

# Frequently Asked Questions

## *Health & Safety*



### Will I Be Safe?

Safety is paramount and The 410 Bridge staff will do everything possible to ensure your safety.

Each team will have a trained US Trip leader and an indigenous trip leader who will be with the team the entire time. Experienced drivers, aware of all transportation routes, communities and hotels, will provide private transportation. As an extra precaution, teams are not permitted to venture out from the hotels at night. It is important that you stay together as a group, be aware of your surroundings, and keep your valuables secure.

For Kenya: Specific travel routes to bypass Nairobi have been established for all teams. Ground itineraries are being created so that teams will spend minimal time at Jomo Kenyatta International Airport

### Do I Need Immunizations?

There are currently no required immunizations for travelers from the United States into Kenya, Haiti or Uganda, however, the CDC does recommend a handful of vaccines. Proof of immunization for yellow fever is required for Kenya & Uganda, if you are traveling from a country with risk of yellow fever (this does not include the U.S.). A list of recommendations can be found on the Center for Disease Control's website, [www.CDC.gov](http://www.CDC.gov). Please contact your local healthcare provider or public health department to determine the best options for you. Note: Regarding malaria, please see the CDC website to determine the relative risk for U.S. travelers for your destination. We suggest you carry a copy of your immunization card as an extra precaution.

### What are some things I need to know about the food and water?

It is important when traveling in a developing nation to use caution in the food and drink you consume. The 410 Bridge works diligently to select hotels and guesthouses where food is prepared in a safe manner. Having said that, make sure all meat is well cooked. Depending on the community where you serve, two or three meals a day will be provided. Therefore, we suggest that you pack snacks for lunch or to supplement your diet. Bottled water will be provided for you each day, however you may find that there is a nominal fee for sodas and bottled water ordered from the hotel or guesthouse at mealtime. It is recommended that you only consume drinks such as bottled sodas and water, drinks made with boiled water such as coffee or tea, or drinks served at our trusted hotels and guesthouses. It is recommended that you Do not drink tap water, or use tap water to brush your teeth, or open your mouth in the shower.

### What if I don't know the language?

There will always be a 410 Bridge staff member or translator who will assist your group. Don't be afraid, however, to try your best to speak the local language. Our community members will appreciate your attempts to communicate in their language.

# Packing & Travel



## How long does it take to get there?

Actual flight time to Kenya & Uganda will be approximately 20 hours, typically with a layover in Europe. Actual flight time to Haiti will be approximately two hours from south Florida. Total travel time varies depending on connecting flights for your area of the country. Once in country, travel time will depend on the location of your community.

## How many bags can I take?

Airline baggage allowances vary. We ask that you pack your personal items into one bag to be checked, weighing no more than 50 lbs. You are also allowed two, small carry-on bags. Please do not pack gifts or items of clothing to be left (see participant covenant for our policy on individual giving). Baggage regulations change from time to time. Airline websites offer current baggage restrictions.

## What will the weather be like?

The weather in Africa is generally warm, however, it varies significantly depending on community location, season, and elevation. It can be rainy and the evenings can be cool so please be prepared with a light sweater or jacket. Africa's seasons are the reverse of our seasons in the U.S. Our summer is their winter.

The weather in Haiti is generally warm, with temperatures ranging from 72-95°. June, July and August are hot. It can be rainy so please be prepared with a rain jacket. Hurricane season runs from June to November.

## Do I need an electrical adapter?

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

Voltage in Uganda is 240 volts at 50 hertz, and you will need a UK plug. If you travel to Uganda with a device that is not compatible with the voltage, you will need a voltage converter.

Adapters are not needed in Haiti. Electricity is at a premium in Haiti. Please do not bring hair dryers, straighteners, or curling irons out of respect to our guesthouses.

# Itinerary



## What will we be doing?

Building relationships and sharing the love of Christ is the focus of all service trips. You will have the opportunity to interact with local leaders, community members, and many children throughout the week. You will be working in a designated community, assisting with projects identified by the community leadership, such as: water, education, health care, micro-enterprise and spiritual development. The relationships that you build are far more important than the project itself. Teams may also have the opportunity to attend a church service. Most Kenya trips conclude with a safari at a national game park.

## Who will meet me at the airport?

A 410 Bridge staff member and a driver will be outside the airport, just after baggage claim. They will be wearing a shirt with "The 410 Bridge" embroidered logo or will be holding a 410 Bridge sign. Once you have connected with our staff, your group will be transported to your lodging for the night. Your driver and 410 Bridge staff member will be with you for the duration of your trip.

## Where will we be staying?

410 teams stay in hotels and guesthouses selected by 410 staff in country. We have chosen lodging that offers the services we need and are as close as possible to your service destination. You may have to travel some distance each day to reach the 410 Bridge community. Teams arriving late will spend their first night in a hotel or guesthouse near the airport, then travel to the service community the following morning.

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

This is down time for the team to relax and process what you have experienced during the day. The team will have dinner together, debrief, and regroup for the following day. You will be tired so plenty of rest is suggested.

# Money & Costs



## If I have to cancel my trip, can I get a refund?

The 410 Bridge is a registered 501(c)3 not-for-profit organization so we are unable to give refunds . Any cancellation will incur the loss of your deposit and/or additional cancellation fees, based on The 410 Bridge Cancellation Policy.

## What is covered in the cost of my trip?

The cost of the trip includes round-trip airfare (optional), indigenous team leader, international medical insurance, lodging, meals and bottled water, translators, and ground transportation in country. A safari is included at the end of our Kenya trips.

## Do I need to obtain a visa prior to our trip?

Visas are required for Kenya and must be purchased prior to arrival in Kenya. A single entry eVisa can be purchased for \$51.00. Contact your team leader for additional information. This is not included in the cost of your trip.

Visas are required for Uganda and can be purchased upon arrival in the Entebbe airport. The cost is \$100.00 for a single entry visa. This is not included in the cost of your trip.

Visas are not required for U.S. residents to enter Haiti, however a \$10.00 entrance fee is required. This is not included in the cost of your trip.

## How much spending money should I bring

That is up to each individual. Credit cards are not widely accepted, so we suggest \$100-\$200 in cash. US Bills must be exchanged into the local currency in Kenya and Uganda, and U.S. bills must be 2003 or newer. U.S. bills are accepted in Haiti, so no exchange is necessary. For Uganda and Haiti, you will need additional funds for a visa or entrance fee upon arrival at the Entebbe and Port au Prince airports, as noted above.

## Will we have the opportunity to shop?

Shopping time is planned into each itinerary. Souvenirs can also be purchased at the airport upon departure.

# *Giving Personal Information & Gifts*



## **Why does 410 prohibit unhealthy giving?**

We prohibit giving in order to protect the health of the relationships in our communities. The 410 Bridge has a strict policy of NO individual giving of any kind. Adherence to this policy is crucial to the success of our communities.

## **Can I give my personal contact information to the people I meet?**

Personal contact information should not be given to anyone. We do encourage building relationships; so if you would like to communicate with individuals you meet, please send letters to The 410 Bridge office and we will deliver them for you. It is important to understand that once your personal contact information is exchanged, it may be distributed to others in the community in search of unhealthy western support.