



Ultimate Workout 29

Information Packet

Location: Kiutine, Kenya

Project Dates: July 10-22, 2019 (Staff arrive on July 8)

Participation Fee: \$1,100*



**Flight to Kenya is not included in the participation fee. Fee does cover a safari excursion.*

Welcome to the Ultimate Workout

This is Maranatha's 29th annual Ultimate Workout, a project for teens in high school. This year we expect more than 150 teenagers and staff members from around the world to join in this special mission trip. Whether this is your first Ultimate Workout or your third, prepare for a unique experience.

We plan to make a big difference in the communities where we'll be working, and our days will be carefully scheduled to maximize our time. However, mission trips are full of surprises, so keep in mind that the best thing you can do is be flexible!

Project Overview

The *ultimate* goal of the Ultimate Workout (UW) is to create an experience where participants can **connect with Christ** through the act of service. We plan all our activities to create a spiritually transformative experience for you.

This year, there are three main areas of service:

1. **Construction:** We'll build a new school dormitory and staff housing as well as renovate an existing school.
2. **Outreach:** We'll supplement what the church is already doing in the area with community outreach.
3. **Medical:** We'll be Christ's healing hands through medical and dental clinics.

The large group of volunteers will be divided into smaller teams for better organization and outreach. Most of you will start the trip as strangers, but by the end, you'll be like family.

Service Activities and Locations

For UW 29, volunteers will be working in communities surrounding the city of Kiutine. We'll be living at the Kiutine Seventh-day Adventist Secondary School and two of the construction projects will be at the school itself.

Along with the main construction project, each team will "adopt" a local school, where we'll conduct smaller renovation projects and conduct outreach programs such as children's ministries, health education, community clean up, visitation, and other projects. Additionally, a medical team will focus all its efforts on medical and dental outreach.

During the registration process you'll be asked to choose a team. While we cannot guarantee that you'll get your first choice, we'll do our best to match your preference. If you're coming on the project with people you know,

we recommend that you choose a team different from your friends or family. Remember, UW is about stepping outside your comfort zone in order to grow spiritually and socially. If we notice that you've requested a site with everyone from your church, we will probably separate you to help you branch out. The goal is to meet new people—so be prepared!

Kiutine Adventist Secondary School

The Kiutine school has more than 230 students enrolled. It is a boarding school where many of the students live on campus in dormitories. But unlike what you'd see here in North America, the students are living in cramped, unsafe facilities with dirt floors! The walls are riddled with holes, through which critters can easily enter. For showers, students use muddy buckets of water in a fenced area outdoors.

Over the past year, volunteers and crews have been working on various construction projects at Kiutine. By the time the UW team arrives, the campus will be in much better shape with several new buildings completed. Our volunteers will contribute by building another boys' dormitory, a classroom, and some staff housing.

Outreach Teams

In addition to construction at the Kiutine campus, we'll also be working at three primary schools nearby. At each of these schools, we'll do some renovation work and interact with that community through health education, children's ministry, adult education, and other forms of outreach.

Kiengu | The Kiengu Primary School is about 30 minutes from Kiutine and has 95 students, ranging from a baby class to second grade. The school is a wooden, two-story building, and the existing staircase is not very sturdy! The group will rebuild the staircase and paint it according to the school colors. The group may also paint the interior of the church on campus. In addition, the school would like to increase their enrollment, so volunteers will help raise awareness of the Kiengu school through various visitation and outreach activities.

Athiru | In addition to working at the Kiutine school, this group will work at the Athiru Primary School. This is a boarding school with more than 250 students. With a thriving student body there will be lots of opportunities to interact with the local kids; we're hoping to organize a sports program and even music classes! There will also be a few jobs around campus that could use our help, including spreading gravel in the courtyard and painting.

Muutine | The Muutine Primary School is located approximately 45 minutes from the Kiutine campus and has about 180 students. Muutine is built on a hill with a beautiful view of the surrounding valley. However, the hilltop location means there are several steep areas of the campus. We'll help improve the campus by digging and creating stairs and also fix the existing bathrooms. The church and school would also like us to assist with life skills and health education classes for the children, as well as conduct community clean up projects.

Giving Opportunity!

On the final Friday of the project, there will be a special dedication at the Kiutine campus, and UW volunteers will get to move students into the new dorms. As part of the move-in process, volunteers often provide bedding kits, which include the mattress, pillow, blankets, and a trunk. Each kit is approximately \$65. We are trying to buy enough kits for all 75 boys in the dorm we'll be building, so that's a total of \$4,875. Would you (or a friend or family member) like to sponsor a kit? Contributions are tax deductible and can be made through Maranatha.



