



KENYA!

Dental Outreach Relief Foundation

Volunteer Handbook



**DENTAL OUTREACH
RELIEF FOUNDATION**

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Introduction

Have you ever wanted to make a difference while expanding your horizons and seeing new corners of the world? This is your opportunity!

This handbook outlines all you need to know as a Dental Outreach Relief Foundation volunteer. It's perfect for those who have already committed and will provide valuable information if you are considering becoming a participant. This handbook will review all the necessary information needed to help you decide if volunteering in Kenya is right for you AND provide you with all the necessary information to help you plan and prepare for this amazing and rewarding adventure.

Read on to find:

- ✓ *Timeline and preparation for the 2023 volunteer trip*
- ✓ *Trip itinerary*
- ✓ *Information regarding local customs in Kenya*
- ✓ *Basic safety tips*
- ✓ *Travel information*
- ✓ *Packing list and items to bring*
- ✓ *Estimated cost breakdown*
- ✓ *Other useful information*

For any questions about this booklet or the humanitarian trip in general, please email: contact.dorf@gmail.com

We hope you'll decide to join us on this life changing experience!



Pre-Trip Volunteer Checklist

Thank you for being a **DORF** (**D**ental **O**utreach **R**elief **F**oundation) volunteer! Here are the things you need to do before you depart for Kenya.

- ✓ **READ THIS HANDBOOK.** If you have any questions that are not covered in this handbook, please ask us.
- ✓ **EACH VOLUNTEER MUST SUBMIT AN APPLICATION.** Our mission coordinator will review your application and notify you if you are accepted for this mission. There is limited space for participants, so **APPLY EARLY!** (Application along with the Terms and Conditions are included at the end of this manual)
- ✓ **PRINT OR SAVE THIS HANDBOOK.** One way or another, take this handbook with you to Kenya and have it as a reference.
- ✓ **OBTAIN TRAVELER'S INSURANCE.** You have the choice to seek your own insurance or purchase it from our preferred insurance agency.
- ✓ **GET YOUR PASSPORT.** *Get a passport as soon as possible.* You should apply for passport **NO LATER** than 3 months before our departure date, and if possible, have expedited. If you already have one, check the expiration date; your passport must be valid for a minimum period of 6 months from the date of entry into Kenya.
- ✓ **OBTAIN A KENYAN eVisa AND TRAVEL HEALTH CERTIFICATE.** This is a fairly easy process. Visit www.kenyanevisa.com to apply (Details on this process are contained in a later section). Once you have obtained your eVisa, please make a copy and email to DORF: info.dorf@gmail.com
- ✓ **OBTAIN TRAVEL VACCINATIONS.** Although not required by the Country of Kenya, your travel insurance will most likely require vaccinations. In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations:
 - Covid-19
 - Yellow Fever (Good for lifetime)
 - Typhoid (good for 2 years)
 - Obtain RX for malaria (Most of these medications need to be started before your trip, so consult with your doctor early and follow the administration recommendations before and after your trip)

We strongly recommend you review other CDC guidelines and recommendations for vaccinations when traveling to Kenya, these can be found at:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>

BOTTOM LINE: get in touch with a travel clinic or your doctor at least 3 months before departure so that you can time your medications and vaccinations appropriately.

- ✓ **PACK APPROPRIATELY.** There is a suggested packing list in this booklet.
- ✓ **PAY YOUR PROGRAM FEES.** The breakdown of costs for your trip to Kenya is outlined in a later section of this handbook. Please note the deadlines for payments!
- ✓ **COMPLETE TEMPORARY LICENSING APPLICATION AND SUBMIT ALL ITEMS REQUIRED FOR LICENSING DIRECTLY TO DORF.** This is required for ALL dentists. *Please do not procrastinate preparing your application and gathering the required documents.* The application for a temporary license is included in your Mission Trip application. Please note the additional items need for the application. Submit your completed application along with all supporting documentation to DORF. DORF will provide the letter summary as well as the Kenyan Host letter that your application requires.

Program Overview

Kenya Mission Overview

Dental Outreach Relief Foundation's mission is two-fold:

- 1) *To relieve pain and suffering from untreated dental conditions in remote communities where access to dental care is difficult.***
- 2) *Provide education and prevention supplies to schoolchildren in remote areas of the world***

Accordingly, you will be volunteering at a temporary dental clinic where you will provide pain relief from both acute and chronic dental conditions. Treatment will mainly consist of extractions and providing RX's for pain relief and infection. As a reminder, DORF is a grassroots organization. Part of your responsibilities will include clinic site set-up and equipment management.

Furthermore, you may also choose to spend some of your time in the local schools providing basic hygiene and oral healthcare practices to schoolchildren and give out basic hygiene products, i.e. toothbrushes, toothpaste, soap, hand sanitizer, etc.

