



Health Education Africa Resource Team

HEART Intern FAQ

(Frequently Asked Questions)

Q: Will I be safe in Kenya?

A: The HEART Staff will do everything in their power to ensure your safety. We stay current on all political and social issues that might threaten your safety. Our drivers are all Kenyan and are very aware of what is going on, and also have the authority to change or cancel any plans to ensure team safety. However, that being said, there is a U.S. Embassy warning against traveling to East Africa. For more information, please go to www.travel.state.gov.

Q: What will I be doing?

A: As an intern, you will be assigned a project based on your skills and interests that you will be responsible for completing before you leave. Your project will focus on one of three of HEART's main projects (Kids for School, Freedom for Girls, or Women's Equality Empowerment Project). In addition, you will be participating with various teams who come to serve with HEART. With a health focus on HIV/AIDS and the effects this disease has had in Kenya, your work can include things like:

- ♥ Helping to build a home for the Kids for School (KFS) project
- ♥ Home Based Care (HBC) - visiting and encouraging home-bound AIDS patients
- ♥ Working in the major slums of Nairobi with Women's Equality Empowerment Project (WEEP)
- ♥ Teaching girls about their menstrual cycle and hygiene and helping to distribute sanitary towels for our Freedom for Girls project
- ♥ Teaching and learning from children at WEEP Centers
- ♥ Painting/construction projects and other hands on activities
- ♥ Youth outreach events and assisting with the HIV Counseling and Testing (HCT)
- ♥ Office Days where you may help with write-ups of what HEART is doing or keeping files on the beneficiaries of HEART
- ♥ Enjoying a three day, two night safari where you will see many of the exotic African wildlife
- ♥ Making friendships with the Kenyan people and your teammates that will last a lifetime

Q: Why are we doing this?

A: To bring education, treatment and care to the Kenyans we work with, offering them hope for their tomorrows. HEART is dedicated to empowering Kenyans, through education and resources, to create a healthy, disease free life for themselves and their communities. Through the teaching of volunteer teams (and interns), community development and empowerment of local leaders, HEART provides pivotal HIV/AIDS and other opportunistic disease prevention training to Kenya. HEART's efforts are in response to the call of those who lack access to the basic knowledge necessary to survive.

Q: Who can apply for an internship?

A: People who have a desire and passion to reach out and make a difference. The HEART internship program is geared toward college (or college-bound) students (18-22) seeking field experience in a non-profit abroad. You are not required to have past experience or medical qualifications to intern with HEART, but it is a great opportunity for you to gain experience in public health issues abroad. Because HEART is a faith-based organization, we also look for students who are eager to learn and grow in their

relationship with Jesus Christ.

Q: Is there a minimum age requirement?

A: Yes, the minimum age to be an intern is 18. We aim to provide internships for college-aged students.

Q: Who will be my roommate?

A: You will be rooming with a maximum of 3 other interns and will share a common bathroom. You will be living in the Main House at the HEART Lodge, which has a full kitchen, living room, dining area, and desks for you to work at.

Q: Will I have fun?

A: Fun is part of the plan! The key is to come with the understanding that you are here to serve. Come with that in mind and stay flexible, and you will have the most incredible trip of your life!

Travel:

Q: Do I need a passport?

A: Yes. Applications can be obtained from most U.S. Post Office locations. Your passport must have 2 blank pages and be valid 6 months past your departure date from Kenya. If you do not have one or both of these requirements you will need to renew your passport before you travel. We suggest you submit your passport application as soon as possible and that you check and double check to make sure your passport is not expired or expiring in the near future.

Q: How long does it take to get to Africa?

A: Depending on where you are flying from, it takes 18-24 hours of flight time to arrive in Nairobi. When you add travel time to airport and waiting in airports for connecting flights it takes a total of about 36 hours.

Q: How many bags can I pack?

A: The general rule is two bags weighing 50 pounds each and one carry on. If possible, we would like you to use one checked bag is for personal items and one for supplies HEART needs transported to Africa. However, we understand that you may need more space since you will be in Kenya for at least 4 weeks. Please note that each airline is different, and we strongly recommend you check with your airline as to what they allow. (British Airways: www.britishairways.com, Northwest Airlines: www.nwa.com, KLM Royal Dutch Airlines: www.klm.com). You may also be asked to carry a few items back to the U.S. with you for the HEART U.S. offices, but this is not required.

Q: Who handles the arrangement for my airline tickets?

A: You are responsible for arranging your own airline tickets. It is very likely that there will be another intern traveling the same day, so we ask that you submit your proposed itinerary to Jen Friel (jenfriel@africaheart.com) and Katelyn Winslow (katelynwinslow@africaheart.com) for approval before you purchase the tickets. This way we can try to link up interns with other interns (or teams) so no one has to fly alone. Please note, HEART strongly suggests that your flight arrives in Kenya in the evening for the safety of our staff and yourself. This also helps you to recover from jet lag quicker and easier.

