

Rock The Babies



NEW LIFE HOME TRUST

Giving Compassionate Care To Vulnerable Children

Nairobi - Kenya Planning Guide

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Welcome to *New Life Home Trust*.

We are very excited that you are considering making a visit to our Children's Homes for abandoned and HIV positive babies in Kenya, East Africa. In order to make your visit as worthwhile and smooth as possible, please read through this Planning Guide. We appreciate your willingness to make the journey to Kenya and are certain that your lives, and the lives of the children of Kenya, will be enriched by your journey.

If you have any questions, feel free to contact our U.S. office at the number listed below. We would be glad to assist you in any way that we can. We look forward to partnering with you in future endeavors on behalf of the men, women, and children of Kenya.

Sincerely,

Ken Jeffcoat

Vice President/Chairman

New Life Home Trust – USA

E-mail: info@newlifelivetrust.us

Phone: (425) 241-8605

Fax: (425) 944-0071

Website: www.newlifelivetrust.org

Address: PO Box 16778, Golden, CO 80402-6012, USA

Rock The Babies Program Overview

Babies need eye contact.

Babies need touch.

Babies need love.

Babies need you to hold and rock them gently, whispering, *Everything's going to be all right...*

The *Rock The Babies* (RTB) program is for people interested in using a portion of their lives, time, and talents to touch the lives of abandoned and HIV positive children in Kenya.

Rock The Babies is much more than holding babies, it is about changing a child's life. You are not only contributing to normal childhood development, to character formation, but you are bringing joy to the lives of these little ones.

As an RTB individual or team, you will be mainly responsible for organizing yourselves, your trip, your schedule, etc., but *New Life Home Trust* is here to assist you in the planning and execution stages and of course, to welcome you at our Children's Homes. Almost daily, we welcome teams from around the world to our various Children's Homes in Kenya. We welcome singles, married couples, church groups, university students, sports teams, safari tour groups, etc. We welcome doctors and nurses, teachers and tourists.

Rock The Babies Teams can serve in the following ways:

- Rock The Babies - Hold, love, & feed, etc...
- Observation & Photography – Be an advocate: Go home and tell the stories...
- Supply Transport – Bring much-needed supplies in your extra suitcase...
- Make up your own service project!

Children's Home Locations in Kenya: Kericho, Kisumu, Nakuru, Nairobi, Nyeri, Mombasa

Please feel free to use this planning guide in part or in whole to strategically think through the desired outcome of your *Rock The Babies* trip. With a little planning and forethought, we believe the lives of the RTB participants will be forever changed for the greater good of the orphans and vulnerable children of the world.

Action Point: Decide what types of activities your RTB team would like to participate in.

Volunteer Qualifications

You do not need any specific qualification to volunteer your services at any of the *New Life Home Trust* locations. However, if you are qualified in a particular area (for example, medical personnel, teachers, etc.) we would like to know so you may serve in your area of expertise, wherever possible.

Basic Rules for Volunteers:

- Keep personal valuables (cameras, phones, money etc) with you at all times. *New Life Home Trust* will not take responsibility for loss of such items.
 - Note: There is a locked cabinet in the Nairobi home where all volunteers share access and can store their personal items.
- No food/snack is to be given to the children/babies without authorization.
- In respect for other cultures, dress decently to avoid making those around you uncomfortable. Jeans, khakis, longer shorts, skirts, and dresses are acceptable for women to wear in Nairobi. Please avoid wearing low-cut blouses/tops.
- All volunteers are required to wear loose-fitting smocks over their street clothes. These are available near the front desk or the laundry area.
- Smoking and alcohol in the buildings/compound is strictly prohibited.
- Use of abusive or obscene language is not tolerated.
- Visiting children must be at least 13 years old to hold a child/baby.
- Always wash your hands before and after handling the children/babies
- Open/fresh cuts/wounds must be covered before handling the children/babies.
- Use both hands to support the child/baby.
- Do not lift a child/baby with only one arm.

The Children's Homes are open every day of the week; though visiting hours may vary from one home to another. Please contact your *New Life Home Trust* USA office.

Frequently Asked Questions (FAQs)

Q: What size team works best for *New Life Home Trust*?

A: The ideal team size is 12 people or less. We have hosted teams from the U.S. ranging in size from 18-40 people. This size team can become challenging to transport around Nairobi and for coordination purposes. Therefore, we wouldn't recommend more than 12 people, but we do not prohibit it. Depending on the RTB team's leadership, a larger-sized team can function effectively and smoothly. We leave this decision to the visiting leader's discretion.

NOTE: Passenger vans ideally accommodate 9 people.

Q: What would a typical day look like for a RTB participant at one of the Children's Homes?

A: A typical day would begin between 8:30 and 9 a.m. when the babies are getting up and getting dressed for the day. Your day will begin with entering the home's main doors and signing in at the Volunteer Sign-In at the front desk. After washing your hands, you should throw a "smock" on over your clothes – this tells the *New Life* staff that you've signed in and are there to volunteer.

Q: What are lunch options?

A: In Nairobi, volunteers can pack a lunch and eat on the grass within the compound or walk to the nearby Ya Ya Shopping Center.

Q: Approximately how much will the trip cost per person (for 14 days)?

\$1500 – round-trip flight
\$ 50 – single-entry tourist visa
\$ 420 – room & board
\$280 – in-country travel & food

Total Cost \$ 2250 (estimated)

Q: Do you have any advice on picture taking in the Children's Homes?

