



Hearts For Love Worldwide

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### **Itinerary for Trip Dates**

**June 16 – June 30, 2022 \$1431 15 full days**

**July 14 – July 28, 2022 \$1431 15 full days**

The trip to Kenya is a chance of a lifetime. You will have a great experience! Following is a somewhat detailed itinerary of your journey. If you have any questions, please contact Lory Jacobs or Holly Caulfield. [loryjacobs@yahoo.com](mailto:loryjacobs@yahoo.com) or [holly.caulfield@gmail.com](mailto:holly.caulfield@gmail.com) We really look forward to having you with us. This trip is at a comfortable pace and those who need a bit of extra assistance we are there to help. We want everyone to enjoy their visit!

First, commit to your trip date, then submit your deposit to hold your reservations. The trip fills up quickly, we can accommodate only 8, but need at least 4 so we do not cancel the adventure!

**To sign up** for June 16 – June 30, 2022 you must pay your deposit of \$200 (transferred to the cost of the trip) before the **deadline April 1, 2022**.

**To sign up** for the July 14 – July 28, 2022 you must pay your deposit of \$200 (transferred to the cost of the trip) before the **deadline of May 1, 2022**.

Pay the balance of the trip 30 days prior to leaving on the trip.

You may make monthly payments anytime between now and 30 days before your trip leaves in 2022 if this helps. Let us know your plans and we will do all we can to help you come to Kenya! If you need to cancel your trip, all money you have paid will be returned to you except the \$200 deposit which you will forfeit, although we do hope that does not happen! However, the other choice is you may reschedule your trip within one year from the date of the trip for another trip time without losing your deposit. Keep us updated!

You may either make your deposit of \$200 (transferred to the cost of trip) by check payable to Hearts For Love Worldwide and send via regular mail, or by credit/debit or Paypal via our website donation page at

<http://www.heartsforloveworldwide.org/OnlineDonationsForm.aspx>

If you have any problems or questions, please contact Lory at 928-451-2522 or

[loryjacobs@yahoo.com](mailto:loryjacobs@yahoo.com) Lory when in Kenya can be reached via phone number

0112213124 or call Jennie at 937-622-8092. Reach Holly at [holly.caulfield@gmail.com](mailto:holly.caulfield@gmail.com)

## **Trip Cost Covers:**

- Airport pick up and departure at Jomo Kenyatta International Airport, Nairobi.
- All in country transportation.
- 14 nights/15 full days accommodations at guest house.
- Breakfast and dinner daily, some lunches.
- See the Great Rift Valley.
- We will visit at least one national park and do a safari, one other national recreation area/park.
- Up close and personal encounter with the baby elephants at the David Sheldrake Elephant Orphanage.
- Nairobi City Tour, or Kiambethu Tea Farm, Karen Blixen Home and as time allows other points of interests or short excursions.
- Meet the women of “Living Positive”!
- Participate with students and schools that HFLW works with sponsoring students. And for those of you who have sponsored students you will have the opportunity to meet and spend time with them.

It is a full 15 days but well worth the time and effort.

Safety and Security is our top priority! We believe that traveling in Kenya is safe. Your place of accommodations is in a gated and secured location. You will be cared for just like you were family! Our driver is experienced, safe, and always conscientious of your wellbeing!

## **Responsibilities of Travelers:**

Each of you will be responsible for making your own airline reservations/and paying for your own airline tickets/baggage.

- Flights arrive/depart at Jomo-Kenyatta International Airport.
- If you are coming on June 16, 2022, you should arrive on the afternoon or evening of June 15, 2022 and depart on the evening of June 30, 2022, or anytime July 1, 2022.
- If you are coming on July 14, 2022 you should arrive on the afternoon or evening of July 13<sup>th</sup> and depart on the evening of July 28<sup>th</sup> or anytime July 29, 2022.
- REMEMBER THAT IT TAKES TWO DAYS OF TRAVEL TIME TO ARRIVE IN KENYA.
- To purchase your airfare, it is best to purchase as early as possible. Although do not buy your tickets before checking with HFLW first so that we may confirm that the trips will be taking place. If we do not have enough travelers for each trip date, we may need to cancel. Airfare prices can average from \$850-\$1500, depending on your preferences and where you are traveling from. I can advise you more with this if need be. I have not had any problems finding reasonable airfare from Phoenix, AZ. The last 3 years I have paid no more than \$1150 with travel insurance. The deals are out there!

Each traveler is responsible for obtaining a passport and visa.

- Passport must be up to date. Check online [www.travel.state.gov](http://www.travel.state.gov) If you do not have one now you should get one as soon as possible. It takes approximately 4 months to acquire a passport at the regular cost.
- Apply for a Visa at least 4-6 weeks prior to leaving. We can help you with how to do this when the time comes. You will need your flight information, two more additional passport photos, your passport and the following information: Going in association with Hearts For Love Worldwide, Destination: Nairobi, Kenya. Our host: **Virginia Wangui NO. 3 NGONG SPRING VILLAS, Amani Close and Bamburi Road, Kibiku, Ngong Kenya. Phone: +254 721458427. [wanguivirginia@gmail.com](mailto:wanguivirginia@gmail.com)**  
<http://evisa.go.ke/evisa.html>

Each traveler is responsible for:

