



Chariots for Hope

Travel Guide

Dear Trip Participant,

We are so excited that you will soon be traveling to Kenya with Chariots for Hope to visit our children's home(s). We are sure that this trip will impact you in more ways than you can even imagine. Our kids and staff in Kenya are excited about your visit and can't wait to welcome you into their home.

Please use this guide as a tool to help you plan and prepare for your trip to Kenya, East Africa. Your team leader will have additional information specific to your trip.

The information, standards, and recommendations in this guide were developed by Chariots with the goal of preparing, equipping, and keeping you safe for your cross-cultural experience in Kenya. Our desire is for you to be culturally sensitive as you love and serve the Kenyan people. Please let us know if you have any further questions! We are thrilled you are going to Kenya!

Soak in every moment and enjoy!

With hope,

Chariots Staff

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Chariots for Hope

Mission & Vision

Chariots for Hope exists to honor God by loving, nurturing, and providing for vulnerable and orphaned children by leading and sustaining holistically healthy children's homes in Kenya. We seek to provide these children with opportunity and hope so that they develop into exemplary citizens, leaders, and followers of Jesus Christ.

Our History

The story of Chariots for Hope began in 2009. A network of children's homes in Kenya, East Africa was in a financial crisis as their European partner could no longer fund the homes as they once had. These homes had such a rich heritage. Opened by the African Inland Church (AIC) as early as the 1970's these homes provided a refuge for children without hope. Because of these homes, thousands of children had been given the care they needed to survive. Now, these homes were faced with having to close their doors.

God used one home manager who was working with a church in Dresher, PA to spread the word of the impending loss of funds. With this knowledge and a step of faith, Chariots for Hope was started. God provided richly as He brought partners, child sponsors, and funding to continue this work. In late 2009 Chariots assumed responsibility for our first 2 homes. The coming years brought great growth as we expanded to include additional homes.

Chariots for Hope partners with the AIC by providing operational leadership and financial support to 8 children's homes. The eight homes include two baby homes and six children's homes, providing love and care for nearly 800 vulnerable and orphaned children.

Our Trips

Each year Chariots for Hope and our core partners travel with many people to Kenya. Why do we find this so important you may ask? First and foremost visits from supporters are a huge encouragement to our children and staff on the ground in Kenya. The children love welcoming visitors to their homes. Our staff at the homes have some of the hardest jobs providing continuous daily care for each child. To have a team from the US come and pour into their lives is so meaningful. We want our visitors to truly engage with the children and staff during the trip. When you do this, you can't help but fall in love with these amazing people.

Our Homes

Our homes are spread out across southern Kenya. The map below shows where each Chariot home is located. Your leaders will be able to provide you with more detail about your specific trip.



Preparing to Travel

Whether you're an experienced international traveler, or this will be your first cross-cultural experience, the information below will prepare you for visiting Chariots' homes.

Required Paperwork

Your trip leader will provide you with the required paperwork to complete before your trip. Please be sure you have completed and submitted each document below:

- Online Visa Application
- Release & Exculpation clause
- Medical Form
- Child Protection Policy
- 2 Copies of Passport ID Page
- Emergency Contact
- Background Check/Clearance

Your trip leader will provide specific details on submitting each document

Packing

All your personal belongings must fit into one suitcase weighing no more than 50lbs. We also recommend that you bring a small carry-on containing one change of clothes with any necessary personal items and medications in case your luggage does not arrive on time.

Please tag your bag for your flight to Kenya with your name and the *Kenyan phone number provided by your team leader. Your bag for your return flight should be tagged with your home address.

Exchanging Money

We recommend using a debit card to withdraw Kenya Shillings in Kenya. The exchange rate is better and it prevents you from carry large sums of money. Your leader will point out reputable ATM's across Kenya for you to use (service fees will apply). It is important to notify your bank ahead of time to ensure a smooth transaction. If you would prefer to bring cash and make an exchange, your trip leader will assist you with the best place to do this. Keep in mind that you will get the best exchange rate with newer \$100 bills.

Outlets & Electricity

Electrical items should be compatible with Kenya's 220 Voltage and 3-prong British plugs (adapters and converters may be necessary). Electricity in Kenya is not always reliable.

