

2012 KENYA SHORT-TERM MISSION HANDBOOK

Nazareth Hospital
Nairobi, Kenya



tree of lives
one person one family one community

First Presbyterian Church of Norfolk
Seeking Christ, Sharing His Love

2011 KENYA SHORT-TERM MISSION TRIP INFORMATION

It is our hope that this mission experience will lead each team member into a deeper understanding of Christ's love and grace and a greater understanding of His call to go into all the world to share the gospel.

- To give opportunity for the Lord Jesus to work in each team member's heart and in the hearts of those to whom we will minister.
- To experience the culture of a developing nation and the role of the Body of Christ in that society.
- To develop an understanding of God's calling for your life, and to incorporate the call of missions into personal career and ministry planning.

If at any time you have a concern or a question, please feel free to contact Becky Lyle Pinkard at First Presbyterian Church:

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WHAT IS NAZARETH HOSPITAL?

Nazareth is a Catholic mission hospital about fifteen miles from Nairobi, Kenya. It was founded in 1964 by Consolata Catholic Sisters, based in Turin, Italy. Its purpose is to provide quality health services to the economically challenged members of the neighboring communities in the name of Jesus. This Christ-centered hospital makes available basic medical care to the poorest of the poor who have no other access to such treatment.

WHAT IS FPC'S RELATIONSHIP TO NAZARETH?

In 2004, Drs. Richard and Judith Brown (Presbyterian missionaries and FPC members) founded the Holy Family AIDS clinic on the grounds of Nazareth Hospital. First Presbyterian Norfolk began the Tree of Lives ministry (www.treeoflives.org) to support the work of this clinic. FPC grew more closely involved after a number of its members went to Nazareth on mission trips. Following Pastor Jim Wood's six-month stay there with his family in late 2006-early 2007, FPC's commitment and ties to various ministries at Nazareth have continued to strengthen and expand.

WHAT SKILLS ARE NEEDED FOR THE TRIP? HOW DO FPC WORK TEAMS PARTICIPATE?

There are enormous opportunities for involvement in missions at Nazareth Hospital. Certainly, the hospital and the AIDS clinic have benefited from FPC members who are medical professionals and have gone to teach, consult, and do surgeries. In addition, pastoral counselors, lawyers, architects, teachers, children's ministry workers, and music leaders have been able to use their gifts to encourage and strengthen Nazareth's ministry. The Joy Children's Home orphanage is up and running as of August 2011, providing you an opportunity to minister to and be in relationship with the children and the mothers at there.

With that said, we encourage visitors to consider their trip a pilgrimage. Every experience, interaction, or roadblock we encounter provides a grace-filled opportunity to respond with loving obedience to the gospel. Please come to Kenya as pilgrims, not as tourists; as learners, not as teachers; as givers, not receivers; as listeners, not talkers.

WHAT ARE THE EXPECTATIONS OF MEMBERS OF THE MISSION TEAM?

FPC's involvement at Nazareth has moved from the stage of fact-finding to active co-laboring in the Christian

ministries of Nazareth Hospital. Members of mission teams will use their gifts, skills, and talents to further the work of Nazareth. While there will be plenty of time for such things as fellowship, the greater goal is to contribute to the development of Nazareth.

Important: Please be aware that Kenya is a third-world country. Many locations that you will be visiting may shock your senses. Be physically prepared to walk long distances, possibly several miles on muddy, hilly roads. Nazareth Hospital is at an elevation of 6,000 feet - something for anyone with respiratory or cardiac problems to consider. Holy Family Centre and Nazareth Hospital, as any other medical facility, has its share of births and deaths. Be prepared to experience both.

HOW LONG WILL THE TRIP BE?

Generally trips will be for two weeks since it usually takes two days each way for travel. (Total travel time is typically 24-48 hours with around 20 hours in flight.)

WHAT WILL THE COST OF THE TRIP BE?

Plane flights range from \$1700-2500 round-trip. Nazareth provides for our transportation in country. In an effort to minimize multiple shuttle trips to and from the airport, the team's tickets are purchased together by FPC to fit coordinated arrival and departure times. Any deviation

from the team dates must be approved by Senior Pastor Jim Wood prior to purchase of the tickets. Payment for tickets, travel insurance, room, board and the safari fee is due and payable *at least 30 days prior to the departure date*. Tickets cannot be purchased until payment is received. (See “When Is Payment Due” below.)

WHAT ADDITIONAL COSTS ARE THERE?

- Meals and lodging at Nazareth cost about \$700.00 per person for a fourteen-day stay. This is sent to Nazareth in advance.
- The cost of an entry visa is \$50.00. (See more info under next question.)
- While Nazareth provides transportation for many excursions, public transportation will be used as well.
- The cost of souvenirs, tourist activities (the safari excursion is approximately \$550 depending on the length of the safari), and meals off the hospital campus are NOT included in this price. (Immunizations are addressed later in this handbook. Note: They might not be covered by your health insurance.)
- You may want to bring money for gratuities for the Nazareth housekeeping staff and any small gifts for our HFC/Nazareth staff are also suggested.

