

YOUTHLINC KENYA TEAM 2011-2012

Participant Binder

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Contact Information

Youthlinc Office:

Office Phone—801.467.4417

Fax—801.467.1982

1140 East Brickyard Road Ste. 76, Salt Lake City, Utah 84106

Team Leaders for Kenya

Scott Bawden: 801-864-3112; youthlinckenya@gmail.com

Kevin Bawden: 801-703-6439; kevin.bawden@gmail.com

Please contact our office manager about volunteering in the office or program payment questions:

Office Manager: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our Local Service Director for questions regarding the Local Service Directory, Young Humanitarian Award, or questions regarding your local service commitment that cannot be solved by your alum or team leader.

Local Service Director: Julia Wee-- 801-467-4417(w), 801-580-8310 (c); office@youthlinc.org

Please contact our International Service Director for questions regarding projects or fundraising for projects at the international site only when these cannot be answered by your team or alum leader. She can supply travel agent contact for divergent itineraries, but is not able to make these contacts for you.

International Service Director: Miriam Kramer-- 801-467-4417(w), 801.824.9855 (c); miriam@youthlinc.org

Please contact the Executive Director only for issues that cannot be resolved through contact with those listed above:

Executive Director: Judy Zone-- 801-278-4853(h), 801-403-9927(c); judy@youthlinc.org

Welcome! From your Team & Alumni Leaders

Dear Youthlinc Kenya 2012 participant,

Congratulations on your acceptance into the greatest humanitarian youth group in the world! You are about to embark on one of the most memorable experiences of your life. You will become lifelong friends with a wonderful group of individuals that share your commitment to service. You will also get to meet a group of people in Kenya that will inspire you.

Your acceptance into this program is evidence that you are someone who has dedicated part of your life to serving others who are less fortunate than yourself. You have demonstrated that you are a leader among your peers and you know how to plan projects and see them through to completion. During this service year you will have the opportunity to improve your leadership skills through learning from the mentors that are part of our group as well as through serving on at least one committee. You will also have a leadership assignment either here in Utah or in Kenya.

I am sure you are looking forward to the international service part of this experience but before we get to embark on this great adventure you will have the wonderful opportunity to serve in your community. Whatever service site you select will provide you with an opportunity to develop relationships with other volunteers but most importantly with those you will serve. I would encourage you to pick a site that has significant importance to a cause you feel strongly about. If you are unsure may I suggest something to do serving children. Most of your time spent in Kenya will be with some of the most wonderful children you will ever meet.

Let me promise you that your time in Kenya will be nothing short of “magical”. It is a wonderful place with some of the most humble and happy people you will ever meet. Their appreciation of the work we do will inspire you to do more than you ever thought possible. I guarantee you will want to return.

You have made a big commitment for this coming year and part of that commitment is your attendance at our mandatory monthly team meeting. At these meetings you will meet with the entire Kenya team and our Alum leader and my son, Kevin Bawden. He will be helping you to make sure you get all of your local service completed, all of your required forms filled out, and keep you informed of anything else that is going on with our team. He has an amazing commitment to service and is an incredible resource to help with your local service sites. He will also be arranging a monthly service project in conjunction with our team meeting. Kevin was in your position 2 years ago and it changed his life as it will yours.

Get ready for plenty of hard work and remember that the more you put into this experience the more you will get out. Prepare to be amazed at those you serve and those you serve with. Prepare for the experience of a lifetime. I look forward to working with you but most importantly getting to know you personally.

Welcome,

Scott Bawden
Kenya Team Leader 2012

Hi everyone!

Congratulate you on your acceptance into the Youthlinc program and being apart of the 2012 Kenya team! Youthlinc is a wonderful program and you will learn so much about yourself and the people around you. You will make bonds and friendships with people that believe in serving others and you will become a better person for it. You are an elite group of people that was chosen because of your desire to serve and help those in your community as well as those internationally.

I hope that you are as excited as I am to go to Kenya and experience this amazing opportunity. I was in your position two years ago and it has changed me forever. You will look back on this experience and be grateful for your participation.

Kenya is a wonderful place and the people there are even more amazing. You will meet some of the most generous and loving people in the world. I can promise you, your experience will be life-changing and something you'll never experience again. You will have a whole new look on life and how you live your life.