Showers & Toilets

Each home and hotel is different and your trip leader will be able to provide you with greater detail of what to expect. If there is a hot shower, there is a water switch similar to a light switch that will activate hot water for the shower. Hotels have flushing toilets. If a trash can is next to the toilet in a public place it means that toilet paper is not meant to be flushed, but rather should be placed in the trash.

Water

It is so important to stay hydrated from the day you depart until you return. Each of the homes will have a supply of bottled water for you to drink. DO NOT drink from any other sources of water, even when brushing your teeth.

Health Care

There are chemists (pharmacies) with very helpful staff that you will have access to if you become sick. There are also mission hospitals near a few of our homes. Be sure to bring your anti-malaria pills and any other regular medications you take but you do not need to pack your whole medicine cabinet. Your team leader will have a first aid kit. If you need a mosquito net to sleep, it will be provided for you.

Time Change

Kenya is 8 hours ahead of Eastern Standard Time (EST) from November – March. It is 7 hours ahead of EST during daylight saving time.

Emergency Contacts

You are welcome to provide the following information to your immediate family to be used if they need to get in touch with you due to an emergency.

Chariots for Hope Office - 267-815-1067

Crystal Parisi - 215-840-2526 - crystal@chariotsforhope.org

Mark Wakeman - 774-284-3388 - wakeman@chariotsforhope.org

Andelyn Robb - 607-725-7296 - robb@chariotsforhope.org

Packing Guide

Recommendations for a 10-14 day trip to Kenya

Clothing & Shoes

While visiting our homes we ask that you please follow these guidelines out of respect for your hosts:

- **Ladies: Skirts that cover the knee when sitting and modest shirts that cover shoulders.**
- **Men: Long pants/jeans and polo shirts (shorts/t-shirts only when playing sports).**

While traveling or on safari, wear what is comfortable for you.

Packing clothing that you can layer is very helpful in the Kenyan climate. Along with packing the above mentioned attire for each day you will be at a children's home, we suggest:

- Fleece or light jacket
- A few long-sleeve shirts or sweaters
- Underwear and socks
- A nicer outfit for church if you'll be attending services
- Warm pajamas
- Comfortable shoes for walking and/or playing games with the children
- Shower shoes (flip flops work great!)

Toiletries & Other Items

- Soap, toothbrush, toothpaste, (3 oz. or less if packing in your carry-on)
- Sunscreen
- Passport
- Malaria prophylactic and any other medications you are taking
- Bible
- Pen
- Insect Repellent
- Camera with battery charger
- Flashlight or headlamp

Optional Items

- Minimal make-up
- Journal
- Thank you notes for your hosts
- Hairdryers, curling irons, etc. (keep in mind electricity can be unreliable)
- Antibacterial gel/spray
- Swimming suit for your safari resort
- Battery operated alarm clock
- Toilet paper (it is typically provided for you but this would be in case of an emergency)
- Bath towel and wash cloth (a towel will be available for you in Kenya)
- Valuables such as laptops, jewelry, cell phone and credit cards should be kept to a minimum or left at home due to them attracting unwanted attention and the potential of being stolen or damaged

Passport & Emergency Contacts

Tips when it comes to passports

- Make sure that you apply for your passport early. You need to leave two months for processing and time to make corrections should there be a mistake.
- If you already have your passport, be sure that it does not expire within six months of your return date. If so, you must renew your passport before your trip.
- You can apply for a passport at most U.S. Post Office locations or online at <http://travel.state.gov>

In case of an emergency in Kenya

U.S. Embassy Information:

- The U.S Embassy in Nairobi is located on United Nations Avenue Gigiri, Nairobi.
- Telephone: +254-20-363-6000. You can contact the Consular Section of the Embassy by phone at +254(0)20-363-6451 or via email at Kenya_ACS@state.gov.
- For after-hours emergencies, please call +254(0)20-363-6170.
- You are welcomed to enroll in the Smart Traveler Enrollment Program (STEP) which enables the Embassy to contact you in case of an emergency. This can be done at www.Travel.state.gov

CFH National Director: Paul Mwaniki - 072 623 9449 • paul.m.mwaniki@gmail.com

Paul works with our entire of network of homes and will be able to help navigate any situation. Please feel free to call him at any time with any questions or issues while in Kenya.