As such, you will be expected to adhere to DORF's Code of conduct, as stated in the Volunteer application.

Who Can Volunteer?

1) **Dentists:**

- Must have a valid Dental license in any of the 50 United States
- Must have current malpractice coverage

2) **Dental Assistants and Support Staff:**

- 18 years of age or older (*If younger than 18, must be accompanied by parent or legal guardian, who must all meet these criteria*)

Code of Conduct

As a volunteer, you must agree to abide by the code of conduct (as presented in your volunteer application and as outlined below) at all times and in all places throughout the entire period of your volunteer experience.

No alcohol*

No illegal drugs*

No tobacco*

No profanity*

No marijuana*.

No pornography*

No prescription drugs without a prescription*

No vulgar language

* If you violate any of these details of the volunteer code of conduct, you will be removed from the volunteer program and asked to immediately leave the volunteer sites, and you will bear the financial burden associated with such removal, including, but not limited to, hotel costs, transportation costs, and itinerary change fees.

Furthermore, DORF volunteers are to remember that we are guests in a foreign country. As such we are to represent ourselves and DORF with kindness, respect and responsibility at any time in the temporary clinics or in the schools.

Temporary Dental Clinic

The Kenya mission trip is a “grassroots” project. This means that we will be setting up and supplying our own temporary dental clinic. The temporary clinic will be set-up outside of and on the grounds of a local chapel of the Church of Jesus Christ of Latter-day Saints*. Volunteers will assist in setting up of this clinic at the start of the trip and help take it down at the end of the trip.

The clinic will consist of pop-up canopy tents and tables and chairs provided by the chapel. Local Health facilities and officials from Makueni County will supply a very limited number of equipment items (i.e. autoclave, etc.), but DORF will bring most to all of the necessary clinic equipment and dental supplies.

Features of the temporary dental clinic:

- 4-6 patient chairs. These chairs are not reclining, therefore Volunteer dentists will mostly work standing up.
- Very basic suction will be available. It is important to understand that these suction devices are not as strong or as reliable as modern western dental vacuums and compressors.
- Water irrigation will be available only by manual, handheld plastic syringes.
- There will be up to two portable dental units to allow for handpiece usage when needed.
- Makueni County has pledged to assist with a sterilization device, however if this is not available then cold sterile procedures will be used.

- X-ray equipment may or may not be available, but every effort will be made to secure a portable x-ray tube.

Dental treatment provided will consist mainly of extraction and pain relief procedures. All necessary extraction and surgical equipment will be available. In some cases, there may be opportunities for ART (Atraumatic Restorative Treatment) procedures. More details will be given onsite once the temporary clinic has been established.

Working in the Local Schools

DORF seeks to address the deficiencies and disparities that school children in Kenya face when it comes to basic hygiene and oral healthcare. If you choose, you may participate in excursions to local schools as part of your mission trip experience. You will teach and demonstrate proper oral hygiene and other personal cleanliness practices. These may include toothbrushing, handwashing, proper diet, etc. A rewarding and exciting part of these school visits will be to present school children with their own hygiene products, i.e., toothbrushes, toothpaste, hand sanitizer, etc. One of the major goals at DORF is to prevent oral disease through proper homecare practices.

It is very important, that you remember the previously outlined code of conduct when you are a guest in the local schools. A few rules **MUST** be adhered to when visiting the schools:

- Stay with the group and do not wander around alone in the schools or on school grounds.
- **NEVER** be alone with a child at any time, always have a school official or fellow team member with you.
- Show respect to the teachers and wait for their introduction and instructions when in the classroom

Accommodations

For the Kenya 2023 trip, accommodations will be at [Miryam Village Inn Safari Lodge](https://miryam-village-inn-safari-lodge-ltd.business.site), which is located approximately 35 minutes from the Clinic site. The property is a safe, gated facility. Each room can house up to two team members. Please indicate on the application of form if you would like to share a room with another volunteer (You can also indicate who you would like your roommate to be). Please note, that based on availability if you do not choose a roommate, one maybe assigned to you. Each room comes with either a queen bed or two twin beds and its own bathroom with shower with hot water. WIFI is available throughout the property.

Although our accommodations will be safe, *it is NOT recommended for westerners to leave the facility without a local Kenyan guide, especially at night.*

You can view more about the accommodation by visiting their website:

<https://miryam-village-inn-safari-lodge-ltd.business.site>

**Dental Outreach Relief Foundation is no way associated with the Church of Jesus Christ of Latter-day Saints, but has partnered with the local congregation to carry out this humanitarian project.*

Meals

Miryam Village Inn and Safari Lodge provides “Full Board” accommodations, which means they will provide three meals per day. Each morning, breakfast will be available at the property before departing for the volunteer sites. Furthermore, they will serve dinner upon return to the property each evening. Lunch will be provided by the lodge in the form of Box lunches and will be delivered to the volunteer site each day. You can read more about Kenyan cuisine and food staples in the “Getting to know Kenya” section of this manual.

