

ANNUAL MISSIONS TRIP



HOSTED BY She Steps Forward International

www.shestepsforwardinternational.org

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SHE STEPS FORWARD INTERNATIONAL

Blessed is she who believed that there would be a fulfillment of what was spoken to her from the Lord. Luke 1:45 ESV

Who Are We?

She Steps Forward International is a faith-based,

nondenominational nonprofit that works within the United States and Africa to empower and equip everyday women to fulfill their God-given destinies.

Our mission is to assist uniquely gifted hearts in creating viable, sustainable paths in business and/or ministry which allows women to answer the call on their life and bring about transformational change in the lives of those they serve.

- We are focused on providing Biblical guidance and strategic leadership to women who are building businesses, ministries, and/or nonprofits and desire a faith-based mentor/coach to walk with them.
- We want every woman to fully maximize her gifting from God and to reach her highest potential. We support a woman's spiritual and intellectual capabilities through individualized coaching and through our annual She Steps Forward International Women's Conference.
- We also believe in the power of "paying it forward." Therefore, we are invested in supporting local and international outreach programs that advance the physical growth, practical education, and future dreams of both American and African children.

Plaine A lankford

Elaine A Lankford, Founder & Executive Director

YOUR HOST



Elaine is the founder of She Steps Forward Ministries, a for-profit business/leadership coaching ministry focused on empowering faithbased, female entrepreneurs who wish to enter marketplace ministry by launching their own business, ministry, or nonprofit.

She is also the founder of She Steps Forward International, a faith-based nonprofit focused on equipping women within the marketplace ministry space by providing access to other female entrepreneurs willing to motivate and mentor them through the annual She Steps Forward International Women's Conference (held in both the United States and in Africa) as well as through quarterly workshops throughout the year.

In addition, She Steps Forward International provides humanitarian outreach in Nairobi, Kenya, assisting women-led organizations that support the needs of African women and children.

Elaine recently graduated with a Master of Arts in Theology through Jakes Divinity School in partnership with Vanguard University.

By using my giftings of speaking, writing, and leadership coaching, I hope to inspire the next generation of women in ministry to be active participants in Kingdom work and passionate mentors to other women everywhere.







Welcome to Kenya

Capital: Nairobi National Language: Swahili Population: 53 million

There are 68 different languages spoken in Kenya. The official language is Swahili.

Mount Kenya is the highest mountain in Kenya and the second-highest (after Mt. Kilimanjaro) in Africa.

The Big Five was originally used by game hunters to describe Africa's hardest animals to hunt: African lion, African elephant, Cape buffalo, black and white species of rhinoceros and the African leopard.

Kenyan culture is heavily influenced by Christianity. Over 80% of the population identifies as Christian.

Kenyans put great emphasis on the values of humility, caring for your neighbors, and maintaining friendships.

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The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a wellwatered garden, like a spring whose waters never fail.

Isaiah 58:11

You'll be a part of the African Women's Conference hosted by She Steps Forward International & the Diadems of Power AMI Kenya



Elaine



PASTOR YVONNE





OUR OUTREACH EFFORTS

Neemaland Queens and Kings Center

This orphanage within Nairobi houses over 60 children from ages birth to 21. The children there need the basics in life: food, clothing, shelter, and education. Some are in need of medication. All are in need of love.

You can join our sponsorship program and help us meet each child's individual needs with a simple monthly donation.





Pastor Grace Omundi and her husband, Leakey



OUR OUTREACH EFFORTS

The Moses Basket Initiative

This community program provides young girls with reproductive health education, access to sanitary towels/pads, and if needed, infant care education. New mothers are supplied baskets filled with baby care needs.

Phyllis also oversees Serita's Safe House, a rescue home in Nairobi that takes in young teenage girls who have been victims of child bride marriage.





