Dear NASDAD,

We received this information about a short-term mission opportunity and thought we would share it with you. This is not a NASDAD organization or a NASDAD trip but they do need willing volunteers. If you are interested in this opportunity, please contact Kim DeWitt via her contact information at the bottom of the email.

Thanks,

NASDAD Office

Hi to all of you!

You have probably not heard of Global Village Ministries before as we are a small nonprofit organization based in Berrien Springs, Michigan. We provide dental and medical care twice a year in the Philippines, once a year in Zambia and Nepal and three times a year in Kenya.

In Kenya we have built up a dental area and have all the instruments for extractions, two portable dental chairs, medicines, cleaning supplies, and more. We purchased a generator a couple of years ago, so if we have dentists that have portable restorative care units or cleaning units come we have a way to plug them in even in very remote areas.

We work mostly in Maasailand and mix safaris with our clinics, social interaction time so you can learn about the culture and when you leave Kenya you leave part of your heart there. *It seems like there is a shortage of dentists when it comes to mission trips and we are always begging and pleading for one, two, three or more to join us. The dental lines are often long as the need is great.*

Please contact me if you would be interested or willing to join us on a trip. I have included the application for 2014 so you can see the dates for next year, and also please note that as of 2014 we are going to need to raise our cost to $1700. For years we have had it at $1500, but times have changed and prices have gone steadily up in Kenya.

Right now I don’t have any dentists for our upcoming trip in July - so would love to hear from you. You can email, catch me on facebook or call 586 838 4998.
Thanks so much,

Kim DeWitt
Global Village Ministries & African Springs Safaris
Mission Trip Coordinator & Tour Consultant
(US)1.586.838.4998  (Kenya) 011 254 713 010092
www.globalvillageministries.org  /  www.africanspringssafaris.com
/  www.facebook.com/africanspringssafari
APPLICATION FOR
MISSION TRIPS TO KENYA

SURNAME (as it appears in your passport!)_____________________________FIRST NAME __________________MIDDLE INITIAL_____
PREFERRED NAME ___________________ BIRTH DATE _____/_____/_______

MAILING ADDRESS

STREET __________________________________________________________ CITY _________________________________________________
STATE _________ ZIP CODE______________________ CHURCH AFFILIATION ________________________________________________
E-MAIL ADDRESS _____________________________________________________________
PHONE:   Home (           ) ________  -  _____________                    Cell:  (           ) ________ - _______________
PASSPORT NUMBER_______________________ DATE OF EXPIRATION_____________ NATIONALITY__________________

PLEASE SCAN OR MAIL A COPY OF YOUR PASSPORT TO letmeshine4him@yahoo.com

EMERGENCY CONTACT INFORMATION

NAME________________________________________  RELATIONSHIP_________________________________________________________
STREET __________________________________________________________ CITY _________________________________________________
STATE_____________ ZIP CODE___________________________E-MAIL ________________________@______________________________
HOME PHONE (         )  ______-_______________WORK (       )  _______-________________ CELL (       ) ______-_______________________

WORK/EDUCATION

WHAT IS YOUR PROFESSION? _____________________________WHERE DO YOU CURRENTLY WORK? _____________________________
ARE YOU A STUDENT? IF SO WHERE? _______________________________

*IF YOU ARE A PHYSICIAN/DENTIST PLEASE SEND/SCAN A COPY OF YOUR LICENSE, DIPLOMA AND A
RESUME THAT INCLUDES YOUR CURRENT AND PAST WORK, PLUS EDUCATION – THIS IS NEEDED IN
ORDER TO OBTAIN A LICENSE FOR YOU IN KENYA.

INTEREST

WHAT AREA(S) WOULD YOU LIKE TO VOLUNTEER TO HELP IN ON THIS TRIP? MD MEDICAL ______DENTAL____
____REGISTRATION ______OPTICAL ______PHARMACY ______ CHILDRENS PROGRAM ______ WOUND CARE

WHICH TRIPS ARE YOU INTERESTED IN?

□ October 9 – 22, 2013               □ Optional Trip to the Coast Oct 22-27th
PERSONAL INFORMATION

DO YOU HAVE ANY SPECIAL DIETARY NEEDS? ____________________________________

LIST ANY ALLERGIES YOU HAVE________________________________________________________________________________________

LIST ANY MEDICAL CONDITIONS YOU HAVE ____________________________________________________________________________
________________________________________________________________________________________________________________________

TELL US A LITTLE ABOUT YOURSELF
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________

AGREEMENT

1. I agree that the information provided on this application is accurate to the best of my knowledge.
2. I understand that no alcohol or tobacco products are allowed at anytime on this mission trip.
3. Because of time restraints and insurance purposes no personal outings will be allowed.
4. I understand this mission trip is sponsored by Global Village Ministries & Stevensville SDA Church.
5. Payments not in when due could jeopardize my opportunity to go on the mission trip.
6. $100 is due with each application and will be returned only if the trip is full, or cancelled.
7. I understand that all money sent in, is otherwise non-refundable.
8. I understand that Global Village Ministries cannot be held liable for any theft, injury, accident or sickness occurring during this trip. Insurance will be taken out for each participant.
9. Make your checks out to Global Village Ministries, Memo: Kenya Mission Trip. If you would like to pay online you may do so through the Stevensville SDA Church: www.stvsda.org

Signature of Applicant
Or Legal Guardian __________________________________________ Date_______/________/________

Thank you for your interest in being a part of this mission trip. We will contact you as soon as possible to let you know if your application has been approved

SCAN/EMAIL/FAX APPLICATION TO:

Kim DeWitt
37223 Highlite Dr.
Sterling Heights, MI 48310
E-Mail: letmeshine4him@yahoo.com

OR: Norbert Schwer
8783 S. Bluffview
Berrien Springs, MI 49103
Fax: 574 256 1632
E-Mail: nschwer@att.net
Global Village Ministries (GVM) invites you to join us on a medical/dental trip to Kenya, July 10-23. We offer three mission trips each year in the months of March, July and October, and each trip is unique and offers you different options throughout Kenya – at times visiting in homes, churches, schools, children’s orphanages, hospitals, building sites, Sheldricks Wildlife Trust, (orphanage for baby elephants), plus some shopping.

Our medical/dental care is given in hospitals, clinics, schools, churches, and under trees. GVM’s care is given freely to those who come and are in need. We promote long term projects in the areas we visit – including building projects and children’s education. Our goal is not only to better the community’s health, but to reflect our Creator and make a lasting difference that continues even after we leave the area.

In July we do all of our clinics deep in Maasailand, traveling to areas that have not been exposed to many westerners. We will be in tents for most of the time, and enjoy many evenings around the fire. We end our trips by offering a couple of clinics around the Maasai Mara National Reserve which is probably the most famous and most visited Reserve in Kenya. It offers breathtaking views (as seen in the film "Out of Africa", much of which was filmed here), an extraordinary density of animals including "the Big Five" (lions, leopard, elephant, buffalo, rhinoceros) and may varieties of plains game. An impressive feature is the annual migration of wildebeests, (over 1.5 million of them migrate) zebras and gazelles from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara's grasslands from late June, tracked by predators: lion, leopard, cheetah, and hyena, and circled by vultures as their journey unfolds. Their dramatic river crossings are a reality for tourists visiting in early July-August. Apart from the seasonal migration, game viewing is excellent year round. Game includes elephant, black rhino, buffalo, plains zebra, hartebeest and big cats. The rivers are home to hippo and crocodiles. 452 species of birds of which 53 of which are raptors.

When in the Maasai Mara we camp along the Talek River on the northwest side of the reserve. The campsite is owned by Gametrackers Inc. and has a mixture of small bandas/cottages and tents. Hot showers and both pit/flush toilets are available, although there is no electricity. Because of the remote location, wild animals frequent the camp both day and night. It is not uncommon to hear hyenas laughing and lions roaring or grunting during the night. To end our time at the Maasai Mara National Reserve we treat you to 24 hours of relaxation at the Sarova Mara Game Lodge inside the park. It is African hospitality at its very best!

Kenya is a warm and inviting country – the people are amazing! Even when you leave your heart will always hold a part of Kenya in it. We need those in the medical and dental profession who can give of their time to help. Please keep in mind though that you do not have to be a part of the medical/dental profession to participate or be needed. We are looking for those who want to make a difference and serve others – those that need to be served are waiting for you to come.

If at any time you have questions please feel free to contact either Kim or Norbert

Kim DeWitt
Ph# 586.838.4998 (EST)
Cell # 989.413.3364 (EST)
37223 Highlite Dr
Sterling Heights, MI 48310
Email: letmeshine4him@yahoo.com

Norbert Schwer
8783 S Bluffview
Berrien Springs, MI 49103
Email: nschwer@att.net

Donations are tax deductible and need to be mailed to:
Global Village Ministries
8783 Bluffview
Berrien Springs MI 49103
Write checks to "Global Village Ministries" and include "Kenya Mission Trip" on the memo line.
**List of items needed:**
Passport (cannot have an expiration date within 6 months of travel)
$50 for Visa (bill needs to be in excellent condition and newer than 2007)
Personal spending money for souvenirs and tips (including tipping at hotels for meals, massages, and room service, plus driver tips)

**Tickets:** Email Kim your flight information **before** you pay for it, she will check to make sure the dates/times and locations work. Keep in mind that GVM is willing to help you in obtaining your ticket, but a substantial down payment must be in before we can purchase it.
Trip fee: $1500 per person (not including airfare)*
**Please note that this is non-refundable**

$100 per application required when applying.

