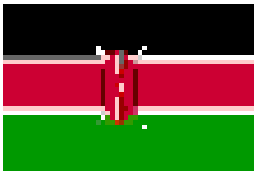
Kansas 2 Kenya



Kenya 2027

K2K Community Team: *June 8 - 23*

K2K Medical Team: *June 8 - June 23*

(Pharmacy group may depart on or around June 4th to work with the University of Nairobi School of Pharmacy)

Fees may be paid in full or in payments as noted below:

Full Payment:

Community Team: $ 4,000

Medical/Dental Team: $ 4,000

Alternative Payment Schedule:

Due Date	Amount	Notes
Dec 21, 2026	$ 400	Applications due
Feb 5, 2027	$ 2,000	Used for airfare. Late payment may result in higher individual charges for airfare
April 16, 2027	$ 1,600	Balance due
Total	$ 4,000	Payments complete

Make checks payable to:
Episcopal Diocese of Kansas
Memo line: Specify K2K Community, College, or Medical/Dental Team

Send payments to:

Medical Team
Nahirony Sanchez
Co-Director of K2K
445 Eisenhower Drive Apt C5
Lawrence, KS 66049

Community Team
The Rev. Fran Wheeler
Co-Director of K2K
14519 S. Kaw Dr.
Olathe, KS 66062

Or

Payment may also be made online at:
https://onrealm.org/EpiscopalKansas/-/form/give/K2K
Be sure to select your team if paying online!

Preface

Hujambo (Hello)!

You are about to embark on a life-changing journey. As team leaders, we want you to experience what we have found and what keeps us returning to Kenya. You will meet people who will become lifelong friends. You will slip into a very different and beautifully rich culture. You will experience the challenges of working with and caring for people living a different lifestyle and health care system, often with very limited resources. Your worldview will likely broaden, and your thinking may change in numerous ways. You will see things you have never seen before. You will make a difference in the lives of the people you go to serve, and the people of Kenya will make a difference in you.

This manual is a tool to guide you through the journey. Inside, you will find most of the information you need to prepare you for the trip. This manual is an important piece of your journey.

We want your mission experience going around the world to be safe, productive, and enjoyable. Thanks for joining the team……..You will forever be changed!

