



# Welcome Packet





Dear Friends,

We are honored that you are considering Crossing Thresholds (CT) for your travel adventure to Kenya. We are less of a business and more of a passionate commitment. Our goals for every volunteer are straightforward – exposure to another part of the world, dynamic cultural exchange and learning, and the opportunity to give your time and talents where they are needed.

At CT, our mission is to reclaim the original meaning of philanthropy – *a love for humanity that breeds familiarity, loyalty and generosity*. Wherever we live, whatever our ethnic or religious identity, and irrespective of our material resources, **we are all philanthropists**. We were born to locate ourselves in the give-and-take of life's unfolding; and we were born to try and create a safer and better world for future generations.

Our trips to Kenya are only 8-9 days, yet you will be amazed at how much you can see, how much you will learn, and how much you can accomplish in a short period of time. The schedule includes 5-6 days working in the Kibera Slum, with an option to extend your trip to include 2-3 days on a safari at one of Kenya's national parks. The experience in Kibera can be quite emotional, chaotic, and intense. It is not easy to make sense of the poverty, the squalor, and the frenzy of slum life. At the same time, you will be touched by the courage, resilience, and hope of children and adults alike who are working hard to improve their life circumstances.

At the end of each day, we will return to a clean and comfortable hotel where you will find electricity, running water, and mosquito netting. You can expect healthy and good meals. However, each volunteer should be reminded that we are traveling in Africa; there may be power outages, and hot water is never guaranteed. If these types of inconveniences are problematic, this trip may not be ideal for you.

Our pledge is to facilitate an unforgettable experience that will open your heart, challenge your thinking, and perhaps unleash your passion for philanthropy.

To help guide you in making an informed decision about joining a CT trip, please see the enclosed documents regarding costs and sample itinerary.

With anticipation,  
Carter Via  
*Executive Director*



## Trip Cost & Breakdown

Our trip fees cover most of your expenses on the ground in Kenya including room, board, and ground transportation. **We do not cover the cost of flights.** If you need assistance choosing your flights, do not hesitate to get in touch with us!

- *Adult rate \$2,200.00*
- *Student/Family rate: \$2,000.00*

If the above rates might prohibit you from traveling with Crossing Thresholds, PLEASE get in touch with us by email or phone to discuss possible scholarship funds and/or fundraising ideas (aly.luiso@crossingthresholds.org or 914-815-8620). It is our commitment as an organization to make this experience accessible to as many people as possible.

<i>Item:</i>	<i>Cost:</i>
<b>Nairobi hotel, meals, and transportation</b>	<b>\$1,400.00</b>
<b>Administration fees</b>	<b>\$200.00</b>
<b>United States Based Trip Leadership</b>	<b>\$300.00</b>
<b>Kenyan Based Support Staff</b>	<b>\$100.00</b>
<b>Project Contribution *</b>	<b>\$100.00</b>
<b>Local Kenyan Labor</b>	<b>\$100.00</b>
<b>Total</b>	<b>\$2,200.00</b>

\* Covers project, program, and material costs (purchasing – athletic equipment, arts and crafts supplies, paint supplies, construction materials, medical supplies, etc.)



## Trip Preparation Form

- Purchase Flights
- Send flight info to [aly.luiso@crossingthresholds.org](mailto:aly.luiso@crossingthresholds.org)
- Make sure your passport is valid for the next six months (Visa requirement)
- Write deposit check for \$500 (non-refundable) to *Crossing Thresholds*
- Fill out and mail in Disclosure Form, Release Form, and deposit check in attached envelope
- Check enclosed packing list
- Consult a physician, and/or get CDC recommended meds and immunizations:  
<http://wwwnc.cdc.gov/travel/destinations/traveler/none/kenya>
  - Malaria (recommended daily dose)
  - Yellow fever
  - Typhoid
  - Hepatitis A
  - Hepatitis B
  - Routine vaccinations: Meningitis, measles, mumps, rabies, polio
- Getting an online VISA:** Please go online to acquire your visa well in advance of the trip. You can apply for a \$50 visa at <http://evisa.go.ke/evisa.html>
  - \* **You can also choose to get your VISA upon arrival at Jomo Kenyatta Airport**
- 60 days before departure:** Mail in remainder of payment (non-refundable) (*\$1,700 for adult, \$1,500 for student/family*)
- Depending on shopping interests bring \$200 – \$300 in spending money.** If you need to take out more money while in Kenya, we will have access to ATMs

