



## **Health Education Africa Resource Team**

# **HANDBOOK**

### **MISSION STATEMENT**

**HEART and our partners are empowering and enabling current and future generations of Kenyan people through disease prevention education and economic development. This is accomplished through Christian compassion, health interventions and resources as we promote physical, spiritual and emotional health.**

### **HEART - Health Education Africa Resource Team**

HEART is a faith-based non-profit (501 (c) 3) organization that organizes volunteer teams to travel to Kenya. The goal of HEART is to saturate rural Kenya with disease prevention education messages combating the spread of HIV-AIDS, TB, Malaria, and Typhoid; and to launch sustainable micro-enterprise projects which allow those affected by the disease to care for themselves, and the orphaned and vulnerable children of their families and villages.

Since our official start in 2000, HEART has had seven years of explosive growth. Over 600 volunteer team members have traveled to Kenya to help us accomplish our work with the people of Kenya. Although HEART will continue to host US teams to help us do our work, we have developed a competent, professional Kenyan staff and the work now will continue year around. HEART's unique approach of having the US and Kenyan teams hosted in villagers' homes has been a bridge to building real friendships throughout the nation of Kenya. Our train-the-trainer approach to teaching the facts and separating out the myths in a free exchange of ideas has been phenomenally successful. Your team will be involved in several of our programs. For an overview of HEART programs, please visit [www.africaheart.com](http://www.africaheart.com) and click on the "our work" section.

## VICKIE WINKLER, RN - HEART FOUNDER/PRESIDENT

The network that now facilitates the work of HEART was established over three decades, beginning in the period from 1979-83, when the founder was living in Kenya and serving as a medical missionary. Upon her return to the United States, Vickie Winkler, a Registered Nurse, worked in Public Health for Placer County, CA, and continued to serve her Kenyan “family”, returning numerous times between 1985 and 2000, conducting health workshops and building relationships throughout the country. Mrs. Winkler’s constant awareness of the need for grass-roots level education efforts to combat the HIV/AIDS epidemic in rural Kenya led her to make a full-time commitment to this effort, through the founding of HEART in February of 2000.

## TRIP PREPARATION

It is the desire of HEART to send out short-term outreach teams that are well prepared. It is our hope that this manual, in combination with the FAQ section will get you well on the way. After thoroughly reading this material if you have additional questions, please contact Jen Friel in the US office (303) 730-3779. She will either address your question or refer you to the appropriate person.

## TEAM SIZE AND LEADERSHIP

A team is comprised of six members, including one who has been designated the team leader. Team members will be accompanied by a HEART Staff at all times. We can occasionally add one more team member but if the team is over seven we cannot travel together in one vehicle which increases the cost to rent an additional vehicle. Teams under six are not adequate to teach and fund the village seminars. If your team does not meet the required number of members, please contact Jen Friel in the US office (303) 730-3779 as often we have people interested in being added to a team or we can blend two teams.

## SAMPLE ITINERARY

Day 1	<b>Sat</b>	Depart for Kenya
Day 2	<b>Sun</b>	Travel Day
Day 3	<b>Mon</b>	Team arrives @ 7:20 PM
Day 4	<b>Tue</b>	Orientation in AM /WEEP Kibera/ Meet Girl Child Net
Day 5	<b>Wed</b>	WEEP Centers Mathare - Prep Day for Seminar
Day 6	<b>Thur</b>	Pack & Load and Finish Prep for Seminar
Day 7	<b>Fri</b>	6:30AM load personal items Depart for Masaw'a Seminar
Day 8	<b>Sat</b>	Seminar AM Children/Youth/Marriage sessions afternoon
Day 9	<b>Sun</b>	Community Worship/ Wrap Up /Return to HEART
Day 10	<b>Mon</b>	Kenyatta Hospital Peds Cancer Ward / Mathare HBC
Day 11	<b>Tue</b>	Leave 6 AM for Safari
Day 12	<b>Wed</b>	Safari - Kilaguni Lodge
Day 13	<b>Thur</b>	Return to HEART/Laundry
Day 14	<b>Fri</b>	WEEP AM/ Maasai Market afternoon
Day 15	<b>Sat</b>	Brydges Center/Packing/ Depart 10:15PM Kenya Air
Day 16	<b>Sun</b>	Safe return to US

## TRIP PREPARATION FLOW CHART

Upon deciding to join us in this exciting ministry, the following flow chart will help you with your planning.