We strongly suggest that you bring an ample amount of snacks from Home (Protein/granola bars, trail-mix, jerky, dried fruit, candy, etc.) The options for purchasing or shopping for food or snacks are extremely limited.

Travel to Kenya and local transportation

All Volunteers will have their airfare booked by DORF. DORF works with a mission travel agency to secure fixed prices for volunteers. Most volunteers will travel from their home airport and converge at another major “hub” airport and then travel together to Kenya with other Volunteers.

We ask all Volunteers to wear their team t-shirt on their flights so that they can identify each other at the common “hub” airport and make their way to Kenya together. Flights will be finalized approximately 90 days prior to departure.

Once in Kenya, all transfers to and from the housing facilities and temporary clinic site will be by a team bus.

Electricity and Voltage in Kenya

The power outlets in Kenya are known as a British 3-pin rectangular blade plug (WA-7). The standard electrical outlet in Ghana is 220-240 volts. The standard electrical outlet in the US is 110-120 volts. Before plugging anything in a Kenya outlet, be sure that whatever it is you are plugging in can handle up to 220-240 volts. If not, you will need a converter/transformer to step down the voltage. We recommend you bring a voltage/power adapter with you for your personal devices.



Getting Recognized for Your Work

Making the decision to travel abroad and volunteer is never easy. Many people think of volunteering abroad as an option at some point during their lives but often are not able to follow through with this. By letting others know of the trip you are embarking on, you can highlight the work you will be doing and inspire others to get involved as well. We encourage you to contact your local newspapers and media sources to let them know of your pending adventure. Our experience is that most newspapers find the stories very interesting and will give some recognition and coverage.

Program Cost

DORF's program fees will be all-inclusive (with the exception of Airfare, passport fees, licensing fees, vaccination fees and spending money). DORF has the ability to obtain special prices for accommodations, meals and local transportation due to our humanitarian efforts and size of our group. Cost listed below is approximate.

Mandatory Program Cost Paid to DORF

2 week program (15 days)

1) Program Fee	\$1950	
2) Temporary Dental License	\$175	<i>(Dentists Only)</i>
Total Program Costs:	\$2,125	(Dentists)
	\$1,950	(Dental Assistants/Staff)

1 week program (8 days)

3) Program Fee	\$1450	
4) Temporary Dental License	\$175	<i>(Dentists Only)</i>
Total Program Costs:	\$1,625	(Dentists)
	\$1,450	(Dental Assistants/Staff)

Additional Costs NOT paid to DORF

(paid by volunteer separately)

1) eVisa	\$187
2) Vaccinations	\$350-\$450
Total Additional Costs:	\$537-\$637

Optional Costs

1) Weekend Safari	\$300-350 (All-inclusive)
2) Spending Money	\$500 (Recommended)

Payment Deadlines

1) \$500	At application submittal (No later than December 1 st)
2) \$1000	December 1 st (\$1500 if deposit was not made prior)
3) Balance	January 15 th

Your Volunteer Costs are Tax Deductible! DORF is a 501(c)(3) organization, and your travel costs and program fees are tax deductible. The IRS says it this way:

Do you plan to travel while doing charity work this summer? Some travel expenses may help lower your taxes if you itemize deductions when you file next year. Here are five tax tips the IRS wants you to know about travel while serving a charity.

1. *You must volunteer to work for a qualified organization. Ask the charity about its tax-exempt status. [GMAD is a tax-exempt organization]*
2. *You may be able to deduct unreimbursed travel expenses you pay while serving as a volunteer. You can't deduct the value of your time or services.*
3. *The deduction qualifies only if there is no significant element of personal pleasure, recreation or vacation in the travel. However, the deduction will qualify even if you enjoy the trip.*
4. *You can deduct your travel expenses if your work is real and substantial throughout the trip. You can't deduct expenses if you only have nominal duties or do not have any duties for significant parts of the trip.*
5. *Deductible travel expenses may include:*
 1. *Air, rail and bus transportation*
 2. *Car expenses*
 3. *Lodging costs*
 4. *The cost of meals*
 5. *Taxi fares or other transportation costs between the airport or station and your hotel*

To learn more see Publication 526, Charitable Contributions. The booklet is available at IRS.gov or by calling 800-TAX-FORM (800-829-3676).

