

Kenya Women's JOC 2019

Journey Information

THIS IS WHAT YOU NEED TO KNOW AS SOON AS YOU REGISTER

Air Travel

You are responsible for purchasing your own airline tickets to Kenya. All team members must arrive at Nairobi Airport (NBO) on October 5th and depart on October 13th. The costs for any extended stay beyond these dates are at your own expense. Please do not purchase airline tickets until you have sent your itinerary to jeri@impactnations.com for approval. You will be responsible for any charges incurred if you have to change your ticket. It is important to arrive by mid afternoon on the 5th in order to make the drive to Nakuru in daylight. Many flights arrive quite late and some people choose to arrive one day early and pay for a night at an airport hotel, which we can arrange. To avoid any extra charges your airport departure should be in the afternoon or later on October 13th.

We strongly suggest that you purchase flight cancellation insurance. There may arise a circumstance beyond anyone's control and you want to ensure that you will be able to get a refund on your airfare. Also, if something happens while you are traveling, you could be covered for lost baggage.

Passports & Visas

Make sure your passport does not expire within 6 months of travel date. Please bring a photocopy of your passport and return air tickets. Click [here](#) to find information on applying for an entry visa to Kenya. You complete the visa application, pay \$51, receive an eVisa by email, print it and present it upon entry. The visa can't be applied for until the applicant is within 90 days of travel.

You will need this information: You are applying for a single entry tourist visa. We will be staying at the Hotel Marvin, PO box 1420 Kalewa Road, Nakuru Phone: +254 722 603503. Our local contact person for the trip is Mike Brawan +254 712 109 809. For this application, use Mike's email address; BREADHEAVEN2001@yahoo.com. You will need to upload copies of the photo page of your passport, your itinerary and a 500 pixel by 500 pixel passport photo. You can mention visiting Nairobi, Nakuru and the Rift Valley.

Vaccinations and Medications

Please bring any personal medications in the original container, clearly labeled. If you have a serious medical condition, it is advised that you bring a signed letter from your physician regarding pertinent medical history and medications (including any generic names) that you currently take.

All travelers should review which vaccinations are recommended. These recommendations are based on the best available risk information from the [Center for Disease Control](#). Please note that the level of risk for vaccine-preventable diseases can change at any time. All travelers need to have their vaccination records on the trip. These are the health precautions that are recommended for travel in Kenya. All travelers should visit a local health travel clinic 4-8 weeks prior to departure. The health travel clinic is up to date on all necessary vaccinations, immunizations and health advisories for the specific areas where we will be traveling.

Recommended vaccinations are: Hepatitis A & B, Typhoid, Polio-one time booster is recommended for any adult that received the childhood series, Tetanus-diphtheria-re-vaccination required every ten years, Meningococcus and Measles, Mumps and Rubella (MMR).

Yellow Fever

Yellow fever is a risk in certain parts of Kenya, and vaccination against it is recommended by the CDC. You will receive a certificate proving that you have been immunized and must have this in your carry on luggage. Be advised that this vaccine is hard to source in some nations, and it is recommended you make an appointment to receive it upon registration.

Anti-malaria

Anti-Malarial medication is indicated and recommended for travel in Kenya. There are three different types: Lariam (mefloquine), Malarone (atovaquone) or Doxycycline. Please clarify with your doctor or health travel clinic professional how frequently they are to be taken, when to start them and which one is best for you. Please also check any side effects or contraindications for the medication. At the travel health clinic, they will provide you with education and information needed to help prevent mosquito bites. You may also be able to purchase mosquito spray there. Hotels will likely have bed mosquito nets.

For Traveler's diarrhea

Your physician or travel clinic doctor may recommend giving you a prescription for antibiotics in case of traveler's diarrhea.. These can be taken (usually ordered for 3-5 days) IF you experience signs of traveler's diarrhea: cramping, achy, diarrhea, or fever (some or all of these symptoms) please inform the medical team leader prior to starting your prescription. We do not recommend taking Imodium as this tends to cause constipation and only prolongs the infection and causes the bacteria to remain in your body longer.

