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RISK NOTIFICATION FOR VOLUNTEERS TRAVELING TO KIBERA

INTRODUCTION

This document is intended to familiarize prospective volunteers with the risks associated with travel to Nairobi, Kenya, and specifically to Kibera. Carolina for Kibera, Inc. (“CFK”) will officially maintain a position on student travel that resembles the U.S. State Department and UNC Study Abroad travel advisories to Kenya. However, it must be noted that travel to Kibera entails a broader range of risks to personal safety in large part because of the scope and depth of poverty in the slum.

As an American, and especially if you are a white American, you represent wealth and opportunity in Kibera no matter how you behave. The key to making friendships and adapting is (as much as possible) to put all inhibitions and preconceptions about slum-life aside and learn as many of the local phrases, places, and movements as possible. Street knowledge is a form of security. Use it when you acquire it. Realize you will be watched at all moments. View your movements as a performance. Act and behave in a manner to convey that you are not afraid, that you are confident, aware, and unfazed.

RISKS

▪ **Theft**

Theft is the most prominent risk you will face. Watch out for young men idling around or people who come up to you and start talking in a way to break personal space. Be particularly watchful at bus stops and on *matatus*, and look out for one another. Firearms used to be rare in Kibera, because many criminals found them to be prohibitively expensive. Firearms are now much more common, although they are generally brandished only under the cover of darkness. Daytime robberies in public places that involve firearms are still uncommon. Regardless of whether or not a firearm is involved, if you comply with their demands, a thief in Kibera will probably not attack you. Most thieves in Kibera are hungry young people without jobs. They steal to get by, to provide for their basic needs. *Bottom line: if you are threatened, give your attacker what he/she wants. Do not resist.*

▪ **Mob Justice**

Be careful how you react to a thief, either one striking you or someone else. If the thief strikes during the day in a busy place and you yell “Thief. Thief.” (*Mwizi. Mwizi.*), there is a high

probability that the thief will be beaten and perhaps killed by mob justice. At the same time, realize that thieves fear the alarm, and so if you are in a real bind, yelling “Thief. Thief.” might make some thieves panic and flee.

- **Food**

Eat only cooked food that is still hot and drink only bottled water or soda. You will eat with your hands. All restaurants have water to wash. Be sure to use soap! A former volunteer got very ill because he ate indiscriminately in Kibera and did not use soap. At the same time, realize that people are watching you, and a good way to build bonds with the community is to eat with them. If you are not willing to eat at a place, make a joke or just say that you are not hungry (*Sisikie njaa*). Do not show any signs of disgust (even at the roasting goat heads), because for many that will signify fear and weakness.

- **Rape**

Rape is common in Kibera but does not present a serious risk if you ensure that you are out of the slum by dusk everyday. Female volunteers should never walk alone in Kibera. If a group or individual confronts you and seeks your harm, yell “Thief. Thief,” and run away. (Run towards the railroad tracks, not towards the Ngong River, if possible). If you are surrounded or pinned down, yell, strike, fight and make as much noise as possible. Perpetrators will fear mob justice. The community will respond to help you if they can hear you, and if the assailant is caught, their retaliation will be unrelenting. Remember that half of Kibera’s population is under age 15, and at least 95% of the adults are good people struggling to raise families and live peacefully.

- **Sex**

Young children are exposed to sex at earlier ages due to the close proximity of living spaces. As a result, sex occurs at younger ages and with greater frequency and variety of partners in Kibera than in the U.S. Sex is a risky behavior in Kenya and especially in Kibera. It is estimated that over 20% of the sexually active population in Kibera is HIV-positive. HIV incidence in Kenya is also high (estimated 13%). Young women may be surprisingly direct in expressing their sexual desires to male volunteers, but will often quickly back off if you candidly let them know that you are not interested. *It is highly recommended that volunteers abstain from sex while in Kenya.*

- **Police**

Many Kenyan police are corrupt. They will often stop you for one motive – to get money. If they help you, they will generally expect money. Depending on the situation, it may be wise to give them some change (US\$5-10, or 300 – 900 KSh). But the best suggestion is to always keep copies of your passport on your person (in a pocket)¹, speak in clear and confident English (not Swahili), and let your Kenyan colleagues handle the bribing of the cops. Memorize their badge numbers and don’t be afraid to drop names of powerful people affiliated with CFK if you get in a real bind (i.e., Raila Odinga Minister of Parliament of Langata). *Call the American Embassy upon arrival to report who you are, where you are staying, and that you are working with CFK.*

- **Terrorism**

In August 1998, Al Qaeda operatives bombed the U.S. Embassies in Nairobi, Kenya and

¹ Be sure to make a number of copies of your passport and place them in each piece of your luggage in addition to leaving copies with your parents.

