



Global Village Ministries - Kenya Dental/Medical Service Trip

Global Village Ministries (GVM) is a non-profit 501c(3) organization registered in the US, and we would love to have you join us on our July 2021 trip to Kenya, July 15-26. We provide three different trips every year in February, July and October. Each is unique and offers you different options. The clinics are provided in areas that don't have much medical or dental care available, or the people in the area cannot afford it. Most of the clinics are done at schools.

Our care is given freely to those who come and are in need. We promote long term projects in Kenya – including building projects, and currently we have several ongoing education projects, with our largest support going to The Olmalaika Trust. Our focus is not on how many patients we treat, or the number of teeth extracted/restored, but instead on building relationships and reflecting our Maker.

In July we do all our clinics in Maasailand. We will be in tents for most of the time, and enjoy many evenings around the fire. We end our trips by spending some time in the Maasai Mara National Reserve which is probably the most famous and most visited Reserve in Kenya. It offers breathtaking views (as seen in the film "Out of Africa", much of which was filmed here), an extraordinary density of animals including "the Big Five" (lions, leopard, elephant, buffalo, rhinoceros) and many varieties of plains game. An impressive feature is the annual migration of wildebeests, (over 1.5 million of them migrate) zebras and gazelles from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara's grasslands from late June, tracked by predators: lion, leopard, cheetah, and hyena, and circled by vultures as their journey unfolds. Their dramatic river crossings are a reality for tourists visiting in early July-October. Apart from the seasonal migration, game viewing is excellent year round. Game includes elephant, black rhino, buffalo, plains zebra, giraffe and more plus the big cats. The rivers are home to hippo and crocodiles. 452 species of birds of which 53 of which are raptors

While in the Maasai Mara we camp for the first two nights - showers and toilets are available. Because of the remote location, wild animals can frequent the camp both day and night. It is not uncommon to hear hyenas laughing and lions roaring or grunting during the night. Your last night in Kenya is typically spent in a lodge within the Mara where you will be treated to a little less than 24 hours of relaxation.

Kenya is a warm and inviting country – the people are amazing! When you leave, your heart will always hold a part of Kenya in it. You will have made a difference and your life will be changed

If at any time you have questions please feel free to contact us.

Kim Dewitt

Global Village Ministries ~ Director

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Website:

www.globalvillageministries.org

www.theolmalaikatrust.org

Financial details / Passport Info / Flights / Application Info

*Everyone must have a passport – be sure it does NOT expire 6 months from the last day of travel

*It would be wise to purchase travel insurance.

*For just \$15 we can get you Flying Doctors Society Insurance which covers an emergency flight within Kenya.

*Obtain a visa prior to traveling to Kenya (cost approx. \$53)

*Personal money for tips, soft drinks/juice at hotels and souvenirs

*\$1850 for trip covers items such as lodging, transport, food, park fees, medicines, general supplies and more.

Please note that this is non-refundable and does not necessarily include airport pick up when arriving.

Tickets: When looking for the best flights and prices be sure you are arriving in Nairobi (NBO) on July 15th. If you decide to fly in a day earlier or out a day later because flights are cheaper, we can set you up for pick-up or drop-off via a taxi and help you make overnight arrangements. Your outgoing flight needs to be departing AFTER 10pm on July 26th if you are not staying for the optional portion at the end. NOTE: Before you purchase your ticket please contact us so we can double check to make sure times and dates are right.

Application ~

*\$100 is required when you send in your application and it is included as part of the total cost.

*Mail or scan us a copy of your passport and once you have obtained your visa send us a copy of that as well.

* ***If you are a physician, either medical or dental***, you need to mail or scan a copy of:

If you are a physician or dentist coming with us, we will need the following along with your application as soon as possible.

A. Copy of passport

B. Passport Picture

C. Certified copies of academics and certificates

D. Evidence of passing councils pre- registration examination/peer review certificate

E. Certificate/License to Practice

F. Certificate of Good Conduct - Police Report

G. Resume / CV

These all need to be in English. Please get them to us as soon as possible.

(NOTE: Kenya requires us to obtain a license for you to provide care while there and requires the above information)

***“Permission to Treat”** forms for those 17 years of age or younger traveling without parents will need to be signed, notarized and the original copy needs to be mailed to us as soon as possible

The following amounts of money for your trip are due by the dates below or sooner and are non re-fundable

Trip July 2021

\$100 is due send with application.

\$1750 due May 10, 2021

HOW DO I MAKE PAYMENTS? You have options –

FIRST OPTION

- Pay via check written to Global Village Ministries. (8712 N Ridge Ave, Berrien Springs, MI 49103)
- Please write on the memo line the following depending on what month you are coming:
Feb Service Trip Fund, July Service Trip Fund, October Service Trip Fund
- If you are asking others to donate on your behalf be sure they are not writing your name on the memo line. They can write your name on a separate paper and put it in with the check.

