

Gucha Family & Friends Group Team

Information Packet

Location: Kisii, Kenya

Dates: June 25 - July 6, 2019

Total Participation Fee: \$1,765

(Project participation fee of \$919 and excursion fee of \$846)

Flight to Nairobi is not included in the participation fee.

Join this project and help build a new classroom for the students at Gucha Adventist Preparatory School in Kisii, Kenya! Although this project is not led by Maranatha, it is being coordinated by Elizabeth Rabbitt and Peter Thomas, who are experienced Maranatha volunteers. This will be a small group and will be a wonderfully unique experience. Please look over the following information as you prepare for this project. From schedules to flight information and packing lists, this packet should provide everything you need to know for your trip. If you don't see your question addressed here, please call our office at (916) 774-7700.

Project Details

About the Project

Volunteers will work at the Gucha Adventist Preparatory School about 45 minutes east of the town of Kisii. The school currently has 250 students in kindergarten through third grade. The school has dreams of expanding to a full eight grades and volunteers on this project will help realize their dreams. The current classrooms are made of mud and wood and are falling apart. In addition, the interior of the rooms are dark and not ideal for learning. The group will help to build a new block classroom for the Gucha school.

Accommodations

In Nairobi, the group will stay in guesthouses on the campus of the East Central African Division of Seventh-day Adventists (ECD). The accommodations are nice and clean. You can expect double occupancy rooms with bedding and mosquito nets. Most of the rooms are set up in groups of four rooms sharing one bathroom with hot water.

During the project, volunteers will stay at the Ufanisi Resort in Kisii, Kenya. The rooms are very comfortable with a mixture of



Project Schedule

Tuesday, June 25

Evening arrivals and overnight in Nairobi

Wednesday, June 26

Fly to Kisii in the early morning
Check-in at Ufanisi Resort
First work day (half day)

Thursday-Friday, June 27-28

Construction and outreach activities

Saturday, June 29

Worship with the local congregation

Sunday-Wednesday, June 30 - July 3

Construction and outreach activities

Thursday, July 4

Travel to the Masai Mara
Half day safari

Friday, July 5

Full day safari at the Masai Mara

Saturday, July 6

Travel to Nairobi
Freshen up at the ECD
Departures home

twin and queen beds. You can expect double occupancy rooms with private bathrooms. All bedding, mosquito nets, and towels are provided; however, washcloths are not commonly provided in Kenya, so you should plan on bringing your own. The hotel has hot water, Wi-Fi, and a pool to enjoy after a hard day of work. The rooms do not have air conditioning; however, average temperatures for this region average in the mid to upper 70s during this time of year. Fans can be acquired if necessary. The group will have meals and worship at the hotel. Everyone will travel to the work site by private bus.

On the excursion, the group will stay at the beautiful Sopa Lodge at the Masai Mara. The gardens surrounding the lodge are lush and mature with many examples of local fauna. The hotel rooms are large with queen and king size beds, mosquito nets, hot water, Wi-Fi, and private bathrooms. For more information and photos of the Sopa Lodge visit www.sopalodges.com/masai-mara-sopa-lodge/overview

Volunteers should plan on staying in double occupancy rooms with a roommate. If you would like to room with someone in particular, please let Elizabeth Rabbitt know as soon as possible.

Excursion: Masai Mara and Nairobi

At the end of the project, volunteers will experience some of the wildlife of Kenya at the Masai Mara. On Thursday morning, the group will drive to the Masai Mara, one of the largest national parks in Kenya. Within a few hours of being at the reserve, it is possible to see the “Big Five” (lion, leopard, water buffalo, rhinoceros, and elephant) as well as many other wild animals, such as zebras, giraffes, hippopotamuses, wildebeests, cheetahs, antelope, vultures, and hyenas! The group will enjoy a full day safari drive on Friday with a sack lunch. The trip to Masai Mara and back to Nairobi as well as the safari itself at the Mara can be a bit dusty because the group will be traveling via open-air jeeps. You might want to bring a mask or bandana to wear during the trip.

The following day, the group will return to Nairobi and freshen up at the ECD before catching their flights home.

The excursion is considered part of the entire project. All hotels, food, transportation, activities, and park entrances during the excursion days are covered by the excursion fee paid to Maranatha.

