



Tour Information

Package #2

Dental Team

December 7, 2018

Our departure date is getting very close. Please review all of the information in this package carefully.

You will find:

- Emergency Contact List
- On Arrival
- Luggage & Security
- Van & Roommate List
- A Swahili vocabulary sheet
- Entry Visa

Keeping your family and friends informed while you are away is best done on our website. Please have them look at www.abwcanada.ca and on the opening page will be “Travelers updates” and look for the trip dates. In that section there will be updates posted. Frequency of updates will be done as technology permits from Kenya.

Please do not hesitate to contact us should you have any questions or concerns.

Sincerely,

Kelvin Hill

**Sustainable
change to improve
lives.**

A Better World Canada | #103-5033 52nd Street | Lacombe, AB T4L 2A6 | Canada
P: 403.782.0325 | info@abwcanada.ca | www.abwcanada.ca

Tour Co-ordinator

VAN LIST

VAN 1	VAN 2
Robert Mast	Kyle Reddick
Janice Gerdts	Amy Moore
Codrina Baston	Teale Spooner
Joanna Jakovac	Lenni Phillips
Kelvin Hill	Candace MacCarthy

ROOM LIST

Robert Mast	Lenni Phillips	Codrina Baston
Janice Gerdts	Candace MacCarthy	Joanna Jakovac
Amy Moore	Kyle Reddick	Kelvin Hill
Teale Spooner		

IMPORTANT - Kenya Tourist Entry Visa:

You will need to apply for your **Tourist** entry visa online approx. one month before your departure date. The web site is <https://immigration.ecitizen.go.ke/index.php?id=5> . You need to have your passport, an extra passport photo, a Credit Card to process the fee of \$50.00 USD ready before applying. Here are the responses to some questions you will be asked. The name of our travel agent in Kenya: Voyage Afrique, PO Box 38679, Parklands, Nairobi, Kenya. The email address is info@voyageafrique.co.ke Phone number is +254 722 786 692. Your arrival into Nairobi will be at the Jomo Kenyatta International Airport. Once you complete the

application you should receive a confirmation email within 7 days. Often the email will arrive in your Junk email folder so please be sure to check that.

When you enter this site you will first create an account with an ID and then apply for the entry Visa. If you need assistance please contact Rajiv at remerson@abwcanada.ca or call 403 347-3344 so he can help complete this for you.

Departure from Calgary:

- Please arrive at the Calgary airport at least 3 hours early. **If you are at the airport less than 1 hour before your flight you will not be checked in. No exceptions.** This will mean rebooking another airline ticket at a much more expensive fare or cancelling your trip altogether.

Upon arrival in Nairobi:

- Now is the time you should get your money changed.
- Have your Entry Visa and Landing card ready to give to an agent
- Go to immigration, show your passport and exit to the luggage area.
- Load only your luggage and the extra luggage assigned to you on your cart.
- Proceed to customs - you will have nothing to declare.
- Do not ask for help from porters outside.
- Keep your small luggage in check at all times.

In the Parking lot:

- All luggage will be accounted for and loaded appropriately.
- Be patient as we get organized.

Vans:

- Go to your van. The names should be listed on the Vans.
- As soon as you are loaded we will leave.
- **Keep your eyes on the luggage in the parking lot.**

Keeping You and Your Money Safe

When travelling to Kenya and to most other developing countries you have probably heard many warnings about staying safe. The general situation in Kenya shouldn't be considered worse than in any other place around the world.

It's only logical that with differences in income, petty crimes like fraud pick pocketing, theft and robbery do exist. We are not trying to scare or upset you, but to caution you and sensitize you to the situation in most developing countries.

Keep in mind that your appearance, behavior and what you are carrying identifies you as a tourist. This can make you a target without you even realizing it. Awareness of your environment and how others may be viewing you is the first step in protecting yourself and your money. We can't list every hazard but with a little common sense and a few tips, you should be fine.

When you venture into a shopping district or on a tour, don't put the main part of your money in one place such as a wallet or purse. It is better to have small bills spread in many pockets. This has three advantages: 1- when paying for something you don't have to open your purse and reveal all your money; 2- no one can grab all your money in one swoop; and 3- in the unlikely scenario that you are the victim of a robbery; you can give the remaining money from one pocket.

Here are a few more practical ideas on what to do or not do:

- Leave jewelry and expensive watches at home
- Don't show others valuables you may have with you
- Avoid accepting or using large bills. People often don't have change
- Always take your time to count and examine your money carefully

- Even if they are considered safer, do not take traveler's cheques with you. Take US Cash
- Be cautious when people ask you for money
- If you can't afford to lose it please leave it at home.

Additional Information

Some additional information:

Please check your baggage right through to Nairobi (NBO) from your departure city. Check your luggage as the airline ticket agent is placing the luggage routing tag on it to ensure that the airport code is NBO.

Culture/Religion/Respect/Beliefs - Even though A Better World was founded in the College Heights Seventh-day Adventist church, its primary mission is humanitarian. A Better World does not choose communities or people to help based on denominational affiliation; therefore, it is imperative that we respect the culture and beliefs of those whom we serve and do not attempt to impose our individual faith and beliefs on them. The same principle applies to those that are travelling within our group; A Better World attracts people from all walks of life and faiths and we urge that everyone respect their fellow travelers.

We must also reflect our values as Canadians to those whom we serve. These include sharing, caring and a genuine willingness to understand and appreciate the other unique cultures with which we come in contact. Problem solving begins with dialogue and mutual respect.