Please contact Chariots' U.S. staff at any time of the day or night in case of an emergency –

Chariots for Hope Office -267-815-1067

Crystal Parisi - 215-840-2526 • crystal@chariotsforhope.org

Mark Wakeman - 774-284-3388 • wakeman@chariotsforhope.org

Andelyn Robb - 607-725-7296 • robb@chariotsforhope.org

Register with the US Government (optional)

- Register at: <https://travelregistration.state.gov/ibrs/ui/>
- The US embassy will provide you with any pertinent information in country, and they can better assist you in an emergency.

Travelers Insurance (optional):

- Check with your insurance provided to confirm your health coverage while on this trip.
- If you will not be covered, short-term travel insurance can be obtained at: www.travelsafe.com
- Health services in Kenya are generally inexpensive and can be affordable by paying cash.

Communication & Social Media

Phone

Your team leader will have a Kenyan phone that is available for the team to use at the discretion of your leader. It is much cheaper to call back to the U.S. to speak with family members from a Kenyan line than to pay international fees on a U.S. based phone.

(Note: When calling the U.S. from Kenya use a “+1” before the phone number.)

Wi-Fi Connections

We understand that you may need to stay connected to work or your family during the trip. We will do our best to provide a few times during the trip that you can connect through wi-fi. Internet signal is not always reliable, so there are no guarantees.

Social Media

Social Media is a daily tool for most people in the US. It can be an amazing way to share what's going on in your life, but it can also be a distraction from the people around you. While in Kenya, we ask that you consider disconnecting from social media and using that time to connect with the people around you.

For your team's safety, **DO NOT** post specific information (ex. travel dates, locations where you are staying etc.) to any social media platform, church website or other public site.

Using social media after you return from your trip

- Respect our children's stories – on your trip you may hear about the pasts of some of our children. Out of respect for them, please be careful about what you share. Do not share any part of their story that you would not be comfortable sharing if it was your story. For example, don't share a photo of “Faith” saying that she was abused by her father and suffers from HIV, rather post a photo of her and share that though she may have had a hard past, she loves to sing and dance.
- **DO NOT** give full names of staff and/or children with their pictures on any social media site.
- Share how the trip impacted your view of the world. Many of your followers have never experienced what you've seen on your trip.
- Point people to www.chariotsforhope.org to learn more and get involved. The work you experienced in Kenya is only possible through the generosity of supporters. You can make a significant impact by helping us grow that network!

Recommend reading to prepare for your trip

Foreign to Familiar by Sarah A Lanier

When Helping Hurts: How to Alleviate Poverty without hurting the poor and yourself by Steve Corbett

Africa Friends and Money Matters: Observations from Africa by David E. Maranz

Kenyan Culture, Customs and Etiquette

Safety & Security

Kenya is a very friendly and hospitable place. It is also a place where many people live in poverty. You will learn quickly that you have much more than the people around you and this could make you a target for theft. The less you carry with you the better. Here are a few tips to keep yourself safe when you are not within the children's home:

- Do not walk alone, especially at night.
- Do not wear jewelry or carry expensive gadgets and accessories.
- Do not carry excessive money on you.
- Make a copy of your passport and keep it in your luggage.

Relationships

- Kenya is a relational culture. Time is based on relationships rather than tasks. This creates what is known as "Kenyan time" which means that time is fluid and flexible.
- It is important to take time to greet one another, make introductions and create small talk about work and family before moving on to the agenda.
- Kenyans greet one another with handshakes. Close friends may hug but this is not usually done between men and women.
- The elderly are very respected and honored.
- Family is highly valued and often a topic of conversation, in contrast to occupation/work in the U.S.
- Physical contact between men and women is rarely seen, even between spouses. However it is not uncommon to see two men who are close friends walking hand in hand.
- Historically Kenya has been a male-dominated society. This is slowly changing but you may notice distinctly different roles and treatment based on gender.

Photography

- Taking photos within the children's home is a great way to capture stories and memories from your trip.
- Ask permission to take a photo of someone outside of the children's home.
- Be aware that some places prohibit photography. Look for signs and ask your team leader about taking photos if you are unsure.
- Taking a photo may require a tip if you are in a tourist area.

