



footsteps

Striding towards better health and education for Kenyan children

Rafiki 2023 Welcome Pack

*Changing lives between the 17th
and 24th June 2023*

The information included here will help you prepare for the Rafiki trip as well as providing some insight into what you might expect to be doing when you join us in Kenya. The trip will run from 17th to 24th June 2023

Before we go

You are responsible for booking your international flight to Nairobi from the UK. BUT remember you must be in Nairobi to catch the **9:25am** flight to Kisumu on **Saturday 17th June**. Keep in mind that Kenya is 2 hours ahead of the UK.

A Visa is required by all British passport holders older than 16 years to go to Kenya. You can obtain a single entry visa which is **valid for 3 months from the date of issue for \$51** by applying online through e-visa web-site <http://evisa.go.ke/evisa.html> (Single Entry, Transit and Courtesy Only). You will be asked to create an account using your email.

Requirements for Single Journey Visa

1. Valid passport with not less than six months left and at least one blank page.
2. Complete visa application form. If applying on line:
 - You will need to attach a scan of your passport.
 - You will need to upload the Itinerary under 'additional documents'.
 - You will need to upload a passport size photo – this must be in colour and be taken against a white or off-white wall
3. Return ticket – you do not need to submit the ticket during the application process but you will need the details to hand.

Additional Details for the Visa Application

Reason for Travel: Tourism

Point of Entry By Air: Jomo Kenyatta Airport, Nairobi

Full Names and Physical Addresses in Kenya

- Sentrim 680 Hotel, Nairobi, Tel No +254 20 315680 , email: reservations680@sentrim-hotels.com
- St John Manor, Miliman, Busia Road, Kisumu, Tel No +254 706 404225,

Staying healthy during your visit is a key priority

Staying healthy during your visit is a key priority and so preparation is important. Contact your GP at least 8 weeks before your trip to check whether you need any vaccinations or other preventive measures. Immunisation against yellow fever and cholera is usually recommended and malaria prevention is strongly recommended. Be aware that *you are entirely responsible for your own health and travel insurance* and you are not covered by Footsteps. The level of cover is finally down to you but we recommend that you contact your insurance provider for advice on the best cover for Kenya and take that advice.



Heathrow Airport Info

Not only will everyone be making their own way to and from Heathrow airport, but also you will be expected to get to Nairobi Airport in time for your connecting flight to Kisumu on **Saturday 17th June,....**

Remember to check-in, online, 24 hours before we depart and to arrive at the airport a minimum of 2 hours ahead of the scheduled departure time. Check-in desks are open at least 3 hours before departure and close promptly 1 hour before scheduled departure time.

Baggage restrictions are currently in place at all UK airports. Check <https://www.britishairways.com/en-gb/information/baggage-essentials/checked-baggage-allowances> for details relating to the baggage allowance for each class of travel.

Don't forget your passport with your Kenyan visa inside, your recommended malaria medication, travel insurance details and a credit/debit card. We suggest you exchange about £100 into Kenyan shillings and have this with you before you travel. There are Bureau de Change booths at Heathrow that can do this. Debit and credit cards will work in the Barclays Bank machines in Nairobi airport and in Kisumu where we will be located in case you need further shillings.

Flight Details

Arrival in Nairobi

Upon disembarking you will need your **passport with visa or proof of accepted application** in order to pass through passport control.

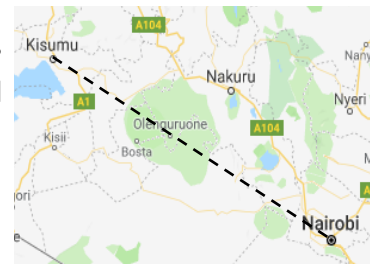
Travelling via BA flights mean you arrive in Nairobi on **Friday 16th June** in plenty of time for the connecting flight to Kisumu the next morning. This means you will need to book to stay overnight somewhere in Nairobi. If you would like to us to book this for you this for you we can get good rates. But remember you will have to pay your own bill in the morning. This can be done via cash or credit card. If travelling overnight with Kenya Airways we recommend you book yourself onto the Kisumu flight at the same time.

Onward to Kisumu

The next morning, you must be at the airport in order to catch the connecting flight KQ654 to Kisumu at 9:25am arriving in Kisumu International Airport at 10:15.

We will meet you at **8am on Saturday 17th June** in Nairobi Jomo Kenyatta Intl Airport at Terminal 1D, (which is for domestic flights.) At check-in you will require your passport, with your visa and we will hand you your flight ticket.

