hours prior to an international flight departure to allow time for check-in and security screenings.

Weather

The weather in Kenya is generally quite mild. Most days are 80-85 degrees. Nights are 50-60 degrees. Be prepared for rain at any time. Be sure to bring a fleece or light jacket, and something warm to sleep in for cool mornings or evenings. You will definitely need this during the months of May, June, July and August.

Rainy Season = March – May & October – December

Dry Season = January – February & June – September

Warm clothing is needed during June and July – Kenya's 'winter'.

Clothing / Dress Code

It might surprise you to know that Kenya is a society where business casual dress is typical. While working in Kenya, teams should reflect the same level of respect and modesty in their appearance. You do not want to draw extra attention to yourself, or in anyway send a negative impression about the U.S. The following dress code is requested.

Planning for packing appropriate clothing / attire for the trip will generally fall into one of two types of day / activities:

a) Work Days at the children's home:

Men: Jeans, slacks, (no shorts), shirts, jackets for cool mornings and evenings.

Women: Jeans, slacks or capri's for working (no shorts), jackets for cool mornings and evenings. Blouses and shirts require shoulders to be covered. Cap sleeves and short sleeves are perfectly ok. In Kitale when we go outside the home and into the community you will need to change into a skirt or dress. While in Nairobi area, jeans and slacks are appropriate.

b) Church or Celebration Days:

Men: Business: Suits or sport coats, "docker" type khakis, a couple of sport shirts, and tie. Bring good walking shoes.

Women: Bring nice dress clothes (skirts or dresses below the knee and shirts where the shoulders covered.) Bring shoes that are comfortable for walking as well.

c) Shoes - it rains quite frequently in Kenya. As such, shoes can get extremely muddy. It is recommended that travelers bring shoes that they do not mind getting muddy. It is also recommended that travelers bring a small umbrella in case of rain.

Entry / Visa

FOR U.S. CITIZENS:

KENYA

The Government of Kenya requires a Visa to enter the country and in 2015 implemented a new online process of applying for their Tourist Visas. You will be required to complete the online application and provide a digital passport photo, a copy of your passport and travel itinerary.

When completing the Visa Application Form:

Enter 'Tourist' as the purpose for the visit on the "Reason for Entry" line.

Enter Abraham Kiboki, Kenya as "Friends to be visited", Phone: 0720 553 058

The following are the addresses of our two homes, depending on the location you're visiting; you can use this information for the physical addresses you will be staying.

CoH Homes -Kitalale Home
PO Box 2008-30200
Kitale, Kenya
Office phone: 0718 720620

CoH Homes - Kikuyu Home
PO Box 14906-00800
Nairobi, Kenya
Office Phone: 0700-153-523

There are multiple websites available to apply for your online e-visa, but be sure to use the following government site to ensure accountability in the process: <http://evisa.go.ke/evisa.html>.

When you exit the plane, follow the directions to Passport control. Get in the line that says 'E-Visas'. They will ask for you're a copy of your Visa and passport and then they will stamp your passport. Please check to ensure that the passport control does indeed stamp your passport upon entry. Please keep this e-visa receipt with your passport at all times while in Kenya and do not lose or discard it until after your return to the U.S.

At this point in time you can still purchase your Visa upon entry into Kenya. You will need to complete a Visa application which you can acquire on-line, from airline, or at Joma Kenyatta airport. You will go to a separate line at airport and you will need to pay \$50.00 in exact change with currency printed 2003 and newer.

*** It is a requirement that your passport must be valid for at least six months upon arrival in the above countries.*

FOR ALL OTHER CITIZENS:

For citizens holding passports issued by any country other than the United States, please contact the Kenyan consulate or embassy in your country to obtain up-to-date information regarding the cost and procedures for obtaining a visa to Kenya. Citizens of most countries will be required to obtain their Kenyan visa prior to their travel dates. **Please do not delay in getting this process started as some countries may have a lengthy application process and detailed application requirements. In addition, it is not uncommon to have to send in your passport to the issuing visa authority as part of the visa application process.**

Money

US\$ can be exchanged for country currency at the Airport ATM's or other bank currency exchange windows available. You will receive the best exchange rates at ATM's. The worst exchange rates are typically at hotels. The best time to exchange currencies is upon arrival at the airports.

