

Bread of Life Mission Handbook 2026



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Welcome

Dear Missionary,

We're so excited for you to join us on the mission field of East Africa! What a blessing you will be to the people of Kenya, South Sudan, and Tanzania, to the missionaries of Bread of Life Mission, and to your fellow teammates! Thank you for choosing to serve the Kingdom by trekking to one of the most remote regions of the world to share the Good News of Jesus Christ with those who don't know Him.

We are already praying for you and your team as you prepare to join us in Africa that you would be strengthened for the journey and grow in your relationships with God and your teammates in the coming months. We are also praying against the spiritual warfare you may experience for saying "YES!" to God's calling on your life.

Our hope is that this handbook will be useful in your preparation for going on mission. Whether it's figuring out what to pack or discovering how to share the Good News contextually with the local people or preparing to come home, we are honored to walk this road beside you.

We'll see you soon and happy training!

Blessings,

The Bread of Life Team

Bread of Life Mission

Bread of Life Mission was founded in 2006 in Kenya by Kenyans Joel Maregwa and John Mwololo and American Ernest Smith. Joel and John came from years of serving with Youth With a Mission (YWAM) in Kenya. Although they loved the mission in which they had been serving, the Lord laid a new calling in their hearts - the calling to go where others did not want to go to share the Gospel of Christ with the hurt and hopeless. At the time, Ernest Smith was the youth pastor at Seacoast Church in South Carolina in whom God had placed a similar calling.

Bread of Life Mission (BOL) first went to Turkana, Kenya, with the mandate from the Lord found in Matthew 28 to “go and make disciples.” Joel and John prayed about where to start their ministry and rode bikes out into the bush. They felt the Lord settled them in Nachamae, Kapua, for a season to introduce the word of God and disciple a small group there. The initial discipleship class had 11 men and 1 woman. These disciples would later serve to form the basis for our small band of missionaries. In 2010, we expanded our ministry to include the Toposa people of South Sudan, a sister tribe of the Turkanans. In 2007, we hosted our first American team in Turkana at the end of the current “road”, and in 2009, the road had been elongated another 3km, so we drove to the end of it and set up our base in Namariat, hosting our second American team in Turkana and kicking off a fruitful season of ministry. Through the years, we’ve had hundreds of short-term missionaries and interns come and serve alongside us in the bush of Turkana, we’ve planted 7 churches and started several Early Childhood Development (ECD) schools. We’ve also seen Namariat become less “bushy” with the building of a church structure, a day-clinic, a more permanent BOL base, and now a primary school and full clinic. Our full-time missionaries hail from 4 different tribes (including the Turkanan) and include one from the U.S.

In 2023, we started a Missionary Training School in Namariat to train more workers for the harvest. We started the school with 19 students and graduated 18 one year later. After a year of mentorship, 12 new full-time missionaries were commissioned in February 2025. These missionaries have helped us expand our work outside of the Turkana Central area to the Ugandan border, South Sudan, and Tanzania. The next Missionary Training School class starts in February, 2026

Back in 2006, upon returning to the United States, Ernest invited his wife Sara Smith and their friend Mel Alm to join the vision to get Bread of Life USA up and running in the U.S. as a support system for the East African field work. The U.S. side provides prayer support, financial backing, and hard-serving teams for the ministry that takes place in East Africa. Ernest and Sara stepped back from leadership of BOLUSA at the end of 2025.

Bread of Life Mission has 4 pillars which we use to guide us in our work:

1. Evangelism & Church Planting
2. Discipleship
3. Mercy Ministries
4. Mobilization of the Local Church into Missions

For more information on Bread of Life projects and missionaries, check out www.breadoflifeafrica.com.

Turkana

The Turkana people are one of 42 tribes recognized in the country of Kenya. Each tribe has their own unique language, dress, and traditions. The Turkana originally claimed a much larger land area until the colonists decided to delineate country borders through the middle of the tribe breaking it up into tribal groups in Uganda, South Sudan, Ethiopia, and Kenya. They all still share a base language but are at different levels developmentally. The Turkana tribe is the most remote tribe in Kenya. They inhabit the far northwest corner of the country, far away from the highly populated areas of Nairobi and Mombasa. The land itself is quite arid and hot. Most vegetation is found in the dry riverbeds that swell a few times a year from rains that have fallen both at that location and upriver. The high temperatures for the afternoon generally range from mid-90's up to 130°. The area will actually cool off a bit if rain finds its way into the region. Due to being so close to the equator, Turkana does not have a summer or winter, but instead generally experiences weeks of rain in March/April and again around November, preceded by weeks of extremely high temperatures.

The Turkana people speak...Turkanan! The formal name of the language is Ngaturkana. Many of the people whom you will meet have no formal education, so they may only speak their mother tongue (tribal language). Some have learned the official language of Kenya which unites the tribes, Kiswahili. Very few, however, will speak any English. They will appreciate any attempt you may make using the language primer included in this manual. Bread of Life has several translators who can help you communicate with the people - whether it's from English to Kiswahili to Ngaturkana or straight from English to Ngaturkana.

Water is a major shortage in Turkana with droughts that have lasted longer than 3 years. The lack of water leads to a lack of food - both in terms of plants and animals - and, in the past have led to the loss of life. Although much of Turkana sits on a large aquifer, it is too deep to easily dig to. Most Turkanans simply used hand-dug wells in the dry river beds to fetch their water. Because of the general lack of dependable rain, the Turkana people are a semi-nomadic tribe raising goats, sheep, donkeys, camels, and rarely cows and moving to wherever they need to in order to find food for their livestock. These animals are not only used for milk and meat but also as currency within the tribe and as dowry for marriage.

Traditional Turkanan men practice polygamy and have as many wives as they can afford, generally living in different but relatively close villages. While the husband does little with his days, the sons are generally expected to tend the livestock while the girls help the mom take care of the home from cooking to cleaning to fetching water to actually building the huts of macoma (fronds of palms found in the dry riverbeds). The young girls and women sport a traditional mohawk of tiny braids hairdo with beads stacking up around their necks. These beads, or shangas, do not support the neck and many are often removable. Both the shangas and the mohawk are symbols of beauty in Turkana. The first is beautiful because it represents the wealth of the father or husband. The latter because it represents Turkana tradition. Young girls are presented with beads by their father, building up rings of necklaces on their shoulders and around their necks. These beads make them more attractive as a wife as the more beads she sports, the wealthier and more powerful her family is.

Girls in Turkana may be chosen for marriage as young as 12 years old. The prospective

husband must meet with the girl's family to negotiate the dowry he must pay for his new wife. This price is often high and takes time for the groom to accumulate, especially if this is a 2nd, 3rd, or 4th wife and he already has the expenses of several families. A traditional Turkana wedding has much dancing and often a camel or donkey is slaughtered to provide a celebratory feast for the occasion and generally lasts several days. At the beginning of the celebration, the bride's shangas are returned to her father, and the groom and his family start anew with building up the necklaces around her neck. During the ceremony, the wife is given a wedding ring - a large metal ring which she wears around her neck - to symbolize she is now married.

