A Better World Canada
Breaking the Cycle of Poverty

Journeys of Hope

TRIP PLANNING GUIDE – 1

Preparing and Registering for the trip

After traveling with nearly 2500 people and planning their trips, we have put together a Planning guide 1 that will cover what you need to know before you even buy our ticket. Once you decide you are coming, we will provide Planning guide 2.

The first package contains all of the needed information at this stage of your planning.

Items to be completed and returned:

- Registration Form
- Liability Release Form
- Copy of Picture Page of Passport
- Deposit $300.00 Non-refundable
- A Valid Passport (not expiring 6 months prior to travel) with at least three blank pages.

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

Sincerely,

Eric Rajah, Co-founder
erajah@abwcanada.ca

Vaccinations and Medication for Travellers

Travelling to Kenya offers an opportunity to experience diverse wildlife, stunning landscapes, and vibrant cultures. However, ensuring proper health precautions, including vaccinations and disease prevention strategies, is critical for a safe journey.

- Please consult a reputable travel clinic in your area.
- Indicate you travel destinations.
- Have your vaccination booklet with you.

Useful Websites:

CDC - https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya

ABC Travel Clinic - https://abctravelclinic.ca/vaccines-for-kenya/

Kenya, Tanzania and Rwanda 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.
For **Tanzania** there are two associated plug types, types D and G. Plug type D is the plug which has three round pins in a triangular pattern and plug type G is the plug which has two flat parallel pins and a grounding pin. Tanzania operates on a 230V supply voltage and 50Hz.
For **Rwanda** there are two associated plug types, types C and J. Plug type C is the plug which has two round pins and plug type J is the plug which has three round pins. Rwanda operates on a 230V supply voltage and 50Hz.

Type G

Type C

Type J

Type D

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 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.

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

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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 which you will incur which are not covered in the price of the trip. Here is a probable list of how much extra USD cash you should bring:

Type	Probable costs that are not covered
Entry Visa into Kenya	$50.00 payable on arrival (cash only – exact amount) or on-line.
Airline Baggage Fee	$50.00 depending on your carrier, for your second piece of luggage.
Beverages	$15 for bottled water, juice, pop and snacks/day.
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. Most meals are included.
Spending money	For gifts and souvenirs.
Emergencies	Any unplanned expenses for emergencies will be the responsibility of each individual traveler.
Additional Activities	Activity costs not included in the tour package will be the responsibility of each individual traveler.
Vaccinations	Traveler's responsibility.

NOTE: If you do require more cash than you brought, Visa and MasterCard are also accepted only 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 then to your travel plans before leaving home.

Payment Schedule & Important Dates

Upon registration $ 300.00 non-refundable deposit

Based on the trip dates a payment schedule will be made available

Other Important Dates (to be announced)

Trip Orientation –

Packing Day –

Payment Method:

Visa/MasterCard……Please call *403 782 0325* with your credit card number

Cheque.....Payable to: *A Better World 206 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. Tour cancellation insurance for the Africa portion is not available. 50% of the land costs are refundable if cancelled 60 days prior to departure.

Tax Deductibility:

Humanitarian trips that substantially involve service and you are participating daily in A Better World Projects are eligible for a tax receipt.

General Note on Luggage and Packing

(baggage information is subject to change)

Each person in business class is allowed to take a total of 3 bags – two checked (50 lbs.) and one carry-on bag, plus a purse, brief case or laptop. Those travelling in economy are allowed two checked bag (50 lbs.) and a carry-on bag, plus a purse, brief case or laptop. A $200.00 charge will be incurred for any additional bags. Since most travelers only need one suitcase for their personal luggage, we take advantage of the two-suitcase allowance (economy travelers) to take supplies to leave behind in Kenya. These suitcases will be packed all together at a packing day (for those who live in Alberta). Below you will find a list of suggested clothing and personal items to take with you.

Items you may want to have in your day pack include a water bottle, face cloth, flashlight, light jacket, umbrella, notepad, some toilet paper, hand sanitizer, snacks for yourself. We also recommend you take with you any medication you need, sunglasses, sunscreen, a hat, binoculars, a camera, and extra batteries.

Please note: If you deviate from the planned itinerary and stop in London/Amsterdam overnight you are only allowed one checked bag. The airline will not allow you to take a second bag to leave in Kenya.

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. Edith Fitch, who traveled with us, contributed to this list. Please don't hesitate to call me if you have questions or concerns.

A Traveler's 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, long skirt or wrap and sleeved shirt if travelling to Lamu
- Swimwear/Flip-flops for swimming
- Safari or Tilley hat
- Raincoat

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
- Shaver
- Malaria pills
- Medication (Tylenol, Antacid, prescriptions)

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 snacks, granola bars
- Plastic bags for laundry or garbage
- Souvenir shopping list
- Binoculars (field glasses)
- Sun hat (cloth and foldable)
- Insect repellent
- Sunglasses
- Sunscreen
- Notebook and pen for journaling
- Umbrella
- Laundry soap for hand-washing

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Registration Form

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

Address: _____

City: _____ Prov:_____ Postal Code: _____

Telephone: Res. _____ Bus. _____ Cell: _____

E-Mail: _____

Gender: ☐ Male ☐ Female ☐ Other Occupation: _____

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

Citizenship: _____ Passport Number:_____ Expiry Date: _____

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

Flight Details

Our flight to East Africa generally connects through either London, Amsterdam, or Frankfurt and other options are available.

Our most direct route with one stop from major Canadian airport is to Amsterdam and then to destinations in East Africa.

Our travel agent in Lacombe is:

Shelley Cota. E-mail: *Phone:*

You can tell her that you are with A Better World Group. If you are booking online please send us your itinerary.

PLEASE DO NOT ARRIVE AFTER THE GROUP ARRIVAL DATE AND TIME. YOU CAN ARRIVE EARLIER AND WE CAN ARRANGE EXRA STAY AT THE DESTINATION

Hotel Details (for single travelers only)

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

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

If you wish not to share a room the hotels will add a single supplement to the price.

Emergency Contact Details

Contact person (in case of emergency): _____

Telephone: Res. _____ Bus. _____

E-Mail: _____

Don't want to print? Fill out this form online! CLICK HERE

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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 arrange, facilitate and permit the undersigned to travel to 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 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. 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 Printed Name of Parent or
Legal Guardian (Required for travelers under the age of 18 years

Don't want to print? Fill out this form online! CLICK HERE