Program Itinerary

ITINERARY

Friday	Depart USA
Saturday	Late Night arrival to Nairobi, overnight in hotel near airport
Sunday	Morning: Breakfast at Hotel, optional church attendance Mid-Morning: Depart for Makueni County Early Afternoon: Arrive at accommodations, lunch Afternoon: Set-up Clinic, organize supplies and equipment Evening: Dinner and rest-up
Monday-Thursday	Daily Schedule: 6:00 AM: Arise, Breakfast and ready for the day 7:00 AM: Depart for clinic 8:00 AM-Noon: <u>Team A</u> -Treatment in temporary clinic <u>Team B</u> -School Visits 12:00-1:00 Lunch Break 1:00 PM-5:00 PM Both Teams-Treatment in temporary clinic 5:00 PM: Clean-up prep for next day 5:30 Depart for Hotel 6:00 Dinner at Hotel 7:00 Cultural events (on select nights)
Friday-Saturday	<i>Optional Safari trip all-inclusive</i>
Sunday	Rest and Church
Monday-Thursday	Repeat daily schedule as week before
Friday	Clean up clinic, pack materials, depart for Nairobi Airport, late night flight to US
Saturday	Arrive back in US

Required Documents for Travel and Volunteering in Kenya

- 1) **Valid Passport.** You should apply for passport NO LATER than 3 months before our departure date, and if possible, have it expedited. If you already have one, check the expiration date; your passport must be valid for a minimum period of 6 months from the date of entry into Kenya.
- 2) **Temporary Dental License (Dentists only).** All dental professionals who will be volunteering in a dental capacity in Kenya need to obtain a temporary dental license from the Medical Practitioners and Dentists Council in Kenya. Please see the requirements listed below. The registration fees mentioned in the application are paid by DORF and are included in your program costs. You will complete an application (Included at the end of this manual), gather the required documents, and send everything to DORF. DORF will then submit your application and secure your temporary license for you. All applications and required documents should be sent to:

Dental Outreach Relief Foundation
C/O: Mathew Jensen, DMD
16130 W. Dale Ln
Surprise, AZ 85387

PLEASE DO NOT PROCRASTINATE YOUR APPLICATION AND THE GATHERING OF REQUIRED ITEMS. Processing times in Kenya can be very slow and we need to allow plenty of time for processing the temporary licenses.

Documents needed for your temporary dental license:

- A) **Application of Temporary License for Foreign Doctors.** This application form is included as part of the program application. Complete the application-write neatly and legibly to avoid confusion by the Kenyan officials.
- B) **Attach a current passport size passport.** Do not wear light clothing for this photo. Attach it to the indicated spot on the application form.
- C) **Make a COLOR copy of your passport.** This photocopy should not be clear and not blurry and the information on the photo page should clear and easy to read.
- D) **Copy of Current Dental license.**
- E) **Copy of Dental School Diploma.**
- F) **Copy of any residency or post-graduate programs completed.**
- G) **Current Curriculum Vitae.** This does not need to be fancy, just a simple history of your education and employment with dates and locations.
- H) **Testimonial Letters.** You need to ask two colleagues to submit letters of recommendation for you. These letters should attest to your good character and legitimacy as a dentist

3) Kenyan eVisa (All volunteers). All individuals age 16 and over are required to obtain a Kenyan eVisa to enter Kenya. This process is very quick and simple. The turnaround time is only a few days. But you must apply **NO EARLIER** than 2 months prior to your trip, as the eVisa is only valid for 3 months from issue. Please **NOTE**: you will be asked for the following documents during application: 1) a square, passport style digital photo of yourself, 2) a photo of the info page of your passport, and 3) Proof of your accommodations or hotel reservation. These photos must be free of glare and shadow, please follow the instructions on the application so that you can avoid a delay during processing. DORF will provide you with the document for proof of hotel stay.

4) Travel Health Surveillance Certificate and QR Code. The health certificate and QR Code is part of your application process for and eVisa. During the application process for your Kenyan eVisa, you will be asked if you want to apply for the travel health certificate. You will mark “yes” and make sure you **save a copy or screenshot of the QR code** that will be generated. You will need this QR code for entry into Kenya. Your travel health certificate must be current within 72 hours of departure, therefore you will receive another email asking you if you have had any symptoms, illness, etc. After this re-verification is completed, you will be mailed an updated QR code. Save both QR codes.

During the eVisa application process you will be asked if you want to register your eVisa with US Embassy in Kenya, we recommend you respond “yes”. This ensures that the US embassy is aware of your presence in Kenya.

