



trip information

The following information is for **2014** trips. The dates and trips to specific countries change from year to year depending on interest, the political situation within the countries and the ability of Unbound projects to host an awareness trip. A detailed schedule and additional information will be sent one to two weeks prior to departure in the pre-departure packet.

KENYA

Trip Dates: Feb. 15-26, 2014

Visits Kisumu and Nairobi projects

Trip Size: 12-20 participants

Please register by Nov. 29 to reserve your spot. If you still wish to register after this date, contact a trip coordinator at Unbound regarding availability.

Unbound will also host a trip to Kenya and Uganda Sept. 13-24, 2014. That trip will visit the Kampala, Uganda and Nairobi, Kenya projects. Regardless of the trip chosen, sponsors will have the opportunity to meet their sponsored friend from any Kenyan project.



Trip Fee: \$800

Includes food, lodging and in-country transportation. Airfare is **not** included.

On your trip to Kenya you may do some or all of the following activities:

- Be welcomed by our local staff who will be your hosts for the week, ensuring that your visit is enjoyable
- Spend time with your sponsored friend and possibly the family
- Visit the homes and communities of sponsored friends and their families, where you will learn about their joys and challenges
- From Nairobi, travel along the Great Rift Valley and agricultural areas to visit the people of Kisumu
- Share the joy of the people through song and dance
- View Kenyan wildlife during a morning safari tour

Entry and Exit Requirements

A passport book and tourist visa are required to enter Kenya. The passport must be signed and valid for at least six months beyond the end of your intended stay. A minimum of two blank (unstamped) passport pages is required to enter the country. **A visa is required for entry. The visa costs \$50** and is issued by the Embassy of Kenya. Visas are also available at the Nairobi airport. Unbound suggests that you obtain the visa by mail before your trip. You will receive instructions for this in your confirmation packet. *All fees are subject to change.* While in Kenya, participants should carry their passport or a photocopy of their passport and visa at all times. Participants who will be traveling with a minor should contact a trip coordinator at Unbound for additional information.

Airport and Travel Arrangements

Make your airline arrangements only after your registration is confirmed and you receive the trip coordinator's written instructions for scheduling your flight. In the meantime, we strongly encourage you to research airfares with a travel agent, the airlines or via the Internet. Vista Travel may also be contacted regarding airfare at (800) 537-5066. This agency is familiar with our programs and schedules.

Trip participants will arrive to and depart from **Jomo Kenyatta International Airport in Nairobi, Kenya, (NBO).**

Airport and Travel Arrangements (Cont'd.)

Participants traveling from the U.S. should expect to arrive in Nairobi one day after departure due to overnight travel and crossing many time zones. Participants should arrive in Nairobi on Feb. 16 between 5 a.m. and 8:30 p.m. The time limitation is for safety reasons. **Unbound's local staff will meet all travelers at the airport who arrive on the scheduled arrival day, within the stated hours. Do not accept offers of transportation from anyone other than the Unbound team.**

Activities will begin on Feb. 17. The last scheduled activity will occur the afternoon of Feb. 25. Return travel should be scheduled so participants depart Nairobi late on Feb. 25. Participants returning to the U.S. will arrive in the U.S. on Feb. 26.

Accommodations and Food

All trip participants will stay in simple accommodations, usually in some type of retreat center or hotel. Private rooms are available for married couples and families. Individuals will be assigned a roommate. Running water is available, but it may not be heated. Some regions visited may not have traditional western showers. **Tap water is unsafe for drinking.** The project will provide bottled water. Alcoholic beverages are not included in the trip fee.

Participants will eat simple meals that reflect the local cuisine. All food is prepared with purified water. All meals will be eaten with the group. Do not purchase food from street vendors. Meals are often served at a later hour than most Americans are accustomed to eating. We recommend bringing snacks such as dried fruit and nut mixes, raisins, granola bars, etc., as you may want something to eat between scheduled meals.

Participants wishing to use personal electronic devices should carry an adapter and a converter. The **electrical current** in Kenya is 240V versus the 120V in the U.S. The shape of the plugs is also different. A type G outlet plug is used. Visit www.electricaloutlet.org, to find more electrical current and voltage information.

Climate

The Central Highlands and Rift Valley areas of Kenya enjoy the most agreeable climate in the country. There are two rainy seasons from mid-March to the end of May and from October to the end of November. In February, the average temperature is between 50 and 80. Nairobi is located at an altitude of 5,672 feet. Kisumu is located at an altitude of 3,700 feet. The group may travel to altitudes as high as 7,000 feet above sea level.

Health/Medical Preparations

Contact your medical doctor or local health department for immunization recommendations based on your health history. The Centers for Disease Control and Prevention website at www.cdc.gov/travel has country specific recommendations regarding immunizations. You may also contact them by phone at 800-CDC-INFO (800-232-4636). Staff members of Unbound are not qualified to offer advice on immunizations.

You should also consult with your medical insurance company prior to traveling to confirm whether your policy applies in a foreign country. **If your policy does not cover emergency expenses such as a medical evacuation, we urge you to consider the purchase of temporary travel insurance.** Many insurance plans, including Medicare, do not cover treatment outside of the U.S. You may find further information on travel insurance through a travel agent or through research on the Internet.

Because this trip travels to high altitudes, travelers should be aware of the risks of altitude illness and how altitude can affect certain medical conditions.

Currency Exchange and Handling

The local currency is the Kenyan **shilling** (KES). Your lodging, food and in-country transportation are included in the trip fee. You should bring additional money for the purchase of snacks and souvenirs. You should not carry bills in denominations greater than \$20 because they may be difficult for local banks or vendors to exchange. Do not bring torn or severely worn currency. You can bring U.S. dollars into the country. You may exchange money upon arrival at the airport or at a bank on the first day of activities. Traveler's checks are not recommended, and ATMs are not readily available.