Being a part of Youthlinc is a big commitment and will require lots of hard work and dedication, but the influence you will have on the Kenyan people will be well worth it. Not only will you have the opportunity to work and get to know the people of Kenya, but also have the chance to build a relationship somewhere here in the community. Serving at your local service site is just as important as traveling to Kenya because we can all have an influence in our community.

I can promise you will never forget this experience and that you will remember this as one of the most exciting times in your life. My dad and I promise this opportunity will be so much fun and well worth your time and hard work.

I'm excited to work with you and get to know you. We will become great friends and I can't wait to spend this service year with you. Get excited, cause it's going to be awesome!!

Kevin Bawden
Kenya Alum Leader 2012

Kenya Team Meeting Calendar

We will be meeting at the Youthlinc office on the second Saturday of every month from **9:00am-12:00 noon** starting in December. The first two hours will be the team meeting. The last hour will be a service project that we can do at the office. This project can count towards your service hours. Our wonderful alum leader Kevin and one or two of you will be arranging these projects each month. If you have an idea, please let Kevin know. Participants are required to attend. There are only 7 meetings before we depart. Participants are expected to have 100% monthly meeting attendance. You are permitted to miss one of the monthly meetings but you need to send a representative in your place.

Saturday December 3rd, 2011-- 9:00am at the Youthlinc Office

Tentative Agenda:

- Announcements
- Team Building/Getting to Know You activity.
- Local Service Site Reporting, Selection, and Counseling as needed.
- Review sections of binder items.
- Announce committee assignment
- Sign up for team positions
- Thank You Notes to Sponsors.
- January Retreat planning
- Reminder of **first payment** due date and passports.
- Initial committee meeting-get to know each other
- Service Project
- *Turn in passport copies, medical releases, medical information sheets and any service hour reports

January Retreat

Friday January 6th 7:00pm to Saturday January 7th, 2012 noon at the Youthlinc Office

Tentative Agenda:

- Announcements
- Introduction of Committee projects
- Initial brainstorming for fund raising
- *Turn in passport copies, medical releases, medical information sheets and any service hour reports
- Retreat-**
- Dinner, games, Getting to Know You activities, possibly a little bit of sleep.
- Saturday**
- Breakfast
- Service project-TBA

Saturday February 4th, 2012-- 9:00 am at the Youthlinc Office

Tentative Agenda:

- Announcements
- Local Service reflection
- Committee project planning and discussion of goals
- Introduction to Lesson Planning and small group activity
- Team Building
- Travel Healthy handout
- Reminder of **second payment** due date
- Service Project
- *Turn in passport copies, medical releases, medical information sheets and any service hour reports.

March, 2012 (Date and Time TBA) at the University of Utah

Tentative Agenda:

- Mandatory U of U Travel Clinic for information and shots
- **You must pre-register** for this clinic by phone the day before and then you must **register again** when you arrive at the travel clinic!
- Short committee meetings
- *Turn in Local Service Hours Reports
- *Turn in passport copies, medical releases, medical information sheets

Saturday April 7th, 2012-- 9:00 am at the Youthlinc Office

Tentative Agenda:

- Promotion of Youthlinc Annual Benefit
- Local service reflection
- Review packing lists in binders.
- Committee Reports
- Items needed in-country and drives to get them.
- Team Building
- Committee work
- *Turn in Local Service Hours Reports
- *Turn in passport copies, medical releases, medical information sheets**
- THIS IS THE LAST DAY TO TURN IN ANY OF THESE FORMS!!!**

Saturday May 5th, 2012-- 9:00 am at the Youthlinc Office

Tentative Agenda:

- Local Service Hours Reporting
- All Lesson Plans due for review
- Update on items needed in-country and drives to get them
- Local Service Reflection
- Committee Work as needed or time allows.
- Committee Reports
- Team Building
- *Turn in Local Service Hours Reports

June 2nd, 2012-- 9:00 am at the Youthlinc Office

Tentative Agenda:

- Local Service Hours Reporting
- Final committee work
- Fundraising final reports
- Make the Phone Tree
- *Turn in Local Service Hours Reports

Packing Meeting!!!! Must attend!!!!

