



# **[TEAM MAISHA MISSION TRIP GUIDE]**

# Team Maisha

Thank you for your desire to come alongside us as we reach out to strengthen the villages and orphaned children in Kenya. Our volunteers who serve on missions teams are known as "Team Maisha." This guide will help you maximize your experience on your journey to Kenya.

## WHO IS MAISHA?

**Maisha means LIFE in Swahili and that's precisely what we bring to the orphans and widows of Kenya.** By giving Maisha's founder Beatrice Williamson a scholarship for education, Anna Lanson began a legacy of hope. Anna gave Beatrice a chance to succeed in life and tell her story. Our mission is to transform lives and empower communities by providing lasting solutions to address poverty, hunger, disease and under-education.

**Maisha is committed to bringing hope to the hopeless and light to the darkness.** Through our programs, Maisha serves children from newborns to teens, feeds children daily, provides sponsorships for educations, brings home-based care to people living with HIV/AIDS, hosts economic empowerment training and facilitates community development projects. Thousands of lives have been impacted and set on course for a bright future. As we equip and train our staff and volunteers, they are able to create brighter futures for each person we serve. Maisha allows you the chance to put your passion into action.





## WHO AND WHERE WE SERVE

Maisha is in the southwest corner of Kenya in the village of Kadiju, an area more commonly referred to as Kano due to its location on the Kano plains. It is situated about 20 minutes by vehicle outside of Kenya's third largest city Kisumu. Kisumu lies on the shores of Lake Victoria, Africa's largest and the world's second largest freshwater lake.

The rural area of Maisha, for the most part, lacks modern conveniences like running water and electricity. The main source of transportation is on foot or bicycle. The area is home to the Luo tribe. Most of their homes and facilities are primitively made from clay bricks, concrete, tin roofs and grass. Much of the land in the village is used for farming and raising animals.

The Maisha Center, the first facility of its kind in Kadiju, is the hub of activity in the village and surrounding areas. The center operates through solar power and houses the feeding project, sewing center and computer center. We also host bible studies, youth rallies, classes and economic empowerment activities in the center. Outside sits the bore hole which is always a busy location for drawing fresh water.

Women farm the land with assistance from children and raise extended households of orphans due to the HIV/AIDS epidemic. As a result, over two-thirds of the village's population is children. An entire generation has been lost to the ravages of disease, leaving the land and its people devastated. By placing children in Maisha households they become a part of a family unit and home. They are given the opportunity for education, safety of a home, a warm meal and the love of a house parent.

Despite the harsh circumstances, the people contain abundant joy. They sing songs, dance and laugh often. You will be welcomed with open arms, warm embraces and meaningful handshakes.



## HOW WE SERVE

Each mission is packed with work projects, spiritual training and relationship building time with the children and families we serve. The projects are designed to improve their facilities, programs, living conditions and spiritual life. Each mission group has its own unique gifts and areas of expertise to meet Maisha's goals and live out our vision to bring hope to the hopeless and light to the darkness.



## WHO CAN SERVE

Everyone is welcome to serve on Team Maisha. Individuals, youth groups, women's groups, church groups and families have all served on short term missions at Maisha. Lengths of service can be arranged from one week to three months.

Maisha provides you the training necessary to effectively engage in short term missions, transition afterwards and continue serving once you return. Participation in pre and post mission training sessions is mandatory.

If you are interested in serving on Team Maisha, please make application early as teams fill up quickly and space is limited.