Medical and Dental Team | A team of skilled doctors, nurses, and dentists will provide free medical care to people in select communities. About ten teens will be assigned to the medical team, full-time. This opportunity is primarily for those interested in a medical career. On this team, you'll learn a variety of medical skills, such as taking vital signs, filling prescriptions, and maybe even extracting a tooth! Each day, two volunteers from other groups will rotate through the medical team. If interested, you will need to request assignment to the medical team on the job preference form.



Visiting the Samburu Tribe

During the project, volunteers will have the unique opportunity to visit and worship with Adventist congregations of the Samburu tribe. Prior to Maranatha's work, these congregations met under trees for worship. Now, several groups meet in One-Day Church structures, which not only protect them from the elements but also provide a sense of permanence and purpose as they worship God. In these towns, you will have the rare opportunity to witness tribal life in Kenya.

It's important to enter another culture with respect and understanding of their traditions. Please see the cultural sensitivity section of this packet for more information regarding this visit.

Accommodations

Volunteers will stay at the Kiutine Adventist Secondary School. Be warned—accommodations will be very different from what we have at home, especially the bathrooms and showers. You can expect community bathrooms with squat toilets and cold showers. There are a few “western” toilets on campus, in case sitting is required. Toilet paper will be provided.

Girls: The females on the project will stay in one of the new dormitories built by Maranatha. Three-high bunk beds with a mattress will be provided, but volunteers will need to bring their own sleeping bag, towel, washcloth, etc. Bunks will be pre-assigned per team, so don't plan on staying next to your best friend unless you end up on the same team. If we end up with a lot of female volunteers, we'll set up some tents next to the dorm. Girls assigned to this area would need to bring a tent and sleeping mat.

Boys: The males on the project will be tenting on another part of the campus. Volunteers will need to bring a tent as well as a sleeping mat, sleeping bag, towel, and washcloth, etc. Most flight itineraries will allow you to bring two checked bags to Kenya, but if you cannot bring a tent, we'll ask people with larger tents to share their space. As with the girls, we'll group tents by team, so don't plan on staying with your brother or best friend unless you're assigned to the same team.

Staff Couples: For married couples who would like to stay together, we ask that you bring a tent. You'll be located outside of the girls dorm, between the boys' camp and the girls' dorm.

During the project we'll have our meals in the new dining hall and meet for worships in a large tent. Don't expect TV or Wi-Fi access; this trip is about eliminating distractions to keep your focus on developing a closer connection with God. (See the Communication During the Trip section of the packet below for more information).

Each day, volunteers will divide into their assigned teams for work. At night, everyone will come together for dinner and worship. A complete packing list will be provided in your final mailing.

This year's UW will begin in Nairobi, where we'll stay at the Maxwell Adventist School before we head to Kiutine. Everyone will sleep in either dorm rooms or on classroom floors. You will need bedding for these nights.

Giving Opportunity!

In order to fund some of these renovation projects, we need to raise approximately \$5,500 for paint, gravel, wood, and nails. This is an area where you, your family, and friends may be able to help! Contributions are tax deductible and can be made through Maranatha.

Excursions

During the project work week, volunteer teams will take turns going on a full-day excursion to Meru National Park, located just 15 minutes from the Kiutine campus. Here, you'll have a chance to see some of Africa's most popular animals, such as water buffaloes, elephants, giraffes, zebras, waterbucks, warthogs, baboons, impalas, and hippos. Lucky groups may even see lions, leopards, rhinoceros, cheetahs, crocodiles, ostriches, and more! Also, Meru National Park is where the lioness, Elsa, of the book and movie entitled "Born Free," was released into the wild and later buried after her death.

On the final day of the project, the entire group return to Nairobi. Everyone will visit the Giraffe Centre, where visitors have a chance to get up close and personal with the giraffes and even feed them! The group will also stop at a local shopping center with lots of crafts and souvenirs from Kenya.

Expenses

The UW participation fee covers housing, three vegetarian meals a day, ground transportation, the local excursion, short-term travel insurance, a Maranatha t-shirt, an Ultimate Workout Bible, a UW and Maranatha sticker, and luggage tags. It does not cover airfare to and from Kenya.

To be confirmed, you must pay a non-refundable \$50 deposit, which goes towards the total due for the project. Maranatha must then receive all additional funds and forms by May 27, 2019, due to mailing time for the final package. Wait for confirmation of acceptance on the project before purchasing your airfare.

