



# Kenya Project

**Location:** Kajiado, Kenya

**Project Dates:** May 26 - June 7, 2022

**Project Participation Fee:** \$2,030\*

(Participation fee of \$1,420 and an excursion fee of \$610)

**Children 12 and under:** \$1,880

(Age determined on start date of the project)

**Final Deadline:** April 25, 2022

*\*All amounts are listed in U.S. dollars.*

*International flights are not included in the participation fee*

## PROJECT OVERVIEW

Volunteers on this project will work at the Kajiado Adventist School and Rescue Center, located about 90 minutes from the capital city of Nairobi.

### Kajiado Adventist School and Rescue Center

The Kajiado school started in 2000 with the mission to empower Maasai girls and provide a safe place for those who have escaped child marriage and female genital mutilation (FGM). FGM is illegal in Kenya, but many Maasai still encourage this harmful cultural ritual because of the dowry a family receives. It mostly happens in rural areas, where the law is more difficult to enforce.

Girls who do not want this future have no choice but to escape to a place like Kajiado. They essentially become orphans, because they have disgraced their families by running away and are not welcome to return. The center takes care of the girls until they graduate from secondary school or, in some cases, university. It is a sad reality for many girls in Kenya, but the Kajiado Center has provided hope and a better future for more than 2,000 girls since its inauguration. The school also educates boys because they have come to understand how important it is for the girls to form healthy, appropriate relationships with males in the process of their education. While the girls don't pay to live at the school, the boys do pay tuition, providing much-needed funding for the school budget.

When Maranatha first visited Kajiado, the dorms and classrooms were inadequate and overcrowded. Three or four girls had to sleep in each twin bed. The boys had to use a classroom as a dormitory. Since February 2019, Maranatha volunteers have been working on the campus to build new dormitories, bathrooms, an administration building, and classrooms. Maranatha also drilled a well on the property. Maranatha is currently building a secondary school



## COVID-19

Maranatha is moving forward with this project as detailed below; however, changes can occur as countries are still adapting to various restrictions due to COVID. You may consider purchasing additional flight insurance to minimize the potential risk if this trip is unable to take place as planned. We will update you if the status of this project changes. For the current COVID requirements and considerations that will be in effect for this project, see the COVID-19 section of this packet.

## MARANATHA IN KENYA

*Maranatha is a responsive organization that works with the Seventh-day Adventist Church; all efforts are by invitation from local leadership.*

Maranatha's first volunteer project in Africa took place in 2008, during a major construction effort in Mozambique. Since then, Maranatha has expanded to several other African countries, and in 2016, Maranatha kicked off its effort in Kenya by building churches, school classrooms, dorms, dining facilities, and water wells.

on campus so that the girls can continue their education in this safe environment.

**Construction:** Volunteers will lay block for a new building on campus

**Outreach\*:** Volunteers will have a chance to interact with the students at the school who will be greatly impacted by creative children’s programs and health education. Students would also benefit from time with counselors who have experience working with children who have a history of trauma.

\*Outreach activities will be dependent on any physical distancing protocols required or recommended in this region of Kenya at the time.

### Accommodations

Our group will stay at the Tumaini Gardens Hotel in Kajiado. Volunteers will gather for meals and worship in one of the meeting halls at the hotel.

Individuals should plan on staying in double occupancy rooms with a roommate. If you would like to room with someone in particular, please let us know prior to the final deadline of the project. Volunteers wishing to stay in a private room can upgrade to a single room on the project for \$500 per person. Please contact Maranatha to make these arrangements prior to the final deadline. At this time, single-occupancy is not available for the excursion.