Due to high infant mortality rates in the bush, women tend to give birth to many children. It is not unusual to find a woman who has given birth to 10 children. With better medical care coming to the area, we're hoping to help them decrease this to a number which they can afford to care for and feed.

In addition to raising livestock, Turkana women make money to support their families by making baskets to be sold at market, burning downed trees to sell as charcoal, and gathering gypsum to sell for use in making cement. Moms typically use their meager earnings to purchase beans, rice, field corn, and corn flour to feed their children.

The Bread of Life Schools, the first of which opened its doors in January of 2011, is the first opportunity for education ever available in this area of Turkana. The school not only provides an education, but also makes sure the children have 2 meals each day, basic medical care, and discipleship.

Toposa **(South Sudan)**

The Toposa people are a tribe of pastoralists which live in the southeast corner of South Sudan, bordering the Turkana tribe in Kenya. The Toposa tribe was originally one with the Turkana as well as the Karamajong and Jie of Uganda. This means that though they speak different dialects, they share a common mothertongue. Although these tribes are related, the Toposa people are well behind the Turkana in the development of their society, with many not yet wearing clothing yet. The land of the Toposa is also quite different than much of Turkana. While Turkana is an arid desert, the Toposa live in a much greener area that better supports larger livestock such as cattle and can support some farming.

The Toposa still carry within their society many of the original traditions and customs. In fact, many of the societal norms are similar to the Turkana such as polygamous marriage that can be entered into as early as age 12, the worship of a creator god, living in woven huts, and vibrant beadwork.

Unfortunately for the Toposa people, education is not wide-spread within the tribe as it is far from the South Sudanese capital of Juba. It's also important to remember that the country itself is one of the newest in the world, only coming into existence in 2011.

Datoga & Hadzabe (Tanzania)

The Datoga and Hadzabe tribes of Tanzania live in the Lake Eyasi Triangle which is found in north-central Tanzania just south of the Serengeti.

The Datoga are similar to the Toposa in that they have both livestock and farm. The language of the Datoga is from the same language family as the Turkana and Toposa as Italian and English both come from the Latin language family. This tribe is known for its metalworking and are so good at making arrowheads, knives, and metal jewelry. As with the other tribes, polygamy is commonly practiced by the men of the Datoga. Overall, there is a desperate need for the Gospel and also for education.

The Hadzabe, however, are hunter-gatherers, very different than the other pastoralist tribes, although they all belong to the Nilot ethnic group found along the Great Rift Valley of East Africa. This means that they eat what they find, from monkeys and other "game" to wild berries, tubers, and honey. The Hadzabe language includes clicks and is considered a linguistic isolate, meaning that it doesn't seem to have any particular related languages. Because the tribe relies on hunting and gathering, the people are constantly on the move, living in small shelters made of branches and grass. Again, the Hadzabe have not been reached with the Gospel or with education.

Fundraising

First things first

It is a good idea to put together a small prayer team first. This team can start praying with you for the decision to go, the preparation of you and your team, and the raising of support to go. Being covered in prayer can mean the difference between success and failure.

Sending a Letter/Creating an Event or Group on Facebook

This is still the primary means of support. Often mailing a physical letter can work best for those over 50 and using social media works better for those younger. If you're working through your church, they will most likely have an online fundraising platform that will provide a link for the members for fundraising. If you are an independent team, Bread of Life can provide you with a fundraising link to allow for online giving.

Team Fundraisers (These often become more about team-building than raising large amounts of funds.)

- Community Auction - Gather donations from friends, family, and local businesses and auction them off with proceeds going toward this trip. This can be combined with many of the other ideas.
- Create Custom Sneakers - Use creativity to create custom sneakers for friends and family.
- Barbecue Festival - Have church members donate sides and sell tickets or ask for donations at the door.
- Car Wash - Often more money is raised through asking for donations than setting an actual price on the wash
- Chili Cook-Off - Have participants pay a nominal entry fee and charge attendees to dine on the deliciousness
- Dinners or Dinner Theaters -
- Food Fundraising - Partner with Krispy Kreme, Chick-fil-a, kettle corn, etc. Many places have fundraising packages to partner with organizations.
- "You've Been Flocked" - Give your church members the option to hire you to "flock" your neighbors yards with plastic flamingos. This also gives you the opportunity to share about your trip with those who get "flocked" and give them the option to "flock" others.
- Garage Sale - Encourage church members and family to clean out their homes and donate them to the team to sell at a Saturday morning garage sale.
- Penny or Change Drive - Ask your church members/family to donate their loose change to the team.
- Photo Session - If someone on the team is talented with photography, offer photos after church or before an event.
- Rent-A-Team - Hire out team members or groups to do chores, babysit, do yard work, etc.

Mission Team Member Expectations

Remember that you are representing Jesus Christ as well as Bread of Life Mission. Model Jesus in your behavior and attitude.

Attend all team meetings before the trip as well as follow-up meetings.

Prepare spiritually and physically as needed.

Respect the team leader(s) and his or her decisions. All team members must work under the supervision of the team leaders and missionary host. Members should give practical and spiritual support and encouragement to their leaders. Working as a team is a necessity.

Develop and maintain a servant's attitude toward all nationals and your teammates.

Be flexible with scheduling, changes, and roles assigned.

Remember that you have come to learn as well as teach. Resist the temptation to inform your host about "how we do things."

Respect the host's view of Christianity, recognizing that Christianity has many faces throughout the world and that one of the purposes of this trip is to experience faith lived out in a new setting.

Refrain from complaining. Travel can present numerous unexpected and undesired circumstances, but the rewards of conquering such circumstances are innumerable. Instead of complaining, try being creative and supportive.

Be committed to the standards of God's Word and Bread of Life Mission. This includes refraining from using profanity, tobacco, illicit drugs, and the consumption of alcoholic beverages while on this trip. Also, respect dress codes.

Remember not to be exclusive in relationships. If your boyfriend/girlfriend or spouse is on the team, make every effort to interact with all members of the team. If you are attracted to a teammate, do not attempt to pursue a relationship on the trip – save it until after you return home!

The team is to travel together. There will be no late arrivals or early or late departures unless approved prior to the trip.

Remember the missionary's prayer: "Where You lead me, I will follow; what they feed me, I will swallow." It is an insult to turn down the food you are given – it is always their best although it may be different from what we normally eat. Most people in the countries we visit each one meal per day, at best. Please honor your host.

DO NOT give money or gifts to anyone without first consulting your group leader and host missionary.

Your team leader should know where you are at all times. NEVER wander off alone – it is too dangerous.

Always BE ON TIME for meals, team times, and projects. If there is a problem or you are not feeling well, please let your team leader know.

Do not waste water – it is a precious resource. Be considerate and use as little as possible.

Remember that you can be sent home at your own expense if you don't adhere to these guidelines, or if your team leader believes it is in the best interest of the team.

Packing List

(* denotes a needed item)

(For those serving in Kenya or South Sudan, the local airline only allows for 20KG TOTAL/person. Please keep this in mind when packing.)