July 14, 2012

8:00 am. Youthlinc Office

Tentative Agenda:

- Final Local Service Hours Reporting
- Review of final in-country itinerary.
- Distribute the Phone tree
- Pack all supplies in Youthlinc duffel bags

FAQs about Kenya

Here are some of the most frequently asked questions about Youthlinc and our trip to Kenya. I'm sure you'll think of more and are welcome to ask at any time. You and/or your parents are always welcome to call my cell (801-864-3112) or to contact me through email youthlinckenya@gmail.com at any time with any questions.

Q: When Will We Be Going?

We will be leaving Salt Lake on July 15th and returning on July 31st. If any date changes occur you will be informed immediately.

Q: How Much Money Will I Need?

You will need extra money for souvenirs, food in airports, extra treats or drinks. All other meals are paid for. We will be doing shopping for souvenirs. You can get a LOT of fun stuff for friends, family, etc. for about \$200.00. We may go to a couple of nice shops in Nairobi where things are a bit more expensive, for special gifts or souvenirs. Please also plan to bring money for tipping. Please budget around \$30.00 for tips.

Q: In what form should I bring my money?

To get the best exchange rate you should bring an ATM card to use at many ATMs around the city. This is safe because if it is lost, no one can access your money. American dollars are accepted in the airports and some places in Thailand, but you may get a poor exchange. Traveler's checks can be used but are often difficult to get cashed. Credit cards and traveler's checks are not accepted at the markets. If bringing cash, be sure not to store it all in one place. BRING AN ATM CARD!!!!

Q: How Do I Get a Passport?

You need to apply for your passport right away. It takes several weeks to arrive, but is good for five-ten years. There is no point putting it off! Please visit travel.state.gov/passport to learn everything you need to know about applying for a passport.

Q: What is a Visa?

A visa is a permit allowing you to visit a foreign country. American citizens ARE REQUIRED to have a visa to go to Kenya. The cost is \$50. You must have your passport in order to apply for your visa. A visa to Kenya is only good for six months, so we will all apply in February or March. We will hand out visa applications and directions at the January meeting. You do need to get your visa in advance. It takes about 3 weeks so plan accordingly. If you do it UPS you can track your passport the entire way.

Q: Is Youthlinc Tax Deductible?

Yes, Youthlinc is a 501(c)3 organization. People who make donations to Youthlinc can use this when filing income taxes. Check with your tax advisor about making charitable donations.

Q: What shots do I need?

Shots are strongly recommended for your safety. You should be current on your MMR. Hepatitis A and B and tetanus can reduce some of the worries about traveling out of the country. Typhoid and polio are also recommended. These shots are also beneficial to have in the States. You are responsible for the shots, but you should check with your insurance company see if some are covered. The Hepatitis shots come in sets of 2 to be given 6 months apart, so get the first one now. We will have a medical travel clinic in March to go over all of this critical information and you are able to get needed vaccinations at that time. Anti-malaria pills are ***strongly*** recommended and are taken before, during and after the trip. Minors MUST bring a parent to the vaccination clinic.

Q: What will the weather be like?

The weather is beautiful in Kenya in July. It is cooler then, as it is their winter. Generally, the nights get down to the mid-sixties and the days get up to the mid-eighties.

Q: What should I pack?

The idea is to pack as lightly as possible as we need room for donated and project items. Try to fit your personal things in your carry-on. A complete packing list is included in the binder (includes bug spray, sunscreen, etc.). The clothes worn in Kenya should be modest (no shorts, low riding jeans for men or women, halter tops, low cut tops, etc.) and should be professional especially if you are involved in teaching. Bring clothes to play sports (volleyball or soccer). In addition to clothes, you may want to bring snacks to hold you over between meals.

Q: How much can my luggage weigh?

Each suit case or duffel bag is limited to 50lbs. You will carry your personal suitcase plus one Youthlinc duffel bag with supplies. On the way home you cannot use Youthlinc duffel bags for personal items. If you want an extra bag for the way home, get a duffel bag for personal items, roll it up, and put it in your suitcase. You should also bring packing supplies (e.g., bubble wrap, etc.) if you plan on shopping. Many items are delicate.