### Amenities

Room Style	Two twin beds or one queen bed
En-Suite Bathroom	Yes
Hot Water	Yes
Bed Linens and Mosquito Net	Yes
Towels and Washcloth	Towels are provided. Volunteers will need to bring their own washcloth
Air Conditioning	No
WiFi	Yes
Laundry	Yes, at an additional expense
Pool	Yes
Distance to Work Locations	15 min

## PROJECT SCHEDULE

Thursday, May 26  
Arrival and travel to Kajiado

Friday, May 27  
Orientation and work day

Saturday, May 28  
Worship with a local congregation

Sunday, May 29 - Friday, June 3  
Work days with midweek Amboseli National Park excursion

Saturday, June 4  
Worship with a local congregation

Sunday, June 5  
Travel to Masai Mara National Park

Monday, June 6  
Safari in Masai Mara National Park

Tuesday, June 7  
Travel to Nairobi, Giraffe Centre and shopping, evening departures

## Excursions

This project includes a short excursion. If you choose to add any other excursions without Maranatha, please schedule them for before or after the project dates, so you won't miss out on any of the Maranatha experience.

### Amboseli National Park

Amboseli National Park is located on the Kenya-Tanzania border, about an hour from Kajiado. Amboseli is one of the top ten national reserves in Kenya and boasts amazing views of Mount Kilimanjaro. The park is famous for being the best place in Africa to get close to free-ranging elephants, and it's possible to see the "Big Five" as well as many other animals, including cheetahs, giraffes, zebras, antelopes, crocodiles, etc. The group will take a day off during the work week to visit this park.

### Masai Mara National Park

Masai Mara National Park is one of the largest parks in Kenya, and it is famous for the "Great Migration" where each year wildebeest, zebra, and many other animals travel between the Serengeti National Park in Tanzania and the Masai Mara in Kenya in search of water. This park is known for great viewing of the "Big Five," and many visitors see lions.

<b>Sunday, June 5</b>	<ul style="list-style-type: none"> <li>• Travel seven hours to Masai Mara National Park</li> <li>• Visit traditional Masaai village (if time permits)</li> <li>• Check into hotel</li> </ul>
<b>Monday, June 6</b>	<ul style="list-style-type: none"> <li>• Full day safari</li> </ul>
<b>Tuesday, June 7</b>	<ul style="list-style-type: none"> <li>• COVID-19 testing</li> <li>• Travel five hours to Nairobi</li> <li>• Visit the Giraffe Centre</li> <li>• Souvenir shopping</li> <li>• Evening departures from Nairobi</li> </ul>

## Leadership

<b>Loretta Spivey</b>	Project Coordinator
<b>Ron Kedas</b>	Maranatha Country Director
<b>Kotesh Rao</b>	Maranatha Volunteer Support

## We Need Your Help

The team is looking for a few additional leaders. If you would be interested in leading out in any of these areas, please contact Maranatha at (916) 774-7700.

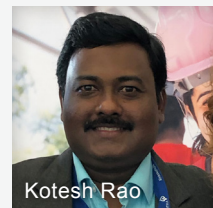
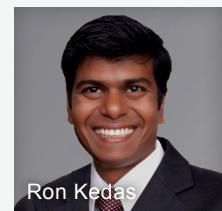
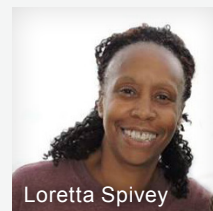
- Construction Superintendent
- Outreach Coordinator
- Team Medic



## TYPICAL DAILY SCHEDULE

7:00 a.m.	Breakfast
7:30 a.m.	Group worship
8:00 a.m.	Depart for construction/clinics
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.



## Expenses

**Total Fee:** \$2,030

**Children 12 and Under:** \$1,880

**Final Deadline:** April 25, 2022

All amounts are listed in U.S. dollars (USD). Ages are determined on the start date of the project. The total fee is broken down into a participation fee, which is tax-deductible, and an excursion fee, which is not tax-deductible.

Payments\* can be made in three ways:

- Check sent to the Maranatha office in California (include a note with your name and "Kenya Project - May/June 2022").
- Online using the project payment link in your confirmation email.
- Over the phone at (916) 774-7700.

*\*Canadian tax-deductible payments must be made by check to the Maranatha Volunteers International (Canada) Association (address located at the end of this information packet) in order to receive a receipt. At this time, Maranatha cannot issue tax-deductible receipts for credit card payments.*

If you are fundraising or receiving donations, please have donations sent directly to you, or work with your local church treasurer to collect funds at the church and issue tax-deductible receipts. Do not have donors send individual small checks directly to Maranatha. If you have questions regarding this process, please contact Maranatha.

