



## **MISSION: Nairobi, Kenya**

July 29 August 7<sup>th</sup>

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*"Lord make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy."*

*St. Francis of Assisi*

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### **Core Values of this trip:**

#### **Honor**

We commit to HONOR God in our thoughts, actions and speech. We will live a life of honor now, in Kenya, and always!

"Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." 1 Timothy 4:12

#### **Faith**

Faith will be the foundation of who we are.

"Consequently, faith comes by hearing the message, and the message is heard through the Word of Christ." Romans 10:17

#### **Relationships**

We commit to serving, esteeming, and loving others higher than ourselves.

"The entire law is summed up in a single command; "Love your neighbor as yourself." Galatians 5:14

### **//RULES**

The rules and regulations adopted by Oneighty and Grace Covenant Church are designed to ensure the safety and well being of each team member. We expect full cooperation from members in any disciplinary decisions made. Oneighty reserves the right to send any team member home that shows disregard for the stated rules and regulations.

Upon becoming a member of Oneighty's team to Kenya, you are expected to maintain the highest standard of integrity, honesty and morality. It is our expectation that members of this team have reached a level of maturity and are responsible in their

# Lifestyle and Conduct

- No Illegal drugs, alcohol, or tobacco products.
- No pornography
- No fighting
- No weapons
- No profanity
- No theft
- No guys in girl's rooms; No girls in guys rooms. (Room Etiquette)
- No romantic dating relationships. (Relationships)
- Commit to maintaining a positive attitude regardless of circumstances. Your positive attitude towards authority is vital!
- Never be outside the lodging complex alone (Safety Issues)
- ZERO TOLERANCE for DISRESPECT specifically to Team Leaders.

## Group Regulations

- Your Team Leader or adult in charge must know where you are at all times.
- You must be in groups of two of same gender at all times...preferably a group of 3+ with a male in your group at all times.
- Our model of ministry is guys ministering to guys and girls ministering to girls.
- It is YOUR RESPONSIBILITY to be aware of all schedules

## Dress Code

### FEMALE CLOTHING

- No short skirt
- All shirts must cover stomach completely and have a modest neckline
- All shorts must be able to touch the tops of your knees.
- No nose or lip rings

### MALE CLOTHING

- Must wear shirts at all times
- No ear, nose or lip rings (CULTURAL SENSITIVITY)

### OVERALL APPEARANCE (Male and Female)

- No shorts or sleeveless shirts outside of the lodging complex when involved in ministry
- Shoes must be worn at all times for safety
- No new body piercings during Oneighty involvement

### **Flight Information**

Thursday, July 29<sup>th</sup>

Depart Dulles 10 am (stop in Rome no change of planes)

Friday, July 30<sup>th</sup>

Arrive Ethiopia 820 am

Depart Ethiopia 10 am

Arrive in Nairobi noon

Saturday, August 7<sup>th</sup>

Depart Nairobi 615pm

Arrive Ethiopia 815 pm

Depart for Ethiopia 1015pm (stop in Rome no change of planes)

Sunday, August 8<sup>th</sup>

Arrive in Dulles at 8am

### **Cost Information**

**TOTAL AMOUNT DUE: \$2300**

#### **Cost Breakdown**

\$1630 – Flight to and from Nairobi, Kenya

\$670 – Lodging, food, transportation, Safari while in Kenya, etc.

*NOT INCLUDED – Visa, Notarizing of documents, Spending Money and Passport*

#### **PAYMENT SCHEDULE**

\$200 – Due when Application is turned in

\$750 - May 1<sup>st</sup>

\$750 - June 1<sup>st</sup>

\$600 – July 1<sup>st</sup>

#### **RAISING SUPPORT**

We'll be raising support through:

- Writing Letters (Sample support examples, envelopes, and instructions will be given)
- Valentines Rose Sale
- Bake Sales
- Kenya Thon – Running Event

**PLEASE NOTE:** All personal money raised through letters and other forms will go into the KENYA ACCOUNT and will be used to assist other team members, needed supplies, etc.

# Weather in Kenya

HIGH – 70 Degrees

LOW – 50 Degrees

## TEAM COVENANT

### What is a TEAM COVENANT?

A major dynamic of an overseas mission trip are the ever changing variables of time zone changes, lack of sleep and logistical problems. It is essential that each team member understand the personal challenges these things will bring to your life. For us to be effective on our trip and represent the image of Christ at the highest level, biblical patterns of authority and teamwork must constantly be demonstrated. Throughout the planning stages we will be highlighting the below areas.

