



TRIP PACKET KENYA



SEP 6-16, 2025



**"FOR WE ARE HIS WORKMANSHIP,
CREATED IN CHRIST JESUS TO DO GOOD
WORKS, WHICH GOD PREPARED IN
ADVANCE FOR US TO DO."
-EPHESIANS 2:10-**

Welcome! We are so thrilled that you are preparing to join FAME on our trip to Kenya to partner with the CHP.

Many exciting things happen when we are on the field, and it is a blessing to have you be a part of this team. As you plan and pack, we are preparing for the trip as well. We want you to have a great trip, so please take the time to read this whole trip packet carefully. It should answer many of the questions you have.

If you have further questions regarding the trip, please direct them to Mallory Fehl (mfehl@fameworld.org).

As I am sure you expect, life in Kenya is very different from what we are used to in the United States. Be ready to be flexible and patient as we journey together.





**FELLOWSHIP ASSOCIATES OF
MEDICAL EVANGELISM**

LOCATED: INDIANAPOLIS, IN

Mission: FAME is sending help and hope in the name of Christ to the world's most vulnerable through medical evangelism.

Vision: To be a global leader in evangelism through healthcare.

Core Values:

- Evangelism
- Compassion
- Empowerment
- Sustainability
- Partnership

Core Activities:

- Give: Healthcare projects
- Send: Medical supplies
- Go: Short-term trips

**Learn more:
www.fameworld.org**



LOCATED: NAROK, KENYA

Mission: Community Health Partners (CHP) is a local not for profit organization registered in Kenya in 2011. It is one of the largest health service providers alongside the Ministry of Health in Narok County. It operates three health centers and four dispensaries, plus a service of mobile units to remote villages. Our medical team will serve at the clinic/s in a variety of ways.

Core Values:

- Compassion
- Quality
- Partnership
- Empowerment

Learn more:
<https://www.chp.or.ke>



FINANCIAL DEADLINES

JUNE 1: \$1,500

JULY 1: \$1,000

AUGUST 1 : \$1,000

The total estimated trip cost due to FAME is \$3,500 per person. This includes airfare, food, lodging, transportation in-country, travel insurance, training, interpreters, and an excursion. This does not include passport fees, immunizations, airline baggage, souvenirs, meals in airport, unexpected hotel expense, or incidentals. \$100.00 is usually sufficient to cover incidental expenses.

All funds should be submitted to FAME. Funds can be sent via checks or online using this link;
<https://www.fameworld.org/mission-trips/>

Contributions are NOT refundable once submitted to FAME. If you are unable to go due to illness, or an emergency, money paid to that point may be applied, for up to one year, towards another trip.



MEETING DATES

JUNE 23, 7PM EST

JULY 21, 7PM EST

AUG 25, 7PM EST

OCT 13, 7PM EST

FAME uses a training program called Mission's Academy. Each participant will be given access to this online platform where they will work through the training modules. Much of the training will be done individually, and then three Zoom meetings will help further the discussion.

Each participant will be given three books that coincide with the training.

Book 1: A field guide that the participant uses as they work through the training.

Book 2: A 30 day devotional guide that each participant will work through 30 days prior to departing.

Book 3: A journal to use upon returning from the trip to assist with reverse culture shock.

RAISING SUPPORT



The most important thing in raising your finances for this trip is to understand that this mission is God's and not yours. Dedicate this to prayer. Trust that God can provide for you in a variety of ways.

The amount of money that you need to raise may seem insurmountable. Remember that funds can come from a number of sources over a period of several months, which will make it seem much more attainable. You may want to get family, your church, missions committee, neighbors, and interested people in your community involved.

The following are fund-raising ideas that others have used to raise their support:

- Assistance from your home church. Let your church know what you are doing. Ask for prayer and financial support. Ask the church to host to host fund-raising activities for you. Send letters to individual church members asking for their support. A sample support-raising letter is included in this packet.
- Assistance from family and friends. Send letters to relatives and friends asking for prayer and support. Enlist family and friends to help you with fundraising activities. Use your birthday and other gift-giving occasions to ask for support, in lieu of a traditional gift.
- Assistance from other churches. If there are other churches in which you have been involved, contact them, let them know your plans, and ask for their support.
- Hold fundraising activities. This includes such things as having a car wash, mission luncheon, auction, garage sale, bake sale, craft fair, doing odd jobs, go-fund me, etc. Use your imagination!