## ABOUT KENYA

- Kenya is slightly smaller than the state of Texas and is located in eastern Africa.
- Lake Victoria, the largest lake in Africa, is partially located in Kenya.
- There are more than 40 people groups in Kenya, each with its own culture, dress, and way of life. The Maasai people are one such group.
- The Swahili people built the city of Mombasa into a major port and established trade links in Arabia, Persia, and India.
- The region was largely colonized by England in 1888, and the colony was renamed Kenya in 1920 after the highest mountain in the area.
- Kenya achieved independence in December 1963.
- The Seventh-day Adventist message came into Kenya in the early 1900s.

## Foreign Cash

Kenya uses the Kenyan shilling, which has an exchange rate of approximately 110 shillings to \$1 USD (December 2021). This exchange can be made at the airport, or the project coordinator can also exchange money for you at a flat rate in increments of \$10, usually a day or two into the project. Many countries offer better exchange rates for larger bills (\$50s and 100s), so if you bring small

## WHAT'S INCLUDED

- Accommodations
- Vegetarian meals
- Ground transportation
- Short-term insurance
- Portion of construction costs
- Portion of outreach activities
- T-shirt and luggage tags
- Excursion activities and entrances
- COVID-19 PCR test in Kenya prior to departure

## ESTIMATE OF ADDITIONAL COSTS

- Flight to Nairobi: \$900 - \$1,800
- Passport: \$130 or \$110 for renewal
- Visa: \$51 + service charge
- Pre-trip COVID-19 PCR Test: \$50-\$300, depending on insurance and timing of test



bills you might get a different exchange rate. Any cash you bring should be in new, unmarked, and untornd bills.

While some establishments accept credit and debit cards, most small shops only accept cash. It is wise to let your credit card company know the dates you will be traveling so they don't block your card when you use it in a foreign country.

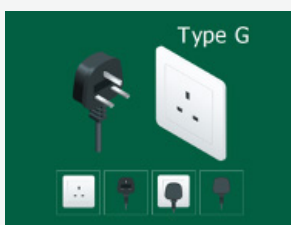
## Tipping

Your project coordinator will take care of paying tips on group excursions. If you feel like someone (guide, hotel staff, etc) has provided excellent service during your trip, you are more than welcome to show your gratitude with additional tips. If you have any questions during the project about whether or not tipping would be appropriate, your project coordinator or Maranatha in-country support staff can help you understand the local culture.

## Electricity

- **Current:** 220-240 volt AC
- **Outlet:** Type G

Non-dual-voltage appliances will need a voltage converter in addition to the plug adapter. Most appliances will list voltage somewhere on the device or on the plug tag.



## Weather

Weather patterns can change suddenly, so Maranatha recommends that volunteers check the 10-day forecast for the project area before traveling.

Temperatures in May/June will range from the low 60s Fahrenheit during the night and mid 70s Fahrenheit during the day.

## TRAVEL INFORMATION

Please complete the online registration and wait for confirmation from Maranatha before purchasing your airfare.

If this is your first time traveling abroad (or you need a refresher course), you may want to check out Maranatha's [International Traveler Guide](http://maranatha.org) (available at [maranatha.org](http://maranatha.org) under volunteer resources), which shares tips on everything from booking travel to communicating with those at home.

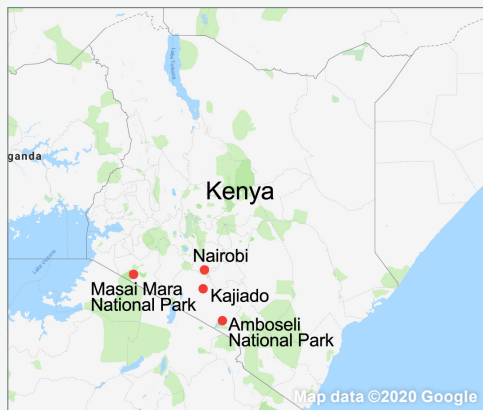
## Flights

Please be careful to follow these guidelines when booking your travel. If you arrive or depart outside of these posted windows, you may have long wait times at the airport or be responsible for booking a hotel or paying the additional transportation costs for your individual airport transfer. If you have questions about your itinerary, please contact Maranatha prior to booking to avoid any additional charges.