If you receive donations to cover your participation fee, please have all money submitted to you personally. Maranatha does not process individual small checks. You can also work with your church treasurer to collect funds and issue tax-deductible receipts to your sponsors. Then they can send the total payment to Maranatha. The participation fee can be paid online, over the phone, or by check in a maximum of three payments. For more information, call Rebekah Shephard at Maranatha.

If you need help with fundraising, try looking at the creative suggestions from past UW participants by going to www.maranatha.org/resources. Remember to start your fundraising early and focus your efforts on one or two good ideas.

Estimate of Additional Costs

- **Flight to Nairobi, Kenya:** \$900-1,500
- **Notarization of Minor Permission Forms:** \$40 (depending on state)
- **Tourist Visa:** \$51

Project Schedule

Monday, July 8
Evening staff arrival in Nairobi (NBO)

Tuesday, July 9
Required staff orientation/training

Wednesday, July 10
Staff orientation. Evening participant arrival in Nairobi (NBO).

Thursday, July 11
Travel to Kiutine

Friday, July 12
Orientation and first work day

Saturday, July 13
Worship with the Samburu tribe

Sunday, July 14 – Friday, July 18
Work days with midweek excursion (excursion day will depend on which group you're in)

Friday, July 19
Half work day; afternoon dedication and farewell program at Kiutine

Saturday, July 20
Worship with the students at Kiutine

Sunday, July 21
Travel to Nairobi

Monday, July 22
Nairobi excursion activities. Evening departures from Nairobi (NBO)

Leadership

Rebekah Shephard, Project Coordinator | Rebekah first became involved with Maranatha when she joined the UW at 16 years of age. In 2012, she joined the Maranatha staff to help plan and coordinate volunteer projects. Rebekah loves being able to provide opportunities for people to grow and experience change through service. She lives in California with her cat, Chester. You will work with Rebekah on all your paperwork and questions regarding the project. As the project coordinator, she will also oversee the entire project in Kenya.



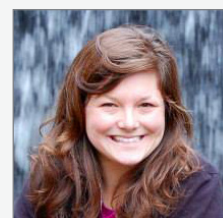
Brandon Westgate, Co-Spiritual Coordinator | Brandon is the pastor of a three-church district in Arkansas. He has served as a full-time pastor for eleven years, and four of those years were spent as the youth director for the Arkansas-Louisiana Conference and as the camp director for Camp Yorktown Bay. During his years as youth director, Brandon joined Maranatha to co-lead a project to Chiapas, Mexico. The trip had a positive and profound impact on him, his wife, and his daughter. Since then, Brandon has served on a number of Maranatha projects, including the Ultimate Workout. He is looking forward to seeing the transformation that will take place in the local communities as well as in the participants as they become actively engaged members of the body of Christ.



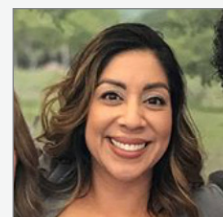
Loretta Spivey, Team Coordinator and Co-Spiritual Coordinator | Loretta has been involved with UW since 2003. Throughout the years, she has served as an Insight magazine reporter, outreach and spiritual coordinator, and team coordinator for the project. In each role, she has focused on connecting participants with Christ. Although the Pittsburgh Steelers still hold her allegiance, Loretta's family now calls Kernersville, North Carolina, home. She and her husband, Darryl, have five children, and most of them have participated on the Ultimate Workout. She looks forward to seeing how the Holy Spirit will work on this year's project.



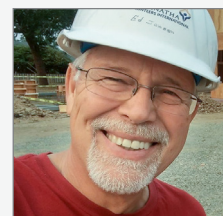
Angela Boothby, Team Coordinator | Angela grew up on a small farm in Michigan with her parents and two brothers. She currently works at Heritage Academy, where she is a girl's dean and teaches classes. In addition, she organizes outdoor education trips where she combines her love of nature and God. Angela first joined Maranatha in 2006 as a participant on the Ultimate Workout. In the last few years she has joined both the Ultimate Workout and Young Adult Projects in leadership positions. She is very close to her family and loves to spend time with them when not traveling the world.



Dina Ramirez, Team Coordinator | Dina lives in Northern California with her son, Seth. She is actively involved in her church's children's and youth ministries and helps lead the local Pathfinder Club. Dina got involved with Maranatha when Seth asked to go on a mission trip as a young boy. In 2013, they finally went to Panama on their first Maranatha project. Since then, they have joined several Family Projects and UWs with Maranatha. When not on a mission trip, Dina enjoys traveling, spending time with her family, and doing anything outdoors. She looks forward to connecting with the volunteers and seeing how the Holy Spirit will impact the lives of everyone involved--including herself!



