

# STUDENT & PARENT HANDBOOK



Kenya  
2018



**RADIATE**  
STUDENT MINISTRY

## **PURPOSE OF HANDBOOK:**

The purpose of this handbook is to prepare you for a successful and rewarding short-term mission trip. The more prepared you are, the better your experience will be. There are many things that need to be done before you depart and this handbook provides information to help you get ready.

## **GOALS OF THIS TRIP:**

To further the Gospel of Jesus Christ.

Create a greater vision of the need for missions through RADIATE Students AND THEIR FAMILIES.

Come alongside our brothers and sisters in Kenya as the Lord opens doors of ministry in churches, orphanages and schools encouraging the believers and reaching out to the lost.

## **Why go...?**

The purpose in going on a mission trip is to live out the Gospel of Jesus Christ through service to others. You will do this as you minister through preaching, teaching, singing, and as you care for people, both Christians and non-Christians, who live in Kenya. You will be partners in ministry with them as you build relationships and do hands-on ministry. You will be ministered to as much as, and most likely more than, you minister to the people of Kenya. This is not about accomplishing every single thing you had planned for this trip, but rather it is about establishing relationships with people in the name of Jesus Christ so that your own relationship with Him will be strengthened. It is through service to others that you come to know the character of Christ.

Remember that you are representing not only Jesus Christ but you are living out a testimony of what He means to you. If you are not prepared for your ministry opportunities, it will reflect negatively on your commitment to Him. It's not enough to go. You must spend the next 5 months preparing yourselves to be "ambassadors for Christ" so that the people of Kenya will see how important He is to you by your preparation and excellence when you stand before them representing Him.

The primary effort first and foremost is a spiritual one, both for yourself and those you minister to.

## Why are YOU going...?

When you count the cost of going on a mission trip or sending another person on a mission trip, you may wonder if it is worth the effort. Frankly, it is expensive. Bottom line, it is not the most cost efficient way to give to another group or to support a project in another culture. This conclusion changes dramatically when you look at the issue in a broader perspective and from an eternal perspective. There are a couple of particular consequences of mission trips that need to be measured with regards to their relative cost and value.

First, there is the effect that sending a person from our culture to another culture has on the people of that culture. It is obvious that people in needy situations appreciate monetary help, but they also need the personal support of an individual and value greatly what they perceive as the sacrifice one makes to leave their homeland to travel to be with them. That should not surprise us. Isn't that how God demonstrated His love? It is practicing a ministry of presence. That should be a reminder that our love needs to come "with skin on" to those we say we love.

Second, there is the effect the trip will have upon the person who is going. It is a life changing impact. You will not be the same person who leaves the U.S. when you return. The remainder of your life will be changed by this experience. You will affect those around you, at work, school and church. Your home church will be richer in what you bring back in your heart.

A final consequence of sending persons on a mission trip is the corporate effect it has on both cultures. There is a dangerous assumption that when a person goes on a mission trip he is acting solely as an instrument of aid or blessing for the benefit of the group to which he is sent. This might be called a unilateral view of missions. One party helps; the other party receives. It would be more appropriate to say that missions are bilateral. It is a mutual blessing and a mutual receiving.

By focusing on a mission effort in Africa, you will become much more aware of other missions efforts. Letters from missionaries will mean more to you and you will notice mission efforts around you much more readily. Allowing yourself and our ministry to make this focus trip into Africa will broaden your interest and prayer efforts for ALL missionaries as well as the students you see everyday.

As you go into the far corners of God's world, affirming your common ground experience before the Lord and mutually blessing one another, there is not a price you can put on that experience. It seems the only price to consider is the extreme loss God's people will suffer if you don't go in His name and for His glory.

## Where are we going? Nairobi, Kenya

- **Capitol City:** Nairobi
- **Population:** 38,534,087 (3,138,295 in the capital, Nairobi)
- **Languages:** Swahili, English, indigenous languages
- **Religion:** approximately 78% Christian, 10% Muslim, 10% African religions, 2% other
- **Climate:** varies from tropical, arid, cool/cold
- **Currency:** Kenyan Shilling (currently 1US\$ = 100 IKES)  
Currency Converter
- **Electricity:** 240 volts, 3-pin plugs; Type G plug adapter required (electricity not available at all locations)



- **Weights and Measurements:** Metric
- **Time Zone:** 8 hours ahead of ATLANTA time