We recommend bringing a small amount of motion sickness medication with you (gravol/ dimenhydrinate, dramamine, scopolamine or even ginger). Some also like to bring some form of sleeping medication (e.g. melatonin), which is helpful for jet lag recovery.

At times the equatorial sun is very strong. Pack enough sunblock for the trip, bring a hat and drink more water than you are accustomed to.

Orientation Videos

In your registration confirmation email, there is a link to the video recorded orientation teaching; five basic messages and methods of how we extend the kingdom and heal the sick. If you this is your first Journey with Impact Nations, it is mandatory that you watch these videos. If you have been on a Journey before, feel free to brush up on the teaching. Please do not share these links/videos, as these are products that we sell, and they are only free for Journey team members. If you would like to take your home groups or other small groups through them, please contact us and we can make them available to you. If you have any problems viewing these please contact the office.

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Detailed Journey Information

Schedule

Your trip to Kenya will take place from October 5th through October 13th.

The following is the presently anticipated schedule for the trip. Please remember to be flexible. Almost every trip will experience changes in schedule and/or locations. Once we're on the ground at the destination things might change so please hold the following with an open hand.

Saturday October 5th: You will arrive by mid afternoon at Jomo Kenyatta International Airport (NBO) in Nairobi. Remember to send your itinerary to jeri@impactnations.com before you purchase your flights.

Someone from the Impact team will greet you with a sign. Since the team is comprised of people from all over the world you might have to wait a bit for more people to arrive before driving to Nakuru (3+ hours).

Sunday October 6th: Attend Metro Church, Orientation

October 7-12th: Minister in a one day Pastor's conference, a 2 day Women's conference, the women's prison, and conduct outreach to the women on the streets of Nakuru.

October 13th: Travel to Nairobi, departures. Those staying for the regular JOC can take the day off or choose to attend church.

Luggage

Luggage Each team member may bring only one check-in piece and one carry on piece. (Even if the airline will allow you two check-in pieces to accommodate the ground transportation, you should pack everything into one check-in piece). If you are flying out of Albuquerque we may also be asking you to check-in one bag of medicine. Remember that you will be responsible to carry your own luggage so please choose a style and size that you will be able to manage by yourself.

Label your luggage inside and out with your full name and home address, including country. Also include a destination address and the dates you will be there . We will be staying at the Hotel Marvin, PO box 1420. Kalewa Road, Nakuru Phone: +254 722 603503. It is not uncommon to find luggage identical to yours on the airport conveyors so marking your luggage in some way for easy identification is a good idea. Be sure your

suitcase can be locked while in the hotel.

Any carry-on toiletries must be in containers less than 90ml/3oz. and placed within a 1 liter/ quart sized clear Ziploc bag.

DON'T FORGET TO PACK IN YOUR CARRY-ON ANY PRESCRIPTION MEDICATIONS THAT YOU NORMALLY NEED TO USE. YOU MAY NOT BE ABLE TO OBTAIN THEM WHILE IN KENYA.

Bring a small backpack as your carry-on or in your luggage to carry your water, toilet paper and any other personal items when doing village ministry. If you have a favorite water bottle you can bring that along as well, but remember, water cannot be taken on the plane.

Dress Code

We do not wear team t-shirts on this JOC. Most of the local women only wear skirts (below the knee length) and some female team members actually feel out of place when wearing pants, so skirts are recommended. One alternative to that is wearing pants but having a long sarong or scarf and wrapping it around your waist. Please no form fitting or low cut t-shirts, blouses or short skirts. Always make sure your knees and shoulders are covered. Shorts can only be worn in your room. You could be standing a long time. We will primarily be in the city, so open toed shoes are suitable. However we recommend you bring some closed toed shoes in case we visit the dump or a rural village.

See detailed packing list below.

Spending Money

The amount of spending money you bring depends on you, but for 12 days, you'll probably find \$50 US sufficient. Bring more if you would like to buy souvenirs; we will arrange for a few hours of shopping. In addition you may want to bring some for offerings. There may be an opportunity to visit the Nakuru Game Park and if you are interested you should bring an additional \$100 US. Bring only newer USD (2009 and newer) and if possible change your currency upon arrival at the airport. We will arrange for you to change currency, but only in multiples of \$50 USD.