Dar es Salaam, Tanzania. The U.S. Embassy in Nairobi was at the time located at the southeast corner of downtown City Center across Haile Selassie Ave. from Kenyatta Railways. There is now a memorial at the site that pays tribute to the 300 plus (mostly Kenyan) lives that were lost. CFK Trustee Khalil Senosi was awarded the Pulitzer Prize in 1999 for his photographs taken in the aftermath of the bombing in Nairobi. In November 2002, al Qaeda operatives bombed an Israeli resort hotel on the Kenyan coast north of Mombassa. Western security specialists often attribute the incidence of terrorist strikes on Western interests in Kenya to the fact that Kenya is a “soft target” for terrorists. That is, relative to other nations in the world, Kenyan authorities are weak and do not make a strong enough effort to purge terrorist operatives from the country. The Kenyan government strongly disputes these claims. In May 2003, on the advent of the Memorial Day weekend in the United States, the U.S. Embassy issued an elevated terrorist alert specific to Kenya, and British Airways suspended flights to Nairobi until at least June 1st. The terrorist threat, as articulated by U.S. and British intelligence agencies, was vague, alluding to the probability that an attack may be carried out using surface to air missiles targeting incoming Western aircraft or other symbols of Western power. This elevated alert will pay a heavy toll on the Kenyan economy, which depends on income generated from its once-robust tourist industry. Since 2003, the Kenyan National Security Services has received substantial resources to combat terrorist activity. **The risk of terrorism remains moderate.** It is unlikely that a terrorist will attack in Kibera. Terrorists often strike locations that have relaxed security and present “soft targets.” If you notice a lapse in security standards (such as the lack of a security guard) at places where there are many Westerners, consider avoiding those locations.

▪ **Ethnic Violence**

Kibera has been the location of numerous ethnic clashes over the past two decades. Most of this violence has corresponded to times of national elections. The ethnic groups that have clashed most frequently in Kibera include the Kikuyu, Luo, and Nubians. There was widespread violence that occurred in Kibera during the most recent elections in January-March 2008. During this time thousands of Kikuyus fled the western villages of Kibera. Many families have yet to return. Although violence has subsided and day to day life in Kibera often has the appearance of normalcy, ethnic tensions from the 2008 violence are still palpable and potentially explosive. Should CFK receive any indication of impending clashes we will close our offices and ensure that volunteers are out of Kibera. Volunteers should be careful and discreet if they find themselves engaging residents on any discussions of ethnicity or local politics. Such conversations can rapidly become very personal and emotional in ways that are not always helpful to either party involved. The text below is from an update CFK released to supporters in January 2008. It illustrates the gravity of the situation Kibera and Kenya faced and is now attempting to recover from:

To our knowledge CFK staff and volunteers have suffered only one relatively minor injury as a result of the recent ethnic violence. However, large numbers of volunteers of all ages have had their houses burned and looted. There are no Americans volunteering with CFK at the moment on the ground in Kibera. CFK has kept its office and clinic closed since the election. However, today we began a short-term feeding program out of our youth center.

The violence stems from the December 27 presidential election in Kenya. At first, the election seemed to be peaceful and well orchestrated. It appeared as though the main opposition candidate, Raila Odinga, had a significant lead in the early polls. The violence began after President Kibaki was prematurely declared the winner in a small, hasty ceremony at his Presidential estate. It is unclear whether or not Kibaki won the election, but elections monitors (including the Kenyan head of the Kenyan Electoral Commission) have publicly called the election results illegitimate.