Generally, picture taking is permissible in all areas of the Homes, except during diaper changing, bathing, and toilet times (for the toddlers). If care workers or staff request that you refrain from picture taking at any point in time, please follow their advice.

FAQs continued...

Q: Is the water safe for drinking? Is bottled water available?

Drinking water should be brought in by the individuals or team. Please plan ahead and bring your own bottled water.

Q: What language does the staff speak? Will the RTB team need a translator?

All of our Kenyan staff speak English, though to varying degrees of fluency. Generally, translation is not necessary. Though, knowing a word or two of Swahili is always a good idea for visitors to break the ice and get a laugh!

Q: Are there any special-needs service opportunities?

Our home in Kisumu cares for our older special-needs children. Visitors wishing to work with these children, should consider visiting the Kisumu Home as a volunteer.

Q: What is the basic schedule for volunteers at the Children's Homes?

8:30 – 9:00 a.m.	Babies and toddlers are waking up Babies are getting dressed by our care workers Volunteers are getting dressed, signing in, & washing hands
8:30 – 10:00	Volunteers are loving on, playing with, and serving the babies, toddlers and care workers
10:00	Volunteer Break Time: Small babies are napping... School for older toddlers Crawlers and toddlers playing outside
1:00 -2:00 p.m.	Volunteer lunch hour All babies and toddlers are sleeping
2:00 – 5:00	Volunteers are loving on, playing with, and serving the babies and care workers
5 pm	Volunteers are helping to feed the babies dinner
6 pm	Volunteers are carrying babies that need medicine or special-care to the Nurse's station
6:00 – 6:30	Good Night: Babies are being put to bed



Visit a Children's Home Main Home & Medical Center – Nairobi

Clive & Mary Beckenham, Founders-Directors
Ann Wambugu, General Administrator
E-mail: info@newlifehometruster.org
Phone: (020) 386 9514 or (020) 386 4743

THE HOME

The *Nairobi Home* has a capacity of 55 babies. The babies are admitted from *New Life Home Trust's* satellite facilities, government and private hospitals, and through direct contact with government children's officers and the police.

The *Nairobi Home* is also registered by the Ministry of Health as a private medical clinic under the medical supervision of the Medical Director, Dr. Paul Wangai and Mary Beckenham, the Co-Founder & Nursing Director. The *Nairobi Home* is therefore, able to admit seriously ill babies under the care of several doctors and a resident medical staff.

THE WEATHER

The general weather pattern in Kenya is:

January – March = hot and dry

April – June = hot and wet, also known as the "long rains" season

July – September = "cool"

November – December = warm and wet, also known as "short rains" season

Internet sites for more details: www.weatherzone.com

TEAMS SHOULD KNOW...

- The babies are on a schedule, so there will be times when volunteers are not needed (such as nap time). Please refer to the *Nairobi Home Schedule* and plan your volunteer hours accordingly.
- You can schedule a guided tour of the facility for your first day at *New Life Home Trust*, Nairobi. Upon your arrival, please check in at the front desk.
- In advance of your visit, please inform the home of your intended date(s) of service. This will allow us to accommodate for groups larger than four (4) people. Please contact *New Life Home Trust* – USA.

Nairobi Home Layout

New Life's main Children's Home in Nairobi is divided into the following areas or units:

Isolation Unit – all newly admitted babies are cared for in this room typically for 3-7 days. These babies are kept under careful observation by our nursing staff, before being released into the general baby population.

Bed/Baby Capacity: 5
Volunteer Capacity: 0 *

*In order to protect the health of these babies, visitors may observe through the glass windows only. Special Permission is required for entrance to this area.

Intensive Care Unit (ICU) – The ICU is the quietest room in which volunteers can serve. This 10-bed room cares for babies who are still in critical condition and needing special attention. Two to three volunteers can serve in the ICU at one time by feeding, holding, and talking to the babies. Typically, babies within the ICU are newborn to 3 months old.

Bed/Baby Capacity: 10
Volunteer Capacity: 3

Special Care Unit (SCU) – The SCU is considered “general population.” Generally, these babies are stronger and in need of less medical or special attention. Babies in the SCU are typically 3-9 months old. Our SCU cares for 10 babies. Volunteers in the SCU can feed, hold, talk and play with the babies.

Bed/Baby Capacity: 10
Volunteer Capacity: 8

Crawler's Unit - “Alice Hardy Nursery”: The Crawler's Unit cares for our more active babies who are typically between 9-18 months old. The Crawler's Unit houses approximately 15 babies. Volunteers in this area can feed, hold, talk, and play with the babies.

Bed/Baby Capacity: 15
Volunteer Capacity: 8

Toddler's Unit – “Roslyn Cottage”: The Toddler's Unit cares for the oldest babies within *New Life's* care: 18 – 36 month olds. The toddlers spend part of each day outside and participating in Early Childhood Education (ECE) activities with a teacher. Volunteers in this area can feed, hold, talk and play with the toddlers.

Bed/Baby Capacity: 15
Volunteer Capacity: 10



Visit a Children's Home The Ark Family Home - Nairobi

Administrators: Clive & Mary Beckenham,
Founders-Directors
Salome Muchiri, Supervising Auntie
E-mail: info@newlifehometruster.org
Phone: (020) 386 9514 or (020) 386 4743

THE HOME

The Ark Family Home opened its doors in 2003. *The Ark* has the capacity to house 10 children over the age of two years old. This home cares for children who have not been chosen for adoption usually due to special needs. *The Ark* is registered as a Children's Home and a Private Clinic with the Kenyan government. It is able to admit seriously ill children under the care of several doctors and resident medical staff. *The Ark* currently houses and cares for seven HIV positive children, one blind child, one hearing impaired and semi-autistic child, and two SED (Severely Emotionally Disturbed) children due to severe emotional and physical abuse.