Project Leadership

Elizabeth Rabbitt	Project Coordinator
Peter Thomas	Construction Superintendent
Ron Kedas	Country Director for Maranatha
Kotesh Rao	Volunteer Support

Travel Information

Volunteers will fly into Nairobi, Kenya, and from there will travel by bus or van to the ECD campus for that night before flying to Kisii the following morning.

Based on recent experiences with customs in Kenya and updated information from our team there, we have been told that **volunteers should NOT wear a Maranatha shirt on travel day.** If there are several volunteers all on the same flight, spread out as much as possible and go through the various lines as families and individuals, not a big group. This will be different from previous projects if you've volunteered with Maranatha in the past. You can bring your shirt in your carry on to put on after you exit customs if you'd like to connect with the representatives picking you up easier. You can also just look for the Maranatha signs as you exit the airport.

Daily Schedule

A typical day will look like the following:

7:00 a.m.	Breakfast
8:00 a.m.	Construction
12:00 noon	Lunch
4:00 p.m.	Return from work
6:00 p.m.	Dinner
7:00 p.m.	Group worship

The key word for mission trips is FLEXIBILITY. The above schedule is our plan, but it may be adjusted due to weather or other unforeseen circumstances.

Plane Tickets

Arrival

Arrive in Nairobi, Kenya (airport code NBO), on June 25.

Departure

Depart from Nairobi (NBO) anytime after 5:30pm on Saturday, July 6.

Arriving Early or Staying Late

Kenya has some beautiful travel destinations. Some of you may choose to arrive earlier than June 25 or stay beyond July 6 to explore the country on your own. Please make your own hotel and transportation plans for any days outside of the project dates. For more information or questions, call Maranatha at (916) 774-7700.

Luggage Allowances and Suggestions

Your international luggage allowance will depend on the airline you are flying and the type of ticket purchased. Please check with your airline or travel agent for weight and piece restriction for your entire trip.

Volunteers will fly on June 25 from Nairobi to an airport near Kisii. The domestic planes are a lot smaller than the big jets and only have about 40 seats. Please plan to arrive with a carry on bag that you'll use for the first night in Nairobi and that you'll take on the flight. Your large luggage will go on a luggage truck that will drive to Kisii so you can pick it up at the Ufanisi Resort.

Carry-Ons

Most airlines allow you one carry-on item such as a small suitcase, duffel, or backpack, along with a personal item such as a purse or briefcase. However, every airline is different and some now charge for carry-on items. Read through your airline's policy for carry-on luggage before you head to the airport. Also, we advise you to pack all personal medications as well as what you'll need for the first night or two in your carry-on, just in case your checked luggage is delayed or lost.

Sometimes the airlines will ask you to give up your carry-on by saying there is a problem with overhead space or weight on the plane. Please try not to relinquish your bags at boarding. Sometimes these bags are left behind. Be especially cautious if you are bringing electronics, camera gear, or other valuables with you on the plane.

Delayed Luggage

If your luggage doesn't arrive in Kenya with you, please file a claim with the airlines for lost baggage. When asked for an address, please give the accommodation address as follows:

Ufanisi Resort

PO Box 2646

Kisii, 40200

Kenya

Hotel Phone: +254 0714 966 250

Kotesh Rao: Maranatha Volunteer Support: +254 7503 6031

Entrance Requirements

Passport | All passports must be valid for at least six months from the dates of intended travel (January 6, 2020) and have room for your entrance and exit stamps. If you do not have a passport, U.S. citizens can apply at any U.S. post office or online at <http://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 plan accordingly to give yourself enough time to receive your passport.

Tourist Visa | In addition to a passport, travelers must also have a valid tourist visa for the country of Kenya before traveling. A document with complete visa requirements and a travel itinerary with project addresses was sent to you with your confirmation. The Kenyan visa is done online and is good for three months from date of issue. If you haven't already started this process, please do so as soon as possible. Currently, U.S. and Canadian visitors are also able to get visas upon arrival in Nairobi; however, Maranatha recommends processing the visa ahead of time to be sure that you won't be denied entrance when you get there. Travelers who are 16 years old and under do not need a Kenyan tourist visa according to the Kenyan Department of Immigration Services.

If you are from a country other than the U.S. or Canada, please confirm whether you will need a visa by checking with the Kenyan embassy.

Arrival in Kenya

As you arrive in Kenya, you will be required to go through multiple steps before exiting the airport. Please read through the following steps for tips on handling this process. Keep this packet and your passport in your carry-on luggage for easy access.

