

Friends of Yimbo

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2010 TRAVEL PACKET



**11 Day Tour
July 2010**

Why You Shouldn't Miss this trip

- ◆ Personal satisfaction of participating in sustainable community projects
- ◆ Your efforts to educate and offer self-help solutions in areas of education, health, hygiene and nutrition that will positively impact the life of the people of Yimbo
- ◆ Play a role in providing a brighter future to the youth and women through education, clean water and sanitation.
- ◆ See the African Wildlife in the Serengeti, Masai Mara and many more wonderful habitats in the country-side as you travel through Kenya.
- ◆ Your \$1,500 project contribution is Tax Deductible since FOY is a registered non-profit organization.

COST BREAKDOWN

Humanitarian Donation	\$1,500 – Send payments to Kaye Ekstrand, <i>Treasurer</i>	You friends and family can donate on your behalf at www.friendsofyimbo.org
Return Airfare	As per rate from Ticket Agent or own arrangement	Avg. ticket in 2009 was \$1,800. Our carrier is British Airways
	Covered Cost	Out of Pocket Cost:
Day 1 – (6/29) Tue Evening flight arrival in Nairobi - Stay at P.C.E.A Guest House	P.C.E.A Guest House (\$40 per person) Incl. two meals	You have the option of having dinner in the city
	Transportation	
Day 2 – (6/30) Wed Spend the Day in Nairobi - Money Exchange - Visit to museums - Visit the Animal Orphanage	Bed & B/Fast @ P.C.E.A Guest House (\$40 per person) Incl. two meals	You have the option of having dinner in the city
	Transportation	Museum \$20
		Animal Orphanage \$20
Day 3 – (7/1) Thur AM Departure from Nairobi by road - Lunch in Nakuru - PM arrival in Kisumu - Night at Imperial Hotel -	Bed & B/Fast @ P.C.E.A Guest House	Lunch in Nakuru
	Transportation	
	Bed & B/Fast @ Imperial (\$100)	
Day 4 - (7/2) Fri Half Day in Kisumu - B/Fast with school headmaster - Shop for books & food in Kisumu - PM arrival in Yimbo - 12noon – Leave for Yimbo - Quick visit to Muguna school - Dinner with Muguna teachers	B/Fast @ Imperial Hotel Dinner & Boarding in Yimbo	Lunch in Kisumu
Day 5 - (7/3) Sat Full Day in Yimbo - Paint Classrooms - Build library shelves - Repair desks/chairs - Other minor school projects - Night village celebration	Full board including bottled water	Snacks

Day 6 - (7/4) Sun Full Day in Yimbo <ul style="list-style-type: none"> - AM optional church service - Continue our work at the school - Village tour - Visit with village families - Visit to Lake Victoria 	Full board including bottled water	Snacks
Day 7 - (7/5) Mon Full Day in Yimbo <ul style="list-style-type: none"> - Follow headmaster's program - Work with students & teachers 	Full board including bottled water	Snacks
Day 8 (7/6) Tue Half Day in Yimbo <ul style="list-style-type: none"> - AM Townhall meeting with village - PM Depart to Kisumu - Night at Imperial Hotel 	B/Fast and Lunch in Yimbo Night @ Imperial (\$100)	
Day 9 - (7/7) Wed <ul style="list-style-type: none"> - AM Drive to Masai Mara Nat. Park - 4pm Game drive 	B/Fast @ Imperial Hotel Lunch @ Mara Sarova Camp Dinner @ Mara Sarova	
Day 10 - (7/8) Thur <ul style="list-style-type: none"> - Masai Mara Game Reserve - 6 am & 4pm Game drives 	Full Board @ Mara Sarova Camp	
Day 11 - (7/9) Fri <ul style="list-style-type: none"> - AM Drive back to Nairobi - Night at P.C.E.A Guest House 	Board at P.C.E.A Guest House (\$40) Incl. two meals	Dinner @ The Carnivore Restaurant \$25 per person
Day 12 - (7/10) Sat All Day in Nairobi <ul style="list-style-type: none"> - Masai Open air Market Shopping <i>A great ending where you can shop for all your souvenirs</i> 	Board at P.C.E.A Guest House (\$40)	
Day 13 - (7/11)- Departure to USA for the travel group Optional Trip Extensions begin	Breakfast Transportation to Airport	
Total Trip Cost	2 Nights at Imperial 4Nights at Guest House	\$400
	Safari + Transportation	\$1,100
	Sub-Total	<u>\$1,500</u>
	Airfare Estimate	\$1,800
	Humanitarian Donation (This is tax deductible and can be raised year long)	\$1,500

