

# KENYA MISSION TRIP

## Interest Meeting



**Bethel's Global Reach Inc.**  
**www.bethelsglobalreach.org**  
**Kenya Mission Trip**

**When:** June 06 - June 16, 2013

**Where:** Nairobi - Kenya - Africa

**What:** Missions Trip...

Romans 10:14-15

<sup>14</sup>How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? <sup>15</sup>And how can they preach unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"<sup>l</sup>

**Who:** All Born Again Believers

Who are walking out their faith by involvement in a church body, who are in submission to church leadership, who have a daily relationship and walk with the Lord

**Why:** The Great Commission says...

Matthew 28:18-20

<sup>18</sup>Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. <sup>19</sup>Therefore go and make disciples of all nations, baptizing them in<sup>[a]</sup> the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

**Cost \$3,800.00 Per-Person)**

**The cost of the trip is 100% Tax  
Deductible**

# Deposit Schedule

Kenya, Africa \$3800  
Dental, Medical and Evangelism Trip  
Interest Meeting – 8/7/2012, 7pm, Room 100, Empowerment Center  
\$250 Deposit due 7 days after interest meeting (8/14)  
Payments - \$2500 by 1/11/2013. Final payment due by 4/12/2013

Please make checks payable to “Bethel’s Global Reach Inc.” to the attention OF Kathy Radley, Finance Administrator

BETHEL’S GLOBAL REACH, INC.  
12660 SANDPIPER suite 59  
HOUSTON, TEXAS 77035  
ATT: KATHY RADLEY

## Team Leaders:

Pastor Marcus D. Holman Sr. –Executive Director [mholman@bethelsglobalreach.org](mailto:mholman@bethelsglobalreach.org)

Kathy Radley- Administrative Director [kradley@bethelsglobalreach.org](mailto:kradley@bethelsglobalreach.org)

Nora Waller- Volunteer coordinator [nwaller@bethelsglobalreach.org](mailto:nwaller@bethelsglobalreach.org)

Scott Porter- Capital finance [Sporter@bethelsglobalreach.org](mailto:Sporter@bethelsglobalreach.org)

## Kenya

### Introduction

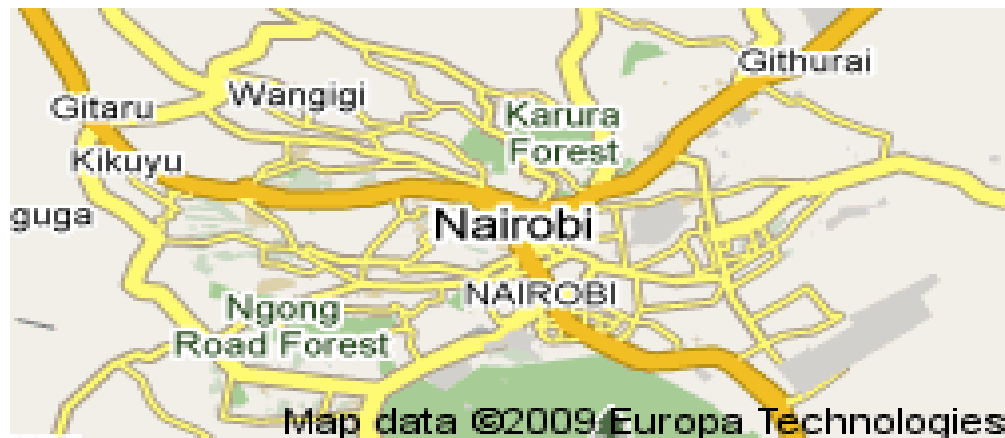


Kenya lies astride the equator on the eastern coast of Africa. Kenya is bordered in the north by Sudan and Ethiopia, in the east by Somalia, on the southeast by the Indian Ocean, on the southwest by Tanzania and to the west by Lake Victoria and Uganda.

Kenya is notable for its' geographical variety. The low-lying, fertile coastal region, fringed with coral reefs and islands, is back by a gradually rising coastal plain, a dry region covered with savanna and thorn-bush.

