



DREAM BIG  
AND GO

# HEART

Health Education Africa Resource Team

## Mission Trip Overview

Designed by Vecteezy





# Who We Are

Non-profit Christian humanitarian organization founded in February 2000

dedicated to

empowering the people of Africa to survive and to thrive beyond the HIV/AIDS pandemic



Founder



Executive Director

# Programs

1. Women Equality Empowerment Project (WEEP)
2. Kids for School (KFS)
3. Freedom for Girls (FFG)
4. Malaria Prevention
5. NextGen



# Women Equality Empowerment Project (WEEP)

Our WEEP program provides HIV+ single mothers with health care, nutrition, shelter, education, protection, psychosocial support, income generation opportunities, and coordination of care for her and her household.

WEEP is an 18-24 month program split into 3 phases:

- 1. Stabilize
- 2. Empower
- 3. Thrive

We SET them up for success!



# Kids for School (KFS)



The Kids for School Project is based on 3 pillars:

- **Funding:** Keeping needy children in school through the provision of school fees.
- **Improving the learning environment:** Through the provision of school supplies like school uniforms, desks, chairs, tables, water tanks, mosquito nets and exam preparation kits for the schools.
- **Mentorship:** We provide life skills training to our beneficiaries to make them all-rounded individuals. Some of the key issues addressed during mentorship sessions include decision making, sexuality education, character & leadership career choice and academic excellence



# Kids for School (KFS)

Since the creation of HEART, we have impacted over 9,000+ children across Kenya with Kids for School. This impact reaches the next three generations.

Currently we have about 400 students being supported throughout primary, secondary, college, and universities.





# Kids for School (KFS)

Below is a list of careers our graduated students currently occupy.

Profession	#	Profession	#
Doctors	3	Fashion Designers	1
Engineers	3	Secretaries	1
Accounts	2	Journalists	3
Industrial chemist	1	Actuarial Scientists	2
Food scientists	2	Forensic Scientist	1
Clinical officers	2	Electrician	1
Lawyers	1	Business Management Professionals	4
Nurses	4	Information Technologist	2
Social Workers	4	Nutritionists	3
Teachers	20	Motor Vehicle Mechanic	1
Public Administrators	1	Commerce Professional	1
Hospitality Workers	2	Human Resource Manager	1
Beauty Therapists	2	Surveyors	2

These students are now breaking poverty cycles in their families.

# Freedom for Girls (FFG)



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HEART began to notice a cycle of young girls around the ages of 12, dropping out of school all around Kenya. We began to investigate and discovered that young girls were unable to manage their monthly menstruation, leaving school for one week out of every month. Missing one week out of every month eventually led to the girls falling too far behind to progress, therefore forcing them to drop out of school.

Freedom for Girls provides a year's supply of sanitary towels, 4 undergarments, and an educational pamphlet on their menstruation cycle.

So far we have kept girls in school in Kenya, Tanzania, Uganda, and Ethiopia.

We have reached 300,000+ girls since the creation of FFG.





# Malaria Prevention

One of HEART's primary goals is to help our WEEP mothers generate income. One source of income we provide is the production of malaria prevention nets, preventing mosquitos from entering an area. These nets are distributed to our WEEP mothers, their children, and the community.

So far 100,000+ nets have been created by our WEEP mothers since 2005.

We have also distributed 350,000+ nets to be used for the protection of children.





# NextGen

NextGen is our program to help teach trades to the youth of our WEEP mothers. We currently teach woodturning and are working on a welding facility targeted for opening in 2023.

HEART created NextGen in 2017, teaching 6 students at a time.





# The HEART Lodge

The HEART Lodge complex in Kenya provides your "home away from home" with the capacity to host up to 40 guests. Our beautiful gardens, the warm hospitality of our staff, and safe & secure compound exceeds all expectations.