Please note the out of pocket cost could change based on the prevailing exchange rate at the time of travel. Current exchange rate: 1 Dollar= Ksh.65.

IMMUNIZATIONS

You will need to carry an International Vaccination Card, available at most County Clinics upon receipt of your Yellow Fever Vaccine. Contact your county health department or travel nurse at your medical provider to determine where you can receive these immunizations near you. The clinic will provide all vaccinations and wonderful information about traveling abroad. We recommend you obtain all the immunizations listed. For more information, call your doctor or the National Center for disease Control (CDC) in Atlanta (888) 232-3228 or visit them on the web at www.cdc.gov

You are responsible to have all immunizations suggested by the county health department. The chart below is the current information we have:

	Advance Time	Estimated Cost	Validity
Required:			
Yellow Fever Vaccine	2 weeks	\$78	10 years
Strongly Recommended:			
Tetanus	2 weeks	\$5	10 years
Hepatitis A Vaccine	2 weeks	\$50 each	1 year to life (must take series of two for lifetime protection)
Hepatitis B Vaccine	2 weeks	\$32 each	20+ years. Strongly recommended for anyone undertaking medical care. This is a series of two shots.
Typhoid Capsules	2 weeks	\$35	5 years
Meningococcal	2 weeks	\$75	3 years
Malarone tablets	2 days	\$75	The period taken. (Prescribed by Intl' Clinic M.D. Taken 1 x each day beginning two days before departure – and continuing for one week after return. You may want to ask you own doctor, although many U.S. doctors have little or no experience with Malaria.
Recommended:			
Cipro prescription or regular immodium		\$3/tablet	Carry enough to cover five episodes.

MEDICAL INSURANCE

Travel and Medical insurance is **required** for every participant. **Please make certain your policy will cover you overseas and provide for emergency evacuation.** You must submit a copy of your insurance card or other written proof of this coverage to us along with a copy of your passport.

Council Travel, Seabury & Smith and American Express offer good reasonably-priced travel insurance including medical coverage with emergency evacuation. They also offer optional luggage insurance. If you are an American Express card holder, you can order their travel medical protection by calling 1-800-688-2000. If you are a student, faculty member, or twenty-five years old and younger the least expensive way to acquire emergency evacuation/medical insurance is the “international youth/student/faculty I.D. card” for \$20. Most universities offer these through a study abroad office or Council Travel also has them. For the Student or Faculty card you will need proof of school enrollment or faculty employment and a passport-size-photo. The Youth Card requires proof of age and a passport size photo.

Please note that FOY is not responsible for medical care costs or any loss or damage you incur during or as a result of the expedition.

MISCELLANEOUS EXPEDITION INFORMATION

Tax Deductibility

This money goes toward all FOY projects. The contribution of **\$1,500** made to the Friends of Yimbo projects is tax-deductible. You can fundraise for this money throughout the year before your departure in June. You have the option to send the money can be sent to the treasurer in installments or have your contributors make direct payments online at www.friendsofyimbo.org

Out-of-Pocket Expenses and Travel Extensions

Additional travels outside of the itinerary or extended hotel stays beyond the completion of the humanitarian elements of the expedition is to be covered by the participant. Only some meals, and entrance fees, are covered by expedition payments (see cost estimate table above).