SAMPLE SUPPORT LETTER



The following is a form letter that can be used to solicit funds and prayer support. This is just an example. Please personalize it to meet your specific needs and situation.

Dear...

I am sending you this letter so that you might share in my excitement and in my prayerful anticipation of serving on the mission field this year. From (dates of trip), I will be in (name of city, country where serving), with a short-term mission team providing medical care, medical education, training, and working with local churches all for the purpose of taking Christ to the unreached and undeserved. My personal gifts and abilities will be used to their fullest, but more importantly, my love for Jesus will be shared with the people there.

I would like to ask you to join me in praying for God's wisdom and strength as I follow His leading. It is a humbling thing to ask for help, but at the same time it forces me to grow in my faith. While it's true that I need help funding the trip, PLEASE DO NOT make a financial donation to this cause if it would be done out of a sense of obligation. I understand that no one has unlimited funds and that unexpected expenses seem to appear in our lives, but, if you are able, and if it would bring you the joy that I believe it can, any amount would be greatly appreciated.

Regardless of the decision you make concerning my financial need, I would ask you to please let it not interfere with my request for your partnership in prayer. I am seeking to have someone committed to pray for me each day of the trip. If you are willing to be one of my prayer partners, please let me know. I know that God's desire is that I continually seek His direction as I make my needs and requests known to Him!

LETTER CONT...



TRIP POLICIES



- The trip leaders and the host missionary are the recognized authorities on the trip. Any defiance toward a trip leader or host missionary may result in immediate termination of your mission trip and you will be sent home at your expense.
- Conduct is to be that expected of a Christian person—willing to give and take and maintain the spirit of unity and harmony of the group, to extend politeness and courtesy to those with whom we come in contact (missionaries, nationals, team leaders, team members). A positive attitude is expected.
- Regardless of your personal religious belief, you will be expected to support the mission's stance as we help those in need.
- All trip participants are required to follow the trip schedule and participate in all group functions and team meetings. Permission to deviate from the scheduled activities must be obtained from the trip leaders.
- Always be on time for meals, devotions, and other activities.
- No smoking or tobacco of any form, illegal drugs, or alcohol is permitted while on the trip.
- Be mindful of your speech and behavior making sure it is appropriate for all settings.
- You will be expected to acclimate to the host culture. This may mean eating food you are unfamiliar with or participating in foreign customs. Complaining about or constantly comparing the differences from U.S. culture is considered inappropriate.
- Pairing off is NOT permitted, as it tends to distract from the real purpose of the trip. Males are not allowed in females' rooms and vice versa. (With the exception of married or related family members) Due to cultural considerations, public displays of affection are not acceptable.

- Separation from the group is not allowed without prior approval by the team leader. Always let the team leader or host missionary know your whereabouts. NEVER wander off or go exploring by yourself.
- It is important that you dress in a neat, clean, and modest fashion. Your appearance is important not only for the missionary's reputation, but in the way the local people will perceive you. You may have to submit to certain restrictions regarding dress or appearance. (This information will be given elsewhere)
- Due to cultural considerations, practical jokes are not permitted.
- Do not give gifts of any kind to nationals without consulting the host missionaries or trip leader. The preferred method of giving is through structured programs by the host mission. Careful consideration should be given to the sharing of your personal contact information with any nationals, except for our host missionary. Well intentioned friendships can quickly turn into a form of dependency using friendships to get material gifts.
- Play with the kids outside. No youth or children should be invited into your personal living space. This is for their protection, as well as yours.
- Do not brush your teeth with or drink the tap water.
- Cell phone use to make personal calls, post on social media, and texting should be done during free time either before our day begins or at the end. Do your best to be present with your team members, hosts, and patients always.

GOLDEN RULES

- 1.No Complaining
- 2.Do everything you are asked
- 3.Leave every space cleaner than you found it





KENYA

(History)

Kenya's location between the Indian Ocean and Lake Victoria means that people from all over Africa and the Middle East have traveled and traded across it for centuries. This has created a diverse culture with many ethnic groups and languages.

