



OUTREACH

CYA Kenya Trip

July 2026

This notebook contains all the
information you'll need about our
Kenya trip.



JAMBO!

“Hello” in Swahili

You're about to embark on an incredible journey to Kenya, where you'll partner with Missions of Hope International (MOHI) to serve communities and experience life-changing ministry firsthand. This notebook contains everything you need to prepare for your trip.

Inside, you'll find four sections designed to guide you through every step of this trip:

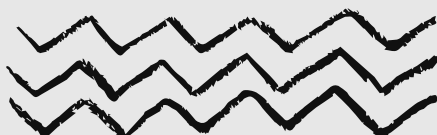
Trip Overview – Purpose of the trip, itinerary, and what to expect during your time in Kenya.

Application – All the information needed to officially join the team. **You will apply online**; this is to just give you an idea of what's on it.

FAQs – Answers to common questions about this trip.

Packing List – A comprehensive guide to help you pack smart for this trip.

This trip will stretch, inspire, and give you a glimpse of God's work in Kenya through MOHI's transformative ministry. We're so glad you're considering joining us on this adventure!



Our Partner:

Missions of Hope
International (MOHI)
www.mohiafrica.org

Trip Focus:

- VBS (Vacation Bible School)
- Community connections

Trip Dates:

July 18th-26th

Trip Cost:

\$2,995



TRIP PURPOSE

We're embarking on this trip to Kenya with **Jesus First** at the center of everything we do—because Jesus isn't just part of our lives, He is our life. We believe one of the best ways to share and experience Jesus's love is by coming alongside Missions of Hope International (MOHI), a Kenyan-based, Christ-focused, and Kenyan-led organization that has organically grown from one school serving 50 children to over 35 Hope Centers, reaching 36,000 kids across three countries.

We're specifically partnering with the Mitangoni Hope Center in Kilifi County, where Head Teacher Rachel has cultivated one of the most spiritually vibrant and educationally successful communities in all of MOHI. **People Always** drives us forward because we love who Jesus loves—everyone—and we've been invited not to "save" or "fix" the people of Mitangoni, but to learn from them, walk alongside them, and support the work God is already doing through their leadership. We want to encourage the MOHI team in their daily work, build authentic relationships with families, and show up ready to serve however we're needed.

We want to experience firsthand how God is moving powerfully among the Kenyan people—a community that has already seen 300 people reached, 40 new believers, and 20 new students give their lives to Christ recently. We believe we're **Made for More** than comfort and familiarity—we were created to serve, not sit. This trip will stretch us, challenge our perspectives, and deepen our faith as we witness the incredible spiritual resilience, joy, and leadership of a community that is transforming lives through MOHI's holistic approach: Empowerment, Education, Redemption, and Restoration.

Most importantly, we want to build a long-term relationship with Mitangoni—not a transactional, one-time visit, but a genuine partnership where we learn from them as much as we serve with them. When we share trip experiences—traveling, working, worshiping, and facing challenges together—we grow closer not just as a team, but as a family united in God's global mission. We're asking God to shape, challenge, and expand our understanding of how His Kingdom work transcends borders and cultures.

This isn't just a trip—it's an opportunity to live out **Jesus First, People Always, and Made for More** alongside a community that embodies these same values in their own powerful way. We're not going to save Mitangoni; we're going to be changed by what God is already doing there.



ITINERARY

Please note: This is a schedule designed to give you a general idea of the structure and flow of our trip. The itinerary is subject to change based on local needs, circumstances, and opportunities for ministry. We will provide a finalized schedule closer to departure.

