

INSTRUCTIONS TRAVEL TIPS FOR KENYA

Thank you so much for your willingness to travel to Kenya and work in the Lord's Kingdom.

The following websites are particularly helpful while preparing for your upcoming trip to Kenya:

wwwnc.cdc.gov/travel/destinations/kenya.htm

www.mdtravelhealth.com/destinations/africa/kenya.php

<http://goafrica.about.com/od/kenya/a/kenyaessentials.htm>

www.iamat.org/country_profile.cfm?id=55

Pay particular attention to the shots which are needed and the travel tips.

Passport: You will need a current United States passport.

Visa: You will purchase a visa for Kenya at the airport in Nairobi upon arrival for \$50.00 US (price subject to change).

You will need anti-malarial drugs. I take Atovaquone/proquanil, the generic of Malarone. It is recommended that you start the drug 2-3 days before entering Kenya. For more information consult Web MD at <http://www.webmd.com/a-to-z-guides/malarone-for-malaria>

I suggest making two copies of your passport, itinerary and airline tickets. Keep one in your carryon luggage or backpack and leave one at home where family members know where it is just in case you lose the original.

I like to have plenty of small plastic bottles of hand sanitizer and individual sanitizing wipes. Use both frequently.

Neck pillow

Earplugs

Sleeping mask

Quick easy snacks and meals such as Tuna lunch to go, etc. There will be times that we will be out in the field and need to eat on the go or won't feel comfortable eating local food.

Imodium pills

Crystal lite if you like or instant teas for individual water bottles

I like to take several rolls of my own toilet paper.

Flashlight

Insect repellent

Sunscreen

Hat

I usually take khakis or cargo pants, comfortable shirts from our clothing room and one suit. At the end of the trip I usually leave most of my clothes in Africa.

Light rain jacket

Digital camera

I would suggest you take several basic sermons or lessons. You most likely will have opportunities to preach and teach.
Also, whatever basic personal work lessons you are comfortable using.

anti-malarial drug Malerone or the generic equivalent Atovaquone/proquanil

Your contact information while in Kenya:

Charles Ogutu charlesogutu@yahoo.com +254-722-354-316

Travel: I like to fly Delta Airlines to Nairobi then use Kenya Airways to Kisumu, Kenya. You most likely will need to spend the night in Nairobi. I suggest the following guest houses upon arrival at Jomo Kenyatta Airport in Nairobi. I usually exchange at least \$100.00 at the airport for motel/cab fare, etc.

Ask for the Hampton House Van for transportation to the guest house and back to the airport. It is about a thirty minute ride from the airport to the guest house. If you stay at the Mennonite Guest House you will have to arrange for a taxi. The taxi should cost approximately 2,000 KES (Kenya Shillings) each way although prices are negotiable. I usually ask the driver who takes me to the guest house to pick me up and transport me to the airport. Make sure you get the driver's phone number and name.

Hampton House PLEASE NOTE NEW PHONE NUMBERS FOR HAMPTON HOUSE

+254-(0)722-367 545 or +254-(0)733-391 314

hamptonhouse@pobox.com

Amani Gardens Inn (formerly Mennonite Guest House) reservations@amanigardensinn.com

71 Church Roads, Westlands

PO Box 14646-00800 Nairobi, Kenya

Both guest houses are in the same area.

Kenya Airways has several direct daily flights to Kisumu. Contact their website www.Kenya-airways.com and click on their Flight Timetable to see the flight schedule.

Upon arrival at Kisumu International Airport your contact person and information is Charles Ogutu. charlesogutu@yahoo.com +254-722-354-316

I suggest communicating with Charles via e-mail at least a week in advance so he can arrange transportation for you from the airport.

Accommodations: Depending on your schedule you will either check into Le Savanna County Lodge or go directly to Kenya School of Preaching.

I have an agreement with Le Savanna that all guests associated with KSOP will stay at a reduced rate of 5000 KES per night. This price included a room with a double bed and a great

breakfast buffet. Make sure to mention that you are working with KSOP and are an associate of Dr. Michael P. Reese to get the rate.

I would suggest either booking directly via e-mail at www.lesavannacountrylodge.com reservations@lesavannacountrylodge.com or have Charles Ogutu book the room for you.

Lunch and dinner are available at the Motel for approximately \$10.00 - \$12.00 US per meal. The rooms are air-conditional with fairly reliable wi-fi and limited television. Security is very good.

The motel van maybe available to transport you to and from KSOP daily. Make sure you ask them what the rate is.

If the motel van is not available Charles Ogutu can arrange for a taxi at approximately \$ 15. US per day.

It is about a 15 minute ride from LeSavanna to KSOP.

Laundry service is available at a nominal fee at the motel.

You may pay for your room at Le Savanna with US dollars, Kenya shillings or Visa. I pay with Kenya shillings that way I know what I have in the exchange rate.

Tips for Kenya School of Preaching:

Director: Charles Ogutu +254-722-354-316 charlesogutu@yahoo.com

Dean: Elias Omolo

Facilities and Equipment:

Computers

- KSOP has a computer lab currently with 6 desktop computers with Microsoft Office. Each student is computer literate
- Library. KSOP has a library equipped with several sets of commentaries, basic lexicons, Bible dictionaries, standard reference works as well as many volumes on biblical topics. The library is adequate for undergraduate style research. Research and writing is encouraged in each class. It would be deeply appreciated if you could assist in building the library by transporting books when you visit.
- Equipment. KSOP has a multimedia projector with adapters for both PC and Mac computers. The electricity usually goes off several times during the day. Your classroom is equipped with a whiteboard and markers, wi-fi and a fan. A cellphone is available for your use. It is very inexpensive to call both in Kenya and to the U.S. (approximately 3-5 cents per minute to U.S.)
- Food- for 600 KES per week you will receive tea at 10:30 and lunch at 1:00 p.m. speak with Charles if you are interested. The food at KSOP is great.
- Suggested Schedule.
8:00 a.m. – 10:00 class
10:00 – 10:30 chapel (You will be scheduled to speak one day in chapel)
10:30-11:00 – tea
11:00 – 1:00 – class
1:00 to 2:00 – lunch
2:00 – 4:00 or 5:00 – class

BVBID requests at least 30 hours in the classroom for all short courses.

The following are other contacts you may need while in Kenya.

David Wasonga + 254735936518
Rose Wasonga + 254725077716
Jacob Omolo +254726688303
Charles Ogutu +254-722-354-316
Mark Oduor Omollo +254710566368

If you have any questions I may be contacted at: preachermiker@frontier.com or 304-282-7712

Thank you so much for your willingness to be a part of the great work in Kenya. Enjoy your trip to Kenya and may God bless your work.

Michael P. Reese, Ed.D.
Coordinator Kenya School of Preaching.