Bwana Asifiwe,

Fran Wheeler and Nahirony Sánchez, Co-Directors

Community Team Leaders: Nyakio Lake

Table of Contents

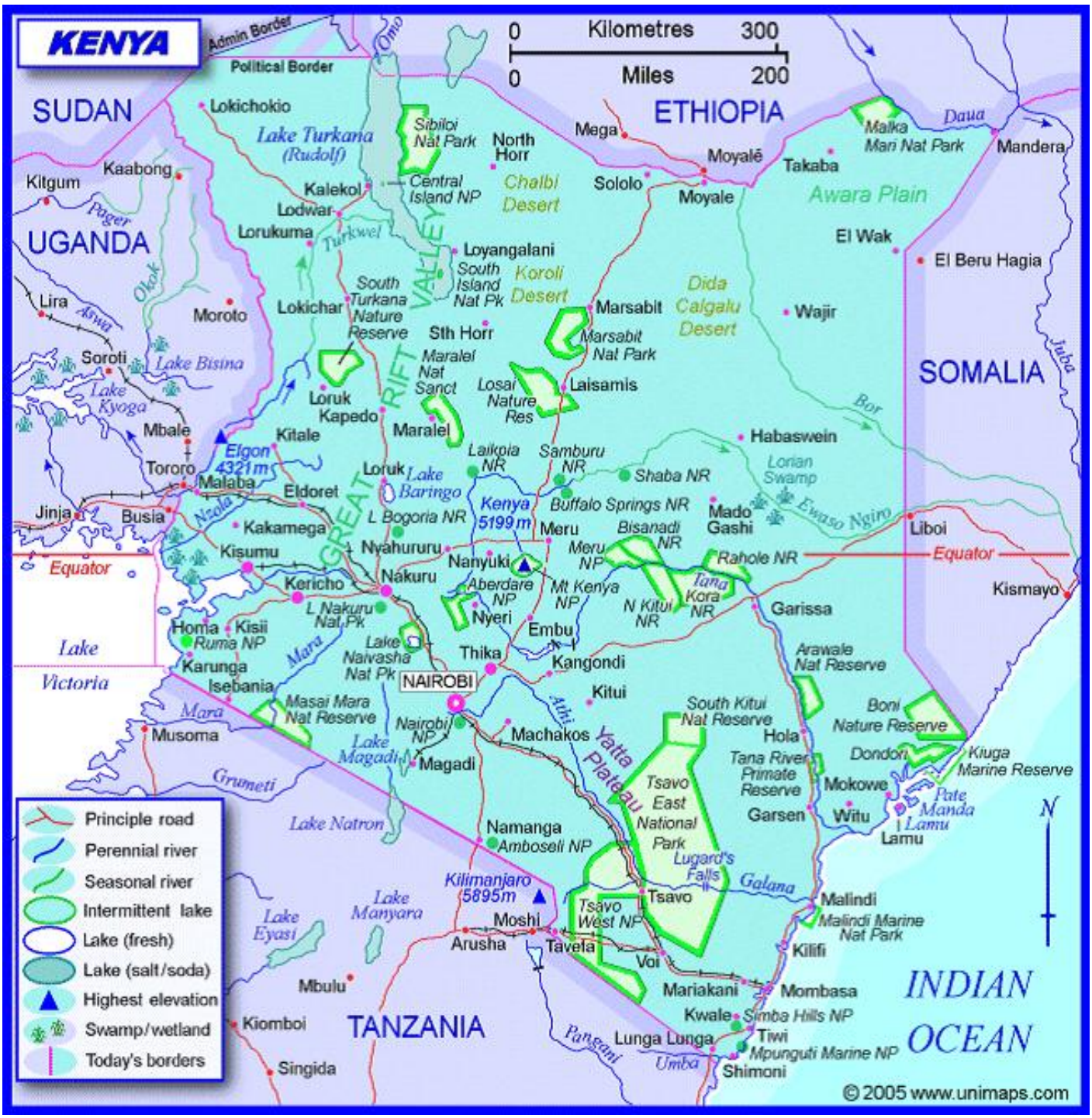
Cover Page with Timelines and Preface ----------1
Country Profile ----------5
Trip Logistics ----------9
Mandatory Paperwork
Immunizations
Traveling with a Minor
Covered and Non-Covered Expenses
Payments
Gifts and Donations
Raising Support
Cultural Considerations ----------12
Country of Service
Sources of Information for Your Country
Weather
Clothing
What to eat
What to Drink
Taking Photos
Email
Blessed are the Flexible
Hurry Up and Wait
Responding to Beggars
The Evil Eye
Work Assignments
Work, Work, and More Work
Daily Team Meetings
Flexibility and Wisdom are Essential
Personal Logistics ----------14
Packing Guidelines
Suggested Personal Packing List
Traveling
In-Country ----------15
Let's Talk Money
Emergency Contact Information
Team Reunion
Questions
Contact Information----------16

The Country Profile

Background Information on Kenya

Kenya is in East Africa and lies between latitudes 4°21 ′ N and 4°28 ′ S and between longitudes 34° E and 42° E. It is bisected in half horizontally by the Equator and vertically by the 38 0 E meridian lines. The total land area is 592,909 km2, including 11,230 km2 of inland water, mainly Lake Turkana and Kenya's section of Lake Victoria. The country is bordered by Ethiopia and Sudan to the north, Somalia to the east, Uganda to the west and Tanzania to the south.