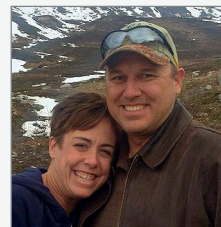
Ed Jensen, Team Coordinator | Ed joins the group from Northern Oregon where he lives with his wife, Karrin. After working for Kaiser Permanente in California for many years, Ed is now retired and spends most of his free time on Maranatha projects. His first Maranatha trip was to Mexico in 1975. Since then, he has been all over the United States and the world serving on mission trips. When not on a project, Ed enjoys photography, spending time with his four grandchildren, and bicycling, hiking, and skiing. Ed loves Maranatha projects where he can see Jesus' hand in action as He changes lives.



Joe and Lee Osborn, Medical Team Leaders | Joe and Lee live in San Antonio, Texas. Joe served in the U.S. Army as medic, EMT, and helicopter pilot, and he spent six years coordinating humanitarian projects in Latin America and the Caribbean. Currently, he works with the Emergency Management Exercises and Training for the US Army. Lee is a full time electives teacher at the local Adventist school. The Osborn family first joined Maranatha in Ecuador in 2013 and continue to serve as the medical team coordinators. They enjoy UW because of the people, the energy, the worship, and the opportunity to serve God by caring for others.



Stacy Peterson, Team Coordinator | Stacy Peterson resides in Palmer, Alaska, with his wife, Laura, and their two teen children, Cameron and Tylar. Stacy's involvement with Maranatha stretches back to his senior class mission trip to Mexico. After sending his kids on UW projects, he finally joined the staff team in 2018. Stacy currently works in administration at the clinic where his wife is a pediatrician. When not on Maranatha projects, Stacy enjoys spending time with his family, birdwatching, and photography. While volunteers are often focused on constructing buildings and caring for the community, his hope is that while doing so, they can also do some digging in God's Word and glean some "WOW" tidbits!



Maranatha will also rely on several experienced volunteers to lead in the construction, cooking, community outreach, and more.

Travel Information

All confirmed volunteers are responsible for purchasing your own plane tickets to and from Kenya. Typically on UW, volunteers fly directly to the project location, where UW staff meet you at the airport. However, since this is a very long trip, we are offering a few itineraries that will have at least one UW staff member on the routings. Teen participants can fly these exact itineraries all the way from the United States to Kenya, or they can choose to connect with part of the routing at one of the European hubs. You can also choose to fly a separate itinerary all the way to Nairobi. Please note that if you choose to fly with our staff, but get separated from the group due to delays during a connection, you will need to travel independently for the rest of the trip. However, our team will be waiting for you at the Nairobi airport, just as you exit customs.

Please be VERY careful when booking your tickets to ensure that you have the right dates and time. If you are unclear, **please contact Maranatha BEFORE you book your ticket** to avoid any errors. Accidentally booking the wrong ticket means you'll need to rebook your ticket and incur change fees or pay an additional fee to Maranatha of up to \$320 to cover the extra charges.

If you are over 18 years of age and plan to do additional traveling in Kenya before or after the project, all reservations and arrangements outside of the Maranatha project dates will be your responsibility.

Arrivals and Departures

Specific flight guidelines will be given to you upon registration and confirmation. Please do not book a ticket until you have been confirmed and received these guidelines, as booking outside of the given windows will result in additional fees.

Meeting at the Airport

Ultimate Workout staff will meet you at the airport in Nairobi. After you clear customs, you'll continue through a lobby area and through the airport exit. You'll walk through the doors, possibly down a ramp, and toward an area where people wait for arriving passengers at the curb. There, UW Maranatha staff will be waiting for you. We'll be wearing UW t-shirts and holding up signs. We'll also be audibly excited to see you!



If you miss a flight or your flight is cancelled, work with the airline to arrange a new flight or accommodations for that night. If at any time your flight number changes, due to a delay or cancellation, please call Maranatha to tell us your new flight number and arrival time. Maranatha is always available to help with this process; call the main office at (916) 774-7700. You will receive an after hours, emergency number prior to your departure for the project. Those traveling on the itinerary with designated UW staff members will have their assistance during this process as needed.

Minors may also choose to purchase an airline escort. Airline representatives will escort you to each leg of your journey, and during layovers you will stay in a special waiting room. Some airlines require this service for passengers under the age of 15. For this service, you will need contact information for the person meeting you at the airport. Please call Rebekah Shephard for this information or email uw@maranatha.org.

In June, you will be sent a final mailing that includes an UW t-shirt and travel booklet. Be sure to read it carefully, especially the sections about the arrival process in Kenya.