The flight time is approx. 50minutes. We will transfer from Kisumu airport to our hotel by minibus (approx. 30 minutes). Assuming all goes well we should be in the hotel in Kisumu by 11:30.



Rafiki 2023 Trip Outline

The Itinerary

Saturday 17th June

After arriving in Kisumu we will transfer to the hotel, have some lunch and then get down to the business of preparing for the week's activities. We will arrive laden with equipment for the week that will need sorting. In the evening we will go out for dinner.

Sunday 18th June

On our first full day, after breakfast, we will tour some of the Footsteps projects, including the Agricultural College. We will organise a visit to the home of one of our project managers to hear about life in this part of Kenya and sample some home cooked African cuisine! This is a great opportunity to ask questions!! In the evening, if the weather is good, we will go to Lake Victoria and eat fish, African style.

Monday 19th June to Friday 23rd June

The main part of the programme runs from Monday to Thursday and all the activities are aimed at bringing new experiences to the lives of the children we will be working with. Activities planned for the week depend very much on the skills of the volunteers joining us. On previous trips we have run football, cricket, rugby and netball sessions. We have even had tennis and hockey when we have had the equipment to allow it. We have had art classes, knitting, tie dying, painting, all kinds of music and all kinds of games. Equipment for the activities has to be sourced by the volunteers—schools have very little by way of sports, games or arts equipment and so all the volunteers are asked to beg, borrow or raise funds to buy any equipment they will need to run the activities they are involved in.

It is good idea to have breakfast in the hotel and from experience, it is always better to go to the loo before leaving for the day. The places we visit are quite remote and an African latrine is not ventured into lightly! You must be ready to leave the hotel at 8:00am and we will make our way over to Nyakach, our area of activity. Our first stop will be the local supermarket where you can stock up on water for the day and food for lunch time. **This is not included in the trip price.**

We will arrive on site at the schools to start the programme by 9:30am. A lockable classroom will be provided where we can keep all our belongings and eat our lunch. The bus will collect us from the schools at around 4:00pm to return to the hotel. Every evening we will go somewhere different for dinner.

On our last day we will leave behind all the equipment we have brought with us. It is likely that the end of the day will be accompanied by some speeches and mutual thanks.

Saturday 24th June

On Saturday morning after breakfast there is the potential to visit one of the local markets to test out your haggling skills, before we head to the airport for the mid-afternoon flight to Nairobi. There will be an opportunity to enjoy an early evening dinner somewhere in Central Nairobi dependant on your chosen return flight to London.

Finally

You will get out of this trip what you put into it. You will meet new people and a new culture. You will see, hear and smell things you've never seen, heard or smelled before.

You will have the opportunity to be creative, imaginative and more importantly to connect with some extraordinary people and make a difference in their lives.

We look forward to meeting you again and joining you on this amazing experience!



Accommodation

We will stay in a modest hotel on the outskirts of Kisumu called St Johns Manor (<http://stjohnsmanor.lesavannacountrylodge.com/gallery.html>). This hotel is very popular with Europeans as it is secure and has free Wi-Fi. Please be aware that the hotel is a budget hotel and that photo-shop is a wonderful thing. However, the rooms are clean and have private bathrooms with hot running water. The cost of accommodation at St John's Hotel is included in the price you have paid for this trip.

Food and Beverages

Breakfast will be provided every day before we leave. We will stop at a Western-style supermarket on the way out every morning where you can purchase lunch and water/beverages for the day. It is generally safer to **stick to bottled water** even at the hotel and bottled water is also available to buy there. Everyone should have their own rucksack so that they can carry sufficient water and food for their own consumption. We will be eating out in the evening. Kisumu has a variety of **restaurants** some of which aren't half bad! The cost of dinner is included in the price of the trip but any **drinks will have to be paid for by you.**



General Tips and Reminders

Weather

It is generally quite hot at this time of year, with temperatures as high as 82° F or 28°C. Located on the Equator, Kenya has funny seasons with the hottest part of the year running from October to March and the less hot part of the year from April to September. Although it isn't as predictable as it used to be, Kenyans generally differentiate between the rainy and the dry season and we will be at the tail end of the rainy season and we have been known to get soaked to the skin.

Money

The **currency** in Kenya is Kenyan Shillings and at the time of writing the exchange rate is KSh133 to £1. There will be adequate access to **ATM machines** in Nairobi and Kisumu so take no more than £100 in shillings with you. Credit cards and debit cards will be accepted in major shops and for withdrawing money. Please let your bank know you will be travelling to Kenya in advance.