- Respect others and choose to have a good attitude.
- Respect the authority of staff while in Kenya, as well as the trip leaders and coordinators. (Ephesians 5:21)
- Participate in all designated group activities such as meals, mission work, worship, clean up, etc., making a consistent effort to be on time to such activities.
- Maintain personal safety, avoiding the following: swimming alone, traveling alone, riding mopeds or motorcycles, staying out after the group's established curfew, etc. (Personal Safety)
- Abstain from smoking, alcohol, profanity, and illegal drugs during this mission trip, as well as the purchasing of alcohol and tobacco.
- Exhibit modesty in relations with the opposite sex.
- Refrain from pursuing romantic relationships while on the mission trip (with team members or with hosts).
- Wear clothing in keeping with local customs (i.e., for church: long pants with collared shirts for men, modest dresses or skirts for women).
- Avoid gossiping and whining - build people up and encourage one another.
- Voluntarily give up the right to privacy and individualism in order to live and work together as a unified team.
- Be slow to anger and quick to forgive. (James 1:19 and Hebrews 12:14-15).
- I will attend all TEAM MEETINGS

# Meeting Schedules

All meetings are required for all participants and will be **EVERY 3<sup>rd</sup> Sunday of each month from 5:30pm – 7:00pm in the Oneighty room.** Each participant is allowed ONE MISSED MEETING. If more than one meeting is missed, this could lead to dismissal of the team.

Meeting Content: Each week we will discuss vital information regarding this trip that will include:

- Preparing support letters
- Passports, Shots, Immunizations, and other things you MUST HAVE
- Evangelism preparation
- Understanding the Kenyan Culture
- Our role in Kenya
- Expecting the power of God

**February 14<sup>th</sup>**

**March 14<sup>th</sup>**

**April 11<sup>th</sup>**

**May 9<sup>th</sup>**

**June 13<sup>th</sup>**

**July 11<sup>th</sup>**

**July 25<sup>th</sup>**

# Packing List

## CLOTHING ITEMS

Several pairs of pants/jeans
T-shirts
Sweatshirts/ fleece
Athletic shorts, for sports or home
One dressy outfit for church
Long skirts
Cotton socks (grey or atheletic)
One pair of Sneakers/Hiking Boots/Running Shoes
One pair of Dress Shoes/Sandals
Underwear

## TOILETRY ITEMS – Please make all items NON-SMELLING

Deodorant
Contact lens solutions
Toothbrush/Toothpaste
Shaving items

Shampoos/Conditioners
Hair treatments/gels
Prescription Drugs
Good-quality sunscreen (with a high SPF)

### **Recreation/Entertainment**

Camera and accessories
Music player—iPod, MP3 and CD’s (voltage converters are available locally)
Sports equipment to give to kids (e.g., Frisbee, kites, football, soccer ball)
Games and puzzle books to give to kids (e.g., playing cards, cribbage, Scrabble, chess)
Favorite Novel

### **Miscellaneous**

Bath towel
Wash Cloths
Insect/Mosquito Repellent
Hand Wipes/sanitizer
Small sleeping pillow for plane
Passport
Bible/Notebook/Pen
Alarm clock
Sturdy water bottle (e.g., Nalgene)
Cash (\$100 to \$250 in traveler’s checks for travel and gifts)
At least 5 passport-size photos of yourself for visas, etc. (NOTE: These photos are a must)
Sunglasses/Hat/Visor

### **PLEASE NOTE – One Suitcase and One Carry On ONLY**



Passport Applications are available upon request. For all information and questions regarding your passport, feel free to go to:

[http://travel.state.gov/passport/passport\\_1738.html](http://travel.state.gov/passport/passport_1738.html)

- **Please allow for 8 weeks to receive your Passport.**
- **All Passports must be in by May 1<sup>st</sup>.**
- **Cost of Passport not expedited is \$60**
- **U.S. Passport must be valid for at least 6 months**



**Kenya Visas are available upon request.** This is mandatory for all

- Please allow for \$25 for your Visa – All Visa’s will be purchased at the airport.

## **Staying Healthy During Your Trip**

### **Travelers should take the following precautions:**

#### **To stay healthy, do...**

- Wash your hands often with soap and water or, if hands are not visibly soiled, use a waterless, alcohol-based hand rub to remove potentially infectious materials from your skin and help prevent disease transmission.
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to make water safer to drink.
- Take your malaria prevention medication before, during, and after travel, as directed. (See your health care provider for a prescription.)
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot, even on beaches.
- Protect yourself from mosquito insect bites:
  - Wear long-sleeved shirts, long pants, and hats when outdoors.
  - Wear long-sleeved shirts, long pants, and hats.
  - Use insect repellents that contain DEET (N, N-diethylmethyln-toluamide). For more information about insect repellents and correct use, see What You Need to Know about Mosquito Repellent on the CDC West Nile Virus site.