Although ethnic divisiveness is no stranger to Kenyan politics, no one anticipated the level of violence that has engulfed Kibera and much of Kenya. The situation on the ground is deteriorating rapidly as each day passes. Stores in Nairobi are looted and people, particularly the poor, are running out of food. Food prices are soaring. Large swaths of Kibera are burned to the ground. Criminal opportunists have joined the fray and there are incidents of wanton violence. Yesterday we received reports that a group of community members repelled a gang of thugs from looting and burning our youth center.

It should be noted, however, that those perpetrating the violence in Kibera number perhaps in the hundreds. Over 700,000 people, half of whom are under the age of 15, reside in the slum. Nevertheless, the level of hatred and divisiveness throughout Kenya today is unprecedented. People are afraid, and those with the means are fleeing from Kibera and other multi-ethnic communities racked by violence. Each day of violence besets the next and further solidifies more ethnic enmity.

The violence must stop now. Efforts to unite Odinga and Kibaki and encourage these leaders to lead and bring a halt to the violence have thus far been futile. None of these leaders have been on the ground in Kibera since the violence began.

In the face of this current tragedy, we must take stock of where we are as an organization. Some commentators suggest that these events signify a hopelessness of development and progress in Kenya. We who have labored on the ground with our brothers and sisters in Kibera see it much differently. We initially started CFK as a small soccer program with a hundred youths from every village and every ethnic group in Kibera. A key goal was to help promote ethnic cooperation and support the education of remarkable young leaders living in some of the most austere conditions imaginable. The violence reminds us that development depends on good governance and security. But our charge is still very clear, and even more important in light of the current bloodletting. CFK staff and volunteers are the forces and voices of positive change that will help create and sustain an equitable and peaceful society.

We will post updates about new developments to our website. If you are interested in learning more, below is a powerful UN article that features CFK and Binti Pamoja member Fatuma Roba. Her two-minute radio interview is particularly powerful. Also included is a link to a front-page article about CFK and Kibera from the Raleigh News and Observer, an insightful op-ed in the Financial Times from long-time CFK supporter and dear friend Michael Holman, and a graphic video of the violence in Kibera from CNN.

http://www.unicef.org/infobycountry/kenya_42314.html

http://www.newsobserver.com/news/higher_education/story/857429.html

<http://www.ft.com/cms/s/0/bdd9159c-b8d4-11dc-893b-0000779fd2ac.html>

<http://www.cnn.com/video/#/video/world/2008/01/03/mckenzie.lok.kenya.protestor.standoff.cnn?iref=videosearch>

Please keep our brave leaders and volunteers on the ground in your thoughts and prayers in the days ahead. It is likely to get worse before it gets better. If you are so inclined, we could as always use your financial support.

PREVENTION

▪ **Money**

Know exactly how much money you have at all times. Place it strategically around your body. Purchase a waist belt with a secret zipper (these can be purchased at any travel store) and always keep at least 3,000 shillings (\$50) in three 1,000 shilling notes in your belt. Otherwise carry no more than 2,000 additional shillings on you, and in notes no larger than 200 shillings (preferably 100 and lower). Place this money in multiple pockets and try not to reveal too much cash when purchasing anything. Remember, especially in financial transactions, all eyes are on you. We suggest you minimize your purchases within the slum to the absolute essentials, such as lunch on occasion. Disclose how much money you have to no one except Salim Mohamed. YOUR HANDLING OF MONEY IN A PRUDENT AND VIGILANT WAY IS THE MOST IMPORTANT BEHAVIOR TO STAYING SAFE.

▪ **Terrorism**

Avoid establishments that cater largely to American and Western ex-Patriots, to include the Hilton Hotel, Java House cafes, and Carnivore and Pavement dance clubs in Nairobi. Be vigilant and aware of your surroundings, and try to blend in as much as possible. If something/someone strikes you as suspicious, make a mental note and report the incident or person to the U.S. Embassy. Be discreet when strangers ask you a lot of personal questions. Some will ask out of amiable curiosity. Most will ask in order to try and elicit a favor (generally in the form of a personal “donation”). Others may have more sinister objectives and wish to target you. A good way to disarm overly curious strangers is to turn the tactic back on them and start asking them detailed personal questions. If you really want to throw them for a loop, carry a notebook and jot down some of the names they mention. Never take a stranger to the place you are staying unless it is absolutely necessary. Be very cautious of traveling to new parts of Nairobi. Many parts of the city are very volatile. Some will be less welcoming than Kibera, especially the refugee communities. The most notable refugee community is Eastleigh, which is comprised largely of Somalis. Eastleigh is Indian country. You are advised to stay out of northeast Nairobi (Eastleigh, Mathare, Dandora, Huruma, Korogocho) unless you are traveling with a very trustworthy and street smart Kenyan, such as Salim Mohamed or Sammy Gitau, who grew up in Mathare and Eastleigh.