## ACCOMMODATIONS

Upon arrival in Nairobi, your bags will be gathered in a central area to be carried by a member of the Maisha staff by bus to Kisumu (due to weight restrictions on Kenya airlines). Please keep your carry on bag and backpack with you to transport by air. If your flight arrives at night, the group will be taken by van or bus to a Maisha approved facility in the city. Early the following morning you will be transferred to the airport to fly to Kisumu, Kenya. Once there, you will be taken to St. Anna's Guest House, a secure gated facility where you will share assigned rooms of 2 or 3 occupants. Your bags will arrive by the time you do or shortly after. There is a community room for daily debriefings and group time. In the dining hall, a full breakfast is served buffet style daily. Most lunches are taken in the field and dinners will be served at the guest house. Your choice of one bottle of clean drinking water or soda will be provided at each meal and one bottle of water is supplied in your guest room each day at St. Anna's for brushing your teeth, taking medicine, etc. **Please make sure to use only sealed bottled water and use straws with glass bottles.** You may purchase additional bottles of water/ soda or items off the guest house menu, but are responsible for paying for them at time of purchase, no room charges please. Granola bars or travel-friendly snacks may be brought, as many people find "American" snacks comforting to their tummies as they transition to food in Kenya.

There are showers, flush style toilets, mosquito nets, and fans in all rooms. Housekeeping comes daily to make beds, clean bathrooms and restock bottled water and toilet paper. Laundry service is available for your personal items for an additional cost. Valuables may be stored in the safe – this should be coordinated by the group leader. At the end of your stay in Kisumu, the group leader will collect tips to distribute to the service personnel at St. Anna's and your drivers. Tips are not required, but are recommended for their excellent service.



## TRAVEL DOCUMENTS, MONEY, AND SECURITY

- Passport - You **MUST** have a passport with at least 6 months to expiration and Kenya visa to travel. It may take up to six weeks to get a passport. A Kenya Single Entry visa is also required which must be obtained in advance (\$50). Carry all travel documents and cash in a safe place on your person.
- We suggest you carry a minimum of \$200 cash for airport meals, extra drinks/food, tips, souvenir shopping and extra bag/overweight fees.
- We can exchange 2010 and newer bills in good condition with no tears in \$20, \$50 and \$100 increments. Smaller bills and traveler's checks are not accepted.
- Credit/Debit cards may be used. Be aware of precautions associated with international use.
- Contact your bank/credit card companies to notify them of your travels plans.
- Insurance and frequent flyer cards are good to carry as well.
- Security - While in Kenya you will travel by bus or vehicle driven by Maisha staff or hired driver. Your housing in Nairobi and Kisumu will also be secure 24 hours a day with guards. We take precautions by traveling as a group and not letting group members venture off alone. Please do not bring nice jewelry or watches for your safety in public.

## COMMUNICATIONS AND ELECTRONICS

- Communication to the U.S. is limited. No news is good news! Mission participants may bring their cell phone, but fees may be excessive and service is not guaranteed – check with your provider.
- You may also bring a laptop with wireless connection for updates. We encourage you to submit journal entry blogs as your trip progresses. A wireless connection at St. Anna's is available for a fee or at Maisha during free time, but not always reliable.
- We recommend bringing a still and/or video camera. All media will be compiled at the end of each trip and may be used by Maisha and shared with other mission participants.
- Electrical outlets are British Type G BS 1363. To plug in, you will need a travel plug adapter and electrical adaptor for electronics rated below 220-240 volts AC (indicated on back of plug or online).



## HEALTH AND VACCINATIONS

- Consult your doctor for international travel and immunization guidance. Recommended vaccinations for Kenya are Hepatitis A & B, Typhoid, Measles, mumps, rubella and Tetanus-diphtheria which are best obtained at your local health department or travel clinic. Antimalarial medication (may be purchased beforehand or in Kenya) and antidiarrheals are also recommended. It is essential to stay hydrated with water during your trip.
- If you have a medical condition, please consult your doctor before traveling.

## PERSONAL PACKING LIST

- Current Passport, 2 extra passport photos
- Extra Spending Money - \$200 suggested
- 2 Large Suitcases or Duffels (50 lb max per bag) - one for personal gear and the other for donated supplies. Excess baggage fee may apply. Place a copy of passport inside ALL personal bags.
- 1 carry-on bag as well as a backpack or purse are allowed, must meet airline specifications.
- Clothes - Please keep safety and modesty in mind as you pack. For cultural consideration, no short shorts or spaghetti strap tops should be worn. **Make sure to pack 1-2 days change of clothes and underwear in your carryon** and wear something comfortable for the long flights. Many like to pack clothing they can leave at Maisha.

