



OAA/TAA
KENYA Mission
Trip Guidebook
2017



Participant
Mission Trip Rules & Regulations
Ozark Adventist Academy- 2017

BE FLEXIBLE & ADAPTABLE!

Often times in the mission field things don't go according to plan. You expect to have electricity and there is none available. You expect to have all the equipment you need and it does not show up. You expect to rest in your room, but your room is not ready for occupancy, so you end up waiting in the lobby for several hours. You expect to be paired with your buddy and you end up being paired with a total stranger. This is quite normal in the mission field, so it is good for you to anticipate this and try to develop a flexible, adaptable, and positive attitude.

Remember, we are going to Kenya to serve and not to be served and in order for us to be effective we must cultivate an attitude of humility and one of putting others before ourselves. Being flexible and adaptable will allow us to do and be our best for this mission trip.

AN OPPORTUNITY FOR SPIRITUAL GROWTH

"Not by might or human power, but by My Spirit," says the Lord. Zech 4: 6. In order for souls to be won to the kingdom we must prepare ourselves spiritually to be channels for God's Holy Spirit. Christ is sending us to Kenya as His ambassadors and He wants us to represent Him in everything that we say, wear, or do; whether in music-fest, at the construction site, during VBS, or while giving a concert. Please pray that God will use you as His hands, feet, and mouth each day and that each day you will share His love with someone around you.

DRESS CODE

The Kenyan culture is conservative in regard to dress. Women should not wear sleeveless blouses, low necklines, anything tight fitting, see-through, high splitting, or with a short hemline (above mid shin). Women should wear dress slacks or long skirts and OAA tops (down to mid shin level or below) for all music-fest activities and should not wear excessive make up, colorful nail polish (nails should look natural,) distracting hair styles. (Think in terms of a very strict conservative point of view.)

Men should wear loose fitting khaki or navy slacks and OAA Classroom shirts for all music-fest activities.

During the day at the construction site both males and females should wear long pants (jeans are ok as long as they are not tight/revealing) and t-shirts with appropriate writing/design, and possibly long sleeve shirts to protect you from the sun and insect bites. Long sleeve shirts are not required, but may prove helpful. Gloves, hats, and shoes that cover the toes are recommended for the construction site, along with plenty of sunscreen.

Attire Not Acceptable at Any Time:

- Sheer blouses or shirts worn without appropriate under shirt
- Tight form fitting clothing
- Sleeveless shirts or tank tops
- Any clothing not covering the midriff
- Pajama type clothing, including bedroom slippers
- At no time should undergarments be exposed
- Clothing with objectionable wording or pictures
- Shorts not to the knee
- 2 piece or immodest swim suits
- Tops with low necklines; there should not be any cleavage showing
- Pants with writing on the rear end
- Belts with studs and spikes
- Any other clothing deemed inappropriate by the trip sponsors

Shorts can be taken, but should only be worn when sight seeing or inside our lodgings and must be sold in color; this goes for both guys and girls. Shorts must comply with OAA approved dress standards.

Swim wear can be taken, but it needs to comply with OAA approved standards (one piece suits only for girls) and needs to be covered by shorts and T-shirts for both guys and girls, when swimming in a mixed group setting.

When you're visiting another country, it's good to remember- regardless of how comfortable you may feel - that there are differences with spoken language, body language, and dress and local customs (especially between men and women.) It's wise to "turn down the volume" on your gregarious behavior, particularly when getting accustomed to your new surroundings. Be culturally sensitive. Avoid the "ugly American" syndrome.

Remember, we are going to Kenya to be a positive witness and not a stumbling block. See Romans 14.

As the trip sponsors we reserve the right to request any student to change their clothing if it is deemed inappropriate or to confiscate any item. Confiscated items may not be returned. No clothing should contain messages depicting rock groups, the occult, drugs, alcohol, tobacco, or inappropriate language or any other message in opposition to the standards of OAA.

WORK CLOTHES

Work outfits are for work. Please bring clothes you won't mind getting dirty, greasy, torn, etc. This includes: Jeans or used slacks (avoid ragged, frayed, torn, threadbare, etc.) No shorts are allowed on the work site. Bring work shirts or used shirts. Work shoes or boots, work gloves, and socks will also be needed. No sandals on the work site.

