



NEW FRONTIERS

— HEALTH FORCE —

YOUR QUESTIONS ANSWERED

FINANCES

- **How much money should I bring?**
You can bring as much as you want in new \$50 or \$100 bills for the best exchange
- **Should I bring a credit card and which one?**
Yes, either a Visa or American Express. You must notify your company of your international travel before you leave the US.
- **Can I fundraise for my trip?**
You can fundraise for a trip but understand that you are still financially responsible for the cost of your trip. Please refer to “MONEY” file.

HEALTH

- **Do you have health restrictions?**
We live in the bush and some of your activities are strenuous. You must be physically fit and if you have any health problems you need to disclose them to NFHF. We reserve the right to change the outreach schedule or limit participation based on your physical fitness level.
- **Is there an age restriction?**
NFHF does have an age limit policy. If you are older than 70 years, you must personally contact our office for trip approval. Minors are considered on an individual basis.
- **What shots do I need?**
We require a current tetanus. We monitor the Kenyan government requirements and if Yellow Fever becomes required, we will let you know. We do recommend if you are coming for more than two weeks you have a current Hepatitis B series.
- **What about my personal medications?**
You must bring your personal medications and enough for an extra week beyond your time in Kenya in case of loss. And if you are being treated for a disease that requires specialized medications, you are required to disclose this to NFHF.
- **What kind of insurance is required?**
You are required to have Travel insurance which covers emergency care and evacuation even if you have health insurance or your program has insurance.

CONTACT

- **How do I contact my family back home?**
It is your responsibility to arrange with your carrier international calling, texting, and data.
- **Will I be able to use the internet?**
We have very limited internet access in Ngoswani. You will not be able to Facebook, Instagram, Twitter, or email on a regular basis.
- **How will I charge my electronics?**
We have limited ability to charge your personal electronics. We recommend a solar charger.



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NGOSWANI LIVING

- **What is the weather like in Kenya?**
We are at the equator. Our seasons are just the opposite of the States.
- **What kind of clothes do I need to bring?**
Everyone must dress modestly. Ladies can wear shorts or capris on the compound and on safari. Make sure you bring a sweatshirt or jacket as the evenings can get cold.
- **Do we have hot water?**
NO. We recommend you get a solar shower bag from Walmart for about \$10, otherwise it will be cold bucket baths.
- **How will I do laundry?**
Anyone staying more than 2 weeks will be able to wash clothes. Water is precious and we are cautious about how it is used. Your laundry is done by hand and you can get detergent in Kenya.
- **What is the food like?**
We plan the menus very carefully. You will not go hungry, but if you want a particular snack, then you should bring it with you.

EMERGENCIES (Make sure you take these numbers with you to Kenya)

- **How do we contact New Frontiers in case of an emergency?**
In the US please notify our office at 727-544-355 or nfhf@verizon.net
From the USA to Kenya directly
Dr. Tonya Hawthorne +254-713824495
Rev. Linda Brown +254-702661761
- **What happens if my plane gets delayed?**
Please email, text, or call us as soon as you can so we can make arrangements with the guest house.
- **How do we contact Dr. Hawthorne or Rev. Linda Brown once we are in Kenya?**
From a Kenyan phone you would call: 0713824495 or 0702661761

If you have any questions, please contact our office at (727)596-3555 or email us at nfhf@verizon.net.

Sincerely,

Dr. Tonya Hawthorne

President/Founder NFHF, Inc.