



Frequently Asked Questions: CSLI Study Tour of Kenya

Do I need a Passport?

Yes, you will need a passport. If you don't have a passport, please order it immediately. You won't be able to travel without it. You can apply for a passport online, and at some government agencies including the US Post Office. To find out more passport information or apply online at: [U.S. Department of State passport webpage](https://travel.state.gov/passport). New airline regulations state that you must have your passport before you can reserve an overseas airline ticket. Some countries require that your passport be valid at least six (6) months beyond the dates of your trip. Some airlines will not allow you to board if this requirement is not met.

Do I need a Visa?

Yes, **Electronic Travel Authorization** is required to travel to Kenya, and it should cost around \$30. *You must apply* for your Kenya ETA between 2 to 4 weeks before your departure. The authorization is only valid for 90 days so you don't want to apply too early (or too late). We will send a reminder to all trip participants one month before the trip to apply at: <https://etakenya.go.ke>

Do I need health insurance?

Yes. You are responsible for securing full overseas medical emergency coverage through your medical insurance provider for the duration of this trip. You should carry a copy of your insurance card when traveling abroad. Your coverage needs to begin no later than the date of your initial departure to Kenya and should remain in effect for the duration of the trip. Additionally, limited medical insurance is included in the price of the tour. Participants will be provided with an insurance card to carry on the trip and a benefits brochure that they may review.

Do I need Optional Travel Insurance?

A travel insurance policy can protect you from a variety of unexpected circumstances while you're traveling. Whether you're looking for trip cancellation coverage to reimburse you for the costs of hotels, flights, and other pre-paid and non-refundable trip expenses or if you need medical expense coverage to protect you from the extensive costs of overseas treatment and hospitalization, a travel insurance policy can drastically decrease your risks. The C.S. Lewis Institute does not provide travel insurance however, if you are interested in purchasing travel insurance, you may want to check out this website which provides a list of providers along with a variety of plan options. (<https://www.travelinsurance.com/>).

Will I need to have any vaccinations?

Your healthcare provider may recommend routine immunizations or travel vaccines for Hepatitis A or Typhoid. Your provider may also give you an oral medicine to prevent malaria. Visiting a travel clinic may be the easiest way to make sure you have everything you need for your trip. Learn more at: [Center for Disease Control Traveler's to Kenya](#).

Is it safe to travel in Kenya?

The U.S. Department of State posts travel alerts and warnings for specific countries on their [Travel Abroad Webpage](#). This website also includes tips on traveling abroad that are country specific.

They also offer free service called [STEP](#). You can register your trip which enables your personal information and your trip information to be sent to the U.S. Embassy or Consulate nearest to your destination. Per the State Department, this information is vital to help them contact you if there is an emergency in the area while you are traveling overseas. In addition, you get the benefit of receiving alerts that may impact your trip to ensure you make informed decisions on your travel plans.

Kenya is a beautiful country with highly developed urban centers and world-class tourism. The country boasts a great deal of affluence, but also one of the greatest rich-poor divides in the world with less development in rural areas. Here are a few safety tips and notes as you prepare for the trip:

- Drink and brush your teeth with bottled water instead of tap water
- Avoid public demonstrations
- Don't eat food prepared by street vendors
- Avoid uncooked fruits and vegetables unless you can peel them
- Be aware of your surroundings
- Wear your seatbelt
- Dress modestly and leave your gold watch at home
- Don't walk outside the hotel compound alone at night or early in the morning
- Obey local laws and customs (some of which may be different than what you're used to)

How physically demanding is the program?

During the trip we will visit a variety of sites within urban centers, rural communities, and wildlife reserves. You should be able to walk and stand for at least an hour or so and climb a few flights of stairs in order to participate in these activities.

The Institute may be unable to provide special accommodations for people with disabilities. If someone needs accommodation or assistance, that person must bring a companion/assistant at full price. Also, those who have a health or mental condition that may interfere with participation in program activities, need to consult with their physician to determine if they are able to participate in a physically demanding study abroad program. If a potential participant has any questions, they should email us at staff@cslewisinstitute.org.

Will I have internet access?

Kenya has one of the most robust digital network systems in Africa. In urban areas of Kenya, mobile network speeds are frequently faster than in the United States. The hotels will provide wireless internet service, as will many cafés in the area. On wildlife reserves or in more rural areas, coverage may be less consistent. Check with your phone provider as most major networks offer roaming coverage in Kenya. If your phone is unlocked you can also get an international eSim from providers such as [Airalo](#) or [Holafly](#) for low-cost coverage throughout your travel. Local power is 220-240 AC and uses UK-style plugs (Type G).

What clothes should I bring for the tour?

We will be visiting Kenya during the “cold” season. While we’re in the capital of Nairobi temperatures may drop to the mid-fifties at night but remain in the 70’s during the day. Wear casual, comfortable layered clothing and consider a sweatshirt, sweater, or light jacket along with comfortable, closed-toed walking shoes. Kenyans are known for being well groomed and smartly dressed. When attending church services or ministry meetings, the general dress code can be described as “business casual” with trousers or longer skirts and modest dress shirts/tops. While engaged in tourist safaris or beach time, shorts and t-shirts or swimwear are fine, but when out and about in conservative Muslim, Christian, and traditional communities, long trousers or skirts and more modest tops are recommended. In the coastal region the daytime highs will approach 90 degrees while it may drop to 60 at night. During one of our safaris we will use open-air vehicles. Consider sunscreen, a wide-brimmed hat and sunglasses.

How can I exchange U.S. dollars for Kenya Shillings?

While many of the meals and most of your trip expenses will be covered as part of the Study Tour, you’ll want to be prepared for a few additional expenses for some meals or personal shopping, etc. Many of the restaurants, shopping centers, and hotels that we will visit accept Visa or Mastercard. Discover and American Express are less commonly accepted and not as reliable in Kenya. A few of the markets that we may visit will only accept cash. We suggest that you consider using your ATM card to withdraw some carrying cash upon arrival at the airport in Nairobi (you’ll get the best exchange rate at the ATM). You can then carry a Visa or Mastercard to use as needed. Just check with your bank and/or credit card company as regards their fees and exchange rates. You can also check out this website, www.xe.com/ucc/, for the current exchange rate.

Should I call my credit card company to let them know that I’ll be traveling overseas?

Yes, some banks and/or credit card companies will put a hold on your account when they see unusual activity on your credit card if they do not know of your travel plans.

How do I get from the airport to the hotel upon arrival?

Please share your flight details and arrival times with the C.S. Lewis Institute. We will work with you to coordinate transportation to the hotel. If you're planning to arrive early, please let us know. During the initial part of our trip we'll be staying at Swiss Lenana Mount Hotel in the Kilimani area of Nairobi.