WHAT TO BRING

- Passport
- Original Copy of your “notarized” parental consent form and medical history form
- Extra money to purchase souvenirs while in Kenya (All of your basic expenses are taken care of. The only money that you need to bring is for snacks/meals when traveling and souvenirs. It is best if you bring US dollars in large denominations; (20’s, 50’s 100’s) and they should be from 2006 or later. Bills should be in good condition (i.e. not wrinkled or torn, etc.); many banks will not accept currency that is damaged. We will be able to change your US dollars into schillings at Maxwell Academy.
- Sunscreen- You will need to have plenty of sunscreen to protect yourself from the sun. This is especially the case for those of you who will be taking doxycycline as it make your skin more sensitive to the sun.
- Insect Repellant- Make sure that your repellant contains DEET (N, N-diethylmetatoluamide.) Alternative options you may want to consider include: Skin So Soft, or dryer sheets.
- Toiletries
- Hand sanitizer
- Sunglasses and wide brim hat (for sun protection)
- Reusable water bottle for drinking water
- Bible- You do not need to bring a new or expensive Bible. Exposure to all kinds of weather and travel could ruin a good Bible.
- Camera
- 1 roll of toilet paper
- Umbrella or rain coat
- Alarm clock (battery operated)
- Small flashlight with batteries
- Small container of laundry detergent for hand washing a few articles of clothes
- Black performance attire (Ladies- black performance dress and dress shoes; Guys – white shirts, black pants, black shoes/socks, ties)
- Vespers Attire
- Jacket or sweatshirt
- Socks/underwear -5-6 days worth
- Shoes (walking/tennis, flip flops for shower)
- Good pair of protective shoes: work boots, hiking boots, or sturdy sneakers
- Work Gloves – Students need to supply their own.
- Ladies – feminine products
- Towel (micro-fiber is best, they dry faster.)
- Lightweight sleeping bag/small pillow
- Personal medications (MUST be in the original prescription bottle with prescription label)
- Sunscreen, lip balm with sunscreen
- Money/travel pouch to keep money and passport in. Some hang around the neck or wrap around the waist.
- Travel adapter/converter to charge your camera.

- One piece of checked luggage no more than 59 inches in total measurement (length +width+ height) and no more than 50#
- One carry on piece of luggage no larger than 22x15x8 inches and no more than 15#
- Carry-on packing: You will have your passport and visa with you at all times. Pack a pen or two as you will need them throughout your journey there and back to fill out custom and immigration forms while on the plane. Pack your toothbrush/paste, and an extra pair of socks/undies and other smaller toiletries in case our luggage doesn't arrive when we do. Pack your carry-on as light as possible as you will be walking long distances with it. Remember, any liquids/gels must not be any bigger than 3 ounces in your carry-on, and all must fit in a clear quart-size Ziploc bag. Pack larger size bottles in your check bag.

REMEMBER: Hair dryer, curling iron, electric toothbrush and clothes iron are NOT allowed at the Mara. There is electricity, but these devices are too much for them.

LABEL YOUR THINGS

Before you come, make sure that all of your clothing, etc. is clearly marked with your name. Be especially careful that your name, full address and phone number is on the outside of your **luggage** in a way that cannot be removed.

WHAT NOT TO BRING

Please review the following list carefully. Be aware that any items from this list brought on the trip will be confiscated and will be delivered to you when we have returned to the United States.

- Inappropriate clothing, or jewelry other than wedding rings
- Military style clothing, camouflage clothing
- Hunting knives or switch blades (Remember we are traveling by plane)
- Inappropriate reading material
- Do not bring valuables or expensive clothing
- Fireworks, candles, matches, or guns of any kind
- Cassette, AM/FM radio, MP3, CD, or DVD players
- Handheld electronic game systems such as PS3 players, Gameboys, etc.
- Cellphone

WEATHER

Kenya has a primarily tropical climate, with more local variations in temperature than seasonal ones. April is **muggy, humid, and hot and we may be in the rainy season!** Bring an umbrella or raincoat just in case it rains.

HEALTH PRECAUTIONS

As in the case in just about every African country, it's essential to watch carefully what you eat and drink. Drink only bottled or boiled water, or carbonated drinks in cans or bottles. Avoid tap water, fountain drinks, fruit juice mixed with water, and ice cubes. Bottled water will be provided for you.

Memorize the following list; it could save you **serious** misery!

- Wash hands often with soap and water
- Eat only thoroughly cooked food or fruits and vegetables that have been peeled
- Don't eat food purchased from street vendors
- Don't drink beverages with ice
- Don't handle animals (especially monkeys, dogs, and cats,) to avoid bite and serious diseases

RESPECT ALL SPONSORS AND ADULTS EQUALLY

All OAA/TAA staff are to receive your utmost respect and are to be listened to and obeyed whether they are your official sponsor or not. They are to be addressed respectfully by their title. Noncompliance with this policy will result in lost privileges.

