



***EVERYTHING
YOU NEED TO KNOW
BEFORE
YOU GO ON YOUR
MISSION TRIP***

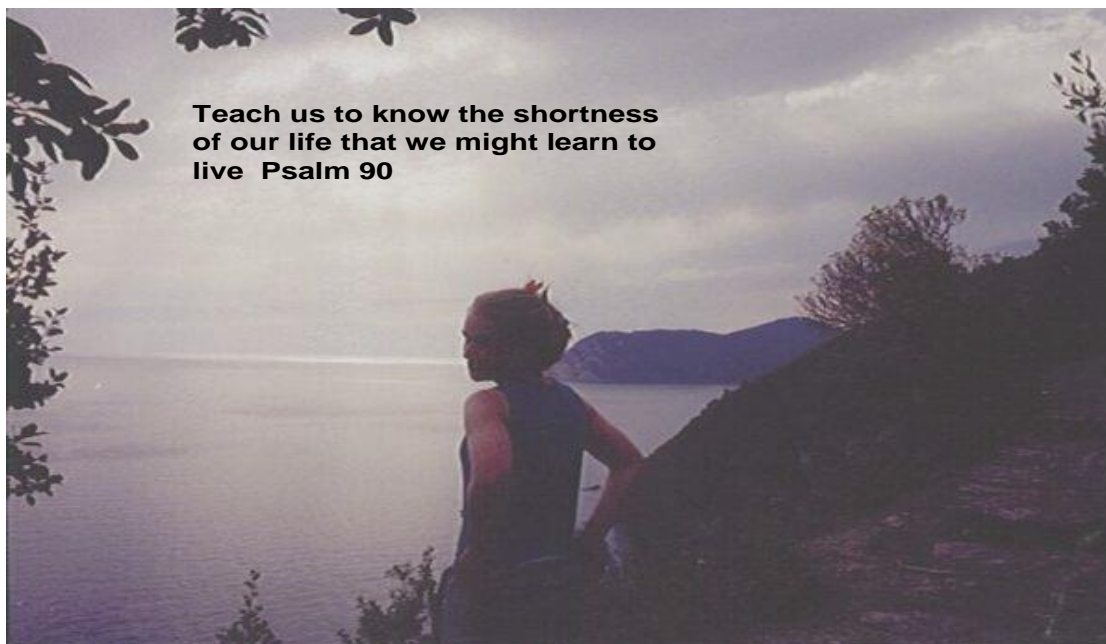
I have brought teams to Kenya for seven years and many times have heard personal narratives from Kenyans and Americans describing the impact the trips have made on their lives. As I reflect today, one story in particular comes to mind. It was the 2006 trip when I first heard of a young girl of 16 living alone in a mud hut not far from our compound. I went with others to visit and assess the situation and my heart was overwhelmed with concern. She had no family or neighbors to look out for her, the dung hut had dirt floors, no source of light, no water or furniture, completely devoid of any comfort except a few broke dishes. I found myself wondering if someone had found my daughter in such dire needs would they have reached out and help her? I ask Nancy to come back with us but she was hesitant. As the sun set we left Nancy in pitch darkness and made for the compound, knowing she had only a small latch on a broken door that would serve as no resistance to a determined predator.

The next morning I was greeted by Nancy, she had come to look for me. She told of how she heard a drunken man stumbling around and trying to enter her house but said "God must have been looking down, for the drunk left for some unknown reason." She remained frighten all night worried he would return and rape her. As we walked toward the Brittney's Children Home she shared these words I will never forget, "You were sent by God to save me and your coming has restored my confidence in God that he hears the prayers of those who cry out for help."

Today Nancy has finished high school and is taking computer classes. She wants to continue in school and someday be a nurse in Kenya. Nancy's story is just one example repeated over and over again when the poor and downtrodden have ask God for help and He sends His teams all over the world to minister. Kenya Relief is honored to partner with you in making a difference today that will leave a legacy of hope now and in future generations.

In His Service

Steve



You Can Help Make a Difference

In Kenya the need for medical care is overwhelming. Kenya Relief and its supporters have vowed to make a difference. Kenya Relief currently sends about 10 teams per year and each medical team has been able to see on average of 1,000 patients per team. So far each team has been able to deliver free medical care and prescriptions to the many in need. The average cost endured by Kenya Relief is currently \$5.00 per patient. This could not be possible without the help of many people just like you. It's hard to imagine that you could possibly save a life for less money than it would cost you to see a movie or eat out. Please consider making a donation towards your teams medical cost. The need is great but together we can make a difference.