▪ **Swahili**

Learn as much Swahili as possible and use it. Even if it is poor Swahili, use it. In Kibera it will set people off guard and make people warm to you. Most people speak some English, but it is not the household language, and a number of residents, approx. 20%, will not know even basic English. Bring a Swahili dictionary, and consider studying it each night before going to bed. Swahili tapes/CDs that are available at most bookstores may also be helpful.

- **Friends**

Trust the friends with whom we pair you (i.e. CFK youth volunteers and staff), but do not give them money before clearing it with Salim Mohamed, and do not assume that they will always make the best decisions. Question their actions and learn from them. Question all strangers (in a friendly manner) who approach you. Remember, most people will see you as a person who can offer them something. Get used to saying “no” to requests for money or “*kitu kidogo*” (something small) from random people of all ages.

- **Street Kids**

Be particularly alert with street kids (*chokoras*). Most street kids will target you based on how you walk and dress. Being alert and making eye contact with people who approach you makes you a “hard target” and will discourage most petty criminals. Be advised that some *chokoras* tactics are alarming and unpredictable. *Chokoras* kids have been known to threaten people with feces and syringes. If they threaten you, do not panic. Stay confident and composed, and give them some money from one of your pockets. Most *chokoras* will just ask (often persistently) and then leave. One good way to keep the *chokoras* at bay is to stuff a pant pocket with some hard candy and give out a piece to each kid when they ask for money. You can tell them you don’t have dough - *paramende tu* (only candy).

- **Dress**

Do not wear shorts. Wear close-toed shoes or boots that are water resistant. Bring pants with multiple pockets and preferably a shirt that has some pockets. If you wear a watch, bring a cheap one. Wear no jewelry. Bring only one change of clothes to conserve space. Bring a hat if you want and sunscreen if you burn. If you travel during the summer, it is Kenya’s winter, so bring one warm fall, water resistant jacket and a sweatshirt. Dress conservatively and avoid clothes that may clearly identify you as an American. You will find that Kenyans are exceptionally well dressed. Most men wear sport coats and ties, even in the slum.

- **Contacts**

Carry a sheet with you at all times that has a copy of your student ID, passport, driver’s license, and a list of key contact people (numbers, emails, etc.) in Kenya. Additionally, carry a couple copies of CFK’s brochure and, if you have them, business cards. CFK will provide you with a list of CFK contacts in Kenya, but you should expand on it based on the networks you have/will develop. Do not be afraid to name-drop with police, CFK contacts, NGOs, friends, etc. This can go a long way in Kenya.

- **Sanitation**

Carry some wash-n-wipes or antibacterial hand-cleansing instant gel/lotion at all times in your pockets. Never eat with your hands until you wash them in some way. Carry some toilet paper/tissues on you at all times.

- **Cell Phones**

If you are staying for over a month, consider purchasing a cell phone in Kenya. This is a safety measure as well as a business efficiency issue. The phones and credit will cost you approximately \$150 per month (and easily more if you don't use them prudently). They are not compatible in the U.S., so you may consider leaving it behind as a contribution to the organization.

- **Immunizations**

You will need to be fully immunized for a number of possible diseases, including Hepatitis A and B, Typhoid, and Yellow Fever. Check with the Travel Clinic at Student Health Services or the CDC website (<http://www.cdc.gov/travel/>) to determine exactly what you need. You will need to take Lariam (Mefloquine), Doxycycline, or Malarone as an anti-malarial medication. CFK encourages you to get the Rabies vaccination; however, it is very expensive and there have been a limited number of cases of rabies in Nairobi over the past five decades. If you have been immunized for previous trips abroad, this expense should not be too high. But if this is your first time, expect to spend upwards of \$600-\$900.