- Go to the HEART website at [www.africaheart.com](http://www.africaheart.com) and print out applications for you and your team members. You will find these forms in the Get Involved section of the site. Have each person on your team fill out the application and mail them along with a \$250.00 deposit from each team member to Jen Friel at the Colorado office

**HEART**  
**PO Box 631964**  
**Highlands Ranch, CO 80163-1964**

When submitting the forms, please indicate the person who has been designated Team Leader.

- Upon receipt in our office, you will be contacted regarding available dates.

**Please note, in order to hold a specific date for your team a \$300 team deposit is required. This deposit will go towards your HEART program fee.**

Teams typically arrive Sunday night and depart Friday evening, making it a 12 day and 12 night stay in Kenya.

- After securing the date, the team leader should contact Jen Friel, (303) 730-3779 to inform her of your team's plans. She will then mail you a team leader packet with a copy of all the forms your team will need to fill out and mail back to her, a timeline, financial information, and all the details you will need to know for what to do next.
- Three months prior to travel, a check in the amount of \$1,550. This total is derived from \$1,800. HEART fee minus the \$250 deposit sent in with your application. This amount is due from each team member. This check will be held in your file until 4 weeks prior to travel. At that time, all money you have fundraised will be totaled and deposited; a tax deductible receipt will be forwarded to each donor. The donated total is then deducted from the \$1,550.00 trip expense balance due. The team member will be notified of the final, adjusted, balance due. For Team members who are not raising donations, your \$1,550.00 check will be deposited. Note - Team leader will also deduct the \$300 date deposit that was previously submitted.

If you are going to do a fund raising project for your personal funding, we encourage you to get started early. We have included a sample letter to give you some ideas of how to approach potential donors. Additionally, if you are going to raise additional funds for the HEART programs, we would also encourage you to start early.

- Upon acceptance into the program, and a minimum of six weeks prior to your departure, schedule a consultation regarding immunizations
- A minimum of two months prior to your departure date, all team forms need to be received by Jen in the Colorado office.
- 2 ½ - 3 months prior to departure, contact Jen Friel regarding the process of acquiring airline tickets. Jen can help you purchase your team's airline tickets or you can purchase them on your own. Please note, if you do decide to purchase them on your own, you will need approval of your itinerary prior to purchasing your tickets. Also, HEART requires all team members to purchase travel insurance which must be purchased within 14 days of travel.
- Approximately 2 months prior to departure and 1 month prior to departure, if you are traveling with a team, the team leader will need to schedule at least two training dates. At that time you will go over all of the information in this packet as well as the HEART FAQ list. Further assistance is available for the team leader to conduct these training trainings. Please contact Jen Friel if you need this assistance.

This is also a good time to review the packing list and contact HEART to determine what you should bring with you by way of HEART supplies. We **STRONGLY** encourage you to use one suitcase for your personal needs and one to transport supplies to Kenya on HEART's behalf. Shipping into Kenya is very difficult, and this willingness on the part of our volunteers is so very much appreciated.