Q: How can I bring donated items?

We love to bring donated items to Kenya, but some things are unrealistic. For instance, the children may need shoes and we have lots of old shoes at our homes, right? But these are often bulky and heavy. We need shoes, but in the right size and right kinds. Sometimes it is better off accepting cash and purchasing items when we get there. However, large bulky items sometimes are needed and are better coming from the U.S. Ask your team leader about donating these items. Money is always a better donation in terms of weight and usability.

Q: What kind of food will I be eating?

We will eat all our meals at the school where we are staying. The food we eat will be not be extravagant, but will be healthy and fresh. We will stay near the farming capital of Kenya so fruits and vegetables will be easily available. In Kenya, the staple food is ugali and is made of maize (corn). They also serve mashed potatoes, kale (a green vegetable similar to spinach), red beans and cooked cabbage. We will not be eating any meat due to food safety concerns so you will need to bring items to supplement your meals that contain protein. Peanut butter is a great source of protein. You can serve yourself, so you can only take what you want. Remember to be respectful of their culture and food traditions. You can put granola bars or power bars in your backpack, but you obviously wouldn't eat them in front of our hosts. It is unacceptable to refuse to eat or to "work through lunch or tea". You're here for the experience -- try it!

Q: Will there be a lot of bugs?

There are mosquitoes, as you might expect, but nothing out of the ordinary. Last year, we encountered very few mosquitoes. However, you will want to bring insect repellent with Deet to protect yourself from bites since mosquitoes transmit several serious diseases, including malaria. Aside from mosquitoes you will likely encounter a few bugs that you haven't seen before, and some that you'll recognize. All-in-all you won't deal with any more bugs than you do here.

Q: How will my parents know that I'm all right?

The team leader will call home for the group using the phone tree upon arrival. This will assure your family we have arrived safely. Your family will also have the phone tree with contact information for emergencies.

Q: Can I call home?

The team leader will have phone access in case of emergencies. Julia or Miriam will be able to reach him in that case. There will not be internet access nor phones where we are so just be prepared to wow your family with your grand adventures once we are back home!

Q: How about a Christmas list?

Here are some things you may wish to get before your trip. These are not mandatory, but optional. This is a once in a lifetime opportunity for most of us. Plan ahead so you can keep your memories with you forever!

- Good walking shoes

- A journal
- A good quality camera (if you have a good camera, consider telephoto lens)
- New luggage (the best kind may be a duffel-type bag with rollers. You are allowed two carry-ons. You will want one backpack and one small carry-on for the plane.)
- Small binoculars

Q: What about local service hours?

You will need to complete 100 documented hours of local service. We require that you perform at least 50 of these hours at the same site so that you truly build a bond with the people you are helping. You must document every hour with a signature from your service supervisor. Local service sheets are included in this packet. We will also plan several group service projects. These are great ways to get to know your fellow travelers and to get extra hours all at once. Any questions about local service can be made to me in my role as the Local Service Director.

Q: What if I can't do all 100 hours, can I just pay for the difference?

No. If you don't do all 100 hours, you will not earn your sponsorship and you may not go on the trip. We are an organization that puts equal emphasis on both LOCAL and INTERNATIONAL service.

Q: Can I go out on my own while we're there?

It is important for safety reasons that we stay together in groups of no fewer than five. Although, we are all adults, there will be a Youthline mentor with groups that go out. Our policy is to watch out for each other. No one will be allowed to go out after 6:00 p.m. when it becomes dark.

Q: How are the bathrooms?

At the schools there are squatters (pit latrines). In the place we are staying there will be flushing toilets that you can flush toilet paper in. If there isn't running water (which can happen) you use a bucket to flush, but you've got to refill the bucket. Also, there may not be showers so you'll be bucket bathing. This just adds to the experience!

Q: Can I drink the water?

No! Bottled water will be available supplied every day to our group. **Please brush your teeth using only bottled water.** Be careful not to run your toothbrush under the tap. Don't let tap water get inside you. Whenever in doubt of where your water is from ask the team leader. They will find out to ensure you are drinking from a good source!

Q: Will there be time to shop?