Here are a few tips for purchasing your flight:

- **Don't Split Your Ticket.** A lot of people are tempted to book domestic tickets on one itinerary and the international portion on another itinerary. Booking separate itineraries broken up in any way can cause big delays. It is best to book the entire ticket together to take advantage of international luggage allowances and to avoid rechecking bags and going through security multiple times.
- **Fly with us.** Follow our suggested guidelines to limit complications and possible extra charges.
- **Avoid multiple connections.** Choose a flight with the fewest stops. The more connections you have, the more likely you are to have delays, lose your luggage, or miss a flight.
- **Cheaper isn't always better.** Sometimes paying a little more for a better connection is well worth the cost. It could mean arriving at your destination well rested and with all your luggage.

Travel Resources

- **Butler Travel:** 503-879-5005 or by email with Nathanael at nathan@butlertravel.com or with Ellen at ellen@butlertravel.com.
- **CI Azumano Travel:** 800-454-4009 or by email with the Azumano Team at corporatetravel@ciazumano.com

When contacting the Butler or Azumano travel agencies, mention Maranatha for the best fares.

Luggage Allowances

Your luggage allowance will depend on your airline and the booking class. Most airlines will allow one or two free checked bags (maximum 50-lbs) for international travel. Some airlines charge for a second checked bag. You can also take a carry-on bag, like a small suitcase, along with a personal item like a purse or backpack. Please be sure to check your itinerary and/or speak with your airline, prior to arriving at the airport, so you will not be surprised by additional charges.

Carry-On | Sometimes airlines will ask you to gate check your carry-on, prior to boarding. Try not to give up your bags at boarding because these may end up on a later flight. If you do choose to gate check your carry-on, please remove any medication and valuables and take them on the flight with you.

Delayed or Lost Luggage | In case of delays or lost luggage, we recommend you include your official ID, a change of clothes, small toiletries, any cash and valuables, and medications in your carry-on bag. In your final packet, you'll receive a travel booklet with more details on what to do if you lose a bag.

Entry Requirements

We have researched the requirements for U.S. and Canadian citizens. If you are not a U.S. or Canadian citizen, please consult the Kenyan embassy or consulate in your home country for entrance requirements.

Passport | All passports must be valid for at least six months beyond the dates of intended travel (January 23, 2020). If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at travel.state.gov. Canadian citizens can apply online at www.passport.gc.ca. It can take up to two months to complete the entire process, so give yourself enough time to receive your passport.

Entrance Visa | In addition to a passport, travelers from the U.S. and Canada must also have a tourist or specific purpose visa in order to enter Kenya. A document with complete visa requirements and a travel itinerary with project addresses will be sent to you with your confirmation. The Kenyan visa is done online and is good for three months from date of issue; Maranatha recommends waiting until the beginning of May to complete this process.

Minors ages 16 and under do not need a Kenyan tourist visa, according to the Kenyan Department of Immigration Services.

Permission for a Minor to Travel

Maranatha requires special paperwork for volunteers under the age of 18. If you are not yet 18 on the day your travel begins, you will need to have both your legal parents or guardians complete a permission form, twice, and have it notarized. You can find a notary at a bank or another public institution. You need two permission forms as you will keep one original and mail the other original to Maranatha.

This form provides evidence to government entities that both parents have consented to their child traveling alone. If one parent has sole legal custody, then only one signature is required along with a copy of the legal paperwork indicating sole custody. If a parent has died, a copy of the death certificate must be included. You will receive this permission form once you are confirmed.

Communication During the Trip

Phones and Other Devices

Cell phones and other electronic devices will be permitted and encouraged during travel to and from Kenya.* However, once you arrive, volunteers will not be allowed to use electronic devices including music players and game devices.

Electronic devices tend to be a distraction from the mission trip experience, and we want you to be fully present during the project. So for a week and a half, we will disconnect from the distraction. If a staff member sees that electronic devices (including phones outside of airplane mode) are being used, he or she may choose to keep your phone or device for the duration of the trip. They will be returned to you at the close of the project.

Please note: Your parents will not have the luxury of picking up the phone to call you. Do not plan on purchasing a calling plan for the trip. Wi-Fi will not be available at the camp.

**Phone usage is permitted on travel days, and we strongly encourage you to use your cell phone to contact Maranatha if you get lost or delayed.*

Cell Phones

Cell phones must be kept in airplane mode throughout the duration of the project and can be used for taking photos and videos. Phone calls, texting, video calls, usage of social media apps, and games will not be permitted.