At present, there are 11 children being cared for by an auntie and caregivers. All of the children attend local schools. *The Ark Family Home* is committed to providing lifetime care for the children in its care.

THE WEATHER

Please see the Nairobi Home information.

TEAMS SHOULD KNOW...

- The Ark is within a short walking distance from the Nairobi Home
- The Ark children attend school off-site and so their school schedule should be taken into consideration when planning a visit



Children's Villages Kericho

Administrators: Andrew & Ruth Too

Email: newlifelifehomeatkericho@yahoo.com

Phone: (052) 30549; 31301; 30200 Ext 249

THE HOME

Kichamгаа Children's Villages at Kericho

The first two cottages of the Kichamгаа Children's Village (meaning "Loving Home" in Kiswahili) opened in April 2008. Each cottage accommodates ten (10) children with house parents. We are so thankful to *James Finlay Ltd* for their partnership in this project and for providing such an ideal location for the abandoned children of Kenya. *Finlays* has designated 4 acres of land on their beautiful tea, flower, and tree plantation in Kericho, Kenya in order to create Children's Villages where our children who are not adopted can grow up in families of 8 to 10 children with house parents. The children living in the homes will be between the ages of 3 and 18, with the maximum age of admission normally being restricted to seven years old, for reasons of successful integration. Approximately one-third of the children will be from the local community, and two-thirds from other *New Life Homes*.

The first two bungalows for 10 children each, plus an administrator's home are just the beginning. We plan to grow from there with *Finlays* paying for the building/structure and for the operational costs; while *New Life Home Trust* will manage, operate, and seek financial partners to develop additional features in the Children's Villages.

The children will attend the *Finlays* schools and receive medical care from the nearby Chomogonday hospital. *Finlays* will also provide an emergency baby rescue facility at Chomogonday Hospital, which will provide temporary care for abandoned babies until they can be transferred to *New Life's* medical facility in Nairobi.

THE WEATHER

The weather can be wet and cold most of the year.

TEAMS SHOULD KNOW...

- This home is within 4 hours driving distance from Nairobi.



Visit a Children's Home & Medical Center – Kisumu

Administrators & House Parents:
John & Prisca Ondече

E-mail: newlifehometrusterkisumu@yahoo.com

Phone: (057) 202 3014

THE HOME

The *Kisumu Home* is situated on Nehru Road in the Milimani area of Kisumu. This home was opened in 2000 and is the first of the Trust's satellite homes. It was formed to rescue abandoned babies, HIV positive as well as those signed over for adoption by their biological families. The traditions, customs, taboos, and high poverty-levels of the communities in western Kenya necessitated the opening of the home. At the time that the *Kisumu Home* was formed, no home was willing to accept HIV positive babies or those who had been abandoned at a very tender age. Nor did the communities seem to understand the reason for our taking these babies. The *Kisumu Home* continues to work closely with the District Children's Officers and the police.

The *Kisumu Home* is a private medical institution which admits babies under three months of age. The babies are cared for at the home until they can be connected to families for foster care and adoption. Some of them are, however, transferred to the main *Nairobi Home*, which has a medical clinic, for further medical care. For the children who are not adopted, on-going care is given through "Family Homes." These are units for up to 10 children under the care of an individual housemother. 'Simon Newberry Cottage', opened in 2006, is the first of these family units at the *Kisumu Home*. 'Amani Cottage' was opened in early 2007 for special-needs infants and babies.

THE WEATHER

Please see the Nairobi Home information.

TEAMS SHOULD KNOW...

- Kisumu is less than a 45-minute flight or an 8-hour bus ride from Nairobi.
- This is *New Life's* second largest home and so is busy, but not as busy as the Nairobi home.



Visit a Children's Home Mombasa

Administrators & House Parents:

Peter & Selpher Mutua

E-mail: newlifelifehome@mombasa@yahoo.com

Phone: (041) 231 7882

THE HOME

Mombasa is Kenya's main center of rest and relaxation and the communications center of the coastal region. In spite of this, the city is not without its problems. The most evident is the infamous "urban drift". Mombasa's thriving commerce draws in the poor, the displaced, and the ambitious from all over the countryside. The rapid population growth has outpaced the provision of accommodation, services, and facilities for its community members. Overwhelmed by the economic problems created, the poor have been driven into an impossible position that has created a mountain of social needs, including, again the AIDS pandemic and the abandonment of babies.

The *Mombasa Home* is designed to provide a long-term home in a family environment with the stability of a long-term house parent. A building has already been purchased through a donation from a UK foundation. At present there are twenty babies in its care, with a maximum capacity of twenty-five babies. Over its 13-year history, *New Life Home Trust* has admitted a number of abandoned babies from the tourist city of Mombasa. There has been a good working relationship between the city's children's department.

THE WEATHER

The coastal atmosphere is tropical and humid, experiencing heavy rains depending on the season of year.

TEAMS SHOULD KNOW...

- Mombasa is a 45-minute flight or an 8-hour bus ride from Nairobi.
- The *Mombasa Home* is ideally suited for a very small team of 4-6 people.
- At present, there are approximately 20 babies within our care in Mombasa.
- The home has no medical facility and is much quieter than the Main Children's Home in Nairobi.