There will be some time to shop, but it will be minimal. Dixon sets up a small shop, but be tactful about spending- be mindful of who's around and how much money you are flaunting. There is shopping in the local town we will be near.

Kajuki Facts

Population

- Kajuki is divided into 5 areas namely Kajuki, Komalndi, Mutino, Kumwimbi, and Itugurun. The people speak Kimeru (tribal language), Kiswahili and English
- In 2009 a census was conducted with the following results:
 - Kajuki: 8,107 people
 - Komalndi: 3,414 people
 - Mutino: 9,576 people
 - Kumwimbi: 5,419 people
 - Itugurun: 3,671 people
 - Total: 30,187 people

Geography

Kajuki is located in Tharaka nithi county, Kenya, East Africa. The community covers 210 square kilometers. There are two permanent rivers namely the Mutonga and Mara. The area is favorable for large scale irrigation because it is relatively flat. Kajuki receives an annual rainfall of less than 300mm and is regarded as a semi-arid zone.

Infrastructure

There is a tarmac road that extends from Nairobi, to Meru National Park, and into Ethiopia. As a result, new structures are being constructed alongside the road bringing in new businesses. Kenya has created a new constitution and will be implementing a new government system this upcoming year. Kathwana will serve as the new governor's headquarter and becoming a large city. Consequently, Kajuki will become a suburb. The roads are dirt mostly dirt making transportation difficult. Most people travel by food or motorcycle. According to Kenya power and lighting company 95% of residents in Kajuki do not have access to electricity.

Industry

Most residents practice sustenance farming. Due to the recent drought many people are suffering. It is not uncommon for a poor family to go without food for several days. The situation has not improved and now local government officials are hoping that the government will distribute relief food. If there is rain, Kajuki can easily produce corn, cow peas, cotton, sukuma wiki, millet, beans, greens, tomatoes, bananas, passion fruit, mangos, papayas, among other crops. There is little industry. Some practice bee keeping, basketry, and weaving. Most people keep livestock as well.

Social Issues

The Kajuki community suffers from many social problems due to the level of poverty. The economy is based on agriculture and agriculture is dependent on rainfall. Furthermore, the semi-arid climate continues to create a society motivated by economic survival, resulting in the following issues:

- FGM (Female Genital Mutilation or Female Circumcision)
- Early marriages
- Domestic Violence
- Lack of resources for special needs individuals
- Neglect of the elderly

A little bit of Kimeru:

- Hello: Muga (single) or mugeni (plural)
- How are you? Ukari atia (ni atia)
- Thank you: Ibwega
- The food is delicious: Irio ni biega.
- You are my friend: Uri mucore

- Good job: ngugi imbega

Global Statistics: If the World were a Village of 100

www.100people.org/statistics_detailed_statistics.php

If we could reduce the world's population to a village of precisely 100 people, with all existing human ratios remaining the same, the demographics would look something like this:

- The village would have 61 Asians, 13 Africans, 12 Europeans, 9 Latin Americans, and 5 from the USA and Canada
- 50 would be male, 50 would be female
- 75 would be non-white; 25 white
- 67 would be non-Christian; 33 would be Christian
- 80 would live in substandard housing
- 16 would be unable to read or write
- 50 would be malnourished and 1 dying of starvation
- 33 would be without access to a safe water supply
- 39 would lack access to improved sanitation
- 24 would not have any electricity (And of the 76 that do have electricity, most would only use it for light at night)
- 8 people would have access to the Internet
- 1 would have a college education
- 1 would have a computer
- 1 would have HIV
- 2 would be near birth; 1 near death
- 5 would control 32% of the entire world's wealth; all 5 would be US citizens
- 48 would live on less than US\$ 2 a day
- 20 would live on less than US\$ 1 a day

When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent. The following is also something to ponder...

- **If** you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.
- **If** you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are ahead of 500 million people in the world.
- **If** you can attend an ideological meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.
- If you can read this article of perspective, you are more fortunate than over two billion people in the world that cannot read at all.
- **If** you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace...you are among the top 8% of the world's wealthy.

