

Africa

T R A V E L J O U R N A L

Everything You Need to Know About Your CHF Vision Trip



2018 VISION TRIPS

ITINERARY

■ SUNDAY	6/10	Travel Day/Depart LAX
■ MONDAY	6/11	Arrive Kigali Dinner with ministry partner Check into hotel
■ TUESDAY	6/12	Visit Africa New Life Mission Center (AM) Overview of CHF Mercy Network activity in Rwanda (AM) Tour Africa New Life facilities (AM) Grand opening reception of Wentz Medical Center (AM) Visit Genocide Memorial (PM)
■ WEDNESDAY	6/13	Visit Mercy Network churches and families (AM/PM) Debrief during dinner
■ THURSDAY	6/14	Visit CHF-sponsored self-sustainability program (AM) Lunch meeting with Pastor Charles (PM) Depart Rwanda (PM) Arrive Kenya (PM)
■ FRIDAY	6/15	Team orientation at EMC (AM) Church and family visits (AM) Packed lunch School visits (PM)
■ SATURDAY	6/16	Visit Rehab Center (AM) Visit orphans rescued from Sudan and Ethiopia (PM) Travel to Mully Children's Family homes (PM)
■ SUNDAY	6/17	Mully's Family Ministry church service
■ MONDAY	6/18	MCF program tour and assessment Drive to Nairobi Airport Evening flight to LAX
■ TUESDAY	6/19	Arrive LAX

Welcome



U S A N A

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ABOUT CHF



DESCRIPTION OF MINISTRY

Children's Hunger Fund is a nonprofit organization incorporated in California to assist in meeting the physical and spiritual needs of children and their families in the United States and developing countries by obtaining and distributing food and other items and by working in cooperation with other organizations toward that end.

CHF MISSION

Children's Hunger Fund seeks to deliver hope to suffering children by equipping local churches for gospel-centered mercy ministry.

CHF DISTINCTIVES

PRIORITIZE THE GOSPEL: We declare the message of the gospel of Jesus Christ as our first priority. It is the only source of true hope, the ultimate remedy for mankind's suffering, and the power of God to those who are being saved. Therefore, we unite our God-given gifts and resources for gospel proclamation.

ELEVATE THE CHURCH: The Church was divinely established and its existence uniquely guaranteed by God as His representative of the gospel in word and deed. Therefore, we elevate and esteem churches dedicated to the gospel, by equipping and providing resources to help them proclaim this message to the world.

IMPACT THE NEXT GENERATION: Children are made in God's image and He commands us to nurture and instruct them in His Word. Therefore, we impact the next generation for Christ, so that one day they would be restored as "children of God" through the power of the gospel.

PURSUE RELATIONSHIPS: The most effective way to serve the needs of others is through ongoing, personal relationships. Therefore, we prayerfully pursue relationships with those we serve and those who help us accomplish our mission, so that our actions might be used by God to transform lives.

STRIVE FOR INTEGRITY: We recognize that we are ultimately accountable to God for the stewardship of the resources He has entrusted to us. Therefore, we strive to fulfill our mission with integrity before God and conduct ourselves in such a way that enables others to trust our work with confidence.

IMPORTANT CONCEPTS

MERCY MINISTRY

This signifies the spread of the gospel through the distribution of material goods and service, toward the alleviation of human pain, suffering, and deprivation, caused by natural and manmade problems, particularly problems impacting children.

MERCY NETWORK

A Children's Hunger Fund "Mercy Network" is a collection of like-minded churches, trained and equipped by CHF, that are pursuing gospel-centered, Relational Mercy Ministry. On an international level, CHF, in partnership with our in-country partner, carefully selects a Mercy Network of churches. CHF then provides training and resources for this network of churches, so that they might provide care for their communities, and establish relationships through home delivery of food for the progress of the gospel.

FOOD PAKS

The resources that CHF provides for these churches is a Children's Hunger Fund "Food Pak," which is a box that holds up to twenty pounds of nutritious food. The most effective way to care for a family in need is to bring help directly to their door. CHF's Food Paks are relationship-building tools that provide face-to-face opportunities to share the gospel through practical acts of compassion.



