

Country Handbook: Kenya

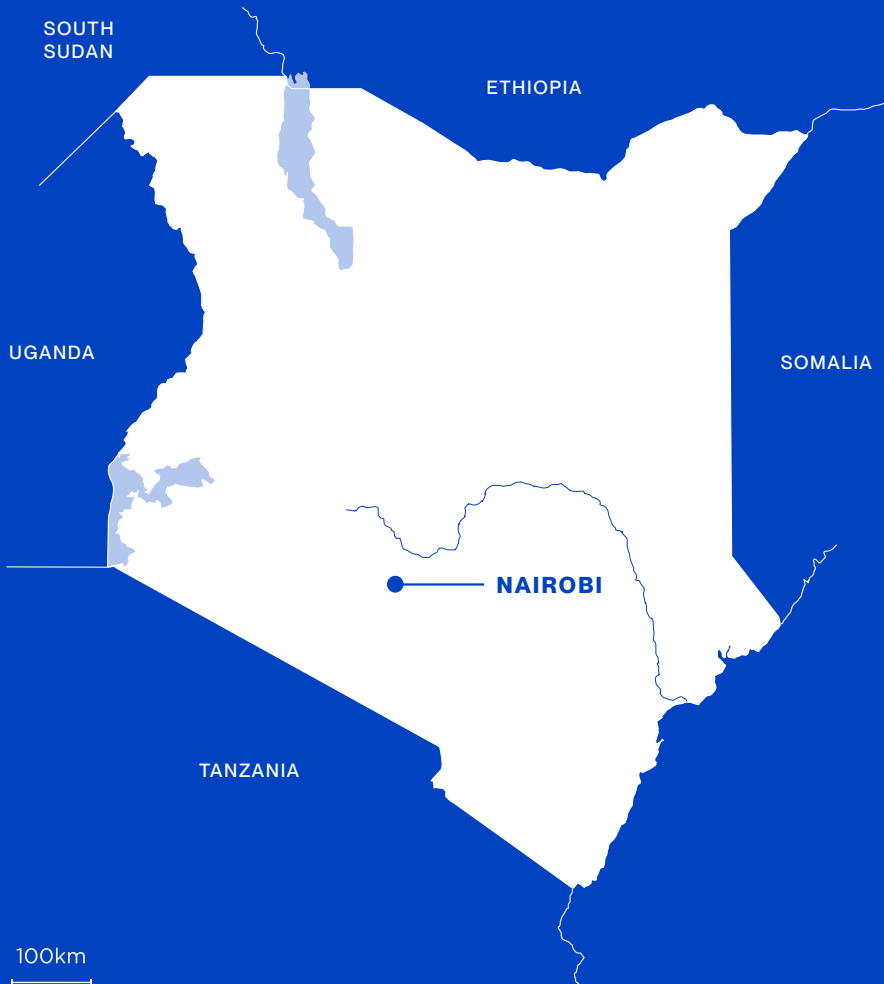


Introduction

Travelling to see the work of Compassion and our local church partners firsthand is an unforgettable experience. On this trip, you'll see for yourself how children are known, loved and protected by their church communities and are being released from poverty in Jesus' name.

This Country Handbook is designed to start preparing you for your trip to Kenya. Please read it before you depart, and we'd also recommend that you keep it handy for easy reference.

We pray that God will bless your time in Kenya!



Country Information



Kenya is famous for its national parks and incredible wildlife. Kenyans are friendly, hospitable people who value living in community and sharing food with one another.

Main languages:

Swahili, English

Climate:

Tropical in coastal areas, temperate in the highlands, dry in lowland regions

Main religions:

Christian (85.5%), Muslim (10.9%)

Currency:

Kenyan Shilling



Compassion in Kenya

Compassion has been working to release children from poverty in Jesus' name in Kenya since 1980. 36 per cent of people live below the poverty line.

Compassion's Child Sponsorship Program is tailored to be age-appropriate for each child.

Children **AGED 1 TO 3** receive home-based care.

Children and youth **AGED 3 AND OLDER** attend their local Compassion centre on weekends, usually on Saturdays.

