



Journeys of Inspiration

Tour information – Package 1

Dental Mission Trip January 12 - 27, 2019

September 12, 2018

I am pleased to provide you with information about the Dental Trip to Kenya. This journey combines mission and memories into a two-week experience of a lifetime. To date over 2800 people have participated in A Better World trips to Kenya. The sooner we make plans, the better we can enjoy the trip and avoid unnecessary delays.

This package contains all of the needed information at this stage of our planning.

Items to be returned:

- Registration Form
- Liability Release Form
- Copy of Picture Page of Passport
- \$200.00 non-refundable deposit

If you wish to reserve a spot, please send us your non-refundable deposit of \$200 per person with the above-mentioned forms. If you have any questions or concerns, please do not hesitate to contact us. Also, please note that a portion of the trip is tax-deductible. If you decide to deviate from the group and extend your stay, this portion is not eligible for a tax receipt.

To enter into Kenya, you will need a passport that is valid for at least 6 months from your date of entry. If not, you will need to renew it before you travel. Canadian Passport renewals take a minimum of 10 days.

Thanks again for your interest and support. We look forward to welcoming you.

**Sustainable
change to improve
lives.**

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Sincerely,

Kelvin Hill
Dental Services Director
dr.hill@sldental.ca

Vaccinations and Medication

The Center for Disease Control (CDC) recommends the following vaccinations for travellers to Kenya:

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/ vaccine, poliovirus vaccine, etc.
<u>Hepatitis A</u> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission especially those who might be exposed to blood or body fluids, or be exposed through medical treatment (e.g., for an accident).
<u>Typhoid</u>	Recommended for all unvaccinated people traveling to or working in or visiting smaller cities, villages, or rural areas where exposure might occur through food or water.
<u>Yellow Fever</u>	CDC yellow fever vaccination recommendation for travelers to Kenya: Vaccination should be given 10 days before travel and at 10 year intervals if there is on-going risk.
<u>Malaria</u>	Malarone is the medication of choice. Please check with your local health unit on their recommendation for travelers to Kenya.
<u>Rabies</u>	Optional – Please check with your local Health Unit

NOTE: You should ask your doctor for a supply of Ciprofloxin or similar medication for severe Traveler's diarrhea. Hopefully you will not need it, but it is wise to have it on hand.

Kenya Electrical Plug/Outlet and Voltage Information

The Basics: Voltage: 220-240 Volts (U.S./Canada are 110-120 Volts)

Primary Socket Type: British BS-1363

Multi-voltage appliances (laptops, etc.): Plug adapter

110-120V electronics: Plug adapter + step-down transformer



110-120V Hair dryers, curling irons, etc.: Plug adapter + voltage converter

For the most part, electrical sockets (outlets) in Kenya are the "Type G" British BS-1363 type. If your appliance's plug doesn't match the shape of these sockets, you will need a travel plug adapter in order to plug in. Travel plug adapters simply change the shape of your appliance's plug to match whatever type of socket you need to plug into.

The shape is only half the story -

Electrical sockets (outlets) in Kenya usually supply electricity at between 220 and 240 volts AC. If you're plugging in an appliance that was built for a 220-240 volt electrical input, or an appliance that is compatible with multiple voltages, then an adapter is all you need.

Travel plug adapters **do not change the voltage**, so the electricity coming through the adapter will still be the same 220-240 volts the socket is supplying. North American sockets supply electricity at between 110 and 120 volts, far lower than in most of the rest of the world. Consequently, North American appliances are generally built for 110-120 volts.

This doesn't mean that your specific appliance isn't already compatible with the higher 220-240 voltage of Kenya – it may very well be. On your appliance, battery charger, or power supply, etc. there should be a label showing the input voltage.

Please check the voltage requirements for each electrical/electronic item you plan to bring!

How Much Cash to Take

Realistically, the amount of cash you bring will depend on your own personal spending habits, how many gifts and souvenirs you buy, how much you eat while traveling, etc. The important thing is to bring cash in **US Dollars**. Local currency is Kenya Shillings (KES).