You should plan to bring additional funds for items for your own spending purposes, such as gifts or souvenirs, additional snacks, laundry services, and other incidentals of this nature.

Many places will accept most major credit cards (i.e. VISA or MasterCard), but not American Express. Some will accept American dollars. However, if you are not using a credit card, you should plan to exchange a reasonable amount of US dollars for appropriate in country currency.

*****Important Note** – It is not as convenient in Kenya to exchange US currency. If you would like to exchange US Currency check with your local bank prior to departure.

Meals

All meals are included in the price of the trip cost

Lodging

The hotel lodging for first two nights will be at the Countryhouse Inn (www.countryhouse-inn.com).

For the portion of our trip where we will be at our Kitalale and Kikuyu homes be prepared for more basic conditions. Amenities and service may not always be up to the level which Americans are accustomed.

Cash /Passports /Credit Cards/Documents, Belongings & Personal Security

Keep all of your funds with you at all times. Do not leave any in an unsecured location.

Keep your passport with you, physically, at all times. Do not lose track of it.

You may want to bring a suitcase lock and lock your suitcase each morning when staying in hotels.

Due to airline restrictions, you may not be able to use the suitcase lock until after your arrival in Kenya.

Make 2 photocopies of your passport and the back (only) of your credit card(s) in case of loss or theft. Keep them in separate locations (bags).

Please take emergency contact numbers of credit card companies in case of lost or stolen credit cards.

Important Note: Prior to departure, it is important that all travelers call their credit card companies and bank notifying these companies that the traveler(s) will be traveling aboard. Please notify your credit card companies of all of the countries that you will be traveling in according to your specific travel itinerary and the exact dates you will be gone. This will help prevent credit card companies shutting down cards (rendering them unusable) for fear of theft.

When you are “out and about” please do not wear jewelry that will attract attention. Please bring less expensive watches and jewelry and avoid wearing diamond rings or large jewelry.

Carry a purse close to you and if you are carrying a camera, or phone either keep it in your purse or around your neck.

Carry a photocopy of all your important papers (passport, drivers' license, back of credit cards).

Do not carry excessive amounts of money.

Do not leave valuables including cameras, money, or backpacks in the vehicle unless someone stays with the vehicle

Be aware of the people around you.

Luggage

In order to support the restrictions of all airlines which we're traveling with, it's important that you limit your luggage to:

- One piece of 'carry-on' luggage, plus either handbag or laptop size bag. Please take all important/critical items (i.e. medications, contacts, glasses, cameras, etc...) with you in your carry-on luggage. Ideally, carry-on bags should have sufficient space to hold 1 – 2 days worth of overnight items and clothes. It is highly recommended that you carry a change of clothes with you on the plane. Sometimes luggage get lost and/or delayed.
- Two "checked" bags, weight no more than 50lbs each. (this applies to those traveling from the US who check baggage directly to Africa)
- It would be wonderful if you were able to pack your personal items in one bag and reserve the second bag to carry supplies needed for the children's home and the supplies we may need for any of our projects.

Do not take anything with you that is of high value or irreplaceable. Luggage is occasionally lost and there is always the potential for theft.

Culture

While in Kenya, you may encounter different population groups. Remember we are their guests, their living conditions may appear rough compared to our standards, but try not to judge them. Instead, honor your hosts by your words and actions and embrace the differences.

Kenyans tend to be more reserved than Americans. They speak in softer tones and often appear shy. Don't take it personally. This is a part of their culture and as they form a relationship with you, they will open up and share more about themselves. Greet adults first and then children with a handshake. You will probably be received with smiles and giggles from the children.

Photography

The rule of thumb when photographing people is to always ask first.

Some people will ask for money if you take their picture. It is our suggestion that you not do this – it encourages begging.

Miscellaneous

Be sure to bring the following:

- Mosquito Repellant
- Sunscreen
- Outlet adapter for electrical needs. This works for most electronic items, but in case you have appliances don't, you may need to bring a Voltage Converter.