5) COVID19 Vaccination certificate or proof of a negative Covid-19 test. With the ongoing Covid-19 pandemic, we strongly recommend all volunteers obtain the Covid-19 vaccination. While not required to enter Kenya, if you are **NOT** vaccinated, you will need to show a negative result of a Covid-19 test within 72 hours prior to arrival*. If you choose to not be vaccinated, you are assuming the following risks:

- 1) Kenya can change their vaccination requirements at any time. If you enter Kenya unvaccinated you could encounter delays returning to the US.
- 2) If you rely on a negative test result prior to entering Kenya, *you may test positive!* You will then not be able to participate on the volunteer trip. Think of all the cost, preparation and sacrifice it took for you to plan your trip, to suddenly have your dream of volunteering in Africa dashed!
- 3) Finally, you may void your travel insurance if you have not received all vaccinations and medicines as recommended by the CDC.

**NOTE: Vaccination and testing requirements/recommendations by the Republic of Kenya are accurate at time of printing of this manual, Government requirements and guidelines could change at any moment.*

Travel Insurance and Vaccinations

Travel Insurance. All DORF volunteers are required to purchase and have Traveler's insurance. If you get sick or have an emergency at home, the cost of medical care and repatriation can be extremely costly. For this purpose, and to make for a "worry-free" experience, you are required to have the following coverage with your travel insurance:

- A) Medical Coverage
- B) Accidental Death and Dismemberment
- C) Re-patriation

Vaccinations: Although not required by the Country of Kenya, your travel insurance will most likely require vaccinations. In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations:

- Covid-19 (If not currently vaccinated, you will need to provide a negative COVID-19 test, administered within 72 hours prior to arrival*)
- Yellow Fever (Good for lifetime)*
- Typhoid (good for 2 years)*
- Obtain RX for malaria (Most of these medications need to be started before your trip, so consult with your doctor early and follow the administration recommendations before and after your trip)

Malaria is very common in Africa. Humans get malaria from the bite of a malaria-infected mosquito. Symptoms of malaria include fever and other flu-like symptoms including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting and diarrhea may also occur. If not promptly treated, malaria has the potential to cause kidney failure, seizures, mental confusion, coma, and death. Malaria can be cured with prescription drugs. The type of drugs and length of treatment depend on which kind of malaria is diagnosed, where the patient was infected, the age of the patient, and how severely ill the patient was at the start of treatment.

We strongly recommend you review other CDC guidelines and recommendations for vaccinations when traveling to Kenya, these can be found at:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>

**NOTE: Vaccination and testing requirements/recommendations by the Republic of Kenya are accurate at time of printing of this manual, Government requirements and guidelines could change at any moment.*

Getting to know Kenya

Ethnic Groups and Languages Spoken. The official languages of Kenya are Swahili and English. Although most people speak some English, a little effort at learning some basic Swahili phrases can go a long way in forming relationships and trust with the Kenyan people. Below are some common phrases in Swahili that would be good to become familiar with.

Kenya has incredible ethnic diversity. More than half of the country's ethnic groups have Bantu origins. The largest ethnic group in Kenya is the Kikuyu people (22%). Other major ethnic groups include the Luhya (14%), Luo (13%), Kalenjin (12%), Kamba (11%), Kisii (6%) and Meru (6%). Each tribe is further divided into clans or sub-tribes, sometimes understood as a family. For example, there are approximately 18 clans in the Luhya tribe. Kenyans tend to associate certain social qualities with different ethnic groups. Keep in mind that some of these associations may be based on outdated or inaccurate stereotypes. For instance, the Luo are often seen as being proud of their language and culture. Similar distinctions of social characteristics are made within ethnic groups as well. For example, among the Kikuyu people, those living in Nyeri are commonly seen as industrious or entrepreneurs.

Family Life. Family in Kenya is not just the nuclear family but extended to cousins, uncles, and aunts. In Kenyan culture, family is considered a major factor when it comes to identity, a sense of belonging, and security. The upbringing of a child in Kenya means cousins, aunts, and uncles play a large role in their day-to-day life and may make visits without prior notice and expect a helping hand when in need.



Dinner is an important meal as it brings together all family members. Religious services are also a communal experience for families. Religious beliefs are strong for Christian, Muslim and Hindu communities. Sunday is the biggest day for Christian families as they will spend almost all day in church activities.

In Kenya, household chores are traditionally done by women. Sometimes men try to help in the house, but it's not very common. In general, children are expected to make their own beds each morning and keep their room tidy.

Kenyan culture is very communal in nature. Kenyans share everything from clothes, food, and even space! At home, personal items are often shared with every member of the family. In most families, they don't understand the concept of private time and it's uncommon to stay alone in one's room for long periods of time except to sleep. (www.afsusa.com)

Food. Food in Kenya is rich in different types of breads, fried potatoes, eggs, rice, meat, fish, and vegetables. Meals are a family time, so Kenyan families often sit down together talk about their day during meals. Most people eat with their right hand.

