

Sawa Africa Trip Guide

Sawa Africa Service Trips and Mission Trips

Thank you for your interest to serve with Sawa Africa in bringing hope to the communities we serve in Western Kenya. Through your services we are able to empower the children, youths and families we serve.

Sawa Africa's Story

When Dorothy Dulo returned home from college to her village in Western Kenya, she found her parents had taken in many orphaned children. The AIDS epidemic had ravaged her village of Alendu, abruptly orphaning dozens of children. Unexpectedly left with only distant relatives to provide for their basic needs, these children had little hope of living a good life.

Dorothy's father, a retired education professional, began teaching a kindergarten class for these children who had nowhere else to turn. Dorothy's mother prepared meals and provided other social services to the students. Without access to a classroom, the students started their education under the shade of a nearby tree. This is where Sawa Africa Foundation's story begins.

Sawa Africa's mission is to partner with rural communities to provide resources that can lead them to live in optimum health. Sawa Africa fulfills this mission through community education, community health and economic development.

Through these programs, Sawa Africa serves children, youths, women and families. Projects such as Sawa Africa Water, LightHouse Academy, Sawa Africa Women's group, and Sawa Africa Youth Hub deliver and equip the community to live a sustainable and holistic life. By joining us on one of the trips, you get to experience Sawa Africa's work and help change the destiny of these communities.

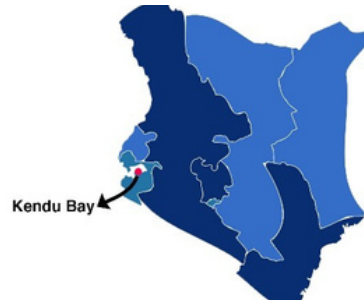


Where we serve?

Sawa Africa serves in Rachuonyo North and South Sub-Counties of Homa-Bay County, Western Kenya. We serve in the rural communities where there is lack of basic services, infrastructure and access to services is limited. The region is situated about 1.5 hours by vehicle outside of Kenya's third largest city Kisumu. And lies at the shores of Lake Victoria, Africa's largest and the world's second largest freshwater lake. The scenery is breath taking and refreshing. The area is the home of the Luo people. The nearest town centers are Kosele, Oyugis and Kendu-Bay.

The main source of income is through seasonal small scale and subsistence farming. The harvest is not enough to sustain a family through the year until the next season. Fishing at the lake is no longer a lucrative enterprise. The fish population is reduced and fishing permits are hard to secure.

Health services are mainly provided through government medical centers. They are limited with supplies and resources and medical workers. Hence poor medical services. Education is mainly through public schools. The classes are crowded, and teachers are few. Teachers have limited teaching materials and students don't have access to books and other educational supplies. Village infrastructure is poor but the main road access is fair. Water is scarce with no clean water. Life expectancy is low. Many households are managed by children or widows. Girls have limited access to upper primary education. Due to poverty, most girls drop out of school early to try and secure a better source of support for their families. They end up in early marriages which turn out to create a deeper circle of poverty.



How We Serve & Who Can Serve

Sawa Africa's approach to ending this circle of poverty, injustice and inequality is through education, health care and community empowerment. Each of these areas are strategically planned with the community leading the discussion on solutions. The mission trips focus on different projects in each of these service areas. Every volunteer is assigned a task that will bring meaningful work and impact at the end of the trip.

Everyone Can Serve





We welcome individuals, youth groups, church groups, college groups, interns, corporate groups and families to serve with us in Kenya. We will match you with an area of interest to serve in. Past service groups have focused on empowerment activities such as teaching girls on basic computer skills; teaching photography, videography, canning, beading, music, tailoring; youth camps; preaching; medical clinics; reading; VBS and much more.

What Can I Expect in the Trip

Flying to Kenya

Your ticket will be reserved with an airline that frequently flies to Kenya and has the most accommodating flight schedule. You will fly into Nairobi Jomo Kenyatta International Airport then connect to Kisumu. You will spend a day in Kisumu in modern style Guest House with all familiar foods and amenities.

Daily Activities

The next day you will be driven to the village, Alendu, where Sawa africa's LightHouse Academy is located. This is 1.5 hours trip with Sawa africa's friendly driver and staff. Upon arrival in the village you will be welcomed by LightHouse students and Sawa africa staff.

You will stay in Sawa africa Guest house. The guest house has indoor bathroom facilities, solar lighting and internet access. All meals will be prepared by Sawa africa's chefs. The menu will mainly be local foods and a little mix of American and European dishes.

Daily schedules will be discussed on the first day. Generally, a typical day starts at 8am with breakfast then service activity until 12noon. Lunch is served at 1230pm. Afternoons are a mix of home visits or local community market and other places visits. Home visits are into the homes of Sawa africa students and Sawa africa staff. Despite all the hardships in the village, the community members are joyful, singing and excited to receive you.

Schedules may vary slightly based on specific activities and size of the team.

The trip ends with a Safari (optional) to one of Kenya's national parks. After the safari, you will be escorted to the airport to take your flight back home.



Dancing with Maasai Warriors during a Safari at Maasai Mara



Mandazi, Kenyan donuts are a favorite on the breakfast table

Preparation For Travel

Travel Documents

- Passport - You MUST have a passport with at least 6 months to expiration and Kenya visa to travel. It may take up to six weeks to get a passport. A Kenya Single Entry visa is required and must be obtained before travel(\$50). Make a copy of all travel documents and give to your team leader or Sawa Africa contact person.
- Consider carrying a minimum of \$200 cash for airport meals, extra drinks/food, tips, souvenir shopping.

