



MISSION TRIP APPLICATION

Please fill out the form below and mail it or fax it to:

Grace of God Children's Project, INC(GOGCP)

P.O BOX 223

Emory, VA 24237

Fax: 888-906-3371

Phone: 434-258-4908

Website: www.graceofgodchildren.org

YOUR CHECKLIST:

- Purchase Airline ticket
 - Buy trip insurance
- Get all required vaccinations
- Send Airline Itinerary to info@graceofgodchildren.org
- Read the entirety of the Application Packet
- Complete Mission application
- Include Emergency Contact
- Include Social Security for background check
- Mail or fax Mission Application (pages 23-29) with it notarized
 - With \$50 non refundable background check and processing fee
- Register with Smart Traveler Enrollment Program (STEP)
- The U.S. Department of State requires that any travelers to Kenya and neighboring African countries should ensure that the validity of their passports is at least 6 MONTHS beyond the end of their intended stay.
****So make sure your passport is up to date and signed!****
- Get your full amount of money due to GOGCC in at least 30 days before departure (excluding airport drop off and pick up)

DEADLINES:

- Due before you purchase your ticket:** \$50 non refundable for background check and processing fee and MISSION TRIP APPLICATION
- Due at least 30 days prior to departure:** Once your application is approved, please send us your complete itinerary and any other requested services (outreach project ideas, safari plans, personal concerns, dietary concerns, etc.)
- Due 30 days prior to departure:** \$175 per week of staying at the Centre which goes towards food, housing, paying staff and other basic expenses while staying at the Centre.
- Due 30 days prior to departure:** \$120 per week for students (age 13-25) staying at the Centre which goes towards food, housing, paying staff and other basic expenses while staying at the Centre.
- Due 30 days prior to departure:** \$50 per week for children (12 and under) staying at the Centre which goes towards food, housing, paying staff and other basic expenses while staying at the Centre.
- Due 15 days prior to departure:** \$65 will cover the cost of pick up and drop off at the airport (Does NOT include other local transport during your stay in Kenya)
- Please keep these deadlines as it helps us to coordinate your trip and have everything in proper order for a great stay at Grace of God Children's Centre. GOGCC has the right to deny your trip if deadlines are not met.

FINANCIAL SUPPORT

You have worked hard to think of contacts, write letters, and make phone calls and visits.

Now what do you do next?

YOUR RESPONSIBILITY:

- Raise the total cost of your trip.
- Meet the financial deadlines.
- ***Make sure supporters know where to send their checks and that they make checks payable to GOGCP, and that they MUST write your name on the check or we will not know whose trip it is designated for. Please have supporters send checks or money directly to our office. Make sure our address is included in your support letter and on your response card/return envelope.***
- Note: Any funds sent directly to you will not be eligible for tax-deduction.
- Be sure to include an addressed, stamped envelope so that you get the best possible response.

Addressed envelopes should look like this:

GOGCP
Attn: Donation for _____ (your name)
P.O BOX 223
Emory, VA 24237

OUR RESPONSIBILITY:

- Process the checks for your trip in a timely fashion.
- Mail your supporters a tax-deductible receipt for their giving once it is received.
- Mail/e-mail you a periodic statement of money received and processed for your trip.
- **PLEASE NOTE: We can purchase you an air ticket at a very good deal. We are a registered travel agency to help missionaries purchase their ticket at the lowest cost possible, without middleman fees or travel agent fees. You will get a very cheap ticket with travel insurance included (optional). We can provide Individual travel air tickets or group travel rates. Make sure you send us some money to buy you a ticket with a good deal in advance! The earlier the better! We need the following information to buy your air ticket:**
 - 1 Your full name as appears on your passport
 - 2 Date of birth
 - 3 Billing information of whoever is paying for the ticket if someone wants to pay the full amount with credit card
 - 4 Airport code of where you will be flying from (We will let you know the price of your air ticket based on where you are flying from)
 - 5 Communicate with us when you are ready to buy your ticket so we can look it up and give you a price. There are so many changes with the price that we will have to work on it the day you are ready to pay in full.

FINANCIAL POLICIES AND GUIDELINES

IMPORTANT – please read carefully

- GOGCP is a 501(C) 3 non-profit organization. All donations are tax deductible and donors will receive statements of giving once the donation is received.
- The trip costs are non-negotiable and is paid by the individual/missionary.
- Individuals who do not meet the financial goals before the last assigned date will not be permitted to travel.
- **\$50 non refundable for background check and processing fee (DUE: before you purchase your ticket)** The trip deposit is required before an individual will be considered a participating team member. **This deposit is non-refundable.**
- **Individuals who will be staying at the Centre are required to contribute \$175 per week of staying at the Centre one month prior to departure towards food, housing, pay staff and other basic expenses while staying at the Centre. \$175 is tax deductible and it is required before you arrive at the Centre.**
- **\$65 will cover the cost of pick up and drop off at the airport. You need to send your trip itinerary at least one month before departure for planning purposes. (info@graceofgodchildren.org)**
- If an individual decides not to travel after a deposit is paid, that deposit and any other funds raised will be held in account of up to but no longer than one year for a future trip. The deposit can also be transferred to another individual as their deposit.
- After one year, any monies held in account will be absorbed back into the ministry and used toward other missions or ministry purposes.
- Refunds CANNOT be issued to the participant. Only the ORIGINAL DONOR may request a refund per written request by said individual/company.
- No refunds will be given for funds already used for travel or other expenses.
- Should a trip be cancelled by GOGCP or the partnering overseas ministry, all monies will be held in account until the trip is rescheduled.
- **Please keep these deadlines as it helps us to coordinate your trip and have everything in proper order for a great stay at Grace of God Children's Centre. GOGCC has the right to deny your trip if deadlines are not met.**
- GOGCP reserves the right to discern how all funds exceeding trip costs are used.

Kenya Mission

Supporting Grace of God Children's Project

Fanya Kitu – Do Something!

Fanya kitu is a Swahili word that means, “Do something”. God wants you to fall in love, with people. At Grace of God Children Project (GOGCP), we want the children to know that they are not alone in the challenges that they face, that together we can help each other and lift each other up for a better future. We also want to raise awareness about the orphans and needy children in various communities.

Psalms 9:18 states, “***But the needy will not always be forgotten, nor the hope of the afflicted ever perish.***” The orphans and the needy children are facing challenges that some of us can not even dream of. It is our duty, as a community, to help in some way, shape, or form. Thank you so much for “doing something” and being part of the mission trip to support GOGCP and other out reach services for His glory.

How was Grace of God Children's Project formed?

David and Laurel Cheromei both shared similar visions and a dream of caring for orphans and needy children since they were young kids. In the summer of 2008, David Cheromei was invited to run at the Kenyan Olympic trials. David met his friends who had a similar vision and a dream to help needy and orphaned children in Eldoret, Kenya. David, Laurel and their friends saw a need to start the construction of an orphanage and a school (Grace of God Children's Centre) where they could house, feed and educate children in a Christian environment. The big vision was to provide affordable and quality education for the orphans and the needy children so they can have opportunities just like any other children.

After David Cheromei returned to US, he spoke with few people who were interested in making donations to help these kids. David raised some money and sent 100% of the donations to Eldoret, Kenya so they could buy food and clothing for the children. Surprisingly, \$300 was able to feed 15 children and families. David and Laurel noticed that a few American dollars can do great things for the children, when 100% of the money reaches the children.