There is no singular dish that represents all of Kenya's wide cuisine. Different communities have their own native foods. Food staples such as maize and other cereals depend on the region, including millet and sorghum eaten with various meats and vegetables. The foods that are universally eaten in Kenya are *ugali* (maize), *sukuma wiki* (vegetables), and *nyama choma* (roasted beef).

Grains are a food staple for groups that grow grains such as Kikuyu, Embu, Meru, and Kisii. Other communities such as the Luo and the Coastal communities have fish and seafood as their staple food. In semi-arid areas like Turkana, foods made from sorghum are more common staple foods. Towards the city, food eaten by working families vary according to preference and ethnicity. Rice and stew are more common with working families, and other dishes like *chapati* (parantha) and chicken stew.

(www.culturalatlas.sbs.com)



Cultural Do's and Don'ts. As with all cultures there are basic behaviors that are considered acceptable and encouraged and those that are not. The following is a basic list:

Do's

- It is important to enquire about a Kenyan's well-being, their family, home and work whenever you see them to show personal interest. If meeting them for the first time, it is good to acquaint yourself with their family background and ask where they're from.
- Respect those who are older than you. Contradicting, criticizing, disagreeing or ignoring elders will give them a poor opinion of you.
- Expect a Kenyan to talk about their level of education. This can earn a person respect in Kenya as the culture is quite status conscious.
- Kenyans are likely to appreciate any sincere efforts to learn or speak Swahili. Regardless of whether terms are mispronounced, basic greetings or several key phrases will show that you are keen to understand Kenyan culture.
- Show respect when photographing people and ask for permission first. Some people may feel comfortable having their photo taken, while others may not.

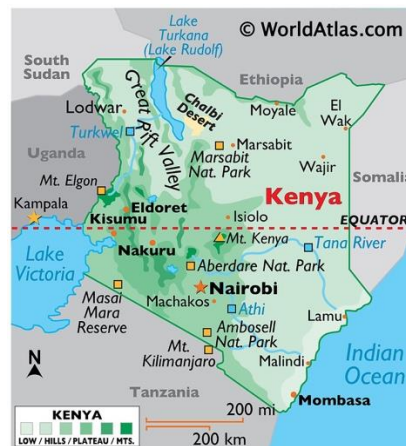
Don'ts

- It is best not to criticize Kenya or point out its shortcomings. Kenyans may do so themselves, but foreign criticism may offend them or be interpreted as an insult.
- Avoid insulting Christianity. In Kenya, many view Christian practices and beliefs as an important part of their identity, in fact up to 80% of Kenyans consider themselves Christian.
- Ethnic relations may be openly talked about; however, be aware that Kenyans may be sensitive to ethnic stereotypes and discrimination.

- Avoid critiquing or suggesting solutions no matter how obvious a solution may seem to you unless you are asked. Since Kenyans tend to be indirect communicators, direct critique may be perceived negatively.
- Do not assume all African peoples are the same. There is a great variety of distinct cultures and ethnicities across the continent. Thus, avoid homogenising those from Kenya with neighbouring countries.
(www.culturalatlas.sbs.com)

Geographical Information. Kenya is in the Southeastern region of Africa. It is Bordered by South Sudan and Ethiopia in the North, Tanzania to the south, Uganda to the West and Somalia on the East. It is the 29th most populated country In Africa and is home to over 47 million inhabitants

Kenya is similar in geographical size to, but slightly smaller than the state of Texas. Kenya is approximately 224,000 Square miles. Its N-S and E-W dimensions are approximately 703 miles by 637 Miles



Weather. Kenya lies on the equator and has a pleasant, tropical climate, but there are large regional climatic variations influenced by several factors, including altitude. Kenya’s daytime temperatures average between 20°C/68°F and 28°C/82°F, but it is warmer on the coast. Kenya is too close to the equator to experience a real winter and summer. There is, however, both a Dry season (June-October) and two Wet seasons (March to May and October to December).

Currency. The Kenyan Shilling is the official currency of Kenya. However, the American Dollar is used at times at certain tourist destinations. It is a good idea to bring some US cash with you to exchange in Kenya, but the best exchange rates are usually when you withdraw Kenyan currency at ATM’s. Be sure to contact your bank before leaving to discuss exchange rates and their policies of withdrawing foreign currency.

Volunteer Safety

There are many risks associated with traveling abroad. To make sure you understand these risks, you are required to read *Statistical Report of Crimes against Volunteers* published by the Peace Corps. The website for this resource is located in the application section.