SECOND OPTION

- Pay via credit on our website via the pay pal link
- Pay Pal takes out 2.2% & US .30 cents to each transaction so please be sure to increase your amount to cover this charge.

THIRD OPTION

- Do a bank transfer or international wire. (involves extra bank fees)

July 2021 Trip to Kenya

The first night you will be at a guesthouse, and from there head out into Maasailand where we will provide clinics around deep in the heart of Maasailand. From there we will head into the Mara and hopefully the wildebeest migration will be happening in the Reserve. The last Sunday night we will stay in a lodge where you will experience Kenyan hospitality at its best, and then you will head back home - leaving your heart in Kenya!

Tentative Schedule

July 15 -Arrive in Kenya at Nairobi Airport (Jomo Kenyatta International Airport)

July 16 -Travel to the town of Narok and stay in Seasons Hotel

July 17 -Travel to Olkoroi Camp in Loita Hills

July 18 - CLINIC

July 19 - CLINIC

July 20 - CLINIC

July 21 - CLINIC

July 22 – Travel to **THE OLMALAIKA TRUST**

July 23 – THE OLMALAIKA TRUST (Camp at The Olmalaika Home)

July 24 - Spend entire day in the reserve with a picnic lunch, back to camp by sundown

July 25 - Activities at **THE OLMALAIKA HOME** and then to the lodge for the night

July 26 -Travel back to Nairobi late lunch at the mall and fly out

July 26-30

*Optional trip to climb Mt Kenya

*Optional Safari to THE ARK in the Aberdares National Park and Solio Conservancy

PACKING LIST FOR MISSION TRIP

Please keep in mind you do not HAVE to bring all of this – some are necessary, but many are optional.

Clothing

Shorts
Swimsuit
Scrubs
Jeans/Long pants
T-Shirts/Shirts
Sleeveless shirts
Turtle neck/warm shirt
Pj's
Socks
Hat/Cap
Undergarments
Light weight jacket/hoodie
Flip flops
Sports shoes

Bathroom Needs

Deodorant
Lotion
Sun tan lotion
Chap stick
Tooth paste
Tooth brush
Shampoo/Conditioner
Finger nail clipper
Tweezers
Soap
Razor
Hand Sanitizer/Hand wipes
Towel
Wash cloth
Hair bands
Comb/Brush
Insect Repellent
Mirror
Perfume /Cologne
Makeup
Feminine needs
Optional meds – Tylenol, Charcoal, Pepto
Any prescription medicines you might be taking

Bedding (NOT OPTIONAL)

Sleeping bag
Pillow
Twin Sheet
Extra pillow case (optional)

Personal Items

Sun glasses
Camera
Charger
Converter/adapter (it is 220 there)
Extra batteries
Alarm clock
Watch
Flash light (extra batteries)
Pen
GVM Journal
Passport and Copy of passport
International Immunization Record if you have one
E-ticket
Binoculars
Water bottle
Worship material if you are doing worship for the group
Spending money (bills newer than 2013)

Misc

Snack food for trip (optional)
Peanut butter (we often see if you can bring us a few jars)

*Scrubs are what most people wear whether we are in clinic or not – they are easy to pack and light weight. You can wear a t-shirt with the scrub bottoms.

Mt Kenya Climb

July 26-30

GVM offers an optional excursion in Feb and July after the service trip is over. This excursion costs \$875 extra

Mt Kenya is Africa's second highest mountain at 17,058 feet. While trekking the mountain you will pass through the cultivated farmlands on the lower slopes as the trails pass through the rain forest, rich in trees of many species, but noticeably camphor's, then onto bamboo zone growing to height of more the 12m or more up through open moorland before reaching the higher slopes. The forests are rich in wildlife including elephant, buffalo, leopard, and monkeys with the moorlands offering a long list of mammals including the rock hyrax. Bird life everywhere is plentiful and varied.

The peak area is formed from the hard core or plug of the volcano, the crater having long since been eroded away, and rises steeply on all side some 450 meters above the glaciers and scree slopes (small pea sized gravel). There is excellent rock and ice climbing if you are doing the twin summit peaks of Batian (17,057ft) and Nelion (17,020ft). The third highest peak is Pt. Lenana (16,354ft) which can be reached by any fit walker, suitably equipped. This is the peak we will do.

Remember that Lanana is the same altitude or higher than many Himalayan passes, and that altitude sickness can be a problem. Despite its size, it is possible to gain altitude rapidly on the Mt. Kenya and overzealous climbers run the risk of high altitude sickness. Mt Kenya is responsible for a large proportion of the world's high altitude pulmonary edema cases. This can be prevented if a sensibly slow approach is made. Also, because Mt Kenya is so close to the equator, night can descend with surprising rapidity. Like most mountains, it can be very dangerous place. Many people are injured and even killed each year on the mountain. Regulations require all visitors to register upon entrance to the mountain and sign out on departure. Hiking alone is prohibited, no burning is allowed, and all litter must be taken out of the park with you.