It is divided administratively into 8 provinces namely Nairobi, Central, Coast, Eastern, North Eastern, Nyanza, Rift Valley and Western. The provinces are divided into a total of 72 districts. Major Counties include: Nairobi - Pop: 3,138,369, Mombasa -pop: 939,370, and Nakuru - pop: 1,603,325. (2009 census)



Fun with the Map

We will fly into Nairobi. Our community team stages from Naivasha (north and west of Nairobi), working primarily in the Central Rift Valley from Maai Mahiu in the south to Nakuru in the north. The Medical/Dental Team will stage from Nakuru (look north and west from Naivasha). The Medical/Dental team will have clinics at 3 places close to Nakuru not on the map: Tentatively, Mirangine (north and east), Mayro Inya (north and east), Baringo (north toward Baringo lake), or Mutukanio (west).

Safari is planned for the Masai Mara or other National Reserve.

Political Structure

Since independence in 1963, Kenya has maintained remarkable stability, despite changes in its political system and crises in neighboring countries. Particularly since the re-emergence of multiparty democracy, Kenyans have enjoyed greater freedom. A cross-party parliamentary reform initiative in the fall of 1997 revised some oppressive laws inherited from the colonial era that had been used to limit freedom of speech and assembly. This improved public freedoms and contributed to generally credible national elections in December 1997.

The 2007 presidential elections were largely believed to have been flawed with international observers stating that they did not meet regional or international standards. There was significant and widespread violence in Kenya – 2007–2008 Kenyan crisis – following the unprecedented announcement of Kibaki as the winner of the 2007 presidential elections. The violence led to the death of almost 1,000 people, and the displacement of almost 600,000 people. Some researchers note it allowed the violent settlement of land disputes between ethnic groups over controversial concepts of 'ancestral homelands'.

A diplomatic solution was achieved, as the two rivals were later united in a grand coalition government following international mediation, led by former UN Secretary-General Kofi Annan, under a power-sharing National Accord on Reconciliation Act, entrenched in the constitution.

On 2013 the coalition government was rendered ineffective due to the constitution. General elections were held and the Jubilee coalition with President, Uhuru Kenyatta and Deputy President, William Samoei Ruto clinched victory. The new constitution also provided for a bicameral house, the Senate and the national Assembly. Kenyatta was elected to a second 5-year team in a highly contested race in 2017 and William Ruto won a very close election in 2022.

The Bicameral Parliament consists of a National Assembly and Senate. The National Assembly, or *Bunge*, has 349 members, 290 members elected for a five-year term in single-seat constituencies, 47 women elected from each county, 12 members nominated by political parties in proportion to their share of seats won in the single-member constituencies, and an ex officio member: the speaker.

There is also a senate with 67 members. 47 elected from counties acting as single member constituencies, 16 women nominated by political parties, a man and a woman representing youths and a man and woman representing people with disabilities. The speaker is an ex officio member.

Topology and geology



The country can be divided into seven topographical regions:

- The Coastal Strip; Indian Ocean border
- The Nyika and Tana Plains which are thorn scrub bush lands;
- The Eastern Plateau which includes the Amboseli, as well as the Chyulu Range and Taita Hills;
- The vast northern plains that account for 60% of the land area and are a series of arid plains;
- The Kenya Highlands, comprising one of the most successful agricultural production regions in Kenya;
- The Rift Valley with the basin consisting of a series of extinct volcanoes and the lakes of Naivasha, Elmentaita, Nakuru, Bogoria and Magadi and;
- The Western Plateau, which descends into Lake Victoria.

The principal rivers are the Tana and Athi. The arable areas cover nearly 20% of the country and provide the main livelihood for most of the population.

Climate and Weather Patterns



Kenya's climate varies from a tropical climate on the coast characterized by hot and humid conditions to a temperate climate inland and to a dry climate in the north. Over 70% of

the country is arid and semi-arid receiving less annual precipitation while rainfall is greatest in the highlands. Most parts of the country experience a bimodal pattern of rainfall, with the long rains coming in March- May and the start of the short rains occurring through October and December.