In the spring of 2009 David and his wife, met with Roger Shields and some of his friends at his shop (Marion Electric Company in Marion, Virginia) to discuss some ways of raising money to establish and support Grace of God Children Centre. Some of the ideas that they came up with was to sell authentic handmade Kenyan items to raise funds. Enough money was raised by God's provision to feed and send 20 children to school, and also pay two staff for three months. After raising some money, they decided that this could be a project that they could get enough support on a long-term basis. They realized that it doesn't take much to change a child's life. With a combination of empathy and kind efforts, so much can be done! At this point David and Roger decided to recruit others and create a 501 (c) 3 non-profit organization where 100% of donations received or any help would go directly toward helping the children. They called it the Grace of God Children Project (GOGCP). Today GOGCP operates with a board of 10 distinguished members and others are welcomed as God leads. GOGCP is a non profit organization dedicated to providing education, food, spiritual teaching, shelter and clothing for children whose parents have died due to complications from HIV/AIDS and other diseases, natural disasters, or whose parent/guardians are in extreme poverty. GOGCP contributions are tax deductible under Section 501(c)(3) of the Internal Revenue Code.

Children sponsored by GOGCP receive education, as education is crucial to the children becoming self-sufficient and ending the cycle of poverty that affects the majority of developing countries. Ensuring continuing education for these children, as well as providing the necessary support to give them a fair and a brighter future. GOGCP is helps fund Grace of God Children Centre in Kaptagat Kenya.

Organization/History of Grace of God Children Centre

Grace of God Children's Centre (GOGCC) is a private non-governmental organization which supports orphans and needy children. GOGCC was founded in 2008. GOGCC is determined to impact the orphans and needy children and to make a difference. Since opening its doors, GOGCC has forged strong partnerships with the local Churches, and other children-serving organizations in the community. David and Laurel, the founders, continue to carry out the GOGCC vision and expand the scope of the children's project services. GOGCC currently has 21 children from various communities that meet the admission criteria.

OUR VISION

Our vision is twofold. First, we will strive to raise a generation of orphaned and needy children who will grow up to reach their God given potential. Second, we will empower first world citizens to partner with us in service at home and abroad.

OUR FOCUS

Currently we are focused on building Children's Centre and educating children in Kenya. Children sponsored by GOGCP receive education, as education is crucial to the children becoming self-sufficient and ending the cycle of poverty that affects the majority of developing countries. Ensuring continuing education for these children, as well as providing the necessary support to promise all of them a fair and a brighter future. 100% of the GOGCP funds goes directly towards helping the children. Our Centre is built with the dual purpose of caring for orphans and needy children, and providing a place for partners to come serve with us on short term mission trips.

OUR VALUES

Christian morals and the love of Christ in all we do the long term, family-style care of each child a healthy environment to grow and every opportunity to succeed the importance of helping needy families in crisis keep their children, and view our Centre as the best, last resort for care giving education, as education is crucial to the children becoming self-sufficient and ending the cycle of poverty that affects the majority of Kenya empowering first world citizens to partner with us in serving children in need excellence, integrity, and accountability.

STATEMENT OF FAITH

We believe the Bible to be the inspired, the only infallible, authoritative Word of God.

We believe that there is only one God, eternally existent in three persons: Father, Son and Holy Spirit.

We believe in the deity of our Lord Jesus Christ, in His virgin birth, in His sinless life, in His miracles, in His vicarious and atoning death through His shed blood, in His resurrection, in His ascension to the right hand of the Father, and His personal return to power and glory.

We believe that for the salvation of lost and sinful people, regeneration by the Holy Spirit is absolutely essential.

We believe in the present ministry of the Holy Spirit by whose indwelling the Christian is enabled to live a godly life.

We believe in the resurrection of both the saved and the lost; they that are saved unto the resurrection of life and they that are lost unto the resurrection of damnation.

We believe in the spiritual unity of believers in our Lord Jesus Christ.

Specific Objectives

- To provide children with adequate nutritious food which consists of a good diet and a minimum of three meals a day.
- Provide a suitable home for the children with all necessary comforts.
- To provide children with a good Primary, Secondary Education and professional training for a secured livelihood.
- Ensuring that the children receive education, as education is crucial to the children becoming self-sufficient and ending the cycle of poverty that affects the majority of developing countries.
- Ensuring continuing education for these children, as well as providing the necessary support to promise all of them a fair and a brighter future.
- Helping the children help themselves, teaching them some skills to avoid handouts.
- To provide children with good medical care and ensure children enjoy a happy, healthy life.
- To provide parental guidance, spiritual guidance and love.
- To provide recreational facilities and social amenities to entertain and educate
- Ensure Children are protected from any form of abuse, discrimination, slavery, and cruel punishment. Protected from sexual exploitation and economic exploitation.
- To use the Grace of God Children Centre (GOGCC) outreach programs to impact the community for Christ.

Where is Kenya?

From Wikipedia, the free encyclopedia

Kenya officially the **Republic of Kenya**, is a country in East Africa that lies on the equator. With the Indian Ocean to its south-east, it is bordered by Tanzania to the south, Uganda to the west, South Sudan to the north-west, Ethiopia to the north and Somalia to the north-east. Kenya has a land area of 580,000 km² and a population of nearly 41 million, representing 42 different peoples and cultures. The country is named after Mount Kenya, a significant landmark and second among Africa's highest mountain peaks.

In 1962, Kenya gained its independence from Britain. Following a referendum and adoption of a new constitution in August 2010, Kenya is now divided into 47 counties that are semi-autonomous units of governance. These units are expected to be fully implemented by August 2012 – in time for the first general election under the new constitution.

Languages of Kenya

Kenya is a **multilingual** country. The Bantu Swahili language and English, which was inherited from colonial rule, are widely spoken as lingua franca, and are the two official languages. According to *Ethnologue*, there are a total of 69 languages spoken in Kenya. This variety is a reflection of the country's diverse population that includes most major ethnic, racial and linguistic groups found in Africa. The two major language families spoken in Kenya are the Bantu and the Nilotic groups. There is also a Cushitic minority, besides Arab, Hindustani and British immigrants.

SIL Ethnologue (2009) reports the largest communities of native speakers in Kenya as follows:

- **Bantu**
 - Kikuyu 7.18 million
 - Kamba 3.96 million
 - Ekegusii 2.12 million (2006)
 - Kimîru 1.74 million
 - Oluluyia (listed as a "macrolanguage") > 1 million
 - Kigiryama 0.62 million (1994)
 - Kiambu 0.43 million (1994)
 -
- **Nilotic**
 - Dholuo 4.27 million
 - Kalenjin (listed as a "macrolanguage") > 1.5 million
 - Maasai 0.69 million
 - Turkana 1.3 million (2009)
- Kenya is a country where multilingualism is profoundly practiced. Next to over fifty indigenous languages and dialects, neither Swahili nor English, both official languages, can be considered a true lingua franca of Kenya.
- Swahili is also the national language while English is the international language, an otherwise common situation compared to the rest of the world.
- Not everyone in Kenya can speak Swahili or English. In everyday communication, most people prefer using their mother tongue.

Facts about Kaptagat, Kenya

Kenya is 8 hours ahead of time in Virginia. The average temp in January is a high of 77° and low of 49°. The elevation is near 8,000 ft.

Kaptagat is a village about 25 miles southeast of Eldoret. It has a small hospital. It is also the site of the Great Rift Valley Sports Camp, training site of many Kenyan runners. Eldoret is a town in western Kenya and the administrative centre of Uasin Gishu District of Rift Valley Province. Lying south of the Cherangani Hills, the local elevation varies from about 2100 metres above sea level at the airport to more than 2700 metres in nearby areas (7000–9000 feet). The population was 193,830 in 1999 (census), and it is currently the fastest growing town in Kenya, and currently the 5th largest in Kenya.

The name "Eldoret" is based on the Maasai word "eldore" meaning "stony river" because the bed of the nearby Sosiani River is very stony. The white settlers decided to call it Eldoret to make it easier for them to pronounce it. At start of the colonial era, the area was occupied by the Nandi, before that by the Maasai and before that the Sirikwa.

