



WELCOME TO NEW FRONTIERS HEALTH FORCE AFRICA  
NGOSWANI, KENYA

Are you ready to Get Your Masai On?

This is going to be perhaps one of the most exciting trips of your lifetime. It will require physical endurance, a very positive attitude, the ability to give without getting anything in return, and a willing heart to experience everything.

You will see the sunrise over the mountains in the morning and think about the new mercies we have every day. You can sit as the sun sets on the horizon casting golden shadows across your face and reflect upon the goodness of your day. And, in the pitch darkness of the night you can gaze up into the sky where billions of stars twinkle and bask in the greatness of God.

We are so pleased to have you visiting us in Kenya to experience what we do every day at the health center, the academy and with our community. We remind you that we are a working compound and our staff are employees of NFHF Africa. They have duties and report directly to Rev. Brown. Please respect this.

This booklet is filled with our “rules” for compound living. Please print them out and read. Some of them will seem silly. Some may appear redundant; however, we do our best to keep you safe and healthy. We have real dangers lurking in the bush; however, please try not to worry overly much. We have been told that we don’t “taste like chicken” and, therefore, are not too appetizing to the wildlife.

It is our hope that you will have an incredible time here in Kenya with New Frontiers Health Force Africa, the Linda’s Kids Academy and our Masai family. If you have any questions that have not been addressed in this booklet or on the website, please contact us at: [mamadaktari@verizon.net](mailto:mamadaktari@verizon.net) or [fieldphoto@aol.com](mailto:fieldphoto@aol.com)

In His Service,

*Dr. Tonya Hawthorne*

Dr. Tonya Hawthorne, DO  
President/Founder NFHF, Inc. USA and NFHF Africa  
Medical Director Ngoswani Community Health Center



# NEW FRONTIERS

— HEALTH FORCE —

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**FIRST IMPRESSIONS ARE IMPORTANT--ONCE YOU ARRIVE IN KENYA YOGA PANTS AND JOGGING SHORTS ARE NOT APPROPRIATE TO WEAR IN NGOSWANI.**

**Note that we will not compromise our safety rules or other rules for any individual or teams. Violating these could result in you being asked to leave the NFHF compound at your own expense. Refer to the Volunteer Agreement you signed prior to the trip.**

**SAFETY: WE LIVE IN THE MASAI MARA The compound will close daily at 8:00pm. If you have to be outside or are coming in late, you must notify Dr. Tonya or Rev. Linda.**

Animals:

1. ABSOLUTELY **NO ONE** IS ALLOWED TO FEED THE COMPOUND DOGS, CATS OR ANY OTHER ANIMAL THAT LIVES ON OUR PROPERTY.
2. Please do not pet stray dogs or cats—they are wild and could carry rabies.
3. We are experiencing an increase in wildlife because the area immediately adjacent to the river is conservancy. Do not wander near the river or be outside the fences after dark.

Walking

1. ABSOLUTELY NO ONE IS ALLOWED TO WALK TOWARDS THE RIVER.
2. You need to walk in pairs—NO ONE is permitted to go walking alone or leave with a national unless you have direct permission from Dr. Tonya or Rev. Linda.
3. You are not permitted to walk off compound before sunrise or after sunset.
4. With permission, you can walk in the immediate area of the team house towards the village center.
5. You must let us know when you are leaving and when you get back.
6. If you desire a “walk about” (an adventurous walk) it can be arranged through Rev. Linda.
7. Always wear shoes outside of your rooms—no bare feet.
8. Closed toe shoes are mandatory when walking. We have very nasty Acacia thorns.
9. You can wear sandals/flip flops for church, down time and to the choo.
10. The African sun is relentless—please wear sunscreen, hats, and sunglasses when working outside.

Illness/Clinic

1. If you become sick, please notify Dr. Tonya or Rev. Linda immediately.
2. If you need to be seen in the health center, all fees will apply.
3. If you require emergency care, we will arrange.
4. Please do not ask our staff or other medical team members to treat you.



## **COMMUNITY ETIQUETTE:**

### Greetings are very important

1. Always greet—SOPA (soap ah) if you greet first. SOPA OLING if you are responding to a greeting.
2. Take off your sunglasses and make eye contact.
3. Children bow their heads and you need to touch the top of their head. It is a gesture of respect.
4. Shake hands—the elder first if possible.
5. Young ladies should bow their heads to the elders and elderly ladies.
6. Introduce yourself (Kah gee....—means my name is.....)

### Interpersonal Interactions

1. Do not give away or promise anything to anyone—this includes pictures, gifts, money, food, candy, clothes or that you will return again. Anything you would like to donate or give must first be approved by Dr. Tonya or Rev. Linda.
2. Do not give away your personal email, address or phone number.
3. Do not ask our employees or staff for special favors. If you do and there is a cost associated with it, you will be responsible for any cost, fee, payments associated with your request.
4. The Masai hear and see well and many understand English, so watch what you say. They do not understand our humor or sarcasm.
5. Don't take it personal if they comment on a feature of yours. For example, your weight.
6. No public displays of affection between the sexes.
7. Please don't compare the US and Kenya. For example, "Well, in America we..."