Altitude is a major factor in variations in temperature between the different regions of the country. Average temperature ranges in Nairobi are from 11 to 23 degrees Celsius in July to 12 to 28 degrees Celsius in February.

Trip Logistics

Because each trip is different, some details covered here may not apply directly to your specific trip. Your team leader will communicate any changes and specifics with you via phone, email or through team meetings. If you have questions regarding the details of your trip, feel free to contact your team leaders.

Mandatory Paperwork

The following is a list of all of the paperwork that must be completed for you to take part in a Team:

- Completed K2K team member application
- Practitioners must complete an application for a temporary license (provide the necessary documentation to the team leaders for completion and payment).
- Proof of immunizations as required by the host country (see immunizations section)
- Two copies of your Passport (must be valid for at least one month **after** team's return date)
- If accepted on the team, you must complete a Visa for Kenya. Information will be provided by the team leader.

You may have already completed some of this paperwork in the application process. Please submit the rest of the forms **the first team meeting**. If you are not able to attend the team meetings, please mail your passport copies and completed visa application to **your team leader** prior to the first team meeting.

Health

First and foremost, we want you to know that we are concerned about your health and safety. We want you to be safe and to *feel* safe. Therefore, we follow the immunization suggestions of the Center for Disease Control (CDC) for each country we enter. The immunization guidelines of the CDC are only recommendations and are to be used at your discretion. However, we recommend that you are current on your **tetanus, yellow fever, influenza, typhoid (oral suggested), hepatitis A and hepatitis B** shots.

Malaria information from the Center for Disease Control

Malaria is a serious disease that is transmitted to humans by the bite of an infected mosquito. Symptoms may include fever and flu-like illness, including chills, headache,

muscle aches, and fatigue. Malaria may cause anemia and jaundice. Infections, if not promptly treated, may cause kidney failure, coma, and death.

Malaria can often be prevented by using anti-malarial drugs and by using personal protection measures to prevent mosquito bites. Please contact your personal physician to obtain these prescription drugs prior to your trip. We recommend Atovaquone + Proguanil (Malarone®, or generic) or doxycycline. We suggest not using mefloquine (Lariam®)* unless you have had good experience with it previously. Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. *Fever in the first week of travel in a malaria-risk area is unlikely to be malaria*; however, any fever should be promptly evaluated. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek immediate medical attention and should tell the physician your travel history.

*Mefloquine (Lariam®) we have noted an increased frequency of psychiatric problems.

Protect yourself from mosquito bites. Mosquitoes usually bite between dusk and dawn. If possible, remain indoors in a screened or air-conditioned area during the peak biting period. If out-of-doors, prevent mosquito bites by wearing long-sleeved shirts, long pants, and hats; apply insect repellent to exposed skin. Use insect repellents that contain DEET (diethylmethyltoluamide) for the best protection. Read and follow the directions and precautions on the product label.

Please bring your own personal medications for headaches, etc. If you are traveling with personal medications and/or prescriptions, please keep all of them in their original containers to help discourage any problems while going through customs. If you have a special medical condition or problem, please notify your team leader.

Some countries require specific immunizations before issuing visas, and we will make you aware of those through the Country-Specific Information and through your team leader. Note: Kenya does not require specific immunizations but we encourage all members to visit **www.CDC.gov/travel** to view their suggestions for specific immunizations.

NOTE: Lodging in Kenya provides sleeping (bed-surrounding) mosquito nets for each participant in areas troubled by malaria.

Disclaimer:
Kansas 2 Kenya is not responsible for loss, accident, injury, disease, or death sustained or contracted while traveling to, from, or on the designated outreach.

Traveling with a Minor New regulations stipulate that if a minor (someone younger than 18) is traveling outside of the country, that minor must have written permission from both parents. If you have a minor who plans to travel with kansas2kenya, please contact your team leader for further instructions.