MINISTRY PARTNER

Children's Hunger Fund identifies regions of severe needs and then establishes strategic ministry alliances to serve the children in those regions.



AFRICA NEW LIFE
MINISTRIES

Rwanda

AFRICA NEW LIFE MINISTRIES (ANLM)

CHF began providing services to Rwanda in 2007.

The vision and mission of ANLM is to proclaim Christ through acts of compassion. They help the orphaned and poor children of Rwanda by providing education, medical care, food, clothing, and hope for the future. This is accomplished through a child sponsorship program, operating schools and orphanages, and training future leaders. ANLM also offers vocational training for widows and teaches financial stewardship.



Kenya

EMMANUEL BAPTIST CHURCH (EBC)

CHF began providing services to Kenya in 2016.

Emmanuel Baptist Church works through local churches to reach poor and impoverished children with food, clothing, and education. Through Children's Hunger Fund, EBC has established a solid Bible-teaching denomination/association. EBC programs include Bible schools, church planting, ministry for abandoned boys in Nairobi, and providing Food Paks for Sudanese orphans in refugee camps in Kenya and war-torn Sudan.



BEFORE YOUR TRIP

PREPARATION FOR YOUR TRIP

PASSPORT

A valid passport is required for entry into Rwanda and Kenya. Please make sure that your passport does NOT expire before June 2019 (one year from our trip). If this will be a problem or you need assistance, please contact CHF offices immediately. We suggest that you make a copy of your passport's ID page and place it in each piece of luggage. Please give a copy of this information to your spouse, parent, or friend. It is suggested to have a second form of photo ID, such as your driver's license.



VISA

A visa is required for Rwanda and Kenya on US passports, and we will obtain our visas upon arrival. All travelers arriving in Rwanda with CHF staff will have their visas handled by the team leader. All other travelers will need to purchase a visa upon arrival. Visas to Kenya will be handled by the team leader.

VACCINATIONS

An International Certificate of Vaccination against Yellow Fever is required. This vaccination must be obtained at least 10 days prior to departure from the US. It is also highly recommended that you consult your physician for any additional recommended vaccinations when traveling to Rwanda or Kenya.

MEDICATIONS

Please contact your physician to inquire about any medications you may need. In addition, you should consider obtaining a prescription for malaria tablets. Generally, that will mean six weeks of chloroquine phosphate 500mg tabs (one pill per week starting one week before we leave). Be sure to take a malaria tablet on the day you depart.

SPENDING MONEY

All of your lodging and transportation expenses are covered by CHF during the trip, including your meals. Your only out-of-pocket expenses will be for additional food or souvenirs. Bring money, but not much. ATM and credit cards may work in Rwanda and Kenya. Please check with your particular bank to make sure your card will work in the countries on your trip.

EXCHANGING MONEY

You will have an opportunity to exchange currency in Rwanda and Kenya upon arrival. If desired, please speak to the team leader.

EXCHANGE RATE

Exchange rate for Rwanda:

every \$1 USD = 858.38 Rwandan Franc
(at the time of publishing)

Exchange rate for Kenya:

every \$1 USD = 100.76 Kenyan Shilling
(at the time of publishing)



EMERGENCY MEDICAL INSURANCE

Check with your health care provider to determine the extent of your health care coverage while traveling abroad.

PROVIDING EMERGENCY CONTACT INFORMATION

Please provide **Cate Cardenas** with the name and phone number of a person for us to contact on your behalf in case of an emergency. **210.395.4200 Ext. 5003** or **CCardenas@ChildrensHungerFund.org**

LUGGAGE

Each team member is encouraged to bring one piece of check-in luggage (50 lb max) and one carry-on (15 lb max; 21.5" x 10" x 13.5"). One personal item (purse, laptop, etc.) is also allowed (26 lb max combined carry-on weight). It will help immensely with a group of this size if you pack as light as possible.

For our Rwandair flight to Kenya, each team member is allowed one piece of check-in luggage (66 lb max) and one carry-on (22 lb max). For every kilogram over the limit, there is a nominal fee.