Updates from the Project

Once ALL the volunteers have arrived in Kenya, participants and parents will receive a notification via email. We will continue to post updates on Maranatha social media as we receive them from the project staff. We operate on the mantra of “no news is good news.” Please be assured that this system has worked well in the 28 years of Ultimate Workout history.

About Kenya

Kenya is located in Eastern Africa with its westernmost point at Lake Victoria, the largest lake in Africa, and the easternmost point at the coastline of the Indian Ocean. This beautiful country is a little smaller than the state of Texas in the United States and boasts a range of landscapes. There are plains, dense forests, wetlands, snow-capped mountains, vast deserts, and white-sand beaches.

But it isn't just the geography of Kenya that is diverse. Kenya is home to more than 40 tribes, including the famous Maasai people. Each of these groups has a unique culture and way of life, including elaborate and colorful dress, jewelry, dances, music, and language.

Some of the original inhabitants of the country were herders who took care of their animals and farmed the region. The Swahili people built the city of Mombasa into a major port and established trade links that reached into Arabia, Persia, and India. The area was largely colonized by England by way of the Imperial British East Africa Company in 1888. In 1920, the colony was renamed Kenya after the highest mountain in the region. In the early part of the 20th century, many European farmers who attained wealth through coffee and tea production settled the highlands. Kenya eventually received its independence in 1964.



Capital:
Nairobi

Population:
45.9 million

Language:
Kiswahili, English, and Indigenous Languages (Kimeru where UW will take place)

Climate:
Tropical along coast. Arid inland.

Religion:
Christian 83%, Muslim 11%

Currency:
Kenyan Shilling

Life on the Ultimate Workout

Flexibility

“Flexibility” will be necessary in all that we do on this mission trip. By going on this mission trip, you are putting yourself in a great environment for growth. Flexibility enables us to grow without breaking. While we make plans, we can guarantee that there will be surprises that will force us to adapt. Your flexibility could be tested by things like jet lag, people you don't get along with, and last minute schedule changes. By being flexibly we are able to appreciate and enjoy the multiple opportunities to serve others and improve ourselves.

Take some time to reflect on the reason(s) you're going on this trip. Ask God to show you His reasons and give you a spirit of flexibility and to be open to His leading.

Foreign Cash

Kenya uses the Kenyan Shilling which has an exchange rate of approximately 100 Shillings to \$1 USD (December 2018). You can exchange currency with the project leadership at a flat rate. Most shops will only accept cash. If you plan on using a credit or debit card at the airport during the project, please contact your bank to notify them of your travel so that they don't block your transactions.

Typically volunteers bring \$20-150 for souvenirs and snacks during the excursion day and airport travel. How much you bring depends on how much you want to spend.

Electricity

The standard current in Kenya is 220-240 volt AC. For most small appliances, you will need to have a plug adapter and voltage converter, otherwise it will “fry” your device. Voltage converters can be found at most stores like Walmart or Target for about \$20. The standard outlets have three rectangular prongs, one vertical and two horizontal (Type G)



Electricity will be a luxury at the Kiutine campus. We will try to have some plugs available for cameras, but it would be wise to leave hair dryers and straighteners at home. You can go two weeks without it. We promise!

Weather

In July, temperatures will average around 60-75 degrees Fahrenheit. It will be cooler in the evenings, but working all day in the sun will be a little warmer. Kiutine is also at the end of a rainy season. We are not expecting heavy rains during the project, but some light showers are possible. We recommend lightweight work clothes but also recommend bringing a light jacket and pants for the evenings.

Of course weather forecasts can change suddenly. We recommend checking the 10-day forecast for this part of Kenya prior to departure so you can pack accordingly.

Time Zone

When the U.S. is on Daylight Savings Time, Kenya is ten hours ahead of Pacific Daylight Savings Time and seven hours ahead of Eastern Daylight Savings Time.

Bathrooms

Most of the toilets you'll encounter in Kenya are “squat toilets,” which means there will be a cement slab with a hole. Most of the time there is a basket or a garbage bag where you'll put your toilet paper. If there is a “western” toilet (flushing toilets with seats), you will need avoid flushing toilet paper down the toilet and instead throw the paper away. Flushing paper can cause the toilet to plug up and overflow. Remember that 150 volunteers will be using the same bathrooms, so a clogged toilet is bad for everyone.

Laundry

You won't have access to a washing machine during the project, but you will have elbow grease! We will provide water and laundry soap for you to hand wash your clothes and dry them in the sun.

What to Bring

Volunteers will need to bring some specific items with them. This list will include things like a set of dishes, bedding, and hard hat, gloves, and trowel. We will email you a packing list soon. We'll also include a printed copy in your final package.