Visit a Children's Home Nakuru

Administrators & House Parents:

Tom & Faridah Okong'o

E-mail: newlifehometrustednakuru@yahoo.com

Phone: (051) 221 2720

THE HOME

The *Nakuru Home* is set in the heart of Kenya's Great Rift Valley in the grazing land of the Maasai people. The home is situated 2.5 km from Nakuru town in Milimani area along Kipsigis Rise Road, near Grace Land Hotel. This town, on the shores of Lake Nakuru, sits alongside a national park made famous by its spectacular birds, especially the flamingos. Also nearby are the Kariandusi archaeological sites, in which some of man's earliest stone tools have been discovered.

The *Nakuru Home* has been in operation since November 7, 2005. This satellite home provides residential care for orphaned or abandoned babies and encourages and facilitates fostering and adoption of the children both locally and internationally. The *Nakuru Home* currently houses and cares for 20 babies. This particular home is situated on a large plot to allow further development in the future.

THE WEATHER

Please see the Nairobi Home information.

TEAMS SHOULD KNOW...

- The *Nakuru Home* is approximately a 2 ½ - hour drive from Nairobi.



Visit a Children's Home Nyeri

Administrators & House Parents:
Gabriel & Monica Ndituru

E-mail: newlifehometrusteri@yahoo.com

Phone: (061) 203 1227

THE HOME

The property for the *Nyeri Home* has been donated by a Kenyan corporation. The *Nyeri Home* has been in operation since August 1, 2006. This satellite home currently has a team of ten staff members including: four caregivers, one nurse, three domestic workers, and two administrators. The home currently houses and cares for nine babies, but has a capacity to care for 30 babies when fully funded.

Set in the heart of Kenya's Central Province in the town of Nyeri which is situated on the eastern slopes of the famous Aberdare Mountains and Aberdare National Park. The Aberdares are well-endowed with a great variety and quantity of wild animals despite the periodic cold and mist. The western slopes of the mountain range are principally part of the Great Rift Valley wall, and therefore because of the steep slopes do not attract game as the more gentle eastern slopes.

THE WEATHER

Please see the Nairobi Home information.

TEAMS SHOULD KNOW...

- The *Nyeri Home* is approximately a 2 ½ - hour drive from Nairobi.

Action Point: Decide which location would best meet your RTB team's needs and desired activities.

Visit a Feeding Program & Rural School in “the bush”

Location: Tana River District

Besides serving in one of our Children’s Homes, teams can also serve in the following ways:

- Teacher Training – Impart new skills to rural teachers...
- Medical Outreach – Run a small medical outreach...
- Vacation Bible School/Children’s Ministry – Teach Bible stories, play games, etc...
- Work Projects – Paint, build, fix, plant, etc...
- Sports Outreach – Run a formal or informal sports clinic...
- Observation & Photography – Be an advocate: Go home and tell the stories...
- Supply Transport – Bring much-needed supplies in your extra suitcase...
- Make up your own!

THE SCHOOLS

New Life Home Trust is committed to reaching, equipping, and transforming communities. It is the objective and desire of *New Life* to see the people groups within Kenya thrive and flourish, moving from focusing on basic needs to higher-level needs such as education. *New Life* currently operates 21 “schools under trees” in rural Tana River district. It is in these locations where our teachers are in the most dire need of professional development, training, and financial assistance.

Education Program Objectives

1. To semi-formally or professionally train and educate 100% of our nationwide teaching staff.
2. To financially support/salary 100% of our teaching staff.
3. To send quarterly teams of teachers or professionals for our *School of Teachers* training.

Our Teachers

1. *New Life* currently has 37 teachers working in our schools throughout Kenya.
2. Only 23 teachers have had the opportunity to receive formal training.

**Are you or your group, trained educators?
Consider joining or running a *School of Teachers*...**

The *School of Teachers* generally leads teacher training seminars at least twice per year in two different locations within Kenya. In 2007, the *School of Teachers* presented a curriculum entitled *Offering Healing and Hope for Children in Crisis: A Crisis Care Curriculum*. This 13-lesson module covered topics such as:

1. Child Development Models
2. Signs & Symptoms of Trauma in Children
3. Planning Effective Intervention Strategies
4. Art & Play Therapy

THE SETTING

The Tana River district is characterized by drought and harsh weather patterns.

THE WEATHER

- the temperature soars to extreme heights year-round in this location

TEAMS SHOULD KNOW...

- Visiting the Tana River Schools can be a long & exhausting journey
- The accommodations are very basic and bare-minimum
- This location is not for the faint of heart

Visit an Urban Learning Center

Ruiru

Teams can serve in the following ways:

- Teacher Development – Impart new skills to rural teachers...
- Medical Outreach – Run a small medical outreach...
- Vacation Bible School/Children’s Ministry – Teach Bible stories, play games, etc...
- Work Projects – Paint, build, fix, plant, etc...
- Sports Outreach – Run a formal or informal sports clinic...

THE SCHOOL

Since the school’s small beginnings in 1992, the nursery school has developed into a registered nursery, pre-school, and primary school. The school offers quality education (currently the children are aged 3 – 8 years) and feeding for ninety-nine needy children and orphans through the Child Education Sponsorship and Feeding Programs of *New Life Home Trust*.