WHAT TO BRING

ATTIRE

As a general rule, dress should be modest, but comfortable. We recommend lightweight clothing. Clothes should be neat/clean and free from holes or tears. Plan to wear pants (i.e., slacks or jeans) and not shorts. Blouses should have capped sleeves. Tennis/walking shoes are appropriate. Avoid sandals, due to the possibility of rain and mud. Bring at least one set of business casual clothing for formal occasions.

For church on Sunday, locals will come wearing their best. Women should wear a full-length dress (no pants). Men should wear slacks and a dress shirt. Ties are recommended, but not required.

Safari: Wear comfortable shorts or jeans, dress in layers.

JEWELRY

Modest jewelry only.

RECOMMENDED PACKING LIST

Anti-bacterial hand gel
Basic nose/ear/throat/pain
relief medications
Prescription medications *
Toiletries
Sunscreen
Mosquito spray with
40-50% Deet
Imodium capsules
Lip balm
Water bottle
Bible
Notepad for journaling
Camera and memory card(s)
Compact umbrella

Flashlight
Hat or baseball cap
Light jacket
Small backpack for day trips
Snack food
Sunglasses
Travel pillow
Facial tissues
International electrical outlet
adapter
Sleep aid or Melatonin
Motion sickness pills

* If you are taking prescription drugs, bring an adequate supply and make sure they are in the original bottles with the labels on the bottle. Place in carry-on bag.

TRAVEL SAFETY

AIRPORT SECURITY

Airports and train stations have proved to be high-risk for terrorist attacks.

- Say goodbye to friends and relatives before you get to the airport or station, particularly in the host country. Minimize the amount of time that you spend outside of security.
- Check your departure times before leaving for the airport to make sure your plane is on time, to diminish the number of waiting long hours in the airport.
- Comply with security checks quietly.
- If a stranger asks you to carry anything, refuse. Quietly notify airport security.
- Areas outside of security are especially sensitive. Avoid sitting next to trash receptacles and vending machines. Be aware of your surroundings, watch the people around you, and know the locations of exits. Do not sit next to unattended baggage or boxes.
- Do not wear clothing that identifies you as an American when you travel.

- If there is an evacuation, do not panic, walk quickly to the nearest exit and get away from the airport.
- Keep a low profile at all times in the airport. Do not make a lot of noise.
- After claiming your baggage, remove any security tag before flying again. Destroy all security tags so they cannot be used again.
- Shred your boarding passes. They contain personal information.
- If separated from the team in airport, meet at the gate; do not get on the flight without the group.

HOW TO BEHAVE IF HIJACKED

In the remote possibility that you are hijacked, your behavior alone may be the very reason you survive and survive unharmed. If you survive the first 15 minutes, you usually survive the hijacking attempt.

- Remember that pilots and attendants are trained for such events. Follow their exact instructions.
- Keep as quiet as possible.
- Follow all instructions from the hijackers. Do not talk or look around.
- Avoid eye contact.
- Do not do anything that will cause you to be singled out.
- Do not ask questions or ask for special treatment.
- Do not flaunt your citizenship. Being an American is not an asset in this situation.
- Do not complain.
- Do not be a hero or try to disarm the terrorist. This usually does not work and you will be the one that ends up hurt or dead.
- Do not talk. If you must do so, talk in a normal voice. Whispers are suspicious.
- Eat all food they give, even if you do not like it. You need to keep your strength up.
- Only use the bathroom when you absolutely have to. The fewer times you must get up the better.
- Do not display authority in any way. Do not volunteer. Do not try to negotiate. Do not enter into discussions in any way.
- Terrorists will often spread propaganda. Just listen. This is not the time to debate. Remember, the terrorists are prepared, willing to die, and not rational.
- Do not attempt to hide anything.
- Once the initial shock is over, begin to observe everything.

This will be valuable to you. Know how many terrorists there are, what they look like, and what type of weapons they have. Keep your mind alert and thinking.

- Remember that if you find yourself in this situation that most hostages survive. Do not panic or allow fear to control you.