**Please send the application via regular mail or scan it to letmeshine4him@yahoo.com**

Kim DeWitt OR Norbert Schwer
37223 Highlite Dr 8783 Bluffview
Sterling Heights, MI 48310 Berrien Springs MI 49103

*Reminder – please make the check out to Global Village Ministries and put Kenya Mission Trip on the memo line.*

**The following amounts of money for your trip are due by the dates below or sooner and are non-refundable.**

**Trip July 11-25, 2012**
$100 is due when application is turned in
$400 due Feb 11, 2013
$400 due March 11, 2013
$400 due April 15, 2013
$200 due May 13, 2013

**Please NOTE:**
*Everyone needs to send/scan Kim a copy of their passport and make sure the expiration date is more than six months from time of trip
* If you are a physician either medical or dental you need to send a copy of your diploma, your medical/dental license and a resume showing your work places and education to Kim in order for her to obtain a Kenyan Medical License for you. This is REQUIRED by law in Kenya
*“Permission to Treat” forms for those under 17 years of age or younger traveling without parents will need to be signed, notarized and sent back to Kim as soon as possible
*Visa’s will be obtained once you arrive in the Nairobi Airport – forms will be mailed to you.
Information regarding Kenya:

Weather: The temperature can range from the middle 40’s at night to mid 70’s into the low 80’s during the day. Rain is possible, but most likely it will be either overcast or sunny with blue skies and very little humidity. The cool breeze masks the effects of the hot sun, so please bring sunscreen and apply liberally every day. Keep in mind that the month of July/August is Kenya’s winter time and night time temps can be quite chilly. You will want to bring some warm clothes and hoodies/jackets.

Water: We carry our own drinking water with us at all time.

Money: Bring spending money for souvenirs, etc. You will be able to exchange dollars for Kenya Shillings at the airport. Bring $20 bills or larger, be sure they are dated 2007 or newer and keep in mind the larger the bill the higher the exchange rate might be.

Thieves: Stealing is common in Kenya. Be careful with your valuables items such as wedding bands, jewelry, watches, ipods, MP3 players, cd players, etc. GVM cannot be held responsible for them.

Time Change: Kenya is seven hours ahead of EST for those coming from the US. It takes a couple of days to adjust.

Camera – Be sure you bring lots of memory cards, and extra batteries. Remember that most of the places we stay there will not be electricity so you will not be able to re-charge it.

Packing: Pack as lightly as possible. We need everyone to help with supplies. When preparing to come to Kenya, please plan on putting your personal supplies in a carry-on, plus one check through suitcase, leaving the second check through suitcase to put supplies in that we will send to you or you can collect in your area. If you are traveling on Delta each person can bring one carry-on and two trunks or suitcases measuring 62” total linear dimensions and weighing 50 lbs each (or 23 kilos). *PLEASE NOTE THAT DELTA CHANGES THERE POLICY ON A REGULAR BASIS SO IT IS ADVISABLE TO CONTACT YOUR AIRLINES ABOUT HOW MUCH AND HOW MANY BAGS YOU CAN BRING.

Tipping: The exchange rate is approximately 83/- KSH to 1 US$. Typical tips are as follows: 100/- to the porter that carries your luggage to your room/tent. I will have an envelope for tips that I will pass around the morning before we leave the Seasons Hotel, the eco-campsite in Olorte and Sarova Mara where you will be able to put in tips for your rooms/meals etc and we will turn it in for ALL the staff. Also we collect a tip for the drivers on the last day of the trip and encourage people to give $20 per person per driver. They do a lot of driving and setting up for us~ they are really a huge part of the success of the trip. We will have two drivers. The cooks also love getting tips. At the end of the trip I will pass a couple of envelopes around in the truck where you will be able to put in tips for the drivers and cooks. Those going on the optional trips will need to bring tips for that trip separate from the mission trip ones.
**July 2013 Trip to Kenya**

The first night you will be at the East Central Africa Division Guesthouses, and from there head out deep into Maasailand where we will provide clinics in Olorte Division. Then from there we will head towards the Maasai Mara National Reserve for one more clinic at Olderkesi and some fantastic wildlife! It is the time of year that the wildebeest migrate into the Maasai Mara National Reserve, so we are hoping you will be able to witness them crossing the Mara River. The last Sunday night we will stay in Sarova Mara Game Lodge where you will experience Kenyan hospitality at its best, and then you will head back home - leaving your heart in Kenya!

**Tentative Schedule**

- **July 10 Wed** Group leaves home
- **July 11 Thur** Group arrives in Kenya at Nairobi Airport (Jomo Kenyatta International)
- **July 12 Fri** Travel to the town of Narok and stay in Seasons Hotel
- **July 13 Sabbath** Travel to Olorte Division – camp at the Olkoroi Wilderness Camp
  - [www.walkingwithmaasai.org](http://www.walkingwithmaasai.org)
- **July 14 Sun** First day of clinic - camp at Olkoroi Wilderness Camp
- **July 15 Mon** Second day of clinic - camp at Olkoroi Wilderness Camp
- **July 16 Tues** Third day of clinic - camp at Olkoroi Wilderness Camp
- **July 17 Wed** Travel to Olderkesi, opportunity to interact with community - camp at mission
- **July 18 Thur** Fourth day of clinic at Olderkesi - camp at mission
- **July 19 Fri** Travel thru the Maasai Mara National Reserve to Talek - game drive - over night at Gametrackers
- **July 20 Sabbath** Late Breakfast/worship and then optional game drive with a picnic lunch in the reserve, back to camp by sundown.
- **July 21 Sun** Early morning departure to Sekenani for dedication service of THE OLMALAIKA HOME and then to Sarova Mara Game Lodge for the night
  - [www.sarovahotels.com/maracamp/](http://www.sarovahotels.com/maracamp/)
- **July 22 Mon** Travel back to Nairobi and fly out
- **July 23 Tues** Arrive back at your homes

*Optional trip to climb Mt Kenya July 23-27
*Optional Safari to Sweet Waters, Ol Pejeta Conservancy, THE ARK, Aberdares National Park, Naro Moru River Lodge
PACKING LIST FOR MISSION TRIP

Please keep in mind you do not HAVE to bring all of this – some are necessary, but many are optional.

<table>
<thead>
<tr>
<th>Clothing</th>
<th>Bathroom Needs</th>
<th>Bedding</th>
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<tbody>
<tr>
<td>Shorts</td>
<td>Deodorant</td>
<td>Sleeping bag (NOT OPTIONAL)</td>
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<tr>
<td>Swimsuit</td>
<td>Lotion</td>
<td>Pillow</td>
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<td>Scrubs</td>
<td>Sun tan lotion</td>
<td>Twin Sheet</td>
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<tr>
<td>Jeans/Long pants</td>
<td>Chap stick</td>
<td>Extra pillow case</td>
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<td>T-Shirts/Shirts</td>
<td>Tooth paste</td>
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<tr>
<td>Sleeveless shirts</td>
<td>Tooth brush</td>
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<tr>
<td>Turtle neck/warm shirt</td>
<td>Shampoo/Conditioner</td>
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<tr>
<td>Pj’s</td>
<td>Finger nail clipper</td>
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<td>Socks</td>
<td>Tweezers</td>
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<td>Hat/Cap</td>
<td>Soap</td>
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<td>Underwear/Bra</td>
<td>Razor</td>
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<tr>
<td>Light weight jacket/hoodie</td>
<td>Hand Sanitizer/Hand wipes</td>
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<td>Flip flops</td>
<td>Towel</td>
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<td>Tennis shoes</td>
<td>Wash cloth</td>
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<td>Hair bands</td>
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<td>Comb/Brush</td>
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<td>Insect Repellent</td>
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<td>Mirror</td>
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<td>Perfume</td>
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<td>Makeup</td>
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<td></td>
<td>Tampons/Sanitary Napkins</td>
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<td>Optional meds – Tylenol, Charcoal, Pepto</td>
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<td></td>
<td>Any prescription medicines you might be taking</td>
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<table>
<thead>
<tr>
<th>Personal Items</th>
<th>Misc</th>
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<tbody>
<tr>
<td>Sun glasses</td>
<td>Snack food for trip (optional)</td>
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<tr>
<td>Camera</td>
<td>Peanut butter or Vege Meat (you will be asked to bring one of these)</td>
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<td>Charger</td>
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<td>Converter/adapter (it is 220 there)</td>
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<td>Extra batteries</td>
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<td>Alarm clock</td>
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<td>Watch</td>
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<td>Flash light (extra batteries)</td>
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<td>Pen</td>
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<td>GVM Journal</td>
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<td>Visa paperwork</td>
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<td>Passport and Copy of passport</td>
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<td>International Immunization Record if you have one</td>
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<td>E-ticket</td>
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<td>Binoculars</td>
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<td>Water bottle</td>
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<td>Worship material if you are doing worship for the group</td>
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<tr>
<td>$50 cash for visa (exact change &amp; bills newer than 2007)</td>
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<tr>
<td>Spending money (bills newer than 2007)</td>
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*Scrubs are what most people wear whether we are in clinic or not – they are easy to pack and light weight. You can wear a t-shirt with the scrub bottoms.*
Mt Kenya Optional Trip
July 23-27

GVM offers an optional excursion in March and July after the mission trip is over. This excursion costs approx $750 extra.

Mt Kenya is Africa’s second highest mountain at 17,058 feet. While trekking the mountain you will pass through the cultivated farmlands on the lower slopes as the trails pass through the rain forest, rich in trees of many species, but noticeably camphor’s, then onto bamboo zone growing to height of more than 12m or more up through open moorland before reaching the higher slopes. The forests are rich in wildlife including elephant, buffalo, leopard, and monkeys with the moorlands offering a long list of mammals including the rock hyrax. Bird life everywhere is plentiful and varied.