Q: How are the tickets paid for?

A: You will pay for your own plane ticket. Remember to send your proposed flight itinerary to Jen Friel (jenfriel@africaheart.com) and Katelyn Winslow (katelynwinslow@africaheart.com) before purchasing your flight.

Q: Can I use my frequent flyer miles to pay for my flight?

A: It is possible to use your miles depending on which airline you use. However, you will need to make your own travel arrangements and ensure your itinerary is approved by Katelyn Winslow (katelynwinslow@africaheart.com) and Jen Friel (jenfriel@africaheart.com) before booking a flight.

Q: How many weeks is the average internship with HEART?

A: An internship must be a minimum of 4 weeks. However, ideally an internship should last about 6-8 weeks. When you apply for an internship, you will apply to arrive in mid-June, July, or August for a 4, 6, 8, 10, or 12 week internship, respectively. Internships are only available between mid-June and mid-September. Please note that you are more likely to be selected as an intern if you can stay for 6 weeks or longer.

Financial:

Q: How much money will my internship cost?

A: The cost for an internship is \$1,500 per month. This fee includes the following: Lodging at the HEART Lodge, meals (2 meals a day as we are usually out and about during lunch), funds toward your assigned project, transportation (in country travel), trips to rural villages, and safari (3 days and 2 nights). This fee does not include airfare, vaccinations, travel insurance, passport fees or visa fees.

Q: How much will my airfare, vaccinations, travel insurance, passport and visa cost me?

A: Airfare varies widely depending upon what time of the year you travel and how early you purchase your tickets. We have seen it range from as low as \$1,400 to as high as \$2,800. The cost of vaccinations depends completely on which vaccinations you decide to get and how much the facility you use charges. We have seen this vary from \$50 to \$350. Travel Insurance ranges from \$75 to \$200 depending upon what policy you decide to purchase and your age. For the most up-to-date passport fees, please go to www.travel.state.gov. The cost to obtain a visa when entering Kenya is \$50. You will need to bring a crisp bill issued after 2003. Your bank may require some advance notice to honor a request of new or recently issued bills.

Q: How do I raise the funds?

A: If needed, we can supply you with a sample support letter to guide you in writing a letter to share with your family and friends about your trip and ask them to contribute. As not everyone can go on such a trip, many of your friends and family will be thrilled to help you go by supporting you financially and in prayer. We call this process "Team-Raising" as these friends and family will be part of your "Home Team." You can find a "Fund-Raising Packet" with all the information you will need regarding this process on our website at www.africaheart.org.

Q: Where should the donations go and to whom should checks be made out?

A: Your supporters can either give their donations directly to you for you to mail or they can mail them directly to the HEART office in Colorado (HEART, P.O. Box 631964, Highlands Ranch, CO 80163-1964). All checks should be made payable to HEART. All donors will be sent a tax deductible receipt for any donations made at the end of the tax year, unless requested earlier. Again, you can find a "Fund Raising Packet" with all the information you need regarding this process on our website at www.africaheart.org.

Q: If I raise more money than the \$1,500 per month fee due to HEART, can I get a refund for the items I paid for with my personal funds? (Airfare, vaccinations, travel insurance, passport, visa, etc.)

A: Yes, there are three things we can reimburse you for: airfare, vaccinations, and travel insurance. Depending on how much money you fundraise, HEART can reimburse your entire airfare cost, vaccinations up to \$300, and travel insurance up to \$90. All must have a receipt as proof of purchase.

Q: If I do not want a refund, where will the extra money I raise be used? Will I have a say where the money is spent?

A: Absolutely! While in Africa, you will be able to see first-hand where you would most like your money spent, or which project you would like to see it go towards.

Q: If I can't go, can I (and my supporters) get a refund?

A: Unfortunately, because HEART is a 501 (c) (3) we cannot refund because you do not go on the trip. Please keep in mind that the funds you raise must be solicited and donated with the understanding that HEART has complete discretion and control over the use of all donated funds. In order for the funds donated to allow a tax deduction, they are not yours, or contingent upon your ultimate participation, but HEART funds to be used to further its charitable purposes.

Q: Do I need to bring any money with me?

A: We suggest that you bring \$200 per month spending money for shopping, meals out, non-HEART-related transportation, gifts, snacks, and souvenirs. We will help you when you arrive in country to get the best exchange rate possible at the time of your visit.

Q: Do I need to bring new bills (US Dollars)?

A: Yes. We suggest that you bring 50's or 100's that are no older than 2003 as Kenya will not accept any bills older. This will help you get the best exchange rate possible.

In Country:

Q: What will my lodging be like?

