



# Wandering Women International



## Kenya Experience Guidebook

Your preparation companion for a purposeful, community-centered journey to Kenya.



# A Letter From Samantha

Hi beautiful,

I am so honored you said yes to this journey. This work, this place, this experience — it's deeply personal to me. Kenya has a way of meeting you exactly where you are. It's vibrant, real, emotional, and full of life.

This isn't about seeing something new. It's about *feeling something real*.

Come open.

Come curious.

Come ready.

Even if you don't know what that looks like. You don't need to have anything figured out. Just show up as you are.

💛 Sam

The is a dynamic type of trip and flexibility in our western culture is not what flexibility looks like in Kenya.

# Before You Go

Some important items to remember before you go. You will receive more in-depth information as we prepare for travel.

## DOCUMENTS & HEALTH

- ☐ Passport valid for at least 6 months after trip
- ☐ Consult your doctor about recommended immunizations
- ☐ Travel insurance (recommended)

## COORDINATION WITH SAM

- ☐ Confirm your flight details and timing
- ☐ Arrange airport meetup (Denver or Nairobi)
- ☐ Attend pre-trip meetings (in-person or Zoom)

## FUNDRAISING & SUPPLIES

- ☐ Help raise funds for trip projects and scholarships
- ☐ Collect supplies to bring when possible
- ☐ Encourage friends and family to contribute

## FINAL PREP

- ☐ Review the full itinerary (sent 30 days before)
- ☐ Pack according to the packing list
- ☐ Charge your devices and download offline maps

# Your Trip at a Glance

Before you pack a single thing, it helps to know what you're stepping into. Here's the essence of this experience.

## Experience Style

Purpose-driven, group travel

## Pace

Full days, flexible/changeable schedule

## Comfort Level

Simple, comfortable, not luxury

## Environment

Rural + community-based (limited time in the cities)

## Focus

Connection, service, cultural immersion



**This is not a vacation. This is an experience.**

# What This Trip Is (and Isn't)

## ✓ This Trip IS

- Meaningful and connection-centered
- Emotionally impactful
- Grounded in real experiences
- Full of unplanned, beautiful moments
- Opportunity to grow and expand your world view

## ✗ This Trip Is NOT

- A luxury vacation
- A perfectly structured itinerary
- Passive sightseeing
- Something you observe from a distance

The most meaningful parts are often unplanned. Come ready for both.

# What to Expect

## The Environment

- Long travel days
- Bumpy or uneven roads
- Rural community visits
- Simple accommodations

## What You May Feel

- Joy and gratitude
- Discomfort
- Perspective shifts
- Emotional moments you may not anticipate

All of it belongs. Every feeling is part of the journey. You aren't alone.



# A Typical Day

Every day will be different — and that's part of the beauty. Here's a general rhythm to expect.

## Morning

Breakfast together, then travel or a community visit to start the day with intention.

## Afternoon

Travel, rest, or transition. A chance to breathe and process what the day has brought.

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## Midday

Activity, outreach, or connection — the heart of the day's work and purpose.

## Evening

Dinner together followed by group reflection to close the day with gratitude and honesty.

Flexibility is the greatest gift you can bring. Plans WILL shift, and that's where the magic often happens.

# Group Culture & Your Role



## How We Show Up Together

We are intentional about how we move as a team. This is a space for kindness, respect, support, and honesty. Even when we are tired.

- ❑ **Your presence matters.** You are a guest, a team member, and a representative of WWI. Show up open, respectful, and present.

### We Expect

Flexibility, open-mindedness, courtesy, kindness, and encouragement of others

### We Don't Tolerate

Disrespect, gossip, or negative, disruptive energy



# Travel Realities

Part of being prepared is knowing what's normal here. These aren't inconveniences — they're part of being in Kenya.



## Cold Showers

Hot water isn't always guaranteed. It's a small thing that builds big resilience.



## Power Outages

Electricity can be intermittent. Come with your phone charged, your patience ready - and a battery pack



## Long Travel Days

Distances in Kenya are real. Bring patience, snacks, your water bottle, and an open window.



## Plans May Shift

Flexibility is the greatest gift you can bring. The detour often becomes the memory.

# Health & Wellness

Your well-being is our top priority. Please be aware of these common realities and communicate any concerns promptly.



## Hydration is critical

Especially in a warm climate, staying hydrated is essential. Drink water frequently throughout the day.



## Heat and sun can be intense

Protect yourself from the strong sun with hats, sunscreen, and appropriate clothing. Seek shade if possible.



## Stomach changes are common when traveling

New foods and water sources can sometimes upset your stomach. Be prepared and communicate to your team leaders immediately if you have issues.



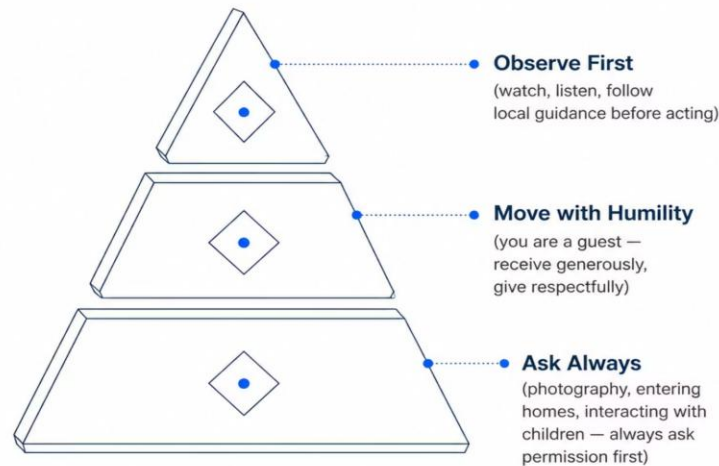
**Tell your leader immediately if you feel ill, lightheaded, or unwell in any way.** Your health is important, and we are here to support you.