The peak area is formed from the hard core or plug of the volcano, the crater having long since been eroded away, and rises steeply on all side some 450 meters above the glaciers and scree slopes (small pea sized gravel). There is excellent rock and ice climbing if you are doing the twin summit peaks of Batian (17,057ft) and Nelion (17,020ft). The third highest peak is Pt. Lenana (16,354ft) which can be reached by any fit walker, suitably equipped. This is the peak we will do.

Remember that Lanana is the same altitude or higher than many Himalayan passes, and that altitude sickness can be a problem. Despite its size, it is possible to gain altitude rapidly on the Mt. Kenya and overzealous climbers run the risk of high altitude sickness. Mt Kenya is responsible for a large proportion of the world’s high altitude pulmonary edema cases. This can be prevented if a sensibly slow approach is made. Also, because Mt Kenya is so close to the equator, night can descend with surprising rapidity. Like most mountains, it can be very dangerous place. Many people are injured and even killed each year on the mountain. Regulations require all visitors to register upon entrance to the mountain and sign out on departure. Hiking alone is prohibited, no burning is allowed, and all litter must be taken out of the park with you.

The road from the park gate to MET Station can only be traveled by 4 wheel drive vehicles. You climb begins at gate to the Park and you will hike to MET station (approx 6 miles). The view is wonderful and you will want to be sure you have you camera with you at all times. Keep in mind there is usually a mid afternoon rain shower that you might experience, you will want to be sure to rain gear with you at all times.

We will hire porters (porters are men who carry your main backpack for you) for everyone climbing so you will only be carrying a day pack with you when hiking. While on the trip you need to be ready to experience, hail, snow, ice, rain, mud, sunshine, warmth, freezing temps, wind, sunburn, windburn and more, so please be prepared for anything and everything.

It will be an experience of a life time for you – I have climbed it numerous times and am drawn back to it each time I go to Kenya. You will find the biggest challenge is a mental one – yes, your body will be put to the test physically, but as long as you are mentally strong and determined YOU WILL MAKE IT. The plan is to stay together as a group for all the hiking – that allows for a lot more encouragement and support. It is not a race! Another key factor is staying warm and dry. It rains daily around the middle of the afternoon and if you do not have the proper outfit for a rain you can become discouraged very fast – being wet and cold is not fun at all. It is very important to have the right kind of shoes for hiking, they need to be water proof & light weight, you need to always have the option of another pair of boots/shoes just in case the ones you do have on get wet. If at any point you feel you just cannot make it any further you will be able to stay at the camp that is closest to where we are on the mountain until the group comes back. No one will be taken OFF the mountain unless they are ill or hurt and no one will ever hike on their own.

Tips: Each person is responsible for tipping their porter. We suggest 1000/- per Porter, and 500/- per person for the cooks, plus 500/- per person for the guide.
Naro Moru River Lodge: Located at 2,155 meters (7,100 ft), tucked into the side of Mount Kenya, 16 km south of the Equator, in a 10-hectare (20-acre), stream-fed enclave of peace and serenity. The Lodge consists of 34 rooms, twelve self-catering cottages and a campsite, overlooking the Naro Moru River. Guests have a chance to unwind at any one of the two restaurants on the grounds. The Lodge has a heated swimming pool, two tennis courts, one squash court and a sauna to unwind from the long hikes that are possible on the extensive grounds.

Schedule for Mt Kenya Climbers:

**July 23**
4:00 am  Pack vehicles
4:15 am  Breakfast in Kim’s apt
*Pack sack lunch
4:45 am  Leave for Mt Kenya National Park
*Drop off all extra luggage at Naro Moru River Lodge
*Stop to pick up rental back packs
*Register at the Park Gate (8,530 ft) and begin the climb – 9K to MET Station (9,842 ft)

**Supper**

**July 24**
6 am  Rise & Shine – Breakfast/Pack up
7 am  Begin hike to Mckinders Camp (5-7hrs, 6 miles)
*Follow the track to pass the radio tower, the trek runs into a path from there and you will reach the end of the forest belt and enter the moorland. This is the vertical bog – conditions range from damp to glutinous depending on when it last rained. The trail eventually levels out and goes along the edge of the Teleki Valley crossing down into it and over a stream before you reach Mckinders Camp (13,779ft)

**Supper**
*Early to bed (18+ bunks in one room – be ready for a rough few hours of sleep)

**July 25**
2:30 am  Wake up – YOU MUST EAT BEFORE WE LEAVE (even if you don’t feel like it)
*Leave your back pack at Mckinders, and only carry your day pack with you. You will want water, medicine for headaches and upset stomach, plus your flashlight and camera. Wear warm clothes!
*This will be a day of hiking for 8-12 hours or more. The hope is to make it to the summit by sunrise (6:30am).
3:00 am  The climb begins to the summit (Pt Lenana – ascend 2,575 ft)
After sunrise, we will descend down to Mckinders, eat something and walk back to MET station and then on down to the gate where you will be picked up and taken to the Lodge

**Check into Naro Moru River Lodge**
Hot showers & R&R
7:30 pm  Supper

**July 26**
Breakfast
*Load up and head back to Nairobi /Late lunch at Java House
Group leaves for airport

**July 27**
Arrive back home
Packing List for Mt Kenya participants

**Packing List:**
- Backpack (a REAL backpack, not a school backpack)
- Sleeping Bag (mummy bags are good)
- Pillow (small size is best)
- Rain parka (pants and jacket are best)
- Flashlight (headlight is best, with extra batteries)
- 2 pair of hiking shoes/boots
- Gloves
- Scarf/Hat
- Hand/Feet warmers
- Extra socks
- Long johns
- Clothing – layer it
- Jacket (*warm*, light weight windbreaker)
- Toiletries
- Water bottle
- Sheet (opt for twin mattress)
- Day pack
- Tylenol/Advil/Ibuprofen/Pepito/Charcoal/Anti Acid Tabs
- Camera
- Sun tan lotion/Lip balm
- Sun glasses
- Wash cloth/Hand towel
- Band-Aids/Vaseline/Mole Skin

**IDEAS for SNACKS TO BRING:**
- Hot Drinks
- Trail Mix
- Nutri grain Bars
- Fruit leather
- Dried Fruit

**SUPPLIED BY GVM**
- 2 Trash Bags
- Toilet Paper
- Purification Tabs for water

*You can rent a back pack in Kenya – which will save you money buying one if you don’t own your own.

*You can also rent gaiters, and poles if you would like too
Optional Safari
July 23-27th

Those of you coming on the optional Safari will enjoy some amazing lodges and parks. Our first stop will be the Ol Pejeta Conservancy (http://www.olpejetaconservancy.org/) which is situated in Laikipia County and has the largest black rhino sanctuary in East Africa. We will be staying at the Sweet Waters Tented Camp which is a sheltered oasis, clustered around a water hole with flood lights at night and Mt Kenya towering in the background. The conservancy is host to the “Big Five” (elephant, rhino, buffalo, lion and leopard)

From Sweet Waters we will travel up into the Aberdare National Park to a lodge called the ARK (http://www.thearkkenya.com/) With multiple decks for viewing the watering hole where a large variety of animals visit. The area is lit up at night with flood lights and you have the option of a bell ringing in your room at night for specific animals being spotted at the watering hole. There is a bird walk you can go on and a wildlife lecture by the big fireplace in the evening. The following day we will drive high into the Aberdare National park to enjoy the sites and see the waterfalls before heading back to Aberdare Country Club for a lunch.

Then we are off to Naro Moru River Lodge which is a base camp for Mt Kenya climbers and was built years ago. It is rustic and very colonial you will enjoy the tree hyrax, butterflies, birds and the river flowing through the property. There is a sauna, pool and tennis courts to enjoy.

Then we will head back to Nairobi on Friday with a late lunch before you head to the airport to fly out. Please note this optional trip does cost in addition to the mission trip.

Schedule for Safari:

**July 23**
4:00 am Pack vehicles  
4:15 am Breakfast in Kim’s apt  
*Pack sack lunch  
4:45 am Leave for Mt Kenya National Park  
*Drop off all extra luggage at Naro Moru River Lodge  
11am Drop of climbers at Mt Kenya National Park  
Travel to Ol Pejeta Ranch and check into Sweet Waters Tented Camp  
3:45pm Optional Game Drive till sundown  
7:30pm Dinner Buffet  
9-11pm Optional Nite Game Driver ($90 per person)

**July 24**
8 am Breakfast/Pack up  
9:30 – 11:30am Optional Game Drive  
12pm Lunch Buffet  
1pm Travel to Aberdare National Park  
4:30pm Check in at the ARK  
7:30pm Dinner Buffet
July 25
7:00am Breakfast
8:30am Drive to the Falls
12:30pm Lunch Buffet at Aberdare Country Club
Travel to Naro Moru River Lodge/Check in
R&R/Mt Kenya climbers join us
7:30 pm Dinner Buffet

July 26
8:30 am Breakfast
*Load up and head back to Nairobi /Late lunch at Java House
Group leaves for airport

July 27
Arrive back home

Luggage Labels that you can use

Global Village Ministries -Medical / Dental Mission Clinic

Name: __________________________________________
Address: ________________________________________
Phone #: _____________________________

East Central Africa Division of Seventh-Day Adventists
Advent Hill Rd
Magadi Rd, Ongata Rongai
Tel: 0713 010 092
* Global Village Ministries  www.globalvillageministries.org

Global Village Ministries -Medical / Dental Mission Clinic

Name: __________________________________________
Address: ________________________________________
Phone #: _____________________________

East Central Africa Division of Seventh-Day Adventists
Advent Hill Rd
Magadi Rd, Ongata Rongai
Tel: 0713 010 092
* Global Village Ministries  www.globalvillageministries.org
The last Sunday night that we are in Kenya we stay at Sarova Mara Game Lodge - you will love it! We will be there for a little less than 24 hours and you will be able to have lots of rest and relaxation, play ping pong, darts, badminton, swim, sunbath, eat till your stomach is content and if you would like, have a massage.

