**MSID Kenya Online Orientation**

**Academic Overview:** Semester Students

- **Academic Courses**
  - MSID Language Course
  - International Development: Critical Perspectives on Theory and Practice
  - MSID Country Analysis
  - Community Internship in the Global South

**Academic Overview:** Academic Year Students

- **Fall Semester**
  - MSID Language
  - International Development: Critical Perspectives on Theory and Practice
  - MSID Country Analysis
  - Community Internships in the Global South

- **Spring Semester**
  - Topics: Case Studies in International Development
  - Applied Field Methods
  - MSID Directed Studies
  - Advanced International Development Internship

**Student Visas**

- Start the process early!
- Passport must be valid for 6 months after your return date!
- Get Visa through Perry International—this information is on the LAC website or can be found at www.perryvisa.com

**Nazarene University and MSID Kenya Office**

- All courses will be held onsite at the Nazarene University
- Computer Lab with 12 computers at MSID Kenya Office
- Library and study space also at MSID Office
- Internet/wireless access

**Flight Information**

- A coordinated flight will be arranged through Village Travel
- Book at www.villageinc.com
- If not using the coordinated flight:
  - Be sure to book a round trip flight with a set return date
  - E-mail your itinerary to Amber: abathke@umn.edu
- Housing is not available before the start of the program
Arrival Logistics

• Coordinated flight will be met by onsite staff at the airport and transported to the hotel
• Students not on the coordinated flight will need to independently arrive at the hotel
• Information about the hotel will be sent via email before the start of the program.
• If your flight is delayed or cancelled, please contact:
  – MSID Kenya Onsite Staff
    (254-20) 272.4288/272.5954
  – Learning Abroad Center Staff
    (612) 626-9000
• ALL students must arrive by the program start date!

On-Site Orientation

• Upon arrival in Kenya all students will spend a week at Nakuru National Park for onsite orientation
• Mornings are spent participating in orientation activities
• During the evenings students go on game drives to see the beautiful wildlife of Kenya

Housing

• All students will stay with a host family
• 2 different host families
  – One during the academic portion,
  – One during the internship portion in a rural setting
• Keep an open mind and have realistic expectations

Home Stay

• Great opportunity to practice and learn language
• 2 meals per day, eat lunch at a local eatery
• Families may be located all over the city so commute times will vary

Living with a Host Family

• Remember that you are guest in their home and be respectful.
• Greet your family when you come home and say goodbye when you leave.
• Clean up after yourself!
• Always let your family know when you will be out late, out of town or not home for dinner.
• Respect their space but really make an effort to spend time with them.
• Be especially mindful of electricity and water use.

Internships

• Identify 3-4 areas of interest
• Be flexible.
• Be realistic.
• Be proactive once placed
• Be patient.
• Clarify expectations, as needed
Health Care Related Internships

- Know your own knowledge limits
- Activities putting you in contact with bodily fluids are NOT appropriate for MSID interns to be involved in but it's OK to observe
- ALWAYS wear surgical gloves when working around people with open wounds
- Bring a supply of surgical gloves with you
  - You can purchase large quantities before you go
  - These are better quality than what is available onsite
  - Leave extras behind for colleagues

Money Matters

- The Kenyan Shilling is the monetary unit of Kenya
- Check exchange rates before you leave
- ATMs are easy to find in Nairobi but might not be in more rural areas, if you are traveling bring enough cash for the whole trip.
- Take credit cards but only use them for large purchases like plane tickets.
- Prices are generally cheap but make a budget anyway and stick to it!
- Let your bank and credit card companies know you will be out of the country.
- There is fake U.S. money circulating in Africa and has been found in Kenya. DO NOT ACCEPT change from non-bank outlets.

Communication: Phones

- Cell phones are required for ALL students
- Purchase a cell phone from Safaricom or Celtel, the two main phone companies in Kenya
- No contact necessary
- Pay by the minute and load minute cards as needed.

Communication: Internet

Is it necessary to bring a laptop?

- There are computers with internet at the MSID office but they also have wireless.
- Having your own computer can be helpful when you have to write your final paper or you take home midterms.
- If you want to travel light, no problem! There are internet cafés everywhere!

Onsite Staff

Dr. Jama, Program Director
(with a student)

Health Basics

- Go to a Travel Clinic for immunizations and information
- Boynton Health Services Travel Clinic
- Complete all shots in the US
- Check on cost for a full semester/year of medication
- Keep in mind the limited nature of health care facilities at MSID sites, particularly in rural areas!
Basic Health and Safety in Kenya

• Inform yourself about proper safety precautions at night
• Be prepared for a more cautious lifestyle
• Learn about safe public transportation
• Be thoughtful about relationships and friendships
• Be aware of travel warnings/safety if visiting other countries/regions.

Travel Basics

• Buses are the main mode of transportation
• The Lonely Planet guide book can be helpful for picking out hostels and finding fun things to do

Packing

• The Learning Abroad Center recommends the following:
  – 1 light jacket/fleece
  – 3 pairs of pants (jeans, khakis, etc)
  – 3 shirts
  – Lots of underwear, durable bra
  – Lightweight socks
  – 2 skirts that extend below the knee
  – 2 comfortable formal outfits
  – 2 pairs COMFORTABLE WALKING SHOES!
  – 1 pair of dress shoes and 1 pair of sandals
  – Seaweed and beach towel
  – Raincoat (spring is the rainy season)
• More detailed packing list in your Onsite Guide
• Pack light!!! Remember, YOU have to carry it!

BON VOYAGE!