



HEART

Health Education Africa Resource Team

Empowering the People of Africa to Survive and to Thrive Beyond the HIV/AIDS Pandemic

General

Q: What will I be doing?

A: You will be participating on a working team with a health focus on HIV/AIDS and the effects this disease has had in Kenya. This work may include things like:

- Helping to build a home for a Mother and her children in the Women Equality Empowerment Project (WEEP)
- Home Based Care (HBC)- visiting, taking food and encouraging AIDS mothers and their children
- Working in the WEEP centers or Resource centers with newly enrolled or graduates in the program in either Nairobi slums or rural upcountry areas. This would involve teaching in various areas (spiritual, emotional or physical health) income generating activities, helping design new products to sell or training in book keeping or business aspects.
- Teaching girls about their menstrual cycle and hygiene, and helping to distribute sanitary towels packets for our Freedom for Girls project
- Teaching and leading fun activities with children at WEEP centers or joining them at a local park
- Painting/construction projects and other hands-on activities
- Youth outreach playing sports or other activities plus spending time with the students and sharing life together
- If you are a medical team there will be medical camps planned for either the WEEP Mothers and or their children. This will include a well child check up for the children and specific medical check ups for the Moms such as: breast cancer or cervical cancer screening.
- Developing relationships with the WEEP Mothers and children and HEART Staff is just as important as the projects
- Enjoying a three day, two night safari, where you will see many of the exotic Africa wildlife

Q: Why are we doing this?

A: To bring education, treatment, and care to the mothers and their children, offering them hope tomorrow. HEART is dedicated to empowering the people of Africa through education, income generating activities to help them be self-sustainable and to create a healthy, disease-free life for themselves and their communities. Through the teaching of volunteer teams, 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 basic knowledge and care necessary to survive and reach a level of thriving.

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 and learn. You will receive more than you give. Come with that attitude and you will have the most incredible trip of your life!

Q: How do I join a team?

A: Most of our teams are formed from people who know each other through church groups, work, service clubs, or friendships. Some people are traveling alone and can join an existing team. We will do our best to add you to a team where we feel your talents and desires best match that of an existing team. You will be given the opportunity to meet, either in person or by email, your Team Leader prior to departure.

Q: Is there a minimum age requirement?

A: Yes, the minimum age of a team member is 18 unless they are accompanied by a legal guardian (parent, grandparent, aunt, uncle, etc.) 25 years of age or older.

Q: What if I don't know the language?

A: Swahili is the national language and English is the professional language in Kenya however some people only speak their native 'mother' tongue. A HEART staff member will translate for the group, but don't be afraid to attempt the local dialect. Even if it isn't the best, the community will appreciate your attempts to communicate in their language.

Health and Safety

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 staff and drivers have the authority to change or cancel any plans as necessary to ensure your team's safety. Please follow their advice. Stay together as a group, be aware of your surroundings, and keep your valuables secure. For more information about travel to East Africa, please visit to www.travel.state.gov .

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

A: HEART owns a 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 good in Nairobi. During the 'cooler' time of year (June - September) you can expect evenings to be cool enough to require a sweater or jacket. Rain showers are normally short, but always a possibility in Kenya, so an umbrella is a good idea. Please keep in mind the weather varies depending on where you will be working in Kenya.

Q: Do I need immunizations?

A: It is recommended that you consult your travel clinic at your health department and your family doctor to research and decide what immunizations to get. The Center for Disease Control has a list of immunizations they recommend on their website at www.cdc.gov . We have found that your local county travel health clinic is the most economical way to travel immunization. Please refer to the Team Handbook for a specific list of recommended immunizations.

Q: Will I get sick from the food or water?

A: Please use caution in the foods you eat. Make sure foods are well-cooked and hot. Do not eat any fruits that cannot be peeled, or uncooked salads or vegetables. Only consume drinks such as soda or bottled water, or drinks made

from boiled water such as tea or coffee. Please do not drink any tap water, use it to brush your teeth, or open your mouth in the shower. Snacks are available for purchase from the HEART Lodge. You are also welcome to bring snacks such as protein bars or trail mix for long trips upcountry.

Financial

Q: How much money will my two week mission trip cost?

A: The cost for a two week trip is \$2,100. This fee includes the following: HEART Handbook, lodging at the HEART Lodge and other locations upcountry, meals (two meals a day) as we are usually out and about during lunch, projects costs such as: helping to build a home, spiritual or health seminars, kids fun days, medical camps, food baskets for home visits, etc. All transportation (in-country travel), the wildlife safari (three days, two nights). *This fee does not include airfare, vaccinations, travel insurance, passport, and visa.*

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

A: Unfortunately, per the IRS, because HEART is a 501 (c) (3) we cannot issue refunds for donations to your trip. In order for the funds donated to allow a tax deduction, that are not yours, or contingent upon your ultimate participation. We will discuss with you areas of HEART ministry where we need the funds or it can be applied to your team trip for projects. We do allow personal refunds per our Team Fee Policy.