1 USD = approximately 100 KES depending on the exchange rate.

There are some costs you will incur that are not covered in the price of the trip. Here is a probable list of how much extra USD cash you will need:

Entry Visa into Kenya:	\$50.00 USD to be purchase on line 30 days prior to travel.
Airline Baggage Fee:	\$70.00 depending on your carrier, for your third piece of luggage.
Beverages:	\$20-40 USD for bottled water, juice, pop
Meals:	\$15.00/meal when not included with the tour (please see the itinerary). In general the meals not covered would be on travel days, free days and touring days, etc.
Spending Money:	For gifts and souvenirs
Emergencies:	Any unplanned expenses for emergencies will be the responsibility of each individual traveller.
Additional Activities:	Activity costs not included in the tour package will be the responsibility of each individual traveller.
Vaccinations:	Travellers responsibility

If you do require more cash then you brought, Visa and MasterCard are also accepted throughout the country at major hotels and restaurants. If you plan to use your credit card while traveling outside of North America it is always advisable to call the 800 number on the back of your card and alert them to your travel plans before leaving home.

Estimated Tour Costs

These costs are per person based on double-occupancy and on the information I have received so far. All costs are in Canadian Funds. **Please note - all costs on this sheet are estimated and subject to change without notice.**

	Ground	Airfare	Total
Double or Twin	\$3254.00	\$1900.00	\$5154.00
Single	\$3804.00	\$1900.00	\$5704.00
Above with 1.33 exchange rate			

Tour Costs Include: hotel, meals, driver/guide, park fees, transportation in a 9-passenger van (only 5 passengers per van as 9 is too crowded with luggage).

If you prefer to make your own travel arrangements or use points, it is critical you are in Nairobi by the evening of January 13, 2019 to join the group.

Tentative Itinerary

Saturday, January 12

Welcome aboard. Today we depart to catch our flight to Amsterdam. Some of us will find it difficult to sleep, but we encourage everyone to have a good rest on the plane, if possible.

Sunday, January 13

We arrive in Nairobi at approximately 9:00 pm. We will be met by our guides and safari vans and rest at the 4 Points Sheraton Hotel in Nairobi for the evening. We have already lost a day in travel, but hopefully by morning we will feel ready and rested enough to begin our humanitarian work.

Monday, January 14

Today we will enjoy the drive to Elementital and set up for our Dental Clinic. Jacaranda will be our stay for the next 2 nights.

Tuesday, January 15

This will be a Clinic day to assess needs and provide treatment at an elementary school in an impoverished area of Gilgil.

Wednesday, January 16

In the morning, we will drive to Kericho. Kericho is beautiful tea country where you will see tea pickers hard at work in the fields. If you wish, a tour of a tea factory can be arranged. Our stay for the next 3 nights is at the Exotic Hotel.

Thursday and Friday, January 17 - 18

For the next 2 days, we will work at the Momoniat clinic. None of the people you will see have access to dental care, so the days will be long but hopefully, very rewarding.

Saturday, January 19

Most of the day will be spent traveling to the Maasai Mara for an exciting adventure. Travelling on some rough roads, we arrive in time for a game drive. Your hotel for the next 3 nights will be at the beautiful Mara Enkrok. In the distance, you will be able to hear roaring lions and laughing hyenas!

Sunday and Monday, January 20 - 21

There are many ABW projects to visit in the area. We will be able to see a few as we hold clinics for the Maasai people at the Enkitoria Clinic.



Tuesday, January 22

Today we will drive to Talek and stay at the Mara Riverside for 3 nights.

Wednesday and Thursday January 23 - 24

Busy days are on the schedule for today and tomorrow at the Talek Clinic.

Friday, January 25

We will stay at the Mara Serena. We will take this final day to relax after the long days of clinic work. We will wake up early for a game drive through the Kenyan sector of the famous Mara-Serengeti ecosystem, Kenya's most fascinating reserve. Each day will be a unique experience in the Mara and if you are very lucky you will be able to see the BIG FIVE. We will also be able to visit a Maasai village which is always an adventure and a great place to buy authentic souvenirs. You will see the students in their traditional Maasai outfits and hopefully you will be able to enjoy a performance they put on for visitors.