Food

- It is polite to finish all the food on your plate.
- Make a concerted effort to drink and eat whatever is served to you. If this is not possible a very gracious and polite refusal is acceptable.
- Refusing food in Kenya is like refusing a Christmas gift in the U.S.
- Avoid uncooked meat, non-bottled water, raw vegetables & fruit without a peel.

Language

- Ki Swahili and English are the two languages that are taught in school. The Children's Home managers and most of the staff are fluent in English. The older children can also have conversations in English. Outside of the homes some people will be able to speak in English and others will not. There will always be someone with the team who can translate if it is needed.
- Sarcasm is not easily understood in the Kenyan culture.
- Direct and blunt conversations are not typical or expected.

Money

- Tipping is not required in Kenya but it will always be accepted. 10% is the tipping rate.
- Prices are negotiable if there is not a price tag. Food, gas, airtime, and other necessities always have a set price. Souvenirs are usually negotiable unless you are shopping in a store that has price tags. Bartering and negotiating prices is expected at curio shops and open air markets. Your team leader can give you a few tips for bartering if this is not something you are comfortable doing.
- Credit cards are accepted at most large hotels and safari resorts. Small shops only accept cash.
- It is very common in Kenya to receive requests for money or large gifts. Your team leader can give you direction on how to handle these situations.

Transportation and Driving

- The roads in Kenya are not considered to be safe due to the conditions of the roads and bad driving.
- It is not wise to be on the roads after dark.
- The team will always have a hired driver who is trustworthy and reliable.

Clothing and Attire

- The culture is conservative. The city is not as conservative as rural areas where the children's home are located. Even in the city it is rare to see a woman wearing shorts or a mini skirt. In rural areas, men usually wear long pants and a button-up or polo shirt unless they are playing sports. Women generally have their shoulders and knees covered.
- Modesty is very important.
- Emphasis is on appearing "smart" and well dressed.
- Sloppy, revealing or damaged clothing are viewed as disrespectful.

Religion

- Religion is very important in Kenyan culture. The spiritual world is recognized to be more active than in the U.S.
- Christianity is the predominate religion. Islam is growing quickly.
- Each of the children's homes are connected with a local Africa Inland Church (AIC). This is a large evangelical Christian denomination in Kenya.

Weather

- The equator runs through Kenya. It is a tropical climate that is warm during the day and cool at night.
- January is the hottest month and August is the coldest month.
- The rainy season is usually in the spring and fall months.

HIV/AIDS

- According to a USAID 2013 report 6.3% of the population in Kenya is infected with HIV/AIDS. (To give perspective, 76% of the population is at risk for getting malaria).
- There is a small percentage of our children at each children's home who are HIV positive and receiving routine treatment.
- HIV is not transmitted through everyday social contact, air, food, or water.

Meeting the child you sponsor

It is an honor for our children to meet their sponsors and a wonderful opportunity to significantly strengthen your relationship with them. To lessen the chance of cultural misunderstanding harming your relationship, we ask that you carefully follow the guidelines below.

- Maintain low expectations for your first meeting. It is an honor to meet you and sometimes a child can become nervous and withdrawn as they fear their English will not be good enough or they will not fully be able to express their appreciation for all that you done. Other times your sponsored child may run into your arms for a big hug.
- Review and follow the child protection policy for your sake and the sake of your sponsored child.
- Regardless of the child's age, do not leave the children's home campus with your sponsored child unless a staff member is with you. A staff member can help arrange one-on-one time with your sponsored child at the home. There is plenty of space for you to be able to have a good conversation.
- It is appropriate to take a gift to give to the child you sponsor. If your team is not delivering gifts to all children, it would be best to give the gift while you are spending one-on-one time with them. They may or may not want to open it in front of you.
- Sometimes it may be appropriate to visit the relatives of the child you sponsor; however there are a few things to keep in mind:
 - Do not go without a staff member. You will need someone to translate for you and it is not safe to go without a staff member.
 - Take a few food items with you as a gift for the family. The staff member can help you with this.
 - Do not leave monetary gifts. It is difficult to use US dollars in rural places and more difficult for guardians to get a good exchange rate and not be taken advantage of in the process.
 - Neighbors will notice your visit. This can be very positive but also create a safety risk for the family if you take too many gifts and show your wealth.
- Have fun creating memories with your sponsored child! Take lots of pictures! Play games with your sponsored child and his/her friends! This will be a day that is unforgettable for the child you sponsor.
- **Be very careful** about saying anything that could be perceived as a promise in the eyes of the child you sponsor. We ask that you do not tell them you will come visit again, unless you know that you will. Do not tell them you want them to come visit the U.S. or that you will bring them to school in the U.S. (very rarely could this become a reality for many reasons.) Even an unintentional passing comment will be clung to for years and cause heartache if it does not actually happen. It is best to take any ideas about your child directly to Chariots upon your return.
- After you're back in the U.S. it is always best to communicate with your sponsored child through Chariots. Once your sponsored child is in college or university, you can communicate directly with them but Chariots would strongly advise that we be copied in on all communication in order to buffer any potential miscommunications or unrealistic requests from the child.