Eldoret is the hometown of numerous legendary Kenyan runners, the most renowned of whom is Kipchoge Keino. The high altitude is an ideal training ground for many middle and long distance athletes. The runners from Eldoret have contributed significantly to the economy of Eldoret town from their winnings in races all over the world. Eldoret is also surrounded by a very agricultural area, and for this reason is home to many farmers. There is a growing professional crowd emerging in Eldoret now, whose presence is being felt in the town. Due

to the Moi Referral and Teaching Hospital and Eldoret Hospital, which is also having specialized radiology services and Doctors Plaza, there is a host of experienced doctors.

Who Should Go?

Well, first, do you love Jesus? You need to have a longing to play an active part in His Great Commission. Next, you need to be a learner. You need to have a hunger to know and to understand; to look at things upside down and sideways. You need to be flexible. Life in Kenya can be frustrating if you're not flexible and willing to go with the flow. You need to be a team player. You'll need your teammates, and they'll need you. You need to be resourceful.

What To Expect

Kenyans are famed for their generous hospitality, and they will open their hearts to you.

The living situation that you can expect will be as follows: in a rural setting, homes will be small, with mud packed, wood or stone walls, thatched or metal corrugated roofs. Floors are likely to be hard packed earth. In all probability there will be no electricity or running water. You may sleep on a narrow bed, but chances are it will be a reed mat on the floor. Toilets will usually be an outhouse, or an enclosed area with a hole in the ground. Bring your own flashlight. Water is a precious commodity; use it sparingly. Drink only water that has been boiled or filtered.

Be sure to eat a little of everything that you are given. Kenyan hospitality is immense and is something of which you may have much to learn. Often the family will have given up a precious chicken or other food item in order to suitably honor their guest. It is an insult not to receive this (no matter what your personal feelings of regret are at the expense for the family). Eat slowly, and do not empty your bowl if it is something you find difficult to eat (or you will find your bowl filled again!). Ask the Lord to help you swallow! Please let the family know if you are allergic to any kind of food offered. You will probably stay at the children's home or at the hotel during most of your time in Kenya.

Respect And Humility

It is difficult to accept the words of someone who does not respect you. Many Kenyans assume that foreign visitors do not view them as equals because economically and educationally, visitors usually have more resources. Learning and trying to speak in your host's language makes a statement that you have respect and appreciation for the individual and his or her culture. Don't forget to always express appreciation when you are provided something as a guest. The flip side of demonstrating respect by learning the language is that we are also displaying a humble, learner attitude.

There is a stress on the need to show respect in most Kenyan cultures that is largely foreign to the west. In this regard, Kenyans are much closer to the cultures of the Old and New Testament - and perhaps also closer to God's will. Older people need to be honored and greeted first and deferred to. Flaunting of social customs is tantamount to "dissing" or showing disdain for the culture. You can still make silly errors, but if we genuinely value and seek to honor each person we meet, that attitude will be evident to Kenyans.

Flexibility

This is a watchword for Kenyan or African missionaries in general where almost nothing goes according to plan. Planes, trains, and busses don't come when they say they will. People usually don't come when they say they will, and then others come when they never told you that they would. Plans change on a moment-to-

moment basis. It's enough to drive an organized westerner to distraction - if he or she is not prepared for it. You may even have a church services lasting almost the whole day. Be prepared and be flexible in all circumstances.

Valuable items:

Please keep your valuable items to yourself. Kenyans struggle with poverty and they can easily be forced to steal anything that they can find. Please do not trust everyone to hold your valuable items (e.g. cameras, computers etc.) Do not travel with lots of cash with you. You can always make a withdrawal at the ATM if needed (there will be an international charges fee). Watch out for people who pickpockets in big towns/cities... they can run and you won't be able to catch them (this is not a problem around Kaptagat)! Keep your items secure and close to you.

Prioritize Your Resources

Many Kenyans will try to seek all kind of help from Mzungu (white person). Kenyans believe that a Mzungu has a lot of money. Be careful how you use your money or resources. There are a lot of needs and people will tell you stories, some true and some not true. You are welcome to help as God leads but just know you can't do everything for everybody. You can end up being so overwhelmed with everything.

(FAQ) Frequently Asked Questions (in no particular order)

What exactly will we be eating? What would the average meals be like? Will we be eating in restaurants or cooking the food ourselves? Various veggies, meat stews, ugali (corn flour boiled in water, bread, fruits, spaghetti, rice, chapatti (tortilla type bread), porridge, milk fresh from a cow, mursik (curdled milk if you would like to try), githeri (mix of beans and corn). You will be eating at the children's home, restaurants at times and some families and church families might be cooking for you too. For visitors the food usually is bread with jam, peanut butter, butter, etc. in the morning with tea, warm milk. Lunch is usually beans and rice, green grams and rice, beans and corn. Dinner is a variety of collard greens and ugali (corn flour mixed with water - a staple in Kenya), spaghetti, etc.

Can I buy an airticket from you all to travel to Kenya? Yes, We can purchase you an air ticket at a very good deal. We are a registered travel agency to help missionaries purchase their ticket at the lowest cost possible, without middleman fees or travel agent fees. You will get a very cheap ticket with travel insurance included (optional). We can provide Individual travel air tickets or group travel rates. Make sure you send us some money to buy you a ticket with a good deal in advance! The earlier the better! We need the following information to buy your air ticket:

- Your full name as appears on your passport
- Date of birth
- Billing information of whoever is paying for the ticket if someone wants to pay the full amount with credit card
- Airport code of where you will be flying from (We will let you know the price of your air ticket based on where you are flying from)
- Communicate with us when you are ready to buy your ticket so we can look it up and give you a price. There are so many changes with the price that we will have to work on it the day you are ready to pay in full.

What are some tips in interacting with the people in Kenya? Try not to force your American culture on the Kenyans. But be willing to be flexible and adjust to the Kenyan culture and their way of doing things. Ask the locals if you don't understand about something, they will not be offended with your questions.

Will my life be in danger for talking about the word of God? Can be persecuted? Do not be afraid to speak about Christ! The constitution provides for freedom of religion, and other laws and policies contributed to the generally free practice of religion. The government generally respects religious freedom in practice. There was no change in the status of respect for religious freedom by the government during the reporting period; however, some Muslim leaders continue to charge that the government is hostile toward Muslims. While there were few reports of societal abuse or discrimination based on religious affiliation, belief, or practice, some Muslims perceived themselves as treated as second-class citizens in the predominantly Christian country. Christian leaders also complained of perceived discrimination in the historically Muslim areas of Coast and North Eastern Province.

Are the people generally living in poverty? Yes

Can you explain the conditions of how the people generally live? An average family lives on a dollar a day, they live in various conditions - hut or house and generally a large family of 8 children or so.

How far from the town is the GOGCP property? From Flax center (small shopping center) to Kaptagat is 5 miles and 20 miles to Eldoret the big city (nice restaurants, shopping centers, banks, etc.)

How should we dress? Should the guys wear long pants and the ladies wear skirts? Will we be able to wash our clothes? Guys can wear khakis, jeans, short sleeves (t-shirts or polos), shorts (when working on construction). Ladies can wear skirts (below the knee), short sleeves, can wear pants, when helping around at the project. Take 2 pairs of good walking shoes (trail or running shoes) because they get so dirty and dusty easily. You will be washing your clothes by hand.

What is the spiritual condition of the people we will be speaking to? Various – Christian, undecided, non denominational, Muslims and practicing traditional rituals

Do the people speak English? How about the children? Are there any translators available? About 60% speak English, about 50% of the children speak English, but you will not have any problem having translators with you if needed.

Will we have adequate fresh drinking water available? Yes, water bottles from the super markets and there is some treated water the Centre (GOGCC).

Will we be in danger from animals, diseases, thieves, etc? No, Grace of God Children Centre is located in a safe community. We also have a watchman/security person.