"I expect to pass through life but once. If therefore, there be any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not defer or neglect it, as I shall not pass this way again." ~William Penn

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." ~Margaret Mead

Tentative Kenya Itinerary

Sunday, July 15 – Tuesday, July 31, 2012

Sunday, July 15th

Leave SLC-
Tour in Washington DC
Stay overnight

Monday, July 16th

Depart DC

Tuesday, July 17th

Arrive in Nairobi
Transport to Kiamuri
Unpack and get settled into accommodations

Wednesday, July 18th

Opening ceremonies
Visit project sites

Thursday, July 19th

Begin construction projects
Teaching begins

Friday, July 20th

Classroom Construction at St Peters
Teaching at School 1
Women's Health Lessons
Micro-enterprise Lessons

Saturday, July 21st

Classroom Construction at St Peters
Women's Health Lessons
Micro-enterprise Lessons

Sunday, July 22nd

Attend Church with host families
Shamba tours
Lunch
Planning meeting to determine remaining project needs for completion

Monday, July 23rd

Classroom Construction at St Peters
Teaching at School 2
Women's Health Lessons
Micro-enterprise Lessons

Tuesday, July 24th

Classroom Construction at St Peters
Teaching at School 3
Women's Health Lessons
Micro-enterprise Lessons

Wednesday, July 25th

Classroom Construction at St Peters
Teaching at School 4
Micro-enterprise Lessons
Vocational lessons

Thursday, July 26th

Classroom Construction at St Peters
Vocational lessons

Friday, July 27th

Classroom Construction at St Peters
Vocational lessons
Follow-up on all projects

Saturday, July 28th

Complete construction
Lunch
Closing Ceremonies

Sunday, July 29th

Breakfast 06:00am to 06:30 am
Drive to Sweetwaters
Lunch
Afternoon Game Drive
Dinner
Awards ceremony-Committee reports
Overnight at Sweetwaters

Monday, July 30th

Breakfast 06:00am to 07:00 am
Morning Game Drive
Lunch in Nairobi
2:00 Depart for Nairobi
Return Nairobi
Depart for Washington 5:45 pm

Tuesday, July 31st

Arrive Washington DC at 8:40am
Layover at Dulles Hilton
Depart Washington DC at 5:55pm
Arrive in SLC at 8:15pm

Kenya Packing Checklist

Remember: This is not a fashion show! We will be working hard, but having fun. Comfortable, casual and durable are the key ingredients!

Things to pack for the plane in your backpack or carry-on: 1 Carry-on and 1 personal bag (i.e., purse, computer bag)

- It is smart to have a light jacket in case you get cold on the airplane. You want to be comfortable for an entire day on the plane—and the entire night on the way back.
- **Passport** and your ticket (you'll get your ticket at the airport)
- Cash, ATM card (best to have these on your person)
- Camera, film, extra batteries (packed in ziploc bags to keep out dust)
- Toiletries (You will want to brush your teeth, etc.)
- Any prescription medicine that you must take
- Blow-up neck pillow for napping
- Sleep aid (if you are into that—If so, please be sure this is not your first time taking a sleeping aid!)
- Socks to keep your feet comfy--your feet will swell during the flight!
- Books, ipod, games to entertain yourself.
- Water bottle (but be prepared to dump it out before security at every layover)
- Snacks
- It would not be a bad idea to pack a change of underwear and something to sleep in just in case your luggage is temporarily misplaced!

****Be sure to put away your passport in the same place every time. It is recommended to get a money belt to keep your passport/money/and any debit or credit cards in.**

Stuff to pack in your suitcase: 50 lb. limit (remember this is not a fashion show!)