Your trip fee includes 3 meals a day, water, your accommodation (October 5th - 13th inclusive) and domestic transportation in Kenya. It also contributes to paying translators and project expenses. Please be aware that it does not cover additional costs such as telephone calls from the hotel (expensive!), personal shopping, laundry, etc.

The local currency is the Kenyan Shilling (KES). At the time of writing this document \$1 USD was equal to 100 KES. For the latest exchange rate in your currency, click [here](#).

Medical Insurance

Impact Nations provides travel medical insurance. It is in-country coverage only.

It includes:

- \$600,000 Medical Coverage with \$0 deductible (age 70-79 is \$50,000, age 80+ is \$12,000)
- \$100,000 Emergency Evacuation
- \$50,000 Return of Mortal Remains
- and \$25,000 accidental death.

No pre-existing medical conditions are covered (existing prescriptions or conditions for which you are currently under a doctor's care). If you choose to purchase your own travel medical insurance, it will be the primary policy. You must provide a copy of this coverage to Impact Nations. Impact Nations will pay expenses in country for your care. You will be responsible to reimburse Impact Nations when you receive funds from your insurance company.

Climate

Kenya has a tropical climate. Temperatures average about 24°C (75°F) during the day and 13°C (55°F) at night. Rainfall is possible 25% of days.

Hotel Accommodation

We will be staying at the Hotel Marvin, PO box 1420 Kalewa Road, Nakuru Phone: +254 722 603503. All rooms will be booked for double occupancy. There may be extra rooms available in which case you can request and pay the additional cost for a single room. We strongly recommend earplugs as it can get noisy at night.

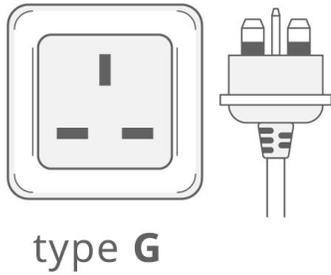
If you plan on reading after dark, you need to bring a personal reading light.

Electric Current

Kenya's electrical power is distributed at 220 volts cycling at 50 Hz with flat plugs. Check over the electrical devices you're planning to bring. Many of them can handle both 120/60 and 220/50 and do not need voltage converters. Hair dryers are usually not adaptable and require a converter that can provide sufficient wattage.

Note that there are "adaptors" and "converters". Adaptors are passive devices that allow your plug to fit into the local outlets. Converters are active devices that transform

voltage levels.



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Requests for money

Gifts or personal information

It is culturally normal in most developing countries, or the poor areas of other nations, for the locals to request donations of money and gifts from ministry team members. They will also often want to have your personal telephone and email contact information so that they can continue to request donations. As a team member, how you handle these requests affects the whole team and other teams that may be coming in the future, so we ask you to adhere to the following policies:

Impact Nations is a ministry, not a foundation. What we have to give is spiritual impartation, training, primary local medical assistance during a Journey, power evangelism, healing and love. We seek transformation through Kingdom principles. We therefore ask our team members to refrain from giving out money or personal contact information. We sometimes will give the team the opportunity to give a love offering to the local church which will be administered by the local church leaders. We also sometimes do likewise for our translators and others who have served the team faithfully (drivers for example).

When requested for personal contact information, you can provide them with our Impact Nations website (www.impactnations.com) and our email address (info@impactnations.com). We will forward any inquiries to you that come through us if you wish.

If a Team Member feels that the Lord has put it on their heart to give a donation to an individual or for a specific local cause, we ask that they discuss this with the Impact team leadership who will consult with the local leadership.

It is important to understand that this tendency to ask for support is culturally normal, and should not be viewed by us as wrong or bad behavior on their part. But in the long term, we can easily be hindering God's work through monetary gifts rather than helping.