The massages do cost, and one has to book them ahead of time - so I have listed the cost and description of the massage; if you would like me to book one for you please let me know as soon as possible. It is important to sign up for them early and there are limited time slots available. You will pay for the massage at the time you are scheduled for it. Please keep in mind that if you book a massage you cannot cancel within 24 hours or you will still need to pay for it.

The conversion of dollars to shillings is about 83/- to $1, somewhere around there, could be lower or higher by the time we get there, so keep that in mind. I must tell you that those who have booked in the past highly recommend them! After about 10 days in the bush and on the roads - you might just enjoy one!

******************************************************************

**Swedish Massage:** Firm, but gentle massage focuses on the pressure points to improve the circulation, ease muscle aches and tension, improve flexibility and creates relaxation. (1 hour~$45)

**Natural Skin Polish:** Combination of coconut scrub and aromatherapy massage. (1 ½ hour~$80)

**Deep Tissue:** This focuses on realigning deeper layers of muscles, connective tissue and concentrates on areas of tension. (1 hour~$55)

**Aromatherapy:** This special massage uses therapeutic essential oils from plants to heal, alleviate pain and regulate and uplifts your mood. (1 hour~$50)

**Tulia Massage:** Firm, but soothing strokes will relieve any tension in your body. (1 hour~$40)

**Tulia Revitaliser:** Mini facial combined with back, feet and hands. (1 hour~$50)

**Stress Relieving:** Deals with all the tension in the body, relaxing back, shoulders and feet. (30 minutes~$35)

**Basic Facial:** This exfoliates and nourishes the skin to promote clear well hydrated skin. Cleanse, tone, steam, exfoliate, mask and massage. (1 hour~$45)

**Coconut Cinnamon Scrub:** Made from finely grated coconut, this scrub expels toxins and dead skin from your body leaving it soft and renewed. (45 minutes~$45)

**Skin Detox Body Scrub:** Formulated with herbs used to exfoliate, removed dead skin and leave for your skin feeling soft. (45 minutes~$50)
Frequently asked questions:

Folders and Journals:
Closer to your departure I will be sending out a folder with a bunch of information in it - the info will include:
* Hotel Info
* Entry letters to Kenya for customs
* GVM letter for tax deductions
* Zawadi - Journal
* Worship Schedule
* Massage Schedule and more

When do I get my visa? Where do I get the form from?
The visa form will be sent to you in the folder above. You will pay for your visa when you arrive at the airport in Nairobi - each visa costs $50. You will need the exact amount of cash for this and the bills should be in good condition and 2007 or newer. You will want to fill the form out before leaving on the trip - it makes it much easier. You cannot use traveler’s checks – it must be cash.

What will I do for drinking water? Do I need a water bottle?
Water bottles - it is great if you can bring your own, we will provide you with at least one Dasani water bottle (filled-SMILE) and then we will have large 20 liter containers of drinking water that we carry with us for refills - so if you don’t bring a water bottle you can use the Dasani one we give you - it just makes it easier if you have your own so we don’t have to purchase bottles each time it gets lost or misplaced. Either way though you don’t need to worry about drinking water. We will take good care of you. The water we provide is excellent and actually could be sold as bottled water in the US - so purifiers are not needed. We have labels to put on your Dasani water bottle so you will know who they belong to.

What immunizations do I need? Where should I go to get them?
There are no immunizations required by the Kenyan government if you are coming from the US. If you opt to have immunizations and visit a physician or medical facility to find out what immunization you should take you will probably be overwhelmed by all the shots/pills they will encourage you to have/take. I always tell everyone they need to pick and choose what they are comfortable with. Some don’t get any immunizations, while others get every immunization that was ever invented – SMILE! Hepatitis A,B and up-to-date Tetanus are highly encouraged by Global Village Ministries, yellow fever is a strongly recommended and typhoid is a recommended immunization. You can get these immunizations at your local health department without any MD involved. It’s usually the cheapest place to get the shots. For the Malaria meds an MD should be involved to make the appropriate recommendations as to what kind and how long a person should take it. Anti –malaria medicine is somewhat like the flu shot – it does not keep you from getting all the types of malaria, but does protect you from many. We will be in areas that have malaria, some opt to take anti malaria meds and others don’t. It is all up to you. When you get immunizations ask them to give you a (yellow in color) international immunization record card with the shots recorded in them. This is not a must - but if you do have one, I would make copies of it and leave the copies in the US - just in case you lose the card, bring the yellow record card with you if you have one.

I heard that Global Village Ministries has hoodies how can I get one?
We do have GVM hoodies that we order every now and again. They cost $15 (that does not include shipping) and come in a variety of colors. If you would like one I would be willing to add yours to our order. I have to order at least 12 hoodies at a time to get the $15 cost. They are pullover hoodies and say GVM and Global Village Ministries on the front. I just love them - perfect for this time of year! Please let me know if you would like one. We cannot take them with us to Kenya to give to you as the space for supplies in our luggage is more important.

Massages
If you want a massage you need to let Kim know a head of time, as the time slots fill up fast. Be sure to let her know the specific type you want as soon as possible. It is important wants you have schedule one to not cancel as others going with us or other clients at the hotel could have used that time slot if it had been available. If you do cancel you will be asked to pay 50% of what your massage cost unless the time slot if filled by someone else.
Spending Money:
You will want to have extra money along to purchase trinkets and curios at the little places we stop at to shop, plus when at hotels/lodges soft drinks, cold bottled waters, juice etc do not come with the meal so you will need to pay for you own if you want it. Plus of course tips.

Do you supply coffee and tea? What about other drinks such as soda/pop etc?
We have plenty of water and fruit juices available, plus hot chocolate and herbal teas are available. We do not have coffee or regular tea, so if you would like to bring your own supply you are welcome to. Keep in mind that the coffee you bring would need to be instant coffee. There are soda’s available at small stores along the way and at hotels – you will have to purchase those yourselves if you would like them. Refrigeration is not always available, so drinks are not cold. Please remember alcoholic drinks are not allowed on this mission trip, nor smoking.

Is there a way for our family and friends in the US to know where we are and what we are doing?
Yes there is – I would encourage them to visit our blog: www.globalvillageministries.blogspot.com
I try to keep it updated as much as possible and also keep my facebook up dated with pictures etc. I have an external modem that I use on my computer, so you will often see me blogging in the evenings. I cannot always get a connection, but do my best to keep it updated.

What type of food do you serve?
We serve vegetarian food, but when we are at the hotels/lodges there is plenty of meat and lots of variety. I personally would encourage each of you to be a vegetarian while on the trip – but it is up to you. Many if not most do eat the meat that is served at the hotels. If you are a strict vegan or have allergies, please let me know ahead of time. I bring two cooks with us on the trips. They are the same cooks each time and have worked with me for years. Breakfasts are good size; pancakes, muffins, coffee cake, scrambled eggs, potatoes, a variety of fresh fruit, granola, cornflakes, oatmeal, fruit juice, and hot drinks (of course not all those things at one breakfast). Lunches are usually sack lunches as we are on the road or at clinics and you make it yourself in the morning – sandwiches (peanut butter, jelly, tomato, lettuce, onion, vegetarian hot dogs, gluten) potato chips, apples, candy bar, juice, carrot sticks etc. Then supper are things like spaghetti, salad, vegetables, mashed potatoes/gravy, breaded gluten, hay stacks (like a Mexican salad), burritos, samosas, curry, rice etc. We don’t get many complaints about the food – and most of the meat eaters seem happy with it too! SMILE. I always encourage people to bring some snack type foods they like – hide’em in your suitcase… and if you just don’t like what is being served….then you always know where your own personal stash is! If it is chocolate you have to share at least half with me!

How much luggage can I bring?
You are allowed two check through suitcases on the airplane at no cost (one of you’re checked through luggage suitcases needs to be used by GVM for supplies. We will get the supplies to you to pack) plus you are allowed a carry on and purse type bag or back pack. Once you get to Kenya you will re-pack your personal supplies and the hope is that you can get most of what you need in your carry on with the exception of your sleeping bag, towel and pillow. Bring as little personal luggage as possible! Once we start traveling in Kenya we will have all the food, medicines, kitchen items etc we need plus tents, tables, stools, mattresses so we don’t have a lot of space for personal things. Downsize as much as you possibly can. You would be surprised how much you can actually leave at home and still be comfortable and clean! On this trip we have a couple of places we will be just for one night – it would be good to have a small backpack that you could pack your overnight items and the following days clothes in, so we don’t have to unpack everything just for that one night. Your carry on will not be accessible while we are driving, so you will want to have a smaller back pack on your lap for water, money, binoculars, camera etc. Please DO NOT BRING camp chairs, mattress etc. We have VERY LIMITED space for personal things.

Should I bring my computer?
Keep in mind everything you bring is one more thing that you have to worry about and keep safe! There are some who have their computers with them, but remember there is very limited email and electricity is not always available. The roads can be rough and dusty and things can be broken or stolen easily. When we are at lodges/hotels there is often internet available for a cost. I would personally encourage you not to bring it, but that is up to you. Please remember that GVM cannot be responsible for any loss or damage to your computer.
What if there is an emergency? Can someone contact us?
I do have my Kenyan cell phone with me (almost all the time, with the exception of it needing to be charged). If there is an emergency your families in the US can reach me at:

011 254 713 010 092

I also register everyone coming at the US Embassy in Kenya, and they will contact me if there is a need. Please don’t let you mind wander too far with the thought that I register everyone at the US Embassy – it is just a regular thing that I do, and is recommended for anyone traveling anywhere in the world! Don’t start to worry! SMILE

What if I don’t have a good camera? Will I still be able to get pictures?
For those who would like (we hope ALL would like!) we ask that you download your pictures on to Dr Norbert Schwers computer BEFORE he leaves for the US (this is usually done at Sarova Mara Game Lodge or as needed before). When he gets back to the US he will download ALL the pictures that were given to him and put them on a cd and mail them out to everyone. So you don’t need to stress about pictures, you will probably end up with thousands of them on the cd that gets mailed out.