## Average Temperature Chart:

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Average high °C (°F)	24.5 (76)	25.6 (78)	25.6 (78)	24.1 (75)	22.6 (73)	21.5 (71)	20.6 (69)	21.4 (71)	23.7 (75)	24.7 (76)	23.1 (74)	23.4 (74)
Average low °C (°F)	11.5 (53)	11.6 (53)	13.1 (56)	14.0 (57)	13.2 (56)	11.0 (52)	10.1 (50)	10.2 (50)	10.5 (51)	12.5 (55)	13.1 (56)	12.6 (55)
Precipitation mm (inches)	64.1 (2.5)	56.5 (2.2)	92.8 (3.7)	219.4 (8.6)	178.8 (7)	35.0 (1.4)	17.5 (0.7)	23.5 (0.9)	28.3 (1.1)	55.3 (2.2)	154.2 (6.1)	101.0 (4)



Kenya flag: The black is said to represent the Kenyan people; red symbolizes the blood they spilled fighting colonialism; green the country's landscape and white means peace. The traditional African shield is centered.

Kenya is named after Mount Kenya, a major landmark and the second highest mountain peak in Africa. After decades of colonial rule the country gained its independence from Great Britain in December, 1963, and on December 12, 1964, the Republic of Kenya was proclaimed. Current presidents have focused his efforts on generating economic growth, combating corruption, improving education, and rewriting its constitution. As a result, Kenya has remained stable, despite changes in its political system and crises in neighbouring countries.

## When Will You Go? 2018 Trip Dates: June 29th–July 12th

### Itinerary:

DAY	LOCATION	PARTNER	DAY'S LAYOUT
Friday 29th	Depart Atlanta at Night		
Saturday 30th	Arrive in Nairobi		To Shalom House Team Meeting In Rooms
Sunday 1st	Eastlands Pipeline	Nairobi Gospel Center International	Morning Services (sing/Share) Afternoon Door to Door Invite Night -Joint Evangelistic Service
Monday 2nd	Satellite, Kawanguari	Nich Korir, Nairobi Chapel	
Tuesday 3rd	Eastlands	Oscar	
Wednesday 4th	Kibera	Swahiba	5:30 - Breakfast 6:15- Depart Shalom House 7:15-8:15 Olympic Primary Mid-Morning second School TBA 12:00 - Lunch at KAG 2:00-4:30 First Priority Club 5:00- Back to Shalom House 6:00- Down Time/Quiet Time 7:00 - Dinner 7:45 - Team Meeting 9:30 - In Rooms
Thursday 5th	Kibera Kabete	Swahiba	5:30 -Breakfast 6:15 -Depart Shalom House 7:15-8:15 -FIRST SCHOOL TBA Mid-Morning SECOND School TBA 12:00 -Lunch at KAG 2:00-4:30 -Girls J Project Program 2:00-5:30 -Guys Kibete Young Defenders 5:00 -Girls Back to Shalom House 5:30 -Guys Back to Shalom House 6:00- Down Time/Quiet Time 7:00 -Dinner 7:45 -Team Meeting 9:30 -In Rooms

<b>DAY</b>	<b>LOCATION</b>	<b>PARTNER</b>	<b>DAY'S LAYOUT</b>
Friday 6th	Suswa	Inkilogosi Church	5:30 -Breakfast 6:15 -Depart Shalom House 7:15-8:15 -FIRST SCHOOL TBA Mid-Morning SECOND School TBA 12:00 -Lunch at KAG 2:00-4:30 -Girls J Project Program 2:00-5:30 -Guys Kibete Young Defenders 5:00 -Girls Back to Shalom House 5:30 -Guys Back to Shalom House 6:00- Down Time/Quiet Time 7:00 -Dinner 7:45 -Team Meeting 9:30 -In Rooms
Saturday 7th	Suswa	Inkilogosi Church	TBA Morning - Worship Mid Day - Kids Camp of Champions Evening -Jesus Film Team Meeting?
Sunday 8th	Suswa Masi Mara		Morning Worship Morning Baptism Service Lunch 1:00 -Leave for Masi Mara 4:00 -Arrive at Masi Mara 5:00 - Game Drive 7:00 -Arrive at Camp/Dinner Team Meeting 8:30 -To Bed
Monday 9th	Masi Mara		TBA - 5:00 Breakfast Game Drive 11:30 -Lunch at Camp 12:30 -Depart to Nairobi 6:00 -Arrive at Shalom House 7:30 -Dinner 8:30 -Team Meeting
Tuesday 10th	Ongata Rongai	Pastor Omai	Shopping center
Wednesday 11th	Kibera Masi Market Depart	Peter Abungu	Breakfast Pack Home Visit Bags Do Home Visits Back to Shalom House Pack Masi Market Airport to Depart
Thursday 12th	Arrive in ATL		

## PASSPORT INFO:

You will need a passport to travel to Kenya as well as a Kenyan Visa. A routine processing time for a passport is 4–6 weeks. If your student already has a passport, check the expiration date. It must not expire before Feb. 1, 2019. If it does, you will need to go ahead and renew the passport. Kenya requires 6 months of remaining time on a passport. There must also be 2 blank pages in the back of a passport.

