



Kenya: Frequently Asked Questions

What is the primary goal of the mission trip?

Foundation for Peace mission trips are multifaceted Christ-centered ministries shaped by the words of the Apostle Paul, “Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God's people who are in need. Practice hospitality.” (Romans 12:10-13)

In order to achieve this goal, our mission trips are focused on building relationships with the Kenyans by working hand in hand with the local church on construction projects and on the provision of free medical care and educational programs, regardless of race, religion, gender or socioeconomic status in the local community. We believe that this results in sustainable and successful initiatives that will relieve the effects of poverty, encourage personal growth and help to alleviate social injustice.

What are the actual things we will be doing on the mission trip?

There main activities are: a construction project, Bible school activities for children, worship with the local church, visitation of HIV/AIDS patients and a medical clinic open to all in the community. We also host two important events with our Kenyan partners: teacher training, and a women's and men's conference. There will also be daily devotions/group meetings, visits to native wildlife centers and opportunities to purchase souvenirs.

Do I need construction skills to participate?

The work is non-technical and done hand in hand with our Kenyan friends (e.g. passing blocks, passing buckets of sand, gravel, water and concrete, mixing concrete, digging footings, painting). If something requires training (e.g. laying blocks or tiles), training will be provided at the work site by our local construction manager. Most work is somewhat physically strenuous.

What are the accommodations like?

We stay at a Roman Catholic facility outside of Nairobi, in Karen called Resurrection Gardens. Each room has 2-3 beds and its own bathroom including a shower and hot water. Rooms will accommodate either males or females with a common meeting/dining area. Where possible, families will be housed together in one room. Accommodations are basic.

Is the water safe to drink?

No, not from the faucet. Our hosts will provide purified water and ice made from purified water that is safe to drink. Avoid brushing your teeth with tap water or drinking any water/ice when you do not know the source.

What do I do if I get diarrhea?

Diarrhea is usually a self-limited disorder that resolves with only oral rehydration. Clear liquids are routinely recommended for adults. Travelers who develop three or more loose stools in an 8-hour period--especially if associated with nausea, vomiting, abdominal cramps, fever, or blood in stools--may benefit from antimicrobial therapy. Antibiotics usually are given for 3-5 days. Currently, ciprofloxacin 500 mg of twice a day for 3-5 days is the recommended treatment. If diarrhea persists despite therapy, members should be evaluated by a doctor and treated for possible parasitic infection.

What security precautions are needed for mission team members?

When you travel abroad, you can expect to have a safe and incident-free trip. However, there are rare occasions when mission trip members can be victimized by crime and violence, or experience unexpected difficulties. The most common problem with crime is petty theft. However, in 2008, in a tranquil place in the Dominican Republic, a member of the FFP mission team was shot in a struggle during a robbery of a gold necklace. He was rapidly cared for and God blessed him with a full recovery. The assailant was caught and jailed. The mission team was able to complete

all of the planned activities in that community. As a result of this serious incident, we have enacted additional safety precautions to minimize the risks inherent to working in developing countries.

The US State Department has issued a travel warning regarding tourism in Kenya (<http://travel.state.gov/content/passports/english/alertswarnings/kenya-travel-warning.html>). They advise against traveling near the Somalia border or the coast. We do not travel anywhere near there. The State Department recommends that American citizens in Kenya should be extremely vigilant, particularly in public places frequented by foreigners such as clubs, hotels, resorts, upscale shopping centers, restaurants, and places of worship. We will not be in those kinds of places. In addition they state that Americans should also remain alert in residential areas, schools, and at outdoor recreational events, and should avoid demonstrations and large crowds. We will not go anywhere without our Kenyan colleagues who will continue to monitor the security situation as in past years, and we will not be attending any outdoor recreation events, demonstrations or joining any large crowds. When in the Mathare North slum, we will have armed security guards as a precaution.

As always, the Kenya mission leaders will plan activities to avoid known dangerous places and situations. At the same time we need to recognize that every day, whether we're at home or away, there is some degree of risk despite these precautions.

What are the typical temperatures during the summer months?

The chart provides the average temperatures in Nairobi.

	<u>Jul</u>	<u>Aug</u>	<u>Sep</u>	<u>Oct</u>	<u>Nov</u>	<u>Dec</u>	<u>Jan</u>	<u>Feb</u>	<u>Mar</u>	<u>Apr</u>	<u>May</u>	<u>Jun</u>	<u>Annual</u>
Average Max Temp °C (°F)	21 (69.8)	21 (69.8)	24 (75.2)	25 (77)	23 (73.4)	23 (73.4)	25 (77)	26 (78.8)	25 (77)	24 (75.2)	23 (73.4)	22 (71.6)	23.5 (74.3)
Average Temp °C (°F)	15.5 (59.9)	15.5 (59.9)	17 (62.6)	19 (66.2)	18 (64.4)	18 (64.4)	18 (64.4)	18.5 (65.3)	19 (66.2)	19 (66.2)	18 (64.4)	16.5 (61.7)	17.7 (63.8)
Average Min Temp °C (°F)	10 (50)	10 (50)	10 (50)	13 (55.4)	13 (55.4)	13 (55.4)	11 (51.8)	11 (51.8)	13 (55.4)	14 (57.2)	13 (55.4)	11 (51.8)	11.8 (53.3)

While all of the areas we work will have shade (at least to rest in), it is important to wear sunscreen products and a hat or visor. You can also find weather-related information at: www.nairobi.climatemps.com/temperatures.php

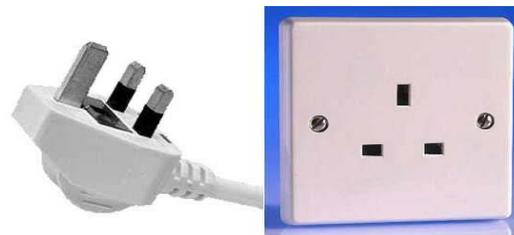
Do the Kenyans speak English?