Do I need to bring money for tips on the Mission trip?
The exchange rate is approximately 83/- KSH to 1 US$ Typical tips are as follows:
100/- to the porter that carries your luggage to your room/tent. I will have an envelope for tips that I will pass around the morning before we leave the Seasons Hotel, the eco- campsite in Olorte and Sarova Mara where you will be able to put in tips for your rooms/meals etc and we will turn it in for ALL the staff. Also we collect a tip for the drivers on the last day of the trip and encourage people to give $20 per person per driver. They do a lot of driving and setting up for us~ they are really a huge part of the success of the trip. We will have two drivers. The cooks also love getting tips. At the end of the trip I will pass a couple of envelopes around in the truck where you will be able to put in tips for the drivers and cooks. Those going o on the optional trips will need to bring tips for that trip separate from the mission trip ones.

Do I need to bring my own toilet paper? Hand sanitizer?
We do bring toilet paper with us and always have it available on the truck should we need to stop somewhere and use the bushes or the bathrooms if the bathrooms do not have any. However you might want to bring hand sanitizer and or wipes for your hands. They come in handy for many things.

Sponsorship/Donations
Near the end of the trip we do put out a request for those that would like to help with an education fund that we have set up for Kamunge’s children. Kamunge is our Kenyan Administrator and driver. He has two children in school – Victor his son who is 11th grade and Helen who is still in elementary school. Kamunge is employed by Gametrackers (the company that we use for all our transport) He gets paid about $10 per day for driving us –which is not much. He is ONLY paid when he drives, and at times goes without work for months. He is passionate about what GVM does for his fellow countrymen and goes out of his way to take care of all of almost all of our ground work in Kenya while I am in the US, besides he helps in the dental area on each trip. We could not do what we do in Kenya without him! When he was young his father passed away and he and his siblings were not able to get the education they had wanted. It is his dream to provide his two children with a quality education – and so GVM has opened up an educational fund to provide his two children with money for their education. In turn GVM relies on each of you to give as you can to enable his children an opportunity for education. For one year of schooling for BOTH the kids it is just under $2000. Your donation towards this fund is tax deductible and is a HUGE blessing for Kamunge, his family and GVM! We also have THE OLMALAIKA HOME that survives totally on donations and three young boys who live in the slums around Nairobi that also need your donations and support to stay in school. Any donations are tax deductible - please let us know if you would be interested in helping with any of these projects.

Will I be traveling all alone? How will I connect with the rest of the group?
Before you book your flights please let Kim know what they are, just in case you have missed something or the dates/times might not work good. Global Village Ministries is more than willing to help you get your flight, but we cannot do that without the funds being in to cover it. Most from the US fly out on Delta/KLM (KLM is a Dutch Airlines) and so if you book via Delta you will connect with everyone else either in one of the cities in the US or in Amsterdam. All Delta/KLM flights go through Amsterdam and there is only one flight out from there into Nairobi so you will be able to connect and fly into Kenya with most everyone if you are flying Delta. If you are flying any other flight, and are not arriving around the same time at the KLM flight does in Nairobi, then we will set up a taxi service
to pick you up and bring you out to the guesthouse. You will need to pay the taxi driver yourself (plus tip him) and it will cost around $30-$40)

**What happens if my luggage does not arrive with me?**
This has happened in the past – it is best not to have them check your carry on through, just in case you luggage does not arrive with you. You will want to have some basics items with you just in case. Because of the location we are going (very remote) if by chance you luggage does not come with you, it will not catch up to you until the last weekend of the trip. We do have extra sleeping bags we can let you borrow, but just keep in mind things you might REALLY need and put them in your carry on.

**Is there laundry service?**
No, but if you want to wash your own clothes by hand – of course you can do that anytime, and hang them on a tree or bush to dry 😊 If it is a nice sunny day, they will dry fast, but most likely in July it will be overcast and cooler so it might take a little longer to dry. When you are at Sarova Mara there is laundry service – but for a price. You would need to turn it in right away to be washed and let them know you need it back by evening as we leave first thing in the morning.

**Can I use my credit card to shop? Can I use US$ or other currency at the stores?**
You can use credit cards at hotels and some shopping places, but for the most part you will need to exchange your dollars/currency into Kenyan shillings (KSH). This will need to be done at the airport BEFORE coming out with your luggage.

**Will I have a roommate?**
Yes, everyone has a roommate, and at times you might be three or four in a room. The tents only sleep two people though. If you have a specific person you want to room with, please let me know, otherwise I do the best I can to match people up. You might want to bring ear plugs just in case your roommate or the tent next to you contains a snorer or two 😊

**If you have any questions, thoughts or ideas please feel free to email or call me anytime. We want to make this trip as stress free and enjoyable as possible for each of you.**
Kim

Email: letmeshine4him@yahoo.com
Home Ph#: 586-838-4998 Cell Ph # 989.413.3364
APPLICATION FOR
MISSION TRIPS TO KENYA

SURNAME (as it appears in your passport!)_____________________________FIRST NAME __________________MIDDLE INITIAL_____

PREFERRED NAME _______________________________   BIRTH DATE ________/______/________

MAILING ADDRESS

STREET __________________________________________________________  CITY _______________________________________________

STATE _________ ZIP CODE______________________   CHURCH AFFILIATION ________________________________________________

E-MAIL ADDRESS ___________________________@_________________________

PHONE:   Home (           ) ________  -  _____________                    Cell:  (           ) ________ - _______________

PASSPORT NUMBER_______________________ DATE OF EXPIRATION_____________ NATIONALITY__________________

PLEASE SCAN OR MAIL A COPY OF YOUR PASSPORT TO letmeshine4him@yahoo.com

EMERGENCY CONTACT INFORMATION

NAME________________________________________  RELATIONSHIP_________________________________________________________

STREET _____________________________________________CITY_____________________________________________________________

STATE_____________ ZIP CODE___________________________E-MAIL ________________________@______________________________

HOME PHONE (         )  ______-_______________WORK (       )  _______-________________ CELL (       ) ______-_______________________

WORK/EDUCATION

WHAT IS YOUR PROFESSION? _____________________________WHERE DO YOU CURRENTLY WORK? ______________________________

ARE YOU A STUDENT? IF SO WHERE? ______________________________

*IF YOU ARE A PHYSICIAN/DENTIST PLEASE SEND/SCAN A COPY OF YOUR LICENSE, DIPLOMA AND A
RESUME THAT INCLUDES YOUR CURRENT AND PAST WORK, PLUS EDUCATION – THIS IS NEEDED IN
ORDER TO OBTAIN A LICENSE FOR YOU IN KENYA.

INTEREST

WHAT AREA(S) WOULD YOU LIKE TO VOLUNTEER TO HELP IN ON THIS TRIP?   ____ MEDICAL   _____DENTAL
____REGISTRATION   ____OPTICAL     ____PHARMACY   _____ CHILDRENS PROGRAM      _____ WOUND CARE

WHICH TRIPS ARE YOU INTERESTED IN?

☐ March 5 - 17, 2014       ☐ March 18 – 22, 2014
☐ Optional Trip to Mt Kenya       ☐ Optional Trip to the Coast, Mombasa,
☐ Safari                        ☩ ☩
☐ Optional Trip to Mt Kenya       ☩
☐ Safari.                        ☩
☐ October 8 – 20, 2014
☐ Optional Trip to the Coast, Mombasa,
☐ Oct 21 – 26, 2014
PERSONAL INFORMATION

DO YOU HAVE ANY SPECIAL DIETARY NEEDS? ____________________________________

LIST ANY ALLERGIES YOU HAVE ________________________________________________

LIST ANY MEDICAL CONDITIONS YOU HAVE __________________________________________

________________________________________________________

________________________________________________________

TELL US A LITTLE ABOUT YOURSELF

__________________________________________________________________________________

__________________________________________________________________________________

AGREEMENT

1. I agree that the information provided on this application is accurate to the best of my knowledge.
2. I understand that no alcohol or tobacco products are allowed at anytime on this mission trip.
3. Because of time restraints and insurance purposes no personal outings will be allowed.
4. I understand this mission trip is sponsored by Global Village Ministries & Stevensville SDA Church.
5. Payments not in when due could jeopardize my opportunity to go on the mission trip.
6. $100 is due with each application and will be returned only if the trip is full, or cancelled.
7. I understand that all money sent in, is otherwise non-refundable.
8. I understand that Global Village Ministries cannot be held liable for any theft, injury, accident or sickness occurring during this trip. Insurance will be taken out for each participant.
9. Make your checks out to Global Village Ministries, Memo: Kenya Mission Trip. If you would like to pay online you may do so through the Stevensville SDA Church: www.stvsda.org

Signature of Applicant
Or Legal Guardian __________________________________________ Date_______/_______/_______

Thank you for your interest in being a part of this mission trip. We will contact you as soon as possible to let you know if your application has been approved

SCAN/EMAIL/FAX APPLICATION TO:

Kim DeWitt
37223 Highlite Dr.
Sterling Heights, MI 48310
E-Mail: letmeshine4him@yahoo.com

OR: Norbert Schwer
8783 S. Bluffview
Berrien Springs, MI 49103
Fax: 574 535 1020
E-Mail: nschwer@att.net
Global Village Ministries- Kenya, East Africa

Dental/Medical Mission Trip

Global Village Ministries (GVM) invites you to join us on our October 2013 Trip to Kenya (Oct 9-22). We provide opportunity for three mission trips to Kenya each year in March, July and October, and each trip is unique and offers you different option. GVM’s clinics care under trees, in churches, schools, children’s orphanages, and building sites.