General

- *- passport
- *- copy of the front page of your passport
- *- visa
- *- money
- *- picture id other than passport
- *- sweater(s)/sweatshirt(s) [It does get chilly at night in some places we're passing through and on the plane.]
- *- tennis shoes (just make sure you have very good walking shoes)
- *- socks (3-5 pairs)
- *- travel alarm clock/watch with alarm
- *- your favorite Bible
- *- journal/notebook
- *- pens/pencils (make sure you have at least 2-3)
- *- small flashlight (headlamp is recommended)
- *- plastic trash bag (to put your stinky clothes in)
- *- money belt to hold your passport, money, and any other important documents
- *- plenty of pictures of your family and U.S. life
- *- zip lock bags for numerous things
- *- nalgene/water bottle
- *- mosquito net
- *- sheets/sleeping bag (depends on where you're serving)
- raincoat/jacket (just in case it rains)
- sunglasses
- hat
- sandals
- camera
- deck of cards (for down times during travel, etc.)
- a book (other than Bible) to read (again...long periods during your travel)
- baby powder or some type of wipes
- small travel pillow
- map of the U.S.
- camelback backpack
- duct tape
- rope to hang your mosquito net
- work gloves

Toiletries

- *- soap
- *- shampoo and conditioner
- *- 2-3 rolls of toilet paper
- *- contacts and solution (if applicable)

- *- toothpaste and 2 toothbrushes
- *- deodorant
- *- hand sanitizer (small to take with you and medium to refill)
- *- 1 towel/1 washcloth
- shaving cream/razor/small mirror
- laundry detergent

Medicines

*- any prescription medicine you take (needs to be transported in its original bottle in your carry-on luggage)

- *- MALARIA PILLS
- *- Dramamine (if you get motion sickness)
- * -sunscreen (45spf or above)
- *- chapstick w/sunscreen
- bugspray
- Pepto Bismol
- anti-diarrhea medicine
- Tylenol/Advil/Excedrin migraine
- allergy medicine (if needed)
- Band-Aids/ Neosporin/antiseptic
- Benadryl

We will have a first aid kit, but you should personally pack any personal items you think you'll need.

Women

*- long, cool skirts or long dresses (must cover knees while seated) (Please no wrap skirts.)

- *- jeans or some type of loose pants that are comfortable for travel
- *- sports bras
- *- plenty of underwear
- *- loose t-shirts (too hot for tight ones plus they're not really appropriate in the culture)
- *- sweatshirt
- *- biker shorts, etc., for under the skirts
- *- any feminine products you may need
- *- PJs for Nairobi

Men

- *- nice pair of khaki pants for church
- *- nice button-down or collared shirt for church
- *- nice shorts
- *- athletic shorts
- *- t-shirts
- *- sweatshirt
- *- plenty of underclothes
- *- PJs

Mel' s Mentions

Here are a few things that our mzungu missionary, Mel, recommends to make your time in East Africa a little easier:

- Lone **white** ankle/no-show sock to cool your water. (Google evaporative cooling.)
- Face wipes to clean your face. Mel likes Noxema as they also cool but up to you.
- TrueLemon/TrueLime. These dehydrated packets are small and don't contain any sweeteners, so they flavor your water without making your water bottle smell.
- Headlamp with both a white AND red light. The red light attracts much fewer insects than the white.
- For women: very thin, moisture wicking shorts for under your skirt. Often buying men's is cheaper.
- A couple of carabiners.

Gifts to Bring

- candy (small pieces of individually wrapped candy, any type of suckers; avoid chocolate or gummy candy as they melt)
- clothes that you do not want (and you can leave any that you've brought to use while on the trip)
- hats
- sunglasses
- coloring books/Crayola crayons/etc.
- anything that kids like here, they love over there
- gifts for the missionaries and their families

Staying Healthy

Here are our top 10 tips to remember while you're with us in East Africa to stay healthy:

1. We recommend that you bring sunscreen with high SPF to apply several times a day. East Africa straddles the equator making the sun more intense than what you are most likely used to, and our other areas are very near the equator. If you're doing construction while you're with us, this also means taking more breaks than you might at home to stay cool and avoid heat exhaustion.

2. Please drink only bottled water. Although not all water in East Africa is "bad", it still likely contains things your system is not accustomed to. Please use the bottled water in your guesthouse room as well as the large bottles at the base to drink and brush your teeth.

3. On the subject of water, please drink LOTS of water! We will not run out, but you may get dehydrated and be down for the count and miss ministry if you don't drink enough. Please make sure you encourage your teammates to drink their water as well.

4. We also ask that while you're in the bush, you avoid things like "Emergen-C" that adds extra vitamin C to your body. This also causes your body to try flush more things out of your body, leading to dehydration more quickly. There are better options that can add flavor to your water without causing dehydration.

5. Please remember to take your malaria pills each day. Although the disease is not as prevalent in Turkana as it is in other parts of Kenya, it IS present and we would rather you don't get it. It is also more prevalent in Tanzania and South Sudan as it's less arid.

6. Please turn over your tennis shoes and zip your suitcases when you're not using them to make sure critters do not make a new home in your things.

7. Break in your tennis shoes or hiking boots before coming to serve with BOL to avoid dealing with blisters that will slow you down.

8. Be mindful when picking up rocks or turning over large objects to avoid scorpions and their friends.

9. If you are not feeling well, please, please tell your leader ASAP. We want to help you be as healthy as possible during your time here with us.

10. We recommend the same immunizations as the CDC (information below). Please start early on your immunizations so your body has time to recover and be healthy for your time in the bush.

CDC Recommended Immunizations

(Make sure to bring your yellow vaccination card with you!)

Hepatitis A - recommended (series of 2, need at least the first 1 before you leave)

Hepatitis B - only truly needed if you will engage in medical care

Chicken Pox/Shingles **for Tanzania**

Flu

Meningococcal - recommended

Typhoid - recommended

Yellow Fever – recommended for Kenya and South Sudan; required for Tanzania

MMR - need to have had at least 2 of these in your lifetime; if you have had 2, you are good and it does not matter how long ago the last one was.

Polio (>5 years) - need at least 1 polio booster after the age of 18

Tetanus (>5 years) - need one if it has been 10 or more years since your last one

** Also get prescription for Malaria pills**

*****The doctor should give you a yellow immunization card for you to carry with your passport.**

Immunizations Information

Hepatitis A: (Havrix®, VAQTA®, TWINRIX®) Series of two immunizations needed for lifetime immunity, adequate immunity, however, is obtained from the first dose, and is all you need to be safe on the trip...however you will not receive lifetime protection unless you finish the series. Dose 1 ASAP prior to leaving; dose 2 given 6-12 months after first dose. Can receive in combination with Hep B vaccine in the form of Twinrix®
1. Duration of Protection: 20 years to lifetime
2. Adverse Reactions: tenderness or pain at the injections site (53-56%); headache (14.6%)
3. Precautions and Contraindications: history of hypersensitivity to any vaccine component, allergy to aluminum hydroxide (Twinrix®), caution in pregnancy, but it is NOT contraindicated in pregnant women!

