



Welcome, Welcome, Welcome!

We are so excited that you are coming to Kenya for the adventure of a lifetime. As President and Founder of New Frontiers Health Force, Inc. and Africa, I would like to say thank you for your interest in our medical outreach programs and the Linda's Kids Academy. You are going to have an amazing time working in our projects with the Masai.

Congratulations on taking the first step by contacting us. The very next thing you must do is make sure your passport is up-to-date. If it is current with at least six months until expiration, you can jump right to the application process.

Go to our very cool website at [www.NewFrontiersHF.com](http://www.NewFrontiersHF.com) and click on the E-file page. This page has everything you need from the application to financial information to getting your tickets and more. We recommend you print out every page and READ them carefully.

Once you send in all your paper work and the \$150 non-refundable deposit you are **official**. Team Kenya here you come! Now you can begin your personal fundraising.

Please make sure when you send in your application and to complete your file, you include:

- \$150 non-refundable deposit with your application
- Notarized Release of Liability and Volunteer Agreement
- What Malaria medication you will be taking: either Malarone or Mefloquine (please consult your doctor and we recommend only these two for Kenya)
- Copy of your travel insurance
- Payment in full due 30 days prior to your trip

We believe this will be one of the most rewarding experiences of your life. If you have any questions, please call our offices at 727-596-3555 or email us at [nfhf@verizon.net](mailto:nfhf@verizon.net).

Sincerely,

*Dr. Tonya Hawthorne*

Dr. Tonya Hawthorne, DO  
President/Founder NFHF, Inc. and Africa  
Medical Director NCHC