# The HEART Lodge

HEART Lodge website: <https://africaheartlodge.com/the-lodge/>

HEART Lodge video: <https://youtu.be/83Y81mXAADM>





# Helpful Tips: Currency

**Money**- Carry with you only the amount of money you think you will need for one or two days. Put larger sums in the safe located in the HEART Lodge Office.

**Tipping**- Tipping in Kenya is not required but is commonly practiced. 10% of the bill is the minimum customary tip.

**Beggars**- Please avoid providing money to street beggars. Most beggars are children being exploited for money by an adult. Instead ask a HEART member how you could help.

Do **NOT** make Promises- It is very easy for a team member while speaking to a Kenyan citizen to make a promise of some sort. Often times team members forget to uphold the promise and HEART is contacted about this promise.

Do **NOT** discuss money/costs in public places. American income is considered extremely wealthy in Kenya. Potential thieves may be listening and we want to be sensitive to our Kenyan hosts.



# Helpful Tips: Currency

Kenya's currency is called a shillings, denoted by Ksh, KES, or /=.

The rate fluctuates depending on the market.

Be aware of **scams** while purchasing any goods!

\$1 USD  $\approx$  100 KES

1,000 KES  $\approx$  \$10 USD

10,000 KES  $\approx$  \$100 USD

100,000 KES  $\approx$  \$1000 USD

# Helpful Tips: Travel



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**Passport** - We recommend keeping your passport in the safe located in the HEART Lodge Office and carry a copy of your passport with you.

**Driver etiquette**- Please do not offer the driver any sort of food or drink while driving. We want to keep our driver focused while on the road. You may offer them the gift while at a stop.

**Travel precautions**- Keep all vehicle doors locked at all times while traveling in busy areas. Keep your seatbelt on at all times as well. Keep windows rolled up at all times while in a busy area.

# Helpful Tips: Weather



**Sun Protection-** The sun is far more intense here in Kenya than you are used to. Applying sunscreen daily and carrying a hat or visor is suggested when traveling upcountry.

**Rain-** March through June and November through December are the rainy seasons in Kenya. Rains come and go quickly and can be very heavy.





# Helpful Tips: Restrooms

**Hand Washing-** Wash your hands with soap and water often. There are not always places to wash your hands before meals and after using the bathroom, so we suggest carrying anti-bacterial wipes with you.

**Water-** Water is very precious in Kenya. We ask you conserve as much water as possible by taking shorter showers.

**Restrooms-** Kenyans call their toilets a "choo," the conditions of each choo may vary, be mindful that this is a regular part of Kenyan life. Any comments regarding the choo may be offensive to our Kenyan hosts.

# Helpful Tips: Electrical



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**Power Outages**- Electricity in Kenya is as uncertain as the weather. A backup generator is in place at the Lodge, which will kick-in within seconds. We recommend bringing a flashlight for locations outside the HEART Lodge.

**Outlet instability**- All regions are supplied with 220- 240 volts AC. You will need to bring a US to Type G power adapter. All hair dryers do not meet the requirements and will short circuit if attempted to be used. If you need a hair dryer, please contact the front desk at the HEART Lodge.

# Helpful Tips: Culture



**Time-** Kenyans have a different sense of time compared to Americans. Punctuality is not emphasized by the general public. If a meeting is scheduled at 10:00, it is not uncommon for people to begin at 11:00. A Kenyan friend once said, "Kenyans have time, Americans have watches."

**Distance-** Kenyans also have a very different perspective on distance. If a Kenyan says something is "not far," expect it to be fairly far. If a Kenyan says something is "far" expect it to be EXTREMELY FAR.

**Church Culture-** Do not place your Bible on the ground or near your feet, even if others are doing it. It may offend those we are ministering to.

**Photography-** Because many Kenyans have been exploited through pictures, we ask you please check with HEART staff prior to taking photos. Please do not take pictures of the US Embassy or State House.



# Helpful Tips: Dress Code

**Attire precautions-** Avoid wearing conspicuous or expensive jewelry. Women are recommended to wear long dresses or skirts. This is a cultural expectancy among women.