WHAT TO DO IN A RESCUE ATTEMPT

If a rescue attempt is attempted, consider the following:

- Do not make any sudden moves. This alarms both the hijackers and rescuers.
- Do not get involved. Do not try to disarm your captors, let the rescuers do their job. They may mistake you for a terrorist, or you may be caught in the crossfire.
- Follow directions given by rescuers or crewmembers immediately and quietly. You may be treated roughly at first by the rescuers because it is common for terrorists to try to disguise themselves as one of the hostages. Be patient with this process.
- Put your head down or get under your seat if you are able.
- Leave your luggage and evacuate as quickly as possible when you are instructed to.
- Keep your hands empty and above your head, and get away from the aircraft as quickly as possible.

GENERAL IN-COUNTRY ETIQUETTE AND SAFETY

As is the case in traveling to any foreign country, be aware of the possible safety risks. In Africa, petty crime is common. Although CHF has never had a negative situation on any trips to Africa, it is necessary to be mindful of petty theft, such as pick-pockets, and to take the necessary precautions. Here are some common-sense ways to maximize your safety:

- Avoid becoming a target. Do not draw attention to yourself or stand out from the crowd.
- Dress modestly (avoid flashy or expensive jewelry and/or shoes).
- Only allow partners to make payments to locals; do not pull out wallet/purse in public.
- Secure money and other belongings.
- Securely carry passport and travel cash with you at all times.
- Never go anywhere alone. Avoid breaking away from your group. Always have someone with you, and communicate to others when and where you are going.
- Avoid areas of public demonstrations/protests.

- Avoid public transportation.
- Do not engage with street vendors (initiated by vendor); do not make eye contact.
- Keep electronics out of sight.
- Take pictures only where safe and appropriate.
- Do not give money to beggars, even children.
- Avoid extending invitations to the US.
- Keep your camera out-of-sight in your backpack

HEALTH PRECAUTIONS

- Wash hands with antibacterial soap before eating, or use a hand sanitizer. Sanitary wipes or towelettes are also good to have (antiseptic).
- Keep cuts and scrapes clean.
- Drink plenty of fluids and do not share your drink with others.
- Check for bugs before putting on clothes.
- Take care of any insect bite immediately.
- Use a mosquito spray with 40-50% Deet.
- In case of rain or other moisture, dry feet as soon as possible and keep feet dry.
- Do not handle animals.
- Bathroom facilities can be very limited during certain parts of the trip. It would be wise to take a roll or two of toilet paper in your checked bag, and maybe a small emergency roll to carry in your day bag. Flushable wipes may also work.
- Wear long sleeves from dusk to dawn.
- Only drink water from a sealed bottle and ask for drinks without ice at restaurants. Do not drink or brush your teeth with tap water.
- Do not eat salads, any food from street vendors, or dairy products. Only eat fruits and vegetables that you can peel first.

COUNTRY NOTES



About Rwanda

POPULATION

11.78 million (as of 2013)

CAPITAL

Kigali

GOVERNMENT

Constitutional Democratic Republic

ETHNIC GROUPS

All Rwandans are considered one united people.

RELIGIONS

Roman Catholic 50%, Protestant 45%, Muslim 2%, Other 3%

LANGUAGES

Kinyarwanda (official) 99%, English (official) 5%, French (former official language) and Swahili are also commonly spoken in Rwanda

TIME ZONE

Rwanda is 9 hours ahead of West Coast Time (PST) in the US.

CLIMATE

Tropical savanna climate. Average high of 82°F and low of 60°F during the month of July. The dry season usually lasts from June to mid-September.

BRIEF HISTORY

In 100 days, from April to July 1994, between 500,000 and one million Rwandans, predominantly Tutsis, were massacred when a Hutu extremist-led government launched a plan to wipe out the country's entire Tutsi minority and any others who opposed its policies. Since the genocide, Rwanda has embarked on a lengthy healing and reconciliation journey, establishing a number of mechanisms to facilitate healing at the individual, community and national levels.

SOURCE: The United States Holocaust Memorial Museum and neveragainrwanda.org

The traumatic history of Rwanda is still a very sensitive matter socially and politically. While in Rwanda, please refrain from asking personal questions about someone's involvement in or familial loss from the massacre. Avoid public political discussions, especially criticisms of the government or politics. Do not ask anyone about their ethnic background.

