



Kenya: Additional Information

KEY ROLES AND RESPONSIBILITIES OF US GROUP LEADER

- Provide a spiritual environment with Bible studies, song, evening sharing, prayer, etc.
- Motivate and move the group members through their planned activities
- Put people in charge of simple tasks like getting the water and lunch on the bus, setting up chairs for group meetings etc.
- Ensure there are preparations for VBS and second worship service
- Enforce a lights out time of 11pm or earlier and chaperone youth on the trip
- Never put your hands out of the window of the vehicle you're riding in.
- Count the team members before leaving on the bus to be sure that no one is left behind.

IMPORTANT INFORMATION FOR ALL MEMBERS OF THE GROUP

- **DO NOT drink the tap water**, brush your teeth with it or use it to clean contact lenses. Use only bottled water.
- Conserve drinking cups by using your personal water bottle and/or by labeling disposable drinking cups with your name for multiple uses.
- Do not walk barefoot.
- **Never leave the group**, housing or work site unless you have received permission from the team leader.
- No smoking or consuming alcoholic beverages in any setting while in Kenya.
- Piercings and wearing a lot of jewelry is not acceptable to our Kenyan brothers and sisters, and should be avoided in public areas. A watch, one or two rings, and small earrings are the only jewelry types to be worn. Piercings should be removed.
- Light or no makeup is most acceptable to our Kenyan brothers and sisters.
- Phone calls: U.S. cell phones work there if you have an international plan. We suggest that you confirm that you will have access and check the cost/minute, since they vary widely. Some companies provide special cell phones for use abroad.
- **Respect the dress code**. When attending church, women wear clothing that covers their shoulders and dresses or skirts that are knee length or longer. No mid-body exposure is acceptable. Men wear long pants and shirts that cover the shoulders and shoes, not sandals. No shorts are allowed in the church services. Clean shoes are important too.
- Drink water frequently. One of the most significant problems health problems is dehydration. Bring your water bottle everywhere and drink much than you would at home. Encourage others to do so too.
- Quiet time is 11:00 pm to 7:00 am unless designated as a special occasion by the group leaders. Be considerate of the rest of other group members and other guests at the lodging site. Getting a good night's sleep helps prevent illness and enables sufficient energy for the subsequent day
- On the trip, please tell your group leader if you are experiencing any problems, especially if you are not feeling well. Also, tell your leader if there has been any change in your health or medications since you submitted your application.