There are several locations to get your passport. The main post offices in Acworth, Marietta, Cartersville and Dallas all take passport applications. Please call and make an appointment before going because they are required. You will also need to take a passport photo with you (can be made at CVS, Walgreens, etc); although some of the Post Office's will also take the photo.

You may also submit your application online before you go to the Post Office. If your student is under 16 years of age, both parents will need to go to the Post Office for the passport appointment. If both parents can't go, you must submit Form DS-3053 (must be notarized). Visit this site for what to do if your student is under age 16. [http://travel.state.gov/passport/get/minors/minors\\_834.html](http://travel.state.gov/passport/get/minors/minors_834.html).

## HOW TO GET A KENYAN VISA:

Visit this website, create a visitors account, and follow the instructions: <https://accounts.ecitizen.go.ke/register>

This process must be completed online. It takes 5 business days to receive your visa.





## WHERE ARE WE STAYING?

### SHALOM HOUSE

Address: St. Vincet Comboni Road, Off Ngong Road, Nairobi, Kenya  
Phone: +254 726 770102

<http://shalomhousekenya.org/>

[https://www.tripadvisor.com/Hotel\\_Review-g294207-d2491526-Reviews-Shalom\\_House-Nairobi.html](https://www.tripadvisor.com/Hotel_Review-g294207-d2491526-Reviews-Shalom_House-Nairobi.html)

### CAMP MASAI LAND, near Suswa

In the middle of our trip, we will drive to the Masai Highlands (60 miles out of Nairobi Proper) and stay on the grounds of Bishop Koina's Church. A Professional Catering and Logistics team will travel ahead of us and set up the camp. They will provide showers, food, and tents with sleeping pads. I can promise, your student will never forget this.

## WHAT WILL TRANSPORTATION LOOK LIKE?

We will have twenty-five passenger buses with professional drivers with us at all times taking us to all locations. They will be the same busses the whole trip and we will have access to them anytime we may need them.

When we venture out to Suswa, we will be in 25 seat 4x4 safari trucks that will remain at our disposal at all times.

## WHAT WILL WE DO?

- School Assemblies
- School Classroom Cultural Talks
- School Religious Education
- Food Basket Delivery
- Purity Program Presentation
- First Priority Teachings
- Evangelistic Church Services
- Revival Day and Baptisms for Maasi People

## WHAT IMMUNIZATIONS ARE RECOMMENDED?

No immunizations are required by law to enter Kenya if you are travelling directly from Europe or the US. However, several are recommended. The local IMB missionaries have informed us that the locations we will be ministering in do not have yellow fever or need for marlaria medication, but we recommend that each

family make their own decision. The official CDC website has its own recommendations for Nairobi. <http://www.cdc.gov/>

If you choose to get immunizations, please contact your doctor or a travel clinic at least 3 months before you plan to travel.

### **Cobb County Health Services:**

#### **Marietta Public Health Center**

1650 County Services Parkway  
Marietta, Georgia 30008  
(770) 514-2485 – call for an appointment  
Monday – Friday: 8:00 a.m. – 5:00 p.m.

#### **Acworth Public Health Center**

4489 Acworth Industrial Drive  
Acworth, Georgia 30101  
Phone: 770-974-3330

Paulding & Bartow County Health Departments do not provide travel vaccines.

## HEALTH CARE:

### MEDICAL FACILITIES:

As with any third world country, there are many medical facilities that none of us would ever want to use when in the case of an emergency sickness. While there are many subpar facilities in Nairobi, there are three Major Hospital Facilities in Nairobi which are very advanced modern medical centers and they are the hubs of any major medical care for all of East Africa. Agakhan, Karen, and Nairobi Hospital are the three that we would use in case of an emergency. Our local IMB Missionaries do all their doctor visits at one of these three hospitals and one of them even performs Mr. Yates shoulder replacement surgery that is not even happening in the USA.

While we are in the city, we are never more than 25 minutes from one of these facilities. However, when we are in Suswa, we will be about 55 miles from one of these three hospitals, but we will have transportation on site at all times. In case of a major medical emergency outside the city, the missions BHBC insurance covers medical evacuation if needed.

### HEALTH INFORMATION:

Suggestions: get in shape before going – walking, hiking, and just being active. We will be in a high altitude, so if you have altitude sickness, be prepared with medication. Most people will never have a problem but you never know. We will also have a very busy schedule so, the more fit we are, the better our bodies will respond to the long days.