At an altitude of about 1,524 m and 300 miles inland, the plain gives way in the southwest to a high plateau, rising in parts to 3,048

m, in which about 85% of the population and the majority of economic enterprise are concentrated. The northern section of Kenya, forming three-fifths of the whole territory, is arid and of semi-desert character, as is the bulk of the southeastern quarter. In the high plateau area, known as the Kenya Highlands, lie Mt. Kenya (5,200 m), Mt Elgon (4,322m) and the Aberdare Ranger (rising to over 3,963 m). The plateau is bisected from north to south by the Rift Valley, part of the great geological fracture that can be traced from Syria through the Red Sea and East Africa to Mozambique. In the north of Kenya, the valley is broad and shallow, embracing Lake Turkana (160 miles long), while further south it narrows and deepens and is walled by escarpments 610 to 930 meters high. West of the Rift Valley, the plateau descends to the plains that border Lake Victoria. The principal rivers are the Tana and the Athi, flowing southeast to the Indian Ocean, the Ewaso Ngiro flowing northeast to the swamps of the Lorian Plain, and the Nzoia, Yala and Gori, which drain eastward into Lake Victoria. Low plains rise to central highlands, divided by the Great African Rift Valley.



**Rest and Relaxation: this year's return trip will be to Rome! We will spend 1 ½ days in this beautiful city to unwind from our missions work before returning home to Houston.**

**Drafted 08/08/2012**

**Please be flexible because some things will change as we move closer to our departure date. We are working on routing the trip through Rome.**

## **PROPOSED COMMITTEES**

### **Spiritual Readiness –Pastor Marcus Holman 832-473-1052**

- Recruit prayer warriors to stand in the gap before, during, and after the trip
- Prepare Prayer & Fasting guide for the team members
- Be prepared to personally minister in prayer throughout this mission experience

## Medical Services/Supplies –Nora Waller 713-320-5176

- Recruit professional medical staff members for the trip
- Solicit meds from pharmaceutical companies
- Solicit eye glasses (new/used) 10,000 pairs
- Train members for serving people in remote areas of Kenya

## Worship & Creative Arts –

- Prepare a Praise Team/Mini-choir for ministry opportunities
- Co-ordinate with Praise Dance Ministry for ministry opportunities
- Plan and prepare for a music workshop leading to a combine Kenya/American Choir Celebration

## Mission Field Education –Sis Jaime Holman

- Equip the team to be prepared to teach classes
- Prepare lesson plans for Children/Teens/Adults
- Plan and prepare for a Teacher’s Leadership Training Conference

## Finance –Kathy Radley 281-352-2992

- Fund Raising Opportunities
- Budget preparation

## Travel Coordinators – Travel Agency

- Flights
- Hotel
- Ground Transportation

## Supply House –

- Sorting, Packaging, and shipping etc.

## Security- Rev Otis Carey

- Passport / Visa
- Money
- Safety

## Training Classes

- Swahili Language Classes.....

## FOREIGN LANGUAGE

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Words Or Phrases To Learn	
English	Swahili
Praise the Lord	Bwana asifiwe
Welcome	Karibu

How are you?	Habari yako
My name is_____	Jina langu ni_____
What is your name?	Jina lako ni nani? or unaitwa nani?
Do you know Jesus?	Je, unamjua Yesu?
Jesus	Yesu
May I have a soda?	Unaweza Kunipea soda?
Hot	Moto
Cold	Baridi
Left	Kushoto
Right	Kulia
Forward	Mbele
Behind	Nyuma
Can you speak English?	Unaweza Kuzunguma kingereza?
How old are you?	Wewe una miaka mingapi?
Do you have a bible?	Je, una bibilia?
Are you hungry?	Je, unasikia njaa?
Love	Upendo
Thank you	Asante
No thank you	La asante
Thank you very much	Asante sana

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## KENYA – PEOPLE & CULTURE

Currently there are more than 40 different ethnic group in Kenya. The main groups of tribes are the Bantu who migrated from western Africa, the Nilotic people who originated from Sudan and the Hamitic group, who were mainly pastoral tribes from Ethiopia and Somalia. The main tribes are Kikuyu (21%), Meru (5%), Kalenjin, Luyha, Luo (14%), Kisii, Kamba, Swahili, Masai, Turkana. The other large ethnic groups include the Luo, Luhya, Kamba and Kalenjin- There are also some groups of people who form a very small population. This includes the tribe of El Molo.