Arrive: Nairobi, Kenya (NBO) between 6:00 p.m. on Thursday, May 26, and 3:00 a.m. on Friday, May 27.

Depart: Nairobi, Kenya (NBO) between 7:00 p.m. on Tuesday, June 7 and 4:30 a.m. on Wednesday, June 8.

*\*Maranatha sets a reasonable arrival window that accommodates many international flights and fits well with the project schedule. We would strongly advise you to stay within these arrival and departure windows. However, due to COVID-19, some flights are not operating as frequently. If you absolutely must book an alternative flight, please contact Maranatha prior to doing so and please note you may be responsible for making your own hotel arrangements (at a Maranatha-recommended hotel) or incur additional expenses for hotels and transportation if Maranatha has to make any additional arrangements due to an arrival outside of these windows.*



## FACTS AND FIGURES

**Capital:** Nairobi

**Population:** 53.5 million (July 2020)

**Language:** Kiswahili, English, and indigenous languages

**Climate:** Tropical along coast. Arid inland

**Religion:** Christian 85%, Muslim 11%

**Currency:** Kenyan Shilling

## Arriving Early or Staying Late?

You may choose to extend your travel before or after the project. Since our volunteers bring so much to the shared experience of the project, we ask that you participate in the entirety of the Maranatha project (during the advertised dates). Any additional travel outside of the Maranatha project should be scheduled for before or after the project dates to avoid mid-project interruptions. If you choose to add additional travel, you are responsible for making your own hotel and transportation arrangements for the time outside of the arrival and departure windows listed above. If you have any questions, feel free to call Maranatha at (916) 774-7700.

Due to the COVID-19 testing requirement returning back to the United States or Canada, Maranatha recommends that you plan any additional travel before the project starts so that your departure test planned at the end of the Maranatha will still fall within the required testing window. If you choose to add additional travel after the end of the Maranatha project, you will need to coordinate your own COVID-19 departure test.

## Travel Resources

- **CI Azumano Travel:** 800-454-4099 or by email with Erle Dpenha or Azumano Team at [corporatetravel@ciazumano.com](mailto:corporatetravel@ciazumano.com)
- **Butler Travel:** 503-879-5005 or by email with Nathanael at [nathan@butlertravel.com](mailto:nathan@butlertravel.com) or with Ellen at [ellen@butlertravel.com](mailto:ellen@butlertravel.com).

## Entry Requirements

Below are the requirements for U.S. and Canadian citizens. If you hold a passport from another country, 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 from the dates of intended travel (December 7, 2022). If you do not have a passport, United States (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](http://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. 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 good for three months from the date of issue, so Maranatha recommends waiting until the end of April to apply. Due to the COVID-19 pandemic, travelers are no longer able to get visas upon arrival in Nairobi, so you must complete the visa online ahead of time.

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

**COVID-19 Requirements** | See the COVID-19 section of this packet for current COVID-19 travel requirements.

## Traveling With Minors

**Birth Certificate** | Countries continue to make efforts to prevent child-trafficking, so some hotels and airports require proof of parent-child relationships, even if your child is a teenager. Maranatha recommends guardians bring a copy of their child's birth certificate and any other documents (guardianship papers, etc.) to answer these questions.

**Parental Consent Form** | If a legal minor (under the age of 18 on the date you depart) is traveling without both parents or legal guardians, Maranatha requires a parental consent form. This form confirms that both guardians have consented to their child leaving the country with an appointed person and Maranatha. It also gives Maranatha permission to treat the child medically in case of an emergency.

You can find this form online at [www.maranatha.org/resources](http://www.maranatha.org/resources). Mail one notarized original to Maranatha and keep another notarized original with you as you travel. The form will ask for two appointees. The first will be the guardian traveling with the minor. The other will be Loretta Spivey, Maranatha's project coordinator.