Day 1 – Travel Day 1 (Depart Arizona for Kenya)

Day 2 – Travel Day 2 (Arrive in Kenya, transfer to accommodations, rest, and settle in)

Day 3 – MOHI Orientation & Community Connection

- Morning: Orientation with Missions of Hope International staff
- Afternoon: Experience MOHI's ministry firsthand

Day 4 – Travel to Mitangoni Hope Center

- Morning/Midday: Travel to Mitangoni Hope Center (short flight & 1.5 hour drive)
- Afternoon: Meet MOHI school staff

Day 5 – VBS & Community Connections

Day 6 – VBS & Community Connections

Day 7 – VBS & Community Connections

Day 8 – Travel Day 1 (Depart Kenya for Arizona)

Day 9 – Travel Day 2 (Arrive back in Arizona)



TRIP EXPECTATIONS

Expect to Be Learners, Not Saviors. We're not going to "fix" or "save" anyone—God is already powerfully at work through the leadership, faith, and resilience of the MOHI community. We love who Jesus loves, which means we have the privilege of learning, encouraging, and walking alongside them in partnership. Come with open hands and a humble heart, ready to receive as much as you give.

Expect to Be Challenged. This trip will push you out of your comfort zone in the best possible way. You'll encounter different ways of living, thinking, and worshiping that will challenge your assumptions about poverty, joy, faith, and what it means to be fully devoted to Jesus. You are Made for More than comfort and familiarity—this is your chance to step into it.

Expect to Witness God's Kingdom in Action. You'll see firsthand what it looks like when Jesus isn't just part of your life—He is your life. MOHI is transforming lives through Empowerment, Education, Redemption, and Restoration, all centered on Jesus. Their spiritual vibrancy is contagious—expect to be inspired by their worship, joy, and unwavering commitment to putting Jesus First in everything.

Expect to Serve with Your Hands and Heart. We were created to serve, not sit, and whether you're leading VBS, visiting homes, playing with kids, or simply showing up with a servant's heart, you'll have countless opportunities to love who Jesus loves. But remember: Our service isn't about what we accomplish—it's about being present, building relationships, and showing the love of Jesus in practical ways. Some of your most meaningful moments may come from simply sitting with someone, listening to their story, or playing a game with a child.

Expect to Build Authentic Relationships. This isn't a one-time visit—we're committed to building a long-term partnership with Mitangoni because we love who Jesus loves. Take time to truly see people, learn their names, hear their stories, and invest in genuine connection. These aren't "projects"—they are our brothers and sisters in Christ who have so much to teach us about what it means to love well.

Above All, Expect Jesus. He's at the center of everything we'll do. He's already in Mitangoni, already moving powerfully, and our job is simply to show up and let Him work in and through us. This is an invitation to see Jesus in new ways—in the faces of kids, in the strength of the MOHI staff, and in the unity of our team.

Jesus First. People Always. Made for More.

This is your chance to live it out.



APPLICATION

Please note: This is not the official application. The information provided here is intended to give you an overview of what's included in the application process.

To officially apply for this trip, please complete the online application at centralaz.com/outreach.

PERSONAL INFORMATION

Full Name:	Date of Birth:
Address:	Shirt Size:
Email:	Phone Number:
Campus:	Gender:
Are you willing to submit a background check? YES / NO (If no, please explain)	

PASSPORT INFORMATION

Passport Number:	
Expiration Date:	Upload Picture of Passport Data Page

EMERGENCY CONTACT INFORMATION

Full Name:	Relationship to you:
Phone Number:	

PERSONAL REFERENCE

Full Name:	
Relationship to you:	
Phone Number:	Email:

MEDICAL HISTORY

Are you allergic to any medication, food and/or any dietary restrictions?	Do you have any medical or mental health concerns?
Do you have any physical limitations that would hinder your ability to participate in strenuous activities (walking long distances, heavy lifting, etc.)?	

PERSONALITY PROFILE

Describe your personal strengths:

Describe your personal weaknesses:

What are you most excited about regarding this trip?

What about this trip makes you nervous? (A little bit of apprehension is normal!):

PERSONAL FAITH JOURNEY

Describe your relationship with Jesus:

Briefly describe any previous cross-cultural experience:

Why would you like to participate in this trip?

How are you currently involved at Central Christian Church? (Serving, community group, etc.)