### Kikuyu People

The Kikuyu are Bantu and actually came into Kenya during the Bantu migration. They include some families from all the surrounding people and can be identified with the Kamba, the Meru, the Embu and the Chuka. The Kikuyu tribe was originally founded by a man named Gikuyu. Kikuyu history

says that the Kikuyu God, Ngai, took Gikuyu to the top of Kirinyaga and told him to stay and build his home there. He was also given his wife, Mumbi. Together, Mumbi and Gikuyu had nine daughters. There was actually a tenth daughter but the Kikuyu considered it to be bad luck to say the number ten. When counting they used to say “full nine” instead of ten. It was from the nine daughters that the nine (occasionally a tenth) Kikuyu clans -Achera, Agachiku, Airimu, Ambui, Angare, Anjiru, Angui, Aithaga, and Aitherandu- were formed.

Traditionally the Kikuyu are farmers. The Kikuyu homelands, in the foothills of Mount Kenya, are still some of the most intensively farmed areas of the country.

### **Maasai Tribe**

Found mainly in Southern Kenya, the Massai believed that their rain God Ngai granted all cattle to them for safe keeping when the earth and sky split. Since cattle was given to the Massai, they believe its okay to steal from other tribes. The Massai worship cattle because it is their main source of economic survival as opposed to education.

Many Massai believed that education is not important for the herdsman to search for green grass to feed the cows. The Massai have not strayed from the traditional basic ways of life. Farming for the trading of crops such as corn and vegetable is done by some Massai. But the rejecting the cash economy and refusing to settle or become farmers has made life difficult and harsh.

The Massai prefer to remain nomadic herdsman, moving as their needs necessitate. This is becoming more difficult in modern times as their open plain disappear. In the drier regions of the north, the Maasai subsists on a diet of cow's blood and milk, which they mix together and drink.

### **Samburu Tribe**

The Samburu are related to the Masai although they live just above the equator where the foothills of Mount Kenya merge into the northern desert. They are semi-nomadic pastoralists whose lives revolve around their cows, sheep, goats, and camels. Milk is their main stay; sometimes it is mixed with blood. Meat is only eaten on special occasions. Generally they make soups from roots and barks and eat vegetables if living in an area where they can be grown.

Most dress in very traditional clothing of bright red material used like a skirt and multi-beaded necklaces, bracelets and earrings, especially when living away from the big cities.

### **Turkana Tribe**

The Turkana are the second largest group of nomadic pastoralists in Kenya who live in northern Kenya - numbering over 200,000 they occupy a rectangular area bordered by Lake Turkana in northern Kenya and Ethiopia on the east, Uganda on the west, Sudan on the north

Traditional dress and ornaments is of vital importance, much emphasis being placed on adornment of both women and young Moranis (warriors) . Their neck is hidden by brightly colored beads, any object, even the most simple and ordinary in western eye is greatly sought after as an ornament to increase their charm

## LANGUAGES

The Kenyan official national language is English and it is wide spoken. There also another national language, Kiswahili. Both Languages are taught throughout the country. It's extremely useful for the traveler to have a working knowledge of Swahili, especially outside the urban areas and in remote parts of the country.

## RELIGION

A large proportion of the Kenyan population are Christians found mainly outside the coastal and eastern provinces. Muslims make up some 30% of the population found in the coastal areas and in the eastern side of the country - the rest is a combination of other minority religions such as Hindus, Buddhists and those who follow their ancestral tribal beliefs

## COOKING & RECIPES

Staple foods include; Ugali, rice, bread, chapati (fried paste of wheat powder) Meat: Beef, chicken, goat, etc. Fish: Tilapia (a freshwater fish) and other fish Vegetables

## MUSIC

Popular music in Kenya encompasses a wide range of styles of both local and international origin. Among Kenyans, language is one of the crucial factors in defining their music. Instruments used for traditional must include the African Sistrum Great which is used for rituals or a fun rhythm instrument, creates an excellent sound two are used at the same at a time. A variety of rattles and shakers, small harps, the Wandidi a Kikuyu fiddle and traditional drums.

## ART & CRAFT

Most art and craft production is for the lucrative tourist market.

Items produced for the tourist market include sisal baskets, elephant hair (not real elephant hair) bracelets, Maasai bead jewelry, musical instruments, and silver and gold jewelry, soapstone sculptures, wooden carvings, tribal masks and Maasai figurines. Paintings, prints and sculptures, batik cloth, and kangas—women's wraparound skirts with beautiful patterns, and often Kenyan proverbs printed on them and kikois - type of sarong for men that comes in many different colors and textiles.