## Special Circumstances

- **Divorced Parents:** Both parents must still sign the form. If one parent has sole legal and physical custody, provide a copy of the divorce decree stating as such.
- **Deceased Parent:** Provide copy of death certificate.
- **Legal Guardians:** Provide a copy of guardianship paperwork.
- **Other Situations:** Contact Maranatha for guidance.

## Luggage Considerations

Please check with your airline or travel agent for luggage weight and piece allowances for each portion of your itinerary. In addition to your checked bags, airlines usually allow one carry-on item, as well as a personal item, such as a purse or small day pack. However, each airline is different, so read through your airline's baggage policy before you head to the airport.

Sometimes bags are delayed, so please bring your personal medications and a day's worth of clothes and toiletries in your carry-on luggage, just in case. We recommend that you keep your carry-on luggage with you; do not "gate check" your bags, especially if the bags have electronics or camera gear.

## COVID-19

### Entrance and Departure Requirements

Due to the ongoing COVID-19 pandemic, international travel has become a little more complicated and requirements can change with little notice. Maranatha will do its best to notify volunteers of requirement updates, but each volunteer is ultimately responsible for knowing and following the COVID-19 requirements at the time of their travel. Volunteers should do their own research and check with their airlines(s) prior to travel. As of December, 2021, U.S. and Canadian travelers to Kenya must complete the following requirements:

- COVID-19 Vaccine. All travelers 18 and over must be fully vaccinated (2 doses of Moderna or Pfizer or 1 dose of Johnson & Johnson) and present an original, valid certificate.
- Negative COVID-19 PCR test results dated within 72 hours of arrival in Kenya. Please calculate your testing window carefully. Your test must be done during this window. Rapid antigen test results are not accepted.
- Completed Kenya Ministry of Health form and the QR code confirmation code. A link to this online form will be sent to you and you must complete it within the 72 hours prior to departure.
- Health and temperature screening upon arrival in Nairobi. You may be selected for random antigen testing upon arrival. Anyone who tests positive will be isolated for 10 days at a government-designated facility.
- Masks required in public places and on airplanes.
- Negative COVID-19 PCR test, dated one day (United States) or 72 hours (Canada) prior to boarding your flight back to your home country. Maranatha will make the arrangements for you to receive this test in Nairobi.
  - *Your testing window may depend on your vaccination status. If you have been fully vaccinated, please bring your proof of vaccination.*
  - *If you schedule your flight home outside of the Maranatha departure window or are traveling somewhere other than the U.S. or Canada, you may need to coordinate your own departure test since your testing window might not correlate with the testing window of the rest of the group.*
- Completed Trusted Travel form prior to departure from Nairobi (a link to this online form will be sent to you).

## What to Expect During this Project

We encourage volunteers to make their own decision on whether they are comfortable joining this project. In order to inform your decision, the following considerations outline the current COVID-19 standard for international Maranatha trips:

- **Self Screening:**
  - **Before:** If you have felt sick or been exposed to anyone with COVID-19 symptoms during the 10 days prior to the project, we kindly ask that you contact Maranatha to cancel your participation on the project.
  - **During:** You may be asked to participate in daily wellness checks. If you start to feel ill during the project, please speak with the project coordinator as soon as possible.
  - **After:** If you experience symptoms within the seven days after the project, please contact the Maranatha office.
- **Vaccination:** Travelers to Kenya are required by the Kenya Ministry of Health to be fully vaccinated.
- **Masks:** Face masks are required in public settings in Kenya (including some excursion activities, church services, and stores). During Maranatha group-only activities and during work, masks are recommended, but will not be required unless circumstances change due to the current COVID-19 situation, potential exposure within the group, or local guidelines.
- **Social Distancing:** During this project, complete social distancing will not be possible nor enforced.
- **Hygiene:** As always, volunteers are encouraged to practice hand hygiene and healthy practices, but enhanced measures are encouraged during this time.
- **Symptoms and Testing Positive:** If someone becomes symptomatic, they will be asked to take a COVID-19 test. Anyone who tests positive will be asked to isolate and wear a mask. The rest of the group will be asked to wear masks and close family members or roommates may be asked to test regularly. Testing positive could result in you missing parts of the project or excursion experience and refunds may not be possible at that time.
- **Returning Home:** If you were to test positive for COVID-19 at the end of the project you could be required to quarantine in Kenya until you can test negative. Your short-term insurance policy covers medical expenses while you're in Kenya, but it does not have quarantine coverage; Maranatha will help arrange housing, food, and any necessary testing, but volunteers are responsible for these additional expenses.