You may also need pocket money for shopping, souvenirs, film, etc. Generally two hundred for each week traveling, in addition to departure tax will be adequate for extra expenses, unless you want to spend more on gifts/souvenirs. Always put your cash out of sight and on your person if possible in a money belt or neck pouch under your clothes.

Passport

It is very important that you keep your passport on your person at ALL times so that you will not misplace it and be stranded. It is recommended that you make an electronic copy of your passport and immunization card and e-mail them to yourself, prior to the trip. This will allow you to pick a copy electronically in the event they are lost or misplaced. A copy should also be mailed to FOY 45 days prior to your departure date.

Food and Water

Food will be purchased at the hotel while in Kisumu and Nairobi. FOY will provide bottled or purified water while at the village. It is advisable for you to be prepared to purify your own water should purified supplies not be accessible. Don't drink or brush your teeth with tap water while at the village unless you're sure it has been purified (including ice). When in doubt ask the project leaders for advice.

Eating in Restaurants

Be extra cautious that the food is clean or hot. Salads and fruits should be thoroughly cleaned unless you're eating at a reputable restaurant in the city. Your stay is short and we want to make it enjoyable.

The staple food is "ugali", vegetables and stew. "Ugali" is corn bread. Vegetables include spinach, collard greens while stews include beef or vegetable or chicken. Fresh tilapia fish is in abundance smoked, fried or baked. "Chapati" similar to a tortilla is also served with most dishes. The local people use their fingers to eat; however, plastic cutlery will be available. Do not feel obligated to do the same.

Eating with a Village Family

There may be an occasion when you are invited by one of the villagers to eat with them. This is a nice gesture on their part, and if you decide to accept, you can offer to pay for the meal. You may also politely decline and take them up on an alternative offer for a cup of tea. They always make tea no matter the time of day or night. However, it is a fascinating experience to see how they cook and prepare their meals. We will have lunch (including sandwiches) at Mrs. Odipo's home.

Hotel Accommodations

We will be staying in different hotels during the expedition. In Nairobi, Kisumu and Mara we will stay at hotels with full amenities – laundry, pool, restaurants, shops, and Internet services for additional fees.

In Kisumu we will stay at The Imperial hotel, a three star hotel also with great facilities (equivalent to a Holiday Express). While at the village we will share Mrs. Odipo's four bedroom house, and Uncle Yonah's house. FOY will provide temporary showers with hot water and toilets.

Psychological and Physical Demands & Medical Considerations

Kenya is not for the pampered tourist. It can be rugged and rustic. Short walks and physical labor will be part of the expedition experience. During the day the sun will be bright and hot while the nights could be breezy and sleeping accommodations are basic. Psychologically, this expedition can be taxing at times. Contrasts between what you may be used to and what you will encounter may be substantial but again that's the beauty of the experience.

Because of the rugged nature of this expedition and the absence of medical facilities at the project site, there are some restrictions as to who may participate. Individuals with chronic medical problems should consider a FOY expedition only if their healthcare provider has cleared them for travel. If you require prescription medications, take along more than you need; pack half in a carryon luggage and half in checked luggage. We will have a first aid kit on site.

Expedition Cost and Pricing

In the event that trip variables fluctuate due to high demand, economic instability, surcharges, labor costs, and other costs that FOY has no control over, each traveler is responsible to pay their pro-rated share of any shortfall. FOY will make every attempt to alert the expedition participants of possible contingencies. FOY is a non-profit organization and this policy helps us maintain the financial viability we need in order to provide the continued support for the village we serve.

Local airfare, city hotels and tours can be paid by credit card; however, you will require cash for purchases in the village and for souvenirs at open air markets.