- 6 – 10 weeks prior to departure, assure that all team members have a passport. If not, begin the application process to acquire one. If you already have a passport, check the expiration date. If it will expire within 6 months of your departure date from Kenya you will want to renew it. Acquiring a new passport can take up to 6-10 weeks.
- Within 14 days of travel and once your airline tickets are purchased, purchase travel insurance and forward a copy of your policy to Jen Friel at the Colorado office. [jenfriel@africaheart.com](mailto:jenfriel@africaheart.com). Insurance can be purchased earlier, but it cannot be purchased later than 14 days prior to departure.
- Two weeks prior to the trip, secure your crisp bills from the bank. You will need a \$50 bill issued after 2003 for your visa. Additionally, if you are bringing any spending money, your exchange rate will be better if you have \$50 or \$100 bills. Bills issued before 2003 may not be accepted!
- Before departure, and if you plan on using a credit card during your travel, call your credit card company to explain that there may be activity on your card from the countries you are traveling to. It is good to have a back-up plan in the event your credit card is not accepted while traveling.

- Confirm your flight 72 hours prior to assure no last minute changes have been made to the flight schedule.
- Day of the flight, assure you have completed your necessary documents and arrive at the airport four hours prior to departure.

## **HEART CONTACT INFORMATION**

### **UNITED STATES OFFICE**

Jen Friel or Beverly Brown  
 (303) 730-3779  
 P.O. Box 631964  
 Highlands Ranch, CO 80163-1964  
[jenfriel@africaheart.com](mailto:jenfriel@africaheart.com)

### **KENYA LODGE/OFFICE**

Charles Obes, HEART Lodge Manager  
 011(254) 20-512-629  
 P.O. Box 63414 Muthaiga  
 Nairobi, Kenya, East Africa  
[CharlesObes@africaheart.com](mailto:CharlesObes@africaheart.com)

## **REQUIRED TRAVEL DOCUMENTATION**

### **PASSPORT**

U.S. passport must be valid at least six months or longer beyond the dates of your trip. If your passport expires before the required validity, you will need to apply for a new one. If you need to reapply or apply for the first time, this process can take 6-10 weeks. In some instances, we have seen it take as long as 3-4 months, so start early. You may obtain the information for acquiring a passport by going to [www.travel.state.gov/passport\\_services.html](http://www.travel.state.gov/passport_services.html)

### **VISA**

Your visa will be obtained at the Nairobi airport. Acquiring the visa requires presentation of

- 1 Visa application form (available in the HEART form section)
- Return airline ticket
- \$50 fee – the bill can be issued no earlier than 2003 and should be clean and crisp.

## **REQUIRED HEART FORMS**

All forms are available online at [www.africaheart.com](http://www.africaheart.com)

All team forms must be sent to the Colorado office. Please keep one copy of all forms for your records.

- Application Form – send to Colorado office
- Confidential Medical Questionnaire Send 1 copy to Colorado office & bring 1 copy with you to Kenya.
- Liability Release Form– send to Colorado office
- Team Covenant– send to Colorado office
- Video/Photo Release Form– send to Colorado office
- Copy of the photo page of your passport - Send 1 copy to Colorado office & bring 1 copy with you. Carry the copy separate from your passport. While in-country, you will be required to carry the copy of your passport with you at all times. Usually your originally passport may be kept in the HEART safe, upon your request.
- Copy of Travel Insurance Policy -send or emailed to the Colorado office.  
This insurance can be acquired through World Access ([www.worldaccess.com](http://www.worldaccess.com) 1-800-284-8300) or another company of your choice. Cost for the insurance is approximately \$75- \$100 for each traveler. The rate depends on several factors, and covers trip cancellation (if purchased within 14 days of purchasing airline ticket), lost luggage, accidents and illness.

## **TRIP COST AND DURATION**

The estimated total cost for the trip is \$3,025 - \$4,650 per person for a 12 day 12 night stay depending on the time of year that you come and the price of your airline ticket.

This total is based on the following estimates:

Airfare \$1200- \$2800

Program Fee \$1,800 for 2008

This fee includes housing, food (2 meals per day), water, local transportation, 3 day, 2 night safari, and ministry money for the work you will accomplish.

Visa \$50

Travel insurance \$75-\$100.

