CFCA AWARENESS TRIPS

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 CFCA 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 & UGANDA

Trip Dates: Sept. 13-24, 2014

Visits Nairobi, Kenya & Kampala, Uganda projects

Trip Size: 12-20 participants

Please register by July 13 to reserve your spot. If you still wish to register after this date, contact a CFCA trip coordinator regarding availability.

CFCA will also host a trip to Kenya from Feb. 15-26. That trip will visit the Kisumu and Nairobi projects. On either trip 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 and Uganda you may do some or all of the following activities:

- Be welcomed by the local CFCA 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 CFCA sponsored friends and their families, where you will learn about their joys and challenges
- Share the joy of the people through song and dance
- Participate in a morning safari tour in Kenya and enjoy a picnic on the shores of Lake Victoria

Entry and Exit Requirements

A valid passport is required to enter Kenya and Uganda. A visa is required for entry into both countries. The Kenyan visa costs $50 and is issued by the Kenyan Embassy. **Ugandan visas cost $50** and are issued by the Ugandan Embassy**.** Proof of yellow fever vaccine is required to obtain a Ugandan visa. Visas for both countries are available well in advance from the Kenyan and Ugandan Embassies or upon arrival at the Nairobi and Entebbe airports. You will receive instructions for this in your confirmation packet. *All fees are subject to change*. Multiple blank (unstamped) passport pages are required to enter both countries. While in Kenya and Uganda, 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 CFCA trip coordinator for additional information.

Airport and Travel Arrangements

Make your airline arrangements only after your registration is confirmed and you receive the CFCA 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.

Participants will arrive into **Jomo Kenyatta International Airport (NBO)** in Nairobi, Kenya. Participants traveling from the U.S. should expect to arrive in Nairobi one day after departure due to overnight travel and crossing time zones. Participants should arrive in Nairobi on Sept. 14 between 5 a.m. and 8:30 p.m. The time limitation is for

(over)

Airport and Travel Arrangements (Cont'd.)

safety reasons. **The CFCA 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 CFCA team.** Activities will begin on Sept. 15.

Partway through the trip, the group will travel together by air from Kenya to Uganda. Participants are responsible for booking their flight from Nairobi, Kenya **(NBO)**, to **Entebbe International Airport (EBB)**, located just south of Kampala in Uganda. The date, airline, and flight number will be provided in the confirmation letter. The last scheduled activity in Uganda will occur the afternoon of Sept. 23. Participants should depart Entebbe **(EBB)** between 4:30 p.m. and 11:30 p.m. on Sept. 23. Participants returning to the U.S. will arrive in the U.S. on Sept. 24.

Accommodations and Food

All trip participants will stay in simple accommodations near the CFCA projects, 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 for showers is readily available, but it may not be heated. **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 and Uganda is 240V versus the 120V in the U.S. The shape of the plugs is also different. A type G outlet plug is used. Diagrams of the outlets are available at www.electricaloutlet.org.

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 October to the end of November. In September, the average temperatures range from the low 50s at night to the mid 70s during the day. Nairobi is located at an altitude of 5,672 feet above sea level and the group may travel to altitudes as high as 7,000 feet above sea level. Most of Uganda enjoys a tropical climate tempered by altitude, with highs in the mid 70s and lows in the mid 60s. Expect humid conditions in Uganda, with rain showers possible at anytime.

Health/Medical Preparations

An international yellow fever vaccination or a certificate from your medical doctor is required to obtain a Ugandan tourist visa. **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). According to the CDC the regions of Uganda and Kenya with malaria include areas that will be visited by our trip. CFCA staff members 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) and the **Ugandan shilling** (UGX) is used in Uganda. 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 will be provided with an opportunity to exchange money upon arrival either at the airport, at the lodging, or another method. Traveler's checks are not recommended, and ATMs are not readily available.