**Dress Code-** All team members must be wearing a conservative dress code at all times. No shorts, no sleeveless blouses, and no dress or skirts above the knee. When going out on mission work a skirt that is mid-calf length is required. Comfortable pants may be worn around the HEART Lodge compound.





## Helpful Tips: Food

**Food**— All foods you eat will change depending on the area. Most dishes are stews consisting of meat, beans, and many different vegetables served with rice or ugali. If you have any concerns of the food being offered to you, ask the HEART staff. Eating cooked food is safe.

Do **NOT** get food from a food stand on the street!

# While on Safari

**Attire-** While on Safari you will want comfortable clothes to wear during the trip. Since you are not involved in active teaching or ministry, modest casual dress code is acceptable. You have the option to dress more formally if you desire.

**Beverages-** Coffee, tea, and bottled water are included on your Safari trip. Other beverages are provided with an additional cost.



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## While at the HEART Lodge

**Staff etiquette-** The HEART Lodge is "home" for our staff, and we respectfully ask you honor their housing. If you need a staff member, please go to your team leader first to inform them, then they will get a staff member.

**Quiet time-** Quiet time starts at 9:00 PM every night. The days start early in Kenya, so we like to get to be early.

**Staff Tipping-** At the end of your stay you will have the option to leave a tip for the staff. They have worked very hard to make your stay unforgettable. An envelope with all staff names on it will be provided to your team leader for consideration. The total amount given is divided equally among all staff.

**Dishes-** In order to assist our kitchen staff, we as 2-3 members help wash the dishes after dinner.



## While at the HEART Lodge

**Calling Home-** The Lodge has Wi-Fi and you can make calls using WhatsApp with no overseas charge. Be sure your cellular service is disabled for the entire trip to prevent these charges from occurring.

**Storing Valuables-** Your team leader has key access to a lock box which all valuables will be stored at the lodge. You will have access to the lock box while at the HEART Lodge. Be sure to discuss as a group what you may need for that particular day.

**Sodas-** The sodas located in the refrigerator are for sale at minimal charge. The price list is on the door. A box at the top of the fridge is for payment. You will not be charged for beverages provided with your meal.





## While at the HEART Lodge

**Laundry**— You can schedule the staff to do your laundry at the cost of \$10.00 per load. They will wash, dry, and fold your clothes.

When you leave the HEART Lodge please turn off all lights and appliances in your room. Place your room key in the cubby in the computer room before departure.

**Shopping**— A shopping center is located right behind the HEART Lodge. Please follow the below.

- Travel in groups, **NEVER ALONE**.
- **Be aware of traffic** when walking, traffic travels the opposite way.
- **Notify the team leader or a HEART Staff** member that you are leaving and when you return.



## While at the HEART Lodge

Smoking and Drinking are NOT allowed at the Lodge.

Please remove shoes on rainy days before entering your room. The red mud in Kenya will stain your shoes, so a shoe cleaning kit is provided in your room.

There is more lodge information provided in each room.



# Basic Words and Phrases

## English

1. Hello
2. Good-bye
3. How are you?
4. Fine / Good
5. Please
6. Thank you
7. Welcome
8. Sorry
9. Very
10. Yes
11. No
12. God bless you
13. Praise the Lord!

## Swahili

1. Jambo
2. Kwaheri
3. Habari yako
4. Nzuri
5. Tafadhali
6. Asante
7. Karibu
8. Pole
9. Sana
10. Ndiyo
11. Hapana
12. Mungu akubariki
13. Bwana asifiwe!



- 1 - HEART Lodge
- 2 - Kibera WEEP Center
- 3 - Kibera Resource Center
- 4- Manga WEEP Center & NextGen
- 5- Gucha WEEP Center
- 6 - Naykach WEEP Center
- 7- Kakamega WEEP Center
- 8 - Upper Taita WEEP Center
- 9 - Lower Taita WEEP Center
- 10 - Masai Mara Safari
- 11 - Oldonyonyokie Primary/  
Secondary Schools