At the time of formation, challenges such as lack of facilities, trained staff, clean water, and sanitation, were faced. Poverty, disruptive social change, the weakening of the family and traditional support system, and health and welfare problems generated a huge number of children in difficult circumstances. To meet these challenges, the school, in partnership with *New Life Home Trust* and a local church, motivated and sensitized the church members and the community to rise and be part of the solution. The school is now registered with the Ministry of Education.

THE WEATHER

The weather in Ruiru is similar to Nairobi year-round.

TEAMS SHOULD KNOW...

- Ruiru is approximately a 2-hour drive from Nairobi
- Ruiru teams can stay near the school at the BTL (Bible Translation Literacy) facility
- Teams should be aware of school holidays and class schedules

Visit an Urban Learning Center

Lamu Islands

THE SETTING

The *New Life School & Day Centers for Boys & Girls* at Lamu, which opened in 2001, are situated on Lamu Island in the coastal region of Kenya. Lamu has a rich historical background that dates back to at least the 16th century. This unique history of the ancient Sultans (rulers) has attracted many people to visit the Lamu archipelago, in which most of its inhabitants depend upon fishing and mangrove harvesting for their livelihood. Lamu is well-known in the Islamic world as the second Mecca, whereby thousands of Muslims from the East and Central Africa come for pilgrimage. The social problems of Lamu include multiple marriages and high-poverty levels, child negligence, and physical and sexual abuse. These issues have created a need for provision for the community children.

THE SCHOOL

The *New Life Nursery School* provides four meals per day and early childhood education for 60 children between the ages of three to ten years of age. *New Life Nursery School* has the space to accommodate more children, but does not currently have the funding. The Nursery School enrolls children one time per year depending on space – working in partnership with community leaders – imams, respected women, etc. – to identify needy children within the community. The school employs 16 staff members, including two Muslim teachers and five Muslim workers. The school has enrolled 340 children since its inception in 2001. The school currently educates up through KG3 (end of Kindergarten equivalent).

THE WEATHER

- Hot, humid, and it rains a lot. Check the weather during your season of visit.

TEAMS SHOULD KNOW...

- Getting to Lamu from Nairobi can be a trek. It includes a flight to Malindi and then a connecting flight to Lamu Islands. Visitors must then take a boat from the airport strip to the main island. Expect the journey to take at least a half-day.
- Visitors should be respectful of the Muslim culture on the island and dress appropriately.

Planning your Trip Accommodations & Cost Estimates

Visitors to *New Life Home Trust* are responsible for booking their own accommodations directly with the hotel/guest house. We recommend that you mention your visit to *New Life Home Trust* when booking with any of the accommodations listed below. We also ask that you inform our U.S. office of your intended dates of stay. The U.S. Office is here to serve you, so please do not hesitate to ask questions.

New Life Home Trust recommends the following low to mid-ranged priced accommodations.

Accommodations for *Rock The Babies* Teams

Kericho

Kisumu

St. Ann's Guest House: E-mail: stanna@swiftkisumu.com

Lamu Islands

SunSail Hotel: E-mail: sunsailhotel2004@hotmail.com, Phone: 632 065

Mombasa

1. Hotel Sai Rose: E-mail: hotelsairose@iconnect.co.ke
2. Lotus Hotel: E-mail: lotus@lotushotelkenya.com

Nakuru

1. Graceland Hotel: E-Mail: gracelandhotel@yahoo.com
2. Merica Hotel: E-mail: merica@kenyaweb.com
3. Midland Hotel: E-mail: reservation@mdilandhotel.co.ke

Nairobi

1. Fairview Hotel: Website: <http://www.fairviewkenya.com>

This is the most expensive option listed here (starting at 6800 KSh or approximately \$100 per night for a single with breakfast). This is an option for those who desire a full service hotel that's close by.

2. Gracia Guest House (next to the YaYa Shopping Centre): E-mail: gracia@wananchi.com

3. Mayfield Guest House: E-mail: mayfieldbookings.is@aimint.net

This accommodation is within 15-20 minutes walking distance from the main children's home in Nairobi.

5. SafariTime/Ngufami Guest House: E-mail: SafariTimes@gmail.com
Website: www.hostelworld.com or www.safaribed.blogspot.com

Phone: (254) 721-162231
P.O. Box 639 Karen 00502, Turbo Road, Kilimani, Nairobi

This guest house is approximately 100 feet from the main children's home in Nairobi. The house can accommodate 18 adults. You can book your accommodations with Visa or Mastercard on-line.

6. Savelberg Retreat Centre: E-mail: src@wananchi.com
This accommodation is within 10-15 minutes walking distance from the main children's home in Nairobi.

Nyeri

Green Hills Hotel: E-Mail: greenhillshotel@wananchi.com

Ruiru

Bible Translation & Literacy Conference Centre: E-Mail: ruiru_conference_btl@wycliffe.org

Tana River District

Accommodations for Visiting Feeding Programs & Rural Schools in "the bush"

Accommodations and transport to the Tana River District can be a bit challenging. There is only one place available for overnight stays in this area – the *World Vision* compound. The following is a cost estimate (based on a minimum of 4 people) for a 5 day stay:

No. of Days		Total for the week/per person
5	Van Hire (includes driver's allowance and accommodation)	\$65
5	Fuel (estimate)	\$35
5	World Vision Full Board (per person)	\$90
	Round-Trip Bus Nairobi Mombasa	\$30
	(Or Round-Trip Flight Nairobi-Mombasa)	(\$200)
TOTAL PER PERSON/PER WEEK		\$220

Action Point: Decide on your dates of stay and check accommodation availability.