A: Your lodging will vary depending upon what area we are doing ministry in. Much of your stay will be at the HEART Lodge on the edge of Nairobi. Here you will have very comfortable rooms, incredible meals, and hot showers. Two nights will be at a safari lodge where your accommodations will be similar to a nice hotel. It is very possible that you will spend a few nights in a village home. Here you will need to be prepared to "rough it" for a couple of days with an outdoor pit latrine and no running water or electricity.

Q: Do I need to bring a pillow?

A: A small, neck pillow is good for travel, but you will not need a bed pillow. We have pillows at the HEART Lodge that you can use at the lodge as well as upcountry.

Q: Do I need to bring towels, bed sheets, or a sleeping bag?

A: No, HEART will provide towels and bedding at the HEART Lodge, which will be changed every week. HEART also provides all necessary bedding (blankets, etc.) for any upcountry trips.

Q: Do I need to bring a bed-net?

A: We have bed-nets here that you can purchase for \$10 that our made by our WEEP ladies. You can also purchase the pop-up nets in the U.S. for about \$60. These will fit over the upper part of your body. Most people find they do not need a net, but the choice is up to you.

Q: Do I need to bring food with me?

A: We suggest power bars (or any other snack that is not affected by sitting in your backpack for days at a time), as many times we do not have time to stop for lunch. If you are a diabetic or need special food items please notify us before your trip and also notify the HEART Kenyan staff upon arrival. Keep in mind that as an intern, you will have an opportunity to grocery shop at the local supermarket for snacks and lunch items once you arrive. There may also be days that interns take a taxi to go out to lunch.

Q: What is the primary form of transportation we will use while in Africa?

A: HEART has a custom made 2007 Land Cruiser which seats nine people comfortably as well as an extended truck that seats five. (Please note: we also rent vehicles when necessary.) They are great for the roads in Africa as they can be very rough. Our drivers are all Kenyan and are very aware of the road conditions, safety of the roads and best possible routes to take to each destination.

Q: What will the weather be like?

A: The weather is usually mild in Nairobi. During the “cooler” time of year (June-September) you can expect evenings (and sometimes days) to be cool enough to require a sweater or jacket. Rain showers are normally short, but always a possibility in Kenya (even if the sun is out), so an umbrella is a good idea. Please keep in mind, the weather varies from very hot to cool and rainy depending on where you will be working in Kenya, so layers are key.

Miscellaneous:

Q: What should I pack?

A: On the HEART website at www.africaheart.org, you will find the HEART Intern Handbook. In this Handbook, you will find an extensive packing list.

Q: Do I need shots?

A: Yes. Check with your doctor to see what immunizations are recommended. If you do not have a doctor, you can go to the county “travel nurse” at the Public Health Dept. There you will get a full consultation and many of your questions can be answered. Then you can make your vaccine decisions based upon your personal medical profile. Please note, HEART recommends you receive a Polio and Tetanus booster. To enter the country of Kenya, you will be required to receive immunizations for Yellow Fever, Typhoid, and Hepatitis (if you have not yet already). Although malaria in Nairobi is very rare, it is also highly recommended you take anti-malarial meds since you will most likely travel upcountry at least once to an area where you may be at risk for malaria.

Q: Do I need an electrical adaptor?

A: All electrical items in Kenya run on a 220-240 volt plug. If your electrical item can run on 220-240 volt, all you will need is an adaptor plug. If your electrical item cannot run on 220-240 volt, you will need a converter and an adaptor plug to use in your room. We do not recommend the use of “Travel” (Radio Shack, etc.) converters for items such as cameras, Blackberry’s, hair dryers or curling irons.

Q: Is there anything that I can collect for the Kenyan people that I can bring with me?

A: Yes, thanks for asking! The KFS children need vitamins! Flintstone’s Children’s Vitamins with iron are great. The 60 count bottle is best. We also need large bottles of Tylenol for children and Motrin for their guardians. Most of the children are cared for by their grandmothers, so think of the aches and pains of the elderly. For our children’s ministries, you are welcome to bring the following items to use while you are in Africa working with the children: 1,000 crayons (we give one crayon to each child), bubbles (for

you to use with the children), frisbees, pipe cleaners (great craft item), small toys, colored pencils and markers.

Q: Are there any gifts I can bring for our hosts/hostesses when upcountry in Kenya?

A: Wash cloths, nice writing pens, flashlights, handkerchiefs for men and women, women's large colorful head scarves, magnified eye glasses for men and women, small sewing kits, and crayons and coloring books for the children are all so appreciated.

Q: Who should I talk to if I have further questions?

A: Look through the Intern Handbook for further information on an internship with HEART. If you have further questions, feel free to contact HEART Intern Coordinator Katelyn Winslow at katelynwinslow@africaheart.com.

Welcome to the adventure of a lifetime as you travel to Kenya and serve and work among genuinely kind and friendly people that greatly need our help!

Revised July 2011/KW