Hepatitis B: (Recombivax HB®, Energix B®) Series of three immunizations needed for lifetime immunity. Dose 1 ASAP prior to departure, dose 2 one month after the first, and dose 3 6 months after the first. Can take combined with Hep A as Twinrix®
1. Duration of Protection: 15 years to lifetime
2. Adverse Reactions: pain at injection site (3-29%); fever > 99.9 (1-6%)
3. Precautions and Contraindications: history of hypersensitivity to any vaccine component including yeast. Pregnancy is NOT a contraindication

Meningococcal: (Menomune®, Menactra®)
1. Duration of Protection: 3-5 years
2. Adverse Reactions: localized pain and redness at injection site, transient fever (2%)
3. Precautions and Contraindications: none; safe in pregnancy

Typhoid: (Oral or IM route) Two options: 1. Set of 4 oral pills that must be taken 1 every other day at the same time until finished (also must be refrigerated) or an IM

injection 1. Duration of Protection: 5 years for oral, and 2 years for IM 2. Adverse Reactions: local redness and pain at injections site, fever, headache (5% chance) 3. Precautions and Contraindications: pregnancy, acute febrile illness, oral route contraindicated in immunocompromised states, must wait at least 24 hours to take oral vaccine after receiving any antibiotics

Yellow Fever: Need an official, signed Yellow Fever Vaccine Certificate 1. Duration of Protection: 10 years 2. Adverse Reactions: headaches, myalgia, low grade fevers (~25%) (may begin within days after vaccine and may last 5-10 days after vaccine). a. Very low, and rare risk of a serious vaccine-associated neurologic disease such as encephalitis or Guillian-Barre syndrome. Risk is approximately 4-6 cases per 1 million vaccine administered. b. Very Low risk of Vaccine associated Viscerotropic Disease (febrile illness with multi-system organ failure requiring ICU care). All cases occurred in primary vaccines; 3-5 case per 1 million recipients; risk greater in those >60 years old. Keep in mind, there are many more reports of unvaccinated travelers dying of yellow fever than having a reaction to the vaccine! 3. Precautions and Contraindications: 1. Allergy / sensitivity to egg, chicken, or gelatin (requires evaluation by an allergist to determine safety of administering vaccine). 2. history of thymus disease or myasthenia gravis. 3. extreme caution if age >60; 4. pregnancy or lactation; 5. Immunosuppression

MMR: Need at least 2 MMRs on record given at or after age 1. Live vaccine. Can administer simultaneously with other live vaccines but must be administered in a different site. If MMR and yellow fever are not given on the same day, they must be separated from each other by 28 days. 1. Duration of protection: lifetime 2. Adverse Reactions: fever and rash. Approx 5% develop fever around 103; usually occurs 7-12 days after vaccination and usually lasts 1-2 days. Transiently enlarged lymph nodes may also occur. Joint symptoms, parotitis 3. Precautions and Contraindications: prior allergic reaction to this vaccine; gelatin or neomycin allergy; pregnancy (also do not get pregnant for 1 month after receiving vaccine); immunosuppression (HIV, Cancer, chemo, prolonged steroid use)

Polio: Need one adult polio booster in addition to the 3 dose of IPV or OPV received as a child 1. Duration of Protection: lifetime 2. Adverse Reactions: local pain and redness at injection site, 3. Precautions and Contraindications: prior allergic reaction to IPV; allergy to streptomycin, polymyxin B or neomycin; pregnancy

Tetanus: 1. Duration of Protection: 5-10 years 2. Adverse Reactions: local redness and pain at injection site 3. Precautions and Contraindications: prior allergic reaction to this vaccine; moderate or severe acute illness

Turkana Dos and Don'ts

Showing Physical Affection Between the Genders

In general, East African men and women don't have much physical contact with each other. If you have been to East Africa before and want to greet a friend the first time you're seeing them again, a handshake or even a hug may be appropriate. If an African of the opposite sex attempts to hold your hand, this is NOT appropriate. **DO NOT** hold their hand and **DO** let a BOL staffer know. However, if an African of the same sex wants to hold your hand, this is simply them showing you that they love and trust you, so feel free to **DO** this if you're comfortable with it.

Food & Drink in East Africa

We try to make sure that everything you eat and drink has been prepared and kept safe for your consumption. If you're out and about and are offered tea or porridge (uji), **DO** consume it. This is most likely the greatest gift they believe they have to share with you and denying it would communicate that they are beneath you. (If you have allergies, please **DO** let BOL know so that we can work with you to make sure you're fully taken care of.)

Modesty in East Africa

Men tend to be immodest by American standards with the locals wearing a wrap around their waist and typically a shirt on top. You may see more than you'd like to. American men are also allowed to wear shorts (or pants for church) but we'd love for you to stay fully clothed. Lol Modesty in East African women means making sure knees remain covered. The East African women are not as modest about their chest area, but we ask that the Americans **DO NOT** follow their example in this area.

Church in East Africa

Church will most likely be different from what you're used to. The praise time is very lively and the church LOVES when you join in dancing with them as they worship, so **DO** join them. Also during church you'll have the opportunity to introduce yourself to the church by sharing your name, a little about your family, the number of times you've visited East Africa, and a small encouragement for the church (like "Thank you for your wonderful hospitality.").

Time in East Africa

Overall, life in East Africa is based around relationships much more than around tasks. You'll see this in the way that conversations take precedence over being on time to things. **DO** be patient with the Africans and with yourself as you adjust to this new cultural norm.

Gifts/Money

Because you've given time, effort, and money to serve on this trip, we know you have an amazing heart! Please **DO** continue to love our people well. We ask that you

DO NOT give gifts or promise to send something when you return to the US. This is not only difficult to do, it creates a dependency on mission teams when we want the people to rely on God and themselves. If anyone asks you for anything (including missionaries), please **DO** point them to Mel or Joel.

Pictures in East Africa

The African people are beautiful. You'll want to take photos of the life and people there, but please **DO** take a second to ask permission just out of respect.

Useful Kiswahili and Ngaturkana Phrases

<u>Kiswahili</u>	<u>English</u>	<u>Kiturkana</u>
Jambo	Hello	Ejoka
Habari - ako	How are you? (group) - How are you? (1 person)	Ngai? Response: mum ngache
- asabuhi	- How are you this morning?	
Asante - sana	Thank you - very much	Ejokanoi
Mzuri -sana	Good - very	Ejok
Bwana asafiwe Response: Amen	Praise the Lord	Kipuroe Akuj Response: Kipuroe
Yesu	Jesus	Yesu
Mungu	God	Akuj
Bwana Yesu	Praise Jesus	Kipuroe Yesu Response: Kipuroe
Kujia	Come	Bwa
Enda	Go	Kape
Leta	Bring me...	
Simama	Stand up	
Keti Tafadhali	Sit down Please	
Duka	Store/shop	Duka
Piki-piki	Motorbike	Piki-piki
Laga	Riverbed	Laga
Chai	Tea	Chai