Slavery is a big part of Kenya's history. During the 1600s and 1700s, many Kenyans were kidnapped and taken as slaves by Arabs, Europeans, and Americans. By the mid- 19th century, slavery was outlawed by most countries, but by then, thousands of Kenyans and other East Africans had been taken to countries throughout the world.

Kenya was a colony of the United Kingdom from 1920 until 1963. Since its independence, it has been a republic, with a president, a national assembly, called the Bunge, and a judiciary. However, many European influences can still be seen in the country.

Kenya is named after Mount Kenya-the second tallest mountain in Africa.

Sites for further exploration:

<https://kenyaembassydc.org/aboutkenyahistory/> [https://1997-](https://1997-2001.state.gov/background_notes/kenya_0398_bgn.html)

2001.state.gov/background_notes/kenya_0398_bgn.html



KENYA

(Geography)

Even if you've never been to Kenya, chances are you know what it looks like. Kenya's savanna is familiar from movies, TV shows, books, and commercials. It's the landscape many people imagine when they think of Africa.

Kenya is located in East Africa. Its terrain rises from a low coastal plain on the Indian Ocean to mountains and plateaus at its center. Most Kenyans live in the highlands, where Nairobi, the capital, sits at an altitude of 5,500 feet (1,700 meters).

West of Nairobi the land descends to the Great Rift Valley, a 4,000-mile (6,400-kilometer) tear in the Earth's crust. Within this valley in the deserts of northern Kenya are the jade-green waters of famous Lake Turkana.



KENYA

(People & Culture)

In Kenya, more than 60 languages are spoken and there are more than 40 ethnic groups. Almost everyone there speaks more than one African language.

School is free in Kenya, but many children are too busy to go to classes. They help their families by working the land, tending cattle, cooking, or fetching water.

Music and storytelling are important parts of Kenyan culture. For centuries, tribes throughout the country have used songs, stories, and poems to pass on their beliefs, history, and customs.

Family in Kenya is not just the nuclear family but extends to cousins, uncles, and aunts. In Kenyan culture, family is considered a major factor when it comes to identity, a sense of belonging, and security. The upbringing of a child in Kenya means cousins, aunts, and uncles play a large role in their day-to-day life and may make visits without prior notice and expect a helping hand when in need.

In Kenya, household chores are traditionally done by women. Sometimes men try to help in the house, but it's not very common. Kenyan culture is very communal in nature. Kenyans share everything from clothes, food, and even space!



KENYA

(Nature)

Millions of people visit Kenya each year to see its endless savanna and the animals that inhabit it: elephants, lions, cheetahs, giraffes, zebras, hippos, rhinos and more. The Kenyan government has set up more than 50 reserves and parks to protect these animals.

People seeking African wildlife usually focus on Kenya's lowland savannas. But Kenya's ecosystems also include deserts, swamps, mountains, and forests. Each region has its own mix of plants and animals that are suited to the area's particular conditions. Kenya's highland forests are home to many animals as well.





KENYA

(Religion/Holidays)

Religion:

The government estimates that as of 2019, approximately 85.5 percent of the total population is Christian and 11 percent Muslim. Groups constituting less than 2 percent of the population include Hindus, Sikhs, Baha'is, and those adhering to various traditional religious beliefs.

Holidays and Festivals:

May 1st: Labor Day

June 1st: Madaraka Day (Kenya attained self-governance)

October 20th: Mashujaa Day (Kenyan political heroes who fought for independence)

December 12th: Jamhuri Day (Anniversary of when Kenya attained full independence)



KENYA

(Government/Economy)

Kenya was a colony of the United Kingdom from 1920 until 1963. Since its independence, it has been a republic, with a president, a national assembly, called the Bunge, and a judiciary.

**Current
President:**

**William Ruto
2022-Present**





KENYA

(Sports and Games)

Kenya is one of the founding nations of the East African Community, and sports have been a part of the nation's culture since its prehistory. Sports are a way for Kenyan's to reconnect with their past and are also a means to get international acknowledgement.

Some of the traditional sports in Kenya include wrestling, racing, hunting, and even board games. Football (soccer) is the most popular sport in Kenya, but their national football team has not made that much of an impact on the international stage. Some of the other popular sports in Kenya include basketball, volleyball, rugby, swimming, baseball, and softball.



