



discovering KENYA

Kenya is at a critical juncture for both global health and larger development issues. At this moment of change in Kenya's social and political life, major health problems such as HIV/AIDS, tuberculosis, malaria, respiratory disease, and diarrheal disease continue to pose threat to the lives of the people. Maternal mortality and child mortality rates are among the highest in sub-Saharan Africa. Struggling health systems are the principal obstacles for addressing Kenya's health challenges and preventing premature mortality.

Kenya faces profound environmental challenges as well, brought on by high population growth, deforestation, shifting climate patterns, and the overgrazing of cattle in marginal areas in the north and west of the country. Significant portions of the population will continue to require emergency food assistance in the coming years.

Though primary education is free and compulsory in Kenya, 90 percent of children from poor households do not complete their basic education. More than 70 ethnic tribes, including Kikuyu farmers and Maasai cattle herders, crowd the countryside, still home to three-quarters of Kenya's people. Intense competition for arable land drives thousands to cities, where unemployment is high.

Note: Recognizing that information on Kenya is readily available on the Internet, we encourage you to learn as much as you can about the political background, history, geography, economics and culture of this amazing country. This document provides a general overview, with some specific information that will help short-term teams appreciate Kenya even more and understand our work. Going to Kenya as part of a short-term team is different from a leisure trip or traveling for business. The information provided here can help you prepare for a potentially life-changing experience. Sources used for some country facts include CIA: The World Factbook and BBC News.

QUICK FACTS

Full Name: The Republic of Kenya

Population: 40.8 million (UN, 2010)

Capital: Nairobi

Area: 582,646 sq km (224,961 sq miles)

Major Languages: Swahili, English and numerous indigenous languages

Major Religions: Christianity and Islam

Life Expectancy: 56 years (men), 57 years (women) (UN)

Monetary Currency: Kenya shilling

Main Exports: Tea, coffee, horticultural products, petroleum products

GNI Per Capita: US \$770 (World Bank, 2009)

Wildlife: Big Five: elephants, buffalo, leopard, lion and rhinoceros



WEATHER

Generally, the hottest time is in February and March, and the coldest is in July and August. Rainfall occurs seasonally throughout most of Kenya. The coast, eastern plateaus and Lake Basin experience two rainy seasons: the “long rains” extends roughly from March to June, and the “short rains” lasts approximately from October to December. The highlands of western Kenya have a single rainy season from March to September.

All parts of the country are subject to periodic droughts or delays in the start of the rainy seasons. Kenya’s climate has had a profound effect on settlement patterns, as for centuries, population has been concentrated in the wettest areas of the country.



PASSPORT/VISA

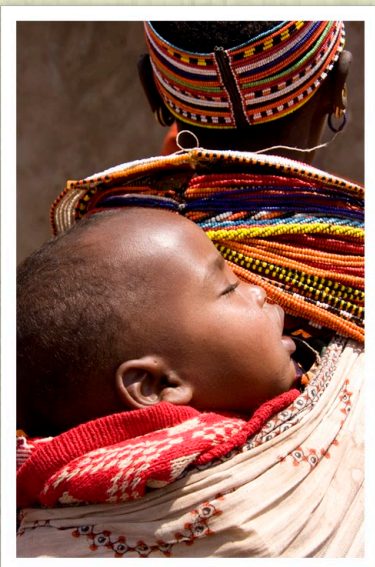
A passport and visa are required for all travelers to Kenya. All information regarding obtaining a passport can be found at the U.S. Department of State’s National Passport Information Center: www.travel.state.gov/passport.

This site will detail current fees, acceptable forms of identification, downloadable applications, and passport acceptance facility locations. It takes approximately 6 to 10 weeks for processing. Please allow additional time for gathering necessary documents (photos, birth certificate, etc.).

For an additional fee, the process can be expedited. Information can be found on the above website on “How to Get Your Passport in a Hurry.”