What vaccinations do we need to have taken or with us? Procedure: Check with your physician first. It is usually less cost than the Health Dept. And insurance may pay. Note: some folks cannot take the malaria pills or other medicines due to health issues or other prescriptions. One alternative is doxycycline, which is taken before during and after the trip, but there are also others. Another is Malarone tablets. But usually travelers get – Hep A, Hep B, Polio, Typhoid, Yellow Fever, Tetanus

What will the weather and temperature be like? Cold in the morning and evening (30-50 degrees), Sunny and hot during the day (70-100 degrees), sometimes rainy. It gets really muddy when it rains.

How much and what type of luggage should I carry? 2 bags of 50lbs each **Weight per bag:** Up to 23kg each. **Dimensions per bag:** Up to 90 x 75 x 43cm / Up to 35.5 x 29.5 x 16ins. (please check with your airline)

Will we need to acquire trip insurance for medical emergencies? No, it is optional. You just need a visa which you will pick up in the airport in Nairobi, Kenya (it is \$50 for your Kenyan visa)

Are there any house rules that I should know about at Grace of God Children's Centre? Yes, check page 37 of this application for House Rules. You will also see more detailed house rules posted at GOGCC when you arrive.

What ages were your kids when you were in Kenya? How long were you there? What were some highlights as well as challenges while you were there (for the kids specifically)? Our children were almost 3 and 1 1/2 years old when we arrived in Kenya. We lived there for 14 months. The highlights of having our children in Kenya were all of the other children they always had to play with. They are still adjusting to this change in America and we have lived in America for almost 1 1/2 years. They loved being able to live at our property and always have someone to play with and go to the playground on our property and take walks around in the community. Some of the challenges was keeping the kids warm enough in Kenya. It is high altitude (7000m) and windy and cold in the morning and evenings. I was constantly layering the kids in the morning and trying to keep them warm and then mid morning afternoon they peel off the layers and in the evening they need them back on. I am talking about winter jackets and hats and rain boots. check out our blog www.beesinkenya.blogspot.com and go to the side menu bar and pick around July 2013 or later and you will see how we lived there. :)

What should we be cautious about? Never drink the water unless it has purified.

We want to bring some toys or clothes to give the children in Kenya...is that okay? Yes, The kids are just like any other kids... they love toys, coloring books and coloring utensils and new clothes! We have children ranging in age from 19-2 1/2 years old.

What are some of the typical games the children play in Kenya? We have a playground at the property that they use a lot with swings, slides, balance beam. They play lots of soccer. They run around a lot. They like to play house, and read story books.

Do some of the children speak English? Most of our children speak English except for 4 of our youngest children.

Are the children in school year-round or do they also have a "summer break"?

Open on January 5 for First Term and close on April 10 for the April holidays.
They will then re-open for Second Term on May 4 and close on August 7.
Third Term commences on September 13 and ends on November 13.

I've seen all sorts of recommendations for various vaccinations on-line (when traveling to Kenya)...such as Hepatitis A, Typhoid, Malaria, and even Rabies if kids play with animals. What would you suggest...especially for our 4 and 6 year-old? I made sure our children and us were up to date on all our required vaccinations for just living in America and also had them get Yellow Fever in addition. The first time I went to Kenya I took Malaria pills (before kids) but did not like them. This last time we were there as a whole family for 14 months none of us took Malaria pills. I did not feel comfortable for the kids to be taking them. The kids never got rabies shots... you have to tell the kids to not play with the dogs there...they are guard dogs...not friendly.

Others have mentioned the area around the Grace of God Children's Center is a "great place for little kids"...would you agree and why? I would totally agree. The community we live in is full of children and families who look out for each other. They love visitors and welcome you! You and your family will feel like celebrities with all the attention that you get from being from America. It truly would be a lovely place for your whole family to be! You all will enjoy all the different things you will learn about another culture and be more thankful for what you have. I like this quote that I saw recently "The opposite of poverty is enough."

LEARN SOME SWAHILI

LEARN SOME SWAHILI

Thank You	Asante	White Person	Muzungu
Thank You Very Much	Asante Sana	Respect Name For A Man	Mzee
See You Later	Baadaya	Yes	Ndio
Bicycle	Baisikeli	I Am 38 Years Old	Nina Miaka 25
Cold	Baridi	You All	Ninyi
Praise God	Bwana Asifiwe	Fine	Nzuri
Tea	Chai	Friend	Rafiki
The Food Is Very Good	Chakula Ni Kizuri Sana!	I'm sorry	Samahani
Bathroom	Choo "Cho"	Excuse Me	Samahani
Car	Gari	Okay	Sawa
How'S It Going?	Habari Gani?	How Are You? (respectful)	Shikamoo?
How Are You Today?	Habari Ya Leo?	School	Shule
How Are You?	Habari Yako?	I Am Fine	Sijambo
Good Morning	Habari Za Asubuhi	I don't know	Sijui "See Je Ee"
Good Evening	Habari Za Jioni	We	Sisi
Good Afternoon	Habari Za Mchana	Can I Have Some Water?	Tafadhali, Naomba Maji?
No Problem	Hakuna Matata	Children	Toto
No	Hapana	How Old Are You?	Una Miaka Mingapi?
Are You Fine?	Hujambo	Good Night	Usiku Mwema
Where Is The Bathroom?	Iko Wapi Choo?	Good	Vizuri
Please	Jafadali	You're Welcome	Wewe
Hello (Informal)	Jambo	Do You Know English?	
What Is Your Name?	Jina Lako Ni Nani	Jesus Loves You	Yesu Anakupenda
My Name Is Michael	Jina Langu Ni Michael	He / She	Yeye
Coffee	Kahawa	His Name Is...	
Church	Kanisa	One	Moja
You're Welcome	Karibu	Two	Mbili
Book	Kitabu	Three	Tatu
Goodbye	Kwa Heri	Four	Nne
Good Night, Sleep Well	Lala Salama	Five	Tano
Water	Maji	Six	Sita
Respect Name For Woman	Mama	Seven	Sabe
Mosquito	Mbu	Eight	Nane
I'm Sorry (Excuse Me?)	Mimi	Nine	Tisa
Hot	Moto	Ten	Kumi
Ball	Mpira	Eleven	Kumi Na Moja
God Bless You	Mungu Akubariki	Twelve	Kumi Na Mbili

Kenya Mission-Recommended Immunizations

Tetanus-Diphtheria vaccine (TD) every 10 years

Influenza (Flu) vaccine (ages 50+) every year

Pneumococcal vaccine (ages 65+) 1 adult dose

Polio 1 adult dose (for life)

Yellow Fever vaccine every 10 years(recommended but not highly required in Kenya)

Measles, mumps, rubella vaccine (MMMR) 1 dose (for life)

Typhoid vaccine (oral-Vivotif Berna capsule EC - 1 tab every every 5 years other day for 4 doses. Begin at least 14 days before travel)

Varicella (chicken pox), unless immune or prior vaccination

Hepatitis A & B (Twinrix) - 3 injections (2 before trip and 1 six months later)

Meningococcal vaccine (Menatra if under 55 - Menamune if over 55) every 7 years

Malaria Pills

Mefloquine (brand name: Lariam (TM) and generic)

- Directions for use: The adult dosage is 250 mg salt (one tablet) once per week. Take the first dose of Mefloquine 1 week before arrival in the risk area.
- Take Mefloquine once a week, on same day each week, while in the risk area.
- Take Mefloquine once a week for 4 weeks after leaving the malaria risk area.
- Mefloquine must be taken on a full stomach (after meal) 5 PM-6PM recommended
- Note Kenya Team: this will mean a total of seven tablets
- Mefloquine side effects and warnings: the most common side effects reported by travelers include headache, nausea, dizziness, difficulty sleeping, anxiety, vivid dreams, and visual disturbances.