KENYA

(Food)

Food in Kenya is rich in different types of breads, fried potatoes, eggs, rice, meat, fish, and vegetables. Meals are generally communal, so Kenyan families often sit down and eat together as they discuss their day. Most people eat with their right hand, as their left hand is used for other things...

There is no singular dish that represents all of Kenya's wide cuisine, and different communities will often have their own native foods. Food staples such as maize and other cereals depend on the region, including millet and sorghum eaten with various meats and vegetables. The foods that are universally eaten in Kenya are ugali (maize), sukuma wiki (vegetables), and nyama choma (roasted beef).

Grains are a food staple for those who can grow them. Other communities such as the Luo and the coastal communities have fish and seafood as their staple food. In semi-arid areas like Turkana, foods made from sorghum are more common. Toward the city, food eaten by working families vary according to preference and ethnicity. Rice and stew are more common with working families, as well as a variety of beef and chicken.



KENYA

(Language)

Jambo (Hello)

Habari gani (How are you?)

Nzuri (Fine)

Kwa heri (Goodbye)

Tutaonana (See you later)

Nafurahi kukuona (Nice to meet you)

Lala salama (Goodnight)

Asante/Asante sana
(Thank you/ Thank you very much)

Sawa (Ok)

Here are some basic words you can begin learning for this trip. The primary language we will engage with is Swahili. Below are a few links if you want to learn more.

<https://ourplanetinmylens.com/learn-swahili-language-for-beginners/>

<https://www.stlawu.edu/offices/world-languages-cultures-and-media/swahili-resources>

<https://www.mezzoguild.com/how-to-learn-swahili/>



KENYA

(Quick Facts)

Official Name: Republic of Kenya

Government: Republic

Capital: Nairobi

Population: 48,397,527

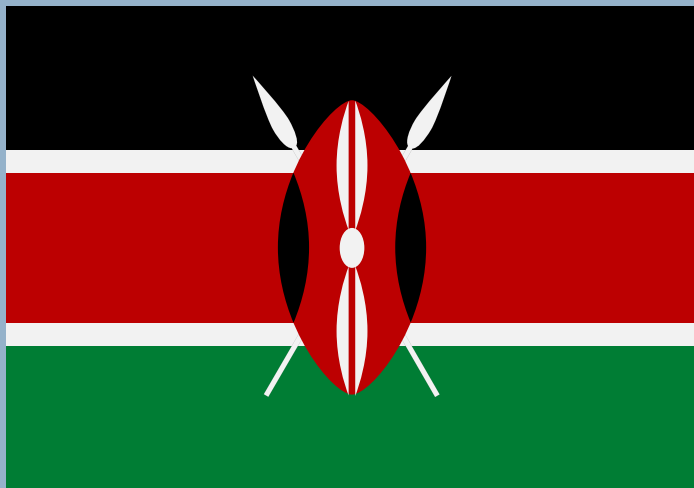
Official Language: Swahili, English

Official Religion: Christian

Money: Kenyan Shilling

Area: 580,367 square kilometers (224,081 square miles)

Flag:





KENYA

(Map)

For this FAME trip, you will fly into Nairobi, the capital, and drive four hours Southeast to the town of Narok. CHP's main clinic is in Narok and they also have smaller clinics in nearby towns. Your safari for this trip will be in the Masai Mara, which sits on the border of Kenya and Tanzania.



PASSPORT INFORMATION



- The US government requires a passport book for everyone traveling to and from international locations by air.
- When traveling internationally, your passport should be valid at least six months after entry in-country.
- An ETA (visa) will be required for this trip, and information on how to apply will come as the trip nears.
- If you do not have a passport, you need to start the application process now. Passport processing times vary widely so don't put this off. Processing could take up to 12 weeks or longer.
- Passport applications are available at your county clerks office or some local post offices. You can also obtain an online passport application at www.travel.state.gov
- You will need two regulation size passport pictures. Travel agents, American Automobile Associations, Wal-Mart, Walgreens, and CVS are possible places to have your passport photo taken.
- You will need a certified copy of your official birth certificate. Check with the health department in the county in which you were born if you do not already have this document.
- Current fee is \$165 for ages 16 and older, \$135 for under 16 years of age. Renewal fee for adults is \$130.