Covered Expenses
The price of your outreach includes airfare from Kansas City, lodging, in-country meals and transportation, water, insurance, departure tax, tips, and gifts to hosts and missionaries.

Non-Covered Expenses
Spending money, Kenyan Visa, travel outside of the official Kansas 2 Kenya Itinerary, loss of your ticket or luggage, vandalism, passports and visa pictures, immunizations, or additional travel insurance.

Payments
- You may pay for your trip in full or through installments as provided in the team member welcome letter
- ALL CHECKS MUST BE PAYABLE TO: ***Episcopal Diocese of Kansas***
  Be sure to enter ***Community Team*** *or* ***Medical/Dental Team*** in the memo line as appropriate.

Send checks directly to the appropriate Co-Director:

Medical Team
Nahirony Sanchez
Co-Director of K2K
445 Eisenhower Drive Apt C5
Lawrence, KS 66049
nahirony.sanchez@gmail.com

Community Team
The Rev. Fran Wheeler
Co-Director of K2K
14519 S. Kaw Dr.
Olathe, KS 66062
frances.wheeler11@gmail.com

- You can also pay online: https://onrealm.org/EpiscopalKansas/-/form/give/K2K

Be sure to select your team if paying online!

For payment questions, please email the appropriate Co-Director listed above

Gifts and Donations
For those of you who are actively raising financial support, the Kansas Episcopal Diocese is a nonprofit organization; hence, all donations made specifically for an outreach purpose may be tax-deductible. To qualify as a tax-deductible contribution, all checks must be made to ***Episcopal Diocese of Kansas***. Donors should submit a note with their check designating the gift to your trip account. **Your name must not appear on the memo line rather a notation K2K Community, College Team or Medical/Dental Team is appropriate**.

Kansas 2 Kenya does not have the financial means to support team members on outreaches or to support them in debt so you will be responsible for raising the money necessary for the trip. The deadlines for payments are outlined on the coversheet and it is important that these deadlines are met in order to secure airline tickets at the lowest possible price. **Delayed payments may result in increased expenses due to loss of group rates.**

Raising Support

We know that you are concerned about the cost of the trip — and so are we. Many of our team members raise financial support to go on our trips. If this is your first time to raise support for a mission trip, you may feel overwhelmed or intimidated. Let me assure you that it is much easier than it seems!

Here are a few ideas to help you get started:

- **Make a list of all the people you would like to ask to support you.**
    - Brainstorm a list of 50-100 names. Organize it to help make sure to include everyone -- family, friends, co-workers or classmates (and their parents), church members from your church and other churches with whom you are familiar. Turn to the next page for a brainstorming worksheet.
    - Don't exclude anyone because you think they might not be able to "afford" to support you, and don't assume everyone you think can support you will.
- **Write a letter describing your need.**
    - **Make it compelling.** Share why you feel God is leading you to go, and what you (and your team) intend to accomplish.
    - **Make it personal.** Although a sample letter is included here, your personality and style should be evident in the letter. Your supporters will not respond to a form letter!
    - **Make it short.** Your letter should be less than a page. Give exact details about your trip and your financial need. People who give need to know *how* to give, how much you need, and when you need it. .
    - You can mail these letters, but we suggest hand-delivering them whenever possible. This will usually help people see how important the trip is to you.
- **Talk to your church.**
    - Share with your community, pastor, small group and Sunday school class what you are doing. Ask them to let you give a short presentation to the group for support raising purposes, and also a post-trip report to share your experiences on the trip.
    - Ask your pastor/small group leader if they would help you raise the money through prayer, a special offering, and/or allowing you to distribute letters.
- **Explore the use of social media such as GoFundMe.**
- **Follow up.**
    - Following up your letter with a phone call or personal visit can make your efforts much more successful.
    - Pictures are worth a thousand words and are a nice way to share how much good their contribution can make.

Cultural Considerations

It is important to understand the cultural considerations of the country you are visiting. Please note that this printed material is broad in scope, covering the basics of international travel. You should ask your team leader about specific cultural considerations.