Saturday, January 26

Today, we drive back to Nairobi. On the way, we will have time to make a rest stop and look out over the Great Rift Valley before departing for our flight in the evening.

Sunday, January 27

Arrive Home to the snow and cold!

Payment Schedule

Upon Registration \$ 200
October 15th \$1500
November 15th \$1500
December 15th Balance owing

Full payment required 30 days prior to departure.

Other Important Dates (to be announced)

Trip Orientation -
Packing Day -

Payment Method:

Visa/MasterCard.....Please call Julie @ 403 782 0325 with your credit card number
Cheque.....Payable to: *A Better World #103 5033-52 St. Lacombe, AB T4L 2A6*

Refund Policy:

Airfare cancellation insurance must be purchased if you would like a refund on the airfare. This insurance protects you in case you need to cancel your flight due to medical reasons. If no insurance is purchased the airline refund policy will apply. Airlines generally withhold \$400 of the total cost of airfare purchased. Tour cancellation insurance for the Africa portion is not available. 50% of the land costs are refundable if cancelled 60 days prior to departure.

Teleconference call-in meeting:

Sometimes a teleconference will be needed to discuss matters concerning the trip. Please keep the teleconference numbers for this use. If such a need arises you will be contacted with the dates and times for the teleconference meeting. **

Toll Free Number: 1-877-385-4099 (Then enter pass code below) Passcode 47353#

GENERAL NOTES ON LUGGAGE AND PACKING

Each person in business class is allowed to take a total of 3 bags—two checked (70 lbs.) and one carry-on bag, plus a purse, brief case or laptop. Those travelling in economy are allowed two checked bags (50lbs.) and a carry-on bag, plus a purse, brief case or laptop. A \$75.00 charge will be incurred for any additional bags. Since most travellers only need one suitcase for their personal luggage, we take advantage of the two-suitcase allowance by taking dental equipment, instruments and supplies. These suitcases will be packed all together at a packing day (for those who live in Alberta).

Items you may want to have in your **daypack** include a water bottle, face cloth, flashlight, light jacket, umbrella, toilet paper, hand sanitizer, snacks for yourself, and pens, pencils, etc. to pass out. We also recommend you take with you any medication you need, sunglasses, sunscreen, a hat, binoculars, a camera, and extra batteries.

SUGGESTED ITEMS TO PACK FOR YOURSELF

Just because something is on this list, does not mean you must pack that item (with a few obvious exceptions of course). A good rule of thumb when packing is if you aren't sure if you'll need it, leave it home. Remember you will also want room to bring souvenirs back. Please don't hesitate to call me if you have questions or concerns.

A TRAVELLERS ATTITUDE

We are no longer in North America and things are done differently here. Many things will seem strange, but remember that this isn't a bad thing. We are here to learn about another culture and no one's culture is wrong. Try to avoid comparing everything to the way it is done back home. Focus on learning something new every day and you will enjoy yourself.

PACKING LIST

Documents

- Credit card/US Cash
- Passport (carry a copy of the identification page in a separate bag and leave a copy at home)
- Airline ticket
- Insurance Documentation (both travel and health)
- Immunization Card
- Itinerary and leave a copy for your family

Clothing - comfortable, easy-care fabrics are best.

- Sweater/Jacket for cooler evenings
- Comfortable closed-toe walking shoes
- Sandals
- Shirts
- Pants/Shorts
- Underclothing
- Socks
- Ladies – modest, knee length skirt
- Swimwear/Flip-flops for swimming
- Rain coat
- Safari or Tilley Hat

Personal Care Items

- Shampoo/Conditioner
- Lotion (anti-bacterial is good)
- Hairspray
- Feminine Hygiene Supplies
- Soap/Shower Gel
- Toothbrush/paste/dental floss
- Deodorant
- Baby-wipes
- Kleenex and/or toilet tissue
- Face cloth
- Malaria pills
- Medication (Tylenol, Antacid, any prescriptions)
- Small Towel (bath towels are supplied at the hotels)