## Contact

If you have any questions or comments, please do not hesitate to call or email us:

**Carter Via:** [reviekibera123@gmail.com](mailto:reviekibera123@gmail.com), 914-610-8492

**Aly Luiso:** [aly.luiso@crossingthresholds.org](mailto:aly.luiso@crossingthresholds.org), 914-815-8620



## Packing List

Our first suggestion is to travel lightly—you will be responsible for your own luggage throughout the trip and will probably want space to bring home gifts and other items from Kenya. Canvas or nylon duffel bags are recommended rather than hard luggage. And, you are advised to pack 1-2 days worth of essentials in your carry-on luggage in case your bags are delayed. As most airlines allow for two suitcases, it is our hope that you may be so willing to carry a second bag on behalf of Crossing Thresholds that is filled with donations.

Of critical importance are your **passport, visa, plane ticket, medications, and spending money**. Depending on your shopping habits – you should bring \$200 – 300 (or plan to take out cash at ATMs). 1 US Dollar is 100 Kenyan Shillings. Meals, transportation, and hotel costs are covered by the trip fee. Alcoholic beverages, drinks outside of meal times, laundry, and extra hotel nights will incur additional charges.

For your general information, the weather is a comfortable 60-70°F. Though Kenya lies astride the equator, the higher altitudes create cooler temperatures – especially at night when a sweater or light jacket might be necessary.

### PERSONAL EFFECTS

- Small daypack w/ zipper
- Flashlight
- Camera
- Outlet adapter
- Towel and washcloth
- Toiletries
- Sunscreen
- Sunglasses
- Hat and/or bandana
- Insect repellent (20-35% DEET)
- Antibacterial wipes and/or Purell
- Journal and pen
- Water bottle
- Work gloves (if doing construction)
- Tissues/toilet paper (not always available in public restrooms)
- Prescription medications
- Lock for suitcase
- *Bedding and mosquito nets are provided\**
- *Laundry is available at the hotel\**

### CLOTHING

- Sturdy walking shoes and socks
- Sandals or flip-flops for evening wear
- Sweater or sweatshirt
- Sweatshirt or rain jacket for safari (*sunrise game drive will be cold!*)
- 1-2 pair of work pants/jeans
- 2-3 pair of light weight pants
- 1-2 pair of shorts (knee length)
- 5-6 T-shirts (not sleeveless)
- 1-2 skirts for women (cover the knees)

### OPTIONAL

- Energy converter
- Overnight bag to pack clothes for weekend safari trip
- Paper, crayons, etc. for group activities with the students
- Granola/energy bars for snacks
- Cash for exchange, credit cards, and/or debit card (1 USD = 100 KSH)
- T-shirts, watches, hats, and bandanas are much desired and can be used for bargaining in markets



## Trip Information

### More about Kibera

The Kibera slum is home to roughly one million people. This unauthorized settlement on the outskirts of Nairobi, Kenya is the densest slum in Africa, and the second largest slum in the world. Since the Kenyan Government does not recognize the residents' right to live there, they do not provide local infrastructure. There is no sewage system, few schools, and even fewer medical facilities. CT has been bringing volunteers to work in Kibera since 2008, and leading work trips to assist our school-building projects on the ground.

### Facing the Future School (FAFU)

In January 2011, CT established a partnership with **Simeon Ajigo**. Simeon's vision was to create a safe environment in Kibera for the children of single mothers. Simeon's vision quickly grew to include a preschool, primary school, health clinic, and community outreach program for at-risk teenagers in the slum. FAFU serves 300 children and provides each student with two meals per day. To further enrich the learning environment, CT helped launch a dynamic music program, a variety of sports programs, and much needed medical and therapeutic services.