1.) Entrance Forms | During the flight, you will receive entrance forms from the flight attendant. We have been told that if you have your visa, you do not need to fill out these forms. However, we recommend that you fill them out just in case anyone asks for them along the way. The forms will ask for information such as your name (use name on passport), passport number, flight number, and address of residence in Kenya (use the address provided in the "Delayed Luggage" section of this packet above). Be sure to mark that you are visiting this country as a "tourist". Do not claim anything on your customs form.

2.) Immigration | Once off the plane, follow the flow of passengers and the signs to the immigration area. Stand in the immigration line for visitors. There is a separate line if you did not do the online eVisa. The agents will check your passport and visa, stamp your passport, and take your forms. If they give you anything, keep it with your passport for the duration of your time in Kenya. Please do not state that you are coming to "work" or "volunteer." For this project you are entering as a tourist.

3.) Luggage Claim and Customs | Proceed to the baggage claim to gather your bags and proceed through customs. They tend to single people out even if you don't have anything to declare. If they do single you out, just cooperate as much as possible with the officials and you should be on your way shortly.

4.) Welcome | Maranatha representatives will meet you on the curb **outside** the airport as you exit from the arrivals section. Look for Maranatha signs or people wearing the Maranatha t-shirt. Buses are not allowed to pull up to the curb, so we'll wait for a group of people and then walk over to the bus and head for the ECD campus. If you are on an early arrival, dinner will be provided when you get to the ECD. If you are on a very late arrival, the first meal will be the following morning at breakfast.

Health and Safety

Travel Safety

Understanding the culture and educating yourself about travel in Kenya is the best way to keep safe. Below are a few tips for you to consider.

- Leave valuables (expensive or sentimental) at home.
- Dress conservatively; a flashy wardrobe attracts more attention.
- Use a money belt or concealed pouch for passports and cash. Watch your wallet.
- Don't leave valuables unattended in open sight.
- Avoid marginal areas of cities, dark alleys, and crowds. Use caution and keep moving if strangers, including vendors, approach you on the street.
- Don't travel alone or at night.

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 a hard hat and gloves at all times. Please bring flexible work gloves, a well-fitting hard hat, long work pants, sturdy shoes, plenty of sunscreen, and safety glasses. Construction sites can be inherently dangerous. Please exercise caution when working on or around scaffolding and ladders. And be cautious around cement dust and mortar and grout that can cause lime burns.

Chubb Short Term Travel Insurance

Maranatha mission projects are construction projects where people can get hurt. It is not possible for Maranatha to analyze everyone's insurance policy to see whether his or her insurance is current and the coverage is in effect at the location of the project. The Maranatha Board of Directors decided that the safest route was to include insurance coverage in your participation fee.

All volunteers will be covered from the time they leave their home country until the time they arrive back at their home country. For volunteers who would like to extend their travel by arriving before or staying after a project, the insurance would start and end on the Maranatha project dates. If you would like to extend your coverage for your extra travel at your own expense, contact Maranatha.

For volunteers participating on projects outside their home country, Maranatha carries a primary policy that does not have a deductible for medical or dental charges. This policy covers accidents and illnesses during the Maranatha coverage dates. As with all insurances, some exclusions apply. Maranatha does not carry or maintain health, medical, workers compensation or disability insurance coverage. The medical and accident policy coverage is as follows:

List of Benefits:	Maximum Coverages:
Medical Expenses	\$100,000
Dental Treatment	\$250
Emergency Medical Evacuation	100% of covered expenses
Accidental death or dismemberment	\$75,000
Repatriation of Remains	100% of covered expenses
Trip Cancellation	\$1,000
Trip Delay	\$500 per day, \$5,000 max
Return Air Fare	\$1,000
Lost Baggage	\$500
Security Evacuation	\$100,000

For a more comprehensive description of coverages, please review our insurance page on the website, www.maranatha.org.

Also included in this policy is a travel assistance program. You will receive a brochure with information about what type of assistance is offered and how to access it.

Chubb Contact Information

Phone:	1-202-659-7803 (Outside the U.S. Call Collect)
Organization:	Maranatha Volunteers International
Plan Code:	01AH585
Policy Number:	GLM N1674718A

Medical Recommendation and 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.

