

Village of Hope Trip Information

Immunizations (personal expense)

Approx. \$300 or less

- Tetanus
- Yellow Fever
- Covid
- Hepatitis A&B
- Typhoid

Immunizations can be discussed first with your primary doctor, as many will have or be able to get you the immunizations that are required. An alternative would be a travel medicine facility such as Saratoga Hospital or Warren County Public Health. However, these services usually come with a minimum of \$100 consultation fee.

Covid Requirements

These guidelines are subject to change as the requirements of entry and exit to Kenya frequently change

At this time, you will need to be vaccinated with the Covid vaccine to travel to Kenya. The following form needs to be filled out before flying out of the US; found here: https://ears.health.go.ke/airline_registration/

Medications (personal expense)

- Malaria pills (several options available). Mosquito nets are provided in every bedroom.
- Sometimes it is handy to have digestive medication on hand such as pepto bismol, Imodium, or a prescription antibiotic for traveler's diarrhea such as Cipro or Azithromycin (however, antibiotics are easy to obtain where VOH is located)
- Any over the counter medications that you would like to bring such as ibuprofen, acetaminophen, etc. are acceptable

Passport/visa (not included)

You will need a passport and a temporary visa. Visa applications can be processed through the electronic visa processing system eVisa (www.evisa.go.ke).

You will want to apply 1 month in advance to departure.

How do I Apply?

1. Go to www.evisa.go.ke and click on create eVisa account
2. Once Logged in, Select Department of Immigration services.
3. Select submit Application.
4. Select Kenyan Visa. (single entry visa)

5. Read the directions carefully and Fill in the application form. See the information below for answers to some of the questions. You need a photo not exceeding 500x500 pixels, A photo of your main passport page with all your info and your flight schedule, again, not exceeding 500x500 pixels.
6. Pay Using Visa card, MasterCard and other debit cards.
7. Await approval via email, then download and print the eVisa from your eCitizen account. **If after 2 days there is no approval email log back into the website and you should find the approved visa (this happens often)**
8. Present your **color printed eVisa** to the immigration officer at the port of entry.

When filling out your visa application online, use the following information:

Applicants Reason for Travel: TOURISM

Proposed Date of Entry: PLEASE CONTACT US

Proposed Date of Departure: Return flight date

Host Details: Friend/Hotel

Full Names and Addresses of places to be visited in Kenya: Harrizon Nyakila

PO Box 48 40401 Karungu, Kenya, East Africa

Tel/Cel# in Kenya: +254 (0)741658644

Host email: nyakilaharrizon@gmail.com

Port of entry: JKIA Nairobi

Make a copy of the main page of your passport and keep it separately in case your passport is lost or stolen.

When it asks for a document of your hotel reservations, upload a picture of your flight confirmation

Safety

Safety during our trips is a top priority. Team members will always travel with another team member or with one of the Village of Hope employees or church members.

Phone and Internet Service

Cell phone service has become much easier to obtain in the last couple years due to the increase in technology in Kenya. However, using your cell phone service from the US can be very expensive due to different service plans. Some cell phones with international calling allow you to use your phone in Kenya, but these calls are often very expensive - **Please make sure your provider has unlocked your phone**, this may mean calling your provider and asking them to do so. In Kenya you will be able to purchase a SIM card from SafariCom, a local phone and internet service provider. This will not change any settings on your phone. You can purchase data at many SafariCom locations throughout the trip. Village of Hope has an internet modem which provides wifi for our guests during the day as long as there is electricity.

Electric Appliances/ computers

You will need a converter / adapter for small appliances and laptops. Africa uses 220 / 240 volts. You can purchase these at stores like Rite Aid, CVS, Walmart, Target. Make sure it says "converter" not just adapter or your small appliance will burn up. If you are only using a computer or cell phone, then an adapter is adequate as it has its own converter.

Meals/Housing Expenses

All meals and housing expenses in Kenya are included in your trip cost.

Never eat anything that has not been cooked. You can eat fruit that comes with a skin like a pineapple which will protect it from any water used to wash it.