The road from the park gate to MET Station can only be traveled by 4 wheel drive vehicles. **Your climb begins at the gate to the Park and you will hike to MET station (approx 6 miles).** The view is wonderful and you will want to be sure you have you camera with you at all times. Keep in mind there is usually a mid afternoon rain shower that you might experience, you will want to be sure to rain gear with you at all times.

We will hire porters (porters are men who carry your main backpack for you) for everyone climbing so you will only be carrying a day pack with you when hiking. **While on the trip you need to be ready to experience, hail, snow, ice, rain, mud, sunshine, warmth, freezing temps, wind, sunburn, windburn and more, so please be prepared for anything and everything.**

It will be an experience of a life time for you – I have climbed it numerous times and am drawn back to it each time I go to Kenya. You will find the biggest challenge is a mental one – yes, your body will be put to the test physically, but as long as you are mentally strong and determined **YOU WILL MAKE IT.** The plan is to stay together as a group for all the hiking – that allows for a lot more encouragement and support. It is not a race! Another key factor is staying warm and dry. It rains daily around the middle of the afternoon and if you do not have the proper outfit for a rain you can become discouraged very fast – being wet and cold is not fun at all. It is very important to have the right kind of shoes for hiking, they need to be water proof & light weight, you need to always have the option of another pair of boots/shoes just in case the ones you do have on get wet. If at any point you feel you just cannot make it any further you will be able to stay at the camp that is closest to where we are on the mountain until the group comes back. **No one will be taken OFF the mountain unless they are ill or hurt and no one will ever hike on their own.**

Tips: Each person is responsible for tipping. We suggest 1000/- per porter, and 1000/- per person for the cooks, plus 500/- per person for the guide. (the current exchange rate would be approx 1000/- being \$10)

Mt Kenya Climbers Schedule:

July 27

Breakfast at Guesthouse

8:00am Leave for Mt Kenya National Park

*Stop to pick up rental back packs

*Register at the Park Gate (8,530 ft) and begin the climb– 9K to MET Station (9,842 ft)

Supper

July 28

6:30 am Rise & Shine - Breakfast/Pack up

**Pack for hike and be sure to have plenty of water to drink*

7:30am Begin hike to Mckinders Camp (5-7hrs, 6 miles)

**Follow the track to pass the radio tower, the trek runs into a path from there and you will reach the end of the forest belt and enter the moorland. This is the vertical bog – conditions range from damp to glutinous depending on when it last rained. The trail eventually levels out and goes along the edge of the Teleki Valley crossing down into it and over a stream before you reach Mckinders Camp (13,779ft)*

Supper

**Early to bed (18+ bunks in one room – be ready for a rough few hours of sleep)*

July 29

2:30 am Wake up – YOU MUST EAT BEFORE WE LEAVE (even if you don't feel like it)

**Leave your back pack at Mckinders, and only carry your day pack with you. You will want water, medicine for headaches and upset stomach, plus your flashlight and camera. Wear warm clothes!*

**This will be a day of hiking for 8-12 hours or more. The hope is to make it to the summit by sunrise (6:30am).*

3:00 am The climb begins to the summit (Pt Lenana – ascend 2,575 ft)

After sunrise, we will descend down to Mckinders, eat something and walk back to MET station and then on down to the gate - where we will load up and head to Aberdare Country Club for the night

Check into Aberdare Country Club

Hot showers & R&R

7:30 pm Supper

July 30

Buffet Breakfast

R&R

Lunch

**Load up and head back to Nairobi to fly out*

Packing List for Mt Kenya participants

Packing List:

Backpack (a REAL backpack, not a school backpack)
Sleeping Bag (mummy bags are good)
Pillow (small size is best)
Rain parka (pants and jacket are best)
Flashlight (headlight is best, with extra batteries)
2 pair of hiking shoes/boots
Gloves
Scarf/Hat
Hand/Feet warmers
Extra socks
Long johns
Clothing – layer it
Jacket (**warm**, light weight windbreaker)
Toiletries
Water bottle
Sheet (opt for twin mattress)
Day pack
Tylenol/Advil/Ibuprofen/Pepto/Charcoal/Anti Acid Tabs
Camera
Sun tan lotion/Lip balm
Sun glasses
Wash cloth/Hand towel
Band-Aids/Vaseline/Mole Skin

IDEAS for SNACKS TO BRING:

Hot Drinks
Trail Mix
Nutri grain Bars
Fruit leather
Dried Fruit

SUPPLIED BY GVM

2 Trash Bags
Toilet Paper
Purification Tabs for water

*You can rent a back pack in Kenya – which will save you money buying one if you don't own your own.