How many lives can you save?

\$25.00-----	5 Patients
\$50.00-----	10 Patients
\$100.00-----	20 Patients
\$250.00-----	50 Patients
\$500.00-----	100 Patients
\$1,000.00-----	200 Patients
\$5,000.00-----	1,000 Patients

Please send all donations marked Team Meds to:

Kenya Relief
316 1st Ave S.E.
Cullman, AL 35055



TIMELY TIPS FOR PLANNING YOUR MISSION TRIP TO KENYA

US PASSPORT

- To obtain a passport for the first time you must apply in person. You will need your birth certificate as proof of US citizenship, a valid photo ID (driver's license), 2 identical passport photos (if you go to an application site that offers this service, they will meet federal standards) and \$100*
Consult www.travel.state.gov for more information and a list of passport centers in your area. Renewal fee is 75*.
Expedited service costs an additional \$60*, so apply at **least** 2 months before your trip.
- **If you currently have a valid passport, check the expiration date!**
If the expiration is within 6 months of your return date from Kenya, **or** if there are only two empty pages left, you must have it renewed prior to departing the US for travel to Kenya.
- * 2009 rates

IMMUNIZATIONS

You need a month to develop proper immunity after inoculations, so **complete your shots 4-6 weeks B/4 your trip starts. You must go to a Travel Clinic.** You will need Hepatitis A&B, Typhoid and Yellow Fever (not available from your personal physician). You may need a Tetanus booster. It is recommended to **not** get all immunizations at once. You will be issued a yellow card to carry with your passport. Get a prescription for antimalarial medicine and for an antibiotic like Cipro. If you are planning a return trip to Kenya, consult the Travel Clinic by phone.

DO YOUR HOMEWORK

Go to www.rizonfilms.com/africa/africa.html Watch the **video** and share it with your family and friends who will be supporting you and praying for you. Read **everything** on the KenyaRelieforg website, paying particular attention to the **newsletters**.

The State Department provides information to assist travelers in better understanding foreign countries they may visit and the known risks that they should consider. Read the **Consular Information Sheets** on Kenya found at www.travel.state.gov.

PACKING FOR YOUR TRIP TO KENYA

Pack your carry-on with your personal items and clothes, in case your checked bag is “lost” en route. A roomy purse or small tote can hold your toiletries and things you'll want handy during your flights. Kenyan daytime temps can range from the mid 70's to 90's, and at times it can be quite cool at night. Bring light-weight, fast-drying clothes and keep it simple. Use “Space Bags” or big Ziploc bags to squeeze out air to make more space. Upon returning home you should see that you have worn or used (or given away) **everything** you brought.

Airlines are very strict about their regulations, and overweight fees are costly, so **check their website for specifics!** If you're traveling with the group, you will be assigned a second bag to check, prepacked with meds and/or supplies.

ITEMS TO PACK

In respect of Kenyan customs, please be conservative in your dress, and be aware that T-shirt statements and designs may be misinterpreted/offensive.

- Light-weight shirts or T-shirts

Men - Light-weight cargo pants/trousers/jeans

Ladies – dresses/skirts/jumpers or pants/capris

Shorts - can be worn on safari

Medical Team – Scrubs are perfect for clinic

Comfortable shoes...garden clogs for rainy seasons

Hat – to avoid sunburn

Jacket or sweatshirt/fleece

Rain poncho/jacket

For Sunday church services, men should wear neat, casual clothing; women should wear a dress or skirt & modest top.

Sleep attire (conservative– in respect for all team members)

Underwear for each day (or plan to hand wash your own)

Prescription meds (including antimalarial) in containers with original labels

OTC meds—e.g. Docusate, Cortaid cream, Ibuprofen, Tylenol, Immodium, Pepto, Oragel

Camera(s) with extra batteries and plenty of film/memory

Recharger for camera batteries

Universal adapter

Travel alarm clock

Flashlight w/ batteries

Bible, book/magazine(s)

Journal & pen

Snacks, gum

Flip-flops for the shower

Towel & washcloth/bath puff

Personal hygiene items, wipes, travel TP

Travel-size (3oz. max) toiletries: shampoo/conditioner*, shower gel* or soap, lotion*, toothbrush, toothpaste*, floss, lotion*, hand sanitizer*, powder, contact lens solution*, eye drops? (*in a separate quart size ziploc bag)

- Chapstick w/SPF *

Insect Repellent w/ **25-32% DEET** (not 100%) or **ULTRATHON**

Permethrin Insect Repellent to spray on clothing & bed net

Sunscreen or Sunscreen w/ Insect Repellent

Passport holder worn around your neck and/or money belt with your Passport,
• yellow Immunization Card, a credit card (Visa) and cash (newer bills)

...DETAILS...DETAILS...DETAILS...