There are arts and craft markets and shops throughout the main tourist centers - each with a great diversity of items offered and quality available.

## PREPARATION

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Congratulations and welcome to this short-term mission trip to Kenya. You are about to embark on one of the most memorable journeys of your life. Please feel totally comfortable that you will be traveling with experienced leaders who will give practical advice to you before and during the trip.

God has called you for a special purpose on this trip and you should begin at once to make personal spiritual preparations. One of the primary ways of doing this is to practice and strengthen your regular spiritual



disciplines, both corporate and individual. Corporate disciplines are activities we engage in with other believers that result in mutual support and encouragement. These include worship services, Bible studies, small group meetings and Sunday School classes. It is important to spend focused time in community with other believers. Sharing and mutual accountability should characterize this time. It would also be helpful to talk with your mentor about ways you can grow during your mission trip.

You should also practice your individual spiritual disciplines. The two most important are prayer and the Word of God. Prayer should form the foundation of your mission experience. Plan your daily schedule so that there is quality time to spend alone with Jesus. During those times, open your heart fully to him and ask him to convict and cleanse you of any sins. Renew your previous commitment to him and offer a fresh surrender of your life to him.

Each person on the team should have a prayer partner -- someone on the team who will pray for you daily and especially during the whole time you are giving your testimony. In addition, enlist your family and friends back home to pray for you and the team on a daily basis.

Following is a prayer list to use as a starting point:

Travel:

- Luggage and belongings not stolen or broken.
- Protection of tickets, credit cards, passports, and money.
- Pass through customs without problems.
- No mechanical problems with planes and other vehicles.

Health and Safety:

- Protection from accidents, crime, natural disasters, terrorists and dangerous animals.
- Protection from sickness.
- Find time for sleep and exercise.
- Provided with safe food and water.
- Protection from drastic climate changes.

Spiritual:

- Good times of intimacy with Jesus in the Bible and through prayer.
- God's protection from demonic attack.
- Protection from discouragement, fear, doubt and curses.
- Demonstrate purity, humility, boldness, wisdom, patience, love for people, teachable spirit and the power of the Holy Spirit.
- People come to Christ and be equipped for ministry..

Team:

- Express unity, love, good communication, patience and spiritual gifts.
- Resist jealousy, envy, bitterness and pride.
- Grace for cultural adjustments, dealing with jet lag, being away from family and friends and lack of privacy.

## Verses to Pray:

- Exodus 4:12; 33:14
  - Psalms 4:8; 19:14; 121:1-8
  - Isaiah 40:20-31, 55:10-11
  - Zechariah 4:6
  - Acts 1:8, 4:29, 30
  - Ephesians 3:16-20, 6:10-20
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## THE DO'S AND THE DO NOTS

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1. Dress comfortably for the long flight. A light sleeping pill is recommended.
2. Please be conscious of your wallet, money, passport and jewelry. It is wise to leave fine jewelry at home and perhaps purchase an inexpensive watch for the trip. Keep valuables in a safe place at all times. A money belt or passport pouch worn under your clothing is recommended. Make a habit of putting your personal items in a safe place and closing your luggage while out of your hotel room. Some hotels provide a safe at the desk or possibly in your room.
3. Please be thoughtful in how you view the poverty you will see. If you watch closely, you will see many happy, joyful people living in the most meager circumstances. Remember, these people do not have to live by our standards to be happy. Also remember to watch your comments about the poverty or conditions around others.
4. You will be speaking some of the time through an interpreter. Their English skills should be good, but their accents and our accents will probably be different. Speak slowly, distinctly, and in short segments. Don't ramble and don't use excessive words. Think and find a way to express yourself in a few words rather than many. Speak to the person you're talking to, not to the interpreter.

5. Do not hang out of the van while riding in vehicles. Do not ask hired drivers to let you drive? This is dangerous!

Picture taking. Be sensitive to others when taking pictures. Some Kenyan's believe that you are stealing their spirits. Ask before you take. **DO NOT** take picture of Government officials, government buildings, etc.. It is against the law and you can get in trouble for it.