- Clothes can be sprayed with permethrin spray prior to trip to help keep mosquitoes away
- Work clothes—Ratty enough so that we don't care if they are ruined. Plan on a week of outdoor work. It's okay to wear dirty clothes to work in!
- Sturdy old sneakers for outdoor work. (Keens are great or strap on sturdy sandals).
- Socks (8-10 pairs)
- Teaching clothes: The teachers will most likely come dressed professionally (not in shorts and a t-shirt). If you are teaching or presenting, you will want to look professional. You don't have to wear something different everyday. Two outfits will be fine. Sandals are good.
- A camel-back would also be a good way to have your water with you. Not necessary but will keep you from losing your water bottle. Do not share any water with kids!
- Light weight long pants (3-4 pairs) need to be casual and comfy- ones you can work in
- 7-8 T-shirts (you can do laundry for a small cost)
- lightweight poncho and/or umbrella
- Some things to sleep in
- Underwear
- Tourist clothes
- Small sample sizes of toiletries you will need (shampoo, soap, deodorant, etc.)
- Sunscreen THIS IS A MUST. Bring plenty! chap stick with sunscreen
- Sunburn medication of your choice (just in case)
- Hat for outdoors
- Reusable water bottle
- An extra water bottle
- **Mosquito repellent with DEET** (Sawyer's Timed Release is very good -at REI)
- Hand sanitizer and Hand wipes and Kleenex packets
- Toilet paper (in a Ziploc bag)
- Wash cloth or two if you use one.
- Snacks: non-crushable things like: granola bars, fruit roll ups, nuts and trail mix, beef jerky, small cereal boxes, peanut butter
- Flashlight and extra batteries

- A few small gifts that you may want to leave with special students you've made friends with.
- A journal and pens
- Any stuff you need for your committee assignments that didn't go into duffel bags at the packing meeting
- Two pairs of flip-flops (one for the shower, and a dry pair to wear around our accommodations)
- Jacket or sweatshirt
- Sleep sack (a large sheet sewn in half like a sleeping bag)
- Small pillow
- Binoculars
- Electrical converter (English/UK)
- Laundry soap (small baggie if you'd like to just do laundry in your room)
- Packing Tape
- Bubble wrap
- Scissors
- Permanent Marker
- Sunglasses
- **Work gloves, work gloves and more work gloves!!!!**
- If you intend to do some major shopping, bring your own empty duffel bag, bubble wrap, scissors and tape in your personal luggage. You WILL NOT be allowed to borrow a Youthline duffel bag on the way back for your souvenirs, no matter how much you beg! And if you don't think you will be buying anything....think again.
- Protein bars- vegetarian or not, these bars will also be a great asset to you on the trip because I have found that many participants eat considerably less meat than they are used to when they are in the U.S. Your body still needs the protein you are used to and these bars are a great supplement.
- First Aid Kit
Benadryl, Cipro, aspirin or Motrin, Neosporin, band-aids, Alcohol swabs in packets and cortisone cream (for bug bites), Pepto Bismol, pain reliever,

Donated Items Needed for Kenya

Fund drives are always most useful in accomplishing goals at the international site. When we bring money to Kenya we help the local economy and we are sure that the people there are getting exactly what they need. Also, because of weight restrictions for baggage, we can only bring so much.

Here are projects that need fund drives:

- \$ for construction projects
- \$ to buy medical supplies
- \$ to buy school supplies
- \$ for microenterprise

Here are light weight items that we can donate to the project sites in Kenya:

- New or gently worn shoes for women and children (heels and nice shoes are welcome as well as all other kinds).
- Materials for Hygiene kits
 - One bar of soap
 - One washcloth
 - One hand towel
 - One toothbrush
 - One tube of toothpaste
 - One package of band-aids
 - One comb
 - The Family Hygiene Kit is made up for 2, 3, and 4 members of a family with the same items listed above. Added to the Family Kits are feminine hygiene products.
- Day Fair Materials
 - Craft supplies, yarn, sewing, beads, etc...
- Recreation Materials
 - Soccer equipment
 - Games
 - Jump Ropes
 - Balls
 - Frisbees
- Health Fair Supplies
- Medical Supplies/First Aid Supplies
 - Neosporin
 - Hydrogen Peroxide
 - Rubbing Alcohol
 - Exam gloves
 - Surgical gloves
 - Sterile needles
 - Sterile syringes
 - Sutures
 - Dressings, sterile
 - Bandage scissors
 - Cleansing agent/soap and antibiotic towelettes to disinfect.
 - Antibiotic ointment **to** prevent infection.
 - Burn ointment to prevent infection.
 - Adhesive bandages in a variety of sizes.
 - Eye wash solution to flush the eyes or as general decontaminant.
 - Thermometers