### Mobjap Primary School

Our most recent school-building project began in January 2016 with community leader, **Asanya Bernard**. Prior to this date, Asanya was feeding and educating more than 250 kids in unimaginable conditions. But his will and determination were unflappable. Following the purchase of a piece of land in 2015, CT initiated construction on the first building of the Mobjap (Garden of Hope) Primary School. On our trip, we will be on site at Mobjap doing construction and interacting with the kids.

### Thresholds High School, Nyeri District, Kenya

With less than 10% of Kibera's graduating eighth graders able to pursue high school education, CT saw the construction of this high school as imperative. The school campus was built approximately two hours north of Nairobi in the Nyeri district of Kenya, with a boarding facility to give students the chance to learn and grow outside the Kibera Slum. On this trip, you will have the opportunity to visit the school and hopefully meet our partner, **Lawrence Kabuthi**.

### Working with CT

No experience is necessary to join a CT work trip. Our program usually contains an element of construction, but we also encourage volunteers to utilize their personal skills and share them with the children and staff at our partner schools. Past volunteers have provided medical check-ups, started music programs, trained FAFU staff members in trauma counseling, led exercise, drama, and/or art classes, and provided career counseling for the *FAFU Youth Group* members. If you have any ideas about an activity you would like to plan, please contact us and we can help you prepare before the trip.



## Trip Itinerary: January 4<sup>th</sup> – January 13<sup>th</sup>, 2019

<b>Friday, Jan. 4<sup>th</sup></b>	Evening:	- Departure from USA
<b>Saturday, Jan. 5<sup>th</sup></b>	Evening:	- Airport pick-up and transfer to Gracia Gardens hotel in Nairobi
<b>Sunday, Jan. 6<sup>th</sup></b>	Morning:	- Breakfast at 9AM in the dining room - Introductions and Orientation
	Afternoon:	- Lunch - Visit to Giraffe Feeding Center - Drive back to Gracia Gardens
	Evening:	- Dinner
<b>Monday, Jan. 7<sup>th</sup></b>	Morning:	- Breakfast at 7:30AM - Depart at 8:15AM to project site in Kibera
	Afternoon:	- Lunch - Work until 4PM, return to hotel
	Evening:	- Dinner and reflections
<b>Tuesday, Jan. 8<sup>th</sup></b>	Morning:	- Breakfast at 7:30AM - Depart at 8:15AM to project site in Kibera
	Afternoon:	- Lunch - Work until 4PM, return to hotel
	Evening:	- Dinner and reflections
<b>Wednesday, Jan. 9<sup>th</sup></b>	Morning:	- Breakfast at 7:30AM - Depart at 8:15AM for project site in Kibera
	Afternoon:	- Lunch - Work until 4PM, return to hotel
	Evening:	- Dinner and reflections
<b>Thursday, Jan. 10<sup>th</sup></b>	Morning:	- Breakfast at 7:30AM - Depart at 8:15AM for project site in Kibera
	Afternoon:	- Lunch - Work until 4PM, return to hotel
	Evening:	- Dinner and reflections





- Friday, Jan. 11<sup>th</sup>**
- Morning: - Breakfast at 7:30AM
  - Depart at 8:15AM for project site in Kibera
  - Afternoon: - Lunch
  - Work until 4PM, return to hotel
  - Evening: - Dinner and reflections
- Saturday, Jan. 12<sup>th</sup>**
- Morning: - Breakfast at 7:30AM
  - Afternoon: - “See you soon” Ceremony in Kibera
  - Evening: - Airport Drop Off – Travel Home!
- Sunday, Jan. 13<sup>th</sup>** – Return Home

**For those traveling with Crossing Thresholds for the first time and interested in going on Safari after the trip, we work closely with Lukundo Safaris and Tours and will help you coordinate a 2-night – 2-day excursion at the Maasai Mara National Reserve for approximately \$600.**

**For those interested in extending their trip with a three-day Zanzibar or Beach excursion, Crossing Thresholds will happily coordinate through Lukundo Safaris and Tours.**

**Please get in touch with us for more information on the above excursion options!**





## Crossing Thresholds Inc. – Kenya Trip

### Agreement and Release

Trip Dates: \_\_\_\_\_

***This document is a legally binding release, which, in certain situations, will reduce or eliminate your legal rights and legal recourse. Please read it carefully before signing.***