Security Some tips for cash & valuables

Try not to appear wealthy, only carry what is necessary, remove all excess materials, and carry your money on the front side of your body. It is highly recommended that you have a money belt or document pouch, which is worn around your neck or under your clothing to store your money and important papers. These are readily available at travel stores and wilderness outfitters. Bring a lock so that you can lock your suitcase while you are out of your room.

Communication

With us during the trip:

You will receive a name badge on the first day of the mission along with an emergency contact phone number and address that fits in your badge holder. One or two of the team will be carrying a cell phone and will be available for emergency assistance.

With home:

Because this is a ministry trip rather than a vacation, we encourage you to let go of home issues and focus on ministry. In any case, you should not make promises with friends and family that you will be in touch frequently by phone or by email as this is not likely possible.

If you have a cell phone you hope to use during the trip, or a calling card from your telephone service provider, please call your service provider before the trip to learn whether these are operational in Kenya and what special instructions you might need. The Hotel has wireless internet service, though it isn't always reliable.

Your family and friends contacting you:

Call Christina Stewart +1 505 610 9975 or Mike Brawan +254 712 109 809 (for emergencies only).

Language

English and Kiswahili are the official languages in Kenya. We will be using translators during ministry times.

Packing List

Travel light. Pack only what you think you need; you will probably find that you need and use less than you originally thought. It is possible to hand wash personal items and there is a laundry service at the hotel. Clothes items should be versatile and efficient. Be prepared for variances in temperatures and humidity.

Essential Items:

- One clearly labeled suitcase and carry-on (include in these a small backpack for day use)
- Passport
- Airline tickets and Itinerary (always keep a copy in carry on)
- Copy of Passport (photocopy, digital picture, scan)
- A lock for your suitcase to be used in your room
- Money belt/document case to be worn in front, or the kind you wear around the neck
- A list of emergency contact numbers (lost cards, etc.)
- Cash, an optional credit card and/or bank card
- Your personal toiletries: shampoo, soap, etc.
- Hand sanitizer
- Your favorite diarrhea medicine
- All necessary prescription medications, and a copy of the prescription.
- Mosquito repellent
- Malaria medication (see critical information document)
- A good, RELIABLE, travel alarm clock (might be a long walk to the ministry site!)
- All your chargers for cameras, shavers, phones, etc. (Optional; a short extension cord - 3 outlet.); if bringing these add a plug adaptor and possibly a voltage converter.
- Bible, pen(s) & notebook
- Breath Mints for the ministry sessions! (You'll be up close & personal).
- Snack food: trail mix, energy bars, breakfast bars. Meals aren't always on time.
- Sun equipment: sunglasses, suntan lotion, hat(s)
- Face cloth and towel (hotel towels can be quite small, a cloth for sweat is helpful)
- A roll of toilet paper in a plastic bag (to be on your person at all times!!!!)
- Small packets of tissues

- A small flashlight (also optional -a small reading light; room lighting is often poor)
- Lightweight sleepwear or sweats (rooms are not air conditioned)
- A light jacket or sweater (evenings can get cool)

Recommended Optional Items:

- A small umbrella. (hopefully won't be necessary)
- A comfortable pillow if this is essential to your ability to sleep
- Sleeping aids: Ear plugs, blindfold, drugs... whatever you require.
- Extra eyeglasses or contacts in case current ones are misplaced
- Spare batteries for camera, flashlight, etc.
- Digital Camera
- A travel coffee maker if your morning coffee is essential to your well-being and sociability
 - A few band-aids, perhaps a small first aid kit, pain pills, antacids... your normal pharmaceuticals
- A few pictures from home to show the locals when they ask about your family, etc.
- Some re-sealable plastic bags of various sizes for items that are soiled, wet, smelly, etc.
- Personal water bottle; you will be given a standard bottle there

Other Items:

These are some items that would be put to good use. If possible, you could purchase some of these and bring them in your suitcase. Thanks!

- Cheap face cloths, small toiletry items.
- Small gifts for translators; possibly something unique to your country.

For Kids:

- Any supplies for playing with children or giving away to local schools and churches: Deflated soccer balls & pumps, coloring books, crayons or markers, small toys, bouncy balls, cars, stickers, pens & notepads... Dollar Store Stuff!