Mefloquine has rarely been reported to cause serious side effects such as seizures, depression, and psychosis. These serious side effects are more frequent in higher doses used to treat malaria; Most travelers taking Mefloquine do not have side effects serious enough to stop taking the drug. (other anti-malarial drugs are available if you cannot tolerate Mefloquine; see your health care provider.)

Procedure: Check with your physician first. It is usually less cost than the Health Dept. and insurance may pay. Note: some folks cannot take the malaria pills or other medicines due to health issues or other prescriptions. One alternative is doxycycline, which is taken before during and after the trip, but there are also others. Another is Malarone tablets.

BE SURE TO DISCUSS RECOMMENDED IMMUNIZATIONS WITH YOUR FAMILY PHYSICIAN TO SEE WHAT IS BEST FOR YOU!

The Motivation for My Life: Why Should I Care?

1. If I want to be like Jesus, His life mission must determine my life mission.

Jesus prayed to the Father. "In the same way that you gave me a mission in the world, I give them a mission in the world."
John 17:18(Mes)

2. Jesus expects me to continue His mission.

The Five Great Commissions of Jesus:

1. *"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."*
Matthew 28:19-20 (NIV)
2. *"You are to go into all the world and preach the Good News to everyone, everywhere."*
Mark 16:15 (LB)
3. *"With my authority, take this message of repentance to all the nations, beginning in Jerusalem: There is forgiveness of sins for all who turn to me."*
Luke 24:47 (NLT)
4. *"As the Father has sent me, I am sending you."*
John 20:21 (NIV)
5. *"You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."*
Acts 1:8 (NIV)

3. Continuing Jesus' mission is my responsibility!

"...you must warn them so they may live. If you don't speak out to warn the wicked to stop their evil ways, they will die in their sin. But I will hold you responsible for their death."
Ezekiel 3:18 (NCV)

If I'm a Christian, continuing Jesus' mission is not optional!

4. Being an agent of Jesus' mission is a privilege.

"I am proud of the Good News, because it is the power God uses to save everyone who believes..."
Romans 1:16 (NCV)

5. I'm grateful for what Jesus' mission has done for me.

"Remember that in the past you were without Christ... You had no hope, and you did not know God."
Ephesians 2:12 (NCV)

6. Because people are hopeless without Christ.

"Anyone who calls on the Lord will be saved. But before people can ask the Lord for help, they must believe in him; and before they can believe in him, they must hear about him; and for them to hear about the Lord, someone must tell them."

Romans 10:13-14 (NCV)

7. Because God wants everyone saved!

"God wants all men to be saved and to come to a knowledge of the truth."

1 Timothy 2:4 (NIV)

8. I will be rewarded for eternity.

"Remember that you will receive your reward from the Lord, which he promised his people."

Colossians 3:24 (ICB)

9. God's timetable for history hinges around us completing Jesus' mission!

"The Good News about God's kingdom will be preached in all the world, to every nation. Then the end will come."

Matthew 24:14 (NCV)

10. I will be glad when I see people in Heaven.

"I tell you there is much joy in heaven when one sinner changes his heart."

Luke 15:7a (ICB)

Knowing all this, what should be my response?

"I want to carry out the mission I received from the Lord Jesus - the mission of testifying to the Good News of God's kindness."

Acts 20:24 (NCV)

"Telling the Good News does not give me any reason for bragging. Telling the Good News is my duty - something I must do. And how terrible it will be for me if I do not tell the Good News."

1 Corinthians 9:16 (NCV)

"Whatever it takes"

Translating Christian Words: A cliché lexicon

Christian terms:	When talking with seekers:
"Blessed"	"Happy"
"I was born again"	"I was given a fresh start"
"I was saved"	"My life changed at that moment"
"Jesus is my Lord"	"He is the Manager of my life"
"I repented"	"I changed my mind"
"I had sinned"	"I knew I'd blown it"
"All are sinners"	"Nobody's perfect"
"I felt convicted"	"I realized that"
"The Holy Ghost"	"God's Spirit"

Phrases to avoid in a testimony to an unbeliever:

- "I just praise the Lord for..."
- "Amen"
- "Hallelujah"
- "Now I am so blessed"
- "It was glorious"
- "I was convicted"
- "The Lord laid it on my heart"

❖ Never criticize another church or denomination ❖



The World is my Pond

"Jesus called out, 'Come follow me and I will show you how to fish for the souls of men.'"

Matthew 4:19 (LB)

Hunting vs. Fishing	
Aggressive	More Gentle
Based on confrontation	Based on attraction
Go out and shoot them	Get them to nibble on your bait
One-size-fits-all bullet	Try different kinds of lures
One shot and its over	Reeling requires give and take
Scares animals if you miss	You get more than one chance
The animal has no choice	The fish gets a choice
Must be a skilled shooter	Anyone can put their bate in the water

Keys to Being a Successful Fisher of Men and Women:

1. Identify my personal pond.

"You will be my witnesses – in Jerusalem, in all of Judea, in Samaria, and in every part of the world."

Acts 1:8b (NIV)

My Circle of Influence = My Fishing Pond

2. Think like the fish in my pond.

"To the Jews I became like a Jew to win the Jews... to those who are without the law I became like a person who is without the law... to those who are weak, I became weak so I could win the weak. I have become all things to all people so I could save some of them in any way possible. I do all this because of the Good News and so I can share in its blessings."

1 Corinthians 9:20-23 (NCV)

3. Fish my pond at different times.

"Be wise in the way you act toward those who are not believers..."

Colossians 4:5 (GN)

This is called receptivity. How open are they to the Good News?

The Parable of the Soils (Matthew 13) teaches us there are four kinds of receptivity:

- Hard soil: The defensive heart
- Shallow soil: The impulsive heart
- Soil with weeds: The distracted heart
- Good soil: The receptive heart

Fact: Some people are close to making a commitment to Christ, while others have a long way to go!

Key: Effective evangelism relies on assessing how receptive a person is and then helping them take the next step



Communication Tips: How to Share Effectively

1. Recognize your personal style of witnessing.

2. Think through what you might say.

"Everything you say should be kind and well thought out so that you know how to answer everyone."
Colossians 4:6 (GWT)

"Intelligent people think before they speak; what they say is then more persuasive."

Proverbs 16:23 (GN)

3. Ask God for help in choosing the right words.

"Pray for me that when I speak, God will give me words so that I can tell the secret of the Good News without fear."
Ephesians 6:19 (NCV)

4. Show love.

"If I have no love, my speech is no more than a noisy gong or clanging bell."

1 Corinthians 13:1 (GN)

5. Be positive and pleasant.

"A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is."
Proverbs 16:21 (GN)

"Be tactful with those who are not Christians..."

Colossians 4:5 (JB)

"A word of encouragement does wonders!"

Proverbs 12:25 (LB)

6. Never use any put-downs.

"Be gracious in your speech. The goal is to bring out the best in others in a conversation, not put them down, not cut them out."
Colossians 4:6 (Mes)

Don't expect unbelievers to act like believers *until* they are *believers*!

7. Tell stories and give examples.

People always relate to a story better.

"Jesus always used stories and illustrations like these when speaking to the crowds. In fact, he never spoke to them without using such parables."
Matthew 13:34 (NLT)

8. Lighten up!

"The Son of man came enjoying life..."

Luke 7:34 (Ph)

9. Be yourself. Be natural. Don't try to sound "spiritual".

"When I came to you, it was not with any show or oratory or philosophy but simply to tell you what God has guaranteed."
1 Corinthians 2:1 (JB)

10. Be vulnerable and authentic

"Because we loved you, we were happy to share not only God's Good News with you, but even our own lives."
1 Thessalonians 2:8 (NCV)

"We've spoken frankly to you, we've opened our hearts wide." 2 Corinthians 6:11 (GN)

"Be sure that you live in a way that brings honor to the Good News of Christ."
Philippians 1:27a (NCV)

11. Memorize a few key verses.

"Concentrate... on being a workman with nothing to be ashamed of, and who knows how to use the Word of truth to the best advantage."
2 Timothy 2:15 (Ph)

12. Keep it simple.

"I fear...(Satan) will corrupt you from the simplicity that is in Christ."
2 Corinthians 11:3 (KJV)

13. Remember, the Holy Spirit is using your words.

You are not trying to convince anyone on your own.