Health Care

Visit your doctor to obtain personal advice on vaccinations and malaria treatments. Be aware that **you are entirely responsible for your own health insurance** and you are not covered by Footsteps. The level of cover is finally down to you but we recommend that you contact your insurance provider for advice on the best cover for Kenya and take that advice. Bring your Health Insurance details with you and keep them with you at all times. An Incident Management Process is followed in the case of injury and a list of useful contact numbers will be provided to every volunteer on the trip. We will carry a **basic 1st aid kit** (plasters/ibuprofen/small bandages etc...). **If anyone is on medication then you should note this on the Volunteer Form** and make sure it is easily accessible during the trip. In the case of a medical emergency there is an excellent hospital in Kisumu.

Kit List

This list is meant to be a guide and is not exhaustive. Although it is always a good idea to check forecasts before you go, we feel generally confident to say it will be mostly hot and dry with the possibility of torrential rain! Please don't bring anything you may regret losing or damaging unless you can get a replacement on your insurance. If you do bring a laptop, iPad or mobile phone, please make sure you back up your valuable data before you come. A machine can be replaced but data that's not backed up will be gone forever. It is essential that you bring a case that can be locked. Any valuables that are left lying around – laptop, camera, phone etc – may be stolen. Anything that is locked away and out of sight is generally secure.

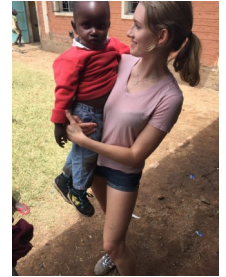
- ◇ T-shirts or tops
- ◇ Lightweight cotton trousers or shorts
- ◇ Comfortable lightweight shoes or sandals
- ◇ Trainers for relaxing in or other sandals
- ◇ Cap/hat
- ◇ Sunglasses
- ◇ A light fleece or jacket,
- ◇ Wet wipes
- ◇ Long lightweight skirt or trousers and long-sleeve shirt – thinking of evening mosquitoes
- ◇ Casual wear for relaxing in i.e. sweatshirt, tracksuit, jeans, shorts, T-shirts
- ◇ Carrier bags/bin bag - useful for dirty washing or wet clothing
- ◇ Small personal medical kit - antiseptic ointment, plasters, pain killers, sting relief, diazepam, dioralyte, personal medication where relevant, lip salve, sunscreen (minimum factor 15),
- ◇ Toilet rolls/tissues for emergencies – the toilets at the hotels provide adequate facilities however the school has a hole in the ground.
- ◇ Mosquito repellent spray, wipes or creams according to preference (Jungle Formula)
- ◇ Malaria tablets as recommended by your doctor
- ◇ Personal snacks-dried fruit or energy bars
- ◇ Light, water-proof jacket or umbrella
- ◇ Camera
- ◇ Ruck-sack for use during the day
- ◇ Travel and insurance documents. Leave a copy of your passport and ticket somewhere safe with someone you can contact while you are away.
- ◇ You will not need adaptors for electrical items as Kenya has the same voltage and plug systems as the UK

N.B. Towels will be provided by the hotels

Pack as lightly as possible, preferably in a soft, robust bag (not a hard suitcase) as this will be lighter and easier to handle. The golden rule is: pack, then unpack, throw half of it out and pack again. Repeat until it looks sensible. Make sure your main luggage is lockable. Before leaving the hotel every morning ensure everything is locked away.

Security

We will be hiring our own transport to and from the schools and will brief everyone on the area on arrival. The main advice is to be sensible; don't wear jewellery, take a cheap watch, be discreet with your phone etc. Under no circumstances should you wander around on your own at night and you should stay with the group at all times during the day. Don't take anything with you that you would miss for sentimental reasons. All trips to an ATM in Kenya must be cleared through Tony or Suzanne. Also if you bring sterling for changing at a Bureau De Change this must also be done through the Footsteps trustees in order to avoid any risk.





2014



2015



2017



Contacts

You will be able to use your mobile phones in Kenya but it may be an idea to let your provider know you will be travelling. David, Suzanne and Tony will have their mobile phones with them at all times.

Suzanne Thomas	+44 (0)7831 877776
Tony Robinson	+254 711 735 786
David Burditt	+44 (0)7885 878888
Kisumu Police	+254 57 23594 or 999 or 112 in an emergency
Local Doctor	+254 57 20005 / 43516 / 40372 / 43530
Local Hospital	+254 57 20005 / 43516 / 40372 / 43530
British High Commission	+254 202 844 000
Local contact Rashid	+254 720 711 561
Local contact Monica	+254 723 101 673
Local contact James (Nairobi)	+254 722 288 731
St Johns Hotel (Kisumu)	+254 706 404 225
Sentrim 680 Hotel (Nairobi)	+254 737 680 680

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