



The
410
BRIDGE



FAQ's

Health and Safety

Q: Will I be safe in Kenya?

A: Safety is paramount and The 410 Bridge staff will do everything possible to insure your safety. Each team will have a trained 410 Bridge Kenyan trip leader that will be with the team the entire time they are in Kenya. Experienced Kenyan drivers, aware of all transportation routes, communities and hotels, will provide transportation. As an extra precaution, teams are not permitted to venture out from the hotels at night. Please stay together as a group, be aware of your surroundings and keep your valuables secure.

Q: Will I have fun?

A: That depends on you. Remember that you come to serve rather than be served. Stay flexible, as plans can easily change. You may need to step outside of your comfort zone to build relationships.

Q: Do I need shots?

A: No immunizations are required for entry into the Kenya from the U.S., but it is important that you consult your local travel clinic at your county health department or your family doctor to research and decide what immunizations to get. The Center for Disease Control website has a list of immunizations they recommend at www.cdc.gov. We have found that your local county travel health clinic is the most economical way to get travel immunizations.

Q: Will I get sick from the food or water?

A: Please use caution in the foods you eat. Make sure foods are well cooked and hot. Do not eat any fruits that cannot be peeled or uncooked salads or vegetables. Only consume drinks such as coke or bottled water or drinks made w/boiled water such as tea and coffee. All meals will be provided and you will have a lunch to take with you each day from the hotel. We suggest that you also bring snacks such as protein or granola bars. Bottled water will be provided for you each day. Please do not drink any tap water, use it to brush your teeth, or open your mouth in the shower.

Q: What if I don't know the language?

A: English and Swahili are the official languages in Kenya, however some people only speak their native dialect. There will always be a 410 Bridge Kenyan staff member who will translate for the group. Don't be afraid however to attempt to speak the local dialect. Even if it isn't the best, the community will appreciate your attempts to communicate in their language.

Packing and Travel

Q: How long does it take to get to Kenya?

A: Actual flight time will be around 18-20 hours, but layovers will increase the travel time.

Q: How many bags can I take?

A: The general rule is 2 bags at 50lbs each, but we ask that you pack your things into one bag and leave the other as a “team bag” if needed. Airlines are constantly changing baggage regulations so baggage limits may vary at time of departure. The “team bags” may be used to carry team supplies, or for items that The 410 Bridge may need to send to its communities. No items for gifts should be packed. (see participant covenant for policy on no individual giving)

Q: What will the weather be like?

A: The weather in Kenya is generally warm, however, it varies significantly depending on what part of the country and the time of year. It can be rainy and the evenings can be cool enough for a light sweater or jacket. The 410 Bridge provides weather reports for each team prior to departure.



Q: Do I need an electrical adapter?

A: All electrical items in Kenya run on 210/220v plug. An adapter will be needed to plug in your accessories. Many of the newer rechargeable cameras, laptops, etc will operate on both 110 and 220 so please check. Some items such as hair dryers can be changed from one voltage to the other, so please check. If not, a converter will also be needed to change the voltage. Hair dryers are not provided in the hotels, so please plan accordingly.

Itinerary

Q: What will we be doing in Kenya?

A: Building relationships and sharing the love of Christ is the focus of all service trips. You will be working in one of The 410 Bridge communities on projects that can range from working on the construction of a water project or school, to digging ditches, laying water pipe, building stone walls and putting up fences. You will be working along side the Kenyan people and the relationships you build are far more important than the project itself. Teams may also have the opportunity to attend a Kenyan church, go on a safari at a national game park, shop, and see God working in a whole new way!

Q: Who will meet me at the airport in Nairobi?

A: A 410 Bridge staff member and a driver will be outside the main doors of the Nairobi airport where you claim your bags. They will be wearing a white and blue collared shirt with “The 410 Bridge” embroidered in blue. As soon as the team assembles, you will be transported to your lodging for the night. Your driver and 410 Bridge staff member will be with you for the entire trip.

Q: Where will we be staying?

A: Most teams stay in hotels in preferred locations. They are different from hotels in the U.S., but we have chosen the best hotels that offer the services we need, are affordable and are in relatively close proximity to your service destination. Some of the communities do not have hotels in close proximity, so you may have to travel a good distance each day to reach the community you are working in.



Q: What will we do at night when we return to the hotel?

A: This is down time for the team to relax and process what you have experienced during the day. The team will have dinner together and spend some time debriefing the day. This is a great time for you to spend time processing the day with other members of the team and regroup for the next day. You will be tired so plenty of rest is suggested.

Money

Q: If I raise more than the required funds, can I get a refund?

A: The 410 Bridge is a 501c3 nonprofit so we are not able to give any refunds per the IRS. However, you may designate extra funds towards a trip fund, or 410 project.

Q: How much spending money should I bring?

A: That is up to each individual. Credit cards are not widely accepted in Kenya, so we would suggest \$100-\$200 in cash. It is best to take cash in denominations of 50's or 100's newer than 2003 so that you will get the best exchange rate (money will be exchanged at the Nairobi airport).

Q: Do I need to obtain my Visa prior to our trip?

A: Visas will be purchased upon arrival in the Nairobi airport. It is \$25.00 to purchase the Visa. You must bring your own \$20 and \$5 (newer than the year 2003). Change is not always available.



Q: Will we have the opportunity to shop while we are in Kenya?

A: Shopping time is planned for teams provided there is time. Souvenirs can also be purchased at the airport upon departure.

Personal Gifts / Information

Q: Can I give things to the children and adults?

A: To protect the health of the relationships in our communities, The 410 Bridge has a policy of NO individual gift giving of any kind. *UNDER NO CIRCUMSTANCES SHOULD YOU GIVE ANYTHING AWAY, INCLUDING MONEY, TO ANYONE.*

Q: Can I give my personal contact information to the people I meet in Kenya?

A: Personal contact information should NOT be given to anyone. We encourage building relationships, so if you would like to communicate with people you meet, please send letters to The 410 Bridge office to be delivered to Kenya.