"For when we brought you the Good News, it was not only with words but also with power, for the Holy Spirit gave you full assurance that what we said was true."
1 Thessalonians 1:5a (NLT)

"Your speech should be unaffected and logical so that your opponents may feel ashamed for finding nothing in which to pick holes."
Titus 2:8 (Ph)



Adapted by David Cheromei
for Grace of God Children's Project
from material by Pastor Rick Warren
Saddleback Valley Community Church Orange County, California

GENERAL INFORMATION

Name _____

Address _____

City _____

State _____ Zip _____

Cell Phone () _____ - _____ Other () _____ - _____

Age _____ Gender _____ E-mail _____

SSN# _____

Citizenship _____

Place of Birth _____

Birthday _____

Occupation _____ Married _____ Children _____

Insurance (Y/N) Company _____ Policy # _____

Parents/Guardians (if under 18) _____

Phone () _____ - _____

Address _____

City _____ State _____ Zip _____

Who should we notify in case of emergency?

Name _____ Relationship _____

Phone () _____ - _____ Email _____

Name _____ Relationship _____

Phone () _____ - _____ Email _____

U.S. citizens who travel to or reside in Kenya are urged to enroll in the Smart Traveler Enrollment Program (STEP) in order to receive the most up-to-date security information. By enrolling, U.S. citizens make it easier for the Embassy to contact them in case of emergency. U.S. citizens without internet access may enroll directly with the U.S. Embassy in Nairobi. Enroll by going to: <https://step.state.gov/step/>

Medical Waiver Release & Permission to Treat

HIPAA Acknowledgement

For purposes of compliance with the Health Insurance and Accountability Act of 1996 (HIPAA) privacy rules, all health care providers shall treat my acting health care agent as my Personal Representative. As required by 45 CFR 164.524, I hereby expressly authorize any physician, hospital and any other person or organization to release and disclose to my Personal Representative any information any of them may have concerning any treatment, diagnosis, recommendation, or other facts which they may have concerning my physical condition and any health care, counsel, treatment or assistance provided to me. My Personal Representative may authorize disclosure of my protected health information to others. Health care providers covered by HIPAA include, but are not limited to, any physician, health care professional, dentist, health plan, hospital, clinic, laboratory, pharmacy, insurance company and health care clearing houses.

Initials

Designation of Agent

I designate Grace of God Children's Project (GOGCP), acting by any of its authorized officers, board members or agents, as my agent for the purpose of consenting to, refusing, or terminating medical treatment on my behalf and to contract for payment for medical treatment on my behalf. This designation shall be effective from the time I enter Kenya and is not affected by my disability; this designation shall terminate at my departure from Kenya.

Authorization for Medical Treatment

This health history is correct to the best of my knowledge and I am able to engage in all activities involved with this organization except as noted. Activities include but are not limited to building/construction, travel, recreation, childcare, etc. I hereby give permission and authorize the physician(s) selected by my Agent to secure or administer emergency medical treatment, including hospitalization and any other emergency procedures which may be needed by me.

I further authorize the physician(s) or dentists(s) to associate any necessary medical providers at his/her discretion. I understand that this consent is given in advance of any specific diagnosis or treatment being required, but is given to encourage my Agent and said physician(s) or dentist(s) to exercise their best judgment regarding the requirements of such diagnosis or medical, dental or surgical treatment.

I agree to remain fully liable and responsible for the payment of any such hospital, physician, ambulance, dental or medical expenses. I further agree that by acting under this permission, authorization, designation and consent, GOGCP does not assume any responsibility or liability for the payment of such hospital, physician, ambulance, dental or other medical expenses which may be incurred. In addition, I acknowledge that in participating in mission work can be potentially unsafe activity and that I have made a voluntary choice to participate in the mission trip activities despite the risks that it presents. I agree to ASSUME ANY AND ALL RISKS OF INJURY OR DEATH, which may be associated with or result from my participation in this mission trip.

The undersigned warrants that he/she has fully read and understands this **Medical Waiver Release & Permission to Treat** agreement and voluntarily signs the same, and that no oral representations, statements, or inducements apart from the foregoing written have been made to the undersigned.

Name _____ Date of Birth ____/____/____

Social Security Number _____

WHEREAS, (My child/I) _____ wishes to be a member of Grace of God Children's Project which will be traveling and staying in Kenya, Africa, and whereas, certain circumstances may occur resulting in (my child's/my) need for medical/dental care and treatment, and further resulting in my inability to give consent for such care and treatment; THEREFORE, in consideration of permission from Grace of God Children's Project for (my child/myself) to participate in said missionary group.

I, _____, being of legal age, authorize Grace of God Children's Project or any designated agent of Grace of God Children's Project, to act on (my child's/my) behalf should I be unable to do so and to consent to all medical/dental care and treatment, including but not limited to diagnostic test, x-ray examination, anesthesia, surgery, or other procedures which Grace of God Children's Project deems necessary for (my child's/my) medical well being for the duration of the mission trip. This consent is given in advance of any special diagnosis, treatment, surgery, or hospital care required and to the administration of any over the counter medications including but not limited to Tylenol, Advil, allergy medications, and is given to provide authorization and specific consent for medical/dental treatment and care in (my child's/my) behalf. Any consent by GOGCP shall have the same force and effect as if I had personally given the consent.

I certify I have personal health insurance, which will provide coverage for (my child/me) during the duration of said mission trip. I understand that GOGCP provides the opportunity for optional travel insurance, but provides no health plan and it is my responsibility to seek coverage for myself/my child.

Insurance Company _____ Policy # _____

Company Phone # (____) _____

I hereby release GOGCP, its agents, servants, employees and assigns for any and all damages, liability or costs resulting from the authorizing of medical treatment on (my child/my) behalf under the terms of the consent. I further hold GOGCP harmless and agree to indemnify GOGCP for any and all costs, damages or expenses incurred by GOGCP as a result of any claim or action filed by any part alleging damages incurred and as result of any medical treatment provided or authorization for treatment provided. I understand that this release and indemnification releases treatment for the conduct of GOGCP and it agents, servants, employees or assigns even if such conduct is negligent.

Childhood Immunizations (These must be up to date, please do not leave blank.)

YES	NO	TYPE	Year Administered
___	___	Mumps/Measles/Rubella	_____
___	___	Diphtheria/Pertussis/Tetanus	_____
___	___	Polio	_____
___	___	Tetanus (within 10 yrs.)	_____
___	___	Other _____	_____

Please complete the following questions:

- ③ Are you currently taking any prescription medication? Yes _____ No _____
- ③ If Yes please specify the medication(s) and the dosage _____
- ③ Are you currently using any non-prescription drugs on a regular basis? Yes _____ No _____
- ③ If Yes please specify the medication(s) and the dosage _____
- ③ Have you ever-received treatment or counseling for alcohol or chemical abuse? Yes _____ No _____
- ③ If Yes, please specify when and where _____
- ③ Are you presently under a physician's care for any illness? Yes _____ No _____
- ③ If yes, please explain _____
- ③ What was the date and who was the Physician of your last physical exam? _____

Please list all surgical operations or hospitalizations you have undergone:

1. Operation/Illness _____
Reason _____ Date _____
Name and Address of Hospital _____
Name of Physician _____
Remaining Effects _____
2. Operation/Illness _____
Reason _____ Date _____
Name and Address of Hospital _____
Name of Physician _____
Remaining Effects _____

Please list any special health concerns INCLUDING FOOD OR DRUG ALLERGIES:

ALL QUESTIONS MUST BE ANSWERED. ANY MISREPRESENTATION WILL VOID YOUR ACCEPTANCE.