*You can also rent gaiters, and poles if you would like too

Optional Safari

July 26-30

Those of you coming on the optional Safari will enjoy some amazing lodges and parks. Our first stop will be the Aberdare Country Club about a three hour drive northeast from Nairobi. It is nestled on a slope of Mweiga Hill in the Aberdare Highlands, part of the Great Rift Valley. This captivating site was the homestead of an English couple that decided to settle in Kenya. Almost a half century later, their home, "The Steep", was renamed the Aberdare Country Club and opened for guests. Considered a heritage property in Kenya, *The Aberdare Country Club* has retained the charm of a private home with the simple comforts of a country inn. (www.aberdarecountryclub.com)

We will check at the Aberdare Country Club and you will have a few hours to relax, swim etc before traveling up into the Aberdare National Park to the ARK for your first night (<http://www.thearkkenya.com/>) With multiple decks for viewing the watering hole where a large variety of animals visit. The area is lit up at night with flood lights and you have the option of a bell ringing in your room at night for specific animals being spotted at the watering hole. There is a bird walk you can go on and a wildlife lecture by the big fireplace in the evening. The next morning you will come back to the Aberdare Country Club and check into your rooms. The day will be relaxing with optional activities available – including horseback riding, golf, swimming, spa, massages, and more (some at an extra cost) On Thursday we will take those that would like to go on a safari for the day to Solio Conservancy where you will hopefully be able to see rhinos and other animals/cats.

On Friday after lunch we will load up the vehicle(s) and head back to Nairobi – going straight to the airport as traffic could be heavy. There are places in the airport once you have checked in that you can have dinner if you are hungry. Cost is \$950 per person

Schedule:

July 26

Lodging at the CORAT Guesthouse

July 27

Eat breakfast & pack your sack lunch

9:15 am Pack vehicle

9:30 am Leave for Aberdare Country Club/Mt Kenya National Park

Sack Lunch

Check in for the ARK at the Aberdare Country Club

2:30 pm Travel up into the Aberdare National Park to the ARK

R&R

Buffet Dinner

July 28

7 am Breakfast Buffet

Drive back to the Aberdare Country Club

R&R

Lunch

R&R

Optional Activities (\$)

7:30-9:30pm Dinner Buffet

July 29

6:30- 9:00 am Breakfast Buffet

*Optional day safari to Solio Conservancy

*Packed Lunch

Optional Activities (Golf, Swimming, Horseback Riding, Spa)

7:30-9:30 pm Buffet Dinner

July 30

7:00-9:30am Breakfast Buffet

R&R

Lunch

Load up the cruiser and head to Nairobi and the airport.

Information regarding Kenya:

Weather: The temperature can range from the low 40's at night to high 70's during the day. Rain is possible, but most likely it will be sunny and chilly with very little humidity. The cool breeze masks the effects of the hot sun, so please bring sunscreen and apply liberally every day.

BRING SOMETHING WARM – it can/will be cold!!

Thieves: Stealing is common in Kenya. Be careful with your valuables.
GVM/African Springs Safaris Ltd cannot be held responsible for them.

Camera – Be sure you bring lots of memory cards, and extra batteries. Remember there will be places we stay without electricity so you will not be able to re-charge it on a daily basis

Our Policy on “Giving Items”

We ask that you not bring items to give away unless they are items/donations for THE OLMALAIKA HOME. So please no candy, no clothing or other item to give away at clinics or in general. We realize this might seem like a very hard policy to understand – but it is important to understand that the communities we work with are not in need of our “western” ways and things for the most part.

Please take the time to read the excerpt below written by Heather Ruiz as she shares about “giving” – we hope it will help you understand Global Village Ministries’ goals and desires as we work in communities in Kenya

“Cheikh Mohammed, do your friends give you gifts?” I started, breaking off a piece of village bread.

“Of course, it’s a friendly thing to do.” He adjusted his posture on the scratchy woven carpet.

“Now if I’m coming from America to give you gifts, am I your friend?”

His face darkened, and he chewed a great deal before he spoke. “Heather, a donation is a very dangerous thing to give away. Your American world is filled with so many items and material goods, that you might not understand the gravity of handing something for free to someone who has never been handed anything. Do you know what this village means? Generations of desert wanderers, learning and toiling for their bread and meat and homes. We are proud of this; we are empowered, by this. Now, give a village man a handout? You’ve just weakened him. You’ve increased his dependency; diminished his sense of self-esteem. One of the most widely-accepted notions is that Westerners are the solution to African problems. This requires portraying us as helpless and endlessly re-circulating images only of abandonment and violence, or innocence and primitivism.”

