



*Journeys of Inspiration*

## Rehabilitation Trip Information

March 2 – 18, 2019

Package 1

**September 30, 2018**

I am pleased to provide you with information about the Rehabilitation 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.

The first 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 don't hesitate to contact us. If you decide to deviate from the group and extend your stay, this portion of the trip 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.

Sincerely,

Karen Leung  
Tour Coordinator  
[karenmayleung@hotmail.com](mailto:karenmayleung@hotmail.com)

**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](mailto:info@abwcanada.ca) | [www.abwcanada.ca](http://www.abwcanada.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
<b><u>Routine</u></b>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/ vaccine, poliovirus vaccine, etc.
<b><u>Hepatitis A</u></b> 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.
<b><u>Hepatitis B</u></b>	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).
<b><u>Typhoid</u></b>	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.
<b><u>Yellow Fever</u></b>	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.
<b><u>Malaria</u></b>	Malarone is the medication of choice. Please check with your local health unit on their recommendation for travelers to Kenya.
<b><u>Rabies</u></b>	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.

Kenya plug



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 = approx. 100Ksh. and \$1 CAN = approx. 75Ksh. 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 should bring:

Entry Visa into Kenya:	\$50.00 USD (Payable on line – apply 30 days before departure)
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.
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 than 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.**

	Ground	Airfare	Total
Double or Twin - Kenya	\$3200.00	\$2000.00	\$5200.00
Single - Kenya	\$3800.00	\$2000.00	\$5800.00
<b>Above with 1.33 exchange rate</b>			

Tour Costs Include: hotel, all meals - except three of the 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 March 3, 2019 to join the group



## Tentative Itinerary

### **March 2, Saturday**

Welcome aboard. Today we depart to catch our overnight 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.

### **March 3, Sunday**

We arrive in Nairobi at approximately 8:00 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 travel to our first project.

### **March 4, Monday**

Today we drive to Kericho and settle in for our stay at the Exotic Hotel for 4 nights while we commute to Ndanai Small Home. This is beautiful tea country where you will see the tea pickers hard at work.

### **March 5, 6, 7, Tuesday, Wednesday, Thursday**

The next few days will be spent at Ndanai Small Home, home for 35 disabled children. There have been many improvements to the Ndanai Small Home and Primary School with support from A Better World donors. We will work with the disabled children and their families in a rehabilitation training camp. There will be lots of opportunities to interact with families and local rehabilitation staff and to follow up with families we have seen in past years. These will be long but very rewarding days.

### **March 8 and 9, Friday and Saturday**

We will drive to Kendu Bay and visit the Nyaburi School for the Physically Disabled where ABW has supported children's surgery and rehabilitation for almost three decades. We will spend two days at the school and Kendu Adventist Hospital on the shores of Lake Victoria, the largest lake in Africa. Our stay for the next 2 nights will be at the Nyakoe Hotel near Kisii.

### **March 10, Sunday**

Today will be a day to celebrate the dedication of rehabilitation staff and accomplishments of Nyaburi School students over the past 28 years. We will return to the Exotic Hotel for the night.

### **March 11, Monday**

Most of the day will be spent traveling to the Maasai Mara for an exciting adventure and to see a number of A Better World projects in the area. Travelling on some rough roads, we will likely see more animals as we approach the Maasai Mara Game Park. We will stay at the Enkorok Mara, or a similar tender camp, for the next 4 nights.

### **March 12, 13, 14, Tuesday, Wednesday, Thursday,**

Over the next few days we will team up with Kenyan professionals to run rehabilitation clinics for physically disabled Maasai children at the Niakarra and Talek Clinics. We will follow up with families we have met in the past and assess new children. The days will be busy and we will need everyone's help for the clinics to run smoothly. There may be opportunity for early morning and evening game drives before and after our clinics, making very memorable days.

### **March 15, 16, Friday and Saturday**

Today will be a game drive, and if you are very lucky, you will be able to see the BIG FIVE. We will visit a Maasai village and hopefully you will be able to enjoy a performance put on for visitors. Our Hotel for the next 2 nights is the beautiful Mara Serena on the plains of the Kenyan sector of the vast Mara-Serengeti ecosystem.



### **March 17, Sunday**

Today we drive back to Nairobi airport and depart late at night for our return flight home, arriving the next day.

## **Payment Schedule**

Registration	\$ 200
November 30	\$2000
December 30	\$2000
January 15	Balance Owing

Full payment required 30 days prior to departure.

## **Other Important information**

Trip Orientation - TBA

Packing Day - TBA

### **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*

**Kenya Entry Visa:** You will need to apply for your tourist entry visa for Kenya online 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 and the name of our travel agent in Kenya: Voyage Afrique, Lutheran Plaza, Nairobi, Kenya. And the email address is [info@voyageafrique.co.ke](mailto:info@voyageafrique.co.ke). 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](mailto:remerson@abwcanada.ca) or call 403 347-3344 so he can help complete this with you.

### **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 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 physio equipment 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, notepad, 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
- 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
- Rain coat



## 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 help arrange your flights, 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.

### Emergency Contact Details

Contact person (in case of emergency): \_\_\_\_\_

Telephone: Res: \_\_\_\_\_ Bus: \_\_\_\_\_

E-Mail: \_\_\_\_\_



## Liability Release Form

### RELEASE AND INDEMNITY,

A Better World is a voluntary 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 will arrange, facilitate and permit the undersigned to travel to Kenya and provide humanitarian assistance in Kenya.

### AND WHEREAS,

The Directors and A Better World 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, 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 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 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 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 in under developed countries entails certain inherent risks which are not readily foreseeable. The undersigned volunteers to undertake such risks and shall not have any remedy on account of same as against The Directors and A Better World. The undersigned agrees to release, hold harmless and indemnify The Directors and A Better World 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  
(Required for travellers under the age of 18 years)

\_\_\_\_\_  
Printed Name of Parent or Legal Guardian