This estimate does not include immunizations, passport fees, personal needs, souvenirs or meals eaten out at restaurants.

We recommend \$100 - \$300 for spending money. This cash should be in \$50 or \$100 bills that are issued no earlier than 2003. You should arrange for your “newer” bill at least two weeks before travel. Many banks have trouble getting new, clean bills. Anything other than this will yield a much reduced exchange rate and may not be accepted.

**Many teams also raise joint “project funds” to further expand on the projects while in Kenya.**

## **ACCOMODATIONS AND FOOD**

While in Kenya, you will be staying at the HEART lodge, where two meals per day are prepared and eaten family style in the dining hall. The meals at HEART are very good with many of our guests asking for the recipes.

When working up country either conducting village seminars or medical camps, you will be given accommodations in the homes of the villagers. Occasionally, when homes are not available, we will camp on the village land. Meals will be prepared by the village hosts, consisting of vegetables and traditional foods.

When on safari, you will stay at a game lodge, where a tasty buffet is available for all three meals. We strongly suggest you pack some power snack bars for lunch and/or a snack throughout the day when we are upcountry. We will always assure two meals per day.

## **TRAVEL**

You will fly into Nairobi, Kenya: airport code NBO. Dependant on your departure city, you can anticipate a 16- 20 hour flight journey with a stop over in Europe.

## **BOOKING FLIGHTS**

HEART, through the Colorado office can help you purchase your/your team's airline tickets. We will contact a travel agent, with an itinerary you have decided on with our office, and submit an itinerary and price for you to approve or disapprove. If you would rather secure the tickets on your own, that is no problem. In this situation, we require two things of the team leader. One, that you arrange the tickets for your team so that everyone will arrive and depart on the same day and at the same time. And, two, that you submit your team's proposed itinerary to Jen Friel for approval before you purchase the tickets. Please note, HEART strongly suggests that your team's flight arrives in Kenya in the evening for the safety of our staff and your team. This also helps your team to recover from jet lag quicker and easier.

If you choose to have our office help you secure your tickets, we will ask for each team member's credit card information prior to booking the tickets. We will charge each team member's ticket onto their individual credit card. If you have already submitted to HEART the money due for the airline tickets, prior to our purchasing them for you, then we will use that money to pay for the airline tickets and will not need a credit card from you. We must receive payment for the tickets before we can purchase any tickets. If you choose to secure your own tickets, you will pay for them in whatever manner works best for you. If you are interested in using frequent flyer miles, there are times this is possible.

If you make your own travel arrangements, your air schedule must match the rest of the teams. As it takes over one hour to get to and from the airport, there will be an additional charge to your team if everyone does not arrive and depart at the same time.

## **INTERNATIONAL FLIGHT CHECK-IN AND RECONFIRMATION**

We encourage HEART Teams to arrive at the airport 4 hours before departure. International check-in is 3 hours prior to departure. The airline is allowed to cancel your reservation if you do not meet the required check-in time. Reconfirm all flights 72 hours prior to departure - both before departure from the US and departure from Kenya.

## **BAGGAGE ALLOWANCE**

Baggage allowance may differ between airlines. Please check with the airline once your reservation is made. Use the following information only as a general guideline. Flights between US and Kenya: 2 pieces of baggage with total linear dimensions (length + height + width) of both pieces not exceeding 273 cm. (107inches). Moreover, the linear dimensions of each piece should not exceed 158 cm (62 inches). The weight of each bag must not exceed 50 – 70 pounds, depending on airlines. Additional weight may be allowed by the airline but will be assessed an excess weight fee. Each airline differs in the amount overage allowed and the associated fee. This information can be secured from the airlines website.

HEART requests that you donate the space of one of your checked bags to transport HEART supplies (medical supplies, donated goods etc.). Upon your return you will be requested to bring HEART items back to the States, if you have space.