DO I NEED TRAVEL INSURANCE?

Travel insurance that covers emergency medical treatment and emergency medical evacuation back to the United States is *required* for every person participating in the Kenya mission trip.

WHEN IS PAYMENT DUE?

Payment for airfare, travel insurance, meals, lodging, and safari (safari is optional - see below) must be submitted to FPC no later than FOUR WEEKS prior to the date of departure from Norfolk. This requirement allows sufficient time for reservations and scheduling to be put in place in Kenya.

DO I NEED A VISA TO ENTER KENYA?

Yes. An entry visa and a passport (valid for six months AFTER your departure from Kenya) are required to visit Kenya. Visas may be purchased upon arrival in the airport in Nairobi. If you wish to wait until Nairobi, you must have exact change of US\$50.00 to pay for the visa, and it will probably be a wait of 45 minutes or more. (Don't worry! It usually takes luggage about an hour before it reaches the baggage claim area.) Important: Credit cards are NOT accepted at Immigration. Please bring "new", undamaged US dollars, printed after 2004, in exact change (\$50.00) to avoid any delays.

Visas may be obtained beforehand from the Kenya Embassy in Washington, DC. (www.kenyaembassy.com)

More information may be found on the embassy's website. NOTE: Please allow at least one month to send off your passports and get them back. Don't try to get your visas from the embassy last minute!

DO I NEED TO SPEAK ANOTHER LANGUAGE?

English and Swahili are the official languages of Kenya. A vast majority of the people living in the area of Nazareth will speak English, Kikuyu, and Swahili. Team members should have little problem communicating with hospital or clinic staff. Residents of the surrounding communities, especially older and less educated adults, may only speak Kikuyu and very broken English. However, on any outing, team members will be accompanied by a native Kenyan or hospital/clinic staffer.

DO I NEED VACCINATIONS?

Vaccinations are not required by law to enter Kenya, but several vaccinations are recommended by the Centers for Disease Control. Vaccinations can be obtained from your doctor or a local health department. (Please see the important detailed information at the end of this handbook.)

WHERE WILL WE BE SLEEPING?

Members of the mission team will be staying in either the hospital's guesthouse or in rooms in the hospital's surgical ward. Nazareth will provide pillows, linens, and blankets.

IS THERE SECURITY AT THE HOSPITAL?

Yes, the hospital employs private security guards to secure the grounds of the hospital. It is strongly recommended that members of the mission team always return to the grounds of the hospital before it gets dark.

WHAT ABOUT MEALS?

Nazareth will provide meals for the teams for any mealtime on the hospital grounds. Off-campus meals will need to be paid for by each individual team member. Team members are welcome to bring their favorite spices if they like.

WHAT ABOUT TRANSPORTATION?

Generally the plane tickets for the mission team will be purchased with the same general arrival and departure times. Any deviation from the team's dates must be approved by Senior Pastor Jim Wood prior to the purchase of the tickets.

In country, Nazareth Hospital will provide transportation to and from the airport as well as many of the excursions off-campus. At times, public transportation will be used.

WHAT WILL THE WEATHER BE LIKE?

On arrival and departure days in Nairobi, it will be tropical heat around 90°. (This is also true for any sightseeing days in Nairobi or on safaris.)

Nazareth Hospital is in the mountains, so it will usually be around 70-80° F during the day if it is sunny and about 40-50° at night. It will be the rainy season in November, and rainy days are much cooler, more like 50-60° during the day and the low 40's at night.

The key is to dress in layers. So, pack accordingly.

WHAT SHOULD I PACK? WHAT CLOTHING SHOULD I BRING?

- Bible, notebook, diary or journal
- Video camera, camera & film (Note: Memory card for digital cameras as well as 35mm film is very expensive in Kenya. Bring what you will need with you.)
- Clothes for approximately two weeks - vast majority of clothing for temperatures 50-70° F; possibly two or three outfits for 90+° weather.

- Women's Dress: Skirts below the knee; pants for travel and safari. Shorts, short skirts, and revealing tops are inappropriate in Kenyan culture. No cleavage or bare arms.
- Kenyan churches of all denominations tend to require formal attire. For men, a jacket; for women, dresses or skirts below the knee.
- Sweater or jacket.
- Umbrella (A MUST during the rainy season) or a raincoat.
- Sneakers/tennis shoes (Note: There are few sidewalks, even on the grounds of the hospital. Bring a couple pair of shoes that would be suitable for wearing in muddy conditions, i.e. Crocs.)
- Relatively inexpensive items that can be given as gifts to friends you make at Nazareth.
- Insect repellent. (Note: This must be packed in your checked bag!)
- Sunglasses and/or a hat.
- Sunscreen.
- Flashlight

WHAT ABOUT LAUNDRY?

Nazareth will provide laundry service during the stay, so it is not necessary to bring a full two-weeks' worth of clothes. However, during the rainy season, the turnaround may be 2-3 days. During warm, sunny days, turnaround is usually one day.