*Shirts and pants* - easy to wash, lightweight, quick dry is best

*Comfortable shoes/sandals* - closed toe shoe required for Nyalenda Visists

*Sleepwear* - Lightweight long sleeve shirt and long pajama bottoms for evenings

*Sun gear* - Hat/visor, bandanas or scarves (great when wet and wrapped around neck)

*Rain gear* - Sweatshirt, jacket and rain gear (can get cold & rainy in evenings)

*Church* - One nicer outfit for church, decent length skirt or trousers for ladies acceptable

*Socks and underwear*

- Health - Traveler's immunization card and malaria tablets. Prescription medication must be in original container. Anti-diarrheal, Ibuprofen, Aspirin (fever reducer), and a travel sized first aid kit.
- Personal toiletries including hand sanitizer, wet wipes, toothbrush/paste, lip balm and insect repellent. Limit to only necessary non-scented hygiene products.
- Bible, journal, notebook, pens (the children love to write in your notebook).
- Camera, memory cards/sticks, battery chargers, plug/electrical adapters – a power strip is recommended if you need to charge multiple items like camera, phone, laptop, etc.
- Flashlight and extra batteries.
- Watch/Alarm Clock – even if you don't wear one at home you'll need one here, an inexpensive watch makes a great gift you can leave behind.
- Earplugs for light sleepers.
- Travel friendly snacks like hard candy, granola bars, beef jerky, etc.



### **TEAM MAISHA 12 DAY SAMPLE ITINERARY**

Day 1	In flight transit to Nairobi, Kenya
Day 2	Arrive in Nairobi late & transfer to hotel
Day 3	Early am transfer by air to Kisumu/St. Anna Guest House/ Orientation at Maisha
Day 4-10	Mission Activities at Maisha
Day 11	Team departs Kisumu – flight to Nairobi then international flight to U.S.
Day 12	In flight, arrive in the U.S. evening

### **TEAM MAISHA 12 DAY SAMPLE ITINERARY WITH SAFARI**

Day 1	In flight transit to Nairobi, Kenya
Day 2	Arrive in Nairobi late & transfer to hotel
Day 3	Early am transfer by air to Kisumu/St. Anna Guest House/ Orientation at Maisha
Day 4-9	Mission Activities at Maisha
Day 10-11	Team departs Kisumu – Masai Mara Game Reserve Safari
Day 12	In flight, arrive in the U.S. evening

### **TEAM MAISHA 14-90 DAY SAMPLE ITINERARY**

Day 1	In flight transit to Nairobi, Kenya
Day 2	Arrive in Nairobi late & transfer to hotel
Day 3	Early am transfer by air to Kisumu/St. Anna Guest House/ Orientation at Maisha
Day 4	Mission Activities at Maisha through 2 <sup>nd</sup> day before final
Last Day	Team departs Kisumu day before final – flight to Nairobi then international flight to U.S.
Final Day	In flight, arrive in the U.S. evening

### **TEAM MAISHA 21 DAY SAMPLE ITINERARY WITH SAFARI**

Day 1	In flight transit to Nairobi, Kenya
Day 2	Arrive in Nairobi late & transfer to hotel
Day 3	Early am transfer by air to Kisumu/St. Anna Guest House/ Orientation at Maisha
Day 4-18	Mission Activities at Maisha
Day 19	Drive to Safari, evening game drive
Day 20	Early morning game drive, drive to Nairobi then international flight to U.S.
Day 21	In flight, arrive in the U.S. evening



## EXPENSES

Please note these are estimated expenses for a 10 day trip; prices may vary as to actual number of days, time of year, airfare, etc.

### **Due upon application acceptance to secure spot:**

\$250      Non-Refundable Administrative Fee

### **Due 3 months prior to departure:**

\$1,800      International Airfare Registration - airfare ranges from \$1,800 to \$2,500 – actual price will be verified with difference payable at time of purchase.