In addition to a passport, some countries require a visa for entry. A visa is a special permit issued by a country’s government to allow a foreign citizen into the country. At this time, a visa is required for Americans traveling to Kenya. This visa can be obtained upon arrival in Nairobi.

If you have a passport from a country other than the U.S., you may need to take extra measures to ensure smooth entrance into and exit from Kenya. Consult the host country consulate to find out what



measures need to be taken.

For the most up-to-date information about travel from the United States to any foreign country, please visit the Department of State's website at www.travel.state.gov.

VACCINATION INFORMATION

In addition to applying for a passport, you will also need to research vaccinations for your trip well in advance as some vaccinations take time or need to be given in a series to be effective. The best advice regarding vaccinations and any other medications can only come from a qualified physician. Please make an appointment with your family doctor and share with him/her where you are going, how long you will be there and what activities you will be participating in. In consultation with your doctor, you can decide which vaccinations and/or medications will be best for you.

To better familiarize yourself with travel health, please visit the Center for Disease Control's website at www.cdc.gov/travel prior to your visit with your doctor.

LUGGAGE

Luggage should be limited to one checked bag and the allowed carry-on for each team member. While most airlines will allow two checked bags, large amounts of luggage are difficult to transport while in-country. Any extra bags should be used to transport ministry supplies. Please refer to your teams training materials for a packing list. Please note that many of our teams serve in communities that require in-country flight on a smaller plane. Each plane will have its own weight limits. Check with your field liaison regarding these limitations.

CULTURAL TIPS

Upon your arrival in the country, our FH/Kenya staff will brief you on specific cultural things to be aware of. Please adhere to the advice of our staff and follow their guidance. You will only be in Kenya for a short time, but our staff will be there after you leave, so it's important to support their work by being culturally sensitive.

CLOTHING

Our dress code is a sign of respect for the people you will be working with, as well as to convey a conservative Christian lifestyle. Wearing appropriate clothing will open the door for establishing good relationships with the Kenyan people.

While in the community and during tourism days, team members should wear long pants and loose-fitting T-shirts. (Capri pants are okay on tourism days.) If the team is attending a church service, women should wear long skirts and loose-fitting blouses, and men should wear long pants and collared shirts. In Northern Kenya, it is appropriate for women to wear long skirts when going on home visits and doing VBS. Pants are okay for construction. Except when in the guesthouse, team

*Please do not bring
the following:*

- Shorts
- Tight or revealing clothing (pants, jeans and shirts)
- Low-cut shirts (scoop neck or V-neck)
- Tank tops
- Excessively low-rise jeans or excessively baggy pants
- Shirts that reveal the midriff
- Clothing that has inappropriate or questionable words or pictures
- Clothing with rips, holes or stains



devices; however, you assume all risks of damage, loss or theft of your belongings. Keep in mind that you will be kept quite busy, and there will not be a lot of time to use many electronic devices. Also, electricity may not always be available to recharge electronic equipment, including cameras and camcorders. Please bring extra batteries. When in public, don't display expensive electronic items or any items that may just appear expensive.

PHOTO POLICY

All photos or videos should be taken with utmost discretion. Upon arrival in the country, your Team Coordinator will explain the country's photo policy. Some considerations:

- Make sure the focus is on relationships and the ministry, not pictures.
- When possible, ask before taking pictures.
- Designate a photographer. Rather than taking the same picture on 12 different cameras, take the picture with one or two cameras and share when you get back.
- Be sure that any picture you take conveys dignity for the person in the picture. If you will not remember the names of the people in the story or the significance of the photo, re-consider the need for taking a photo.

FOOD

Your Team Coordinator will have arranged breakfast, lunch and dinner for your team. You will have the opportunity to sample a variety of food while in Kenya, both traditional dishes and some American favorites. While some dishes may be unfamiliar, please come with an open mind and be willing to try what have been prepared for you.

Avoid eating foods that have not been provided or approved by Food for the Hungry staff. Eating something from a local vendor or street market could lead to sickness. If you have any food allergies or special dietary needs, please communicate those to FH/US ahead of time. Our field staff will need time to arrange other options for you.