Yes, the vast majority do. Kenyans learn English in school, usually starting in second grade. There is a subset, especially in the slums, which rely more on Swahili for communication than English.

What type of electricity do they have?

They use 240 volts with a British 3-pin rectangular blade plug.

It is important that you check each electronic device that you plan to bring to determine if it is compatible with 240V, many are today. If not, you will also need a voltage converter to decrease the voltage to 120V. Plugging in a device that is not 240V compatible will ruin the device.



How will airline travel arrangements be made?

Each person will reserve and pay for their own ticket on a specific itinerary, either on-line or through a travel agent. Recommendations are given about arrival and departure times each year so we can all arrive more or less together.



Are there any special documents or fees that are needed to enter or leave Kenya?

Everyone must pay \$50 USD (in cash) for a VISA when arriving at the airport in Nairobi.

Will there be a lockable area for valuable items?

The sleeping rooms are lockable, but cleaning staff will come into the room. We recommend a lockable suitcase be used to store valuables in your room.

What are the typical meal menus?

The food is typical for the country, such as greens, meat or fish, potatoes or other starch that are specially prepared by cooks experienced in cooking for North Americans using purified water. People should not eat food that has not been specifically prepared for your mission team without checking with your group leader. Anyone with dietary restrictions should notify the group leader before the trip and we will let the cooks know ahead of time. There is no guarantee that we will be able to accommodate all dietary restrictions.

What currency is used in Kenya?

The official currency of Kenya is the Kenyan shilling (abbreviated \$ks). Foundation for Peace staff will provide you with an opportunity to change dollars for shillings at the current exchange rate (generally 70-90 shillings to the dollar) early in your mission trip.

Can we use ATM, debit and credit cards in Kenya?

There are banks with ATM machines available, but be sure to check with your bank to determine fees you will be charged. However, your card may or may not work in them. Debit and credit cards are taken many shops and at the airport. Money may be exchanged but you need newer bills (2009 or more recent) in denominations of \$10 or larger.

Internet access

Internet access is available at our lodging site.

Shopping

Bargaining in the market is a common practice, so enjoy, but look for the win-win. Be a little generous with those who don't have as much. If possible check with Kenya staff to see what a fair price is.

Telephone: calling home

On our mission trips there are several ways to call home:

- Use your cell phone (check with your carrier to make sure you have international coverage and ask the price, because it may be very high)
- Use the cell phone of another member of the group and reimburse them
- Many teams use email, Facebook or Skype instead of phoning people at home.

Is malaria prophylaxis required?

It is not required in the Nairobi area, but you may wish to discuss it with your doctor. If you intend to go on the safari it is advised.

Malaria prophylaxis with daily Malarone (Atovaquone/proguanil) is the only acceptable medication (do not use Lariam (mefloquine) or chloroquine). Please obtain a prescription from your physician. Prophylactic treatment with Malarone should be started 1 or 2 days before entering the malaria-endemic area and continued daily during the stay and for 7 days after return. The daily dose of Malarone should be taken at the same time each day with food or a milky drink.

In addition, each person should routinely use DEET containing mosquito repellent (also provided by the participant).



Do I need special immunizations/vaccinations?

Modified from <http://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>

ALL TRAVELERS	
Routine vaccines	Make sure you are up-to-date on routine vaccines. These vaccines include measles-mumps-rubella (MMR) vaccine, diphtheria-tetanus-pertussis vaccine, varicella (chickenpox) vaccine, polio vaccine, and your yearly flu shot.
MOST TRAVELERS	
Hepatitis A	CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Kenya, regardless of where you are eating or staying.
Polio	If you were vaccinated against polio as a child but have never had an additional dose as an adult, you should get an additional dose. Adults need only one additional dose in their lives.
Typhoid	You can get typhoid through contaminated food or water in Kenya. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
SOME TRAVELERS	
Hepatitis B	You can get hepatitis B through sexual contact, contaminated needles, and blood products, so CDC recommends this vaccine if you might have sex with a new partner, get a tattoo or piercing or have any medical procedures.
Malaria	There is no vaccine for malaria. Malaria is present in all areas (including game parks) <2,500 m (8,202 ft). There is none in the highly urbanized, central part of Nairobi.
Meningitis (Meningococcal disease)	Kenya is part of the “meningitis belt” of sub-Saharan Africa. CDC recommends this vaccine if you plan to visit Kenya during the dry season (December–June).
Rabies	Rabies can be found in dogs, bats, and other mammals in Kenya, so CDC recommends this vaccine for travelers involved in outdoor and other activities (such as camping, hiking, biking, adventure travel and caving) and children because they tend to play with animals.
Yellow Fever	Recommended for all travelers ≥9 months of age, except for travelers whose itinerary is limited to the following areas: the entire North Eastern Province; the states of Kilifi, Kwale, Lamu, Malindi, and Tanariver in the Coastal Province; and the cities of Mombasa and Nairobi The government of Kenya does not require proof of yellow fever vaccination if you are traveling from the USA