Health & Medical Information

Please review this website for a thorough explanation on preparing medically for your trip to Kenya: <http://wwwnc.cdc.gov/travel/destinations/kenya.aspx>

For ALL travelers

You should be up to date on all routine vaccines.

- MMR (measles-mumps-rubella).
- DPT (diphtheria-tetanus-pertussis).
 - Make sure your tetanus is up to date – preferably within the past 5 years.
- Varicella (chicken pox).
- Polio.

Recommended Shots- *It is suggested that shots are scheduled at least two weeks prior to leaving the country.*

Hepatitis A

- Transmitted through contaminated food or water in all areas of Kenya.
- Recommended for infants by the CDC (check your vaccine records – you likely received this as a child).

Typhoid

- Transmitted through contaminated food or water in all areas of Kenya.
- Pill form (recommended – good for 5 years).
 - Estimated cost: \$80
 - Refrigerate pills and take daily for one week on an empty stomach.
- Shot form (good for 2 years).
 - Estimated cost: \$100-130

Yellow Fever

- Transmitted by mosquitos.
- Endemic in the locations of all Chariots for Hope's children's homes.
- One vaccine provides life-long protection.
- Estimated cost: \$160-\$190

Malaria Prophylactic

- Transmitted by mosquitos all year throughout the country (predominantly *P. falciparum*).
- Cost varies depending on the medication chosen and insurance policies.
- Recommended choices: Doxycycline or Malarone (consult primary care physician for best choice for you).

Other CDC recommendations include Hepatitis B, Meningitis, and Rabies, but there is a low risk of contracting any of these diseases based upon the typical travel itinerary of a trip with Chariots for Hope

- Hepatitis B is only transmitted through sexual contact, contaminated needles, and blood products.
- The “meningitis belt” of sub-Saharan Africa includes on the northwest region of Kenya, far from all of the Chariots for Hope children's homes.
- Rabies is only recommended for travelers who will be involved in outdoor activities that put them at risk for animal bites (camping, hiking) or working with animals (veterinarians, wildlife professionals, researchers).

Vaccines can be obtained at designated travel clinics or select Walgreens pharmacies

Find all nearby options HERE: <http://wwwnc.cdc.gov/travel/yellow-fever-vaccination-clinics/search>

Choosing a Drug to Prevent Malaria

Atovaquone/Proguanil (Malarone)

Reasons that might make you consider using this drug:

- Started 1-2 days before traveling to an area where malaria transmission occurs.
- Only taken for 7 days after traveling rather than 4 weeks.
- Very well tolerated – side effects uncommon.
- Pediatric tablets available (may be more convenient).

Reasons that might make you avoid using this drug:

- Cannot be used by women who are pregnant or breastfeeding.
- Cannot be taken by children less than 5 kg.
- Cannot be taken by people with severe renal impairment.
- Generally more expensive than other options (consider duration of the trip).
- Must be taken every day.

Doxycycline

Reasons that might make you consider using this drug:

- Started 1-2 days before traveling to an area where malaria transmission occurs.
- Generally the least expensive antimalarial option.
- Some people are already taking doxycycline chronically for prevention of acne. In those instances, they do not have to take an additional medicine.
- May prevent some additional infections (e.g., Rickettsiae and leptospirosis) – good for people planning to do lots of hiking, camping, and wading and swimming in fresh water.