Compassion assisted children in Kenya typically attend program activities at their local child development centres. Here is an example of what a typical program day looks like:

9:00am - A time of prayer and devotion.

9.30am - Spiritual lessons, in which children sing songs and learn Bible stories.

10:30am - Break time, when children can play in a safe environment and develop friendships. A typical snack consists of a cup of porridge, bread and fruit, and an egg.

11:00am - Social-emotional lessons ranging from conflict resolution to developing healthy self-esteem and developing a godly character. Children often come from challenging home environments and are taught social and personal skills.

12:00pm - Lunch time. The meal usually consists of rice or ugali, beef stew, bean stew or legumes, and green leafy vegetables such as kale or cabbage. Children who are HIV-positive are given nutritional supplements to boost their immunity. During times of food scarcity, children come to the centre with their siblings just for a meal as it's the only place they are able to eat.

1:00pm - Health lessons, in which children learn practical health and hygiene tips. Example topics include how to prevent malaria and HIV transmission.

2:00pm - Letter writing and career planning. Older children work with local staff to identify their strengths and interests and set goals for their future.

Children are encouraged to join in a variety of extracurricular activities including annual football competitions, teen camps held during the holidays and talent days where children perform music, drama or poems. When they reach the age of 12, youth can elect vocational training skills, such as computer training, carpentry, motor vehicle repair, dressmaking, cooking, hairdressing, driving and life skills.



For more information on Kenya, scan the QR code or visit: compassion.com.au/where-we-work/kenya

Cultural Considerations



Clothing

- **Women:** It is recommended you dress modestly. Dresses or skirts below the knee, trousers or jeans are appropriate. Long dresses, skirts or trousers are recommended for attending church services.
- **Men:** Trousers, jeans or long shorts paired with t-shirts, button-down shirts or polo shirts are appropriate. It is recommended you dress smartly for activities such as attending church services.
- Please avoid camouflage or military-style clothing.

Eating and drinking

- When eating meals with a group, children are served first, followed by visitors.
- It is polite to accept if tea or coffee is offered to you when visiting someone's home.
- Drinking alcohol is inappropriate in Christian circles.

Toilets

- Access to good toilets is limited. It is recommended you carry some toilet paper or tissues in case you need to use a public toilet.

Security

- **Emergency contact information:**
Local emergency number: 999
Compassion Kenya office: 011-254-20-2601448
Australian Embassy: +63 2 7757 8100
- Please ask permission before you photograph any local people. This can include photos taken from a moving vehicle, so be sure to check with your driver or Trips and Visits Specialist first.

Body language

- A handshake is the most appropriate greeting.
- All public displays of affection should be avoided, even between married couples.
- Actions such as shaking hands or offering gifts are always done using the right hand, as using the left hand is considered inappropriate.
- It's best to use an open hand to gesture at someone rather than pointing at them.

Language

- Useful Swahili phrases:
Welcome: Karibu
Good morning: Habari ya asubuhi
Goodbye: Kwaheri
How are you? Hujambo?
My name is: Jina langu ni
Do you speak English? Unasema kiingereza?
I don't understand: Sielewi
I'm sorry: Samahani
Please: Tafadhali
Thank you: Asante
Yes: Ndiyo
No: Hapana

Tipping

- Tips are usually given to hotel staff, particularly porters and waiters. Tipping reception staff and housekeeping is optional. Tips are also given to drivers, but this is generally done on behalf of the group.



Key Challenges and Prayer Points

Kenya is prone to severe drought which threatens the availability of food. Prolonged drought coupled with soaring food costs has left millions experiencing acute food insecurity. Please pray for the work of our local church partners as they provide food packs to help children recover from malnutrition and implement initiatives to sustain families in the future.

The prevalence of HIV in Kenya is alarming. In 2020, 111,500 children were found to be living with HIV. Improved health education has led to significant progress in preventing the spread of HIV/AIDS, but please continue to pray for the health and safety of Kenyans.

Two in three Kenyan people lack access to basic sanitation facilities like toilets. This harms the wellbeing of children, making them particularly vulnerable to diseases. The local church is committed to tackling this issue with hygiene education and the installation of proper toilets and handwashing facilities. Pray that their efforts will lead to flourishing communities.



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