This AGREEMENT and RELEASE is between \_\_\_\_\_ (“Participant”) and Crossing Thresholds, Inc. (CT). This Agreement and Release is entered into in connection with the program sponsored by CT, which provides the opportunity for Participant to travel to Kenya to engage in volunteer service and cultural exchange. Participant enters into this Agreement and Release in consideration of the opportunity to participate in the Program and for other good and valuable consideration, the sufficiency of which the parties acknowledge

Participant acknowledges that the Program involves travel to a developing country with a possibly unstable political system and differing cultural expectations and practices. Participant acknowledges that there are risks inherent in such trips, including, but not limited to, forces of nature, accident or illness in remote places without immediate access to adequate medical facilities, a lower standard of sanitation, job site injury, and travel by air, automobile, truck, on foot or by other conveyance. Participant assumes all the risks of the Program, including health and personal safety risks, and waives all claims for loss or injury to person or property while participating in any of the activities contemplated thereby, whether such loss or injury results from the negligence of CT or its officers, directors, employees, liability insurance carriers or agents, or from some other cause. Therefore, in consideration of the right to participate in the Program, and of the services, food and transportation arranged by CT and its agents and associates, the undersigned Participant, intending to be legally bound, consents to the assumption of such risks, and agrees to forever waive, discharge and release for Participant and Participant’s heirs, executors, and administrators, all rights and claims for injuries, damages, illness, losses, demands and other actions of every kind and nature whatsoever, which Participant may have against CT or its officers, directors, employees, liability insurance carriers and agents and all of those entities’ representatives, successors and assigns, resulting from or in connection with the Program or any other activities arranged for Participant by CT and/or its agents and associates.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Crossing Thresholds Inc. – Kenya Trip

### Personal and Health Information Disclosure

Please let us know of any physical limitations or medical conditions which may, for any reason, interfere with your ability to fully participate in the program.

Trip Dates: \_\_\_\_\_

Name (as it appears on your passport):

\_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Day Phone/Cell: \_\_\_\_\_

Preferred E-Mail: \_\_\_\_\_

Passport #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Issuing country: \_\_\_\_\_

(Please note- Passport must be valid for at least 6 months from date of departure!)

• Do you have any **medical or surgical condition(s)** that require you to see a physician regularly?

Yes If yes, please explain: \_\_\_\_\_

No \_\_\_\_\_

• Have you had any **medical condition** which is now stable, but which may recur while traveling?

Yes If yes, please explain: \_\_\_\_\_

No \_\_\_\_\_

• Please list any **physical limitations** that you have (i.e. impaired vision, hearing, breathing, mobility, etc):

Yes If yes, please explain: \_\_\_\_\_

No \_\_\_\_\_



• Do you have a **history of mental or emotional instability** for which you have sought medical attention?

- Yes    If yes, please explain: \_\_\_\_\_
- No    \_\_\_\_\_

• Are you currently **under the care of a physician** for any of the above-mentioned conditions?

- Yes    If yes, please explain: \_\_\_\_\_
- No    \_\_\_\_\_

• Please list all **medications** that you are currently taking; both prescription and over-the-counter and the reason for taking the medication(s):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

• Please list all **allergies** that you have (including medication, food, environmental, etc.), or indicate none:

\_\_\_\_\_

\_\_\_\_\_

• Please indicate if you have any special **dietary restrictions**:

\_\_\_\_\_

• Who is your **Personal Physician**:

\_\_\_\_\_ Phone #: \_\_\_\_\_

• Your current **health insurance policy**:

Company: \_\_\_\_\_

Policy #: \_\_\_\_\_ Group #: \_\_\_\_\_

Name of Insured: \_\_\_\_\_ SSN# of policy holder: \_\_\_\_\_



- Are you planning to purchase **emergency medical evacuation insurance**?

Yes

If yes, provide the name of the policy

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No

**EMERGENCY CONTACT:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Even Phone: \_\_\_\_\_

Day Phone/Cell: \_\_\_\_\_

**I affirm that all the above information is true and accurate to the best of my knowledge. I understand the health risks involved in traveling to a developing country. I consider myself in good mental and physical shape.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_