## **PACKING CONSIDERATIONS**

### **DRESS CODE**

Kenya is a dress up society, modest business casual is typical. To assure that HEART is always represented in a professional and culturally appropriate manner, the following dress code is requested. Wash and wear clothing is suggested.

While in the field dresses/skirts are required.

Women- long dresses/skirts. Knee length and lower You will be walking on uneven terrain which makes flowing/loose styled skirts easier to maneuver in and gives you a more modest graceful appearance.

Men - Dress slacks and shirts. Well trimmed hair and beard.

Sunday church services are formal and you will feel most comfortable in dress slacks/ shirt and a tie for men and nice dresses/skirts for women.

You will want to bring casual outfits and pants while on Safari, at the HEART Lodge or on casual outings. Capris or pants are appropriate for women.

Modest swim suits for the safari game lodge with a cover up to and from the pool, if you choose to swim.

One outfit that is a bit more dressed up is recommended, but not required, for dinner while on safari and any other formal dinner that you might be invited to attend.

## **THINGS TO AVOID**

Women - tight fitting clothing, loose or low necklines, tank tops, spaghetti straps and sleeveless tops.

Men and Women - keep jewelry to a bare minimum and avoid wearing diamond rings or any ostentatious jewelry during village and slum work. Please do not be offended if we ask you to remove jewelry or change outfits for any particular occasion. Men will be asked to remove earrings while ministering in the village.

## **OTHER CONSIDERATIONS**

There is an area in the lodge to recharge electronics. Most commercial grade converters/adapters do not survive the interrupted 240 watt service in Nairobi.

While away from the lodge, you will carry your Kleenex and hand sanitizer with you. Some of the places we work will likely not have plumbing or running water. You will want to carry this in a small satchel.

Bed nets are available to rent at HEART for \$5 or purchase for \$10. They are made by the WEEP women. You can choose to purchase the pop-up nets in the U.S. for approximately \$60. These will fit over the upper part of your body. Most people find they do not need a net, but the choice is up to you. Bed nets, sleeping bag and compressed bed roll are not required, but may be desired when at the village seminar. You are not required to bring these, as we have many blankets you may use and realize that they can be expensive to purchase if you don't already own one or have one to borrow. You should note that your team may not travel to an area that would require this equipment, so it is again up to you if you decide to bring it along or not.

## **PACKING TIPS**

1. Pack light. Chances are you will have to carry what you pack.
2. Tightly secure any items that may come open while traveling. In checked bags, put containers with liquid items in zip lock gallon bags. Double bagged is even better!
3. Use older luggage. It is not uncommon to be damaged in route.
4. It is highly recommended that you carry two changes of clothes with you on the plane, appropriate for work in the field. Sometimes luggage gets lost and/or delayed.
5. There is a washing machine available at the HEART lodge.
6. When traveling for overnight stays (which can be 2-4 nights) you will need a smaller bag – consider this when choosing your carry-on.
7. At the lodge there is an area to charge electronic equipment such as cameras.

## **TAKING CARE OF VALUABLES**

Keep extra money, airline tickets and your passport in the safe on the HEART Compound and carry a copy of your passport at all times. All major credit cards are accepted in Kenya and most ATMs accept Visa and MasterCard. Be sure to call your credit card company and advise them that you will be traveling. If you do not do this, and charge any items, you run the risk of the fraud prevention department freezing your card activity until they investigate the charges. You will want to keep money in a pouch that attaches to your body, keep it under your clothes but easily available. Do not carry money in a backpack or camera case. Do not leave any valuables including cameras, money, brief cases, backpacks or boxes in the vehicles unless someone stays with the vehicle. Keep your rooms locked when you leave the lodge.