“But poverty and hunger still exist, and our morality moves us to feed and clothe,” I broke into his silence.

“You asked me if my friends give me gifts,” he said. “Make sure that you are my friend. Make certain you understand me, first. Learn my strengths, my heart, my efforts. Once we are established in brotherhood, then yes, send me a present, one that won’t hurt me to open.”

“You see, Heather,” he set his meat down to look closely at me, “We are not weak. We are not underdeveloped. If you believe we must be helped, look more closely. We are content in our hearts, affectionate to each other, and attentive to our souls. Perhaps the greater need is for us to be helping you.”

Your heart will be pulled in many directions while you are with us in Kenya. There will be things you will not understand, but we hope that you will feel comfortable enough to come to us and ask questions and that you will have a desire to understand the ways of Kenya and when you leave to go back home our prayer is that you will have a new understanding

and appreciation for something that might be very different than what you are accustomed to. We don't just want to provide an experience we want to provide a long-term difference for both you and those in Kenya.

We also want to caution you with the pictures you might want to take. Remember that we want to protect everyone's privacy - put yourself in their shoes.... How would you feel if someone you never had met before (or just met) was constantly taking pictures of you, your children, your home etc.? I am sure you would be very uncomfortable and possibly offended. It is easy to be so amazed by everything - your intentions are good, and you want to share with those back at home, but it is so important to remember that we are working with people just like you and me, with feelings like you and me and how they perceive each of us is extremely important. **Of course, you can take pictures....** all we are requesting is that you ask people before you take them.

Just remember the most important thing you can give in Kenya is your heart and that requires no toys, no candy, no handouts, and no pictures. It's something you just give freely, and you will be amazed at how much you will get in return.

Janet Engle is a practicing Pediatrician in Colorado and one of our main physicians on the trips to Kenya as well as a board member. We have been blessed to have her join us each July in Kenya for the past several years. We feel it is important to share with each of you her experience and we hope it will give you a better understanding of how our program works.

“Over the past few years I have had the privilege of joining Kim DeWitt and Global Village Ministries on a medical service trip to Kenya. The impact that these trips have had on my family and my practice as a physician have been life changing. I wanted to put together a letter to explain some of the thoughts and philosophies that have come out of these trips. I also want to encourage you to take the time to grow and expand your own knowledge of the world that God has created and the work that He has provided for us.” Global Village Ministries is an organization that provides medical mission trips to remote areas of Kenya. Although the trips are short term, their mission revolves around education and sustained impact rather than simply treating illness and leaving the area. Medical personnel often think about providing medication and seeing as many patients as possible in a short time. We would like everyone to think about ways to have a bigger impact than this. The basic tenant of medicine is to First Do No Harm. This is especially important when we are talking about relatively healthy populations. Although we want to treat illness and the people like to receive medication, we do not want to give drugs that can cause harm. Medications that can cause immunosuppression and medications that can do this in high doses are dangerous as the strong immune system is necessary to live in the conditions in which the Maasai dwell. On this same line, they are antibiotic naive and do not require high doses of medications to treat infection. The last thing we want is to cause antibiotic resistance in communities. Topical medications, ear drops, and eye drops work very well to fight infections here. The desire to see many people to have a true impact during a short-term mission often makes individual patient encounters very superficial. Please take the time to touch every patient, even if you know immediately what is wrong. An exam of everyone that takes the time to walk to clinic is absolutely the most important part. This not only ensures that we do not miss illness, but also lets them know that we care about the whole person. Back pain is likely from a life of hard work but occasionally is a more serious issue. Please touch them and let them know you care. Interactions with families are more important than numbers. While there, we cannot solve every problem. Please take care of things that make a difference. Clean and dress wounds, treat ear infections and skin infections. Things like a chronic limp or birth defect that is not life threatening we can take the time to explain in order to assure families that they are doing the right thing and that this is not something they caused - but often we cannot make it go away. Simple things matter. Moisturizing eye drops, wound care, iron supplementation for anemia, and vitamin C for wound healing can make a big difference. Please take the time to explain how a medication is to be used and the reason that it is needed. If nothing is needed, explain how wonderful it is that they are so healthy! Sometimes we have no medication to give because the problem is too serious, or on the other hand, they may not need medication. In this instance take the time to explain things and again let them know you care. "Giving" something is not always the best care, but we can always give of ourselves. Please also use the rest of the team. Sometimes we ask people to do things out of their comfort zone. Everyone should be working together to give the best care. Never hesitate to ask others on the team for advice. Nurses should feel free to get help on any and every patient and the physicians should expect and welcome it. Teamwork is key! I know that you will have an amazing time on this trip! I hope that it will have the same impact on you that it has had on me.”