Religious Differences

UW is open to individuals from all faiths. You do not need to be a Seventh-day Adventist to join the project. However, all volunteers will be expected to join the group for daily worship and Sabbath services on Saturday. This project is about connecting with Christ, not converting to a specific religion. All are welcome to join us in this growth experience!

Cultural Sensitivity

Sometimes people get a bad reputation by thinking that any culture outside of their own is weird or even wrong. This is called being “ethnocentric,” and we'd like for you to avoid it while on the project. It's important to enter another culture with respect and to understand their traditions and way of life.

During the project, volunteers will also have the unique opportunity to visit and worship with Adventist congregations of the Samburu tribe. After we have our church service, the tribe will open up their homes so

we can see how they live. Please be respectful as we observe their customs and look at their houses. How would you feel if 60 strangers showed up at your church, started sticking cameras in your face as you sang the opening hymn, and then came to your house and poked around? It sounds funny, but that is kind of what we'll be doing. So try to be respectful. They live very normal lives, even though it looks different to us. Feel free to ask questions and rely on the leaders to know what might be appropriate or not. Ask people for permission before taking photos or videos.

The women dress with very elaborate beads and dancing is common before and during the worship service. However, when we visit, we have been asked to wear dresses or skirts that reach past our knees. Tops should have cap sleeves. Please refrain from wearing jewelry.

We'll be living at the Kiutine school and interacting with the community where we'll be representing the Adventist church in many ways. We will try to be sensitive to this by not wearing short shorts, tank tops, spaghetti straps, shirts with violent graphics, bikinis, or jewelry. This is not because we think these things are inherently wrong; it is because we are being respectful of the Adventist culture. For the same reason, we will be careful about listening to current popular music and playing card games.

Maranatha Lifestyle

Each mission trip is a unique experience, and during the project there is a great need for flexibility as changes come up. However, one thing remains consistent: volunteers on Maranatha projects come from a variety of backgrounds and lifestyles. As we all become one big family for two weeks, we will need to refrain from some of our personal desires and freedoms and adopt the lifestyle of the group.

On all of our projects, we ask that volunteers refrain from using alcohol, tobacco, marijuana, or other non-prescription drugs. The reason we take this stance is because it's consistent with Seventh-day Adventist belief and practice. Since we're involved with the Adventist Church for this project, we will do our best to abide by Adventist practices. If you are unwilling to follow this practice during the Maranatha project, please reconsider participating on this mission trip. If you find that you are unable to follow this practice, please consult with the project coordinator and/or site pastor. Issues of desire and addiction relate to physical, emotional, social, and spiritual spheres of our reality. All of these are part of a Maranatha project. You may be in an ideal environment to break free.

Safety

While Maranatha does everything in our power to ensure the safety of our volunteers, it is advisable to do your own research when it comes to safety precautions.

Worksite Safety

Maranatha has a very high safety record on the worksite. This is, in part, because we require everyone on the construction site to wear protective gear at all times. Please bring flexible work gloves, a well-fitting hard hat, closed-toe shoes, plenty of sunscreen, and safety glasses. Please exercise caution while working on the construction site and be extra careful when working on or around scaffolding.

Travel Safety

Many people want to know about travel safety. The bottom line is that there are always risks when you travel. We do our best to investigate each project location, and if we have any doubts, we do not send volunteers there. Our leadership team traveled to Kenya in November 2018, and they felt extremely safe throughout their visit. While there are precautions we can take, there is nothing we can do to guarantee safety. We can only place our trust in God's hands.

Some safety guidelines to remember:

- * The staff is there to help you. Follow their rules and suggestions.
- * Don't ever leave campus or your work group alone, and always tell your team leader where you are going.
- * Leave valuables (expensive or sentimental) at home.
- * Dress conservatively. A flashy wardrobe attracts attention. Even fake jewelry can increase the risk for theft.
- * Be aware of your surroundings. If you think anything is wrong or concerning, tell a staff member immediately.
- * Use a money belt or concealed pouch for passports and cash. Watch your wallet or backpack; don't leave it unattended.
- * Carry extra photocopies of your passport in your luggage, in case you lose your passport.
- * Seek shelter immediately if you find yourself in a lightning storm.

Travel Insurance

All volunteers will be covered by short-term travel insurance from the time they depart the airport until they arrive back at home. You can find more information about what the insurance policy includes at <http://www.maranatha.org/insurance>.

You will receive a brochure with more information, phone numbers, and the policy number in your final mailing.