## GENERIC PACKING LIST

### Toiletries

- Shampoo/conditioner (avoid scents)
- Razor (not electric)
- Soap
- Contact lens supplies
- Tooth brush and toothpaste
- Brush/comb/hair ties
- Feminine hygiene items
- Wash cloth/towel/moist towelettes
- Antibacterial hand sanitizer – travel size
- Kleenex
- Sunscreen and sunburn remedies
- Insect repellent (DEET 30-35%)
- Personal medicines

### CONSIDER

- Aspirin
- Anti-diarrheal meds
- Antacid/Pepto-Bismol
- Caladryl lotion
- Allergy tabs
- Prescription drugs along w/copy of Rx
- Shower shoes/flip flops
- Small sewing kit
- Lysol spray (one per team)

### Camera

- Photos of family/city/country
- Notebook or journal and pens
- Small snacks for travel
- Umbrella
- Waterproof jacket
- Handkerchief
- Hat or sun visor
- Sunglasses
- Flashlight
- Inexpensive watch with alarm
- Jacket, sweater or fleece
- Long sleeve shirt to prevent insect bites
- Binoculars for safari (optional)
- Clothing for both hot and cool weather
- Close-toed non-skid shoes
- Small neck pillow
- One bed sheet
- Bed net (details above)
- Small gift for our host family

### Consider

- Candle, lotion, writing pen,
- Scarves, handkerchiefs, etc.

## IMMUNIZATIONS

The Center for Disease Control (CDC) recommends the following (as appropriate for age):

- Hepatitis A (Requires two immunizations for adults)
- Hepatitis B (Requires three immunizations for adults)
- Typhoid, particularly since you are visiting a developing country.
- Yellow fever, since we will be traveling outside urban areas.
- Meningitis (optional)
- Malaria precautionary medication
- As needed, booster doses for tetanus diphtheria, measles, and a one time dose of polio vaccine for adults.

See your doctor, local County Health Department Travel Clinic or independent clinic at least 6 weeks (the full hepatitis series, with boosters, requires 6 months) before your trip to allow time for immunizations to take effect. Please check with you insurance to see if travel immunizations are a covered benefit under your policy. Your insurance may cover some of the required immunizations reducing your out-of-pocket costs. These immunizations are not required, however HEART STRONGLY recommends them.

## HEALTH PRECAUTIONS

The information in this section is from the Center for Disease Control Web site and is current at the time of printing. For the most current information, ask your doctor and check the CDC web sites for more information before you go.

[www.cdc.gov/travel/](http://www.cdc.gov/travel/)

Food and waterborne diseases are the number one cause of illness in travelers. Travelers' diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water. Infections may cause diarrhea and vomiting (*E. coli*, *Salmonella*, cholera, and parasites), fever (typhoid fever and toxoplasmosis), or liver damage (hepatitis). Make sure your food and drinking water are safe. (See below.) Ask your doctor about taking a low dose antibiotic each day, or pepto-bismol with each meal.

Malaria is a preventable infection that can be fatal if left untreated. Prevent infection by taking prescription antimalarial drugs and protecting yourself against mosquito bites (see below). Travelers to East Africa should take one of the following antimalarial drugs: doxycycline, or Malarone™. Your risk of malaria may be high in these countries, including cities. For detailed information on malaria-risk areas and antimalarial drugs, see Malaria Information for Travelers to East Africa.

A certificate of yellow fever vaccine is recommended for entry into Kenya and other East African countries. For detailed information, see Comprehensive Yellow Fever Vaccination Requirements.

Dengue, filariasis, leishmaniasis, onchocerciasis, trypanosomiasis (sleeping sickness), and Rift Valley fever are diseases carried by insects that also occur in this region. Protecting yourself against insect bites will help to prevent these diseases.

Schistosomiasis, a parasitic infection, is found in fresh water in the region. Do not swim in fresh water (except in well-chlorinated swimming pools) in these countries. (For more information, please see the Swimming Precautions on the Making Travel Safe page.)

Because motor vehicle accidents are a leading cause of injury among travelers, walk and drive defensively. HEART Kenyan drivers are excellent and we will do every thing we can to make you safe.