Have you ever been treated by a doctor for any of the following? Every item must be checked.

YES	NO		YES	NO	
___	___	Asthma or Chronic wheezing	___	___	Mental Health counseling
___	___	Any other respiratory problems	___	___	Fainting spells
___	___	Cysts or Tumors of any kind	___	___	Convulsions, seizure, epilepsy
___	___	Chronic persistent cough	___	___	Parkinson's Disease
___	___	Skin disorder other than acne	___	___	Anemia or blood disorder
___	___	Goiter	___	___	Serious bodily injury
___	___	Diabetes or Hypoglycemia (low blood sugar)	___	___	Thyroid ailment
___	___	Circulatory trouble	___	___	Severe allergic reaction
___	___	Cancer	___	___	Aids Virus or HIV
___	___	Hearing or vision impairment	___	___	Persistent indigestion
___	___	Intestinal or Bowel problems	___	___	Stomach or duodenal ulcers
___	___	Kidney Problems	___	___	High or low metabolism
___	___	Tuberculosis	___	___	Gal bladder stones or colic
___	___	Rheumatism, arthritis, painful swollen joints	___	___	Prostate problems
___	___	Chronic back pain injury or scoliosis etc.	___	___	Breast/Menstrual Disorder
___	___	High Blood pressure/ any cardiac problems			

**** Please Note** - If you checked "NO" to all the questions above you are not required to complete a doctor's release form.
If you checked "YES" to any of the questions on this form you are required to:

1. Visit with your Doctor
2. Have him or her complete and sign a Doctor's release form.

****YOUR ACCEPTANCE WILL BECOME VOID IF THESE STEPS ARE NOT FOLLOWED. MEDICAL RELEASE/HOLD HARMLESS**

I further authorize GOGCP to release and all other medical information or records necessary to any party deemed necessary by GOGCP, its agents, servants, employees and assigns for the providing of medical treatments to (my child, myself) or to members of the missionary group to insure proper placement of (my child/myself) in such groups. I am aware that serious illness or injury may occur on a mission trip and that such illness and injury may result in (my child/myself) incurring costs, expenses and damages for which I am solely responsible including, but not limited to, return of (my child/myself) by air ambulance at a cost of \$10,000 or more. I am aware that serious illness requiring return by air ambulance could cost more than \$10,000. I agree that I am solely responsible for any expenses that may arise from (my child's/my) return by air ambulance or other extraordinary means. I hereby release and hold harmless GOGCP, its officers, employees, and representatives/volunteers from all liability for personal injury, including death as well as property damage or loss arising out of (my child's/my) participation in this trip. I have read and understand the information above. The information I have given GOGCP is accurate and true to the best of my knowledge. My enclosed signature insures that all information on these forms is completely true and has not been altered in any way.

If you are in the legal custody of both parents-both signatures are required

If you are in the legal custody of one parent- the signature of the one who has legal custody is required and a copy of a legal document evidencing the custody agreement, or a notarized copy of a death certificate for a deceased parent. We apologize for any inconvenience.

Note to Notary- if you do not have notary stamp we need other proof of notary such as copy of notary certificate.

Father's
Signature _____ Date _____
(IF APPLICANT IS UNDER 18)

Mother's
Signature _____ Date _____
(IF APPLICANT IS UNDER 18)

Guardians
Signature _____ Date _____
(IF APPLICANT IS UNDER 18)

Applicant
Signature _____ Date _____

This Section for Notary Use Only

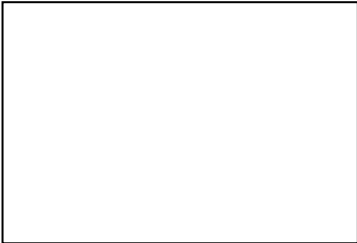
IN WITNESS WHEREOF, I have executed this document this ____ day of _____, 20__

Advocate/lawyer serving at _____ (city/town)

On this day, _____ (Name) personally appeared before me to and known to be the person(s) described in and who executed the within and foregoing instrument, and acknowledged that he/she signed the same as his/her voluntary act and deed, for the uses and purposes therein mentioned.

IN WITNESS THEREOF, I have hereunto set my hand and affixed my official seal (Name and address of the Advocate/lawyer) Name: _____

Address: _____



Notary Seal

Notary Public: _____

My commission expires: _____

DOCTOR'S RELEASE FORM

Complete this form if you checked "yes" to any of the questions on the medical checklist.

In the past GOGCP has had people who have experienced difficulty completing the daily mission activities. The missionary may be involved in extended periods of walking and hiking at high altitudes as part of the daily itinerary. Dietary and climate changes also add to the physical intensity of our trips. Please be considerate of these factors.

Doctor's Name: _____ Address: _____ _____ _____	Applicant's Name: _____ Address: _____ _____ _____
Office Phone: _____	Phone: _____ Date of Birth: _____ Gender: ___ Weight: _____ Height: _____

I have reviewed this patient's **MEDICAL INFORMATION, CHECKLIST FORM, and MEDICAL HISTORY**, and I have performed a physical exam. (Please check appropriate choice)

I find him/her to be in adequate condition for international travel and participation in all the activities of this trip.

I have prescribed a medical plan of action for him/her to meet prior to the mission trip in order to participate in the daily itinerary during the trip.

I do not recommend that this person participate at this time.

Physician's Signature _____ Date _____

Dear Physician:

If you prefer, this form may be faxed to:

Fax: 888-906-3371

Or may be mailed to:

GOGCP

191 Rocky Hollow Road

Atkins, VA 24311

If you have any questions, please call:

276-685-3407 (Donna-Mission Coordinator) 540-797-3580(Tom- Mission Coordinator)

VACCINATIONS

Here is a list of shots recommended by the Center for Disease Control. Keep in mind that none of these vaccines are required. These vaccines should be discussed with your physician, and are the medical/financial responsibility of each team member. Be sure to check with your health insurance provider, as some will cover these costs.

Vaccination or Disease	Recommendations or Requirements for Vaccine-Preventable Diseases
<u>Routine</u>	Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc. Malaria is highly recommended
<u>Yellow Fever</u>	CDC yellow fever vaccination recommendation for travelers to Kenya: For all travelers ≥ 9 months of age. The cities of Nairobi and Mombasa have lower risk of transmission than rural areas. Kenya requires travelers arriving from <u>countries where yellow fever is present</u> to present proof of yellow fever vaccination. Vaccination should be given 10 days before travel and at 10-year intervals if there is ongoing risk. <u>Find an authorized U.S. yellow fever vaccination clinic.</u>
<u>Hepatitis A</u> or immune globulin (IG)	Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors.
<u>Hepatitis B</u>	Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission, especially those who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment (e.g., for an accident).
<u>Typhoid</u>	Recommended for all unvaccinated people traveling to or working in Africa, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water.

*** PLEASE CHECK WITH YOUR DOCTOR! You have to start vaccinations as soon as possible if you are doing them because many of them come in a series that have a specific timeline.**

FUNDRAISING

Positive Steps:

1. **Pray:** Long before the money comes in you should count on it by faith. Prayer is the only way to keep from worrying about where the money will come from. Trust God to provide the money however He sees fit. He may have others donate it or He may provide you the time or skills to work for the cost of your trip.
2. **Make a Budget:** Know exactly how much this trip will cost. Don't forget to include spending money, immunization, and other expenses that may be part of the trip. Include a brief statement of this when you write your support letters.
3. **Develop a Strategy:** List all your possible resources, including people who might support you. Be open-minded. You may be surprised at how many people will want to support you.
4. **Be prepared to make a presentation:** One of the best ways to let people know about your short-term trip is through face-to-face conversations or a public presentation. Here are a few essentials to cover:
 - Where you are going.
 - Why you are going.
 - Who you are going with.
 - What you expect from the mission.
 - How long it will take.
 - How much it will cost.
 - How much money is still needed.