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

A: We suggest that you bring \$100-\$300 spending money for shopping, meals out, gifts, crafts, and souvenirs. We will help you when you arrive in-country to get the best exchange rate possible at the time of your visit. We suggest you bring 50's or 100's that are no older than 2003, as Kenya will not except bills older than 2000. If requested by your team Leader we can have Kshs available to you upon your arrival.

Itinerary

Q: How many people are on a team?

A: A team is comprised of 6 members or increase to 9 or more (includes Team Leader). Team members will be accompanied by a HEART Staff and driver. We can add team members, but if the team is over 6 but less than 9, we have to rent a bus and then vans for the safari, which increases the cost. If the team is over 9 we can accommodate easily the cost for the bus and vans. Teams under 6 are have limited project and travel funds and will need to stay mostly in Nairobi. If your team does not meet the required number of people, please contact Betsy Gunther in the US Office, (303) 730-3779, or email as often we have people interested in being added to a team or we can blend two teams.

Q: How many days/weeks is the average mission trip with HEART?

A: Our mission trips are planned for two weeks from the time you depart your home until you return. If your group chooses to stay less or more, we pro-rate and add an a la carte rate. Please see the Team Fee Sheet. Please be sure to have your time frame approved before purchasing tickets. Teams come to Kenya year-round and sometimes back to back. If you come early or stay longer, we may be working with other teams and not have staff, transportation, or accommodations available for your extra stay. That being said, when available, we do offer for you to stay extra nights at a reasonable rate for your share of the mission work. Please contact Betsy Gunther (HEART CO office) to have your plans approved prior to booking any plane tickets.

Q: Is there anything our team can collect for the Kenyan people that we can bring with us?

A: Yes, thanks for asking! Below is a list that would be very helpful and appreciated.

*Adult and Children's Tylenol; Ibuprofen *Crayons *Bubbles *Glue Sticks *Glitter *Stickers *Balloons, yarn (nice quality at least 4 skeins each color) knitting needles, pen, pencils, colored pencils, crayons, health or biblical coloring pages for children. small notebooks, small calculators, other items specific to your team activities.

Q: Can I give things to children and adults?

A: If you have items you wish to give away, consult a HEART staff member, who if appropriate will then give it to the designated person in the community for distribution. You will have the opportunity to decide as a team at the end of your trip as to where you would like to give project funds throughout your work in Kenya. Team Members wanting to make a personal donation to a specific project should kindly first discuss this with your team Leader and HEART staff before committing to the donation. Many times we give food or small fun things for children but must have enough for all present so this will be discussed with the HEART Staff assisting you.

Travel

Q: Do I need a passport and visa?

A: Yes. Passport applications can be obtained from most US. Post Office locations. Your passport must have two blank pages and be valid six 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 your 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.

Visas are now purchased on line and printed and brought with you.

<http://evisa.go.ke/single-entry-visa.html>

Q: How many bags can I pack?

A: The general rule is two bags weighing 50 lbs. each and one carry-on. One check-in bag is for personal items and one is for supplies HEART needs transported to Africa. You may also be asked to carry a few items back to the U.S. with you for HEART. Each airline is different, so we strongly recommend you check with your airline as to what they allow.

Q: Who handles the arrangements for me/my team's airline tickets?

A: You have two options for purchasing your airlines tickets. You can choose to use a travel agent, (see HEART Team Book Travel Tips), for suggested travel agents, or you can use an online website, such as Expedia, Travelocity etc... Please keep two things in mind when searching for flights for your team. One,

that you select a flight so that everyone will arrive and depart on the same day and at the same time. And two, that you submit your team's proposed itinerary to Betsy Gunther for approval before you purchase the tickets. There may be an additional charge to your team if HEART staff has to make additional trips to the airport as it takes over an hour to get to and from the airport. Please note, HEART strongly suggests that your team's flight arrive in Kenya in the evening for the safety of our staff and your team. This also helps your team to recover from jet lag more quickly and easily.

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

A: Sure! You are welcome to do this, we just ask as you-make your own travel arrangements, your air schedule must match the rest of your team or be comfortable to wait at the airport for your group. If additional trips to the airport are required by our staff because the team does not arrive at the same time, there will be an additional charge for the additional trip to the airport.

Q: Who will be my roommate?

A: We will do our best to honor all roommate requests. Typically this is determined by your Team Leader and room availability at the HEART Lodge. We do have a limited number of single rooms upon request for an additional fee.

Q: What should I pack?

A: Please refer to the HEART Team Book Travel Tips for a Packing List.

Q: Do I need an electrical adaptor?

A: All electrical items in Kenya run on a 210 -220 volt plug. If your electrical item can run on a 210 volt, all you will need is an adaptor plug. If your electrical item cannot run on a 210 volt, you will need a converter and an adaptor plug to use in your room. HEART provides a commercial grade converter for teams to use in the guest computer room. We do not recommend the use of "Travel" (Radio Shack etc.) converters for items such as cameras, hair dryers, or curling irons. Most smart phones and newer laptops and tablets are adaptable to both 110 or 220 current but check in US before traveling.

Thank you for joining us on the trip of a lifetime!