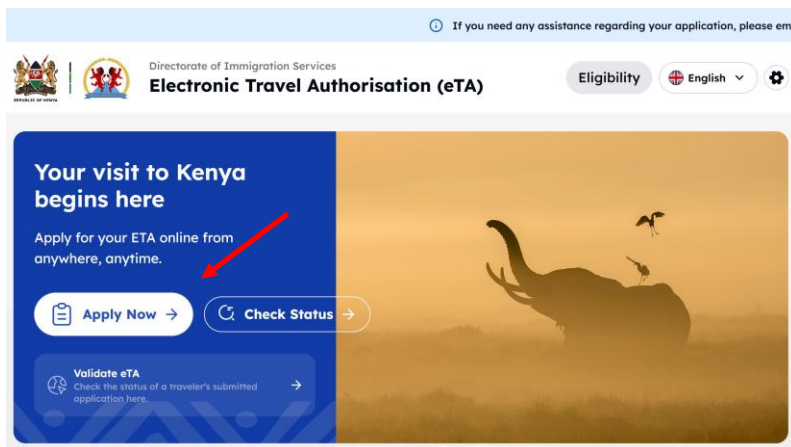
For both Kiswahili and Ngaturkana, “a” is the same sound as in the word “ball.” The letter “e” sounds like the vowel sound in “great.” The letter “i” sounds like the vowel sound in “tree.” The letter “o” sounds like the vowel sound in “snow.” And finally, the letter “u” sounds like the vowel sound in “noodle.”

Electronic Travel Authorisation (eTA)/Visa Information

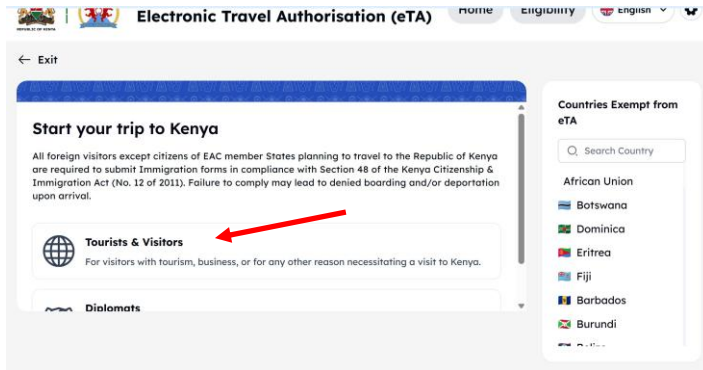
Teams typically do this step together, but we wanted to make sure you were informed of how to go about this. In order to enter Kenya, Tanzania, and South Sudan, you will need 2 things: a passport **valid for at least 6 months after your return date** and the Electronic Travel Authorisation (eTA) issued by the Kenyan government (and Tanzanian government if that is your mission field) giving you permission to enter the country. The eTA replaced the visa in January of 2024 but requires a lot of the same information. The eTA process is online and should be started as soon as tickets are secured and you've received the reservation from Mel. According to the government, you should have your authorization within 3 days of completing the process. See below for step-by-step instructions for procuring a Kenyan eTA followed by that needed for a Tanzanian visa. Before starting the process, please have available:

- a photo of your passport photo page,
- the contact information shared here,
- the pdf of your reservation sent to you from Bread of Life,
- a pdf of your travel itinerary,
- a headshot (can be a selfie from your phone), and
- a credit/debit card to pay the fee.

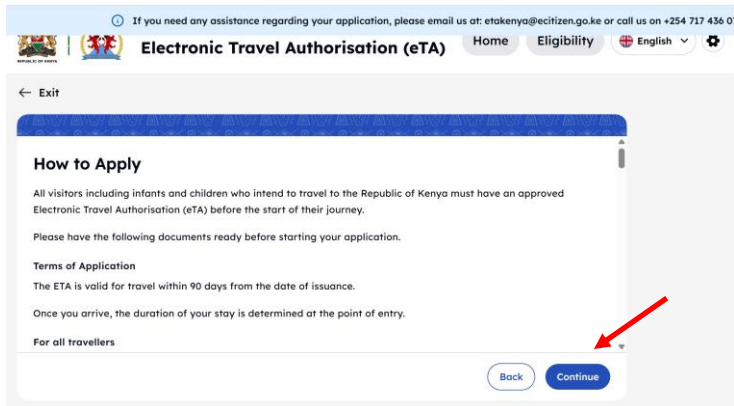
1. Go to <https://www.etakenya.go.ke/en> and click the button that says “Apply Now”.



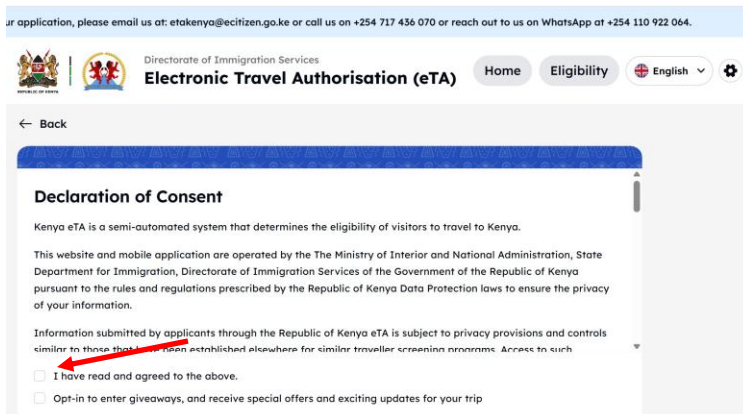
2. Click on Tourism & Visitors and then Continue



3. Click continue.



4. Read the information then click on the top box acknowledging that you have read it and click "Continue".



5. Choose “United States of America” and click “Continue”.

itizen.go.ke or call us on +254 717 436 070 or reach out to us on WhatsApp at +254 110 922 064.

Directorate of Immigration Services
Electronic Travel Authorisation (eTA) Home Eligibility English

← Exit

Country of Residence

Please select your country of residence. This is the country where you live and pay taxes. If you are a resident Diplomat of Kenya, please select Kenya.

U

Frequently Selected

- United Kingdom
- United States of America

All Countries

- Anguilla

6. The easiest way forward with a team is to click on “Group Application” providing the whole team is flying in and out of the country together. If someone is coming or leaving separately, they need to fill out their own eTA application. This works for groups up to 6 people, if you’re team is 7 or larger, simply fill out a second group application. Click “Continue”.

If you need any assistance regarding your application, please email us at: etakenya@ecitizen.go.ke or call us on +254 7

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Select Type

Individual Application
I am applying for an individual only

Group Application
I am applying for a group application

If you are a family, a couple, friends living together or a company submitting on behalf of your employees, you can save time by applying as a group of **up to 6 people**. To apply as a group, you must meet certain eligibility requirements.

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7. The primary purpose of your visit is “Tourism”. Click “Continue”.