APPLICATION

I UNDERSTAND AND AGREE TO THE FOLLOWING:

1. Once my application is approved and on the team for this trip, my \$300.00 non-refundable deposit will be due by March 29th (our kickoff meeting).
2. If I cancel, I must do so on or before April 6th, otherwise I am responsible for full payment of the trip.
3. I will pay (or raise support) the full amount of this trip by July 6, 2026. This trip is non-refundable. Donations to your trip from people outside your household are tax deductible.
4. Attend the 6 mandatory team meetings leading up to the trip and 1 after the trip.

The meeting dates will be during:

March 29th (kickoff meeting)

The week of June 1st

The week of June 8th

The week of June 15th

The week of June 29th

The week of July 6th

The week of July 13th (make-up meeting)

The week of August 10th (post-trip meeting)

The day of week (Monday-Thursday) and time for these meetings will be determined once the team is finalized.

TRIP CANCELLATION POLICY:

By submitting this application, I understand and agree to the following trip cancellation policy:

- All funds donated to Central Christian Church, by me or on my behalf, support the partner organization and are non-refundable.
- If I cancel, I must do so on or before April 6th, otherwise I am responsible for full payment of the trip.

Please note: This is not the official application. The information provided here is intended to give you an overview of what's included in the application process.

To officially apply for this trip, please complete the online application at centralaz.com/outreach.



FREQUENTLY ASKED QUESTIONS

FINANCES & AGE REQUIREMENTS

1.

How much does the trip cost and what does it cover?

The trip cost is \$2,995 and covers flights, housing, meals, trip insurance, transportation, and visa.

What additional expenses should I expect?

Additional expenses include food purchased in airports to and from Kenya, snacks or souvenirs while on the trip, passport, vaccinations, and laundry services you might need. An optional expense will be choosing your airline seats.

2.

3.

When is the application and deposit due?

Your application are due by February 24, 2026. Once your application is approved and you're on the team for this trip, the \$300.00 non-refundable deposit will be due by March 29th (our kickoff meeting)

Is financial assistance available?

Team members are responsible for raising their own support. Raising support (financial and prayer) guidelines will be provided and is highly encouraged for these trips.

4.

5.

When are additional payments due?

You can pay in full, raise support, or submit through a payment plan.

Payment due dates are as follows:

March 29th: \$300 once application is approved
April 20th: 1st Payment Due: \$600
May 11th: 2nd Payment Due: \$600
June 1st: 3rd Payment Due: \$500
June 22nd: 4th Payment Due: \$500
July 6th: 5th Payment Due: \$495

What are the age limit(s)?

This trip is for Central Young Adults, so the age range of trip participants is 18-25 years old.

6.

7.

What are the physical requirement(s)?

There will be moderate physical activity throughout the trip. You can expect to walk up to one mile, often on uneven terrain. Much of the day will involve being on your feet for several hours at a time, and you'll want to be comfortable getting down on the floor to interact and play with children at ground level. While the trip doesn't require intense physical fitness, a baseline level of mobility and stamina will help you fully engage in all activities.

PREPARING FOR THE TRIP

1.

Passport & Kenya visa info:

Please ensure that your passport has at least two blank visa pages (not including the amendments & endorsement pages). Also, please ensure that your passport does not expire prior to February 8, 2027.

What vaccinations and medications do I need?

MOHI does not require vaccinations, but the CDC recommends being current on routine vaccinations and malaria preventive medication. Check the CDC website for their up-to-date recommendations:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/Kenya>

Please consult with your doctor. **You** are responsible for your healthcare

3.

What is the time investment required before and after the trip?

There will be 6 **mandatory** team meetings before the trip and 1 after the trip. These will be no longer than 2 hours each meeting, once a week.

The meeting dates will be during:

March 29th (kickoff meeting)

The week of June 1st

The week of June 8th

The week of June 15th

The week of June 29th

The week of July 6th

The week of July 13th (make-up meeting)

The week of August 10th (post-trip meeting)

The day of week (Monday-Thursday) and time for these meetings will be determined once the team is finalized

DURING THE TRIP

1.

Where will we stay?

The team will stay at a hotel or guesthouse that will have AC, running water (hot and cold water), toilet, electricity, mattresses (pillows and bedding), towels, WiFi, and laundry services (\$1-3 per item).

What will we eat?