## Cultural Respect

The communities we visit are not attractions — they are homes. We enter with humility, gratitude, and deep respect.



**Respect always comes before experience.** Be present — not everything needs to be photographed. We want your attention in the moment.



→ **Modesty Matters**  
Dress thoughtfully in community spaces.

→ **Honor Elders**  
Elders are to be deeply respected.

→ **Homes Are Sacred**  
Always ask before entering a home or photographing.

# What to Expect Emotionally

This trip will move you. You may experience a range of emotions — all of them valid and important.

## JOY & GRATITUDE

- Connection with new friends and communities
- Witnessing resilience and beauty
- Moments of pure presence and aliveness

## DISCOMFORT & PERSPECTIVE SHIFTS

- Awareness of global inequality
- Questions about your own life and choices
- Feelings of helplessness or feeling overwhelmed

## GUILT ABOUT PRIVILEGE

- Recognizing the advantages of your Western/U.S. life
- Wondering if it's fair that you have so much while others have so little
- Questioning your role and responsibility
- This is normal and important — don't push it away

## EMOTIONAL INTENSITY

- You may feel more deeply than usual
- Tears, laughter, and silence may all happen in one day
- Communication is key to process how you are feeling
- Your emotions are a sign that you're truly present

## REMEMBER

You are not alone in these feelings. We process together as a group. Your emotions are part of the experience — they're not something to fix or overcome. They're part of how you're being changed by this journey.

# Practical Prep: What to Bring & Expect



## ACCOMMODATIONS

- Clean but simple hotels
- Shared rooms
- Occasional cold showers
- Intermittent electricity or outages
- This is normal and part of the experience



## FOOD & WATER

- Bottled/filtered water is provided
- Meals are generally simple and locally prepared
- Expect a mix of familiar and new foods
- If you have dietary needs, communicate early and often



## PACKING REALITIES

- Modest clothing
- Comfortable walking shoes
- Layers (for weather changes)
- Rain gear
- Quick-dry clothing
- Less is more — pack light

# Social Norms & Behavioral Expectations



## SOCIAL AWARENESS

- Personal space may differ from what you're used to
- Attention from locals (especially in rural areas) is normal
- Children may approach you with curiosity
- Always respond with kindness and calm presence



## GIFTING GUIDELINES

- You may feel a desire to give — this is natural
- Do not give money, gifts, or items without permission
- We distribute aid intentionally and respectfully
- This protects both the community and the integrity of our work



## ALCOHOL & SOCIAL BEHAVIOR

- Alcohol is allowed in moderation
- Drunkenness is not acceptable
- Public displays of affection are discouraged
- We operate with respect for local culture



## SAFETY

- We stay together
- You will always be guided
- Trust your leaders and the process
- If you ever feel unsure, ask immediately

# Questions?

## **Q: Who can attend?**

A: Adult women ages 18+. Young women ages 14–17 are welcome with a parent or legal guardian.

## **Q: Do I need travel experience?**

A: No experience is necessary. Many of our participants are traveling internationally for the first time. We provide step-by-step guidance, pre-trip meetings, packing support, and on-the-ground leadership. You will never be navigating this alone.

## **Q: What's included in the trip cost?**

A: Visa, lodging, meals, water, in-country transportation, security, and activities. Airfare is not included.

## **Q: What should I pack?**

A: You will receive a full packing guide, but essentials include comfortable modest clothing, layers, walking shoes, rain jacket, and personal medications. The goal is simple: pack light and practical.

## **Q: Is Kenya safe?**

A: Yes. We prioritize safety by traveling as a group, staying in secure accommodations, and working with trusted local partners.

## **Q: What do I need to travel?**

A: A valid passport (expiring at least 6 months after the trip) and any recommended immunizations from your doctor.

## **Q: Will we meet before the trip?**

A: Yes. We host in-person meetings when possible and Zoom calls for connection and preparation.

## **Q: Do I need to fundraise?**

A: Yes. Participants contribute to trip projects, community supplies, and scholarship funds. Fundraising is an important part of the mission and impact of WWI trips.

## **Q: Will there be WiFi or cell service?**

A: WiFi is available at most hotels but can be slow. Cell service varies by location. We recommend WhatsApp for communication.

## **Q: What if I feel nervous, sick, or overwhelmed?**

A: That is completely normal. Whether it's pre-trip jitters, physical discomfort, or emotional overwhelm during the experience — you are not alone. Communicate openly with the team leader or fellow travelers. You will be guided, supported, and fully cared for.

# You're Ready.

This guidebook is just the beginning. The real preparation happens in your heart — in the decision to show up open, curious, and willing to be changed.

## Come Open

Leave expectations at the door.

## Come Curious

Ask questions. Listen deeply.

## Come Present

This moment is the point.

Kenya is waiting for you. 🧡





# Contact & Connection

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Have questions before the trip? Reach out anytime. We're here to support you every step of the way — before, during, and after your Kenya experience.

In 3-4 weeks after we return, you'll receive a Post-Trip Reflection Guide to help you process and integrate this experience into your life. We'll stay connected as a community.