Report any illness to your team leader immediately.

Remember, illness will prevent you from the ministry you are going to Africa to do, so take all the precautions necessary to stay well. It is only two weeks, so play it safe. The old expression “when in Rome, do as the Romans do” does not apply in Africa. You will get sick if you drink their water. ONLY Drink or Eat what Matt tells you to. Kenyans are a very giving people that want to give us gifts, especially food and drink, but respectfully decline the offer. Trust us! You don’t want those kind of stomach issues.

Be sure to take along all medications that you will personally need and pack them into your CARRY ON LUGGAGE. We will have a medical kit and a nurse with us but please bring any specific medications that you may need.

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GI upset and diarrhea can occur anywhere in the world in spite of taking all the precautions. If this occurs, let your leader know ASAP and they will get you to our nurse. Try to stay hydrated if you have diarrhea or nausea. It is very easy to get dehydrated there. We will carry a variety of medications for these problems in our main medical kit for the nurse to dispense.

### **A CAVEAT REGARDING DRINKING THE WATER:**

NEVER, EVER drink water out of the taps. Clean water is scarce and therefore diseases caused by related poor hygiene are prevalent. THERE IS NO SAFE PUBLIC WATER. None of the public water is purified [including ice] and can contain significant amounts of harmful bacteria. Try not to open your mouth during a shower and always use bottled drinking water for brushing your teeth, taking medication as well as drinking.

### **SECURITY:**

We do everything possible to make sure that keeping students and adults on our team safe. Safety is always a priority. We are working with seven different local organizations. We will be joining alongside the regular programs and ministries of these organizations. After meeting with and sharing our desire to come to Kenya with all these local groups, one of the first questions that has been asked is “Is this a safe place for American Students to do ministry?”

We go above and beyond when it comes to security. Although most of the people on the ground believe just having their teams with us and working with local officials is enough. We want to go the extra step. We have decided to hire four off-duty Kenyan Police Officers to travel with us everywhere we go. We know that we can not control everything that may happen in any place but we want to be as prepared as possible.

### **SECURITY PLAN**

1. Stay in a secure place with limited access and security person.
2. Travel with 4 Off-Duty Police Officers.
3. Work side by side with respected local ministries.
4. Receive blessing of local authorities to do work in their area.
5. Follow advice of local ministry leaders.

## **CLOTHING AND DRESS GUIDELINES:**

(We will talk more specifics later but just to get you thinking)

Be sure to pack some warm clothes, including a jacket.

For daily ministries, sneakers/trail shoes are best as the streets can be very dusty and muddy. Be sure to have an extra pair of shoes in case one pair gets wet.

Africans are very conservative and modest and out of respect for the culture modesty in dress is greatly appreciated. Nairobi is a modernized city so exceptions to the rules will be seen there. Since we will be representing Christ and our church for only two weeks, it is important that we not offend and that we adhere to cultural boundaries. We will have specific dress for each day that will include a shirt of the day and long pants.

## **WORKING WITH A TRANSLATOR:**

Kenyans speak English for the most part. In areas where Swahili is more prominent, a translator will be provided. The translators are very good and speak fluent English, Swahili, generally French and several tribal languages.

## **SHOPPING:**

We will have shopping time before heading home. Some stores may take credit cards, but you will need to bring cash as street vendors will only take that. Whatever you purchase, be sure you have room to take it back in your bags as the checked baggage allotment applies on the return trip as well. This may be your first chance to learn how to deal so start at 40-50% of the asking price at the market.

## **SIGHTSEEING:**

We will have shopping time before heading home. Some stores may take credit cards, but you will need to bring cash as vendors will only take that. Whatever you purchase, be sure you have room to take it back in your bags as the checked baggage allotment applies on the return trip as well. This may be your first chance to learn how to deal so start at 40-50% of the asking price at the market.

## **DOS AND DON'TS IN AFRICA:**

Stay with the group.

Always ask your leader before going anywhere else. This is important.

Don't go anywhere alone.

Do not go out at night after dark unless it is approved by the Radiate Staff.

When shopping or buying things from street vendors, feel free to barter within reason. Just remember, they have very little and depend on tourist dollars (show them generosity).

Do not give out your address, email address or your phone number. If you enter into communications with an African, you should expect that they may view you as a benefactor and ask for financial help from you.

Don't give items or money away, even if asked. If you do, you will soon find yourself surrounded and it will be difficult to get away. We will make a team decision when and how to give away items we have brought to give away.

Use hand sanitizer when possible, and as discreetly as possible. There is a lot of contamination when travelling and this is a good way to reduce the risk of illness.