Ms. Phyllis Thiong'o (on right)





OUR OUTREACH EFFORTS

Ummoja Disability Center

The Ummoja Disability Center works with 100+ "abled differently" individuals across various backgrounds and ages. The center is overseen by Wilson Kingola and his staff.

Donations go toward providing food during their day programs as well as needed supplies to run the center. The center has also started a food basket distribution to their most vulnerable.





Mr. Wilson Kingola and his wife, Mary





Trip Checklist

Here are some important things to know (or have) prior to the trip:

She Steps Forward International will make all trip arrangements on your behalf. You must be prepared to pay SSFI **\$2800** for this trip (price includes travel, hotel, transportation, and excursions). There is a non-refundable administration fee of \$250 included in this pricing. We do offer a 4-month payment plan. However, all trip monies **must be paid in full by April 1st (no exceptions)**.

Once a ticket is purchased in your name (normally done 30 days in advance of the trip), the ticket is yours. Should you need to cancel your trip after ticket purchase, it will be your responsibility to alert the airline of the need for a travel credit. (Note - tickets are normally non-refundable and travel credit vouchers available. However, should you cancel, please check with the airline directly on this matter).

If you live outside of Virginia, you should be prepared that arrangements will be made for you to meet us in either NY, NC, or GA, depending on flight schedules. Your initial flight will be scheduled to arrive in either NY, NC, or GA **at least 3 hours ahead of our Kenya flight.** Once you arrive, **please proceed directly** to international check-in to meet up with us. **If you live in NY, NC, or GA and we are leaving from your state, you also must be at international check-in 3 hours ahead of our Kenyan flight.

Per Kenyan authorities, you **<u>must</u>** have a current United States passport. Kenya **<u>requires</u>** that your passport have **<u>at least 6</u>** <u>**months**</u> left on the passport prior to expiration. (Please doublecheck your expiration date now!! This is <u>your</u> responsibility.)

You will also need a **Kenyan eVisa** prior to travel. SSFI will make this purchase on your behalf. In order to do so, SSFI must have your completed trip liability release form, a photocopy of your U.S. passport, and a passport-size headshot.

Trip Checklist

Here are some important things to know (or have) prior to the trip:

You are allowed (two) 50 lb checked bags, (one) carry-on, and (one) personal bag. (Other baggage may cost a fee). **Travel tip:** make your carry-on and/or personal bags light as you will go through several screenings at each airport. All electronics larger than a cell phone may be required to come out of your bag at screenings. Also, remember to put your medication and any valuables in your carry-on or personal bag.

Note: Daily high temperatures should be between 70–78 degrees F, daily low temperatures should be between 54–63 degrees F, there is normally a 30% chance of rain on average, and there is usually 12 hours of sunlight. Ladies, you will want to bring a light sundress for church on Sunday. Please bring tennis shoes and/or flats for when we are out in the community doing outreach!!

We will be staying in an area hotel that has basic accommodations. Breakfast is normally included in the hotel rental fee. Tipping hotel workers is at your discretion. However, for your safety, please use small bills.

We use rental cars/vans when traveling the city. Both the rental car/van expense and the driver's service fee have already been included in your trip fee.

Elaine will plan a detailed itinerary for the week prior to the trip so you know what to expect, however, please be flexible and open to changes in the schedule.

Tentative itinerary: currently we are planning to host a three-day women's conference with our partner church, visit 3 different outreaches, and have 2-3 fun excursions. It's a busy week, but well worth it!!!

Trip Checklist

Here are some important things to know (or have) prior to the trip:

Lastly, the following items must be received by Elaine **by April 1st** (no exceptions) or your place on the trip will be forfeited:

- Completed and signed Short-Term Mission Trip Liability Release Form (hardcopy required). May be scanned and emailed.
- Complete \$2800 payment.
- Color photocopy of the cover of your passport (if not the standard blue cover) and your credentials page.
- Color photocopy of your driver's license.
- Passport-size headshot (please make sure good lighting is used and it is a facing forward photo).

