

MISSION AWARENESS TRIPS

trip information

The following information is for **2013** trips. The dates and trips to specific countries change from year to year depending on interest, the political situation within the countries and the ability of CFCA projects to host a mission awareness trip. A detailed schedule and additional information will be sent one to two weeks prior to departure in the pre-departure packet.

KENYA

Trip Dates: Feb. 16 – 27, 2013, (visiting Meru and Nairobi projects)

CFCA will also host a mission awareness trip to Kenya and Uganda from Sept. 14-25. The September trip will visit the Kampala, Uganda and Nairobi, Kenya projects. Regardless of the trip chosen, sponsors will have the opportunity to meet their sponsored friend from any Kenyan project.

Trip Cost

\$800 (Includes food, lodging and most in-country transportation. Airfare is **not** included.)
Minimum group size: 12



On your trip to Kenya you may do some or all of the following activities:

- Meet your friend and possibly the family
- Travel to subprojects and learn about the potential of CFCA families
- Learn about the realities that CFCA families, staff and communities face
- Be welcomed into the homes of CFCA families
- Learn about the diverse experiences and unique perspectives of sponsored friends and their families
- Participate in a short safari tour

Entry and Exit Requirements

A valid passport is required to enter Kenya. The passport must be signed and valid for at least six months beyond the end of your intended stay. **A visa is required for entry. The visa costs \$50** and is issued by the Embassy of Kenya. Visas are also available at the Nairobi airport. CFCA suggests that you obtain the visa by mail before your trip. You will receive instructions for this in your confirmation packet. *All fees are subject to change.* A minimum of two blank (unstamped) passport pages is required to enter the country. While in Kenya, participants should carry a passport or a photocopy at all times. Participants who will be traveling with a minor should contact the CFCA mission awareness trip coordinator for additional information.

Airport and Arrival Arrangements

Applicants should await receipt of the confirmation letter before making airline reservations. In the meantime, we strongly encourage you to research airfares with a travel agent, the airlines, or via the Internet. Vista Travel, (800) 537-5066, may also be contacted regarding airfare. The agency is familiar with our programs and schedules.

Trip participants will arrive to and depart from **Jomo Kenyatta International Airport in Nairobi, Kenya, (NBO)**. Participants traveling from the U.S. should expect to arrive in Nairobi one day after departure due to overnight travel and crossing many time zones. Participants should arrive in Nairobi on Feb. 17 between 5 a.m. and 8:30 p.m. The time limitation is for safety reasons. **CFCA staff will meet all travelers at the airport who arrive on the scheduled arrival day within the stated hours. Do not accept any offer of transportation from anyone other than the CFCA team.**

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Airport and Arrival Arrangements (Cont'd.)

Activities will begin on Feb. 18. The last scheduled activity will occur the afternoon of Feb. 26. Return travel should be scheduled so participants depart Nairobi late on Feb. 26. Participants returning to the U.S. will arrive in the U.S. on Feb. 27.

Accommodations and Food

All trip participants will stay in simple accommodations, usually in some type of retreat center or hotel. Private rooms are available for married couples and families. Individuals will be assigned a roommate. Running water is available, but it may not be heated. Some regions visited may not have traditional western showers. **Tap water is unsafe for drinking.** The project will provide bottled water. Alcoholic beverages are not included in the trip cost.

Participants will eat simple, nutritious meals. You will have the privilege of trying a variety of foods. Typically, a selection of food is available at each meal. All food is prepared with purified water. All meals will be eaten with the group. Do not purchase food from street vendors. Meals are often served at a later hour than most Americans are accustomed to eating. We recommend bringing snacks such as dried fruit and nut mixes, raisins, granola bars, etc., as you may want something to eat between scheduled meals.

Participants wishing to use personal electrical appliances should carry an adapter and a converter. The **electrical current** in Kenya is 240V versus the 120V in the U.S. The shape of the plugs is also different. A type G outlet plug is used. Visit www.electricaloutlet.org, to find more electrical current and voltage information. Travelers from the U.S. will need an electrical converter and adapter for electronics.

Climate

The Central Highlands and Rift Valley areas of Kenya enjoy the most agreeable climate in the country. There are two rainy seasons from mid-March to the end of May and from October to the end of November. In February, the average temperature is between 50 and 80. The group may travel to altitudes as high as 7,000 feet above sea level.

Health/Medical Preparations

Contact your medical doctor or local health department for immunization recommendations based on your health history. The Centers for Disease Control and Prevention website at www.cdc.gov/travel has country specific recommendations regarding immunizations. You may also contact them by phone at 800-CDC-INFO (800-232-4636). CFCA staff members are not qualified to offer advice on immunizations.

You should also consult with your medical insurance company prior to traveling to confirm whether your policy applies in a foreign country. **If your policy does not cover emergency expenses such as a medical evacuation, we urge you to consider the purchase of temporary travel insurance.** You may find further information on travel insurance through a travel agent or through research on the Internet.

Because this trip travels to high altitudes, travelers should be aware of the risks of altitude illness and how altitude can affect certain medical conditions.

Currency Exchange and Handling

The local currency is the Kenyan **shilling** (KES). Your lodging, food and in-country transportation are included in the trip cost. You should bring additional money for the purchase of snacks and souvenirs. You should not carry bills in denominations greater than \$20 because they may be difficult for local banks or vendors to exchange. Do not bring torn or severely worn currency. You can bring U.S. dollars into the country. You will be provided with an opportunity to exchange money upon arrival either at the airport, at the lodging, or another method. Traveler's checks are not recommended, and ATMs are not readily available.