- Any vaccinations/malaria medication necessary to travel to Kenya ~ check with your health provider at least one month to 6 weeks prior to leaving for Kenya. <https://wwwnc.cdc.gov/travel>. Personally, to my knowledge no vaccinations are required although Yellow Fever and others are recommended. Because I live in Kenya for longer periods of time, I have done the series of vaccinations. I also carry a homeopathic spray for malaria instead of the chemical medicine. This is strictly your choice, and you must decide for yourself. The homeopathic I carry is called DEMAL 200.
- Although you do not have to be athletically physically fit, please note that many of our journeys across Kenya we will be expected to travel on “bumpy” and rough roads. Having past back or neck issues may cause you additional problems. Make sure your doctor approves of your trip.
- HFLW does not provide travel or personal health insurance, but we can suggest where to purchase volunteer insurance. Insurance is not mandatory.  
[www.volunteercard.com](http://www.volunteercard.com)

**On arrival** at the airport, you will be picked up and transported to your home away from home in Ngong. Rooms are comfortable, with nice bathroom, shower, single bed. Sharing a room is a probability so be prepared for this. Your guest house accommodation will include daily breakfast, some lunches, and most dinners. Be prepared to eat the foods common in Kenya. Breakfast could be eggs, cereals, bread, and jam, mandazi, assorted fruits and tea. Lunches could be sandwiches, salads, veggies, fruits. Other foods that you may experience at dinner may be rice, beans, cabbage, ugali, chapati, spinach, tomatoes, onions, and other vegetables. Fruits can be passion fruit, pineapple, mango, watermelon, and bananas. Meats available can be bacon, chicken sausage, hamburger, chicken, beef medallions, pork roast.

Most guests will be arriving in the evening and some later than others but after meeting with everyone coming to the guest house, plan on getting a peaceful night's sleep. The next day will begin at 9 am.

There is wi-fi in the guest house. You can also find wi-fi availability in a few of the schools, mall areas with restaurants that we may visit during your stay.

**On your first morning** breakfast will be taken while we begin a short orientation. Orientation will offer insights into what to expect on your two-week adventure. You will learn some of the language, meet HFLW staff, go to exchange money, stop for a short shopping excursion for supplies if you have forgotten anything. We have the opportunity in the 15 days that you can visit a supermarket or places to buy snacks if we do not have what you like or need. This is an additional cost to you, however. We provide bottled drinking water.

**During the next two weeks,** you will have the opportunity to experience most all those activities listed, some changes maybe, and possibly more as time allows. We will spend time with children at schools. Plan on playing sports games, arts, and crafts, sharing, and teaching about your hometown or country. Bring your ideas! We will take fun play items to the kids when we visit too, along with a snack of juice and biscuits! The kids LOVE visitors! For some of you who have sponsored students with our program we will make every effort for you to meet and spend time with them according to their school schedules. Meeting new people and becoming friends with others is high on the list. There are many different tribes, tribal languages, and cultural differences among them and learning about them is a great experience. You will see how creative the people of Kenya are as we travel around from rural areas to the city. Learning about the Maasai culture and their way of life is priceless! There will be time for yourself, shopping excursions, and time to rest. Every day could be a new and different day and you must be able to roll with the flow. Our itinerary will fluctuate from day to day.

If you are making the trip to visit a sponsored child in Loitokitok area, we will plan accordingly. Here is where we will meet with Maasai families, see Mt. Kiliminjaro, and be able to visit Amboselli National Park. We will make group decisions so that everyone has an opportunity to do a safari, visit with sponsored children and see some great sites!



When we return to the Ngong area we will continue with several other activities, including the David Sheldrake Elephant Orphanage where you have up close and personal encounters with the baby orphaned elephants that live here. It is a wonderful experience. You can even adopt one!!

Time will fly by but when it is over you will have been on a journey of the heart and soul....your life will have changed as you have changed others!

### **What to Wear and What to Bring**

Because you are close to the equator the temperatures will be mild to warm year-round. Your clothes would be best if lightweight and light in color. Bring clothes that you do not mind if they get dirty or damaged. A lightweight jacket, sweater, or sweatshirt is good for cool night air. Shoes should be comfortable as walking is a large portion of exercise in Kenya. Tennis shoes, sturdy sandals, a pair of flip flops for bathroom use are on my list each time I go. Travel times are set up to avoid most of any rainy seasons that may occur in Kenya but just in case prepare for rain, with an umbrella or light poncho. Cotton pants, jeans, capri pants or mid-calf skirts, even modest length shorts are acceptable for women. Men may wear cotton pants or jeans, shorts. Cotton shirts and T-shirts are acceptable but please no skimpy tank tops. Especially for the women, out of respect, please do not wear clothes that are too revealing. A good hat to cover your head, neck and face is important as the sun is strong. A day pack, (backpack) is handy too!

If I could give one piece of advice it would be Do Not Over Pack!

Clothes can be washed out by hand by the housekeeper. Machines are not available. I have someone do my laundry while I am in Kenya. This provides a job and extra income for someone. There will be someone available twice weekly that can-do laundry for you if you so choose. The cost is about \$5-\$10 depending how much you have.

Some items to bring:

- Flashlight
- Plenty of batteries, SD cards for cameras/battery charger adapter
- One roll of Toilet Paper/travel toilet paper to put in your pack.
- Sunscreen, Sunglasses, Lip Balm, Hand Sanitizer, Mosquito Spray
- Sewing Kit/Nail Kit/Small First Aid Kit with band aids and Neosporin
- Rain poncho/small umbrella
- Extra Wash Cloth/2 Bath Towels

**Do Not Bring:** I have never had any problems myself with theft, but it is a good rule of thumb to not bring anything that you are not prepared to lose. Keeping careful watch over your belongings and money is common sense. If you choose to use your phone, check with your provider for international usage.

**Do Not Wear or Bring:** Flashy, or expensive jewelry.

If you have any other questions that arise, or you feel that I have forgotten anything please let me know.

Comments welcomed! See you in Kenya!