Smoking is not permitted in the vehicles, at your tables or in your room; however, stops will be made as needed. Because we promote good health, please be discreet when smoking, especially when near schools and clinics.

Most evenings we will meet for a debriefing of the day's events. This will also allow you some time to reflect and share your experiences of the day. Our drivers will confirm the schedules and we may even learn some Swahili words. Our most important goal is to give you time to relax, participate, enjoy the trip, and get involved in humanitarian causes.



After the tour is over and we return home, you will not be contacted for project funding and your personal information will not be shared with any church or other organization. A Better World will periodically send you information regarding project progress and related humanitarian events. Please visit our website at www.abwcanada.ca as one way of staying in touch.

Again, welcome to our growing family of caring humanitarians. You have joined 2800 people who have made the journey to help others in twelve countries. It is your involvement that makes A Better World's mission meaningful.

Reminders-

Final payment is due soon. Please call Julie @403-782-0325 to settle your account balance.

MEALS

All airlines attempt to meet special diet needs of passengers, provided that you submit your request at least 48 hours in advance of departure. Among the standard options is Vegetarian, other meal options include Asian Vegetarian, Diabetic, and Kosher. Another option is a Fruit Plate.

Even if you don't make a special meal request, airlines sometimes offer choices for the main course.

Whatever your meal choice, do drink frequently during a long flight, in order to avoid dehydration. Low fluid intake can lead to all kinds of problems, including indigestion, constipation, and a lower tolerance to disease germs that may be inside the cabin.

SLEEP AND JET LAG

Jet lag is the bane of air travel across several time zones. People have different levels of susceptibility to jet lag, but there are a number of things you can do to reduce the effects on your body system. Here are some which we have found to be effective:

Plan your trip preparation so that you get a good night's rest before you begin the journey. Bring some earplugs especially if you are a light sleeper.

Try to alternate short periods of rest, exercise and sleep during the flight.

Remove your footwear to reduce cramps and sore feet.

Drink plenty of fluids during the flight.

BAGGAGE

If you have ever watched baggage being loaded or unloaded from a plane, you know that Number One Rule is to have a sturdy suitcase, and to place straps around it for extra protection. The trend these days is soft-sided luggage, but make sure you choose one of good quality.

Always remove old airline routing tags from your luggage before you arrive at an airport.

It is always a good idea to put a change of clothing in your carry-on luggage in the rare occurrence that your checked luggage does not show up for a day or two. Otherwise you may find yourself shopping for underwear soon after your arrival!

Pack Medications in your carry-on luggage.

EMERGENCY CONTACTS - Leave a copy with Your Family

Kenya is on GMT +3 time (10 hours ahead of Alberta on GMT -7)

To call from Canada, dial 011 and then the number below. In an emergency, try the numbers in bold first.

Voyage Afrique Limited

Attention: Josephine

Mitco Gardens P.O. Box 38679

Nairobi Kenya

254 733 888 199

254 722 786 692 (cell)

info@voyageafrique.co.ke

Shanelle Adams

A Better World/Advanced Systems

403 782-1140 Work

403 782-9464 Home

shanelle@advanced-systems.net

External Affairs Canada

1-800-267-6788

613-996-8885 (call collect from overseas)

Kenya High Commission

Eric's Kenya Phone
254 721 318 210
Eric's home phone
403 782 4938

Julie Stegmaier
(403) 782-0325 ABW Office
(403) 877-5305 Cell
jestegmaier@abwcanada.ca

415 Laurier Avenue East
Ottawa Ontario
K1N 6R4
613-563-1773

Canadian High Commission - Kenya
P.O. Box 1013
00621 – Nairobi, Kenya
254 203 663 000

Swahili Vocabulary

English

Swahili

Greetings/Polite Words

Hello.....Jambo
Welcome!Karibu
How are you?Habari yako?
I'm fine/good/well.....Nzuri
I'm not well/bad.....Mbaya
Goodbye.....Kwaheri
Goodnight.....Usiku mwema
Please/excuse me.....Tafadhali
Thank-you (very much).....Asante (sana)
Sorry (to apologize).....Samahani
Yes.....Ndio
No.....Hapana

What is your name?Jina lako nani?
My name is Tom.....Jina langu ni Tom

Nouns

Bed.....Kitanda
Car.....Gari
Child.....Mtoto
Children.....Watoto
Danger.....Hatari
Doctor.....Daktari/Mganga
Friend.....Rafiki
Hospital.....Hospitali
Hotel.....Hoteli
Nurse.....Nasi
Rain.....Mvua

Room.....	Chumba
Shop.....	Duka
Sun.....	Jua
Today.....	Leo
Toilet.....	Msala/Choo
Tomorrow.....	Kesho

English

Swahili

Pronouns

I.....	Mimi
We.....	Sisi
You(singular).....	Wewe
You(plural).....	Nyinyi
He.....	Yeye
She.....	Yeye
They.....	Wao

Food (Chakula)

Drink.....	Kinywaji
Fruit.....	Matunda

Banana.....	Ndizi
Mango.....	Embe
Orange.....	Chungwa
Pineapple.....	Nanasi
Pomegranate.....	Komamanga
Vegetable.....	Mboga
Eggplant/Aubergine.....	Biringanya
Coconut.....	Nazi
Potato.....	Viazi
Sweet Potato.....	Viazi vitamu
Tomato.....	Nyanya
Yam.....	Mhogo
Corn.....	Mahindi

Animals (Wanyama)

Camel.....	Ngamia
Cat.....	Paka
Cheetah.....	Duma
Chimpanzee.....	Sokwe mtu
Cow.....	N'gombe
Dog.....	Mbwa