

Kisumu Pre-Project Checklist

To help you prepare for the project we have provided you with a simple checklist. Please make sure you tick them all off before the project as they are essential to ensure the project runs safely and smoothly!

- Check your passport is valid for 6 months after you return home.
- For your special pass application Tenteleni requires the following information. Please can all PCs and Volunteers **send this to Roxanne by 20th May** either by post or email (roxanne.keynejad@googlemail.com) (8 Risborough Court, Alexandra Gardens, London, N10 3PP)
 - A photocopy of your passport
 - Two passport sized picture of the applicant
- Complete the placement preference form in the Project Preparation Pack and return to roxanne.keynejad@googlemail.com **by 20th May**
- Send/ scan a photocopy of your tourist visa to Ruth Talbot **by 30th May** (ruth.talbot@tenteleni.org.uk or 4 Brunswick Terrace, ST16 1BB)
- Book a flight from Nairobi to Kisumu to arrive no later than Sunday 13th July at 1.30pm (You can book this directly from the UK)
- Provide ruth.talbot@tenteleni.org.uk with a copy of your **travel insurance by 30th May** at the latest
- Register online with the British embassy in Nairobi, Kenya, at <http://www.britishhighcommission.gov.uk/servlet/Front?pagename=OpenMarket/Xcelerate/ShowPage&c=Page&cid=1199200558651> and email ruth.talbot@tenteleni.org.uk with confirmation of this **by 30th May**.
- Consult an appropriate medical professional for the latest advice on vaccinations and medications well in advance of travel.
- Attend the Kisumu Training Day in June in York (book travel ASAP!)
- Ensure all clothing is appropriate: knees and shoulders/armpits should not be revealed.
- Contact placements and past volunteers before you leave.
- A Credit card will be needed for emergencies and in case you need hospital treatment (either apply for your own or if you can, borrow a family members).
- You may wish to get hold of a cheap mobile phone to take with you so you can get a local sim card and keep in touch with people easily
- Start to learn some Swahili and Luo, the earlier you start the easier it will be!
- Be flexible, willing to learn, have fun and get ready for an experience you will never forget!!!