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Trip Information

Provide Details about your trip

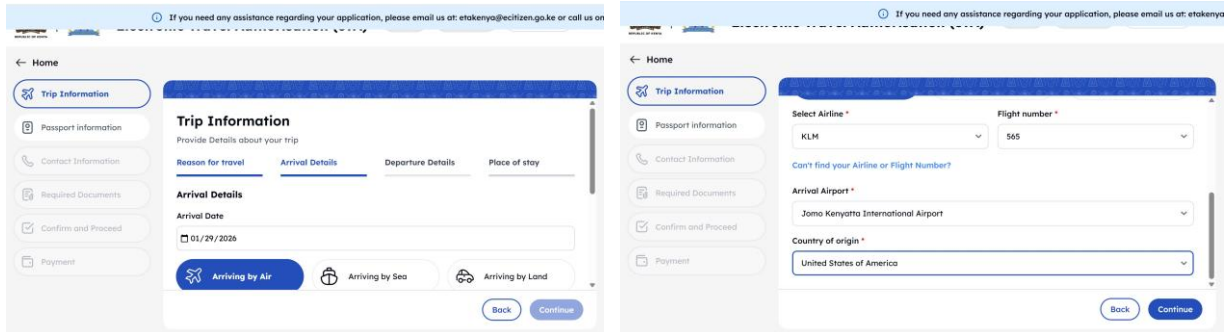
Reason for travel Arrival Details Departure Details Place of stay

Reason for Travel *

Tourism

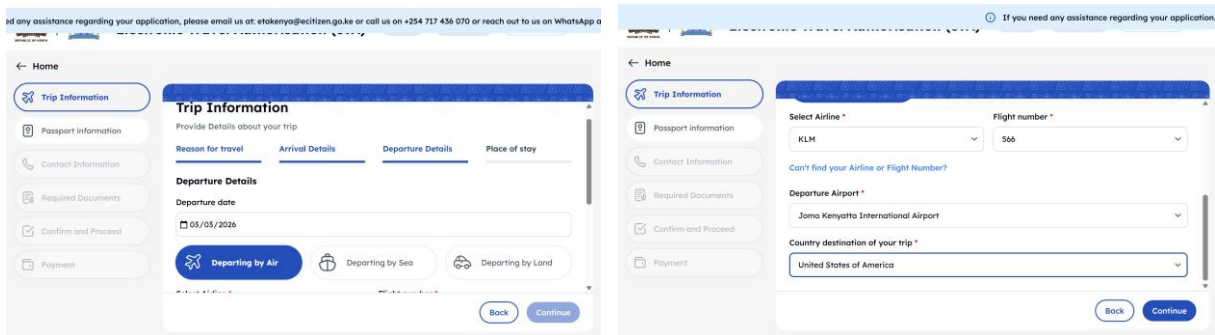
8. This next page has a lot of information for you to put in:

- Fill in the date you're actually arriving in Kenya.
- Click "Arriving by Air".
- Fill in your arrival information as found on your itinerary. (Make sure to use the flight number used by the airline you're using to actually fly into Nairobi.)
- Your arrival airport is "Jomo Kenyatta International Airport".
- The "Country of Origin" is the United States.
- Click "Continue".



9. This next page has more similar information for you to put in:

- Fill in the date you're actually leaving Kenya.
- Click "Departing by Air".
- Fill in your departure information as found on your itinerary. (Make sure to use the flight number used by the airline you're using to actually fly into Nairobi.)
- Your departure airport is "Jomo Kenyatta International Airport".
- The "Destination Country" is the United States.
- Click "Continue".

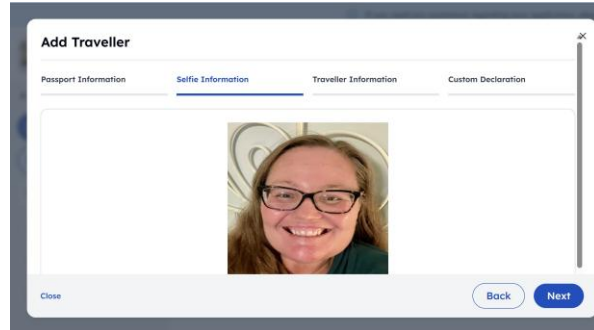
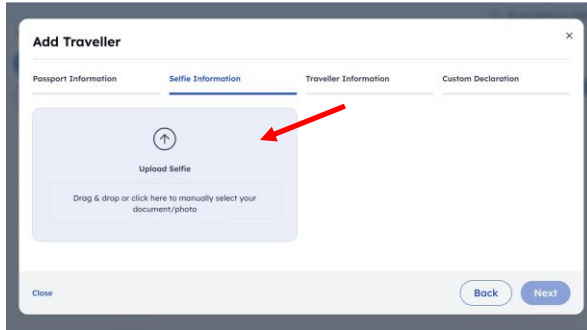


10. For your address in Kenya, use “Bread of Life Mission Africa, Main Camp, Kenya”. Choose this and put in the day you arrive in Kenya and the day you leave. Click “Continue”.

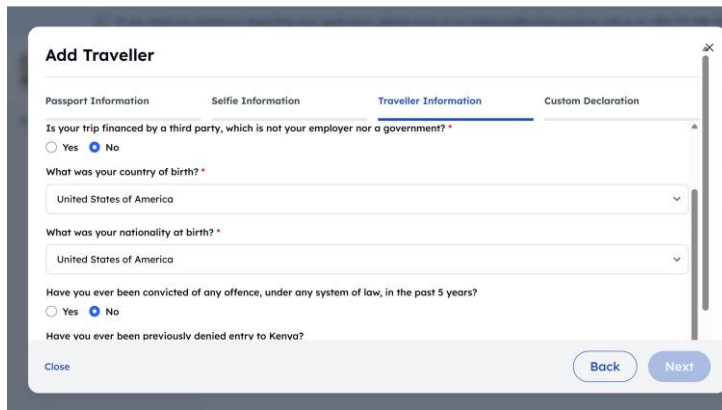
11. Click “Add Traveler”.

12. Upload the photo of the bioinformation page of the first passport. Click the button and then click “Next”.

13. Then scroll down, compare the information, and click on the box if correct. Then click on the button that says “Upload Selfie”. After uploading a photo, click “Next”.



14. Fill out the traveller information page. Most of your answers should be no except for the final one which depends on the person. Then click “Next”.



Add Traveller

Passport Information Selfie Information **Traveller Information** Custom Declaration

Is your trip financed by a third party, which is not your employer nor a government? *

Yes No

What was your country of birth? *

United States of America

What was your nationality at birth? *

United States of America

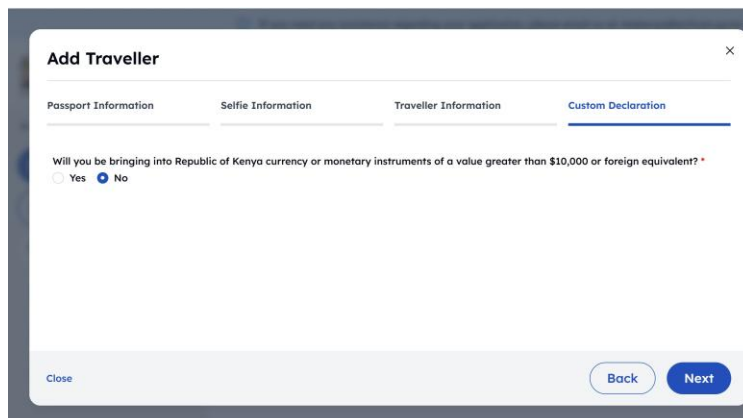
Have you ever been convicted of any offence, under any system of law, in the past 5 years?