- ‘Over-The-Counter’ medications (i.e. Pepto Bismol, Imodium A-D, Tylenol, allergy medication, etc.). These are not readily available in Africa if needed.

Shopping

Bargaining is typical in Kenya. In a city market, the rule of thumb is to start at one-half the asking price and bargain up. You may do bargaining in certain market areas, but some of the places, where we will be will have fixed prices.

It is important to remember your audience when shopping. Have your money ready so you do not have to search, exposing your purse contents. Also, please be respectful and do not discuss money in front of CoH staff and/or beneficiaries. What might be a ‘steal’ to you, may be a day’s wages to the person you are purchasing from or Kenyan’s you may be around.

Tipping

Tipping is typical in Kenya at hotels and restaurants. If on safari you might expect to tip a safari driver and the naturalist guide.

International Phone Calls

- Cellular phone service is available in most areas in Kenya where we will be traveling. If you do bring your own cell phone, you will want to contact your phone carrier to fully understand your rates for texting and calling internationally as they may be significant. You may have the option of adding an international calling plan to your service to receive better rates. Your cellular provider will be able to give you those details.
- Several apps are available to call/text internationally for free over Wi-Fi. This is an excellent way for you and your family to communicate for free. You can visit the App Store or Android Market to download an app (try WhatsApp or Viber)
 - *If you chose to use an app, please ensure you and your family downloaded and set up prior to departure.
- Children of Hope has a Kenyan cell phone and will have it limited availability for calling back to the U.S. and for you family to reach you in case of emergency. Based on the minutes you talk, you will need to plan to reimburse Elaine for these calls.
 - Children of Hope Kenya Cell Phone is 011 254 796 159 933 or if unable to reach this number and it’s an emergency call or text: 303-423-1357
 - It will be important for you and your family to remember that Kenya is approximately 9 hours ahead of the US (depending on your time zone).

Other Important Notes

- 1) It should be noted that while we will endeavor to follow the itinerary provided, the African people have a different concept of time than we do. Thus, flexibility and patience are good qualities to have on such a trip.
- 2) Do not give out any personal contact information to those that you do not know, even if asked by locals. Rather, if the issue is pressed, take down their address so that you can contact them in the future, if you so choose.
- 3) Occasionally, when visiting the rural communities, locals ask travelers for monetary favors such as bringing their child to and schooling in the U.S. If such a situation arises, we recommend that travelers politely decline.
- 4) Since our children live together in the same home, and function as a family, it is very important that all kids are treated the same. We ask that no special gifts or money be given to an individual child or group of children. This can cause jealousy and hurt feelings among the children. It is important to us that each child knows that they are equally loved and valued within the home. The same would be true for our staff members.
- 5) On occasion our children will share that they dream of visiting/living in the US for school, etc. Although tempting, please refrain from making promises to help the children finically or otherwise because the children take those offers very seriously and count on the “help”. If this situation arises please speak to a US staff member for more information.

- Important Telephone Numbers -

Emergency Phone Numbers

1) Children of Hope - Contact Phones -

KENYA: 011-254-796-159933 or 303-423-1357. These numbers will usually reach Elaine Storck at any time during the trip in case of an emergency.

2) Children of Hope-Kenya Contact Phone

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.....A) Abraham Kiboki:

.....Cell.....011-254-720-553058

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- Language Tips -

KENYA

The official language of Kenya is English, and as such you will be able to communicate well in English. Kiswahili is the African trade language and is also spoken commonly everywhere. In addition to these two languages, there are over 50 “mother tongues”, representatives of different tribal groups in Kenya. Most African Kenyans speak three languages.

It may be helpful for you to know just a few Kiswahili words or phrases. The Kenyan people love it when you try and speak their language. So if you are interested, here are a few...

Jambo!.....Hi / Hello!
Habari yaku.....How are you?
Mzuri sana.....Very well
Choo.....Toilet (pronounced cho)
Mungu aku abariki.....God bless you
Asante Sana.....Thank you very much
KaribuYou're welcome
Kwaheri.....Goodbye
Bwana Asifiwe.....Praise God
Natoka.....I'm from
Sawa sawa.....Okay
Rafiki.....Friend
Jina langu ni.....My name is
Hakuna Matata.....No problem