



# Kenya

## Where we work:

Kahuria, a rural village about two hours northwest of Nairobi

## Who we work with:

410 Bridge, a community development organization that focuses on holistic development in the areas of water, health, spirituality, economics and education.

**What we will be doing:** We'll spend time at the schools engaging in children's ministry, meet with the leadership council to hear about the hopes and dreams of the community, visit people in need of prayer in their homes, spend a day in the life with a Kenyan family and help the community with any service projects needed.

**What the country is like:** Kenya is a quintessential East African country, with the Great Rift Valley running through the center and an abundance of wildlife. There are nine recognized tribes in Kenya, and tribal conflict has been common throughout Kenya's history. Kenya gained independence from Britain in 1952 and has been a democracy ever since. Many Kenyans can be shy, but friendly once they warm up. The weather is nice in Kahuria, expect 65-85 degrees all year round. Since it's on the equator, the sun can be intense.



**What travel is like:** We'll depart Nashville and connect somewhere in the United States, usually New York or Atlanta, then take about an eight hour flight to somewhere in Europe, then another eight hour flight into Nairobi (NBO). We'll arrive in the evening and spend the night at a local hotel, before making the two hour drive up into the Naivasha region, where we'll stay the rest of the week.

## Sample Itinerary

**Thursday:** Depart BNA, travel day

**Friday:** Travel Day, arrive NBO evening. Travel to Heart Lodge or similar hotel

**Saturday:** Drive straight into Kahuria, welcome ceremony, meet with leadership council to hear history and vision for the community.

**Sunday:** Church, possibly split into groups. Discipleship activity with church members

**Monday:** Community service project at local school, activities with school children in the afternoon

**Tuesday:** Day in the life of a Kenyan family

**Wednesday:** Community service project at school continues, farewell ceremony

**Thursday:** Safari day in Abedare national park

**Friday:** Morning game drive, head back to Nairobi, day rooms to change before late departure to airport

**Saturday:** Arrive Back to BNA

## Trip Stats:



### Fitness Level:

3/10 - Expect to be on your feet most of the day and playing games that involve running with kids. High altitude.



### Language:

Swahili and Kikuyu



### Price:

Approx. \$3300



### Family-friendly:

Age minimum 12



### Accommodations:

We'll stay in a hotel, two to a room, with air conditioning, wifi and hot water.



### Food:

Meals will be eaten at the hotel and boxed meals for lunch. Food includes meats like chicken and fish, cooked vegetables, soup, bread and rice. You may eat local food in the community one or two days.