



Kajiado Adventist School and Rescue Center Dedication Trip

Location: Kajiado, Kenya

Project Dates: July 9-11, 2024

Project Participation Fee: \$275*

(\$250 for Zambia Project Participants)

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

International flights are not included in the participation fee.



PROJECT OVERVIEW

Kajiado Adventist School and Rescue Center

The Kajiado Adventist School and Rescue Center 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 and sometimes beyond. FGM and child marriage 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 and attend the school, the boys pay tuition, providing much-needed funding for the budget.

When Maranatha first visited Kajiado, the dorms and classrooms were inadequate and overcrowded. Three or four girls slept in each twin bed. The boys used a classroom as a dormitory. Maranatha volunteers have been working at Kajiado since February of 2019. They have built dormitories, bathrooms, an administration building, classrooms, a dining hall, and an entire secondary school. Maranatha also drilled a well on the property. Construction is finished, and volunteers headed to Kajiado will be part of a special dedication ceremony.

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 work in Kenya by building churches, school classrooms, dormitories, dining facilities, and water wells.

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.

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, depending on location.
Laundry	Yes, at an additional expense.
Pool	Yes
Distance to Work Locations	15 min drive

Leadership

Karen Godfrey

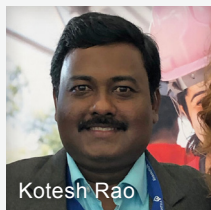
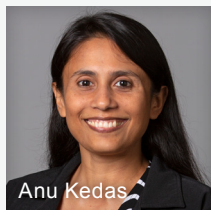
Project Coordinator

Anu Kedas

Maranatha Country Director

Kotesh Rao

Maranatha Volunteer Support



PROJECT SCHEDULE

Tuesday, July 9

Arrival in Nairobi

Wednesday, July 10

Optional Day Trip and Evening Activities at the Rescue Center

Thursday, July 11

Morning Dedication Program and Evening Departures

WHAT'S INCLUDED

- ☒ Accommodations
- ☒ Vegetarian meals
- ☒ Ground transportation
- ☒ Short-term insurance

ESTIMATE OF ADDITIONAL COSTS

- ☒ Passport \$130 or \$110 for renewal
- ☒ eTA: \$30

Expenses

Total Fee: 275*

Zambia Project Participants: \$250

(Insurance already included in the project fee)

*All amounts are listed in U.S. dollars (USD). Ages are determined on the start date of the project. The total fee is tax-deductible.

Payments* can be made three ways:

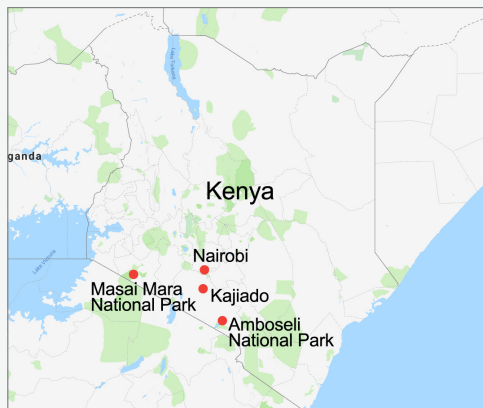
- Check sent to the Maranatha office in California (include a note with your name and “Kajiado dedication trip”).
- Online, using the project payment link in your confirmation email.
- Over the phone at (916) 774-7700.

**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. Please 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.
- Around 900 A.D. 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 to Kenya in the early 1900s.



FACTS AND FIGURES

Capital: Nairobi

Population: 53.5 million (July 2020)

Language: Kiswahili, English, and indigenous languages

Climate: Tropical along coast and arid inland.

Religion: Christian 85%, Muslim 11%

Currency: Kenyan Shilling



Foreign Cash

Kenya uses the Kenyan Shilling, which has an exchange rate of approximately 135-145 shillings to \$1 USD (October 2023). This exchange can be made at the airport, or the project coordinator can 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 bills, you might get a different exchange rate. Any cash you bring should be new, unmarked, and untorn 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 plug tag.

Weather

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

Temperatures in June will range from the low 60s °F during the night and mid 70s °F 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](#) (available at 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.

Project and Excursion

Arrive: Nairobi, Kenya (NBO) after 12:00 p.m. on Tuesday, July 9

Depart: Nairobi, Kenya (NBO) after 6:00 p.m. on Thursday, July 11

**Maranatha sets a reasonable arrival window, which accommodates many international flights and fits well with the project schedule. We would strongly advise you to stay within these arrival and departure windows. If you absolutely must book an alternative flight, please contact Maranatha prior to doing so and please note that 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.*

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 the arrival and departure windows listed above. If you have any questions, feel free to call Maranatha at (916) 774-7700.

Travel Resources

- **CI Azumano Travel:** 800-454-4099 or by email at corporatetravel@ciazumano.com
- **Butler Travel:** 503-879-5005 or by email at info@butlertravel.com

Entry Requirements

Below are the requirements for United States (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 (September 22, 2024). 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 acquire your passport.

Electronic Travel Authorisation (eTA) | In addition to a passport, travelers must also have an Electronic Travel Authorisation (eTA) for the country of Kenya. Travelers must apply for the eTA online. Travelers are no longer able to get visas upon arrival in Nairobi, so you must complete the eTA online ahead of time.

COVID-19 Requirements | Currently, there are no COVID-19 requirements for Kenya. Changes can happen suddenly, and we will do our best to update you. Please continue to check Kenya 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 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. 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 Karen Godfrey, 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 and a personal item, such as a purse or small daypack. 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 couple day's worth of clothes and toiletries in your carry-on luggage, just in case. We recommend you keep your carry-on luggage with you; do not "gate check" your bags, especially if the bags have electronics or camera gear.

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.

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.

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 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

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

- Avoid close contact with people who are sick.
- Wash your hands often, with soap and water.
- If you don't have access to soap and water, use hand sanitizer.
- 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.

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.

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 is not effective in Kenya. Please request NON Chloroquine malaria medicine.

*Center for Disease Control and Prevention

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% 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 (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 will 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

CONTACT INFORMATION

Phone: (916) 774-7700

Fax: (916) 774-7701

Email: volunteer@maranatha.org

Website: 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

The Maranatha Store

Buy Maranatha merchandise!

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

To order, visit maranatha.org/store or call (916) 774-7700

All prices are excluding sales tax and shipping.

Maranatha T-shirt \$10



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

Maranatha Sweatshirt \$25



This unisex pullover hoodie is remarkably soft with a loose fit that is versatile and lends itself to daily wear. Spun from a plush fabric that is made up of cotton and polyester fibers, this hoodie features an up-to-date fit, hood with white drawcords, kangaroo pocket, ribbed cuffs and waistband. Color is "Heather Navy"; unisex sizing.

Caps \$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.

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.