Tips for an Effective Support Raising Presentation:

- Don't rely on letters. Letters alone are the least effective means of communicating your mission and your need. If you send letters, make sure they are followed up with personal phone calls and a specific request for a prayerful response.
- Make a personal visit. This is the most effective way to raise funds. Call first. Look sharp. Show up on time and keep it short and to the point.
- Telephone calls are second only to personal visits. The same principles that apply to personal visits apply to phone calls. Be sure to send them follow-up information.
- One good method is to use a response card. Your donors will need to know information such as where to send the check, how to give, how to contact you and where tax credit can be received.

WHO DO I CONTACT TO RAISE SUPPORT?

People who have been influential in your life:

- Former pastors, elders, youth pastors, Sunday school teachers.
- Strong Christians in your family.
- Older Christians from your local church or churches you have attended in the past.
- Christian friends of your parents or parents of your Christian friends.
- Former professors, teachers, and coaches.

People whom you have influenced in the past:

- People you went to school with who are now working.
- High school classmates.
- Former students from your college.
- Older or younger siblings or cousins.
- Parents of children at youth or sports camps where you have worked.

Local churches:

- Meet with a pastor or an elder.
- Speak at an adult Bible study.
- Speak at a men's or women's fellowship.
- Meet with a member of the mission board.

Influential men and women on campus and in the community:

- Christian administrators and professors at your university.
- Businessmen's Fellowships.
- Friends and acquaintances.
- Christian professionals in your church or community.
- Family doctor, dentist, etc.
- Civic and social groups.

HOW TO WRITE A SUPPORT LETTER

Opening:

Begin by telling what you are currently involved in. For example, where you are in school, what you are studying, what you are doing in ministry or for work.

Body:

Tell about your trip: the dates, where you are going, what you will be doing. You may also want to include how you felt called to go on this mission trip. This is a great time to ask for prayer support.

Secondly, tell about your financial needs. It may be appropriate to simply list the costs as you would in an itemized budget.

Tell the reader how they can help meet the financial needs of your trip as well as the spiritual needs. You may want to include a response card or detailed information on how and where they should send support.

Closing:

Conclude your letter by thanking them for making a prayerful decision to support you financially or not. Let them know that prayer support is the most valuable way to support!

Other important information to include:

Your supporters should send money directly to our office at GOGCP. You should be very specific in your instructions. Your name should be written in the memo section of their check, or plainly marked in some fashion with their support. **DO NOT** receive support directly; all funds should be sent to the GOGCP for processing. Each person who sends a gift directly through GOGCP will receive a giving statement for tax purposes. **SAMPLE LETTER BELOW.**

Sample Giving Statement

December 29, 2016

David Olegugug
P.O BOX 223
Emory, VA 24237

Dear David,

On behalf of Grace of God Children's Project (GOGCP) I would like to thank you for your generous gift of **\$400 for John Doe for Mission 2016!** Your commitment to help the orphans, poor children and our other outreach ministries is sincerely appreciated. Each year Grace of God Children's Project continues to advance its mission of helping orphans and poor children live a better life. Through our ministry Grace of God Children's Project, we have seen many lives changed for the better.

In particular, GOGCP has enjoyed great success since its establishment. We have realized that it doesn't take much to change a child's life. With a combining of empathy and kind efforts, so much can be done. Small donations from many people with compassion can do mighty things. God can multiply it beyond our imagination. We have already seen His wonderful work in the children's lives. When children find out they've been supported, the joy they feel is indescribable. Just knowing that someone across the globe cares for them means more than you can imagine. Supporting a child will profoundly change the future of the child, and will change your own life as well.

The goal of GOGCP is to continue to make a difference in the lives of children who need help. With the help of donations from supporters such as you, we will continue to see more and more orphans and poor children succeed in life.

We are committed to using all contributions to our work wisely and effectively; we ensure that all gifts entrusted to us have maximum impact. Your donation is tax deductible under section 170 of the Code under Section 501(c)(3) of the Internal Revenue Code. This letter will serve as your receipt (Our EIN# is: 61-1595084). Please keep this written acknowledgement of your donation for your tax records.

Thanks again for your generous support to Grace of God Children's Project. If you need additional information about our project or ministry, please do not hesitate to contact us.

Sincerely,



David Cheromei
President/Founder
Grace of God Children's Project

WHAT TO PACK:

- 1 copy of passport in each piece of luggage (laminated is an option in case it gets wet)
- Carry the following with your passport
 - Copy of immunization
 - Insurance (health) info
 - Copy of Flight Itinerary
 - Copy of VISA invoice
 - Driver's license (optional)
 - Debit Card (optional)
- US Currency 100 dollar bills that are the year 2006 or more recent because you get a better exchange rate when changing your money over. Do not bring Travelers check as it does not work here.
- Put eye catching duct tape or ribbon on your luggage so you can find it easily when at baggage claim
- Luggage labels with name and address
- Any medicine that you would take at home
- Small Bible and Journal
- Rain boots/warm boots
- Sweaters, hoodies, jackets (it gets cold here in the morning and evening)
- GIRLS: You can wear pant and skirts/dresses (past your knee)
- GIRLS: NO shorts unless you are going for a run
 - NO strappy tank tops
 - Kenya is a modest country, especially outside the cities. Please be sure to bring modest clothes that do not show cleavage or a lot of leg.
- GIRLS: Female hygiene products
- Things to layer: short and long sleeve shirts, long johns/leggings and pants
- Underwear
- Lots of socks
- Shoes to wear with socks (tennis shoes, closed toe shoes)
- Crocs/comfortable shoes
- Flip flops for the shower
- Warm pajamas
- Personal comfort items: hammock, journal, pillow, deck of cards, etc.
- Personal snacks and sweets (your favorite)
- Water bottle (make sure it doesn't have leaks)
- Shampoo/Conditioner
- Body Soap
- Nail file/clippers
- Deodorant
- Sunscreen
- Lotion
- Bug spray
- Toothbrush
- Toothpaste (large and travel size)

- Camera, Charger, Memory chip
- Phone, Charger
- Body/face wipes
- Body spray
- Dry Shampoo
- Hair ties/ headbands
- Rain coat
- Hand sanitizer
- Pocket knife/Gerber (make sure you put this in your check in luggage)
- Belt
- Reusable Grocery bags/laundry bag
- Pillow
- Q-tips
- Work clothes/paint clothes

House Rules to be aware of:

- ❖ Keep your valuable belongings secure in your room or on you. Don't leave things lying around the common area or it may disappear. We are not responsible for any missing items.
- ❖ Watch what you promise the children or staff. They will remember and hold you accountable.
- ❖ You don't have to give the children or staff whatever they ask for. If they do, please let us get involved to see if it is appropriate or not.
- ❖ Watch who you give your phone number or email to wherever you are in Kenya. Those people will contact you and may ask you to send them money or gifts.
- ❖ GIRLS: You can wear pant and skirts/dresses (past your knee)
- ❖ GIRLS: NO shorts unless you are going for a run
 - NO strappy tank tops
 - Kenya is a modest country, especially outside the cities. Please be sure to bring modest clothes that do not show cleavage or a lot of leg.
- ❖ Be flexible
- ❖ Do not send money or checks directly to children or staff. This may cause harm or jealousy from others. Please check the directors (David or Laurel Cheromei) before you do so.
- ❖ If you have any questions or concerns while you are staying at Grace of God Children's Centre, never hesitate to ask the directors, David and Laurel Cheromei.