- We can exchange 2010 and newer bills in good condition with no tears in \$20, \$50 and \$100 increments. Smaller bills and traveler's checks are not accepted. Bills printed before 2010 will not be accepted by the banks
- Credit/Debit cards may be used. We advise that you notify your bank of your travel to prevent your card being blocked for fear of fraudulent activity. Be aware of precautions associated with international use. We suggest use of Credit/Debit card for emergencies only.
- Carry Insurance and frequent flyer cards (if same as the airline you will be travelling with).

Security

- If traveling with a team, the team leader will purchase a group travel insurance that will cover emergency needs for health, security, loss and unexpected change of flight schedule.
- While in Kenya you will travel by a vehicle driven by Sawa africa staff or hired driver. Your housing in Kisumu will be secure 24 hours a day with guards. We take precautions by traveling as a group and not letting group members venture off alone.
- Please do not bring nice jewelry or watches for your safety in public.
- Cameras and phones can be used but carried in bags.
- In the village there will be security guards at night.

Electronics

- Communication to the U.S. can be limited. Mission participants may bring their cell phone, but fees may be excessive, and service is not guaranteed – check with your provider before travelling. Rafiki will have shared phones that can be used to update your family.
- You may also bring a laptop with wireless connection for updates. We encourage you to submit journal entry blogs as your trip progresses. All the guest houses will have wireless connection but may not be reliable.
- Electrical outlets are British Type G BS 1363. To plug in, you will need a travel plug adapter and electrical adaptor for electronics rated below 220-240 volts AC.
- Camera, memory cards/sticks, battery chargers.

Travel Health

- Consult with your doctor for international travel and immunization guidance. Recommended vaccinations for Kenya are Hepatitis A & B, Typhoid, Measles, mumps, rubella and Tetanus diphtheria which are best obtained at your local health department or travel clinic.
- Antimalarial medication is mandatory and may be purchased beforehand. While in Kenya your bed will have mosquito net to be used every night.
- A team may prepare a shared travel first aid bag with possible needs such as Band-Aids, antidiarrheals etc. A complete list may be provided if you are interested.
- Each traveler will need cipro enough for 1 cycle of treatment in case of any infection such as traveler's diarrhea. Ask your doctor for the prescription and purchase the medication before you depart.
- Carry a water bottle. Your water bottle will be cleaned every morning.
- Sawa africa will provide clean and safe water daily for drinking and brushing teeth.
- If you have a prescription, please bring the medication in its original container and an extra prescription. Consult with your doctor before traveling.
- Carry your traveler's immunization card.

Packing List

- Current Passport, 2 extra passport photos
- 2 Large Suitcases or Duffels (50 lb max per bag) - one for personal gear and the other for donated supplies. Excess baggage fee may apply. Place a copy of passport inside ALL personal bags.
- 1 carry-on bag as well as a backpack or purse are allowed. Airline specifications will be provided after tickets are confirmed
- Clothes - Please keep safety, comfort and modesty in mind as you pack. For cultural consideration, no short shorts above the knee for ladies and above mid-thigh for men or spaghetti strap tops should be worn. Make sure to pack 1-2 days change of clothes and underwear in your carryon and wear something comfortable for the long flights. Shirts and pants - easy to wash, lightweight, quick to dry is best. Comfortable shoes/sneakers. Sleepwear - Lightweight long sleeve shirt and long pajama bottoms for evenings. Sun gear - Hat/visor, bandanas or scarves. Rain gear - Sweatshirt, lightweight jacket and rain gear for cold and rainy evenings/days. One nicer outfit for church or official meetings, decent length skirt or trousers for ladies are acceptable.
- Personal toiletries including hand sanitizer, wet wipes, toothbrush, toothpaste, lip balm with SPF and insect repellent. Limit to only necessary non-scented hygiene products.
- Bible (if applicable to you) journal, notebook, pens.
- Flashlight and extra batteries.
- Watch/Alarm Clock
- Earplugs for light sleepers.
- Lightweight travel friendly snacks like hard candy, granola bars, jerky, pretzels etc.
- Anything that you can share with students and staff about your family and life, like a few pictures.

Cost of Travel

The following expenses are based on a 14 days trip. This is an estimate. Prices may vary slightly based on the season of travel, airfare and other unexpected changes.

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| Application Fee | \$50 | Due on application. Non-refundable |
| Visa Fee | \$50 | Every traveler makes their own visa application. Details will be provided |
| Airfare | \$1600 | Due 8 weeks before travel. Actual price will be verified at time of reservation with actual price billed to you. Airfare range \$1600-\$2500 |
| Kenya Expenses | \$1200 | Due 4 weeks before travel. Covers travel within Kenya, meals, lodging, t-shirt, safari (1 night), travel insurance and safe water. |
| Safari (optional) | \$300 | Due after ticket reservation. May vary \$300-\$600 depending on the park and destination. This is based on a 1night safari. |

Donations and payments towards your trip may be sent to Sawa Africa, P.O. Box 7222, Lancaster, PA 17604 Or make their donation online at www.sawafrica.org. Indicate your First & Last Name and Month and year of trip.