Transportation

Flying to Kenya

We suggest that visitors to *New Life Home Trust* secure their airline tickets at least 4-6 months in advance of their desired departure date. This will ensure the best possible airfare. Also, expect higher flight costs during high tourist season: May – August.

We recommend the following two options for booking airline tickets:

1. Raptim USA

Web: www.raptimusa.com

For missionary or church discounts, consider buying your airline tickets through this service.

2. Protravel International

14130 Riverside Dr Suite 200

Sherman Oaks CA 91423

818-455-8990 Direct Line

866-825-6874 Fax

Email: hatsy.costello@protravelinc.com

If you are more comfortable booking through a travel agent, *New Life Home Trust USA* recommends Hatsy Costello with *Protravel International*. She is very familiar with Kenya and the work of *New Life Home Trust*.

Action Point: Decide on your dates of travel and book your tickets – the sooner, the better. We recommend 3-6 months before your arrival date.

Airport Transportation

Visitors to *New Life Home Trust* must secure their own transportation to and from the airport. Jomo Kenyatta Airport (JKA) in Nairobi is a 25-45 minute drive from our main children's home in Nairobi. *New Life Home Trust* recommends two basic options to get to and from the airport:

By Taxi

A one-way taxi ride from the airport to the main home in Nairobi or a local guest house will cost approximately \$20.

By Tour Van

For groups larger than 3 people, a tour van from the airport should be booked. This will cost approximately \$60 one-way. For 12 people with luggage, you would require two vans. The total cost would be approximately \$120 one-way.

Contact Us

Given advanced notice, *New Life Home Trust* can help arrange for your pick-up at the airport. Please contact your *New Life Home Trust USA* representative.

Action Point: Contact your *New Life Home Trust USA* representative with your RTB dates and we will help arrange transportation to and from the airport.

Getting Around Town (Nairobi)

On Foot

Depending on where you are staying, you can plan on walking through the streets of Nairobi in order to get to our main children's home. Everyone walks in Nairobi. The streets are crowded, the people are busy and friendly. Just be aware of pick-pockets. As a general rule, remove all jewelry and expensive sunglasses before walking out on the streets or taking public transportation. You'll also want to carry your money in your pockets or in a money pouch that can be hidden beneath your clothing.

By Bus

The city buses drop off and pick up at the Ya Ya Centre, which is a very western shopping center just one block away from the main children's home in Nairobi. It costs 20 Ksh (about 40 cents) to ride the bus one way. You can take the buses into downtown and feel safe. There are bus services approximately every 20 minutes from 6 a.m. to 8 p.m. Monday through Sunday.

By Matatu (or Minivan)

Matatus are crowded minivans used to transport people across town. Matatus are generally used by the local Kenyans and have been known to be unfriendly at times. You should keep your eye on all valuables when riding matatus. Since matatus are the same price as the city buses, *New Life Home Trust* recommends that our visitors take the buses or another method of transportation when possible.

By Taxi

Upon arrival in Nairobi, *New Life Home Trust* can give you the contact information for several taxi drivers who are known to be reliable and fair-priced.

By Rental Car

An international driving license is not necessary in order to drive in Kenya, however, there are many factors to consider with this option. Please consult a travel guide such as *Lonely Planet: Kenya* for more information.

Action Point: Decide how you will travel in-town. If you are going to rent a car, secure those arrangements in advance.

AC Power in Kenya

Kenya AC voltages are 230V 50Hz. Our voltages in the US are 120V 60Hz.

What this means is that you need to either have equipment that will operate on 230V 50Hz or you have to use a voltage converter. Kenya uses the same AC plug that England (U.K.) does. Plug adapters for Kenya look something like this:



Voltage converters: Change 230V to 120V. It does not change the frequency.

Plug Adapters: Change US-style AC plugs to Kenyan-style AC plugs.

Voltage converters are available at *Radio Shack* and at many discount stores like *Target* and *Walmart*. You will need both a voltage converter *and* a plug adapter. Check the wattage of the appliance you want to use against the ratings of the voltage converter to make sure it's large enough.

Another Option

If buying adapters and converters seems like too much of a hassle for you – you only want to use your hairdryer or curling iron, for example – another option is to purchase that item at the travel store in the *London Heathrow Airport*.

Action Point: Decide what accessories you will bring that will require adapters and-or converters. Purchase the necessary supplies.

Money

Each individual and/or group of visitors is responsible for handling their own finances. We recommend that you come with enough money to provide for your expenses – accommodation, transportation, meals, safari, etc.

Local Currency

The local currency in Kenya is called the Kenyan Shilling, usually shown as Ksh or Kes. Foreign currency can be changed at banks, bureau de change, and hotels; easiest to exchange are U.S. dollars. Close to *New Life's* main home in Nairobi are several banks where you can cash Travelers Checks, exchange U.S. currency or use Cash Machines. Converting U.S. cash into local currency and supplementing it with local currency from cash machines works well.

Exchanging Money

It is the responsibility of the individual to secure his/her money and to use a combination of local ATMs, banks, and credit cards for cash needs. Using ATMs to withdraw monies in the local currency is very easy and simple. VISA is the preferred service.

Banks

Banks are generally open Monday to Friday from 9 a.m. to 3 p.m. and on the first and last Saturday of the month. Banks and Bureau de Change at the international airport stay open 24 hours.