Three meals will be provided daily, along with bottled drinking water.

All team members are expected to keep their room clean and help keep the living area tidy.

Please notify us if you have any allergies.

Shower & Toilet

Each guest house has its own bathroom with a shower. If you are staying in the Girl's Home they have their own toilets and showers. VOH is the only location you will find toilet paper so always carry a small packet of tissues especially on the airport and safari car rides (gas station toilets can be an experience).

Personal Items

Please take care of any items of value. While VOH has a security guard, we cannot guarantee the safety of personal items of value left unattended in the guest houses or when traveling.

Recommended items to bring

Kleenex tissues (small packets), hand sanitizer, antibacterial wipes, suntan lotion, sun hat, bug spray (must be travel size if packed in your carry-on bag), ear plugs, towel, antibacterial cream, and snacks like power bars are handy.

Luggage

One carry-on up to 26 lbs. (a back pack is highly recommended as it allows you to pull 2 suitcases.) along with a personal item such as a small purse.

Two checked cases/bags 50 lbs (max.) each. **We request that each guest have the ability of VOH to fill one of the suitcases/bags with items we will supply for the children and life at VOH**

Clothing

Bring enough clothes for 5 days. Try to stay with light colors as dark colors fade when they dry in the hot sun. Clothing should be lightweight and able to dry quickly as it will be washed by hand and left to dry on the bushes. Try to bring items that don't wrinkle easily. Weather is 75-85f during the day and 55-65f at night. A sheet or light blanket will keep you warm at night (provided). Bring comfortable footwear whether that's sandals or sneakers. Bring sneakers if you want to play netball or soccer!

Kenyan's dress modestly so we want to respect their culture in the way we dress.

Men: Shirts must be worn at all times. T-shirts to dress shirts are acceptable (avoid any t-shirt logos that may be offensive). Kenyan teachers wear dress/polo shirts and dress pants. It is acceptable to wear shorts (to the knee, no short shorts) and a clean shirt.

Ladies: 95% of rural Kenyan ladies wear dresses and skirts that come to the knee or below so we ask that all ladies wear shorts, bermuda shorts or skirts that come to the knee, no short shorts.

Dresses that are shorter can have leggings underneath them. Short sleeve shirts are fine, no spaghetti straps.

DO NOT

Do not eat raw food or drink any water unless purchased sealed (bottled water will be provided).

Do not ask for ice or drink anything with ice in it.

Do not brush teeth with water from the faucet. Use bottled water.

Do not enter streams, rivers, or lakes.

Do not leave the group without permission.

Do not pet dogs or any other animals.

Culture

Kenya is a very male dominated society and so women and their opinions tend not to be valued as highly as men. At Village of Hope, this is not so much the case but we cannot speak for all the teachers or workers. We ask that both men and women speak respectfully and think twice before questioning how or why Kenyans do things that you may disagree with. If you are unsure, you can at any time approach a team leader or someone who has been there before.

When developing friendships you must be aware of several factors that are common across Kenya and Africa. There is a Kenyan saying, "Will you be my friend so you can help me?" It is our normal practice when an individual asks any team member for money that we reply "all our giving goes through Village of Hope and you can ask VOH to see how we can help". In the same way all team members must be very prudent when communicating with the opposite sex. You may be seen as their ticket out of poverty and will happily marry you; the fact that they may already be married will not be a hindrance.

Spending Money

You may want to buy some souvenirs when you are there. You can exchange \$20, \$50 and \$100 bills that are in very good condition (no folds, tears or writing) and were printed from 2013 on. Any American money printed prior to 2013 will not be accepted due to excessive amounts of forgery.

Kenya Trip Itinerary

Schedules do not generally exist in Kenya so we plan our days loosely, always ready to go with the flow. This generally means what we wanted to do today may happen tomorrow instead or not at all. There are also times when we have to be ready at a moment's notice to do what was planned for tomorrow in the next 30 minutes. Please do not make any individual plans to leave the group location or miss a meal without permission from the team leader.