Janet Engle, MD Eagle, CO

Frequently asked questions:

Your folder will be mailed out to you a couple of weeks before you leave and will contain:

- *Hotel Info
- *Entry letters to Kenya for customs
- *GVM letter for tax deductions
- *ZAWADI – Journal
- *Schedule/Room Assignments and more

What is GVM's website? What is the Olmalaika Trust website?

www.globalvillageministries.org www.THEOLMALAIKATRUST.org

What about safety in Kenya?

Here are our feelings and thoughts about it ~

Kim has lived in Kenya for over 18 years - as a child for 12 years and as an adult for 10+ years. Over time things have changed in many ways in the country, and her feelings for Kenya, the people and the incredible wildlife have only grown stronger with each year. It breaks her heart to see what the terrorism has done to Kenya and how the media has often been misleading in their presenting of it. One can never deny that Kenya has its problems - yes there are armed robberies, yes there are terrorist attacks, yes there is sickness, yes there are terrible road accidents, yes there is HIV, yes there are home invasions, yes there is drug dealing, yes there is corruption, yes there are murders, and YES we (Kenya) are just the same as the rest of the world.

Do you have those things where you live? Of course - every single one of those things are also in the US and other countries around the world. You can get shot in the just going to the mall, sending your children to school can be dangerous and even going to church. NO place or country is immune to violence

It can be very scary going to a new country that you really know nothing about. Your families are nervous and some are really not wanting you to go because of the picture the media puts out there. That is all totally understandable. You hear about different things from the news going on and it can seem like all of Kenya is being attacked or full of terrorists, but it is not. Yes, there are pockets of areas which would probably be known as "hotspots" and those are not areas that tourists visit or hang out in.

Our group will land at the Nairobi airport which is on the outskirts of town and we will go from the airport to the guesthouses where we will stay for the first night - which are about 15 miles from downtown. From there we will never go back into Nairobi (other than when we take the same route we came and take people back to the airport) and on Friday we head into Maasailand. There is probably no place in Kenya safer then where we will be.

What you have to ask yourself is if a bomb went off in Detroit would you not go out of your house in Lansing? Would you not travel anywhere in Michigan anymore? My guess is life would go on just as usual for you..... so it is in Kenya - Kenya is not a city, it is an entire country and is over twice the size of the entire state of Nevada.

With all that being said.... we want to make it clear that we, nor anyone of you can promise complete safety ANY WHERE in the world. As much as we wish we could promise you safety in Kenya we can't. We cannot promise we will not have an accident; we cannot promise that no one will get sick - the only thing we can promise is that we take every safety precaution possible.

We do encourage you to register with your embassy (online) in this country - this is just a normal procedure. Use globalvillageministriesKE@gmail.com and phone (0713 010092) when registering instead of yours that way it is easy for them to contact us here in Kenya .

What immunizations do I need? Where should I go to get them?

There are no immunizations required by the Kenyan government at this time if you are coming from the US. If you opt to have immunizations and visit a physician or medical facility to find out what immunization you should take, you will probably be overwhelmed by all the shots/pills they will encourage you to have/take. We always tell everyone they need to pick and choose what they are comfortable with. Some don't get any immunizations, while others get every immunization that was ever invented☺! GVM encourages you to have Hepatitis A, B, Typhoid & up-to-date Tetanus. You can get these immunizations at your local health department without any MD involved. It's usually the cheapest place to get the shots. For the Malaria meds an MD should be involved to make the appropriate recommendations as to what kind and how long a person should take it. Anti-malaria medicine is somewhat like the flu shot – it does not keep you from getting all the types of malaria, but does protect you from many. Some opt to take anti-malaria meds and others don't, it is all up to you.

What will I do for drinking water? Do I need a water bottle?

GVM has a water bottle they will send you, but you can bring your own. We will have large 20-liter containers of drinking water that we carry with us for refills. The water we provide is good drinking water. We do our best to keep from purchasing regular throw away water bottles in order to keep our environment and wildlife safe. When we are at hotels you will need to purchase your own drinks (water, soda, juice) **Keep in mind that PLASTIC BAGS ARE ILLEGAL IN KENYA and beginning June 2020 there is a ban on Single Use Plastics in all Conservation areas.**

How much spending money do I need & can I use my credit card to shop? Can I use US\$ or other currency at the stores? You will want to have extra money along to purchase trinkets and curios at the little places we stop at to shop, plus when at hotels/lodges soft drinks, cold bottled waters, juice etc do not come with the lunch or dinner so you will need to pay for you own, plus tips. If you are coming from the US you will want to bring bills that are 2010 or newer to exchange into Kenyan Shillings. You can use credit cards at hotels and some shopping places, but for the most part you will need to exchange your dollars/currency into Kenyan shillings (KSH). This will need to be done at the airport BEFORE exiting.

What type of food do you serve?