Country of Service

A portion of this manual gives specific information regarding the country and people whom you will be serving. We suggest doing a little research on your own. Listed below are a few websites that will help you prepare for this trip. Learn all you can about the people and place(s) where you are going to serve.

Weather

Check one of the websites listed above for current weather conditions in Kenya. Climate conditions and average temperatures are included in the country specific information on page 5.

Clothing

Although each country is different, the key is modesty. If you are questioning whether or not an article of clothing is appropriate, please ask your team leader. Women in most countries wear skirts and dresses; therefore we recommend that our women dress in the same respectful manner. Jeans, slacks and casual clothing may be worn during breaks and travel times. For the men, short sleeve button-up shirts or nice t-shirts along with jeans or casual slacks are acceptable. Please see the country information on page 5 for more details. Medical team members will wear scrubs each day seeing patients.

What to Eat

"Food should be selected with care. Any raw food could be contaminated, particularly in areas of poor sanitation. We highly recommend you avoid salads, uncooked vegetables and fruit, unpasteurized milk and milk products, raw meat, and shellfish. If you peel the fruit yourself, it is generally safe. Food that has been cooked and is still hot is generally safe.

Remember:

"Boil it, Cook it, Peel it, or Forget it."

THERE IS NO 5 SECOND RULE IN AFRICA!

What to Drink

Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Clean the rim of all cans. Avoid tap water, fountain drinks, and ice cubes. Do not even brush your teeth with local water. Use bottled or boiled water only.

Taking Photos

DO NOT take photos in mall areas or any area where photos are posted as prohibited.

DO NOT take pictures of police or military personnel. **Doing so will likely result in arrest.**

Always ask the person before you take their photograph! Be considerate of sensitive situations.

Email

On occasion, our teams will have access to the Internet but Team members should not expect to be able to communicate with friends or family at any time they wish. We will have a team cell phone that can be used in emergencies. We will talk more about this at our Team Meeting.

A work trip to a developing country is stressful enough, but when you add in all the possible things that could go wrong, then you have created a situation beyond the limits of most people. That is why being flexible is so important. No matter what happens; relax, smile, trust your team leader to help, and *be flexible*. This will make the trip much more enjoyable for you and everyone on the team.

Hurry Up and Wait

Developing countries tend to run on their own time schedule, much to the annoyance of American visitors! We must prepare ourselves to deal with the Hurry Up and Wait principle. We refer to this as being on African Time….but as visitors we have to be punctual on our part!

Responding to those asking for help

Many of the world's poorest are children. Their needs are tremendous, and the desire to meet those needs is strong. But *we absolutely cannot give to beggars*. In many countries, giving to one will start a riot. In other countries, giving a piece of candy to a child in the clinic may be viewed as an attempt to bribe the child and can infuriate the parents. So please, do not give to beggars.

Work Assignments

Work assignments will be given on-site once the needs and the situation are assessed. Be ready to assist in roles that may be outside of your comfort zone. Being flexible and willing to serve will make the clinic run smoothly.

Work, Work, and More Work

We will work very hard. Prepare yourself for that. Prepare your attitude to handle the challenges of the work. Ask a number of people to pray daily for you while you are gone. We suggest a minimum of ten (10) prayer partners. Prayer and a good attitude will make the work easier and more enjoyable! In Kenya we will meet together each evening for Compline as a special time to reflect, share and pray together.

Daily Team Meetings

Each day while in-country, your team will meet to discuss the day, talk about what you have been learning, and to pray together if you wish. These team meetings are very valuable in helping you process all that you are learning about the world, yourself, and your faith.

Adaptability & Wisdom are Essential

During this trip, you represent our country, K2K, yourself, and our faith. We expect that you will attempt to make every decision with wisdom and respond to every difficulty with an adaptable and humble spirit. If you do so, the trip will be much more satisfying for you and enjoyable for the entire team. You can make the difference!