MONEY

Your US currency must be crisp, clean, unmarked \$100 bills, not more than 5 years old.

You will exchange your cash for Kenya Schillings at the airport in Nairobi.

*You will need cash (KS) for beverages and tips at hotel & safari restaurants (meals covered), offering at church, gratuity (~\$25) for the drivers, phone card(s) and **shopping**.*

VISA is accepted in hotels, resorts and large shopping centers.

MEDICATIONS

-Remember to start taking your antimalarial med as prescribed prior to your departure.

-Prescriptions you bring must have their original label (ask for small bottles).

*-If you take >2 prescriptions, **or** a narcotic, **or** require syringes/needles, have your physician sign a description of your medical condition and medical needs to bring with them.*

-OTC meds you may need: loperamine (Immodium), Pepto Bismal, refreshing eye drops, medicated mouthwash and Oragel (Malarone can cause mouth sores), fiber/laxative, headache/pain reliever, rash cream (Cortaid)

IMMIGRATION VISA

You will get your Visa at the airport in Nairobi. Have a clean \$50 bill reserved for the fee.

PASSPORT

Wear it.

Tape a copy of the photo page in each of your bags with clear packing tape.

"FEAR FACTOR"

*Expect to see, and don't be alarmed by the presence of armed Police at the airport, hotel and at checkpoints along the way as we travel. Do **not** take photos of officers! Rest assured that KR employs a reputable travel firm with very knowledgeable drivers. There are guards on night duty in the Marindi Compound.*

"KODAK MOMENTS"

**Be discrete about photographing Kenyans as we travel.*

**Ask permission prior to taking an individual's picture, or a child's photo when*

*there is an elder present. They'll love to view their images on your digital camera! Some may ask for payment (have some coins in your pocket).
*Do **not** take photos of government buildings or officials!*

"WELCOME HOME" ~ YOUR STAY AT BRITTNEY HOUSE

COMMUNAL LIVING

Brittney House will be your "home away from home". Separate rooms for guys and gals have 2 bunk beds, each with mattress, pillow, linens and mosquito netting. There are simple wardrobes to organize your personal things and hang your clothes.

Meals, fellowship and meetings are held in the large Family Room.

LAUNDRY

Ladies from the community are hired to do our laundry (*except underwear*) one or two days during our stay. Consider marking your clothing with your initials (like summer camp).

BATHROOM ETIQUETTE

- "Waste not, want not." Please conserve on TP (which clogs the toilets) *and* paper towels, flush when *necessary*, and don't leave the faucet dripping.
- Do not flush tampons **or** wipes.
- Light a match if you make a stink.
- Currently there is a cold and a heated (on/off by the light switch) shower in the men's and women's restrooms. Wear your flip-flops in the shower and try to not get water in your mouth/nose. Please **conserve water**.

Take your stuff with you, to make room for the next person's things.

KEEP IN TOUCH

You will have opportunities to phone home using prepaid phone cards bought in Kenya. Every Team Member is encouraged to email the KR Network during their stay at Brittney House.

MEALS

KR employs a Chef to prepare meals acceptable to the American palate, and you also will have the opportunity to try delicious Kenyan cuisine. Care is taken in preparation to avoid any contamination which could result in GI upset. Coffee, hot water, hot milk and filtered water are provided. Sodas and bottled water are available.

GETTING RECHARGED

There is a "step-down" voltage transformer at Brittney House where we can charge

batteries. All electricity is 220V and American appliances cannot be plugged in without using the transformer.

SCHEDULE

On the equator, the sun rises everyday ~ 6:30am and sets ~ 6:30pm -- so it's early rise & shine, and early inside for the night, as the mosquitoes are hungry! Devotions are held after breakfast, and in the evening with a time for reflection.

Whenever a time to meet has been announced,
please be considerate to all, and BE

THERE!