When we are not staying at hotels we do all our own cooking and serve vegetarian food. We encourage each of you to be a vegetarian while on the trip – but it is up to you. Many eat the meat that is served at the hotels. If you are a strict vegan or have allergies, please let Kim know ahead of time. We have our own cooks who travel with us that we have worked with for many years. Breakfasts are: pancakes, muffins, coffee cake, scrambled eggs, potatoes, a variety of fresh fruit, granola, cornflakes, oatmeal, fruit juice, and hot drinks (of course not all those things at one breakfast). Lunches are usually sack lunches as we are on the road or at clinics and you make it yourself in the morning – sandwiches (peanut butter, jelly, tomato, lettuce, onion), potato chips, apples, candy bar, juice, carrot sticks etc. Then for dinner we have things like spaghetti, salad, vegetables, mashed potatoes/gravy, hay stacks (like a Mexican salad), burritos, samosas, curry, rice etc. We don't get many complaints about the food – and most of the meat eaters seem happy with it too! ☺ Feel free to bring some snack type foods you like – hide 'em in your suitcase... and if you just don't like what is being served.....then you always know where your own personal stash is!

Do I need to bring my own toilet paper? Hand sanitizer?

We supply toilet paper and always have it available on the truck should we need to stop somewhere. However, you might want to bring hand sanitizer and or wipes for your hands

Is there a way for our family and friends in the US to know where we are and what we are doing?

Yes, there is, we would encourage them to visit our blog on our website. We try to keep it updated as much as possible and keep facebook updated with pictures etc.

How do I get a visa for Kenya? Where do I get the form from?

You will need to do it online. Be sure to give yourself plenty of time for it to be processed and obtained. Here is the link <https://evisa.go.ke/evisa.html>

If you need to put a local telephone please use mine
Telephone number – **0713010092**

Select Point of Entry - **JOMO KENYATTA INTERNATIONAL AIRPORT, NAIROBI (JKIA)**

Upload additional documents - scan your **FLIGHT INFORMATION/TICKET**

Once you enter your cc information and submit it might time out - if so just refresh it and it should take you back to the completed and most likely approved visa.

Should I bring my computer?

Keep in mind everything you bring is one more thing that you have to worry about and keep safe! There are some who have their computers with them, but remember there is very limited email and electricity is not always available. The roads can be rough and dusty and things can be broken or stolen easily. When we are at lodges/hotels there is often internet available for a cost. Please remember that GVM/African Springs Safaris Ltd and/or The Olmalaika Trust cannot be responsible for any loss or damage.

What happens if my luggage does not arrive with me?

This does occasionally happen, so it is best not to have them check your carry on through, just in case your luggage does not arrive with you. It is always wise to pack some basics items in your carry on. We do have extra sleeping bags we can let you borrow just in case. During July we travel to such remote areas that we often cannot get your luggage delivered to us till the end of the trip... so plan wisely just in case all you end up with is your carry on.

Can I have an upgraded room?

It would cost more and upgrades are only available for the last night of the service trip – you could need to cover the additional upgrade cost and if your upgrade requires another person to be in a single then you would need to cover the cost for the upgrade, plus the extra cost for the single of the other person vs a twin

How much luggage can I bring?

You are allowed two check through suitcases on the airplane at no extra cost (**one of your checked through suitcases might need to be used by GVM for supplies**) plus you are allowed a carry on and purse type bag or backpack. Please double check with the airline you are traveling on to confirm how many you can check through and the weight allowance. When packing your personal things please pack as lightly as possible. We need everyone to help bring supplies. Once you get to Kenya you will re-pack your personal supplies and you will only be able to take your carry on with the exception of your sleeping bag, towel and pillow. Once we start traveling in Kenya we will have all the food, medicines, kitchen items etc we need plus tents, tables, stools, mattresses so we don't have a lot of space for personal things. **You will only be able to take your carry on and one small bag that you could keep on your lap. Your sleeping bag, pillow etc will be put in a reusable bag enabling us to pack it in smaller areas.** The two suitcases you brought will be stored for you until you fly out. Your carry on will not be accessible while we are driving, so you will want to have a smaller back pack with you for your water bottle, money, binoculars, camera etc. Please **DO NOT BRING** camp chairs, mattress etc.

What if I would like to stay a little longer in Kenya or visit a neighboring country and do a safari?

We of course have the optional safari that we would love for you to stay and be a part of, but if that is not of interest to you, or you need to shorten the length of time, please let Kim know and she can help you make arrangements. Kim and Kamunge have their own safari company called African Springs Safaris Ltd. www.africanspringssafaris.com and the Olmalaika Trust benefits each time you book via them.

What if there is an emergency? Can someone contact us?