### Pictures

1. Be respectful and ask if you can take a picture.
2. Pictures of livestock are prohibited.
3. You can take pictures/video at church and on safari without permission.
4. Pictures/video of patients or medical procedures are confidential. You must have permission from Dr. Tonya or Rev. Linda, and we request that any approved photography not be posted on any social media, websites, or used for advertising.
5. When posting your personal pictures on Facebook, Instagram, the web or through any social media, be respectful of your comments because they will be seen.

### Dress

1. We request that you dress modestly and appropriately. When in doubt ask Rev. Linda.
2. Please cover your assets. No yoga pants, athletic shorts, spaghetti strap shirts, or belly-baring shirts.
3. Cover yourself when you are going to the choo and coming from the shower.



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4. At church women must wear a skirt and the men dress slacks.
5. At Medical clinics you will wear scrubs or a NFHF tee shirt.
6. During free time and safari you can wear modest shorts or capris.

### Market/Village

1. Market days are Monday and Thursday.
2. We will arrange time for you to “experience” the market with a guided tour.
3. No photos in market.
4. You can walk to the village center to get cold drinks.

### **TEAM HOUSE ETIQUETTE:**

1. Room designations:
  - The Shamba Shack—team dining and activity room
  - Giraffe, Zebra, Impala, and WH are the guest rooms.
  - Choo—the latrine and shower.
  - Kitchen—where food prepared.
2. NO SMOKING, DRINKING, DRUGS OR CURSING PERMITTED AT ANY TIME.
3. Do not push directly on the glass to open/close the windows because the panes will break.
4. Doors should be locked when you leave the compound. You are responsible for the key.
5. Your personal belongings are secure in your rooms as long as you lock your doors.
6. You can use chairs from the Shamba Shack. Just make sure they are put back and not left outside.
7. There is no maid service. You are responsible to keep your room clean, swept, and garbage out.
8. Please do not keep food in your rooms as it attracts bugs.
9. We recycle our used water bottles. Put them in the designated area.
10. Please use your mosquito net at night and apply your DEET.
11. Sounds carry far. Be respectful of our community, especially at night.
12. Be mindful of your roommates and other guests—you are sharing a room with several people and there is no private space. If you have a problem with your room, please go to Rev. Linda.

### Outhouse (Choo)

1. You are responsible for keep the Choo clean and stocked.
2. Shake out the toilet paper roll before using.
3. Don't make comments about the smells.

### Teeth/Shaving

1. Use only bottle water to brush teeth.
2. Please do not spit off the porch when you brush your teeth.



3. Do not ask our employees to heat you water for your personal use.
4. Put all feminine products down the deep hole in the choo.

#### Showers/Bucket Baths

1. You are free to fill up a bucket with the water from the sink and have a bucket bath.
2. Be prepared, we only have cold water.
3. Bottled water is not for showering, shaving or personal cleaning.
4. If you brought a solar shower bag, then fill it with the water from the sink at the Shamba shack.

#### MEALS: The Kitchen and Shamba Shack.

1. The Shamba Shack will be open all day for meals, activities, and team meetings,
2. The Kitchen is off limits to team members.
3. We are not a personal catering service. Don't plan to have individual meals prepared.
4. We are not a buffet. A NFHF rep will be serving during meal times.
5. Clean up and dishes will be done by the team members unless otherwise instructed.

#### TEAM SCHEDULES:

1. It is important that you carefully observe the schedules we have prepared for you.
2. Clinic Hours
  - 8:30 am Staff Devotions
  - 1:00-2:00 pm Lunch
  - 4:30 pm Clinic closed
  - On Call after hour emergencies/Saturday and Sundays
3. Team Debriefing and Reflections—after the evening meal and clean up, we will have a general team gathering. We will be sharing what we term our “God moments” which are moments of reflection throughout the day where you saw an act of kindness, something that personally touched your hearts, or a moment that you were thankful for. At the end we will discuss the activities of the next day.
4. Bush Clinics
  - It is important that we leave on time from the compound.
  - Prepare your things ahead of time and leave time for bathroom and brushing teeth.
5. Safari Day
  - You will typically leave the compound at 5:00 am. (the earlier the more you will see)
  - We will provide your lunch and water.
  - Bring your camera, batteries, sunscreen, snacks, hat/kerchief and a jacket.
  - You are not permitted to be outside of the vehicle in the Mara except in designated areas.



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- Please do not scream, yell or shout at the animals or the driver.

**ENJOY YOURSELF AND WELCOME TO NEW FRONTIERS HEALTH FORCE AFRICA.**

***DISCLAIMER: We are not responsible for individuals or groups who dismiss or ignore our rules. We reserve the right to ask you to leave, at your own expense, if you compromise our work, our integrity, or our safety.***