Vaccines and Medications

The only vaccine required by Maranatha is a current tetanus vaccine. In addition, the Centers for Disease Control and Prevention (CDC) recommend other vaccines such as hepatitis A, typhoid, yellow fever, and an oral antimalarial drug other than chloroquine. More information is available at www.cdc.gov. Maranatha recommends that you schedule a consultation with a travel clinic doctor prior to travel to talk about medical precautions for your trip to Kenya.

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. **We have been told that malaria is very common in the Kisii region where this project will take place.** Maranatha suggests that you speak with a medical professional regarding malaria and yellow fever prevention options.

Malaria is prevented through several different oral medications. Each has different side effects and dosages, so speak with a travel clinic doctor before deciding 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. While recommended by the CDC, it is not currently required to enter the country, but if an outbreak occurs close to Kenya, the government can require proof of the vaccine upon entrance.

Mosquitoes and Other Insects

Mosquitoes and other flying insects can carry a variety of other diseases as well. 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 shoes when possible. Avoid areas of standing water and spending a lot of time outside during dusk and dawn. Sleep with a mosquito net.

Food and Water

Food and water safety standards vary greatly from country to country, and 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 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 purified water at the construction site and the hotel where the group will stay. Please bring your own water bottle that you can refill from the large containers of purified water.

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

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 especially, it is difficult 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.

Visiting Kenya

Foreign Cash

Kenya uses the Kenyan Shilling and has an exchange rate of approximately 100 shillings to \$1 USD (May 2019). This exchange can be made at the airport or the project coordinator can also exchange money for you at a flat rate once you get to the hotel in Kisii. ATMs are available, but they can be limited and unreliable. Any cash you bring should be in new, unmarked bills.

Credit/Debit Cards

While some establishments accept credit and debit cards, it might be easier to use cash while traveling through the country. If you do use a credit or debit card, expect a 5% - 12% surcharge for international use. Be careful when using your credit card in public; never let it out of your immediate sight. It is wise to let your credit card company know in advance the dates you will be traveling so they don't block your card when you use it in a foreign country.

Electricity

The standard current in Kenya is 220-240 volt AC. A lot of electronics and other appliances are now made "dual voltage," but check the tag before assuming that they are. If they are not, they could be severely damaged by the higher voltage in Kenya. To avoid this damage, you'll need a voltage converter, which 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). Plug adapters can be found in sets or individually at many stores.



Weather

In June and July, Kenya is in its cooler winter season. Temperatures in Kisii average highs in the upper 70's and lows in the mid to low 50's Fahrenheit. We are not expecting heavy rains during the project, but some light showers are possible. We recommend lightweight work clothes and layers for the evenings. Of course, weather patterns can change suddenly, so we recommend checking the ten-day forecast prior to departing for Kenya so you can pack accordingly.

Laundry

The hotel has laundry service available at an additional charge.

Time

When the United States is on Daylight Savings Time, Kenya is 10 hours ahead of Pacific Standard Time and 7 hours ahead of Eastern Standard Time.

Telephone Dialing

Cell phone service is available in larger cities of Kenya, but may have limited service near the project location. Check international rates for your own service. International roaming and data charges can be very expensive.

To call Kenya from the United States, enter the international access code (011) plus the Kenyan country code (254) plus the local number.

To call the United States from Kenya, enter the U.S. country code (001) plus the local number. For example, to call the Maranatha office you would dial: 001 (916) 774-7700.

Cultural Sensitivity

It's important to enter another culture with respect and understanding of their traditions.

Cultural sensitivity also means we will respect Adventist culture in Kenya. Adventists in Kenya tend to be more conservative than Adventists in the United States and Canada. During the project, we will try to be sensitive

to this by dressing as modestly as possible. Pants and cap sleeves are preferred to shorts and tank tops. For church activities, women will need to have skirts that reach past the knees, and men are expected to wear ties if they are involved in the activities on the platform.

Kenya is also home to many tribes who worship differently from Adventists in North America. Volunteers will have a chance to interact with these communities and experience their way of life. It is common for church members to wear elaborate jewelry and participate in dances as part of the worship service.

Additional Information

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 during the trip. 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.

Another element that comes into play on a Maranatha project is Sabbath observance. Maranatha projects are open to individuals of all faith backgrounds and we ask that all volunteers come into the project with an attitude of respect towards one another. On Maranatha projects, worship services are held on Sabbath (Saturday), and we ask all volunteers to participate in the experience with the group. While we do our best to make provisions to avoid extensive travel or utilizing restaurants on Sabbath, sometimes it is hard to avoid due to the short time frame we are in the country. Please be aware of this and if you have any questions, please speak with your project coordinator.