Medication Guidelines for Participants

- I. Personal medications should all be labeled in airtight plastic bottles and if possible with desiccants in each bottle. Such preparation will eliminate any possible customs problems. Participants who require medications should make sure that they have sufficient supply for the duration of the expedition as well as one week emergency supply. Some medications may be available in the host country, but reliance should not be placed on this possibility.
- II. Take your malaria medication faithfully as prescribed. It is possible to get malaria if you are negligent. The sun goes down at 6p.m. and rises at 6a.m. In between those times, you will want to protect yourself from mosquitoes (bites).
- III. Participants should take a small supply of emergency first-aid items sufficient for the length of the expedition.
- IV. Diarrhea is very common due change in diet. In the event of an onset of symptoms, Lomotil or Immodium may help reduce cramping. Drink plenty of liquids to keep yourself hydrated and avoid fruits and vegetables, except for bananas. Bring lots of Immodium, you will need it.

WHAT TO BRING

Pack as lightly as possible, we will be carrying humanitarian supplies with us and need as much extra room in the baggage as possible. This allows us to avoid extra charges for bags carrying supplies such as pencils, markers, sewing kits, hygiene kits etc.

British Airways allows one carryon, and one other small piece, such as camera or large purse and two checked bags weighing no more than 50lbs each (the second one is free – most other airlines charge for the second one). More details on this at the meet and greet in March 2010.

Pack your personal items in your carryon and as little as possible in ONE bag that will be checked in at the airport. If your bag weighs less than 50lbs, let FOY know so that we can put additional humanitarian supplies in the bag. Your second checked bag will be furnished and pre-packed by FOY. It will contain humanitarian supplies for the expedition. The bag will have a list of supplies on the outside pocket. Review the list to be aware of what you are carrying. Please bring a personal ribbon to tie to each of you bags so that they can be easily and quickly identified by you.

Suggested items to carry With You on the Plane: (Remember all liquids and jells must be 3 oz or smaller and packed together in 1 qt zip lock bags)		
<input type="checkbox"/> Money pouch (with cash, credit cards and drivers license) <input type="checkbox"/> Passport <input type="checkbox"/> International Health Certificates with Yellow Fever Vaccination <input type="checkbox"/> Sleep aides (neck pillow,	<input type="checkbox"/> Airline tickets (mailed to you in advance if booked by FOY) <input type="checkbox"/> This briefing Manual <input type="checkbox"/> Inexpensive watch <input type="checkbox"/> Camera, film and batteries <input type="checkbox"/> Notarized immigration form (if applicable)	<input type="checkbox"/> Items for long flight: (antibacterial wet wipes, toothbrush and paste, deodorant, gum, water bottle, tissue, books to read, travel games, etc. <input type="checkbox"/> Anything you cannot afford to lose or need