Your Team Coordinator will also have a supply of bottled water for your team. Drink bottled water only. Also use it to brush your

members should always wear close-toed shoes.

Out of respect for cultural sensitivity, we request your cooperation in submitting to FH's policy in regard to piercings, tattoos and radical haircuts. For more details about this topic, please talk to your team leader.

ELECTRONICS

You may bring cameras (disposable, standard or digital), iPods, cell phones and other small electronic



teeth and take medicines. If you are served ice in a drink, please verify that the water is okay by consulting with your Team Coordinator.

TRANSPORTATION

Your Team Coordinator will have arranged transportation the entire time your team is serving with Food for the Hungry. Depending on which area of Kenya you are going to serve in, an in-country flight may be required to get there and will be arranged by an FH/Kenya staff.

Upon arrival in Kenya, you'll travel in an FH vehicle with an FH staff member as the driver. Occasionally, a vehicle and a driver may be hired, but they will be from a reputable company that FH/Kenya uses often. FH teams don't use public transportation.

Driving in Kenya may be a new experience for you. The roads are likely to be bumpy and winding. You may feel that the vehicle you are in is uncomfortably close to the vehicle or pedestrian beside it. Traffic signs may not always be followed. Remember that you are in good hands. Your driver is a professional and used to the traffic conditions. Keep your hands, feet and belongings inside the vehicle at all times. If you experience carsickness, sit in the front or take an appropriate medicine for motion sickness.

Miscellaneous

Time:

EST + 7 hours.

PST + 10 hours

Electricity:

Electrical current
is 240 volts, 50 Hz.



COMMUNICATION

You will likely be without telephone and/or e-mail access during your time in Kenya. While these services may be readily available, especially in a major city like Nairobi, your schedule will be packed with activities. This will help you to focus your energy and attention on the transformative work of the Lord and to help maintain a cohesive group dynamic. We encourage you to leave your cell phone at home and inform your family and friends that you will be unavailable until you return to the States.

If there is an emergency in the country or community where you are serving, your Team Coordinator will

contact your family and appropriate people at your home church. Before you leave the U.S. you will be given a U.S. phone number and other details, which you will pass on to your family and close friends. If there is an emergency in the U.S. while you're on the field, your family member or friend may call that number. Your Field Liaison will assess the call and facilitate communication with you or the field staff as necessary.

MONEY

While with Food for the Hungry, all transportation, food, lodging and water are covered by FH. You will only need money for souvenirs, tourist activities and shopping that you will do in-country and while traveling. A suggested amount for this purpose is \$100. Bring bills \$20 or larger, and make sure that the bills are crisp and new (no more than 5 years old) to ensure acceptance.



FH KENYA AND PRAYER REQUESTS

Food for the Hungry started in Kenya in response to the drought of 1976. Since then we have expanded our efforts not only to help communities become less vulnerable to drought, but also to mobilize churches, leaders and families in addressing food security, water and sanitation, health, nutrition, HIV/AIDS, education, income generation, and social issues.

Pray for Government Leaders

- Pray for honesty in government officials.
- Pray that the economy of the country rebounds. Lack of consistent rain, the threat of terrorism, and endemic and persistent corruption have all contributed to the country's economic malaise.

Pray for Churches

- Praise God for the growth of the evangelical church in Kenya. Pray that the churches would bear much fruit and greatly advance God's kingdom.
- Pray that Kenyan churches would reach out to those who have not yet embraced the amazing love of God and His salvation.

Pray for Families

- Pray that families would recover from natural disasters and slowly rebuild their dreams.
- Pray for the young people in Kenya. More than 40 percent of Kenyans are under 15 years old. Pray that the churches would effectively reach out to these young people.

Pray for FH Partners, Projects and Staff

- Pray for God's wisdom as we seek to overcome all forms of poverty in Kenya.
- Pray for the economic development of communities and opportunities for livelihoods and businesses.
- Pray that the staff would have greater capacity to strengthen and encourage the most vulnerable in the community.