Maranatha Merchandise

If you would like to purchase a t-shirt or other Maranatha merchandise, please see the attached flyer for purchasing information.

Contact Information

United States Embassy in Kenya:

United Nations Avenue
Village Market 00621
Nairobi

Canadian Consulate in Kenya:

Limuru Road
Gigiri, Nairobi

Maranatha Volunteers International:

990 Reserve Drive, Ste. 100
Roseville, CA 95678
Telephone: (916) 774-7700
After Hours Emergency Only Telephone: (916) 774-7798

Social Media

Share your mission trip with family and friends! And be sure to tag us on social media!



@maranathavolunteersinternational



@gomaranatha



@maranatha

Use our hashtag,
#maranathavolunteersinternational
when posting, so we can feature
your trip!

What to Take

Work Wardrobe

- Long work pants (2-4 pairs)
- T-shirts and/or long-sleeved cotton shirts for work (5-7)
- Strong, flexible construction gloves (REQUIRED)
- Hard hat (REQUIRED)
- Handkerchief or bandana for neck protection (recommended)
- Sunglasses or safety glasses
- Sturdy work shoes

Tool List

The tools listed below will be used for the construction.

- Measuring tape (25')
- Box level (2-3') – one per family
- Block trowel (10-12") pie-shaped
- Marking pencils
- Rubber dish gloves - Optional
- Masonry line and line blocks - Optional
- Lineman's pliers - Optional
- Block hammer - Optional

Items to Remember

- Good disposition and a flexible attitude
- Passport
- eVisa confirmation
- Photocopies of your passport in checked baggage
- Copy of your airline ticket or itinerary
- Minor consent form (for those under 18)
- Copy of this final packet with project addresses
- Personal prescribed medication (in carry-on) as well as items like Tylenol, Band-Aids, Pepto Bismol, etc.
- Shoes and socks
- Underclothes
- Slacks
- Casual shirts and tops
- MEN- Dress shirt and tie for Sabbath
- WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- Hat for sun protection
- Sleepwear
- Shorts
- Modest swimsuit
- Light jacket
- Flip-flops or sandals
- Personal toiletries (soap, deodorant, etc.)
- Hand sanitizer
- Insect repellent (30% DEET or higher)
- Sunblock (SPF 30+)
- Lip balm (with sunblock)
- Water bottle (large opening recommended)
- Bible
- Camera, batteries, and memory cards
- Flashlight with extra batteries
- Washcloth
- Cash for meals in airports, souvenirs, or special outreach projects that may come up

Optional Items

- Lightweight daypack or similar bag
- Neck pillow/eye mask for flight
- Journal and pens
- 220-volt converter and plug adapters
- Powdered Gatorade or equivalent Nuun or Camelback electrolyte tablets (for overcoming dehydration)
- Earplugs
- Small alarm clock
- Snacks
- Toilet paper or tissues
- Battery-run personal fan
- Small instrument you play
- Mask or bandana for dust

THE MARANATHA

STORE

BUY MARANATHA MERCHANDISE!

Share the spirit of service with Maranatha-themed apparel and accessories.*

2019 MARANATHA T-SHIRT \$10



The 2019 Maranatha shirt features a 50th anniversary logo on the sleeve, made with a poly/cotton heather blend by Bella + Canvas. Mens cut only; color is "heather deep teal."

HARD HAT \$13



This MSA V-Gard hard hat, with Staz-On suspension, ensures excellent shock absorption on the job site.

MARANATHA.ORG

*All confirmed volunteers on an International Maranatha Open Team receive a Maranatha t-shirt as part of their participation fee.



TO ORDER, VISIT MARANATHA.ORG/STORE OR CALL (916) 774-7700

All prices are excluding sales tax and shipping.

CAP \$12



All cotton and easy to pack, this cap is sure to keep the sun off your face on a mission project and at home. Available in Khaki and Navy.

WATER BOTTLE \$15



The autospout water bottle by Contigo features a one-touch-button spout for convenient one-handed drinking. It also has a spout shield to protect the spout from debris and dirt when not in use—perfect for the project site.

MARANATHA
VOLUNTEERS INTERNATIONAL