When in doubt, don't do anything before checking with your leader.

## **YOU REALLY DO NEED EACH OTHER:**

You are going to have a great time with lots of fun. But it will be stressful to you and different for each person. Don't be afraid to grab someone if you need to talk or debrief about something you have seen or been a part of. And keep an eye on each other for stress. You will be in close quarters for the duration of your trip, so things like that shouldn't go unnoticed.

Remember that the most important thing you can do is to pray with each other. Two weeks with the same people is a long time, but a good time to learn about yourself.

## **SPIRITUAL PREPARATION:**

Prayer will be one of the most important ways that you can prepare for your short-term experience. Here are some suggestions of things to pray about:

1. Pray that you will be teachable, submissive to authority and eager to serve.
2. Pray for your team leader and the other members of your team.
3. Pray that you will demonstrate love toward the people you meet.
4. Pray for the people in the city/country where you will be serving.
5. Pray for salvation to come to many.
6. Prepare a three-minute testimony to give in country.
7. Fast and pray to draw closer to the Lord in preparation for what He would have you do and learn while in Nairobi.
8. Ask others to be in prayer for you and for the whole team as we minister to our brothers and sisters in Africa.

## **SPIRITUAL SUPPORT ON THE TRIP:**

The focus of this trip is on Christ and His love for us and others.

Our Team will have a short devotion time together most mornings before starting with our Kenyan brothers and sisters. Most evenings we will have a time of de-briefing, sharing and giving praise and thanksgiving for all the Lord has allowed us to experience during the day. Pray that each evening we will be sharing the experiences of the people who accepted the Lord that day.

First and foremost it should be a spiritual experience for you. The Lord is close to those who are taking the Good News to the lost, and we don't want to miss that experience.

## COMMUNICATING WITH HOME:

While it is not as strong as at home, we will have access to Wifi while at the Shalom House. We will allow students to have their device if they choose to bring it to communicate but remember that you are bringing it at you own risk.

Most cell providers provide weekly or monthly packages if you wish to have cell coverage and texting capacity.

Students are always allowed to use the RADIATE Staff's phones if there is a need to communicate. There really is no need for calling cards due to a limited amount of land lines. Also, remember, we will be 9 hours ahead and it's hard to sync up to talk but we will have time at night for students to try to reach out to home.





## **KENYA TRIP TIMELINE:**

### **February:**

11th: Start Requirements (as found on the application or in the State of Radiate book), Receive a copy of Radiate Passport Journal.

### **March:**

4th: Completed Student Application and \$200 non refundable deposit due  
Completed Chaperone Application and \$100 deposit due

Order Passport/Verify Passport expiration date.

### **April:**

Sell 8 tickets or more to the Live Silent Auction

28th: Work the Auction

22nd: Work the Barbecue With the Barron

30th: Due date for applying for Visa

### **May:**

15: A copy of the front inside of your passport and visa are due today in the church office

### **June:**

VBS training week

5th: All trip balances are due.

29th: Trip departs!

## WHAT WILL IT COST?

Travel expenses for the 2018 Kenya trip are tentatively set at \$2,600 per person. Costs include round-trip airfare, lodging, ground transportation, three meals daily, bottled water, and a safari in Masai Mari. You will need to take extra cash if you want to buy souvenirs and for airport food. (We will talk more about this in team meetings)

*Reminder: A large portion of this has been raised in fundraising efforts and we will teach students how to send support letters their to friends and family outside of BHBC.*

## COST BREAKDOWN:

Airfare	\$1700
Lodging and Meals	\$320
Meals	\$150
Ground transportation	\$150
Insurance	\$50
Safari	\$125
Water/Security/Swag	\$105
<b>Total</b>	<b>\$2600</b>

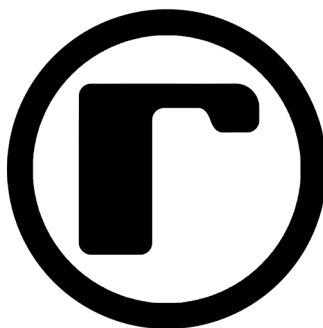
## FUNDRAISING (PER STUDENT):

RFTS 2017	\$280
Auction 2017	\$400
BBQ 2017	\$40
RFTS 2018	\$310
AUCTION 2018	(Projected) \$375
BBQ 2018	(Projected) \$40
<b>Total</b>	<b>\$1445</b>

## PROJECTED OUT OF POCKET: \$1155

(If all fundraisers were completed)





Burnt Hickory Baptist Church  
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**[WWW.BHRADIATE.COM](http://WWW.BHRADIATE.COM)**