## PACKING LIST

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As you begin thinking about what you will take on your journey, it is wise to make a list. Then before you pack, place everything you plan to take on your bed and start paring down keeping in mind you are allowed one unchecked piece of luggage no larger than 9" x 14" x 22", maximum weight of 22 pounds plus one back pack, purse or tote.

Clothing suggestions: (There is normally a hotel laundry so pack light.)

Women:

- 2-3 long cotton dresses or jumpers with 2-3 T-shirts that can be washed and dried easily. (Sleeveless dresses are not preferred when working in the mission field.)
- One pair of slacks or jeans. (Shorts are not worn when in the mission field but it is okay when you are in the hotel, shopping or in the game reserve the last couple of days.
- 2 gowns or pajamas. (It gets cool at night)
- One nicer dress for church on Sunday.

\*Word of caution: If you can't sit on the floor and get it dirty, leave it at home.

\*Personal hygiene products are not easy to come by in Kenya. Often stress of the trip can throw off your menstrual cycle. Be prepared-bring these products with you. (Bring small baggies for disposal of used products)

Men:

- 4-5 T-shirts or polo shirts.
- 2-3 pairs of slacks or blue jeans.
- One nice outfit for church on Sunday. (No suit and tie please)
- Shorts can be worn in the hotel, shopping or at the game reserve.
- Something to sleep in.
- Shoes and socks - Something comfortable, preferably a closed toe shoe. You may want to take an extra pair you can leave behind in case you get caught in the rain. Sandals are okay in some areas but not suggested in the slum areas.

Following is a list of miscellaneous items to consider:

- Light jacket or sweater (Check the weather conditions in the areas in which you will be traveling.)
- Swim suit (If desired)
- Rubber thongs for the shower.
- Lightweight rain poncho (Small fold-up)
- Medical team - 3 sets scrubs
- Small bible
- Journal
- Your testimony
- Items needed for special projects (If applicable)
- Passport
- Credentials (Medical personnel)
- Fannie pack or body pouch
- Photos of you and your family (Nationals enjoy seeing photos)
- Travel alarm
- Contacts or glasses (Bring an extra pair)
- Hat
- Hair dryer (consider sharing with your roommate)
- Converter
- Camera/film (Suggested amount, 8-12 rolls) Extra batteries (Film and batteries are expensive in Kenya)
- Sunglasses
- Soap/wash cloth
- Shampoo
- Plastic bags for wet or dirty clothes
- Kleenex or toilet tissue(Always carry in your pocket or backpack.)
- Earplugs if you are a light sleeper
- Razor
- Antibacterial waterless hand wash/antibacterial wipes
- Small flashlight (Loss of electricity is common)
- Snacks, i.e. granola bars, dried fruit, nuts, peanut butter or cheese crackers, cookies, candy, beef jerky.
- Sun screen
- Insect repellent
- Sleeping pills
- Malaria medication
- Prescription medicine
- Tylenol or ibuprofen, Imodium or Pepto Bismol
- First aid items
- Lip balm
- Small gifts for interpreters, pastors, drivers, i.e. caps, pens, notepads, T-shirts, very inexpensive. Please do not give them money.
- Money - For souvenirs(Trunks for packing souvenirs will be available for your trip home.), Visa/\$50, additional food or snacks, laundry, phone calls (very expensive) or emails home (about \$1.50-\$3.00 when available). The exchange rate is 65-75 shillings per \$1.00. You can get shillings when you arrive at the airport in Kenya. You can also change money at the hotel but there is a small service charge

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## WRITE YOUR TESTIMONY

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There will be occasions during the trip when you will be asked or led by God to give your testimony. Following is a list of tips for preparing a translatable testimony:

