



TRIP PLANNING GUIDE – 2

Preparing for Departure and Arrival

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

You will find:

- Emergency Contact List
- Luggage & Security
- On Arrival
- Payment Schedule
- Van & Roommate List
- A Swahili Vocabulary Sheet

Keeping your family and friends informed while you are away is best done on our website. Please have them look at <https://www.abwcanada.ca/get-involved/trips-in-progress/>. Daily blogs are kept in this section as technology permits.

Please do not hesitate to contact me should you have any questions.

Sincerely,

Eric Rajah,
Co-founder and Tour Leader
erajah@abwcanada.ca

NOTES:

- **Itinerary: Please, have a printed copy on hand.**
- **Check your departure times, and luggage allowance and arrive in plenty of time.**
- **Please, send us a copy of your flight itinerary.**
- **At the airport, please, check your luggage to your final destination unless you are stopping overnight in another country.**

On the Flight

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.
- 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.

Roll-away luggage (with wheels and retractable handle) is essential for easy movement. Remember, though, that airlines are not responsible for damage to wheels or handles, and avoid carrying or even lifting your case by means of its retractable handle.

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.

Van List

VAN 1	VAN 2	VAN 3	VAN 4	VAN 5

Room List

Upon arrival in Nairobi

- Entry Visa – Make sure to have \$50 U.S. exact cash, your landing card and Visa application form or VISAS if you already have it.
- 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 and you will have nothing to declare.
- Do not ask for help from porters outside.
- Keep your small luggage, backup in check at all times.
- Exit – where you will be met by our driver-guides.

Now is the time you should get your money changed.

In the Parking Lot

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

Vans

- Go to your van. The names are listed on the attached sheet.
- 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 you have probably heard many warnings about staying safe. The general situation in Africa 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.

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 – nobody 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 what you 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 leave it at home.

Additional Information

Culture/Religion/Respect/Beliefs – A Better World has roots in the 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. We will make time to relax 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 other organization. A Better World will periodically send you information regarding project progress and related humanitarian events. Please visit our website as one way of staying in touch.

Again, welcome to our growing family of caring humanitarians. You have joined over 2600 people who have made the journey to help others in twelve countries. It is your involvement that makes A Better World's mission meaningful.

Emergency Contacts

NOTE: 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.

Voyage Afrique Limited

Attention: Josephine
P.O. Box 38679-0623 Parklands
+254 733 888 199
+254 722 786 692 (cell)
info@voyageafrique.co.ke

Ray Loxdale

A Better World Board member
902 233 8944
rloxdale@gmail.com

Lawrence, Our Head Driver

+254 715 818 561

Global Affairs Canada

+1 800 267 6788
+1 613 996 8885 (call collect from overseas)

Eric's Kenya Phone

+254 721 318 210

Eric's home phone

403 782 4938

Eric's e-mail

erajah@abwcanada.ca

Kenya High Commission

415 Laurier Avenue East
Ottawa Ontario
K1N 6R4
+1 613 563 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

University of Toronto International Centre for Disability and Rehabilitation (ICDR)
Guidelines for Ethical Photography, 2016

Rationale: Individuals who take photographs have an ethical responsibility to preserve the dignity of their subjects and provide a true and comprehensive depiction of their surroundings in order to avoid public misperceptions. Images convey an experience to the audience and therefore the photographer wields influence over public perception. These guidelines have been developed to promote the human rights and dignity of people whose images are captured, whether for personal or public use.

Informed consent is required:

- All photos that are taken, published (i.e., made public), or disseminated require the informed consent (written or verbal) of individuals who are identifiably portrayed. This ensures respect for their autonomy and privacy, and avoids harming individuals, by limiting the inappropriate publication of their image.
- Consent should include information about who will be able to view the photo once it is published and information about platforms on which the photo will be shared.
- Individuals may choose to provide consent for certain uses and not others. Consent for one purpose may not be transferred to other purposes.
- If possible, the photographer should show the photo to the individual in the picture. If published, the photographer should try to provide the individual with a method of accessing the photo.
- When taking a photo of individuals who may not be able to give informed consent (e.g., children or people with intellectual disabilities), consent should be obtained from a parent, guardian, or someone with the individual's best interest in mind. The individuals should also have the purpose of the photo explained to them in an appropriate manner, and asked for their permission.
- Regarding language barriers, consent is still required for taking and/or publishing a photo. In particular, if there is reason to believe that the individual does not understand the photographer's intention regarding publication, the photo should not be published.

Use of photos in social media requires critical reflection:

- Because social media platforms often facilitate self-promotion, the social media user has the duty to reflect on the *purpose* for publishing a photo, e.g., is the purpose of publishing the photo based on self-promotion, raising awareness, and/or other aims? The ethical photographer and social media user critically examines these motivations and strives to make ethical decisions with respect to online publication.

Further Considerations for Ethical Photography Practices

- The value of using/publishing a photo should be weighed against regard for subjects' privacy and integrity.
- Photos of individuals should illustrate autonomy and dignity of the person.
- Photos should not intend to generate sympathy or display individuals as objects of pity.
- Photos of people from one country must not be used to represent people from another country.
- Photos of public events, religious ceremonies, political demonstrations, or other cultural events should not be presented out of context.