- **Medical Care**

All volunteers must have medical coverage while traveling abroad and must show proof of their coverage to CFK before traveling. Check with your current medical insurance provider to see if they offer international coverage. If not, you may need to purchase insurance through an independent company such as Council Travel or STA Travel, which specializes in student travel needs. Be familiar with the terms and limitations of your coverage. Generally, you will have to pay out-of-pocket for any medical care or hospitalization that you receive, and submit your receipts for reimbursement. Also be aware that many insurers require that you be treated at a private hospital, where you would want to be treated for any serious illness or injury anyway. Do not hesitate to seek medical care in Nairobi if necessary; there are a number of good facilities with trained, competent practitioners.

- **Arrival/Hotel**

If for some reason you arrive at the airport and no one is there to meet you, take a taxi to the Fairview Hotel near Kenyatta National Hospital (www.fairview.com, tel 71-29-91). We recommend you stay at the Fairview in any case of an emergency. It is safe, clean, and discreet. If the taxi driver does not know where it is, do not ride with him. Do not pay more than 3,000 KSh for the taxi fare.

- **General Knowledge**

Purchase a city map once you arrive and carry it with you at all times. Try to learn the geography of the city and the names of locations as soon as possible. This is a safety mechanism that will also help you if you get lost. You can set people off guard by conveying to them a knowledge base that they might assume you don't have (and would therefore be a good target). Remember that Salim Mohamed, CFK's Program Manager, is your boss. Keep him informed of what you are doing every day. Trust him, listen to his guidance, and do not undermine his authority. Feel free to speak on behalf of CFK but be discreet at first and maintain communication with Salim Mohamed, Kim Chapman, and/or Rye Barcott. Be proactive but culturally sensitive, and always keep in mind CFK's philosophy. It is an approach that

differentiates us from other NGOs, many of which have elicited great resentment within the community:

CFK's philosophy is grounded in the concept of participatory development. Solutions to problems involving poverty are possible only if those affected drive development. Outsiders can help by mobilizing communities, advising, networking, and providing resources. Ultimately, however, the community possesses the knowledge and motivation that are necessary to solve its problems

SOME THREAT INFORMATION OF NOTE

Reuters article "Brutal gun attacks cause alarm in Kenya"

Mon Feb 12, 2007 9:38AM EST

By Barry Moody

NAIROBI (Reuters) - A 79-year-old American missionary and her daughter, the wife of a U.S. diplomat, are cut down by automatic gunfire on the edge of town. A top Kenyan HIV scientist and two other people, one on crutches, are killed when teenage gunmen indiscriminately spray vehicles on a highway with AK-47 fire. A security firm, under the slogan "Time to Fight Back", advertises fully armoured four-wheel drive vehicles that can withstand anything from sub-machine gun fire to landmines. Baghdad? Mogadishu? No, Nairobi, capital of east Africa's richest economy. The city has been known as "Nairobbery" for decades and carjackings, armed robberies and burglaries have long been a fact of life. Even now, Kenya has far fewer murders than South Africa, one of the most violent countries on earth. But a wave of cold-blooded killings, many in daylight, over the last three months have rung new alarm bells. "It is scary crime now. Carjackers used to take the car and leave you, now they are taking the car and shooting you," said Maina Kiai, head of the government's human rights commission. "It is a failure of the state. The government cannot provide security," he told Reuters. Local newspapers, leading the charge against allegedly complacent government leaders and incompetent police, have run days of headlines like: "Gangland Kenya," and "Under Siege". The State Department, stunned by the killings of missionary Lois Anderson and her daughter Zelda White, 51, warned Americans about the dangers of visiting Kenya and did not mince its words about the Nairobi government. Violent crimes "can occur at any time and in any location, and are becoming increasingly frequent, brazen, vicious and often fatal. ... Kenyan authorities have limited capacity to deter and investigate such acts," it said in a travel warning.