Please contact Elaine at 757-620-8544 for her mailing address.

Note:

You may wish to budget an additional **\$250 for optional expenses** (e.g., shopping, meals out, unexpected expenses).

It is best to bring small bills and a credit card (check for international fees and let your bank know you are traveling out of the country). Any cash will have to be exchanged into Kenyan money after we arrive there. It can also be exchanged back to US dollars prior to leaving. Exchange rate: 1 United States Dollar equals approximately 150-152 Kenyan Shillings (rate changes daily).

Please limit the amount and type of jewelry you bring on this trip. We are going into some very poor areas.

Vaccine Information

Here are some important things to know regarding vaccines:

At this time, there are no required vaccinations for this trip.
It is recommended that you have a Hepatitis A vaccine. Hepatitis A is a two-shot series. Only one dose is necessary prior to the trip should you decide to get the vaccine. The second dose is normally administered 6 months after the first. After receiving 2 doses, you will have lifetime immunity.
It is recommended that you have a Hepatitis B vaccine. Once you receive a Hepatitis B (usually 3 shot) series, you are considered to have lifetime immunity. Most of us had this vaccine as a child. You may want your physician to draw a titer to confirm your immunity is still within an acceptable range. If not, you can always get a booster dose.
It is recommended that you have a tetanus shot. Tetanus shot immunity last 10 years. If you have had a tetanus within the last 10 years, there is no need to repeat. If you have not had a tetanus in the last 10 years, a booster shot is recommended.
You may read about Meningitis and Yellow Fever in Africa. However, we are not traveling to a high-risk area for either, and therefore, we do not qualify for vaccinations. They are expensive and unnecessary for our travel.
As of June 2023, Covid-19 vaccination or proof of Covid-19 vaccination is no longer required at entry.

Odds and Ends Info

Here are some good things to know prior to the trip:

Our longest flight could be up to 15 hours long but will most likely be 8 hours. Please plan accordingly. Bring a few snacks for the plane (meals are served, but may or may not be to your taste). Think about wearing compression socks on the flight to help with circulation, however, walking around inside the plane is permitted during the flight. We will most likely be flying during nighttime hours for a good portion of the trip.
Because we are staying in the city portion of Nairobi, there are many shopping malls near us. These malls contain plenty of places to get a quick bite to eat, have pharmacies on site, and have designated areas to exchange currency. We even have a local supermarket available to purchase food items.
Credit cards are taken just about everywhere so this is the BEST option for purchases. However, a little cash never hurts. If we go

to a traditional area market for gifts or souvenirs, you will need Kenyan cash.

Again, tipping is at your discretion, but please be aware of your surroundings when handling money openly.

Odds and Ends Info

Here are some good things to know prior to the trip:

Check with your cell phone carrier about international calling
options if you so desire. However, if you need to call home (and
don't have international calling), when Wi-Fi is available, you can
Facetime or use the WhatsApp to communicate with folks at
home. I use the WhatsApp because you can text and video call
internationally for FREE when Wi-Fi is available.

Super important - electrical outlets in Africa are 3-prong outlets (not 2-prong). You will need these to charge your electronic devices. We will have at least two 3-prong socket extensions (also called universal adapters) purchased for you by our Kenyan hosts (the cost for these is included in your trip monies).

Our trip will be registered with the U.S. Embassy in Kenya prior to the trip. Please make sure a local relative or friend retains a copy of your passport and Kenya eVISA in case of emergency.



Short-Term Mission Trip Liability Release Form

The following form must be completed in its entirety and returned to She Steps Forward International prior to **April 1st.** Please print, fill out, and return ASAP.

THIS FORM HAS BEEN INCLUDED IN THE EMAIL YOU RECEIVED.



GOT FURTHER QUESTIONS?

Contact:

Elaine Lankford Executive Director She Steps Forward International elaine@shestepsforwardinternational.org 757-620-8544