### **Due 1 month prior to departure:**

\$ 1,300      Mission Expenses include round trip airfare from Nairobi to Kisumu within Kenya, ground transportation in Kenya, lodging, food, global mission medical insurance, t-shirt and funding for development project at Maisha. These are the estimated costs for a 10 day itinerary; accurate quote will be given when booking travel arrangements. Team members staying 14-90 days will be quoted separately.

### **Safari Option Due at Time of Booking**

1 night, 2 day Safari with tent camp lodging. Each tent has an ensuite bathroom. Includes an evening game drive on day 1 and an early morning game drive on day 2. This is an estimate only, prices vary widely by season; actual price will be quoted when booking travel arrangements.

**Expenses not included are passport, Kenyan visa, airport meals, additional drinks/food, immunization fees, extra bag/overweight charges, tips and other extras such as shopping for souvenirs or additional days of extended travel or safari.**

**As you fundraise for your mission trip, your donors may make contributions directly toward your expenses listed above online through the donate today button on [www.maishaproject.org](http://www.maishaproject.org). Make sure they fill in the field to direct donation to your First & Last Name Mission Trip. They may also mail a check to The Maisha Project, PO Box 570, Oklahoma City, OK 73101. Once again make sure they designate your First & Last Name Mission Trip on memo line of check.**

**Maisha T-Shirts and Maisha Market hand-crafted goods may be available for use as fundraisers. Have your group leader contact us for more information.**



# Kenya Fact Sheet

**Languages:** English (official), Kiswahili (official), numerous indigenous languages

**Population:** 45,925,301; birth rate: 26.4/1000; infant mortality rate: 52.29/1000; life expectancy: 63.77; density per sq km: 66

**Capital and largest city:** Nairobi, 3.375 million

**Monetary unit:** Kenyan shilling

**Climate:** varies from tropical along coast to arid in interior

## GEOGRAPHY & CLIMATE

Kenya is located along the equator in east Africa just below the "horn." It's bordered by the Indian Ocean on the southeast, Tanzania on the south, Uganda on the west, Sudan on the northwest, Ethiopia on the north and Somalia on the northeast. Maisha is located in the southwest corner by Lake Victoria.

Resting on the equator, the climate is tropical and humid, creating a beautiful landscape. There are two rainy seasons; the long rains in April and May and the short rains in November and December. The hottest periods are from January to March and August to November. The coldest months are in July and the beginning of August. Average temperatures in Kenya range from 50° F to 95° F.

## LANGUAGE

Swahili is the national language of Kenya. English is taught as a primary language in the larger cities, but tribal languages are spoken in the rural areas. In the region where Maisha is located they speak Dholuo, the language of the Luo people, the third most populous ethnic group. The language is so melodious that other Kenyans find it fascinating to listen to and refer to it as the mother tongue.



**DON'T FORGET ITEMS**

- Keep passport & visa on your person and photocopy copies and place in carry-on luggage
- Keep medication in your carry on bag
- Spending Cash
- Parent Consent Form for Minors
- Copy of your Itinerary with Airline Rewards Number
- To call your bank/credit cards to report all travel locations/dates, including layover cities

**LOST BAGGAGE REPORTING**

- Know what items are in each of your bags to be able to give a good description of the items missing. You will also be required to describe items to verify ownership upon return.
- When you check your luggage at departure and again upon return you will receive a luggage claim ticket attached to your air ticket stub. Your luggage will be checked through each way to your final destination. This ticket is important – you must have this to track your luggage should it get lost.
- Address to put on Missing Luggage Form:  
Attn: Cody Lawson  
St Anna Guest House  
P.O. Box 19100-40100  
Millimani Tom Mboya Street Kisumu  
Tel: 011 254 057 2024792  
Cell: 011 254 734 600 119

**IMPORTANT CONTACT NUMBERS****St Anna Guest House**

Tel: +254 057 2024792

Cell: +254 734 600 119

**Maisha Orphans and Widows**

Cell: +254 735 531 445

Cell: +254 723 760 002

**Cody Lawson**

Cell: +254 700 746 314

\* When dialing numbers within Kenya, replace the +254 at the beginning of each number with a 0  
Make sure to carry numbers with you so you may reach us if you get separated from the group.