<input type="checkbox"/> ear plugs, eye cover) <input type="checkbox"/> Prescription Medications, including Malarone for Malaria (take as advised by your doctor) <input type="checkbox"/> Inflatable neck pillow	<input type="checkbox"/> Extra shirt, underwear in case of temporary separation from checked luggage	before picking up checked luggage. <input type="checkbox"/> Small calculator (for currency Exchange)
In Checked Luggage for the Village (bring a 7 day supply):		
<input type="checkbox"/> Men: 2 pair of casual, comfortable pants to work in e.g. cargo pants <input type="checkbox"/> Women: 2 comfortable knee-length to mid-calf length skirts/shorts, Capri, scrubs or long pants. <input type="checkbox"/> Comfortable shirts <input type="checkbox"/> Long sleeve shirt <input type="checkbox"/> Sleeping clothes <input type="checkbox"/> Hat that provides sunscreen <input type="checkbox"/> Cotton socks & under garments <input type="checkbox"/> Flip flops – to wear in shower <input type="checkbox"/> Voltage and plug adapter <input type="checkbox"/> Travel sewing kit	<input type="checkbox"/> Light weight durable walking shoes (hiking boots or tennis shoes) <input type="checkbox"/> Compact waterproof poncho (in case of rain) <input type="checkbox"/> Jacket, sweatshirt or fleece layer <input type="checkbox"/> Travel alarm <input type="checkbox"/> Protective eyewear for working <input type="checkbox"/> Dust mask, if needed <input type="checkbox"/> Sunglasses UV Protection <input type="checkbox"/> Flashlight with extra batteries	<input type="checkbox"/> Antiseptic cleaner and or wipes <input type="checkbox"/> Two boxes of medical gloves in your size <input type="checkbox"/> Good work gloves, if needed <input type="checkbox"/> Pocketknife with tweezers – optional <input type="checkbox"/> Cold water soap (such as Woolite) to wash out clothing <input type="checkbox"/> Deet (30% or higher) bug spray <input type="checkbox"/> Permethrin spray for bed linens <input type="checkbox"/> Personal snack supply (granola bars, candy bars etc.)
Personal Medical Supply (place in checked luggage, with exception of needed medications):		
<input type="checkbox"/> Prescription medication <input type="checkbox"/> Sunscreen <input type="checkbox"/> Chapstick or Blistex type lip ointment <input type="checkbox"/> Eye drops <input type="checkbox"/> Constipation medication	<input type="checkbox"/> Insect repellent & itch-balm, or other hydrocortisone base cream <input type="checkbox"/> Pain reliever (e.g. ibuprofen) <input type="checkbox"/> Diarrhea medication (e.g. immodium) <input type="checkbox"/> Cold & allergy medication	<input type="checkbox"/> Minor wound/blister care (band-aids & triple antibiotic cream) <input type="checkbox"/> Water purification method (e.g. iodine tablets) <input type="checkbox"/> Throat lozenges or cough drops
Additional Tourist Attire (optional)		
<input type="checkbox"/> Swimming suit	<input type="checkbox"/> Waterproof sandals (Thongs, Tevas etc.) <input type="checkbox"/> Nice, comfortable skirt or slacks and shirt to dress for dinner	<input type="checkbox"/> You can make your own personal sleeping bag to lay inside sheets. Pre-treat with permetherine before you leave home.
What Can I Bring With Me to Help the village?		
<input type="checkbox"/> You may leave everything you won't need at Mrs. Odipo's storage so she can distribute to needy families when the expedition is over	<input type="checkbox"/> Cultural sharing items, small musical instrument, costume, board game, etc. <input type="checkbox"/> Bogo solar powered light - \$30. You can donate to the library at the end of	<input type="checkbox"/> Watches, briefcases, pens, novels as small gifts to teachers. Check Walmart classroom supplies section. <input type="checkbox"/> Items to share (bubbles,

(clothes, shoes, toiletries, first aid kits, etc.)	trip. Go to www.bogolight.com	small jewelry kits, balloons, stickers) with children.
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PARTICIPANT CODE OF CONDUCT

Just a gentle reminder that we will be guests in a totally different environment and culture than our own. That being said, all participants must understand and commit to follow a set of Participant Code of Conduct guidelines, in order to ensure your safety during the expedition.

Please read the guidelines carefully and understand them completely before the trip. Feel free to ask any questions if you are unsure.

Ambassadors-at-large

When overseas, you are viewed as ambassadors of the U.S.A. Courtesy, respect and responsibility are important. Customs, clearance and government approval are critical for continuing our outreach activities in Kenya. Possession of illegal material by one team member, for example would jeopardize the entire mission of this and future expeditions. Each year more governments close their doors to foreign programs. Your maturity and general demeanor, under the watchful eyes of the host country, are important to the Friends of Yimbo and to all development specialists who will follow you. It is likely that you will be exposed to aspects of a different culture not accessible to tourists. It is this added dimension that makes your mission exciting, but at the same time requires extra sensitivity, discretion and adaptability.

Political and Religious Agenda

While Friends of Yimbo encourages the sharing of spiritual insights among group members, such sharing should never be done in an exclusionary, offensive way. Nor should there be any proselytizing directed towards the villagers. Friends of Yimbo welcomes people of all faiths and backgrounds, and has no political or religious agendas. Be sensitive to the importance of including all members of the group – and in avoiding inappropriate religious or political actions or comments at all times, either to the group members or villagers.