Electronics

- (Bring only what you cannot live without)
- Adapter plug

- Alarm clock
- Hair Dryer
- Curling iron
- Shaver

Miscellaneous Items

- Ear plugs for light sleepers
- Camera/Video Camera/Memory card
- Extra batteries
- Flashlight
- Food: simple snack items such as nuts, raisins, dried fruit, crackers, energy bars, etc.
- Souvenir shopping list for family and friends
- Binoculars (field glasses)
- Insect repellent
- Sunglasses
- Sunscreen
- Umbrella
- Laundry Soap for hand-washing

Registration Form

General Information – Please print legibly

Passenger Name (as it appears on your passport): _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Telephone: Res: _____ Bus: _____ Cell: _____

E-Mail: _____

Gender: Male Female Occupation: _____

Date of Birth (dd/mm/yyyy): _____

Citizenship: _____ Passport Number: _____ Expiry Date: _____

Special Needs (allergies, boarding assistance, etc.): _____

Flight Details

Frequent Flier Number (not Air Miles):

Airline: _____ Number: _____

Seat Preference: Aisle Centre Window Beside (name):

Airline Meal Preference: Regular Kosher Asian Vegetarian
 Fruit Platter Diabetic Vegan Vegetarian Other:

Because our flights to Nairobi, Kenya connect through London, England or Amsterdam, Netherlands you may extend your trip to include several days there before and/or after Kenya Trip. We will arrange your flights, if you

wish, but all other travel and accommodation arrangements and expenses for this extension will be your responsibility.

Please provide details if your plans differ from the group itinerary.

Hotel Details (for single travellers only)

Are you willing to share a hotel room with another single traveller? Yes No

Preferred Roommate (if you know another single traveller with whom you wish to share): _____

If you check yes and leave this line blank, we will match you with another single traveller of the same gender.

You will not be charged the Single Supplement cost of approx. \$250.00

Emergency Contact Details

Contact person (in case of emergency): _____

Telephone: Res: _____ Bus: _____

E-Mail: _____

Liability Release Form

RELEASE AND INDEMNITY,

A Better World Helping Hands Canada is a voluntary based organization that provides opportunities for individuals to participate in international travel for humanitarian assistance. As such all services are provided on a cost basis. All participants join on a voluntary basis.

WHEREAS,

The undersigned has requested that The Directors and A Better World Helping Hands Canada arrange, facilitate and permit the undersigned to travel to and provide humanitarian assistance in Kenya.

AND WHEREAS,

The Directors and A Better World Helping Hands Canada wish to expressly disclaim any liability for any and all damages to the personal property and of the undersigned and as well for personal injury or death of any person engaging in such travel or humanitarian work.

ACCORDINGLY,

In consideration of the agreements herein contained and for the purpose of inducing The Directors and A Better World Helping Hands Canada to arrange, and facilitate and permit such travel and humanitarian work.

THE UNDERSIGNED HEREBY AGREES,

To release, hold harmless and indemnify The Directors and A Better World Helping Hands Canada and their respective heirs, successors, assigns, officers and employees against any liability arising in any manner whatsoever and incurred by it/them by reason of the undersigned having undertaken such travel and overseas work. The undersigned acknowledges that The Directors and A Better World Helping Hands Canada shall not be liable for and are expressly released from liability or damage caused to the personal property of the undersigned or personal injury or death of the undersigned and whether caused by the negligence of The Directors and A Better World Helping Hands Canada or otherwise. The undersigned agrees to obtain appropriate insurance as may be reasonable to compensate for any such damages as may arise or be caused

by any and all risks whatsoever. It is acknowledged that travel overseas and in under developed countries entails certain inherent risks which are not readily foreseeable. The undersigned volunteers to undertake such risk and shall not have any remedy on account of same as against The Directors and A Better World Helping Hands Canada. The undersigned agrees to release, hold harmless and indemnify The Directors and A Better World Helping Hands Canada and for any personal injury or death to any of the undersigned and to any other minor person travelling with the undersigned and at the invitation of the undersigned.

Dated at _____ in the province of _____ this ____ day of _____ 20__

Signature

Printed Name

Signature of Parent or Legal Guardian

Printed Name of Parent or Legal Guardian

(Required for travellers under the age of 18 years)