KINYARWANDA PHRASES

ENGLISH	KINYARWANDA (PRONUNCIATION)
Yes	Yego (Yay-go)
No	Oya (Oh-ya)
Thank you very much.	Murakoze cyane. (Moo-rah-ko-zay Cha-nay)
You are welcome.	Murakaza neza. (Moo-rah-ka-zah nay-zah)
Hello	Muraho (Moo-ra-ho)
How are you? (what's up?)	Amakuru? (Ah-mah-koo-roo)
I'm good. (response to "Amakuru?")	Ni Meza. (Nee-may-zah)
What is your name?	Witwande? (Wit-kwon-day)
My name is...	Nitwande... (Neet-kwon-day...)
Good morning	Mwaramutse (Mwah-rah-moot-zay)
Good afternoon	Mwiriwe (Mwee-ree-way)
Goodnight (as in goodbye)	<i>if you will see them again:</i> Muramuke (Moo-rah-moo-kay) <i>if you will not see them again soon:</i> Murabeho (Moo-rah-bay-hoe)
How much is it?	Nangahe? (Nah-n-gah-hay)
It's okay. (agreement)	Sawa. (Sah-wah)
Jesus loves you.	<i>to one person:</i> Yesu aragukunda. (Yay-soo ah-rah-goo-koon-dah) <i>to many people:</i> Yesu arabakunda. (Yay-soo ah-rah-bah-koon-dah)
God bless you.	<i>to one person:</i> Imana iguhe umugisha. (Ee-mah-nah ee-goo-hay oo-moo-gee-shah) <i>to many people:</i> Imana ibahe umugisha. (Ee-mah-nah ee-bah-hay oo-moo-gee-shah)
Water	Amazi (ah-mah-zee)
Coke or Soda	Coca/Fanta (coe-cah/Fah-n-tah)
Tea	Icyayi (ee-chah-yee)
Coffee	Ikawa (ee-kah-wah)



About Kenya

POPULATION

Est. 47 Million (2017)

CAPITAL

Nairobi

GOVERNMENT

Presidential Republic

ETHNIC GROUPS

Kikuyu 22%, Luhya 14%, Luo 13%, Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, Other African 15%, non-African (Asian, European, and Arab) 1%

RELIGIONS

Protestant 45%, Roman Catholic 33%, Muslim 10%, indigenous beliefs 10%, other 2%

LANGUAGES

English and Swahili (Official Languages); Kikuyu, Luhya, Luo (Regional languages)

TIME ZONE

Kenya is 10 hours ahead of West Coast Time (PST) in the US.

CLIMATE

Kenya's temperatures average between 20°C/68°F and 28°C/82°F. There is a dry and wet season. June through October is usually the dry season.

BRIEF HISTORY

The European and Arab presence in Mombasa dates to the Early Modern period, but European exploration of the interior began only in the 19th century. The British Empire established the East Africa Protectorate in 1895, which has been known as the Kenya Colony since 1920. The independent Republic of Kenya was formed in 1964. Ruled as a de facto one-party state by the Kenya African National Union (KANU), it was an alliance led by Jomo Kenyatta during 1963 to 1978. Kenyatta was succeeded by Daniel arap Moi, who ruled until 2002. Moi attempted to transform the de facto one-party status of Kenya into a de jure status during the 1980s. However, with the end of the Cold War, the practices of political repression and torture, which had been "overlooked" by the Western powers as necessary evils in the effort to contain communism, were no longer tolerated.

Moi came under pressure, notably by US ambassador Smith Hempstone, to restore a multi-party system, which he did by 1991. Moi won elections in 1992 and 1997, which were overshadowed by political killings on both sides. During the 1990s, evidence of Moi's involvement in human rights abuses and corruption (Goldenberg scandal) was uncovered. He was constitutionally barred from running in the 2002 election, which was won by Mwai Kibaki. Widely reported electoral fraud on Kibaki's side in the 2007 elections resulted in the 2007-2008 Kenyan crisis. Kibaki was succeeded by Uhuru Kenyatta in the 2013 general elections. There have been rumours that his rival Raila Odinga actually won the contest.

Africa has always been very religious. Kenya is no different. The challenge is the rapid spread of the prosperity Gospel. 80% of Kenyans are allegedly Christian in identity—but it is clear that a much smaller percentage take their faith seriously or try to live a life that pleases God.