## Best Practices

When traveling you may be exposed to viruses, such as COVID-19. We recommend a few simple tips to minimize your risk of getting sick:

- Practice physical distancing by keeping a distance of 6 feet between you and others when possible.
- Wear a face covering over your nose and mouth.
- Consider following the CDC vaccine recommendations.
- Avoid close contact with people who are sick.
- Wash your hands often, with soap and water, for at least 20 seconds.
- If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, rubbing your hands until dry.
- Avoid touching your face, especially your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces using disinfectant wipes.
- Wash your hands after shaking hands with others or handling cash.
- Get adequate sleep.
- Drink plenty of purified water.
- Try to eat a well-balanced diet.



# 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. The safety equipment you'll need will depend on the project scope and what job you do (see packing list). Hard hats and closed-toe shoes are required on all job sites.

## Short Term Travel Insurance

All volunteers will be covered by a short-term insurance policy from the time they leave their home country until the time they arrive back in their home country. The policy does not have a deductible and covers accidents and illnesses. As with all insurances, some exclusions apply. Maranatha does not carry or maintain health, medical, workers compensation, or disability insurance coverage. The coverage amounts and details can be found at [www.maranatha.org/insurance](http://www.maranatha.org/insurance).

For volunteers extending their travel before or after a project, the insurance will start and end with the Maranatha project dates. If you would like to extend your coverage for your extra travel at your own expense, contact Maranatha.

You will receive a brochure, prior to your project, listing the policy number and contact information for assistance or emergencies during your travel.

## Medical Recommendations

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. We recommend that you schedule a consultation with your physician or a travel clinic to discuss the medical risks in Kenya and the ways to minimize them. If at any time during the project you start to feel sick, speak with the project medical professional and the project leader as soon as possible.

## COVID-19 and Other Viruses

See the COVID-19 section of this packet for best practices and what is recommended and required during this project.

## CONSTRUCTION SITE SAFETY RULES



- Hard Hats Required
- Closed-toe Shoes Required
- Personal Safety Items
  - Eye Protection
  - Ear Protection
  - Masks
  - Gloves
  - Long Pants
- Use care with ladders and scaffolding
- Stay Hydrated
- No Horseplay



## VACCINES

**Tetanus**  
Required by Maranatha

**COVID-19**  
Recommended by CDC\*

**Typhoid**  
Recommended by CDC

**Hepatitis A**  
Recommended by CDC

**Yellow Fever**  
Recommended by CDC

**Oral AntiMalarial**  
Recommended by CDC  
*Chloroquine not effective in Kenya*

\*Centers for Disease Control and Prevention

## Malaria and Yellow Fever

Malaria and yellow fever are both life-threatening diseases transmitted by mosquitoes. Malaria transmission is known to take place throughout the entire country. Yellow fever is present in all areas except the coastline. Maranatha recommends speaking with a medical professional regarding prevention options. Malaria is prevented through several different oral medications, each with different side effects and dosages. The malaria strain in Kenya is resistant to chloroquine, so it is not effective. Yellow fever is prevented with a vaccination. There is currently a shortage of the vaccine in North America, so it may be more expensive or harder to acquire. If you choose not to get a vaccine, we recommend taking extra precautions to avoid mosquito bites.

## Mosquitos and Other Insects

Mosquitos and other flying insects can carry a variety of diseases including malaria, yellow fever, zika, and dengue. Personal precautions are strongly recommended to lower the risk of being bitten.

- Use a bug repellent with a 30-50 percent concentration of DEET.
- Wear long sleeves, long pants, and closed-toe shoes when possible.
- Avoid areas of standing water.
- Avoid spending a lot of time outside during dusk and dawn.

