



MISSION TO AFRICA!

SHORT-TERM OUTREACH TO HELP MEET NEEDS OF
THE PEOPLE IN KENYA

12 DAYS - \$1000.00 PER PERSON!

(plus airfare)

June 14th - 25th 2021

How Will We be Serving?

The needs of the Kenya people are great, there are plenty of ways God can use you to make an impact. These opportunities may include:

- *Construction and Maintenance Projects
- *Visitation and outreach to Families
- *Special Programs for Youth and Children
- *Well dedications
- *Medical outreach
- *Food & Clothing Distribution
- *Vacation Bible School

Together we will coordinate a work schedule that helps to meet the Ministries' needs and suits the desires, skills, and talents of our team members.

INCLUDES:

- *Your lodging and all meals in Kenya
- *All ground travel in Kenya
- *Project expenses
- *Team leaders

(Not Included: All airfare and food in route to Kenya)

"Sharing the love of God through practical hands-on care"

600 Whitman Pl. Medford, Oregon 97501 Ph. (541)621-0134
www.helpinghandsinternational.com

Kenya Packing list

Passport - make copies

Copy of Online Kenyan Visa

Bible, pen, journal

If you wear contacts, take your glasses along

Prescription medications (in their original containers)

Traveler's checks/ credit cards

Photos of your family

Canteen, water jugs

First Aid Kit - HHI

Electrical adapters and transformers

Toiletries—soap, toothbrush, toothpaste, deodorant, etc.

Sun screen

Bug repellent

Sense of humor (bring extra)

Flexibility

Appropriate clothing for work, play and church

Fruit of the Spirit

Work gloves

Hat

Several Covid Facemasks!

Windbreaker or light coat

Flashlight and batteries

Lomotil or similar drug for diarrhea (at least 1 bottle per team)

Chapstick and hand lotion

Wet wipes / hand sanitizer

Toys to play with children—balls, jump ropes, etc.

Money for things not included in package price (\$20.00 bills or higher 2001 or newer)

Emergency (vitamin C powdered drink mix)

Money belt

Extra duffle bag?

Ear plugs!

VACINATIONS!!

Don't bring:

Too many clothes

Prized possessions

Clothing with unacceptable advertisements

Immodest clothing



To: All individuals going to Kenya

3/20/21

Re: Passports/Vaccines/Visa:

During the past year we have received many calls about the changes at the border regarding identification and what vaccines are suggested. Here is the current information.

Identification Requirements:

Passports are mandatory. This should be done ASAP. Check your expiration date, it should be valid for 6 Months past return home date!

Visa: You will need a tourist visa to enter Kenya. You will apply for this online. The cost is \$51 per visa. Once we have the lodging details that are needed to apply, you will receive the website address for an e-visa.

Health Suggestions:

- Malaria pills
- The suggested vaccines are:
- Hepatitis A & B
- Current Tetanus
- Typhoid
- Yellow fever

COVID- 19 We will be keeping an eye on Covid tests and requirements for the trip, as it could change. Most airports have rapid testing sights. You will need a negative Covid test before leaving the USA and entering Kenya, as well as prior to departing Kenya to head back to the states. What if someone tests positive in Nairobi and cannot fly home? Although this is slim, it is a possibility that we need to prepare for. If this happens, that person (if a minor with an adult) will need to stay in the country and quarantine the required 10-14 days. We will arrange lodging, but the expense will be the responsibility of the traveler, not Helping Hands International.

***Helping Hands International HIGHLY recommends all participants receive Covid-19 vaccinations prior to your trip to Kenya! Imagine us bringing Covid-19 to a village with little to no healthcare. The results could be devastating!!**

See your local Health Dept. or Doctor for a specific list of vaccinations and Malaria pill information!

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Proper Dress Code:

Since the fashions have become skimpier in the U.S over the past years, we thought it would be easier to address this prior to arriving in Kenya.

1. No undergarments showing at any time (guys and gals)
2. Bare legs for women in this culture can be offensive
3. No tight fitting shirts (girls) especially those that barely meet the top of the pants when moving or stretching, showing bellies. Loose-fitting men style shirts are perfect.
4. No tank tops for girls, sleeveless ok.
5. No skimpy shorts/skirts
6. Men should not take off their shirts when working.
7. Dresses/skirts for outreach in some locations

The reason for this is mainly that the Kenyan people we interact with in the villages are very modest and conservative; An inexpensive dress/skirt can be purchased at a local thrift shop.

Smoking/Drinking

If you are 18, and there is a designated area to smoke. Also no one under 18 will be allowed to smoke.

All alcohol consumption is prohibited on this trip.

Thank you so much for your help and for your willingness to serve our brothers and sisters in Kenya. Please feel free to call with any questions you may have. Looking forward to serving with you.

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