ASSIGNED GROUPS & BUDDY SYSTEM (SAFETY PRECAUTION)

Each of you will be assigned to a group. Within the groups there will be a buddy pairing of at least 2 girls and 1 boy. If a member of your buddy group needs to go anywhere, let's say to get a bottle of water close by, your entire buddy group must ask your OAA/TAA staff first, and must go get the bottle of water with them. **NO ONE** is to go anywhere **ALONE!!** Not even relatively close distances. This is a safety and accountability precaution and will be the established protocol during the trip.

Be observant! Gullible tourists are easy targets.

Once the groups have been assigned there will be no switching or swapping of group members, unless deemed necessary by the OAA/TAA Mission Trip Sponsors.

A SCHEDULE CENTRIC PROGRAM

Ecclesiastes 3: 1- “There is a time for everything, and a season for every activity under the heavens:” This Bible passage applies very much to this trip.

During this mission trip we will be on a very tight schedule and it will be of the utmost priority that everyone be on time and follow the schedule to a T. One person being late for an appointment can keep the entire group from making it to destination on time. So we encourage everyone to be on time and to follow the daily itinerary closely.

Lost privileges will be experienced by offenders who are not where they are supposed to be, when they are supposed to be there, and who are not doing what they are supposed to be doing while there.

DAILY JOURNALING

So many things will happen to us that it will be difficult to remember most of them. That’s why we’ll take a few moments at our evening worships for you to jot down some of the highlights for that particular day.

OTHER RULES AND REGULATIONS

When given a curfew, be in your own room at that time and stay there. There will not be any reason to leave your room past curfew.

When traveling on any transportation, segregated seating will be expected. This includes traveling on the planes during daytime and nighttime hours.

Under no circumstance should a guy/girl be found in the room of the opposite sex, or even in the girls’ area or on the girls’ floor if applicable. Guys and girls will be in different areas, there should not be any reason to see you in the wrong area.

If you choose to ignore this rule you will experience lost privileges during the trip and will be sent to the Discipline Committee upon returning to OAA for further disciplinary action. This can adversely affect your status in any organization you are a member of.

Be Social: Get out of your comfort zone and make new friends.

Couples: OAA social rules apply. If you choose to not follow them you will experience lost privileges during the trip and will be sent to the Discipline Committee upon returning to OAA for further disciplinary action.

Keep track of your things. You are responsible for your own money and valuables.

Sleep at night – if you choose not to, you are still expected to keep up with the group-and no whining about being tired!

Phones/Electronics: Because of the nature of the trip and importance of each student being focused on the purpose of the trip, cell phones and/or any electronics will not be allowed on the trip.

Communication: To fulfill the purpose of being able to communicate with your family, OAA/TAA staff members will have a cell phone that can be used everywhere we are going in Kenya. Also, students will have an opportunity each day, if desired, to communicate with their family via Face-time, Skype, or email. Parents will also have the cell phone numbers of each staff so they may communicate with their child in case of an emergency.

We know how important it is that your family knows the safety and well-being of their child when they are out of the country, and we will make every opportunity to keep that communication available.

A Trip Blog will be set up online to allow for pictures and trip journaling to be updated daily by our staff and students. The blog will be private, with each parent receiving the login and password information to view it. One reason for the blog being private, and for not allowing cell phones on the trip, is to prevent the unwanted posting of information about that trip that could affect the safety of our young people. Also, we want our young people to be focused on the purpose of the trip and engage in face-to-face conversations with their peers.

DISCIPLINE & CONSEQUENCES

A student whose conduct is unsatisfactory, or whose spirit is out of harmony with the mission of service, or whose influence is found to be detrimental, will experience lost privileges during the trip and will be sent to the Discipline Committee upon returning to OAA for further discipline. This can adversely affect your status in any organization you are a member of.

The following actions may result in lost privileges during the trip.

- Non-compliance with the mission trip dress code
- Non-compliance with the mission trip schedule
- Non-compliance with the mission trip rules & regulations
- Not following the buddy system safety and accountability protocol
- Being in the wrong place at the wrong time
- Any inappropriate displays of affection or unauthorized pairing off
- Presence in area restricted to opposite sex
- Not staying with your assigned group/buddies
- Becoming a liability to the group due to inappropriate behavior or an unacceptable attitude
- Disrespecting a chaperone or school sponsor
- Being found with anything that is illegal or unapproved for this trip

This is not meant to be a comprehensive list, but gives examples of actions that may result in lost privileges and disciplinary action.