GVM’s care is given freely to those who come and are in need. We promote long term projects in the areas we visit – including building projects and children’s education. We have to ongoing educational projects: Maasai Girls Education Fund that is for young Maasai girls at risk of female genital mutilation, early childhood marriage and/or total orphans. We also have a “Nairobi Street Boys” Project that we help young boys that have either spent time living on the streets of Nairobi or there is a good chance they will if they are not assisted, so we provide funds for their educational and have ongoing mentoring for them and their families. We are also building a “home away from home” for the girls sponsored through our Maasai Girls Education Fund which will be able to be a home for 32+ girls and be able to work with their families. Our goal is not only to better the community’s health and long term needs, but to reflect our Maker and make a lasting difference that continues even after we leave the area.

The last few days of the trip are always spent around the Maasai Mara National Reserve, which is probably the most famous and most visited Reserve in Kenya. It offers breathtaking views (as seen in the film "Out of Africa", much of which was filmed here), an extraordinary density of animals including "the Big Five" (lions, leopard, elephant, buffalo, rhinoceros) and many varieties of plains game. An impressive feature is the annual migration of wildebeests, (over 1.5 million of them migrate) zebras and gazelles from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara’s grasslands from late June through early October, tracked by predators: lion, leopard, cheetah, and hyena, and circled by vultures as their journey unfolds. Their dramatic river crossings are a reality for tourists visiting in early July-August. Apart from the seasonal migration, game viewing is excellent year round. Game includes elephant, black rhino, buffalo, plains zebra, hartebeest and big cats. The rivers are home to hippo and crocodiles. Birds abound with 452 species of birds of which 53 of which are raptors.

When in the Maasai Mara we stay at a camp with cottages along the Talek River on the northeast side of the Reserve. Hot showers and both pit/flush toilets are available, although there is no electricity. Because of the remote location, wild animals frequent the camp both day and night. It is not uncommon to hear hyenas laughing and lions roaring or grunting during the night. We usually spend the last weekend camping on the edge of the Mara River for one night and then treat you to a little less than 24 hours of relaxation at the Sarova Mara Game Camp which is unmatched with its African hospitality!

Kenya is a warm and inviting country – the people are amazing! When you leave to go back home your heart will always hold a part of Kenya in it. You will have made a difference and your life will be changed.

If at any time you have questions please feel free to contact either Kim or Norbert

Kim DeWitt
Ph# (586)838-4998
Cell # (989)413-3364 (EST)
37223 Highlite Dr
Sterling Heights, MI 48310
Email: letmeshine4him@yahoo.com

Norbert Schwer
8783 S Bluffview
Berrien Springs, MI 49103
Email: nschwer@att.net

Donations are tax deductible

Write checks to "Global Village Ministries" and include "Kenya Mission Trip" on the memo line.
List of items needed:
Passport (needs to NOT expire 6 months or less from the time of travel)
$50 for Visa (bill needs to be in excellent condition and 2007 or newer)
Personal money for tips, soft drinks at hotels and souvenirs.

Tickets: Email Kim your flight information before you pay for it, she will check to make sure the dates/times and locations work. Keep in mind that GVM is willing to help you in obtaining your ticket, but a substantial down payment must be in before we can purchase it.
Trip fee: $1500 per person (not including airfare or your visa)
** Please note that this is non-refundable

Passport
$50 for Visa (bill needs to be in excellent condition and newer than 2007)

$100 per application required when you send in your application and it is included in the $1500

Please send the application to:

Kim DeWitt OR Norbert Schwer
37223 Highlite Dr 8783 Bluffview
Sterling Heights, MI 48310 Berrien Springs MI 49103

*Please send all checks Global Village Ministries:

The following amounts of money for your trip are due by the dates below or sooner and are non-refundable.

Trip – October 2013
$100 is due when application is turned in
$400 due May 20, 2013
$400 due June 17, 2013
$400 due July 22, 2013
$200 due Aug 19, 2013

Please check the following information
*Everyone needs to send/scan Kim a copy of their passport and make sure the expiration date is more than six months from time of trip
* If you are a physician either medical or dental you need to send with your application a copy of:
  1. Your diploma
  2. Your medical/dental license
  3. A resume showing your work places and education
This is in order for to obtain a Kenyan Medical License for you, and is REQUIRED by law in Kenya
*“Permission to Treat” forms for those 17 years of age or younger traveling without parents will need to be signed, notarized and sent back to Kim as soon as possible
*Visa’s will be obtained once you arrive in the Nairobi Airport – forms will be mailed to you beforehand.
October 2013    TENTATIVE SCHEDULE

If you should need to come a little late or leave earlier it is workable, just let Kim know.

Oct 9 - Leave for Kenya
Oct 10 - Arrive in Kenya in the evening
  * Lodging: East Central Africa Division Guesthouse
Oct 11 Friday - travel to Narok (Stop at Sheldricks Ele Orphanage)
  Lodging: Seasons Hotel
Oct 12 Sabbath - clinic near Narok
  Lodging: Seasons Hotel
Oct 13 Sunday - travel to Kilgoris
  Lodging: Camping at School
Oct 14 Monday - clinic in Kilgoris
  Lodging: Mara West
Oct 15 Tuesday – clinic in Mara Rianta
  Lodging: Crocodile Camp on edge of Mara River
Oct 16 Wednesday – safari in Maasai Mara Reserve
  Lodging: GT Camp
Oct 17 Thursday – clinic at Sekenani Primary School
  Lodging: GT Campsite
Oct 18 Friday - clinic at Sekenani Primary School (game drive there and back)
  Lodging: GT Campsite
Oct 19 Sabbath – Game Drive
Oct 20 Sunday -Spend day at Sarova Mara Game Camp
  *Lodging: Sarova Mara Game Camp  www.sarovahotels.com/maracamp
Oct 21 - Travel back to Ongata Rongai and fly out tonite
Oct 22 - Arrival at back home

******************************************************************************

There is an optional trip to the coast following the mission trip. If you are interested please contact Kim right away. It would be an additional $750 and would affect the dates for your flight out of Kenya.

Oct 22 – early morning leave for Sarova Salt Lick Game Lodge in Taita Hills
  *Enjoy a late evening safari and stay at the lodge for the night
Oct 23 – enjoy an early morning safari and then leave for the coast.
  *Spend the night at Maweni Cottage on the Indian Ocean
Oct 24 – enjoy lots of R&R on the beach, swimming pool and in the Indian Ocean
Oct 25 – Day out on the Dolphin Dhow snorkeling
Oct 26 – fly out form Mombasa in the later afternoon for Nairobi and catch your connecting flight out.
The last Sunday night that we are in Kenya we stay at a wonderful lodge called Sarova Mara Game Lodge - you will love it! We will be there for a little less than 24 hours and you will be able to have lots of rest and relaxation, play ping pong, darts, badminton, swim, sunbath, eat till your stomach is content and if you would like, have a massage -

The massages do cost, and one has to book them ahead of time - so I have listed the cost and description of the massage; if you would like me to book one for you please let me know as soon as possible - It is important to sign up for them early and there are limited time slots available. You will pay for the massage at the time you are scheduled for it. I must tell you that those who have booked in the past highly recommend them! After about 10 days in the bush and on the roads - you might just enjoy one! Please plan to include a tip if you have a massage

******************************************************************

<table>
<thead>
<tr>
<th>Swedish Massage</th>
<th>Firm, but gentle massage focuses on the pressure points to improve the circulation, ease muscle aches and tension, improve flexibility and creates relaxation. (1 hour~$45)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Natural Skin Polish</td>
<td>Combination of coconut scrub and aromatherapy massage. (1 ½ hour~$80)</td>
</tr>
<tr>
<td>Deep Tissue</td>
<td>This focuses on realigning deeper layers of muscles, connective tissue and concentrates on areas of tension. (1 hour~$55)</td>
</tr>
<tr>
<td>Aromatherapy</td>
<td>This special massage uses therapeutic essential oils from plants to heal, alleviate pain and regulate and uplifts your mood. (1 hour~$50)</td>
</tr>
<tr>
<td>Tulia Massage</td>
<td>Firm, but soothing strokes will relieve any tension in your body. (1 hour~$40)</td>
</tr>
<tr>
<td>Tulia Revitaliser</td>
<td>Mini facial combined with back, feet and hands. (1 hour~$50)</td>
</tr>
<tr>
<td>Stress Relieving</td>
<td>Deals with all the tension in the body, relaxing back, shoulders and feet. (30 minutes~$35)</td>
</tr>
<tr>
<td>Basic Facial</td>
<td>This exfoliates and nourishes the skin to promote clear well hydrated skin. Cleanse, tone, steam, exfoliate, mask and massage. (1 hour~$45)</td>
</tr>
<tr>
<td>Coconut Cinnamon Scrub</td>
<td>Made from finely grated coconut, this scrub expels toxins and dead skin from your body leaving it soft and renewed. (45 minutes~$45)</td>
</tr>
<tr>
<td>Skin Detox Body Scrub</td>
<td>Formulated with herbs used to exfoliate, removed dead skin and leave for your skin feeling soft. (45 minutes~$50)</td>
</tr>
</tbody>
</table>
Information regarding Kenya:

Weather: The temperature can range from the mid 50’s at night to low 80s during the day. Rain is possible, but most likely it will be sunny with blue skies and very little humidity. The cool breeze masks the effects of the hot sun, so please bring sunscreen and apply liberally every day.