Yes No

Have you ever been previously denied entry to Kenya?

Close Back Next

15. This answer should be “No”. Then click “Next”.



Add Traveller

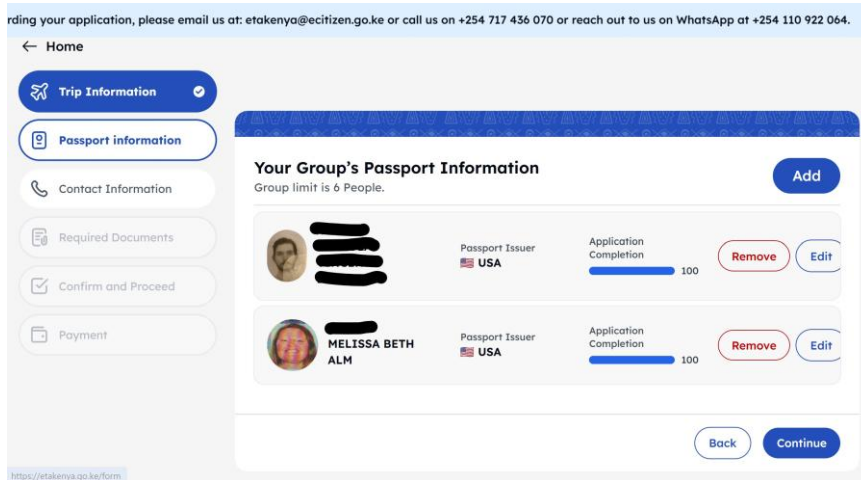
Passport Information Selfie Information Traveller Information **Custom Declaration**

Will you be bringing into Republic of Kenya currency or monetary instruments of a value greater than \$10,000 or foreign equivalent? *

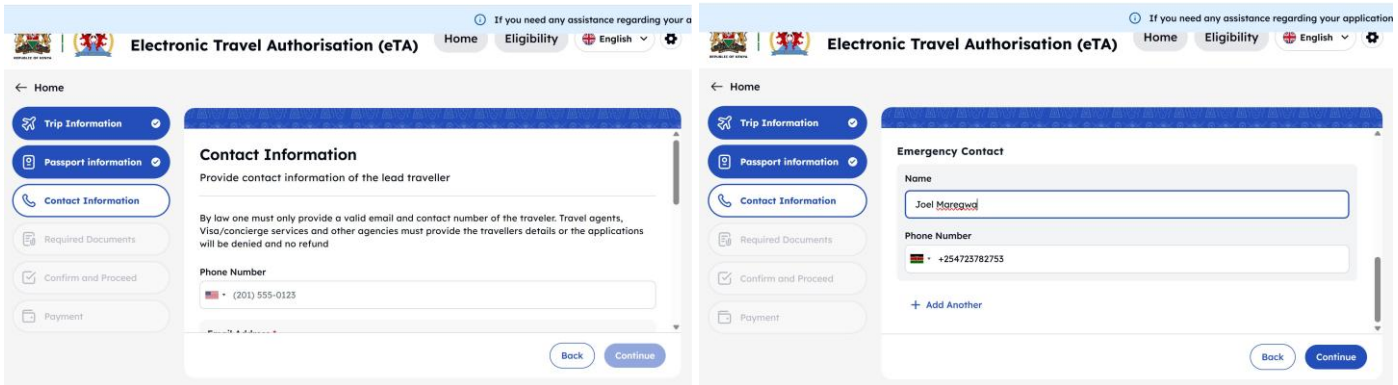
Yes No

Close Back Next

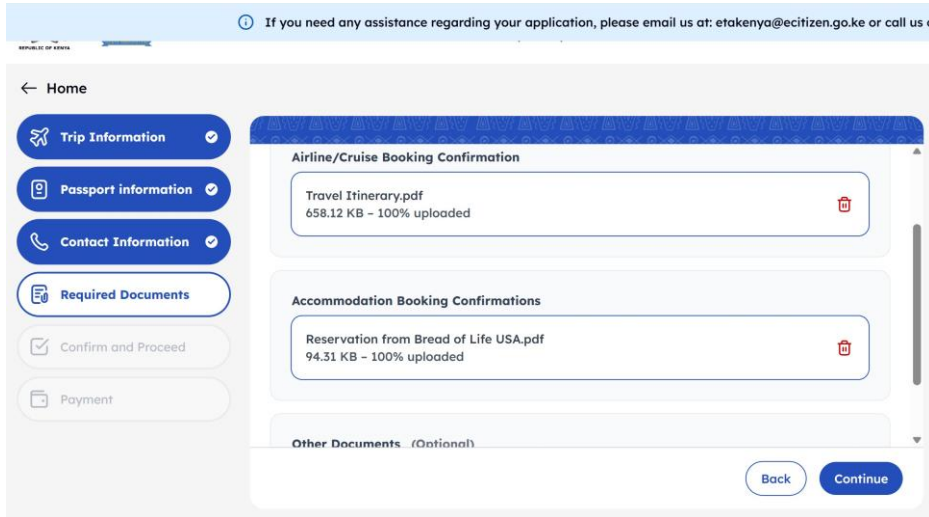
16. Go through the passport/selfie process again to add another individual. When you're finished with your team members (or the maximum number of individuals which is 6), click on "Continue". If you have more than 6 people on your team, it is recommended that each eTA has a leader as one of the 6 members if possible.



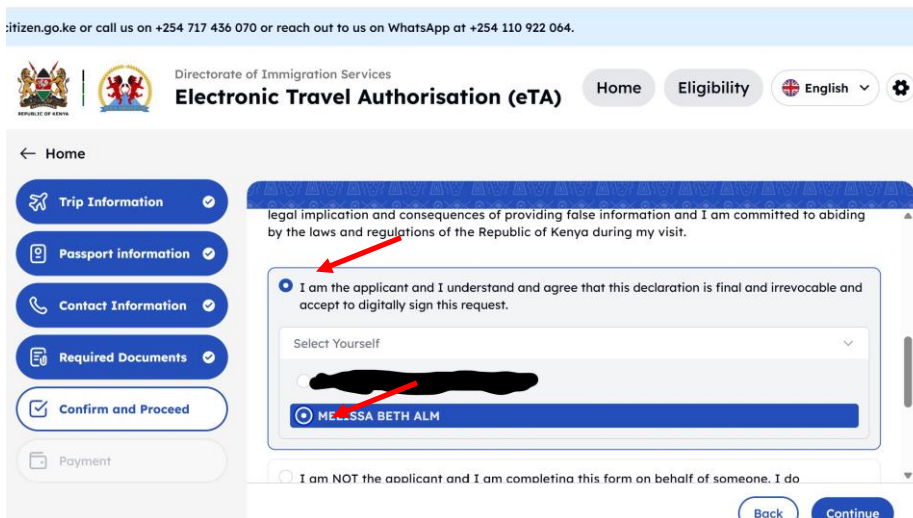
17. Fill out your personal information (phone, address, emergency contact). I would use Joel as at least one of your emergency contacts since he's in country.



