

First Presbyterian Church, Norfolk, VA **2006 Orientation sessions for Kenya travelers**

Session One (90 minutes)

Prayer

- 1 Introductions and what each traveler hopes to contribute in Kenya
- 2 Brief overview -- Geography of Kenya, pre-history and history, Kenyans' religions
- 3 Kenyan Languages -- Kiswahili words – *handout*
English – Kenyan & American – *handout*
Kikuyu – church music
- 4 Show Nazareth Hospital DVD made April 05
- 5 Who's who in Nazareth Hospital – *handout*
- 6 Nazareth programs supported by FPC 2006 - *pamphlets*
- 7 New male circumcision and mentoring project 2006 - *pamphlet*
- 8 Lessons short-termers can learn
- 9 In Kenya -- How not to offend or confuse people
- 10 What to read *handout*
- 11 A healthy trip *handout on immunizations*

Session Two (90 minutes)

Devotional: Romans 1: 8-12

- 1 Update on AIDS in Kenya
- 2 Culture shock and cultural adjustment
- 3 Security in Kenya
- 4 What to take and what not to take
- 5 The purposes of mission trips – and of this trip; comparison of Nicaragua & Kenya trips
- 6 In small groups (6 medical people, 6 others)
What you hope to learn during your visit
Problems you may encounter
Appropriate dress
Questions