### TO STAY HEALTHY

- ❑ Wash hands often with soap and water.
- ❑ Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. Heart provides bottled water and ice cubes that are made from bottled water at the HEART lodge.
- ❑ Eat only thoroughly cooked food or fruits and vegetables, fresh fruits, vegetables and salads served at the HEART Lodge are safe to eat. Ask the HEART staff traveling with you when eating out, if in question of safe foods.

**Remember: boil it, cook it, peel it, or forget it.**

- Take your malaria prevention medication before, during, and after travel, as directed.
- Protect yourself from insects by using repellents (applied sparingly at 4-hour intervals) and mosquito nets, and wearing long-sleeved shirts and long pants from dusk through dawn.
- To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot or wear open sandals upcountry or in the slums.
- Don't eat food purchased from street vendors.
- Don't drink beverages with ice, except at restaurants catering to tourists.
- Don't handle animals (especially monkeys, dogs, and cats), to avoid bites and serious diseases.
- Don't swim in fresh water. Salt water is usually safe.

### **AFTER YOU RETURN HOME**

Continue taking your antimalarial drug for 4 weeks (doxycycline) or seven days (Malarone™) after leaving the risk area. Travelers who become ill with a fever or flu-like illness while traveling in a malaria-risk area and up to 1 year after returning home should seek prompt medical attention and should tell the physician their travel history.

### **FOR MORE INFORMATION**

Ask your doctor or check the CDC web sites for more information about how to protect yourself against diseases that occur in East Africa, including the following

- Dengue
- Malaria
- Yellow fever

### **COUNTRY INFORMATION**

For information about Kenya, please review the about Kenya section of our website [www.africaheart.com](http://www.africaheart.com) . You may also want to visit [www.travel.yahoo.com/t/africa/kenya/lp\\_culture.html](http://www.travel.yahoo.com/t/africa/kenya/lp_culture.html) or [www.Lonelyplanet.com](http://www.Lonelyplanet.com)

### **U.S. EMBASSY IN KENYA**

American Citizen Services hours of operation are Mon-Thurs 1:00pm-3:00 pm. On Friday, it is open from 8:00am-10:00am. The Consular Section is closed on the last Wednesday of each month.

The U.S. Embassy is closed to the public on all Kenyan and American National holidays. American Citizen Services Consular Section U.S. Embassy P. O. Box 606 Village Market, 00621 Nairobi, Kenya Tel: 254-020-375-3704 Fax: 254-020-363-6410 E-mail: [kenya\\_acs@state.gov](mailto:kenya_acs@state.gov)

**You will be asked for your passport #, date of birth and other information several weeks prior to your departure so that HEART can register you at the Kenyan Embassy. You will not need to do this registration yourself.**

## INFORMATION ON THE WEB

When there is a warning from US Embassy about traveling to Kenya you can find it at [www.kenyaembassy.com](http://www.kenyaembassy.com)

Passport: [www.travel.state.gov/passport\\_services.html](http://www.travel.state.gov/passport_services.html)

U.S. State Department Consular Affairs and Foreign Entry Requirements: [www.travel.state.gov](http://www.travel.state.gov)

Center for Disease Control: [www.cdc.gov/travel/](http://www.cdc.gov/travel/)

World Time Zones: [www.worldtimeserver.com/](http://www.worldtimeserver.com/)

Currency Converter: [www.oanda.com/converter/classic?user=pathfinder2](http://www.oanda.com/converter/classic?user=pathfinder2)

Embassy of the Republic of Kenya (in the U.S.) [www.kenyaembassy.com](http://www.kenyaembassy.com)

More about Kenya

[www.lonelyplanet.com](http://www.lonelyplanet.com)

[www.travel.yahoo.com/t/africa/kenya/lp\\_culture.html](http://www.travel.yahoo.com/t/africa/kenya/lp_culture.html)

[www.nationmedia.com/dailynation](http://www.nationmedia.com/dailynation) (Daily Nation – Kenyan Newspaper)