



MISSION TRIP GUIDE



KARIBU (WELCOME)!

We're so honored you're interested in serving at the *In Step Children's Home*! *In Step's* mission is to rescue and give new life to abused and abandoned children in Kenya. *In Step's* vision is that all children in their care rise to their full, God-given potential.

This Mission Trip Guide will help prepare you for your mission trip to In Step. Topics that will be addressed are:

- Facts and Information about Kenya, *Rehema for Kids*, and *In Step Children's Home*
- What you will need for Visa's and Special Passes
- Room and Board Costs
- Immunizations
- Travel Insurance
- Airline Ticketing



The success of our ministries can be attributed to our volunteers' knowledge, passion and commitment to our mission. *You will be part of a team that values the individual strengths that each person contributes.* The more you learn about *In Step Children's Home*, and the Kenyan culture, the more effective you will be. If your questions are not answered after reading this Guide, please feel free to contact the Operations Manager at tcostello@rehemaforkids.org

IMPORTANT FACTS ABOUT KENYA

Kenya is one of the most varied lands on the planet both in terms of its geography and its ethnic population. The Republic of Kenya sits on the equator where it's bordered by the Indian Ocean, Tanzania, Ethiopia, South Sudan, and Somalia. In 2019, Kenya has an estimated population of 52.57 million, which ranks 27th in the world.

Despite the steady growth of the economy, more than half of the country's population lives below the poverty line, on less than one US Dollar a day. The most vulnerable are the families and children living in the urban slums, in the arid lands of northern Kenya.

With over 42% of the population below 15 years of age, Kenya faces a high dependency burden, which places pressing demands on social services including education and health care.

In Step Children's Home is situated outside of Kitale, Kenya. Kitale is an agricultural town in northern Rift Valley Kenya situated between Mount Elgon and the Cherangani Hills at an elevation of around 6,200. Kitale is the headquarter town of Trans-Nzoia County.

The predominant religion in Kenya is Christianity, claimed by about 80% of population. Other faiths practiced are Baha'i, Hinduism, Islam, and traditional African religions.

Life in Kenya runs at a much slower pace. Typically, being on time and schedules are not nearly as important to the local Kenyans as it is to Americans. Keep this in mind as it might mean last minute changes to the team's schedule. It is important to be flexible!

Staple foods in Kenya include ugali (ground maize), beans, rice, fresh greens, kale and cabbage.

Kenya continues to be plagued by high infant mortality, low life expectancy, malnourishment, and HIV/AIDS.



OUR STATEMENT OF FAITH

- We believe there is one God eternally existent within the Holy Trinity through God the Father, God the Son, and God the Holy Spirit.
- We believe Jesus Christ is the only Son of God who came to earth in human form, through a virgin birth, to be a once and for all sacrifice and forgiveness for humankind's sins of the past, present, and future.
- We believe that Jesus Christ rose from the dead and is seated at the right hand of the Father, and that He will come again to judge the living and the dead.
- We believe that the Holy Spirit fills and empowers us with spiritual gifts to do the works that our Heavenly Father has laid out before us.
- We believe that we are saved only by grace through faith in the Lord Jesus Christ.
- We believe the Holy Bible to be the inspired Word of God and the only infallible truth.

OUR CORE VALUES

- Walk humbly
- Seek wisdom
- Have faith
- Serve compassionately
- Give thanks
- Pursue excellence

To enter the country of Kenya, you will need the following items: a valid passport, a tourist visa and a special pass.

VALID PASSPORT

A valid passport is required before you apply for the Kenyan VISA and Special Permit.

To obtain your passport, you will need to gather several original documents. To learn more about obtaining a passport, visit <https://travel.state.gov/content/travel/en/passports/need-passport.html>

(Don't forget you will also need passport pictures at the time of application. No glasses are allowed in these photos. Passport photos can be taken at places with photo services like Walgreens.)



If you are a US citizen, you need to insure the expiration date is more than 6 months after your departure from Kenya and arrival in the US.

KENYAN TOURIST VISA

eCitizen is the government website for processing tourist visas within Kenya.

Once you've identified your desired travel dates, contact *Rehema for Kids'* Operations Manager to see if there are any conflicts of other teams going to *In Step*.

After confirming there are no scheduling conflicts with your stay, you may purchase your airplane tickets.

After purchasing airline tickets, apply for your Tourist Visa by visiting the eCitizen website.

<https://accounts.ecitizen.go.ke/login>

- Create an account
 - Select Tourist Visa
 - A Tourist Visa is valid for 1-90 days. Do **NOT** expect to extend it in country.
 - As part of the Tourist Visa application, you must provide your purchased, ticketed flights in PDF format
 - Please note, cost must be paid by credit card.
 - The turnaround time for this step is quick.
- Once approved, print 3 copies for your travel.
 - One to have with your passport
 - One to leave in your luggage
 - One to send to *RFK* for their records

Information you will need to complete the Tourist Visa application:

1. Address for *In Step Children's Home*: 31 Mukenga Rd, Cherangani, Kenya, East Africa
2. Email for *In Step Children's Home* carlapicicci@rehemainstep.com

3. Phone number for *In Step Children's Home*: 733-44-4419
4. Purpose on application for your visit: Visiting *In Step Children's Home*

SPECIAL PASS

In addition to obtaining a Tourist Visa, you will also be required to obtain a special pass. **This process is a much longer one and takes about two months to complete. Contact the Rehema for Kids' Operations Manager immediately to begin gathering the required documents (documents required include a resumé, any professional certificates held, any diplomas earned, etc).**

The *Rehema for Kids'* Operations Manager will work with you to submit the required documents. *Rehema for Kids'* uses a third-party company based in Kenya, Father's Hand, Ltd, to act as an agent in obtaining special passes.

