

With My Own Two Hands Foundation Africa Trip Volunteer Manual





Come to Kenya and meet the children who inspire us everyday!

Trip Preparation

- ❑ Trip duration is approximately 10-12 days
- ❑ Prior to your trip you must BE SURE your passport does not expire within 6 months of your RETURN date to USA.
- ❑ Each volunteer must complete the online visa application for Kenya. Go to <https://immigration.ecitizen.go.ke/index.php?id=5> there is a \$50 fee to be paid by each volunteer when applying. Keep the appropriate paperwork with your passport.
- ❑ Each volunteer should to make an appointment with their doctor to discuss any vaccines you personally want to take. There are no required vaccinations. WMO2H HIGHLY RECOMMENDS taking Malaria Pills.
- ❑ Volunteers get themselves to their departing airport on departure day of trip.
- ❑ If you have any meal restrictions/requests for the flight please make them 30 days prior to your departure to your trip leader.
- ❑ Plan for approximately 20-26 hours of travel time with at least one layover w/ plane change.
- ❑ Each traveler is allowed to check two bags and have one carry on bag.
- ❑ It is a good idea to purchase TSA-approved travel locks for your



Visit the With My Own Two Hands Partner Projects

Every trip will visit our projects and meet so many incredible kids, in various parts of Kenya.

Packing List

All personal medications, camera equipment, and anything of value to be packed in carry-on bag

- Comfortable walking shoes (closed-toe)
- Three changes of pants
- Sweater/Sweatshirt or light jacket & casual shirts
- Sunscreen, hat, sunglasses
- Insect repellent with DEET
- Luggage locks (must be TSA approved)
- Photocopies of passport, visa documents, and flight information (Stored away from originals)
- Camera, extra batteries, charger
- Plug/power converter for 110volts to convert to 220-230 volts.
- Hand sanitizer/wet wipes
- Zip lock bags - handy for soiled clothes or camera equipment
- Personal medications
- Toiletries *with skin moisturizer and lip balm
- Credit card and some cash
*it is advised to call your credit card company and bank to alert of your travel to Africa
- Snacks: protein bars, chewy candy, hard candy, etc.

Be advised... you may leave bits of your heart in Kenya...



What's included in your \$3950 payment:

- R/T airfare from USA to Kenya
- All Transportation in Africa
- Hotels **you may share room with 1-2 other volunteers
- Breakfast and Dinner daily. Basic breakfast food including eggs, fruit, cereal, coffee and tea. Dinners will have meat, rice, and veggies.
- The group will go to a bank and grocery store on your first day in Nairobi. You will exchange \$ and purchase your lunch items, snacks and water.
- All excursions included - Safari, Elephant orphanage, Giraffe Sanctuary, and any other stops like Maasai Market, Jewelry making factory etc.
- A lifetime of memories and stories.



A typical day of a trip volunteer

- ◇ Wake and have breakfast at hotel

- ◇ Drive to project site.

Please note - some days you will be in the van for 3-5 hours to get from one project to the next. On the Safari Day you will be in van all day.

Snacks and water are a *MUST* on these days. (we can stop along the way to purchase more water and use the restroom.)

- ◇ Meet with the project directors.

- ◇ Days at the projects are the best days, but they are also very long days. You will with

the kids playing and singing and dancing all day. There will be some planned work in the classrooms, planting trees, painting buildings, etc.

- ◇ You will have the most fun getting to know the kids. Each one is so special and has so much hope - your heart will burst and you will be inspired by all. It is always so fun to see who falls in love with who.

- ◇ We have learned in the past that on rare occasions some people you might meet who are not directly living at the projects (like teachers, workers, etc) may exchange

email addresses with our volunteers and try to solicit your help with material

Best advice we can give is: Be open to EVERYTHING!

Our fearless leader is our Kenyan Program Director, Joel Misango.

Joel has been with WMO2H for 6 years and keeps us all on track, keeps us all safe, and always blows us away with all he shows us.

Joel has the world's biggest heart and you will see how much joy and love he brings each of the kids... and our volunteers!

He is also our Safari guide who knows how to spot even the most illusive African bush animals.

We can't wait for you to meet him!



FAQ

***Can I drink the water?**

No. You must only drink bottled water that you will purchase. We also recommend you brush your teeth with bottled water as well.

***Should I tip the drivers?**

It is not mandatory to tip, but is appreciated and always well deserved. You can discuss with your trip leader

***What can I bring for the kids?**

It is not mandatory to bring anything, however if you do want to - the recommended things are:

- Bubbles / Stickers / Balloons
- pads of paper/coloring books - pens, crayons and markers
- blow up beach balls or soccer balls (if pump required, please bring pump and needle)
- candy
- Dollar store treats (sunglasses, rings...etc).

***Are there any health warnings or concerns?**

The only preventative health measure we highly recommend is to take malaria pills and use insect repellent with DEET. The accommodations will have mosquito nets to sleep.

*please consult with your personal physician to discuss other possible vaccinations.

***Will there be Internet access?**

Very limited and spotty Internet. We recommend you set up Skype and/or Facetime and What's app for when you do have Internet access that is a free easy/option. Also call your wireless provider to see about a temporary wireless plan to save you money.

***Any other questions?**

Contact Mary Beth: marybeth@withmyown2hands.org or 949-315-9856



**TAKE THE LEAP!!
Come To Kenya With Us!**

For more information visit our website at:

www.withmyown2hands.org

Or contact:

Mary Beth Pugh - Director of Operations: marybeth@withmyown2hands.org