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 e-mail 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 a 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

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.

Basic Health and Safety in Kenya

- Watch out for your belongings, not only when you travel but in the city as well!
- Avoid contact with street hustlers
- Be prepared to be asked for things by locals.
- Ask for advice from MSID staff about travel and safety concerns, they are very helpful and knowledgeable.

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)
  - 5 shirts
  - Lots of underwear, durable bra
  - Lightweight socks
  - 2 skirts that extend below the knee
  - 2 combinable formal outfits
  - 2 pairs COMFORTABLE WALKING SHOES!
  - 1 pair of dress shoes and 1 pair of sandals
  - Sunhat and beach towel
  - Rain coat (spring is the rainy season)
- More detailed packing list in your Onsite Guide
- Pack light! Remember, YOU have to carry it!

BON VOYAGE!