ROOM AND BOARD

We ask for reimbursement for ground transportation to and from the airport and a donation of \$25 per day (not to exceed \$300/month) for accommodations and food while at *In Step Children's Home*. **Before traveling, you will receive an invoice from *Rehema for Kids*. Please send checks to our mailing address 8220 W. Gage Blvd. #130, Kennewick, WA 99336**

Each week, member(s) of your team will shop for food, that you will be preparing in the Short Term Missions Team Dorm kitchen. You will need to think about food that you want for breakfast, lunch and dinner when you are purchasing food for the week.

A word of caution: you will need to plan for recipes that can be cooked on a gas cooktop, as the power can go out often in Kenya! Also, remember that the refrigerator is much smaller than you are used to, and will not be able to hold large volumes of cold items.

You are welcome to join the children at evening meals, but you must notify the kitchen of your plans, that morning, so the staff can plan accordingly. The children always love when the "Visitors" join them for meals!

If you feel that you will need to supplement between meals, please bring those with you (e.g. granola bars, nut mixes, etc.)

TRAVEL SAFETY

For your safety, we recommend checking the US Embassy in Kenya's website often before your trip for timely travel alerts.

IMMUNIZATIONS

There are certain "travel shots" you are required to have before traveling to Kenya. Your local travel clinic (usually operated by your county health department) will be able to provide all the necessary information and medications required for your trip. There are a number of shots that are **required** and most of these are not covered by insurance. Plan to begin this process as early as you have confirmation you are approved to visit *In Step Children's Home*.

PREVENTING MALARIA SYMPTOMS

Malaria is very common part of life at *In Step Children's Home*. It is imperative you inform your doctor you will be visiting an area of Kenya in which malaria is widespread and with your doctor discuss the benefits and risks of taking anti-malarial medication. Your doctor will explain to you while anti-malarial drugs are very effective, they are not 100% effective in preventing malaria. Your doctor may also share with you that some scientific research shows that the malaria parasite can lay dormant in your body (usually in your liver) for an unknown amount of

time. This means that even years down the line, you could come down with malaria. The research shows that this is not common, but we feel obligated to share this information with you so you may discuss with your doctor prior to visiting Kenya. For more information: https://www.cdc.gov/malaria/resources/pdf/fsp/repellents_2015.pdf

We strongly recommend you also pack an insect repellent and take precautionary steps to keep mosquitoes from biting you (e.g. using insect repellent on your skin and clothes).

TRAVEL INSURANCE

At minimum, individuals or groups going on a short-term mission trip to *In Step Children's Home*, must be covered by health insurance. However, we also encourage you to look into travel insurance as well.

Travel insurance helps protect you against travel risks such as lost or stolen luggage, cancellation cover (should you not be able to travel due to unexpected medical reasons) and most importantly, unexpected medical costs when overseas.

There are many different insurance carriers available. We don't have an affiliation with any insurance carrier but a few well known carriers are:

*International Medical Group: <https://www.imglobal.com/> 866-263-0669

*Insurance Services of America : <http://missionaryhealth.net/> 800-647-4589

*Travel Guard: <https://www.travelguard.com/home> 800-826-4919

If you have any questions or concerns, feel free to email the Operations Manager, or give the office a call at 509-405-8677.

DRESS CODE & WHAT TO PACK

Towels and linens will be provided for you during your stay so no need to bring these. While showers are available, please be mindful hot water is limited on the *In Step* campus.

All visitors are expected to dress modestly: this includes no tank tops, no revealing or see-through clothing. Skirts and/or shorts should come to at least the kneecap. Leggings and athletic pants are acceptable if a longer shirt is worn.

As you begin to pack, please be aware that all laundry is washed by hand. This can be a rough process so do not bring delicate or specialty wash clothing.

The dirt at *In Step Children's Home* is claylike and red. Avoid bringing any footwear that cannot be washed off easily. Most often, visitors find sneakers, Croc-like shoes and flip flops are easiest to wash. Wellies-style rainboots are also suggested if your visit will coincide with the wet season.

Shampoo & conditioner are available for purchase in nearby stores. However, other haircare products (e.g. hairspray, pomade, gel, mouse, etc.) are not often available for purchase at nearby stores. Other toiletries (e.g. soap, toothpaste, shaving supplies) are available for purchase at nearby stores.

Kenya has a strict ban on ALL plastic bags – this includes Ziploc storage bags so consider this as you pack. The only exception is if something is already prepackaged from sale. If you like to travel with Ziploc-style bags, we recommend purchasing reusable rubber Ziploc-style bags (these are becoming much more common within the US and you can purchase these on Amazon or from retail stores like Target or Wal-Mart).

The *In Step* campus gets dark at night so we recommend packing a flashlight. The *In Step* campus has adaptive power strips for simple electronics such as phones and tablets. However, it will not handle appliances or hair dryers.

For your comfort, you will need to travel with an adapter for electronics (e.g. chargers).

If you are wanting to bring a laptop on your trip, check with your airline to see if they allow laptops as carry-ons. If an airline does not allow laptops as a carry-on and requires laptops to be checked as luggage, we strongly recommend reconsider bringing a laptop. **We also strongly recommend you not to bring any jewelry or other valuables.**

Please check with Carla or Jeff if you would like to bring items or treats (e.g. stickers, candy etc.) for the kids and staff.



MISSION TRIP RECEIPT AND ACCEPTANCE

I hereby acknowledge receipt of the Rehema for Kids Mission Trip Handbook. I understand that it is my continuing responsibility to read and know its contents.

Print Name: _____ Signature: _____

Date: _____

(Please return this to Operations Manager Tori Costello tcostello@rehemaforkids.org)