Reasons that might make you avoid using this drug:

- Cannot be used by pregnant women and children <8 years old.
- Must be taken every day.
- Must be taken 4 weeks after travel.
- May not be a good option for women prone to getting vaginal yeast infections when taking antibiotics.
- Increases risk of sun sensitivity.
- May cause upset stomach.

YELLOW FEVER VACCINE

Why should I get it?

- Its expensive (\$150-\$200) BUT one vaccine lasts for life (no boosters required!)
- People with yellow fever don't always progress to the life-threatening level of severe jaundice, bleeding, and organ failure (still experience flu-like symptoms) BUT there is no cure for yellow fever (so why take the risk?)
- The vaccine is not required for travelers entering Kenya from the United States (because yellow fever does not occur here), BUT all of the homes that Chariots for Hope partners with are located within areas of Kenya where yellow fever is endemic, so it is wise to protect yourself by receiving the vaccination.

Where do I get it?

There are several options for receiving the yellow fever vaccines. All locations offering the vaccine can be found on the CDC's website at this link:

<http://wwwnc.cdc.gov/travel/yellow-fever-vaccination-clinics/search>. Here are some of the options they offer:

- Specific Travel Clinics
 - May be more expensive - typically charge an office visit fee in addition to the cost of the vaccines.
 - Knowledgeable about travel medicine and may be able to provide more specific information and recommendations related to international travel to Kenya.
- Giant and Walgreen's Pharmacies (some)
 - No administration fee.
 - Cost may be slightly reduced (call and ask for specific vaccine price).
 - Require a prescription before administering the yellow fever vaccine or It may be possible to get a prescription from your personal physician by simply calling and eliminating the need for an office visit.

When do I get it?

The Yellow Fever Vaccine takes just over one week to take effect, so it should be administered a minimum of 10 days before leaving the country.

Raising Support

In preparing for your trip you may choose to have gather a support team around you. This can be a team praying for your trip or giving financially toward your trip. Some travelers choose to pay for the full cost of the trip, but ask for support to raise money for a project at the home. These guidelines will help you in each situation.

Support Letter Guidelines

1. Make your letter personal - What have you been up to lately?
2. Share about your motivation to go on this trip - Why are you doing this?
3. Share about what you will be doing in Kenya – Ex. The dates of your trip, how many homes you will be visiting, what you'll be doing at the homes, etc.
4. Try to be specific and make sure it is no longer than one page.
5. Make sure that you check your grammar, spelling, and punctuation - Have at least two people proof read your letter.
6. Call to Action - How can people support you; prayer requests you may have.
Details for financial gifts:
 - Send a check made payable to Chariots for Hope, designated with your name.
 - Mail to: Chariots for Hope
1601 N. Limekiln Pike
Dresher PA 19025
 - Online through the Chariots website* – www.chariotsforhope.org/give
*choose greatest need, and add your name in special instructions
7. Saying Thank You - CFH will inform you of any donations that come in for your trip. It is important for you to acknowledge these gifts through a thank you note or phone call.

Additional Ideas for Support Raising

- www.fundme.com
- www.signupgenius.com
- *Bake sale or sell something else that you enjoying creating.*
- *Find a business or church to providing a matching gift for your support.*
- *Host a "Koins for Kenya" party where guests bring all their loose coins (and hopefully more cash) and you share what you will be doing in Kenya.*

Basic Swahili Words

Hello – Jambo (Ja-m-bo)

Good-bye – Kwaheri (kwa-hairy)

How are you? – Habari yako? (Ha-baree ya-co)

Thank you – Asante (A-san-te)

Please – Tafadhali (Ta-fa-dol-hee)

Yes – Ndio (N-dee-o)

No – Hapana (ha-pan-na)

Sorry! – Pole! (Po-le) Note: “pole pole” means slowly

Very good – Mzuri Sana (M-zir-ee Sau-na)

Praise the Lord! -Bwana asifiwe! (Bwa-na A-see-fee-way)

God bless you! – Mungu akubariki (Moon-goo A-ku-baa-ree-kee)

God loves you! – Mungu akupenda wewe (Moon-goo A-ku-pen-da way-way)

Tea – Chai (Ch-eye) Note: Chai is black tea with milk and sugar

Water – Maji (Ma-gee)

Excuse me – Samahani (Sa-ma-ha-nee)



chariotsforhope
Defending the fatherless in Kenya