Travelers Checks

Travelers checks in U.S. Dollars can also be cashed at local banks. U.S. Dollars in particular have become commonly used in many of the country's main hotels and safari lodges.

Credit Cards

American Express, Visa and MasterCard are accepted in the larger hotels and stores, and some camps and lodges. Larger stores and restaurants accept credit cards, but plan on cash purchases. ATMs are widely available in Nairobi and the major towns. As a general rule, some credit card companies block credit purchases from foreign countries for security and fraud prevention reasons. It is wise to call your credit card company and let them know you will be traveling to Kenya just to be safe.

Action Point: Decide on what combination of monies you will carry.

Passports and Visas

Passport

For travel to Kenya, you will need a passport. These are issued by the U.S. State Department by Passport Agencies or Authorized Acceptance Locations.

To get or renew a passport go to the U.S. State Department's Bureau of Consular Affairs on the web at:

http://travel.state.gov/passport/passport_1738.html

If you already have a passport, check the expiration date. To renew your passport, use form DS-82 to renew it by mail. If your passport has been expired for 5 years or more, you will need to start over with a new passport application, using form DS-11. Also, if your current passport was issued when you were under 16, you will be required to apply for a new one. Please be aware that it generally takes 5-6 weeks to renew your passport by mail.

Visa

A single-entry tourist VISA is required to travel to Kenya as a tourist or on business. As a U.S. passport holder, you can apply for a tourist Visa when you arrive at the Airport in Kenya. This is the easiest and quickest way to get a VISA. However, be aware that you will have to stand in the VISA line instead of the general line and you will need to carry 50 U.S. dollars (cash). Your single-entry tourist Visa is generally good for three months from the date of issue.

You may also apply for the VISA in advance of your departure at:

<http://www.kenyaembassy.com/visa.html>

If you plan on staying longer than the main group and plan on visiting nearby countries, consider a multi-entry Visa for an additional fee. Multiple-entry is valid for up to 12 months from date of issue. Renewals (up to six months) or extensions can be made at Immigration in Nyayo House, Uhuru Highway, Nairobi or at Kisumu and Mombasa. The period of stay in Kenya can be given at the port of entry (maximum three months), though you can apply for a 3-month extension once in-country for a maximum stay of 6 months before having to depart Kenya.

Action Point: Obtain a valid, unexpired passport. Decide if you will get your VISA in the airport or in advance. If in advance, you will need to apply approximately 3 months before your departure date.

Communications

Calling home can be expensive. Expect to pay \$3-\$4 per minute from pay phones. Your U.S. cell phone probably won't work in Kenya (some GSM models might) but also expect to pay a premium for calls home if they work. You can check with your cell phone company to see if your phone will work with KenCell or Safaricom (local Kenyan service providers).

Will my US cell phone work in Kenya?

**The general answer is No, probably not.
Why?**

North America uses two main cell phone frequencies of 800/1900 MHZ. Kenya (and much of Europe) uses 900/1800 MHZ. Those phones that advertise they are tri-band are usually 850/1800/1900 and still may not work. If you have a quad-band phone, it should cover 850/900/1800/1900 and will work, if your service provider has an International Roaming agreement with Safaricom, Zain, or Orange.

SIM Cards

Can I just buy a new SIM card in Kenya and use that?

Most U.S. Cellular companies electronically lock their phones so that you can't use them on another company's system, so even if your phone is a tri-band or quad-band phone, most likely a Kenya SIM card will not work. Unless you have a phone that is unlocked AND operates on the proper bands, it won't work with a Kenya SIM card.

If your phone happens to operate in Kenya, be sure to check with your cellular company for the roaming rates while in Kenya. They may be in the \$2-\$3 per minute range! Remember, you may also be charged International Roaming charges for each call you answer.

Internet Access

There are many Cybercafe's around, with fair to slow connections. Expect to pay 5-8 cents or more per minute for web access. For e-mail, you will need a web-based email service like Yahoo.com or mail.com to send e-mail. It's possible your e-mail service provider also has a web-based portal for you to use. *New Life Home Trust* is not set up for people to login and send email from their personal computers.

Traveler's Health

Travelers should get the latest medical advice on inoculations and malaria prevention at least three weeks prior to departure. Immunization against yellow fever, Hepatitis A, polio and typhoid are usually recommended. A malaria risk exists all year round, but more around Mombasa and the lower coastal areas than in Nairobi and on the high central plateau. Other risks include hepatitis A, B and E and dengue fever. Protection against bites from sand flies, mosquitoes and tsetse flies is the best prevention against dengue fever and other insect-borne diseases.

A good website to check for the latest traveler's health information is the *Centers for Disease Control and Prevention*. Follow the "Traveler's Health" link:

<http://www.cdc.gov/>

Travel Insurance & Medical Coverage

It is strongly advisable to have a comprehensive travel insurance policy. You are able to purchase this with your airline tickets. Another possibility is *Specialty Risk International, Inc.* (SRI). Or visit www.specialtyrisk.com/ppo for more details.

Medical Care

If you need medical care while in Kenya, it is best to be aware that medical providers may not accept payment through your insurance company. In these circumstances you will have to pay in full after your treatment and file a claim with your insurance company for reimbursement. Therefore, you should have access to cash, either from a credit card or by wire transfer. If you need assistance contact the country's local embassy or representative.

To be compensated at a later date, you must be treated by licensed medical personnel and provide your insurance company with proper documentation and receipts.

Action Point: Get all of your travel shots and vaccinations. Contact your medical insurance provider to check overseas coverage. Decide whether you want to purchase travel insurance.