- Tweezers
- Tubes of petroleum jelly or other lubricant
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacids (for upset stomach)
- Laxatives
- Cotton tipped applicators
- Bath towels and wash cloths
- Disinfectant sponges and swabs
- Ace bandages (elastic)
- Casting materials
- Dressings (gauze, bandages, Band-Aids, 4 x 4's, etc.)
- Tongue depressors and containers
- Q-tip applicators and containers
- Condoms
- School Kits
 - Note pads of ruled paper (8-1/2 x 11) - at least 200 sheets
 - 30-centimeter (12") ruler
 - 6 Unsharpened pencils with erasers
 - 1 pencil sharpener
 - 2 erasers
 - 1 box of colored construction paper
 - 1 box of crayons
 - 1 cloth book bag with handles or straps
- New Baby Kits
 - 6 cloth diapers
 - 10 Clothes Pins
 - 6 disposable diapers
 - Baby Wipes
 - 2 shirts
 - 1 sweater
 - 2 gowns
 - 2 blankets
 - Baby skin cream
- Dental Hygiene Supplies
 - Toothbrushes
 - Toothpaste
 - Dental Floss

Youthlinc Lesson Planning

Every team does lesson planning, and it is a skill that not everyone is familiar with, and even though there is some instruction in lesson planning offered at monthly meetings, this material is meant to be a reference.

Some things to keep in mind when preparing any lesson:

- Your audience: How old are your students? What kinds of activities and materials would be most appropriate for their age and learning abilities?
- Your time constraints: How long will each topic/lesson take? Will students get bored with this activity after 5-10 minutes? Will this take a long time to explain?
- Cultural barriers: Will they understand the reference I am making? Is this a topic that is applicable in this culture? Some things are not universal, some are, will this get lost in translation?
- Variety: Is this lesson full of hands-on/ visual aids? Do I lecture too much? Is this something that would engage my interest?

Lesson Planning Sheet

Kenya Youthlinc 2012

Title of Activity: _____

Creators: _____

Brief Description and Goal:

Number of Participants _____

What age levels can participate in this lesson _____
(try to build it for all age levels or at least either all elementary or all secondary)

Time Needed to Complete (Ex.15-60 minutes) _____

Must an interpreter be present to facilitate the activity? YES NO

Is the activity accessible to all ability levels? YES NO

If no, what might limit a student from participating (i.e., must be able to use hands, etc)?

Supplies Needed (List all possible supplies: glue, scissors, etc.):

Suggested Activity Steps:

Lesson Plan Example

Title of Activity: Emotions

Creators: Erik Jensen

Brief Description and Goal: students will learn 12 basic emotions words plus up to 12 other emotion words depending on time and student ability.

Number of Participants: Any number will work- small to large group.

Age level: This lesson is appropriate for any age group.

Time Needed: 30-40 minutes

Must an interpreter be present? NO

Is the activity accessible to all ability levels? YES

Supplies needed: Pictures of people expressing different emotions, big foam die with different emotions written on it and pictures of my family and of Utah.

Activity Steps:

Introduction: explain that we are learning "emotions" today.

1. Go over emotion pictures, show emotions on my face and say names of emotions. Have students repeat. Practice by saying "I am _____, she is _____, you are _____" and have students repeat and add their own.
2. Introduce emotion dice game and play: student rolls dice, whatever emotion comes up student has to say correct word. The class will repeat the word.
3. Introduce more emotion pictures and words; have class repeat (see #1).
4. Play ball game: students sit in circle and throw ball to each other. Student who catches ball has to show emotion on their face and other students have to say what it is.

** (If there is time I want to show pictures of Utah, my family etc. and practice conversation with students)

Type the name of your lesson here:

Grade _____ Subject: _____ Prepared By: _____
 Level: _____

Overview & Purpose
 What will be learned and why it is useful.

| | Teacher Guide | | |
|--|---------------|--|---|
| Objectives (Specify skills/information that will be learned.) | | | Materials Needed Paper Pencil Others |
| Information (Give and/or demonstrate necessary information) | | | |
| Verification (Steps to check for student understanding) | | | Other Resources (e.g. Web, books, etc.) |
| Activity (Describe the independent activity to reinforce this lesson) | | | |
| Summary | | | Additional Notes |