WHAT ADAPTORS/TRANSFORMERS DO I NEED TO USE ELECTRICAL MY DEVICES?

- NOTE: Kenya is on 220-voltage instead of 110-voltage as we have in the USA.
- Unless your electrical device (hairdryer, razor, iPod, camera, etc.) specifically says that it can run on 220v and 110v, you will need outlet adapters AND a transformer/converter to keep from ruining your appliance or even starting a fire!

HOW MANY HOURS AHEAD OF THE U.S. IS KENYA TIME-WISE?

Kenya is eight hours ahead of Eastern Standard Time. (Being close to the equator, Kenya does not adjust for Daylight Saving Time; it would, therefore be seven hours ahead of Eastern Daylight Time.)

DO I NEED TO EXCHANGE MONEY BEFORE LEAVING THE U.S.?

It is not necessary to exchange money beforehand. There are ATM machines at the airport where Kenya shillings (Ksh) may be obtained using a U.S. bank or credit card. There are also currency exchange desks at the airport.

You may also purchase Kenya shillings at AAA prior to your trip.

Be sure to contact your bank before you leave the U.S. to let them know you will be traveling to Kenya. Otherwise, they may freeze your card for suspicious activity.

The exchange rate is usually 65-80 Ksh per US dollar. It is highly recommended that you use an ATM at the airport upon arrival in Nairobi. Plan on needing US\$150.00 per person. US dollars in cash can only be exchanged at a bank and there are no banks or ATM's at or near Nazareth. Please DO NOT bring traveler's checks, as they are very difficult, if not impossible, to cash in Kenya.

CAN I COMMUNICATE WITH THE U.S. WHILE ON THE MISSION TRIP?

We have very limited access to computers to send or receive emails. The computer modem is only available in the evenings, and it is a very slow, dial-up connection. Prior to leaving the U.S., you will be given emergency Kenya contact numbers to share with family or friends. We have access to a cell phone for emergencies. U.S. mobile phones do not function in Kenya. Please do not bring your computer.

WILL THE MISSION TEAM HAVE FREE TIME TO GO SIGHTSEEING OR GO ON A SAFARI?

There will be allotted times for sightseeing and a safari. The cost for such trips will be in addition to the plane flight and lodging/meals. For a safari, budget approximately \$650, depending on the length of the safari.

DO YOU RECOMMEND A TRAVEL GUIDE TO KENYA?

An excellent book for understanding the culture, land, and people of Kenya is *Kenya - Culture Smart!: An Essential Guide to Customs and Culture* by Jane Barsby. Do note that you will not experience many things in the guide - the beaches on the Indian Ocean, nightclubs, etc. With that in mind, it is an excellent book.

A great travel guide to Kenya is *The Rough Guide to Kenya*. It gives good travel information as well as historical and cultural information. (It even mentions that Nazareth Hospital is one of the best hospitals in Kenya!)

Prior to your departure, you will receive required reading material to maximize your experience while in Kenya.

VACCINATIONS AND PREVENTIVE MEDICATIONS RECOMMENDED BY THE U.S. CENTERS FOR DISEASE CONTROL FOR AMERICANS TRAVELING TO KENYA

The following vaccines may be recommended for your travel to East Africa. Discuss your travel plans and personal health with a healthcare provider 4-6 weeks prior to travel to determine which vaccines you will need.

- Hepatitis A - or immune globulin (IG). Transmission of the hepatitis-A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- Hepatitis B - especially if you might be exposed to blood or body fluids (for example, healthcare workers) or be exposed through medical treatment. The Hepatitis B vaccine is now recommended for all infants and for children ages 11-12 years old who did not receive the series as infants.
- Typhoid - Typhoid Fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors.

- Yellow Fever - A viral disease that occurs primarily in sub-Saharan Africa and tropical South America. It is transmitted to humans through the bite of infected mosquitoes. (A Yellow Fever outbreak in Norfolk in the 1840's killed nearly 1/3 of its population!)
- Meningococcal (meningitis) - If you plan to visit countries in this region that experience epidemics of meningococcal disease during December through June.
- Rabies - This a pre-exposure vaccine. You may want this if you will have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities. Vaccination should be given 10 days before travel, and at 10-year intervals if there is on-going risk.
- As needed, booster doses for tetanus, diphtheria, measles, and a one-time does of polio vaccine for adults.
- Malaria - *Malaria is always a serious disease and may be a deadly illness.* Humans get malaria from the bite of a mosquito infected with the parasite. Your risk of malaria may be high in all countries of East Africa, including cities. All travelers to East Africa, including infants, children, and former residents of East Africa, may be a risk for malaria. Prevent this serious disease by seeing your healthcare provider for a prescription anti-malarial drug and by protecting yourself against mosquito bites. All travelers should take one of the following drugs:

- Atovaquone/proguanil
- Doxycycline
- Mefloquine
- Primaquine (in special circumstances)
- Melarone