## 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. Maranatha will provide purified water.

- Eat only food provided by Maranatha.
- Purchase only commercially packaged snacks, not from street stands.
- Drink only purified water and sealed juices and sodas.
- Do not drink items with ice cubes.
- Do not brush your teeth with tap water; use purified water.

## Allergies and Dietary Restrictions

Maranatha provides three vegetarian meals each day. We ask for your allergies on your registration form, and we will do our best to accommodate your needs. However, on large projects especially, it is harder 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.

# ADDITIONAL INFORMATION

## Cultural Sensitivity

It's important to enter another culture with respect and understanding of their traditions. Cultural sensitivity also means we will respect Seventh-day 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 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 activities on the platform.

Kenya is home to many tribes who dress and 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. Please be respectful as we observe their customs and visit their homes. They live very normal lives, even though it looks different to many of us. Feel free to ask questions and rely on leaders to know what is appropriate or not. Ask people for permission before taking photos or videos.

## Maranatha Lifestyle

Each mission trip is a unique experience, and during the project, there is a great need for flexibility. 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.

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 toward one another. During this trip we emphasize service opportunities that grow faith in God. 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. Please be aware of this and if you have any questions, please speak with your project coordinator.

## HOW TO REGISTER

1. Complete online registration form
2. Check email
3. Make payment(s)\*
4. Book flights
5. Send itinerary and passport copy to Maranatha

\*If for any reason you need to cancel your participation, deposits are refundable up until one month prior to the project (unless noted otherwise). Cancellations within 30 days of the project are subject to a \$150 per-person fee, and the remainder will be refunded depending on the project arrangements already made on your behalf.

## CONTACT INFORMATION

**Phone:** (916) 774-7700

**Fax:** (916) 774-7701

**Email:** [volunteer@maranatha.org](mailto:volunteer@maranatha.org)

**Website:** [www.maranatha.org](http://www.maranatha.org)

**Mailing Address:**

Maranatha Volunteers International  
990 Reserve Drive  
Suite 100  
Roseville, CA 95678

**Canadian Payments Only:**

Maranatha Volunteers International  
Association  
c/o V06494C  
PO Box 6494, Station Terminal  
Vancouver, BC V6B 6R3

# PACKING LIST

A checklist of recommended items to take with you on a Maranatha project.

## Work Wardrobe

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

## Masonry Tool List

*The more tools the group brings, the more likely it is that everyone can keep involved in the construction process.*

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

## Items to Remember

- Maranatha t-shirt
- Passport
- Photocopies of your passport in checked baggage
- Copy of your airline ticket or itinerary
- eVisa confirmation
- Negative COVID-19 PCR test results
- QR code from completed Ministry of Health Form
- COVID-19 Vaccination Record (if fully vaccinated)
- Minor Consent Form (for those under 18)
- Copy of final packet with project addresses
- Face mask(s) or covering(s)
- 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 or sweatshirt
- Flip-flops or sandals
- Personal toiletries (soap, deodorant, etc.)
- Hand sanitizer
- Insect repellent (30% DEET or higher)
- Sunblock (SPF 30+)
- Lip balm (with sunblock)
- Bible
- Camera, batteries, and memory cards
- Flashlight with extra batteries
- Washcloth
- Cash for meals in airports, souvenirs, or special 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
- Binoculars
- Supplemental items for specific diets (gluten free, vegan, etc)

## Optional Outreach Items

- Money for purchasing items locally or giving to the school (this helps the local economy)
- School supplies: pens, pencils, erasers, notebooks, backpacks
- Christian books and pamphlets
- Group toys (jump ropes, soccer balls with pumps, etc.)
- Toothbrushes and toothpastes
- Hair clips

## Requested Outreach Items

*You will receive an updated packing list closer to the project, which will likely include special outreach requests for the children's ministry and medical clinic programs.*

# THE MARANATHA

# STORE

## BUY MARANATHA MERCHANDISE!

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

### MARANATHA T-SHIRT \$10



This Maranatha shirt is a poly/cotton heather blend by Bella + Canvas. Color is "heather forest"; unisex sizing.

### HARD HAT \$13



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

[MARANATHA.ORG](http://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](http://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