#### **Do not...**

- Do not eat food purchased from street vendors or food that is not well cooked to reduce risk of infection (i.e., hepatitis A and typhoid fever).
- Do not drink beverages with ice.
- Avoid dairy products, unless you know they have been pasteurized.
- Do not swim in fresh water to avoid exposure to certain water-borne diseases
- Do not handle animals, especially monkeys, dogs, and cats, to avoid bites and serious diseases (including rabies and plague).

## ***Vaccinations***

### The **FOLLOWING IMMUNIZATIONS MUST BE DONE:**

- Booster doses for tetanus-diphtheria
- Yellow Fever

YOU MUST be up to date on all routine immunizations. See your doctor at least 5 weeks before the trip to allow time for shots to take effect.

The following vaccines are ***recommended*** but not required for this trip:

- **Hepatitis A or immune globulin (IG)**. Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.
- **Hepatitis B**, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.
- **Meningococcal (meningitis)** if you plan to visit countries in this region that experience epidemics of meningococcal disease during December through June, (see see Map 4-9 on the Meningococcal Disease page).
- **Typhoid vaccine**. Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors
- **Malaria**
- As needed, booster doses for tetanus-diphtheria, measles, and a one-time dose of polio vaccine for adults.

## Food in Kenya

### **Ugali**

Ugali is made up of ground maize flour and water. It takes the form of a cake after it has been cooked. Simply cook the flour in boiled water until it hardens. This is a favorite meal not just for the Luos in Nyanza Province but also for all Kenyans.

### **Githeri**

This is a mixture of boiled maize and beans. This is a popular dish among the Kikuyu community mainly found in Central Province.

### **Mukimo**

This is a mashed version of the Githeri. It is usually made up of maize and beans mashed with potatoes or cooked bananas.

### **Kachumbari**

This is a mixture of chopped tomatoes, onions, pepper, and parsley and in some cases Avocado. It is mostly served with Nyama Choma.

### **Nyama Choma**

This is roast meat and is very popular in Kenya. Beef is the cheaper meat in Kenya compared to Chicken or Fish.

## Travelling Tips

- Always ask for permission before you photograph people or their houses. Some

- Always change your cash at reputed banks or hotels.
- Don't expose your cash in public or hand over money to someone especially along the city streets.
- Avoid isolated streets
- Don't carry more money than you need when going out.
- Don't bring expensive jewelry.
- Be aware of the possibility of pickpockets and bag snatchers in crowded areas.
- Keep copies of all your important documents separately from the originals incase of loss.
- While staying at the hotels, keep your money in the safe deposit boxes. Don't leave valuables in the room.
- Keep your distance from wild animals however harmless they may appear.
- It is advisable to take out emergency medical insurance prior to entering Kenya.
- Tipping is allowed although it is not mandatory. \$3 would be sufficient tip for any service.
- An airport departure tax of U.S. \$20 is levied when leaving the country.
- Kenya is three hours ahead of Greenwich Mean Time.
- Always try to have loose cash for small purchases.
- Carry a money belt or pouch under your clothes to keep your money. Do away with wallets and purses. This is usually a target for the pickpockets and snatchers.
- Don't ask for directions from strangers idling in the streets.
- Please do not hand out money to street kids and mothers.
- Bartering is expected. Assumed everything is doubled in price.
- Feel free to carry packaged food items to give away instead of money
- When leaving the orphanages and gathering contact information, please understand that ALL COMMUNICATION must go directly through the Grace Children's Center directly.

- **Currency**: Kenyan Shilling (KSh) = 100 cents. Notes are in denominations of KSh1000, 500, 200, 100, 50, 20, 10 and 5. Coins are in denominations of KSh 40, 20, 10, 5, 50cts, 10cts, and 5cts.
- **Currency exchange**: Money can be exchanged at the major banks and the numerous Foreign exchange bureaus that can be found all over including the airport. Most ATM's serve a majority of the international credit cards like Visa, Master etc.
- **Credit & debit cards**: These are all widely accepted. Major hotels and big outlets now accept payment by credit card. Cards accepted include Visa, Master Card,
- **Traveler's Cheques**: These can be changed at banks.

## The People of Kenya

Kenya's population is overwhelmingly (97%) comprised of people of African descent, though that group is composed of over 70 different tribal groups. Among the most significant are the Kikuyu, Kamba, Gusii, Luhya, and Luo. Kenya's primary languages are English and Swahili, though regional tribal languages abound.

The current population of about 30 million people is made up of over forty ethnic groups. This ethnic diversity has created a very rich cultural way of life for the Kenyans.