**Print a copy of this sheet to carry with you when you travel and leave a copy with your emergency contact!**



## Team Maisha Application

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Name: \_\_\_\_\_

Nickname: \_\_\_\_\_ Name as it appears on passport: \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Work Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

By which method(s) do you prefer to be contacted? \_\_\_\_\_

Gender: ☐ Male ☐ Female Marital Status: ☐ Single ☐ Married

Social Security Number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Date of Birth: Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Mission project for which you are making application: Country \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

T-shirt Size (Unisex) S - M - L - XL - 2XL (circle one)

Passport Number: \_\_\_\_\_ Passport Expiration Date: \_\_\_\_\_

Occupation: \_\_\_\_\_

Gifts/Talents: \_\_\_\_\_

International Travel Experience: \_\_\_\_\_

Foreign Languages Spoken: \_\_\_\_\_ Fluent? \_\_\_\_\_

Why are you interested in volunteering with Maisha? \_\_\_\_\_

How/from whom did you learn about Maisha volunteer opportunities? \_\_\_\_\_

What is your current knowledge of the purpose of Maisha? \_\_\_\_\_

I have never been convicted of, pled guilty or no contest to a crime other than a minor traffic violation.

Yes / No Explain if no: \_\_\_\_\_

I have not been and am not presently under charges for any criminal offense. Yes / No

I authorize Maisha to conduct a Criminal and Sex Offender background search. Yes / No

## In case of emergency, notify:

Name: \_\_\_\_\_ Day phone: ( ) \_\_\_\_\_ Evening Phone: ( ) \_\_\_\_\_

Relationship: \_\_\_\_\_ Address: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Policy & Group #: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Name of Beneficiary: \_\_\_\_\_

Name of your Physician: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

**MEDICAL**

Do you take any medications? Yes / No Please list ALL: \_\_\_\_\_

Have you had a *recent* illness (in last year)? Yes / No / When? \_\_\_\_\_

Explain: \_\_\_\_\_

Do you have any allergies to food, drugs, insect bites or stings? Yes/ No If yes, what? \_\_\_\_\_

Do you have any chronic medical conditions? Yes / No Explain: \_\_\_\_\_

Immunizations and Dates (if applicable):

Tetanus/Diphtheria Booster \_\_\_\_\_ Hepatitis A \_\_\_\_\_ Hepatitis B \_\_\_\_\_ Typhoid \_\_\_\_\_ MMR \_\_\_\_\_

Do you have any physical limitations or disabilities that would affect you in conditions such as extreme heat or cold, high elevation, limited food choices, etc.? Yes / No Explain: \_\_\_\_\_

Have you ever been treated or hospitalized for a mental or emotional condition? Yes / No

Explain: \_\_\_\_\_

**RELEASE OF LIABILITY/VOLUNTEER AGREEMENT**

I acknowledge that participation in the above trip involves risk to the Participant (and to Participant's parents or guardians if Participant is a minor), and may result in various types of injury. In consideration for the opportunity to participate in the above trip, the Participant (or parent/guardian if Participant is a minor) acknowledges and accepts the risks of injury associated with participation in the trip. I understand that The Maisha Project, its agents, employees, volunteers, or any other representatives (collectively included hereinafter in the term "Trip Sponsor") assume no liability for any personal harm or illness or for loss or damage of any property that may come to me while serving as a mission volunteer, and I, my heirs, and my personal representatives and assigns, hereby absolve the Trip Sponsor and hold them harmless from any claim or demand that I, my heirs, my personal representatives or assigns might conceivably assert for any such harm, illness, loss or damage. I confirm that the information provided by me on this application is correct. I understand Trip Sponsor may use any images or videos I take while on the mission. I approve the sharing of my contact information with others participating on this trip. I also purpose to partake in required pre and post mission training. I intend to be legally bound by this statement.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*Participant or parent/guardian of participant is a minor*

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
*Second parent/guardian if participant is a minor*

\* Please submit completed application, \$25 fee and a copy of your photo ID to group leader