Personal Logistics

Packing Guidelines

Plan on one suitcase and one carry-on for personal items. The Teams have established a practice of taking personal items in one suitcase and carrying a second suitcase with items that will support our mission such as drip irrigation parts, medication, bibles, small construction tools and clothes that will be left as a donation. We will coordinate the 2nd suitcase at our final team meeting. Whatever you carry on must meet airline protocol. **Pack what you can comfortably carry**. You bring it, you carry it! We also suggest bringing a backpack for your carry-on. Pack your valuables, your identification, an extra change of clothes, and any personal medications in your carry-on. You can then take the backpack on day trips as needed.

- Luggage cannot weight over 22kg or 50lbs per bag.
- Make sure your luggage is properly identified. Put a 3” x 5” index card with your contact information inside your luggage.
- You are responsible for your luggage.

Suggested Personal Packing Check List:

Ck	Basic Items		Your Carry On
	Clothing for 5+ days		One complete change of clothes
	Water bottle if not in carry on		Passport/Passport pack
	Soap/shampoo/laundry soap		Travel documents
	Toothpaste/shaving soap/deodorant		Personal medications/band aids, etc.
	Sunscreen		Money belt/personal spending money
	Hand sanitizer for personal use		Personal Toiletries
	Toilet paper, personal wipes		Travel snacks
	Quick dry towel		Journal/writing/Bible
	Gifts for sharing		Water Bottle
	Duct tape		Small flashlight
	Electrical plug adapter/~converter		Camera

Traveling
Here are a few thoughts to help you prepare to travel:

- Remember, the cost of the trip includes only traveling to and from Kansas City unless otherwise arranged. Please plan to depart and return to Kansas City or speak with a Team Leader to make other arrangements.
- If possible, carpool to the airport to save on gas and parking expense.
- Make sure your family has a copy of your itinerary and emergency contact numbers
- Arrive at the airport **3 hours in advance**.
- Make sure you know who is picking you up when you return.

In-Country Team Logistics

Let's Talk Money

- Use a passport carrier pouch. **Keep your passport with you at all times**.
- ATM – Debit Card (Visa or Mastercard) will allow access to your checking account for cash. Credit Card (Visa or Mastercard) Accepted at many locations in Nairobi, Naivasha and Nakuru.
- Be sure to notify your Bank and or credit card company what countries you will be in and for what period you will be gone.
- **No Traveler's checks** – no banks to cash them
- Cash – Personal choice as to amount but not necessary to carry very much, particularly since you can access your checking account or use a credit card to secure cash from ATMs. Most exchanges will not accept U.S. currency over five years old. We suggest not carrying in excess of $200 in cash.
- Let your team leader can help with money exchange.
- Change only what you will spend because the rate will be unfavorable to you when you exchange any excess Kenyan Shillings on return to U.S.

Emergency Contact Information

Emergency contact information will be given to you by your team leader during the final team meeting, and/or will be mailed/emailed to you two weeks prior to departure. Leave this information with your family but note that they should not attempt to contact you unless it is an extreme emergency. If a situation occurs in which you feel you must return home early, you will be responsible for all costs associated with the return.

Team Reunion

Your team leader will plan a team reunion after your return. This is always a great time to share photos and memories with your teammates. Please plan to be at this exciting reunion.

Questions? Your team leader is available to answer any questions you have.

Kansas 2 Kenya Contact Information:

Community Team Co-Director and Team Leaders:
Co-Director: The Rev. Fran Wheeler (frances.wheeler11@gmail.com)

Team Leaders:
The Rev. Fran Wheeler frances.wheeler11@gmail.com (913) 226-0540
Nyakio Lake pnkaniu@kc.rr.com (913) 787-6234

Medical Team Co-Director
Co-Director: Nahirony Sánchez, PharmD, nahirony.sanchez@gmail.com
(785) 551-3910