The National language Kiswahili is spoken by a majority of Kenya. English is the Official Language and mostly spoken in the urban centers.

## The Language

Following are some common Kiswahili words translated to get you started.

<b><i>English</i></b>	<b><i>Kiswahili</i></b>	<b><i>English</i></b>	<b><i>Kiswahili</i></b>
Hallo	Jambo	Fine	Jambo
How are you?	Habari yako?	Fine thank you	Mzuri sana
How much does this cost?	Hii ni pesa ngapi?	Where are you going?	Unaenda wapi?
What's the time?	Ni saa Ngapi?	Where are you?	Uko wapi?
Come here	Kuja hapa	Will you come?	Utakuja?
I love you	Nakupenda	Give me	Nipatie
I want	Nataka	I hate	Sipendi
It is raining	Kunanyesha	It is hot	Kuna Joto
Home	Nyumbani	Shop	Dukani
Market	Sokoni	Buy	Nunua
Pray	Omba	I have eaten	Nimekula
Let's go	Twende	Stop	Simama
Food	Chakula	Fruits	Matunda
Church	Kanisa	Hotel	Hoteli

# **SCHEDULE - A DAY IN THE LIFE**

**WHO are we serving:** Grace Children's Centers (4 in Nairobi ranging from boys homes, girls homes, and orphanages.)

**WHERE are we serving:** Langata, Nairobi Kenya

**WHAT will we be doing?** We will be operating a VACATION BIBLE SCHOOL out of the main Grace Children's Home to 72 young people aging from 5 – 18.

6:30am	Wake Up/Team Meeting
7:15am	Breakfast
8:00am	Depart for Orphanage
8:00 – 9:00am	Set Up for VBS
9-12pm	Vacation Bible School To Include: Sports Station, Craft Station, Skit Station
12-2pm	Lunch
2-4pm	Vacation Bible School
4-5pm	Mingling with kids
5-6pm	Free Time
6-7pm	Dinner
7-9:00pm	Team Meetings/Prep for next day
9-10pm	Free Time
11pm	Lights Out

## **EVANGELISM**

### **The HOW: Step by Step**

- A. Introduction
  1. Greet nationals with your name
  2. Express gratitude for being in their country
- B. Reflect on your life.
  1. Attention getter (Story, example, etc.)
  2. Relate to others
  3. Tell of a life experience
- C. Becoming a Christian
  1. Why? Where was your need?
  2. How? What led you to this decision?
- D. Life after receiving Christ
  1. Changes
  2. Peace, Freedom from fear, etc.
  3. Security – Yo know where you're going and also where you're not going

### **Do's and Don'ts**

DO:

- Begin with an interesting, attention-getting sentence and close with a great conclusion

- Communicate in such a way that others will be able to relate to your past and present experiences within the culture they live in.
- Give enough details to arouse interest
- Use at least one or two verses
- Edit and rewrite as necessary before final draft

#### DON'TS

- Use CHRISTANESE words such as: “accept” “saved” “convicted” “born again” “sin” “converted”, etc. They are precious to us but misunderstood by others.
- Be too wordy, beat around the bush, or emphasize how bad you used to be.
- Speak in generalities. Avoid words like “wonderful” “glorious” etc.
- Give the impression that the Christian life is a “bed of roses” ... “all you have to do is...”
- Be afraid to share what God has done in your life. No one can argue with a personal experience.

#### Make Sure You...

- Avoid MANNERISMS when you speak: Um’s...rubbing your nose...clearing your throat...playing with coins in your pocket...etc.
- Share with ENTHUASIM
- Expect for the Holy Spirit to empower you! (Ephesians 5:18)
- Avoid the pressure of “getting a decision” ...if it happens great...if not, no worries. Don’t feel like you have to pressure people.
- Avoid “preaching” AT people.
- Smile OFTEN!!!
- Practice your testimony until it becomes NATURAL!!!

#### **Breaking the BARRIER**

Make them LAUGH!!! This is one of the best ways for hearts to begin to open to your message.

Relate to people. Ask for and remember their names. Talk with them about their life, passions, etc.

Playing with the children. Its fun for you and it warms the children up to you. Parents and community members appreciate you showing interest in their kids.

Speaking their language. Nationals love it when you try to speak their language. This shows you’ve taken the time to try to learn to communicate with them.

Smiling. It’s the international sign for friendliness

Showing compassion. This is the “SEEN” language of love. Passion is a heart for something. Compassion is a heart for someone.

Never bash the people’s belief or culture. Know everything you can about the people primary religion so that you can speak the truth in love.

Find cultural keys. What things are important in this culture? (i.e. Family, status, traditions, etc.) Use these keys to relate the Gospel.