“Santa Claus Trap”

Please do not fall into the Santa Claus trap with the villagers. Distributing gifts literally can cause unrest, very bad feelings of jealousy, and ruin an entire expedition by jeopardizing your own safety and the safety of others.

Infants’ kits, t-shirts and shirts and pants will only be distributed to those who have participated in the FOY workshops or orphaned school kids through the headmaster. If we do take hygiene kits with us, they will be given to those who will have attended workshops under the strict supervision of a volunteer instructor. FOY will provide more information as the departure date nears.

Depending on availability of FOY funds, there may be small sewing kits handed to young women and mothers. Giving gifts of clothing to adults has the potential to cause jealousy and begging. Unfortunately, the receiver may become a target. FOY’s goal is to provide training and opportunities for adults to

become self-sufficient. Any surplus medical supplies will be left at the home of Mrs. Odipo or local school for careful distribution.

Requests for Gifts, School Sponsorships or Favors

It is wonderful to make friends and have a cultural exchange. As you do so, there may be request for gifts and favors from the villagers. Please channel those requests to the Friends of Yimbo leadership so they may be added to the master list of request for the entire Village. Please do not try to resolve such requests on your own.

Safety

You and your items will be very safe while in Yimbo. However, be smart with things and apply common sense. Do not leave valuables unsupervised, or keep your money loose in your pocket. Keep your passport, airline ticket and money on your person at all times. There will be secure storage at Mrs. Odipo's house to leave cameras and bags during the day.

Every evening, remember to spray yourself with DEET insect repellent. Mosquito nets will be provided unless you bring your own. Spraying your clothing and bed sheets with Permethrin will kill all kinds of bugs in addition to mosquitoes and lasts about 2 weeks. It takes several hours for Permethrin to dry, so spraying as much as possible just before packing is wise.

For more information on travel information/advisory visit www.travel.state.gov

Dress

Despite the hot weather, people in Kenya tend to dress formally. However, you are free to dress casually in shorts, t-shirts, jeans, cargo pants and sneakers. You may consider purchasing a pair of inexpensive sneakers to wear in the village area, and then leaving them behind after the visit. During the safari and stay in Nairobi (or travel extensions), you will have opportunities to dress up for dinners. Yimbo is very dusty so avoid wearing sandals. Sneakers are advisable in these conditions.

Food

Bottled water will be available for the duration of your stay. NO ICE!! We suggest bringing snacks from home to supplement the meals. Granola Bars are lightweight to pack and nutritious.

Customs

Expeditions might experience delays when going through customs. Have your passport with Kenyan Visa ready. As soon as your bags pass through customs, wait for the rest of the group. **Do not allow anyone to assist you with your bags because they will expect a tip.** There will be a van waiting to transport the group to the Stanley Hotel.

GETTING TO KNOW OTHER TRAVELERS

A meet and greet has proven very valuable to all the travelers prior to departure. Two meetings will be scheduled in March 2010, one in Sacramento and the other in Southern California. We get to review all entire travel plans and answer questions. We also, play some Kenyan trivia to help prepare you for the cultural experience.

KENYAN VISA APPLICATION

Your application to obtain a Kenyan Visa must be submitted at least five weeks prior to the departure date in order to assure that your Visa will be approved and your passport returned.

The visa application can only be done online.

Follow these steps to apply for your visa:

1. Go to <http://www.kenyaembassy.com/>
2. Click on Visa Application, Washington, DC link in the middle of the page
3. Under Visa Services: click Application for a Kenyan Visa
4. Complete the online application then print and sign the application
5. Mail the application to the Kenyan Embassy in Washington, DC along with your valid passport, two passport size photos and \$25.00 fee
6. Visa Fee \$25.00 for Single Entry (Tourist) **(Cash and Personal Checks are not acceptable).**
7. A certified self addressed stamped envelope for return of your passport.
8. It takes 10 working days to issue the Visa