



**Important
planning
details
for your trip to
Kenya**

Traveling with Partners for Care

We're excited that you are interested in joining us for a vision trip to Kenya! We pray it will be an educational and enjoyable experience as you work alongside our PFC staff. Our hope is that you'll return to the US filled with a desire to ensure the ongoing support of this important work.

www.partnersforcare.org

PREPARATION

A visa is required to enter Kenya and may be obtained digitally at <http://evisa.go.ke/evisa.html> or purchased at the airport for \$50. You will need to upload a passport photo. Choose "tourist" as your reason for travel. You will be staying at the Partners for Care house, address below.



Partners for Care Kenya
Geoffrey Lurutti Road off Kahawa Sukari Avenue
P.O. Box 22868 - 00100
Nairobi, Kenya
Phone: 112540720599627
Email: sammyPFC@gmail.com



- 1.) Airline Tickets - book your tickets once the dates for your trip are established. You will fly into Nairobi International Airport.
- 2.) Put a travel notification on any credit/debit cards you will be taking.
- 3.) On the ground expenses of \$1500 per person (donation to PFC)
- 4.) Pay for your visa - \$50

Tickets and
Finances

ALL food, transportation, lodging is included.
Optional excursions are possible with prior arrangements

PFC has many wonderful programs. We would love for you to choose an area of interest and help us raise support for what these Kenyan nationals are doing in their country. Some ideas are:

Fundraising



- 1.) Healthcare - decreasing deaths from preventable diseases such as HIV/AIDS, waterborne illnesses, and malaria. Also health clinics and home visits in the slums in Nairobi.
- 2.) Education - literacy programs, computer training, sewing instruction
- 3.) Sustainability projects
- 4.) Water backpacks for dispensing and storage of safe water
- 5.) Mobility Carts - helping immobilized citizens to become mobile

- 1.) Anti-malaria pills
- 2.) Yellow fever - required only if you will be traveling to and from other countries in Africa
- 3.) No other special immunizations are required.

Preventions



Packing

- 1.) Wear layered clothing
- 2.) Closed-toed shoes are required.
- 3.) Every traveler is allowed 2 free checked bags. PFC always has need for supplies, so everybody will be expected to fill their maximum baggage. PFC will always be happy to give you bags with supplies to take!

COMMUNICATION

- 1.) Cell phone international travel pass - check your cell phone plan. Many can add international service for certain days. (i.e, with Verizon it is \$10 for each day you use it). OR:
- 2.) Sim card - You may also pick up a sim card at the airport upon arrival. Cost is \$10 for 5 gb of data. Turn your data off when not in use. Once you walk outside of baggage claim there are 2-3 little stores by the taxi service that sell sim cards. When you purchase a sim card, the employee will put the new card in your phone and make sure it is working. They will hand you back a green card and your original card — keep track of these! You will need to put the original sim card back to restore normal service. The green card has a password that you may need if your SIM card gets locked for some reason.
- 3.) Wireless service is available at the PFC house where you will be staying. You can also use WhatsApp or FB messenger to communicate with family in the U.S.

ARRIVAL

There are several bedrooms with bunk beds. Bathrooms are attached. To be safe, do not drink tap water while in Kenya. Bottle water is available in the kitchen refrigerator and there is a filtered water dispenser you may use in the dining area. Each room has a lock, so you'll be able to lock your belongings when you leave the room. It is a public home, so remember to lock your room when you are not there.



Housing

- There are adaptors already in the outlets, so you can bring your normal electronics.
- A hairdryer and towels are provided.
- There is an on/off toggle switch on the outlets. If your fan isn't working, make sure the outlet is turned on.
- There is a switch that turns on the hot water in the showers. Please make sure you turn it off when you are finished, as if left on, it will burn up the motor over time.



Safety

Please leave all nonessential valuables at home where you don't have to worry about them. When driving through crowded areas, keep the windows up, doors locked, and your phone out of sight.



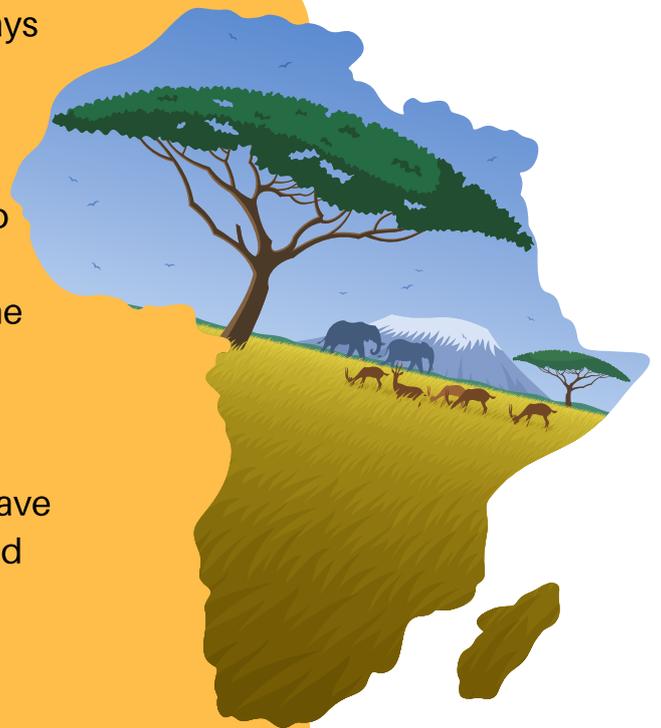
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A Few Final Thoughts...

1.) You are entering Kenyan culture. Always be respectful. A slum is not a tourist attraction. It is considered rude to take photos. Imagine how you might feel if someone from another country came into your home or doctor's office and started snapping photos with no explanation! The PFC staff will gladly take photos for you.

2.) The market - It is the best place to get souvenirs! The quality is good. You will have to deal with people negotiating prices and vying for your attention.

3.) Remember: Do no harm! Do not give money to anybody on the street — remember the books you read. Do not give money or gifts to the PFC staff. Do not share personal information with anybody in Kenya, including the PFC staff.



There will be some planned down time at the house. Feel free to check out our library of books, or you may bring a journal to record your thoughts and experiences.

Or just relax and enjoy the sound of the staff working all around you!

Helpful Swahili phrases:

Asante - thank you
Asante sauna - thank you very much
Jambo - hello
Karibu - welcome

Follow PFC on     to learn more about us!

Please be sure to also read our "Guidelines for Serving With Partners for Care" document.