18. Upload a PDF of your itinerary with all names included in this given eTA for the “Airline/Cruise Booking Confirmation”. Then upload the reservation you received from Mel as your “Accommodations Booking Confirmation”. Then click “Continue”.



19. On the confirmation page, choose the name of the leader on that eTA as the applicant. Click “Continue”.



20. Choose “Normal” as your Type of TA. Then choose “Standard Application”. Click “Continue”.

Electronic Travel Authorisation (eTA) Home Eligibility English

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Trip Information ✓
Passport information ✓
Contact Information ✓
Required Documents ✓
Confirm and Proceed ✓
Payment

Type of TA

All types are valid for stay in Kenya at 90-day intervals

Normal Expedited

Normal Applications may take longer than 72 hours if demand surpasses supply. For faster processing time, select expedited

Standard Application USD 60
Allows entry into Kenya once

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21. The final page in the application process will allow you to pay the \$30/person (and processing fees) for your eTAs.

on WhatsApp at +254 110 922 064.

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Checkout

SSL SECURED MasterCard SecureCode Verified by VISA

Card Enter Card details

Card number
Expiry date MM/YY CVC/CVV
First Name Other Name(s)
Email Address

Payment for: Travel Authorisation

Reference: BWPQYJ

Status Not paid

Service Amount USD 60.9
Gateway Fee USD 8.1
Total Payable USD 69

22. You should receive an email once your application is submitted and again after you've been approved. If you haven't seen your approval after 3-4 days, use the link sent to you in your email to check on your eTA application. Click on “View” and it will allow you to download as a PDF to print it.

23. Please PRINT your approval form with the QR code, one copy/team member.

Visa for South Sudan

Typically, teams travel to South Sudan through Kenya, so you will need an eTA for Kenya before you leave for your mission trip. You will get a South Sudan visa at the border of Kenya and South Sudan.

Visa for Tanzania

Again, typically, teams travel to Tanzania via Kenya, so you will first need a Kenyan eTA and then will go on to get a Tanzanian e-Visa using the directions below or at the Kenya-Tanzania border. (More info coming!)

1. Go to <https://visa.immigration.go.tz/guidelines>. We will let you know if you can apply ahead of time or will be applying at the border.

FAQs

It's always exciting to go to a new place and experience a new people and culture. To make this experience as comfortable and fruitful as possible, we want to try to answer some of our most asked questions. If you have other questions, please check with your leaders!

Is there any communication between the bush and the US?

YES! Your team leader has the phone number of one or more of the missionaries to leave with leadership back in the US in case of an emergency. In addition, typically, our American missionary Mel will be on site with you during your time in the bush. She will be posting photos and commentary daily to the Bread of Life Facebook and Instagram pages, so make sure your parents, spouses, kids, and friends follow us on social media to get all the daily happenings while you're serving with us.

Can I give gifts to the people I meet?

Bread of Life loves your generous heart to serve the people of East Africa. Thank you for loving them well. You may have brought candy or gifts for the natives here. Your leaders will help you know when it's appropriate to give your the candy out. In terms of gifts or monetary donations for specific people, please talk with your BOL leaders before giving out anything. We are working hard to serve these people the right way, attempting not to create a dependency on others. For more information on why this is important, check out the book *When Helping Hurts* by Steve Corbett and Brian Fikkert.

What about money??

Most of our shopping, regardless of the team, is done in Kenya. Its money is called the Kenyan Shilling (ksh). It typically hovers around an exchange rate of ~125ksh:\$1. It is to your advantage to bring new \$50 or \$100 bills with no tears or markings as dirty **dated either 2017 or 2021**, torn bills may not be accepted and the \$20 bill may not be accepted or will be given a lower exchange rate. **If exchanging funds before coming to the bush, please remember to ask for part of your shillings in small bills** as there are lovely baskets and local wares to buy in the village, but rarely will the shop (duka) owners have much change. 100, 200, and 500ksh notes work best in the bush. Many team members ask how much money to bring for souvenirs and that is totally up to you, but much can be purchased for \$150-200.

Am I Safe?

You are as safe as anyone could be! In fact, you're much safer here in the bush of East Africa than in many places in America. Because we are in the interior of the tribe, we avoid any tribal skirmishes. Bread of Life Mission takes every precaution while you're in country to assure your safety. In Nairobi, you will stay at a secure guesthouse in a safe area of the city. We either fly you to Turkana to bypass any dangers on the road or take private transportation to Tanzania, and at the BOL base, we have security at night to make sure we are not disturbed. There, of course, are the things of nature that we all need to be concerned about - from thorny trees to snakes to scorpions to intense sun - but being aware of our surroundings helps tremendously with avoiding any difficulty in this arena.

Should I bring my camera or other expensive things?

The bush of East Africa is a very safe place, but the people are very curious about outside goods. They want to explore and understand them. Feel free to bring your nice cameras which will be much needed on your safari, but we suggest leaving anything truly valuable at home. Many men and women choose to leave wedding rings at home in favor of a less expensive ring to wear symbolizing your vows. Please be aware that we ask all valuables to be put away at night. We have security in the camp at night, but we don't want something to get misplaced.

Ministry Opportunities

Your leaders are talking with the leaders of Bread of Life Mission to determine what the best use of your gifts and talents may be. There are some general areas that many of our teams serve in, though, which should give you an idea of what you may be doing:

1. Church Services - We typically try to make sure that each of our teams gets to experience church services at least one weekend. You will get to worship with our church families as well as introduce yourselves, potentially give your testimony, take part in the offering, and some will even share the message at church. For each of these you will be working with 1-2 translators, so that the church members can understand you and vice versa.

2. Children's Ministry/VBS - We have children in all of our different villages. You most likely will have the opportunity to lead a VBS with children from toddlers all the way up to 18. You will also have the opportunity to minister to the children in one of our church services.

3. Discipleship - We often give teams the opportunity to take part in our discipleship programs as it brings a new perspective to those being discipled. You may get to take part in our general discipleship, our church leader discipleship, our men's discipleship, our women's discipleship, or our widows' discipleship programs.

4. Hut-to-Hut Evangelism - Although Bread of Life has been in the Namariat area for over 10 years, there are still those who don't know the life-saving love of Christ. Also, you may be serving in one of our new ministry fields. As a foreigner, sometimes your presence and testimony are more likely to open the ears of the people to listen. We may hike out and share our testimonies and the Gospel with those who need it.

5. Prayer Ministry - Some teams choose to partake in a half- or full-day of prayer and fasting for the work God is doing in the remote mission fields.

6. Construction - The mission attempts to partner with the local people to provide various services that require actual buildings. From clinics to schools to churches, you may get to be part of what God is doing within the community. You may also get to be part of what God is doing to prepare the Bread of Life Mission base for more teams to come serve. From building bathrooms to a kitchen to dorms, your effort will go toward what God is doing here in East Africa in the lives of both the locals and the foreign mission teams.

7. Medical Care - We have an incredible opportunity to partner with the small clinic here near our original village as well as taking medical care to those farther into the bush that don't have a medical facility near them.