1. Write out your testimony. No matter how comfortable you are with public speaking, you should write out your testimony. If you can deliver your testimony without referring to the notes, great! But if a translator or a commotion in the congregation distracts you, you'll wish you had notes to get back on track.
2. Keep your comments brief. A 3-minute testimony is adequate.
3. Open with a greeting in the people's language. Even if your accent is terrible, the people will appreciate your effort to communicate in their language.
4. Tell what Christ has done for you personally. How were you convinced of your need for a Savior? How has your life changed since Christ came in? How has Christ helped you recently?
5. Avoid going into detail about your sins in the past. Emphasize the redemptive work in your life.
6. Avoid slang or idioms. Think about what you are saying. What do your words mean literally? How would "a ball park figure" or "his face fell", or some current slang term translate?
7. Keep it simple. Remember that most of these people do not live in the high tech, computer, fast food, modern world that you do.
8. Avoid long sentences.
9. Avoid Christian clichés such as "soul-saving salvation".
10. Avoid references to small geographical areas in the US. Your audience's knowledge of US geography will probably be limited. Rather than saying you came from Illinois, Colorado, or Texas, tell them you grew up in the flatlands, in the mountains or along the sea.
11. Avoid stressing your material success. Some in the congregation may put in 14 hours of hard, manual labor each day and still not have a change of shoes. In other countries, dreams plus hard work don't always equal material success.
12. Avoid speaking of the sacrifice you made to get there.
13. Avoid using acronyms, acrostics, alliteration, jokes, and poetry. They simply do not translate as you think. Don't quote from songs. In some languages the lyrics of familiar hymns have been rewritten to fit the music meter.
14. Be ready at any time to share your testimony. You never know when an opportune time will arrive or when the leader will ask you to share.
15. Try to practice using a translator. It can really throw you off if you have never used a translator.

Here is an acronym to help you remember what to include in your personal testimony:

**T**he **A**postles **G**ot **S**piritual **R**eceiving **D**aily **B**read

**T**hank -- Thank God for the opportunity to be here.

**A**ffirm -- Affirm the people, their country, or church. Perhaps it is something you've just seen or something someone has done with you (e.g. I had fun playing soccer). Thank them for making you feel so welcome<sup>1/4</sup>. etc.

**G**reetings -- Relay greetings from your church or family or home.

**Self** -- Tell a little about yourself, your family, and or your job.

**Real** -- Share how has God become real to you. Relate a story of something that has happened in your life that affirmed how real God is to you.

**Difference** -- Most importantly, share how God has made a difference in your life. You simply tell your story, and in doing so, witness for Jesus! People can argue and debate if you are trying to convince them logically about the Gospel, but no one can deny your story! Don't focus on you or your problems; focus on the God who put your feet on solid ground!

**Bread** -- End with a Bible verse that has special meaning for you.

## HOTEL AND FOOD

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### HOTEL:

Our hotel and rooms will be modest but adequate. Don't expect fancy although some hotels might have a swimming pool. There is no air conditioning. Security is good and the beds are suitable. You can expect the loss of water or electricity occasionally. If mosquito nets are provided, please use them. They are there for a reason. Caution: Never drink the water or brush your teeth with the water. Do not rinse your mouth while taking a shower. You will always be provided with plenty of bottled water.

It is suggested you do not leave the hotel area unless you are in groups. Again this is a precaution for your own safety.

### FOOD:

Breakfast and supper will be provided. There is always plenty of bread, butter, jams and hot tea or coffee. The Kenyan tea is served British style with warm milk and is wonderful. Hot tea and coffee come with the meal. Please pay for your sodas at each meal.

The nationals will sometimes invite you into their homes for lunch. You can graciously decline, i.e. "I have a sensitive stomach" or " I'm really not hungry" and then eat your "stash" at a later time. Please do not feel pressured.

Besides washing your hands scrupulously with non-contaminated soap and water or anti-bacterial wipes before eating or snacking, the following precautions should be followed:

- Drink purified water or bottled carbonated water. (Only from a bottle with an intact seal.)
- Eat foods that are thoroughly cooked and served hot.
- Eat fruits and vegetables that have skins which can be peeled.
- Avoid salads with raw vegetables, especially leafy green vegetables.
- Do not use ice cubes in your beverages.
- Only eat and drink dairy products made from pasteurized milk.
- Avoid shell fish and raw or uncooked seafood.
- Do not buy or eat food sold by street vendors.

Of course.....there are exceptions to every rule (particularly in the hotels) and your team leader will advise you when necessary.

If you are on a special diet, please bring these items with you. They can be packed in one of the foot lockers we check through baggage.

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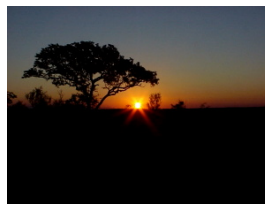
[Mission, Vision and Core Values](#) - Our mission is simple: “To glorify God in all that we do.”