Water: We carry our own drinking water with us at all time.

Money: Bring spending money for souvenirs, etc. You will be able to exchange dollars for Kenya Shillings at the airport. Bring $20 bills or larger, be sure they are newer than 2007 and keep in mind that with larger bills you might get a higher the exchange rate

Tips: You will want to be sure to bring money to tip with at hotels for meals, luggage being carried, massages, and we encourage each person to tip the drivers $15-20 for the driver (which you can give Kim at the end of the trip)

Thieves: Stealing is common in Kenya. Be careful with your valuables items. GVM cannot be held responsible for them.

Time Change: Kenya is seven hours ahead of EST. It will take you a several days to adjust.

Camera – Be sure you bring lots of memory cards, and extra batteries. Remember there will be places we stay without electricity so you will not be able to re-charge it.

Packing: Pack as lightly as possible. **We need everyone to help with supplies.** You need to put your personal supplies in a carry-on, plus one check through suitcase, leaving the second check through suitcase to put supplies in that we will send to you. If you are traveling on Delta each person can bring one carry-on and two trunks or suitcases measuring 62” total linear dimensions and weighing 50 lbs each (or 23 kilos). A list of items to pack, plus optional items will be emailed/mailed to you.

Tipping: The exchange rate is approximately 83/- KSH to 1 US$ Typical tips are as follows:
100/- to the porter that carries your luggage to your room/tent. I will have an envelope for tips that I will pass around the morning before we leave the Seasons Hotel, and Sarova Mara where you will be able to put in tips for your rooms/meals etc and we will turn it in for ALL the staff.
Also we collect a tip for the drivers on the last day of the trip and encourage people to give $20 per person per driver. They do a lot of driving and setting up for us~ they are really a huge part of the success of the trip. We will have two drivers. The cooks also love getting tips. At the end of the trip I will pass a couple of envelopes around in the truck where you will be able to put in tips for the drivers and cooks. Those going o on the optional trip will need to bring tips for that trip separate from the mission trip ones.
PACKING LIST FOR MISSION TRIP

Please keep in mind you do not HAVE to bring all of this – some are necessary, but many are optional.

<table>
<thead>
<tr>
<th>Clothing</th>
<th>Bathroom Needs</th>
<th>Bedding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shorts</td>
<td>Deodorant</td>
<td>Sleeping bag (NOT OPTIONAL)</td>
</tr>
<tr>
<td>Swimsuit</td>
<td>Lotion</td>
<td>Pillow</td>
</tr>
<tr>
<td>Scrubs</td>
<td>Sun tan lotion</td>
<td>Twin Sheet</td>
</tr>
<tr>
<td>Jeans/Long pants</td>
<td>Chapstick</td>
<td>Extra pillow case</td>
</tr>
<tr>
<td>T-Shirts/Shirts</td>
<td>Tooth paste</td>
<td></td>
</tr>
<tr>
<td>Sleeveless shirts</td>
<td>Tooth brush</td>
<td></td>
</tr>
<tr>
<td>Turtle neck/warm shirt</td>
<td>Shampoo/Conditioner</td>
<td></td>
</tr>
<tr>
<td>Pj’s</td>
<td>Finger nail clipper</td>
<td></td>
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<tr>
<td>Socks</td>
<td>Tweezers</td>
<td></td>
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<tr>
<td>Hat/Cap</td>
<td>Soap</td>
<td></td>
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<tr>
<td>Underwear/Bra</td>
<td>Razor</td>
<td></td>
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<tr>
<td>Light weight jacket/hoodie</td>
<td>Hand Sanitizer/Hand wipes</td>
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<tr>
<td>Flip flops</td>
<td>Towel</td>
<td></td>
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<tr>
<td>Tennis shoes</td>
<td>Wash cloth</td>
<td></td>
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<tr>
<td></td>
<td>Hair bands</td>
<td></td>
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<tr>
<td></td>
<td>Comb/Brush</td>
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<tr>
<td></td>
<td>Insect Repellent</td>
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<tr>
<td></td>
<td>Mirror</td>
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<tr>
<td></td>
<td>Perfume</td>
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<tr>
<td></td>
<td>Makeup</td>
<td></td>
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<tr>
<td></td>
<td>Tampons/Sanitary Napkins</td>
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<tr>
<td></td>
<td>Optional meds – Tylenol, Charcoal, Pepto</td>
<td></td>
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<tr>
<td></td>
<td>Any prescription medicines you might be taking</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Personal Items</th>
<th>Misc</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun glasses</td>
<td>Snack food for trip (optional)</td>
</tr>
<tr>
<td>Camera</td>
<td>Peanut butter or Vege Meat (you will be asked to bring one of these)</td>
</tr>
<tr>
<td>Charger</td>
<td></td>
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<tr>
<td>Converter/adapter (it is 220 there)</td>
<td></td>
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<tr>
<td>Extra batteries</td>
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<tr>
<td>Alarm clock</td>
<td></td>
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<tr>
<td>Watch</td>
<td></td>
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<tr>
<td>Flash light (extra batteries)</td>
<td></td>
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<tr>
<td>Pen</td>
<td></td>
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<tr>
<td>GVM Journal</td>
<td></td>
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<tr>
<td>Visa paperwork</td>
<td></td>
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<tr>
<td>Passport and Copy of passport</td>
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<tr>
<td>International Immunization Record if you have one</td>
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<tr>
<td>E-ticket</td>
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<tr>
<td>Binoculars</td>
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<tr>
<td>Water bottle</td>
<td></td>
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<tr>
<td>Worship material if you are doing worship for the group</td>
<td></td>
</tr>
<tr>
<td>$50 cash for visa (exact change &amp; bills newer than 2007)</td>
<td></td>
</tr>
<tr>
<td>Spending money (bills newer than 2007)</td>
<td></td>
</tr>
</tbody>
</table>

*Scrubs are what most people wear whether we are in clinic or not – they are easy to pack and light weight. You can wear a t-shirt with the scrub bottoms.
Frequently asked questions:

Folders and Journals:
Closer to your departure I will be sending out a folder with a bunch of information in it - the info will include:
* Hotel Info
* Visa Forms
* Entry letters to Kenya for customs
* GVM letter for tax deductions
* Zawadi - Journal
* Worship Schedule
* Massage Schedule and more

When do I get my visa? Where do I get the form from?
The visa form will be sent to you in the folder above. You will pay for your visa when you arrive at the airport in Nairobi - each visa costs $50. You will need the exact amount of cash for this and the bills should be in good condition and newer than 2007. You will want to fill the form out before leaving on the trip - it makes it much easier. You cannot use traveler’s checks – it must be cash.

What will I do for drinking water? Do I need a water bottle?
Water bottles - it is great if you can bring your own, we will provide you with at least one Dasani water bottle (filled- SMILE) and then we will have large 20 liter containers of drinking water that we carry with us for refills - so if you don’t bring a water bottle you can use the Dasani one we give you - it just makes it easier if you have your own so we don’t have to purchase bottles each time it gets lost or misplaced. Either way though you don’t need to worry about drinking water. We will take good care of you. The water we provide is excellent and actually could be sold as bottled water in the US - so purifiers are not needed. We have labels to put on your Dasani water bottle so you will know who they belong to.

What immunizations do I need? Where should I go to get them?
There are no immunizations required by the Kenyan government if you are coming from the US. If you opt to have immunizations and visit a physician or medical facility to find out what immunization you should take you will probably be overwhelmed by all the shots/pills they will encourage you to have/take. I always tell everyone they need to pick and choose what they are comfortable with. Some don’t get any immunizations, while others get every immunization that was ever invented – SMILE! Hepatitis A,B and up-to-date Tetanus are highly encouraged by Global Village Ministries, yellow fever is a strongly recommended and typhoid is a recommended immunization. You can get these immunizations at your local health department without any MD involved. It’s usually the cheapest place to get the shots. For the Malaria meds an MD should be involved to make the appropriate recommendations as to what kind and how long a person should take it. Anti-malaria medicine is somewhat like the flu shot – it does not keep you from getting all the types of malaria, but does protect you from many. We will be in areas that have malaria, some opt to take anti malaria meds and others don’t. It is all up to you. When you get immunizations ask them to give you a (yellow in color) international immunization record card with the shots recorded in them. This is not a must - but if you do have one, I would make copies of it and leave the copies in the US - just in case you lose the card, bring the yellow record card with you if you have one.
I heard that Global Village Ministries has hoodies how can I get one?
We do have GVM hoodies that we order every now and again. They cost $15 (that does not include shipping) and come in a variety of colors. If you would like one I would be willing to add yours to our order. I have to order at least 12 hoodies at a time to get the $15 cost. They are pullover hoodies and say GVM and Global Village Ministries on the front. I just love them - perfect for this time of year! Please let me know if you would like one. We cannot take them with us to Kenya to give to you as the space for supplies in our luggage is more important.

Do you supply coffee and tea? What about other drinks such as soda/pop etc?
We have plenty of water and fruit juices available, plus hot chocolate and herbal teas are available. We do not have coffee or regular tea, so if you would like to bring your own supply you are welcome to. Keep in mind that the coffee you bring would need to be instant coffee. There are soda’s available at small stores along the way and at hotels – you will have to purchase those yourselves if you would like them. Refrigeration is not available, so drinks are not cold. Please remember alcoholic drinks are not allowed on this mission trip, nor smoking.

Massages
If you want a massage you need to let Kim know a head of time, as the time slots fill up fast. Be sure to let her know the specific type you want as soon as possible. It is important wants you have schedule one to not cancel as others going with us or other clients at the hotel could have used that time slot if it had been available. If you do cancel you will be asked to pay 50% of what your massage cost unless the time slot if filled by someone else.