SAFETY

- It is recommended that you have your passport on you at all times.
- It is safest to keep your money in a money belt that you wear.
- To avoid unwanted attention and loss, wear minimal jewelry.
- Each bedroom has a key and should be locked when all roommates leave the building. Designate someone to be your "Key Keeper".
- The doors to Brittney House are bolted at night. Security guards are armed and on duty in the compound when KR teams are present.
- It is recommended that you don't walk alone outside the yard, especially after dark.

ENCOURAGEMENT PARTNERS

It is very important to remember that we **all** are away from family, friends and familiar surroundings. Our work is very rewarding, but can also be very emotionally draining. As we travel together we will have the opportunity to get to know each other better. This is a perfect time to make a friend that can be your encouragement partner when you feel stressed, anxious or homesick. Remember, none of us are alone in this experience and we need to lean on each other for support and encouragement.

Our Policy On Giving

Please do not give “things” to our families or children in the street. We are giving them a house and our Christian friendship. If we give them more, we teach them to expect gifts from Americans. This is how children learn to beg. If we gave them “things”, there would be competition among them over who got the most. During the week you share with them, their focus would be on what you might leave them at the end of the week...they would be looking at your supplies and wondering which ones you would be leaving with them. This seriously disrupts the purpose for which we are there. Please don't leave any of your supplies with them. ABSOLUTELY do not give money under ANY circumstances!

There is a growing problem with more and more church groups coming with little or no cross-cultural training. They give candy, coins, and toys to the children, money and other items to the adults. It makes it very difficult for all of us. They leave and don't see the problems they have left in their wake. Their short moment of joy in being the rich Americans handing out candy, etc. leaves behind a culture of begging. It is not good witnessing to leave such chaos in the wake of a mission.

The reason for this policy is best expressed in an excerpt from “CROSS-CULTURAL CONFLICT, Building Relations for Effective Ministry” by Duane Elmer, 1993 InterVarsity Press:

“If one is forced into the one-down position by the power or wealth of another, it becomes an unbiblical use of power and brings shame, loss of face. Everyone working in this culture must be alert to this possibility. A generous person may, in fact, create a sense of indebtedness within the beneficiaries, such that they are robbed of their dignity and find themselves in a role of servitude. Eventually this awareness turns bitter and surfaces as anger, resentment and other forms of rebellion.

In order to avert this unfortunate by-product of generosity, it is wise to channel generosity anonymously through a third party such as a church, a non-profit organization or some highly trusted person who can act as a mediator of your kindness. Exercising this kind of caution protects everyone and offers several advantages:

- *It does not create dependency or indebtedness toward the donor;*
- *The donor does not need to worry about a pseudofriendship from the receiver;*
- *It decreases the potential for power abuse in the relationship;*
- *It increases the likelihood that God rather than the donor will get the glory;*
- *It protects the dignity and self-esteem of the receiver;*
- *It helps maintain open and honest communication in the relationship, which is usually sacrificed when one is forced or pressured into a one-down position;*
- *It allows for a relationship of equals wherein each is free to mediate Christ to the other.”*

If you encounter someone with a specific need, and you would like to alleviate that need, there is a way you can help. Please discuss it with Steve James, or the most senior staff person who is with you.

This may seem harsh to you as you witness the extreme poverty that exists. However, this policy is based on many years experience and has been developed with the encouragement of Kenyan facilitators and other mission organizations.

As we said, there is a way you can help. Please discuss it with Steve James, the president of Kenya Relief, and let the glory be to God. Thank you for your cooperation.

Ten Ways To Stay Healthy During Your Trip

- Only put things in your mouth that you are reasonably sure are sanitary. Avoid contamination by putting your fingers in your mouth, on your food, or on the mouth of your water bottle.
- Wash your hands frequently and use hand sanitizer often.
- Wear sunscreen.
- Use insect repellent (25-32% DEET or ULTRATHON) and reapply at sunset.
- Keep your feet protected—wear shoes.
- Drink only safe/bottled water...Brush your teeth with it too. Dining out, request no ice. At Brittney House there is safe, filtered drinking water.
- Avoid dehydration by drinking plenty of liquids (without caffeine). Carry safe drinking water with you at all times.
- Don't shave --why risk an open cut?
- Know your limits and don't push yourself beyond them. Take breaks.
- Take your antimalarial medicine as directed!

If you feel ill, or have GI symptoms,
consult your Team Leader without delay!!