Safari & Other Tours

If you would like to go on safari while in Kenya, we suggest you do so towards the end of your visit. There is much to see in and around Nairobi as well as the great Rift Valley and the luxurious Coastal region. You can also visit our National Parks or a Game Reserve. The charges for these, in some cases, will depend on the season of the year. Please consult with a Travel Agency for arrangements.

Recommended Safari Tour Operator

Micato Safaris

15 West 26th Street
New York, NY 10010

Toll-Free: 800-MICATO-1

Telephone: 212-545-7111

Facsimile: 212-545-8297

Office Hours:

Monday-Friday
9:00am to 5:45pm EST

E-mail: Inquiries@micato.com

Web: www.micato.com

Recommended Places for Team Sightseeing

If you have 1 Day...around Nairobi...

- **The David Sheldrick Wildlife Trust Elephant & Rhino Orphanage**
Web: www.sheldrickwildlifetrust.org
- **Nairobi National Park**
113-acre game reserve with giraffe, impala, cheetah, etc. in their natural habitat.
Telephone: 020 500622

If you have 2-3 Days...outside of Nairobi...

- **Kichwa Tembo**
A tented camp and luxury safari on the Masai Mara...
Web: www.kichwatembo.com
- **Treetops Hotel, Nyeri, Mt. Kenya game reserve**
Perhaps Kenya's most famous hotel...
Telephone: 061 55030

Action Point: Discuss with your RTB team whether there is time and money for a safari/sightseeing excursion. NLHT recommends a safari as an excellent way to decompress and de-stress at the end of an RTB program.

Check Lists

Necessities

- Personal Toiletries
- Towel and washcloth (more than one)
- Baby wipes
- anti-bacterial hand cleaner
- Bathing suit & cover up (optional)
- Sunscreen
- Hat, bandanas
- sunglasses
- Bug spray (with DEET SP)
- Bible
- Pens
- Journal
- Passport & Visa
- Immunization record
- Flashlight
- Extra money for personal use in Africa and meals on the way there and back
- Granola bars or trail mix, etc.
- Long skirts needed for outside of Nairobi (rural areas)
- Small mirror
- Earplugs
- Plastic bags for dirty laundry
- Small detergent/ clothespins
- Small umbrella

Optional, but recommended:

- Re-usable water bottle
- Camera
- Extra pair of glasses if you wear them
- Copy of any current prescriptions (in case medication is lost and needs to be replaced)
- Alarm clock/watch
- Converter/adaptor for chargers or hair dryers
- If you use Splenda or Sweet-n-Low as sweeteners, please bring your own
- Empty suitcase to carry *New Life* supplies (if possible)

Final Check List ...Did I...

- Inform the *NLHT-USA* office of our travel dates and accommodations?
- Book all accommodations and make arrangements for payment in person or in advance?
- Decide whether to buy adapter plugs, leave electrical appliances at home, or purchase such items in Nairobi or London?
- Call my credit card company and let them know I will be traveling to Kenya?
- Leave all expensive jewelry and sunglasses at home?
- Come up with a plan for carrying my money – whether in a money pouch (beneath my clothes) or in my pockets?
- Bring enough cash, credit, and/or traveler's checks to exchange into Kenyan currency?
- Decide whether to apply for a VISA before departure or at the port of entry?
- Obtain a current, up-to-date passport?
- Decide what method(s) I will use to communicate with friends and family in the states: landline, cell phone, and/or internet café?
- Obtain all traveler's vaccinations & shots for Kenya?
- Check with my medical insurance provider on international medical coverage?
- Decide whether or not to purchase traveler's insurance (coverage for lost or stolen luggage, emergency medical evacuations, etc.)?

Additional Resources

Recommended Reading List

1. *Mission: Africa* (ideal for high school youth groups)
2. *The Awake Project* (a more in-depth resource for a more mature team with many of the same articles in *Mission: Africa*)
3. *Children Affected by HIV/AIDS Compassionate Care* by Phyllis Kilbourn, Editor (MARC World Vision publications)

Recommended Resources for pre-departure Team Training :

1. Basic Childhood Development Presentation with notes (powerpoint)
 - a. Adapted from *Offering Healing and Hope for Children in Crisis: A Crisis Care Curriculum* by Phyllis Kilbourn
 - b. Website: www.rainbowsofhope.org

Additional Resources for organizing your *Rock The Babies* Trip are available via e-mail or on your RTB Planning CD.

Please contact the USA Office if you would like any or all of the following:

1. Administrator's Checklist
2. Team Member Checklist
3. List of Vaccinations
4. Registration & Release Forms
5. Trip Application (for churches or para-church organizations)
6. *Rock The Babies* Presentation (powerpoint)
7. Basic Childhood Development Presentation (powerpoint)

Contact Us

New Life Home Trust – USA

E-mail: info@newlifelifehome.org

Phone: (425) 241-8605

Fax: (425) 944-0071

Address: PO Box 16778, Golden, CO 80402-6012, USA

New Life Home Trust – KENYA

E-mail: info@newlifelifehome.org

Phone (landline): (020) 3869514; 3864743

Phone (cell): 0722-406064; 0733-221176

Fax: (020) 3874955

**Visit our Website:
www.newlifelifehome.org**

Affiliated with: Barnabas Ministries Africa

**We hope that your stay in Kenya will be an enjoyable one!
The babies and staff in Kenya look forward to meeting you...**