



Hearts For Love Worldwide

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Itinerary for Trip Dates

July 24 – August 1, 2019
Short Stay/9 nights 8 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. loryjacobs@yahoo.com. You may call Jennie Friesthler at 937-622-8092 for information as well. 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!

Cost of Trip
\$795

For those of you who may not be able to stay as long in Kenya but would like to come visit with your sponsored student we have arranged a short stay of 8 days. From July 24-Aug 1. This adventure involves visiting with your sponsored student, schools, and local sightseeing side trips.

- We *must* have 6 guests sign up to avoid cancellation. You will be notified of cancellation on or before April 30, 2019. It is advised to *not* make airline reservations until 6 guests have been confirmed. We don't want you to lose any money!
- Sign-Up Deadline will be April 30, 2019.
- A Deposit of \$150 is needed to hold your place on the trip. The deposit will transfer to the cost of the trip. The remainder of the balance of \$645 will be due 30 days prior to leaving for Kenya which is June 23, 2019. You may do a payment plan to make it easier, just let us know and we will plan for you.
- This is a great time to put together a group of friends for this adventure! School friends, work mates, church friends, families/children welcome when accompanied by a parent, or those friends that sponsor kids with HFLW can come together and have a great time visiting the schools and students!

\$795 Cost Covers:

- Airport pick up and departure at Jomo Kenyatta Airport, Nairobi.
- In country transportation.
- 9 nights' accommodations at guest house.
- Breakfast daily, some lunches and dinners.
- A visit to the Nairobi National Park to see the wildlife!
- Up close and personal encounter with the baby elephants at the David Sheldrake Elephant Orphanage.
- Nairobi City Tour, Kazuri Bead Factory, experience the Maasai Market.
- Visit at Holly House Children's Home & Primary/Secondary Schools with Holly Caulfield
- 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.

There are other short/small excursions that we may do according to time allowed. It is a full 8 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.

- Arrive at least one day prior to beginning your scheduled trip. If you are coming on July 24, 2019 through August 1, 2019 you will need to arrive anytime on July 23rd. When planning the return trip home, you need to plan for departure on August 1st. If you travel earlier or want to stay later please let me know, and for a small additional cost, accommodations can be made. Flights arrive/depart at Jomo-Kenyatta airport.
- To purchase your airfare, it is best to purchase as early as possible. Prices can average from \$850-\$1500, depending on your preferences. I can advise you more with this if need be. I have not had any problems finding a reasonable airfare from Phoenix.
- The last 3 years I have paid no more than \$1050 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 If you don't have one you should get one as soon as possible. It takes approximately 2 months to acquire a passport at the regular cost.
- Apply for a visa at least 3-4 weeks prior to leaving. We can help you with how to do this when the time comes to get your visa. You will need your flight information, one more additional passport photo other than the photo in your passport, your passport and the following information: Going in association with Hearts For Love Worldwide, Destination: Nairobi, Kenya. Our host: Watakatifu Wote Senta Ngong, Ngong-Upper Matasia (Kahara Rd.) Ngong Hills 0721491057
- <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. <http://www.cdc.gov> Personally, to my knowledge no vaccinations are required although Yellow Fever is recommended. Because I live in Kenya for longer periods of time, I have done the series of vaccinations. I also use a homeopathic spray for malaria instead of the chemical medicine. This is strictly your choice and you must decide for yourself. The homeopathic I use 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 but recommended. 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. Your guest house accommodation will include daily breakfast, some lunches, and dinners. We will be eating some meals out and you will be able to have some foods that will be like home! Be prepared to eat the foods common in Kenya as well. Breakfast could be eggs, cereals, bread and jam, mandazi, assorted fruits and tea. 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, oranges and apples.

Most guests arrive later in the day 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 within the guest house and in and around the grounds.

On your first morning breakfast will be taken while we begin a short orientation. Orientation will offer insights into what to expect on your 8-day adventure. You will learn some of the language, meet HFLW staff, go to exchange money, stop for a short shopping excursion for supplies you feel you might need.

During the next 8 days, you will have the opportunity to experience all those activities listed and possibly more as time allows. We will spend time with children at schools, & at the children's home. Plan on playing sports games, arts and crafts, sharing and teaching about your home town 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 reflect. Every day could be a new and different day and you must be able to go with the flow. Our itinerary will fluctuate from day to day.

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 don't 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 will be a part of what we do at times. 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 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 our housekeeper. (Machines are not available). I have someone do my laundry while I am in Kenya. This provides extra income for someone which is much needed. There will be someone available 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.

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

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!

Lory ~ Hearts For Love Worldwide

Holly ~ Program Manager/Kayole