HEALTH/ VACCINES



There are no vaccines that are required to enter the Philippines, however, FAME recommends that you read the CDC recommendations and make an informed decision.

(www.cdc.gov/travel)

- Chickenpox
- DTP
- Flu
- MMR
- Polio
- Shingles
- Hepatitis A (up to date) 2 doses
- Hepatitis B (up to date) 3 doses
- Hepatitis A & B (known as Twinrix, 3 doses is another option)
- Typhoid
- Rabies
- Yellow Fever
- Measles

Food and waterborne disease are the number one cause of illness in travelers. Traveler's diarrhea can be caused by viruses, bacteria, or parasites, which are found throughout the region and can contaminate food or water. Infections may cause diarrhea and vomiting, fever, or liver damage. Make sure your food and drinking water are safe. Do not eat or drink anything unless the host missionary or trip leader says it is safe to eat and drink.

****We will be in a Malaria area, but the temperatures will be cool, which will keep many of the mosquitoes at bay. Deciding on whether to take malaria meds is up to each individual.**

STAYING HEALTHY



- Wash hands often with soap and water
- Drink bottled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes (bring your own refillable water bottle)
- Eat food (specifically meat) that is fully cooked
- Take any medications as directed
- Keep feet dry and clean to prevent fungal and parasitic infections
- Beware that we are in a high bug zone and always use bug spray during the day and evenings.
- STAY HYDRATED! (We are a chronically dehydrated species, and we need to drink water)
- Liquid IV, emergency, airborne, and other liquid supplements can aid in boosting your immune system and are recommended.
- Wear compression socks on long flights

MEDS TO TRAVEL WITH



Below are a few common prescriptions or over the counter meds that are useful to have on hand when traveling.

- Dramamine
- Zofran
- CIPRO
- Azithromycin
- TYLENOL/Ibuprofen
- Asprin
- Pepto/Tums
- Stool Softeners
- GasX

Travel/Plane Recommendations

- Travel Pillow
- Earplugs for plane rides
- Face Mask for plane rides
- Water Bottle (fill up in airports)
- Gum (helps ears adjust on planes)
- Compression socks!
- Asprin (I recommend taking one on your long flights)

PACKING LIST



- Passport
- Colored copy of the first two pages of your passport
- Bible/journal/pens
- Clothing (see next page)
- Shoes (ex: tennis shoes, sandals, flip flops, Chaco's)
- Sleepwear
- Raincoat/sweatshirt/jacket
- Swimsuit
- Sunglasses/hat
- Sunscreen/hydrocortisone/bug spray
- Toiletries
- Personal Medications
- Travel pillow, earplugs, compression socks
- Refillable water bottle
- Converter/adaptor
- Snacks (if desired)
- Drawstring bag/backpack
- Spending money
- Hand sanitizer/wet wipes
- 1 Toilet paper roll
- **Medical participants (any instruments such as stethoscopes, otoscopes, etc.)

*This is a preliminary packing list, it could change as we get closer to the trip.

DRESS REQUIREMENTS



- Expect warm conditions and temperatures in the 70'- 90's during the day. The evenings will range from 40-60 degrees.
- Pajamas should not be worn to breakfast or while outside the sleeping rooms
- Jewelry should be kept to a minimum
- Scrubs or similar attire should be worn for all clinic days. **Women must wear skirts each day. White coats are also encouraged for all providers.**

Ladies:

For work days scrubs should be worn as well as sturdy shoes. Skirts must be worn each day, but pants are allowed in the evening and for the safari. For church, a skirt or dress should be worn.

Men:

For work days scrubs should be worn as well as sturdy shoes. No tank tops or short shorts should be worn. For church, a dress shirt and pants should be worn.

****Following these guidelines is important not only for the mission's reputation, but also because it impacts how the local people perceive you. If you have questions about attire, please ask.**

****If needed, the trip leader or host missionary may ask you to change into something different**

FINAL COMMENTS

Congratulations on making it to the end of this trip packet! Hopefully most of the questions you had were answered here, but if not, please contact the leader below.

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