



# KENYA: HEART OF AFRICA 2024 CONFERENCE

## Kenya Travel Frequently Asked Questions

### General Information

Kenya is very stable and reasonably safe. It is a land of contrast and diversity that offers volcanic landscapes, wide open savannah plains, majestic mountain peaks, winding rivers, deep blue ocean, dense forests, white sand beaches, intriguing woodlands, lush wetlands, vast deserts and so much more!

Kenya is home to many different ethnic and cultural groups, with a variety of migrants who have helped shape the country. There are 42 different tribes in Kenya, each with its own language, religions and other cultural practices.

Nairobi is the capital city of Kenya and the international hub for northeast Africa.

### FAQs:

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<b>What is the weather like?</b>	The weather is fairly consistent year-round @ 70 – 85 Fahrenheit or 20 – 28 Celsius. January/February are considered summer and it is a beautiful time to visit. There is still a risk of rain, and it rains hard. Kenya is at the equator and the sun can be intense.
<b>Do people speak English?</b>	Swahili and English are the two national languages and most people in the city speak at least some English. The students of CSL Kenya are fluent in English.
<b>What are some common Swahili phrases?</b>	<b>Jambo:</b> means "hi". Handshakes are common when saying hi. <b>Habari:</b> means how are you? <b>Mzuri:</b> means fine, this is the common response to Habari. <b>Asante:</b> means thank you. <b>Karibu:</b> means welcome. <b>Sana:</b> means very much, this is often used after asante or karibu <b>Pesa:</b> Swahili word for money <b>Tafadhali:</b> means please <b>Samahani:</b> means excuse me <b>Pole:</b> pronounced polae, means sorry <b>Pole Pole:</b> means slowly, often used when Kenyans would like you to slow down <b>Mzungu:</b> This is the word Kenyans use to refer to whites in general. <b>Sawa Sawa:</b> means okay, okay.
<b>What is the local economy like?</b>	Covid has taken its toll on many, especially those who have to sell their own wares/ produce. In the slum areas many of the families are single parents with anywhere from 2 to 8 children barely surviving... selling peanuts on the street to support their families... living on the equivalent of about 1 dollar a day. Our School which we sponsor as an outreach is Briton School and it is located in the Mukuru Kwa Njenga slum.
<b>How do we get there?</b>	There are many airlines that fly to Nairobi, and it has an international airport. (NBO is the airport code for Jomo Kenyatta International Airport).
<b>How do we get from the airport?</b>	The conference team will have you picked up at the airport and delivered to the Masai Lodge. You will also be dropped off at the airport at the end of your trip. <b>Please email your itinerary to:</b> 2024conference@cslk.org

- What do I need for a visa?** A Kenyan tourist visa costs about \$<300US and is good for 3 months and you should apply as soon as you have all of your travel arrangements. You can check with your travel agents as they sometimes do this. <http://evisa.go.ke/evisa.html>  
You can use the KCB Leadership Centre, P.O. Box 24030, Nairobi, Kenya, 0050 as your address and use the CSL Kenya phone number + 254 203505176 if needed.
- What do I need for immunizations?** Please visit your doctor or a clinic that specializes in global travel and let them know that you will be visiting Kenya - specifically Nairobi, Masai Mara, Kisumu and Kisii areas.  
  
Good information is available at the Center for Disease Control (CDC) website: <https://wwwnc.cdc.gov/travel/page/find-clinic>
- How do we make phone calls?** An App called **WhatsApp** can be used on your phone to make local and international calls (as long as you are connected to Wi-Fi). **WhatsApp** is used locally and internationally to keep in contact.
- How do you do laundry there?** You can usually get the hotel staff to do your laundry for a nominal fee, or hand wash in your sink and hang to dry.
- What is the dress code?** It is a conservative culture so to be respectful please don't wear any revealing clothing (i.e. belly showing, short shorts, etc.). Bikinis are OK at the swimming pools and the beach. Most traditional women still only wear long dresses and the men do not wear shorts. There are many Muslims that are covered completely.
- How reliable is internet service?** Most major hotels and malls have strong internet .... that said, the power does go off and when it does, so does the internet. The KCB Leadership Centre has reliable internet, as do the various lodges we will be staying at on the cultural exchange program. There will be no internet while on safari.
- What do we use for electric plug ins?** The plug ins/voltage are the same as in Britain. We recommend that you purchase a travel adapter with several plug ins, which can be used when travelling through Europe as a layover.

The voltage in Kenya is 220 volts. Your electronics (ie: phones, laptops, etc.) automatically convert so you only need a travel adapter to charge them. If you are bringing any other electronic appliances (ie: hair dryers, curling irons, shavers, etc.) you need to check the specifications on your appliance; if the voltage indicates 110/220 it is OK; if it says 110 only you will burn it out.

**How do we access money?**

The currency is Kenya shillings KES and the exchange is approx. \$1US = <100KES. You can usually use a major bank card (so long as it has a Visa/MasterCard logo and a 4 digit pin) at the ATM to get KES. There are also a lot of foreign exchange bureaus if you bring cash. Only use ATMs that are physically attached to a bank, then if you have problems, you can go into the bank for assistance.

**How do we obtain prescriptions in Nairobi?**

Most drugs are relatively inexpensive at any local pharmacy/chemist without a prescription. A visit to a clinic may cost 3000-3500KES and a prescription may cost 600-5000KES. Please ensure that you bring enough of your regular medications to last the duration of your trip. And your own first aid kit would be recommended.

**What is the cost of food items?**

Local products are fairly reasonable (at least by North American standards), local vegetables and fruits are abundant. Anything processed or imported is very expensive. There are a wide variety of restaurants in Nairobi; the local restaurants are very inexpensive; a meal may cost approximately \$7-10USD.

**What donations could we bring?**

The children at the slum school have very little and are genuinely appreciative of even the smallest presents: pens, pencils, crayons, markers, stickers, storybooks or educational toys, etc. are great motivators for the kids. Second hand clothing can be used. All purchases in local malls and markets benefit the local economy.

We have a "lending library" at the CSLK Office and metaphysical books are always welcome. Class books like *This Thing Called You*, *What if it all Goes Right?*, *Conscious Loving*, and *How to Change Your Life* are greatly appreciated. If you'd like a more detailed list, please contact Rev Gwen by email [gwensmith62@gmail.com](mailto:gwensmith62@gmail.com)