VIGILANTE KILLINGS The high profile deaths of foreigners and prominent Kenyans have attracted the greatest attention but it is ordinary, often poor locals who suffer the most from violent crime. Most of the more than 50 people killed over the last three months were Kenyans and more than a dozen were police, including some killed during a cash van heist last month. The anger of Kenyans about crime and their lack of faith in the police is brutally illustrated by the lethal vigilante justice often meted out to criminals. With an election due at the end of the year, the wave of crime is starting to hurt President Mwai Kibaki's government. "I am fed up of the say-nothing, do-nothing style of President Kibaki even when the country is burning," said opposition firebrand Raila Odinga, calling with other politicians for the army to be mobilised. With headlines on crime dominating the papers for days the government is clearly feeling the heat. "The (U.S.) advisory was issued with a sense of panic ... issuing a travel advisory in terms of a few acts of thuggery in our country is totally unfair," government spokesman Alfred Mutua told reporters. Karanja Gatiba, head of Kenya's CID detective agency, said: "I wish to assure the public that we are in charge of crime and that the criminals will be caught." But it seems a lot of people are not reassured. "The current security situation has got out of hand ... the government is not able to handle the sophistication of the criminals. The only thing that is lacking is the police force," said Nairobi student Samuel Njoroge, reflecting a common view. George Akoto, managing director of a firm that advertised armoured vehicles last week, said: "We are getting a lot of inquiries." Those expressing interest in the 19 million shilling (\$275,000) cars included members of parliament, diplomats and businessmen, he said.

WEAPONS FROM SOMALIA The government blames Kenya's violent crime on a flood of military-grade weapons from conflicts in neighbouring Sudan and Somalia. Where criminals once carried pistols, they now habitually use assault rifles that usually kill. Police have posted big rewards for AK-47s and pistols. Kenya's grinding poverty is obviously also a factor, with 60 percent of Nairobi's population living in slums ruled by gangs. But many Kenyans and government critics put deep police corruption, incompetence and inadequate equipment, combined with a weak judicial system, at the heart of the problem. It is widely believed that police are themselves involved in many crimes and that they rent out their weapons to gangsters. "Most of us fear the police more than working with them. The police do not attract good

people," Kiai said. Internal Security Minister John Michuki, known for his fiery rhetoric, issued a shoot-to-kill order to police last year which they have not hesitated to implement. "If you do not shoot to kill someone with a gun, do you want him to shoot you first, then when you are dead you arrest him?" Michuki said. But Kiai and other critics say the policy makes criminals trigger-happy, causes vendettas against police, and above all reduces intelligence. "If they apprehended the criminals instead of killing them, and then interrogated them, they could get to the root of some of the crime," Kiai said. Some reports suggest the rise in crime is the result of the disbanding of elite investigation squads after a dispute between police commissioner Mohammed Ali and the former head of the CID, Joseph Kamau, that extended to the top of Kenya's government. That dispute ended with Kamau's removal. Now Ali himself is facing widespread calls for his dismissal. (Additional reporting by Wangui Kanina and David Mwangi)

Source: <http://www.reuters.com/article/inDepthNews/idUSL1235366520070212>

U.S. Department of State Travel Advisory **August 22, 2008**

This Travel Warning is being issued to update U.S. citizens on safety and security conditions in Kenya. The temporary suspension of the United States Peace Corps program in Kenya has been lifted and volunteers have now returned to the country. The U.S. Department of State continues to recommend that private American citizens in Kenya and those considering travel to Kenya evaluate their personal security situation in light of continuing threats from terrorism and crime. This Travel Warning supersedes the Travel Warning of March 21, 2008.

Current Situation

The power-sharing agreement signed on February 28 has been widely accepted throughout Kenya; parliament ratified it on March 18. Implementation of the agreement is proceeding and members of the coalition government continue to adhere to the terms of the accord. The U.S. Embassy in Nairobi will continue to monitor the political climate and update travel information for American citizens as necessary.

Crime and Terrorist Acts

Kenya has a high rate of violent crime and remains susceptible to attacks from terrorists in the region. The U.S. Government continues to receive indications of potential terrorist threats aimed at American, western, and Kenyan interests. Terrorist acts could include suicide operations, bombings, kidnappings, attacks on civil aviation, and attacks on maritime vessels in or near Kenyan ports. Many of those responsible for the attacks on the U.S. Embassy in 1998 and on a hotel in Mombasa in 2002 remain at large and continue to operate in the region.