Background Checks

Maranatha takes the safety of our volunteers very seriously. Since the UW project is specifically designed for teenagers, Maranatha has implemented a background check procedure through Verified Volunteer for all adult leaders over the age of 18. The background check is good for two years, so returning staff may not need to complete the process again. Maranatha will also accept clear background check certificates from comparative companies completed within the last two years. If you are staff, you will receive more information about this process that will need to be completed at least six weeks prior to the project.

Medical Precautions

While Maranatha does everything in our power to ensure the safety of our volunteers, it is also advisable to do your own research when it comes to the medical precautions.

If at any time during the project you start to feel sick, speak with the team medics and your team leader as soon as possible.

Vaccines

Maranatha requires that every volunteer have a current **tetanus** vaccine (within the last 10 years). The Centers for Disease Control and Prevention (CDC) also recommend vaccinations for hepatitis A, typhoid, yellow fever, and an antimalarial medication other than chloroquine. More information is available at www.cdc.gov. Because Maranatha is not a medical organization, we recommend that you schedule a consultation with a travel clinic doctor, prior to travel, to talk about medical precautions for your trip.

Malaria and Yellow Fever

Malaria and yellow fever are both life-threatening diseases, transmitted primarily by mosquitos. Malaria transmission is known to take place throughout the entire country, and yellow fever is present in all areas except for the coastline.

Malaria is prevented through several different oral medications. Each has different side effects and dosages, so speak with a travel clinic doctor before making a decision on whether to take a certain medication. When considering preventative medications for malaria, keep in mind that chloroquine is NOT effective in Kenya. The malaria strain present in the country is considered to be chloroquine resistant.

Yellow fever is prevented by a vaccination; however at this time (December 2018) there is a shortage of the yellow fever vaccine in North America, so it can be hard to get and very expensive. Plan ahead for this as you may have to travel to another city to receive this vaccine.

Mosquitoes and Other Insects

Personal precautions are strongly recommended to lower the risk of being bitten. Bring a bug repellent with a 30%-50% concentration of DEET. Wear long sleeves, long pants, and closed-toe footwear whenever possible. Avoid areas of standing water and do not spend a lot of time outside during dusk and dawn. Sleep with a mosquito net. Girls will be encouraged to bring a mosquito net to hang over the bunk. Boys should be fine in their tents as long as they keep the doors and windows zipped.

Food and Water

Since food safety standards vary greatly from country to country and the water can be unsafe to consume in other countries, we recommend that you exercise caution with the food and water you consume while abroad. The food that the Maranatha group provides will be prepared in a safe manner. If you choose to purchase your own food during the project, buy commercially packaged snacks. Food from street stands can cause you to get very sick. Drink only purified water or sealed juices and sodas. Do not drink unpurified water or ice cubes, and do not use tap water to brush your teeth or wash vegetables and fruits. Maranatha will provide all the purified water you can drink in large 5-gallon containers. Please bring a reusable wide-mouth water bottle to refill during the project.

Sunburn and Dehydration

Protect yourself from sunburn by using plenty of sunscreen and wearing a hat. When working hard, it is important to stay hydrated. You may also consider bringing powdered Gatorade or another electrolyte replacement.

Allergies and Dietary Restrictions

Maranatha provides three vegetarian meals each day. We ask for your allergies on your registration form and will do our best to accommodate your needs. However, on large projects, it is challenging for our cooks to accommodate special requests. If your diet is very restrictive (vegan, gluten free, etc.) we recommend that you bring items such as soy milk powder, gluten-free bread, etc. to supplement the meals provided by the cooks.

How to Register

To register, please complete the online registration and pay the participation deposit of \$50, full participation fee, or half participation fee. You can make this payment by credit or debit card online or over the phone, or with a check made out to Maranatha Volunteers International and sent to the address below. If for any reason you need to cancel your participation, the participation fee deposit is nonrefundable, but Maranatha will do our best to refund the rest of your payment up until one month before travel. After that point, \$150 is non-refundable and the remainder will depend on the reservations and the project arrangements already made.

Important Dates to Remember:

May 1: Application and participation fee deposit

May 27: Final deadline for:

- * Full payment
- * Copy of complete flight itinerary
- * Copy of passport
- * Minor Consent Form
- * Three online recommendation forms
- * Background check (staff only)

Contact Information

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Fax: (916) 774-7701

Email: volunteer@maranatha.org

Website: www.maranatha.org

Mailing Address:

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Canadian Payments Only:

Maranatha Volunteers International
(Canada) Association
c/o V06494C
PO Box 6494, Station Terminal
Vancouver, BC V6B 6R3
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*All confirmed volunteers on an International Maranatha Open Team receive a Maranatha t-shirt as part of their participation fee.



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