Here are some general safety tips:

- Do not wear much jewelry on the streets. Especially do not wear gold neck chains or items that would be appealing to would-be thieves.
- Handbags are always a temptation. However, if you must carry one, keep it in front of you. A backpack is better.
- Be alert.
- Be cautious of street kids, beggars or crowds. Incidents of theft often occur when there are crowds and confusion to distract you.
- Always try to know where you are going before you attempt long journeys. Be especially careful at night.
- Use taxi drivers you know or those who are connected to your volunteer organization or to places you have already been. Keep the cell phone number of trusted taxi drivers handy.
- Do not go on excursions alone. Go with other volunteers, day or night. Even when in groups, don't stray far away, and don't walk alone along dark or empty streets. If possible, after dark use door-to-door transportation.
- Tourist areas can be high risk areas for pickpockets and thieves. Leave your valuables in a secure place at the children's home.
- For traffic safety, stop, look and listen A LOT. Most likely, the traffic rules in Kenya are very different from the rules in your home country.
- Do not accept drinks from strangers, and always keep an eye on your drinks when you are out socializing.

Kenya is a relatively safe country (see the attached *Statistical Report of Crimes against Volunteer* published by the Peace Corps). Nevertheless, keep your valuables safe in the housing accommodations or on your person where you can feel them at all times. Always remember that while Kenyans are generally a very friendly people, you are far richer than most, making you a tempting target for pickpockets, thieves and generally honest people who may be in a desperate position. Most tourists in Kenyanever experience any trouble, and as long as you stay alert and use common sense, you should not have any problems.

Volunteer Health

There are many health and disease risks associated with traveling to Kenya. To make sure you understand these risks, you are required to read "[Health Information for Travelers to Kenya](#)" published by the U.S. Centers for Disease Control and Prevention. The website address for this document is listed in the application section.

Malaria is very common in Africa. Humans get malaria from the bite of a malaria-infected mosquito. Symptoms of malaria include fever and other flu-like symptoms including shaking chills, headache, muscle aches, and tiredness. Nausea, vomiting and diarrhea may also occur. If not promptly treated, malaria has the potential to cause kidney failure, seizures, mental confusion, coma, and death. Malaria can be cured with prescription drugs. The type of drugs and length of treatment depend on which kind of malaria is diagnosed, where the patient was infected, the age of the patient, and how severely ill the patient was at the start of treatment.

As noted in the referenced "Health Information for Travelers to Kenya" published by the U.S. Centers for Disease Control and Prevention (website located in the application section of this manual), other diseases carried by insects in West Africa include Dengue, filariasis, leishmaniasis, and onchocerciasis (river blindness). Protecting yourself against insect bites will help to prevent these diseases.

Visit with a travel medicine doctor/nurse You should see a nurse/physician 2-3 months before traveling to Kenya for any necessary vaccinations and a prescription for an antimalarial drug. Although not required by the Country of Kenya, *your travel insurance will most likely require vaccinations*. There are several antimalarial drugs on the market, and some affect people quite differently, and each has its own benefits and drawbacks. Whichever medication you choose, it is essential that you use it correctly.

In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations and medications:

- **COVID-19 vaccination is not legally required, *but strongly recommended*.** Although not required by the Country of Kenya, your travel insurance will most likely require vaccinations. In addition to routine childhood vaccinations, the CDC recommends you obtain the following vaccinations:
 - **Yellow Fever** (Good for lifetime)
 - **Typhoid** (good for 2 years)
 - **Obtain RX for malaria** (Most of these medications need to be started before your trip, so consult with your doctor early and follow the administration recommendations before and after your trip)
 - **Traveler's diarrhea RX** We recommend that you consult with your travel doctor about a prescription for traveler's diarrhea.

Other generally recommended immunizations include:

- Hepatitis A
- Diphtheria/Tetanus
- Typhoid
- Hepatitis B
- Tuberculosis (when epidemic)
- Cholera (when epidemic)

We strongly recommend you review other CDC guidelines and recommendations for vaccinations when traveling to Kenya, these can be found at:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>

Getting the most from your volunteer experience

There are different ways to look at volunteering abroad. We recommend that you view it as a win-win situation, a mutually rewarding and positive arrangement. Give yourself wholly to the work, but don't forget *that the people of Kenya have much to teach and give to you.*

Whether you are volunteering to take a break, to change directions, or to give something back, the more you give of yourself, the more you will enjoy your trip.

Volunteering is an extremely rewarding and challenging way to travel and see the world. Whether you are volunteering for 2 weeks or 3 months, you will experience elation, disappointment, sadness, helplessness, joy, satisfaction and love. Most of our past volunteers, both young and old, rate their volunteer experience in Ghana as a major highlight in their life.

You reap what you sow. Do what you can whenever you can. Do not weary in doing good, no matter how trivial your good actions may seem to be. Here are a few ideas from past volunteers from other humanitarian missions that will help you get the most out of your volunteer experience:

BEFORE

- Take time to prepare
- Clarify your motives
- Set goals
- Make commitments
- Don't procrastinate

DURING

- Work hard
- Take advantage of every day
- Don't complain
- Be flexible and open-minded
- Give and Teach
- Receive and learn
- Look for things to do
- Ponder and meditate
- Keep a journal
- Interact with others

AFTER

- Stay involved
- Stay connected
- Set Goals
- Make Commitments
- Read your Journal
- Ponder and Meditate

So, how are YOU going to get the most from YOUR volunteer experience?