SWAHILI PHRASES

ENGLISH	SWAHILI (PRONUNCIATION)
Yes	Ndiyo (N-dee-yoe)
No	Hapana (Hah-pah-nah)
Thank you very much.	Asante sana. (Ah-sah-n-tay sah-nah)
Hello	Jambo (Jah-m-boe) Habari (Hah-bah-ree) Salama (Sah-lah-mah)
How are you?	Hujambo? (Jah-m-boe/Hoo-jah-m-boe?) Habari gani? (Hah-bah-ree gah-nee?)
I'm fine.	<i>response to "Hujambo?"</i> Sijambo. (See-jah-m-boe) <i>response to "Habari gani?"</i> Nzuri. (N-zoo-ree)
What's up?	Mambo? (Mah-m-boe)
What is your name?	Jina lako nani? (Jee- nah lah-koe nah-nee)
My name is...	Jina langu ni... (Jee-nah lah-n-goo nee..)
Welcome	Karibu (Kah-ree-boo)
Goodbye	<i>one person</i> Kwa heri (kwah-hair-ee) <i>more than one person</i> Kway herini (kwah-hair-ee-nee)
Goodnight	Lala salama (lah-lah sah-lah-mah)
It's okay.	Sawa. (Sah-wah)
How much is it?	Pesa ngapi? (Pay-sah n-gah-pee)
Where is the toilet/ bathroom?	Ni wapi choo? (Nee wah-pee choo)
Tea	Chai (chie)
Coffee	Kahawa (kah-ha-wah)
Chicken	Kuku (koo-koo)
Fish	Samaki (sah-mah-kee)
Vegetables	Mboga (M-boe-gah)
Rice	Wali (Wah-lee)
Market	Soko (Soe-koe)
Bank	Benki (Ben-kee)



AFRICAN CULTURE & ETIQUETTE

- Brief handshakes are the most common greeting when you meet new people, while handshakes among people with a personal relationship are longer. Take the time to inquire about the other person's general well-being. To skip or rush this element in the greeting process is the height of poor manners.
- When greeting an elder or someone of higher status, grasp the right wrist with the left hand while shaking hands to demonstrate respect.
- When gesturing or beckoning for someone to come, you should face your palm downward and make a scratching motion with your fingers.
- A common and essential component of etiquette in Kenya is the hand rule. Kenyans reserve the left hand for unhygienic acts and the right for acts such as eating, touching and passing things to other people.
- Pointing at another person is considered rude. This includes beckoning with the palms up, which is considered rude and may be interpreted as you being dismissive.
- It is rude to point at people as pointing is reserved for dogs. Typically, the whole hand/arm is used.
- Lower your eyes as a sign of respect when greeting someone of a higher status or someone who is obviously older than you.
- Men should wait for a woman to extend her hand first.
- Women over the age of 21 are often addressed as "Mama" and men over the age of 35 are often addressed as "Mzee."
- Children generally refer to adults as Aunt or Uncle, even if there is no familial relationship.



EMERGENCY CONTACTS

We highly recommend that you enroll with the **US Embassy STEP** prior to departure at <https://step.state.gov/step/>

Rwanda

Africa New Life Ministries

P.O. Box 3351

Kigali, Rwanda

Phone - Mercy Ministry Coordinator: (+250) 788 597 923

Email: info@africanewlife.org

Website: africanewlife.org

Mercy Network Coordinator: Celestin Bahizi

Dmall Hotel

Plot No. 145, KG 9 Avenue

Nyarutarama, Kigali

Phone: (+250) 737 200 100

June 11-14, 2018

U.S. Embassy - Kigali

No. 2756 Avenue de la Gendarmerie (Kacyiru)

Kigali, Rwanda

Phone: (+250) 252 596 400 | **Fax:** (+250) 252 596 771

Website: <https://rwanda.usembassy.gov>

Kenya

Emmanuel Baptist Church

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Email: admin@ebcnairobi.org

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Mercy Network Coordinator: Tony Were

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Ngong Lane, off Ngong Road

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June 14-18, 2018

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