Kim has her Kenyan cell phone with her almost all the time, with the exception of it needing to be charged as times. If there is an emergency your families in the US can call her at: **011 254 713 010 092.**

Do I need to bring money for tips on the Service trip?

Yes we strongly encourage tips. The exchange rate is approximately 105/- KSH to 1 US\$ Typical tips are as follows: 100/- to the porter that carries your luggage to your room when we are staying at hotels or lodges. We also collect a tip for the drivers on the last day of the trip and strongly encourage people to give \$20 per person per driver. They do a lot of driving and setting up for us~ they are really a huge part of the success of the trip. We usually have two drivers. Those going on the optional trips are encouraged to tip for that trip in addition to the service trip.

Is there laundry service?

No, but if you want to wash your own clothes by hand – of course you can do that anytime, and hang them on a tree or bush to dry ☺ If it is a nice sunny day, they will dry fast. If you are on the July trip it could be overcast and cooler so it might take a little longer to dry. When you are at most hotels there is laundry service – but for a cost. When you turn it into the hotel staff to have it washed, be sure you check on when it will get back to you, so we don't leave without it.

Will I have a roommate?

Yes, everyone has a roommate, and at times you might be three or four in a room. If you are on one of our trips where we use our own tents, they only sleep two. If you have a specific person you want to room with, please let us know, otherwise we will do our best to match people up. You might want to bring ear plugs just in case your roommate or the tent next to you contains a snorer or two ☺ Please be considerate of your roommate(s) remember some rise early and others stay up late....

What happens if I change my mind about coming on the trip after I have paid for it?

Funds sent in cannot be reimbursed. If you opt to change your plans 31 days before the service trip or sooner (this applies to the optional trips funds as well) we can hold what has not already been used for you to use on either of the two up-coming trips. After that it will be used for whatever needs GVM might have. If you change your plans 30 days or less before the service trip your money for BOTH the service trip & optional trip will not be able to be saved for any future trip, and what has not already been paid for will be used for projects or as needed in Kenya.

I would like to do fundraising. How can others donate on my behalf?

Please share the following options with them.

FIRST OPTION

*Pay via check written to Global Village Ministries. (8712 N Ridge Ave, Berrien Springs MI 49103)

*Please write on the memo line the following depending on what month you are coming:

Feb Service Trip Fund, July Service Trip Fund, October Service Trip Fund

SECOND OPTION

*Pay via credit on our website via the pay pal link

*Pay pal takes out 2.2% & US .30 cents to each keep this in mind when using pay pal

Is the optional trip tax-deductible? No

Can I bring extra things to give away?

We would love it if you could bring supplies for the OLMALAIKA TRUST and we will be sending out an email with items that we could really use at the home. Other than those supplies we do not encourage “give away” items as we want to be respectful of the culture and way of life in Kenya and not encourage our western ways. Please DO NOT bring candy or other types of sweets to give away.

What is it like riding on the overland truck?

There are 26 seats on the truck. Five of the seats face backwards. The windows are large and a lot of sun comes in when riding – one has to be aware of sunburn even while in the truck. There are long drives and very bumpy roads. Dust is often plentiful and the best memories are made when we have to get out and push the truck out of the mud. The good thing on the truck is that you can stand up and move around. The trip is a bumpy one at times.

How can I help make a long-term difference? Sponsorship and Donation Opportunities

Most donations are tax-deductible and no matter how large or small – they enable lives to be changed. When you give to Global Village Ministries your donations go to cover the following projects. If you would like to give toward a specific project or need, mark it on your donation and we will do our best to be sure it goes for that.

THE OLMALAIKA TRUST - provides a safe haven for the young girls who have endured trauma in their lives - including female genital mutilation and/or child marriage. The monthly budget for the home is \$3500 which includes: salaries for 14 staff, food, upkeep of the home and general needs & supplies. The home depends totally on donations.

The Olmalaika Trust Dental Office ~ provides free dental care to all in the area and is staffed by volunteers from around the world. There is always a need for medications, supplies and equipment.

Girls Education Fund - A full year’s sponsorship costs \$100 per month, per girl and it covers tuition, room and board if they are secondary school, uniforms, books, school supplies, medical needs, personal needs, transport and personal clothing.

Medicines/Dental Fund – if there are extra funds or funds that come in that are specified for this, they are used to purchase much needed medicines, medical/dental equipment and supplies for the clinics that we provide in remote and needy areas of Kenya. Includes parasite medicines.

Special Projects - at times we set up special projects for possible field trips for the students, OLMALAIKA TRUST improvement projects.

Administration Fund - without people to coordinate and run all the programs above and organize the service trips none of this would happen. We have a HUGE need in the administrative fund. Please please consider helping. Without administration there would be no trips, no home, no girls.

Thank you so much for taking an interest in our work in Kenya and we look forward to sharing this opportunity with you.