Violent and sometimes fatal criminal attacks, including armed carjackings and home invasions/burglaries, can occur at any time and in any location, particularly in Nairobi. As recently as June 2008, U.S. Embassy personnel were victims of carjackings. In the short-term, the continued displacement of thousands of people by the recent civil unrest combined with endemic poverty and the availability of weapons could result in an increase in crime, both petty and violent. Kenyan authorities have limited capacity to deter or investigate such acts or prosecute perpetrators.

American citizens in Kenya should be extremely vigilant, particularly in public places frequented by foreigners such as clubs, hotels, resorts, upscale shopping centers, restaurants, and places of worship. Americans should also remain alert in residential areas, schools, and at outdoor recreational events, and should avoid demonstrations and large crowds.

Americans who travel to or reside in Kenya are encouraged to register through the State Department's travel registration website, <https://travelregistration.state.gov>. By registering, American citizens make it easier for the Embassy to contact them in case of emergency. Americans without Internet access may register directly with the U.S. Embassy in Nairobi. The U.S. Embassy is located on United Nations Avenue, Gigiri, Nairobi, Kenya; telephone (254) (20) 363-6000; fax (254) (20) 363-6410. In the event of an after-hours emergency, the Embassy duty officer may be contacted at (254) (20) 363-6170. The Embassy home page is <http://kenya.usembassy.gov>. Updated information on travel and security in Kenya may be obtained from the Department of State by calling 1-888-407-4747 toll free in the United States and Canada, or for callers outside the United States and Canada, a regular toll line at 1-202-501-4444. For further information, please consult the Country Specific Information for Kenya and the [Worldwide Caution](#), which are available on the Bureau of Consular Affairs Internet website at <http://travel.state.gov>.

CFK, Inc. VOLUNTEER BUDGET

The following expenses are estimates of costs you should project to incur when traveling to Kibera to work with CFK. They can fluctuate, and it would be a safe bet to have a few hundred US dollars in cash accessible for emergency/discretionary purposes. Traveler’s checks are not advised, but if you do carry travelers’ checks, be sure to carry the receipts that the bank recommends to store separately from the actual checks. *Kenyan banks will not accept travelers’ checks without the original receipts.* Carry at least \$300 in cash but no more than \$1,000 - preferably in smaller (\$50 and \$100) bills. Bring a Visa/Mastercard that debits from your U.S. account(s). American Express is also helpful if you already have it, as would be regular Visa or Mastercard credit cards, though the best option is the Visa/Mastercard certified debit cards, which you can use at Kenyan bank ATMs. *Be sure to keep records of your credit card numbers and the telephone numbers to call if they are lost/stolen.*

If you search well in advance, you can save a lot of money on airfare. Be sure to look into student rates if they would apply to you (students should get an international student ID (ISIC) – see Council Travel or STA Travel in Chapel Hill). E tickets are advisable. If you want to use an agent, I recommend STA travel on Franklin Street, Chapel Hill. Tickets normally cost between \$1,750-\$2,500.

Ensure your passport is valid and not about to expire. You will purchase Kenyan visas at the Jomo Kenyatta International Airport upon arrival for \$50 cash.

CFK can help find room and board, if needed and notified at least two months in advance. Room and board should be coordinated in advance and will probably cost about \$100/week.

CFK will not cover the cost of your meals, transportation, or any other daily expenses. Nor can we afford to cover the cost of food and transportation for the youth volunteers that will give his/her days to be with you, your “CFK partner.” We would like to re-emphasize the importance of not just giving out money in Kibera. Handling money in the wrong ways can get you killed. If you want to help someone, help out your CFK partner and his/her family, as CFK is not paying them a stipend for their service.

Lastly, to reiterate, please listen to Salim Mohamed and program staff when they advise you about money. Many people will try and rip you off. Be vigilant and sensitive, and please be sure to internalize the preventive measures outlined in the Risk Notification.

Estimated Budget for CFK Volunteers

Airfare	\$1,750 - \$2,500
Room & Board	\$150/week
Transportation	\$25/week
Immunizations/malaria pills/health insurance	\$100 - \$1,000
Money belt	\$20
Visa (on arrival)	\$50
Cell Phone and Credit	\$300
Discretionary/Emergency	\$300

I have read and understood all information in the CFK Risk Notification and Volunteer Budget.

Printed Name

Signature/Date