[About Kenya](#) - Kenya is a diverse country with much to offer its visitors with its rich cultural diversity and beauty. This country is steeped in a rich history that has made it what it is today.

First-time visitors will discover many new things as well as those who have travelled to Kenya multiple times. It is home to some of the world’s most famous game parks, such as the Masai Mara and Amboseli...

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## Maasai Mara Game Reserve Safari from Nairobi Kenya



Maasai Mara Game Reserve Safari in Nairobi - Depart from Nairobi in the morning and drive down the escarpment via the floor of the Great Rift Valley, to arrive at Maasai Mara Game Reserve in time for lunch.

Lunch enroute. Later proceed for an afternoon game drive. Dinner and overnight at Mara Sopa Lodge or Sianna Springs Luxury Tented Camp.





## RETURNING HOME

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When you return home, expect to encounter some physical exhaustion and emotional yo-yoing. You've been operating with your senses on full-open for 2 weeks. You've been absorbing new sights, sounds, smells, tastes and ideas on a non-stop basis. You've been meeting new people daily and have probably conversed more than usual. Add to these, drastic changes in routine and the stress of staying in strange, cramped, living quarters; your body and senses are ready for a rest. Don't be surprised if you feel physically beat or your emotions plunge. You've been in a very poor country so expect to go through reverse culture shock when you re-enter your own culture.

Once you return home, you may be asked to share your mission experience with others. If so, be careful to avoid the following "turn off" attitudes:

- Don't exalt yourself as an authority on missions.
- Don't act holier than thou because you've been in the mission field.
- Don't go around depressed because of the conditions of the people in the mission field. Rather, focus on the positive things you've learned from their culture.
- Don't get impatient when people don't respond to your vision for missions. Allow time for people to catch a glimpse of what you saw. Your changed life will be the greatest testimony.

Most importantly, remember.....whatever your reasons for the remarkable and life changing journey-it was God who called YOU to do a spiritual work and it is Him who will lift you up with words to share and energy to sustain you.

He will go before you - stand beside you. So....open your heart in the spirit of servant hood and share with others what you have experienced.

## HOLD HARMLESS AGREEMENT



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Bethel's Global Reach Inc. – 14442 Fonmeadow Drive, Houston, Texas 77035  
Annual Release and Hold Harmless Agreement

Destination \_\_\_\_\_

Departure Date \_\_\_\_\_

Whereby, I, (Full Name) \_\_\_\_\_ am about to travel with representatives of Bethel's Global Reach, (BGR) to Kenya, Africa in which the team may be planning to have a ministry work, to tour and or work on projects in said country and whereas I am doing so entirely upon my own initiative, risk and responsibility. Now, therefore, in consideration of Bethel's Global Reach accepting me as a constituent trip member and undertaking to arrange matters of transportation, lodging, food and other travel details and of permitting me to view, tour and/or work on Bethel's Global Reach projects, office and geographical areas in need of assistance, I hereby, for myself, my heirs, executors and assignee's, release and forever discharge BGR and any of it's affiliates, or subsidiaries, Directors, employees, and volunteers, acting officially or otherwise, and any person acting as a trip coordinator(s) on behalf of BGR, from any and all claims, demands, actions or causes of action on account of my death, or any injury to me or my personal property, which may occur from any cause, including negligence of any type, during said trip.

Therefore, neither BGR nor any of their affiliates or subsidiaries, Director, officers, agents, employees or volunteers, shall be or become liable or responsible for any loss, injury or damage to person, property or otherwise in connection with, by way of example but not by way of limitation, accommodations, transportation or other services, resulting directly or indirectly from acts of God, dangers, incident to the sea, air, land, fire, breakdown or misuses in machinery or equipment, acts of government or other authorities, de jure or de facto, wars, whether declared or not, hostilities, civil disturbances, strikes, riots, thefts, pilferage, epidemics, changes in itinerary or schedules or for any loss or damage resulting from insufficient or improperly issued passports, visas, or other documents or from delay, and that neither BGR, nor any of their affiliates or subsidiaries, Directors, officers, agents, employees, and volunteers shall be or become liable or responsible for any additional expenses or liability sustained or incurred by the tour member as a result of any of the foregoing causes or any unnamed cause.

The laws of the State of Texas shall govern this Agreement.

By executing this agreement, I acknowledge that I have read and accepted all of its terms and conditions.