The answer to this question is entirely up to you. One thing to remember before you go is that volunteering is never easy. You will have difficult moments and days that make you question your effectiveness. Making the most of the time you have is a key ingredient to being a good volunteer. To be an effective volunteer, you must have self-direction, be able to show initiative, have patience, and most importantly be self-motivated. While you may not *change the world* you can absolutely make a difference in the world.

As you work and serve each day, remember the story of the starfish:

Two men were walking toward each other on an otherwise deserted beach. One man was in his early 20s, the other obviously much older. The smooth damp sand was littered with starfish, washed onto the land during high tide. Thousands of starfish were doomed to die in the warm morning sun. The younger man watched the older man pick up starfish one at a time and toss them back into the ocean, giving them a chance to survive. The young man thought, "Why is he doing that? How foolish. He can't save all those starfish."

As they came near one another, the younger one felt compelled to point out to the older man the futility of his actions. "You know," he said, "you can't save all of these starfish. They're going to die here on the sand. What you are doing isn't really going to make a difference." The older man studied the young man for a moment. Then he bent down, picked up a starfish and tossed it into the water. He smiled at the young man and said, "It made a difference to that one." Then he walked on, picking up starfish and tossing them back into the sea.

Finally, the best way to memorialize your volunteer experience is to stay involved. Whether you sponsor a child's education, fundraise for a project you worked on, or create a local humanitarian club in your hometown, we hope you will choose to stay involved.

Optional two-day Safari

Kenya is home to some of the greatest wildlife in the world. It is home to numerous national parks, game reserves and conservancies. Any trip to Africa would be incomplete without the opportunity to see this exotic wildlife in their own awe-inspiring habitats. For an additional fee (see cost breakdown), DORF will arrange for interested volunteers to go on a two-day Safari to the Amboselli National Park and Game reserve, which is located approximately two hours from the Miryam Village Inn.

The Safari will include all park/reserve fees, meals, transportation to and from the Miryam Village Inn and will include 1 night accommodation at a luxury safari lodge. The excursion will consist of multiple game drives where you will see a large variety of game species in their beautiful African environments. Perhaps one of the highlights will be a photo opportunity of Africa's highest peak; Mount Kilimanjaro.

The Safari excursion will begin early Friday morning March 17th and return in the evening March 18th.

You will not need to check out of the Miryam Village Inn for this excursion but will only need to bring a change of clothes, toiletries and anything you else you might need for a night away.



What to bring

Most airlines will allow you to check two 50-pound bags for no extra charge, in addition to your carry-on luggage. DORF requires all volunteers to transport supplies for the mission trip. We have many supplies that have already been donated for use in Kenya, and we just need your help to get them there. We will work with you to coordinate getting these supplies to you before you depart to Kenya.

Packing List

- Basic Medical/Care Kit: acetaminophen/ibuprofen, antihistamine for relief from allergies and bites, diarrhea medicine, band aids, sunscreen, lip balm and insect repellent
- Toiletries and personal medications
- Your cellphone and charger
- Voltage adapter
- Sandals (thick-soled such as Keens, Chacos or similar)
- Trainers / court shoes for working in the bush, for playing basketball or soccer, or for comfort and variety. Flip Flops for indoor use
- Clothing
 - Scrubs: You will be working in the temporary clinic for 8 days
 - Additional clothing. Bring enough clothing for evenings, travel days and the optional safari. It is always a good idea to bring extra underwear and socks- don't forget pajamas!
- Towel Set
- Music, e-books and other entertainment for long travel and downtime
- Photographs of your family and friends to share with the children and patients
- Photocopies or digital copies on your phone of important travel documents such as passport, immunization records, travel insurance, visa, plane tickets
- Hat and sunglasses
- Camera (most volunteers use their smartphone camera)
- A copy of this volunteer handbook
- Journal and pens
- Earplugs (between the roosters, the kids, and the kitchen staff, noises in the volunteer house start early)
- Dirty laundry bag (a clean plastic garbage bag will suffice) There are always opportunities for outside work. Packing a pair of work gloves is a good idea.
- Swimsuit
- Travel neck pillow. It can be a long flight to Kenya. Some volunteers recommend compression socks. It can get cold on the plane and in the airports. A sweatshirt or warm long-sleeved shirt might be nice.
- Hand sanitizer
- Dress clothes for Sunday if you plan on attending church
- ALL REQUIRED DOCUMENTS