In working at MOHI schools and embracing their culture, we'll have the opportunity to try their traditional Kenyan food (rice, cabbage, kale, beans, vegetables, and beef.) Where we'll stay, serves a variety of familiar food for breakfast and dinner. Bring snacks!

2.

2.

3.

What is the dress code?

Modesty is always the best policy, especially when entering another culture. Dress comfortably and take clothes that you do not mind if they get dirty. Close-toed shoes with socks are required—you will be walking a lot and on uneven terrain, so make sure your shoes are comfortable. Otherwise, sandals are appropriate while we are at the hotel/guesthouse.

Do not wear anything that has bones, skulls, owls, dinosaurs, or any reptiles graphics on them (they are viewed as evil in Kenyan culture).

Men: Jeans, shorts, or pants are appropriate on workdays. Tank tops and sleeveless tops are not appropriate—please don't bring any of these items. If it is questionable, do not bring it!

Women: Jeans, pants, or capris are appropriate on workdays, but they must fall below the knee. Shorts, leggings, tank tops, and sleeveless tops are not appropriate—please don't bring any of these items. Please do not wear any clothing that is too tight or revealing. If it is questionable, do not bring it!

What does a typical day look like on the trip?

8:30am: Depart from hotel/guesthouse and drive to work sites

10:00am – 4:00pm: Work Teams

6:30pm: Dinner & Debrief

4.

5.

What type of work do we plan to do?

We will form 4 to 5 of teams based on the skills of our trip participants to have rotating stations for the MOHI students to experience during VBS (Vacation Bible School).

****Medical, Business Leadership, Technical Training, and other specific designated trips may become available in the future****

MISCELLANEOUS FAQs

1.

Is medical assistance available in Kenya?

Yes. MOHI includes a quality medical clinic accessible to our team. Also, in case of medical emergency, there are several private hospitals in Nairobi that can provide care. This trip will include travel insurance for each trip participant.

Do I need to know Swahili?

The staff and older children at MOHI speak several languages, including English. Many of the uneducated families and younger children will speak only Swahili or a mother tongue. You will have staff who can translate as you partner in community work, so English is all you need. However, if you try and catch on to phrases, it will be well-received!

2.

3.

How can our families reach us in case of emergency?

Internet access is available at the hotel/guesthouse and your Trip Leaders will have their cell phones, whom your family can contact in case of emergency.



DON'T
FORGET!

PACKING LIST

ESSENTIAL DOCUMENTS:

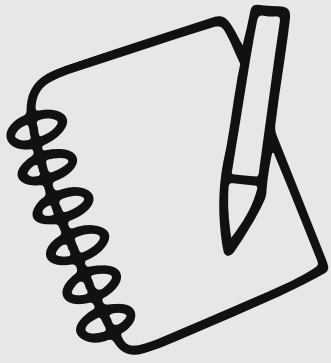
- ☐ Passport
- ☐ Visa (trip leader will have it for you)

CARRY-ON ITEMS:

- ☐ A change of clothes (in case of travel or checked luggage delays)
- ☐ Travel toiletries
- ☐ Light jacket/sweatshirt/sweater
- ☐ Prescription meds
- ☐ OTC (tylenol/ibuprophen, pepto bismo, tums, sleeping aid, allergy, vitamin c, etc.)
- ☐ Personal snacks
- ☐ Gum
- ☐ Hand sanitizer/antibacterial wet wipes
- ☐ Headphones for the plane
- ☐ Travel pillow
- ☐ Compression socks
- ☐ Cell phone (contact your provider to determine international plan)
- ☐ Phone charger/other chargers
- ☐ Books to read during travel/evenings
- ☐ Backpack/daypack
- ☐ Lip balm
- ☐ Power bank

CHECKED LUGGAGE ITEMS:

- ☐ Luggage tags (provided by trip leader)
- ☐ Several sets of clothing (see specific info below)
- ☐ Comfortable, close-toed shoes
- ☐ Flip flops or sandals (to wear around the hotel/guesthouse)
- ☐ Socks
- ☐ Undergarments
- ☐ Sleepwear
- ☐ Toiletries (shampoo, conditioner, body wash, deodorant, toothbrush, toothpaste, etc.)
- ☐ Glasses/contacts & extra pair
- ☐ Sunglasses & hat
- ☐ Insect repellent (recommend 100% deet)
- ☐ "When Helping Hurts" book & pen
- ☐ Additional personal snacks
- ☐ Sponsored child gift (must fit in a gallon Ziploc bag!)
- ☐ Travel toilet paper
- ☐ Power converter (see specific info below)
- ☐ Power outlet adaptors (type G)
- ☐ Hydration/electrolytes packs
- ☐ Phone charger/other chargers



PLEASE NOTE:



CLOTHING

The weather can be between 65–80 degrees, so it is best to bring layers.

Modesty is always the best policy, especially when entering another culture. Dress comfortably and take clothes that you do not mind if they get dirty. Close-toed shoes with socks are required—you will be walking a lot and on uneven terrain, so make sure your shoes are comfortable. Otherwise, sandals are appropriate while we are at the hotel/guesthouse.

Do not wear anything that has bones, skulls, owls, dinosaurs, or any reptiles graphics on them (they are viewed as evil in Kenyan culture).

MEN:

Jeans, shorts, or pants are appropriate. Tank tops and sleeveless tops are not appropriate—please don't bring any of these items. If it is questionable, do not bring it!

WOMEN:

Jeans, pants, or capris are appropriate, but they must fall below the knee. Shorts, leggings, tank tops and sleeveless tops are not appropriate—please don't bring any of these items. Please do not wear any clothing that is too tight or revealing. If it is questionable, do not bring it!



ELECTRIC CURRENT

The current is 220v/50Hz. If you are bringing any electrical appliances, you need to check and see if they are capable of being used in a range of 110–240 volts. If they will not work with 220v, you will need to buy a converter for 110v appliances. If they will work with 220v, you still need to buy an adapter so your plugs will fit the round holes in other countries (type G).

Most laptop and phone chargers will work on 220V (check yours to be sure.) If you bring a hairdryer, you may also need a converter. (220V to 110V). We recommend NOT bringing an expensive blow dryer, even with the converter, it is possible it will short out.

POWER ADAPTER NEEDED: Type G (most international travel adaptors will have this type included—please double check)



LUGGAGE

Every person is allowed two checked pieces of luggage. You will be allowed to pack **one** piece of luggage with your personal items. The other will be used to transport supplies for VBS—this bag will be assigned to you, but you will know the contents. Checked luggage cannot exceed the 50lb limit.

Do not pack anything valuable in your checked luggage. Carry valuable items and medications with you on the plane.

You are allowed a backpack and another piece for carry on. In your backpack, pack one set of clothes/items that you can use in case your personal luggage gets lost or delayed when you arrive. Carry any personal electronic device in your backpack on the plane, such as phone, iPad, laptop, etc.

Remember, you will be responsible for carrying your own carry-on items, plus 2 pieces of luggage through check points. If this might be an issue, please let your trip leader know.

© MISCELLANEOUS

You may take your phone when walking in the slums but be cautious with it. You will always be with a social worker when walking in the slums. They will tell you if it's not safe or the right time to take a picture. **NOTE:** DO NOT take a picture of any political building or military people. Definitely never an embassy!

We will exchange money the day we arrive. You will need Kenyan Shillings to make purchases while in Kenya. You will be instructed about how we'll do that. You may use a credit card at various places. Make sure the bank or card company is aware that you are traveling out of the US for this period of time.

If you plan to exchange cash, make sure to bring bills that are in good condition (no rips or markings).

Most people spend \$100 - \$200 on souvenirs, some spend more.

Plastic bags. DON'T use plastic bags in packing—they were outlawed in Kenya a few years ago, with a possible fine of \$19,000 US dollars for a violation. They have been allowing the TSA one quart plastic bag in carry-on, but don't risk the possibility of other bags in your suitcase. Use packing cubes, pillowcases or other non-disposable bags for separating things in your suitcase.

This is only a suggested list -- use your best judgment in packing.