\_\_\_\_\_  
Signature of Party Executing Agreement

\_\_\_\_\_  
Printed Name of Party Executing Agreement

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Printed Signature of Witness

\_\_\_\_\_  
Place of Execution of Agreement (City, State)

## PASSPORT AND VISA

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You must have a passport to travel to Kenya. It can take up to 6-8 weeks to acquire a passport by mail. Visit your local Post Office to obtain the passport form or visit your local passport government office. If you wish to acquire a passport quickly, you can find the nearest facility by searching on the web with the keyword "passport offices" and pay an extra fee to have it expedited. Visa's are purchased at the airport upon arrival in Kenya for a fee of \$50.00 US.

## IMMUNIZATIONS AND HEALTH CONCERNS

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There are no immunizations required for entry into Kenya; however, there are some that are highly recommended. The final decision is up to you. We suggest you speak with your personal physician or call the Center for Disease Control at 404-332-4559. You may visit their website at [www.cdc.gov](http://www.cdc.gov). Choose the Traveler's Health menu. We also suggest that you shop around for prices on the different immunizations. You will find that some clinics offer a lower cost than others or you might need to visit several different clinics to get the best prices per immunization.

Following is a list of recommended immunizations and medications:

- Yellow Fever -- A viral disease transmitted to humans by a mosquito bite. Upon receiving this vaccination, you will be given a yellow-signed certificate that you must keep on you during your visit to Kenya. Outbreaks of yellow fever have occurred in Ethiopia and Kenya. If you do not have this proof of vaccination with you on return and there has been an outbreak, they will not allow you return to the US until the outbreak is over.
- Malaria -- There is some risk throughout the year in the whole country, except there is generally no risk in Nairobi and areas above 2,500 meters such as the following provinces: Central, Eastern, Nyanza, Rift Valley and Western. The malaria pills can be acquired with a prescription from your physician. You will begin taking them two weeks prior to departure and continue taking one a week while in the risk areas plus, most importantly, continue taking them for four weeks after returning to the US. Many people tolerate malaria pills with few side effects. Mild nausea, abdominal cramps, headaches, insomnia and strange dreams can occur but tend to be self-limiting and tolerable.
- Hepatitis A -- Series of 2 injections.
- Hepatitis B -- Advised for persons staying in rural areas, or having intimate contact with the local population. Series of 3 injections.
- Polio -- A one-time booster is recommended for people who have previously completed a standard course of polio immunization.
- Typhoid -- Vaccination should be considered for persons venturing off the usual tourist routes into small cities, villages and rural areas.
- Meningitis -- May be acquired through people coughing, mouth-to-mouth, or indirect contact by touching an object recently contaminated with an infected person's nasal secretions.
- Tetanus -- May be contracted through any open wound.

Personal Protective Measures Against Mosquitoes and Ticks and Insects:

- Purchase an insect repellent containing 25-35% DEET.
- Wear light colored clothing; not black, bright prints or patterns.
- Wear long pants or skirts.

- Wear closed-toe shoes or socks.
- Use mosquito nets for sleeping when available.

#### Traveler's Diarrhea:

Traveler's diarrhea is an acute illness that commonly occurs in international travelers going to developing countries where sanitation is substandard. It occurs when the normal balance in the gastrointestinal tract is upset by the introduction of bacteria, viruses, and parasites contained in food and water. It may be accompanied by any of the following: urgency, bloating, abdominal cramps, nausea, headache, general malaise and low-grade fever. Prevention is key. Besides washing your hands scrupulously with non-contaminated water and soap or antibacterial wipes, the following procedures should be followed:

- Drink purified water or bottled water. Do not brush your teeth using tap water. Do not get water in your mouth while taking a shower.
- Eat foods that are thoroughly cooked, and served piping hot.
- Eat fruits that have thick skins. (They should be peeled at the table by you).
- Avoid salads made with raw vegetables, especially leafy green vegetables.
- Do not use ice cubes in any beverages.
- Only eat and drink dairy products made from pasteurized milk.
- Avoid shellfish and raw undercooked seafood.
- Do not buy or eat food sold by street vendors.

Recommended treatment for traveler's diarrhea is Imodium-AD. Don't leave home without it.

If you are taking any prescription drugs, make a list to keep in a safe place.