Spending Money:
You will want to have extra money along to purchase trinkets and curios at the little places we stop at to shop, plus when at hotels/lodges soft drinks, cold bottled waters, juice etc do not come with the meal so you will need to pay for you own if you want it. Plus of course tips.

Is there a way for our family and friends in the US to know where we are and what we are doing?
Yes there is – I would encourage them to visit our blog: [www.globalvillageministries.blogspot.com](http://www.globalvillageministries.blogspot.com)
I try to keep it updated as much as possible and also keep my facebook up dated with pictures etc. I have an external modem that I use on my computer, so you will often see me blogging in the evenings. I cannot always get a connection, but do my best to keep it updated.

What type of food do you serve?
We serve vegetarian food, but when we are at the hotels/lodges there is plenty of meat and lots of variety. I personally would encourage each of you to be a vegetarian while on the trip – but it is up to you. Many if not most do eat the meat that is served at the hotels. If you are a strict vegan or have allergies, please let me know ahead of time. I bring two cooks with us on the trips. They are the same cooks each time and have worked with me for years. Breakfasts are good size; pancakes, muffins, coffee cake, scrambled eggs, potatoes, a variety of fresh fruit, granola, cornflakes, oatmeal, fruit juice, and hot drinks (of course not all those things at one breakfast). Lunches are usually sack lunches as we are on the road or at clinics and you make it yourself in the morning – sandwiches (peanut butter, jelly, tomato, lettuce, onion, vegetarian hot dogs, gluten) potato chips, apples, candy bar, juice, carrot sticks etc. Then supper are things like spaghetti, salad, vegetables, mashed potatoes/gravy, breaded gluten, hay stacks ( like a Mexican salad), burritos, samosas, curry, rice etc. We don’t get many complaints about the food – and most of the meat eaters seem happy with it too! SMILE. I always encourage people to bring some snack type foods they like – hide’em in your suitcase… and if you just don’t like what is being served….then you always know where your own personal stash is! If it is chocolate you have to share at least half with me!
How much luggage can I bring?
You are allowed two check through suitcases on the airplane at no cost (one of you’re checked through luggage suitcases needs to be used by GVM for supplies. We will get the supplies to you to pack) plus you are allowed a carry on and purse type bag or back pack. Once you get to Kenya you will re-pack your personal supplies and the hope is that you can get most of what you need in your carry on with the exception of your sleeping bag, towel and pillow. Bring as little personal luggage as possible! Once we start traveling in Kenya we will have all the food, medicines, kitchen items etc we need plus tents, tables, stools, mattresses so we don’t have a lot of space for personal things. Downsize as much as you possibly can. You would be surprised how much you can actually leave at home and still be comfortable and clean! On this trip we have a couple of places we will be just for one night – it would be good to have a small backpack that you could pack your overnight items and the following days clothes in, so we don’t have to unpack everything just for that one night. Your carry on will not be accessible while we are driving, so you will want to have a smaller back pack on your lap for water, money, binoculars, camera etc. Please DO NOT BRING camp chairs, mattress etc. We have VERY LIMITED space for personal things.

Should I bring my computer?
Keep in mind everything you bring is one more thing that you have to worry about and keep safe! There are some who have their computers with them, but remember there is very limited email and electricity is not always available. The roads can be rough and dusty and things can be broken or stolen easily. When we are at lodges/hotels there is often internet available for a cost. I would personally encourage you not to bring it, but that is up to you. Please remember that GVM cannot be responsible for any loss or damage to your computer.

What if there is an emergency? Can someone contact us?
I do have my Kenyan cell phone with me (almost all the time, with the exception of it needing to be charged). If there is an emergency your families in the US can reach me at: 011 254 713 010 092 I also register everyone coming at the US Embassy in Kenya, and they will contact me if there is a need. Please don’t let you mind wonder too far with the thought that I register everyone at the US Embassy – it is just a regular thing that I do, and is recommended for anyone traveling anywhere in the world! Don’t start to worry! SMILE

What if I don’t have a good camera? Will I still be able to get pictures?
For those who would like (we hope ALL would like!) we ask that you download your pictures on to Dr Norbert Schwer’s computer BEFORE he leaves for the US (this is usually done at Sarova Mara Game Camp or as needed before). When he gets back to the US he will download ALL the pictures that were given to him and put them on a cd and mail them out to everyone. So you don’t need to stress about pictures, you will probably end up with thousands of them on the cd that gets mailed out.

Do I need to bring money for tips on the Mission trip?
The exchange rate is approximately 83/- KSH to 1 US$ Typical tips are as follows:
100/- to the porter that carries your luggage to your room/tent. I will have an envelope for tips that I will pass around the morning before we leave the Seasons Hotel, and Sarova Mara where you will be able to put in tips for your rooms/meals etc and we will turn it in for ALL the staff.
Also we collect a tip for the drivers on the last day of the trip and encourage people to give $20 per person per driver. They do a lot of driving and setting up for us~ they are really a huge part of the success of the trip. We will have two drivers. The cooks also love getting tips. At the end of the trip I will pass a couple of envelopes around in the truck where you will be able to put in tips for the drivers and cooks. Those going o on the optional trips will need to bring tips for that trip separate from the mission trip ones.
Do I need to bring my own toilet paper? Hand sanitizer?
We do bring toilet paper with us and always have it available on the truck should we need to stop somewhere and use the bushes or the bathrooms if the bathrooms do not have any. However you might want to bring hand sanitizer and or wipes for your hands. They come in handy for many things.

Sponsorship/Donations
Near the end of the trip we do put out a request for those that would like to help with an education fund that we have set up for Kamunge’s children. Kamunge is our Kenyan Administrator and driver. He has two children in school – Victor his son who is 11th grade and Helen who is still in elementary school. Kamunge is employed by Gametrackers (the company that we use for all our transport) He gets paid about $10 per day for driving us – which is not much. He is ONLY paid when he drives, and at times goes without work for months. He is passionate about what GVM does for his fellow countrymen and goes out of his way to take care of all of almost all of our ground work in Kenya while I am in the US, besides he helps in the dental area on each trip. We could not do what we do in Kenya without him! When he was young his father passed away and he and his siblings were not able to get the education they had wanted. It is his dream to provide his two children with a quality education – and so GVM has opened up an educational fund to provide his two children with money for their education. In turn GVM relies on each of you to give as you can to enable his children an opportunity for education. For one year of schooling for BOTH the kids it is just under $2000. Your donation towards this fund is tax deductible and is a HUGE blessing for Kamunge, his family and GVM! We also have THE OLMALAIKA HOME that survives totally on donations and three young boys who live in the slums around Nairobi that also need your donations and support to stay in school. Any donations are tax deductible - please let us know if you would be interested in helping with any of these projects.

Will I be traveling all alone? How will I connect with the rest of the group?
Before you book your flights please let Kim know what they are, just in case you have missed something or the dates/times might not work good. Global Village Ministries is more than willing to help you get your flight, but we cannot do that without the funds being in to cover it. Most from the US fly out on Delta/KLM (KLM is a Dutch Airlines) and so if you book via Delta you will connect with everyone else either in one of the cities in the US or in Amsterdam. All Delta/KLM flights go through Amsterdam and there is only one flight out from there into Nairobi so you will be able to connect and fly into Kenya with most everyone if you are flying Delta. If you are flying any other flight, and are not arriving around the same time at the KLM flight does in Nairobi, then we will set up a taxi service to pick you up and bring you out to the guesthouse. You will need to pay the taxi driver yourself (plus tip him) and it will cost around $30-$40.

What happens if my luggage does not arrive with me?
This has happened in the past – it is best not to have them check your carry on through, just in case you luggage does not arrive with you. You will want to have some basics items with you just in case. Because of the location we are going (very remote) if by chance you luggage does not come with you, it will not catch up to you until the last weekend of the trip. We do have extra sleeping bags we can let you borrow, but just keep in mind things you might REALLY need and put them in your carry on.

Is there laundry service?
No, but if you want to wash your own clothes by hand – of course you can do that anytime, and hang them on a tree or bush to dry ☺ If it is a nice sunny day, they will dry fast, but most likely in July it will be overcast and cooler so it might take a little longer to dry. When you are at Sarova Mara there is laundry service – but for a price. You would need to turn it in right away to be washed and let them know you need it back by evening as we leave first thing in the morning.
Can I use my credit card to shop? Can I use US$ or other currency at the stores?
You can use credit cards at hotels and some shopping places, but for the most part you will need to exchange your dollars/currency into Kenyan shillings (KSH). This will need to be done at the airport BEFORE coming out with your luggage.

Will I have a roommate?
Yes, everyone has a roommate, and at times you might be three or four in a room. The tents only sleep two people though. If you have a specific person you want to room with, please let me know, otherwise I do the best I can to match people up. You might want to bring ear plugs just in case your roommate or the tent next to you contains a snorer or two 😊

If you have any questions, thoughts or ideas please feel free to email or call me anytime. We want to make this trip as stress free and enjoyable as possible for each of you.
Kim
Email: letmeshine4him@yahoo.com     Home Ph#: 586-838-4998     Cell Ph # 989.413.3364

Luggage Labels that you can use

Global Village Ministries -Medical / Dental Mission Clinic
Name: ____________________________
Address: ____________________________
Phone #: ____________________________

East Central Africa Division of Seventh-Day Adventists
Advent Hill Rd
Magadi Rd, Ongata Rongai
Tel: 0713 010 092
* Global Village Ministries   www.globalvillageministries.org

Global Village Ministries -Medical / Dental Mission Clinic
Name: ____________________________
Address: ____________________________
Phone #: ____________________________

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