



INDIANA UNIVERSITY

CENTER FOR GLOBAL HEALTH EQUITY

AMPATH KENYA LOGISTICS AND TRAVEL MANUAL



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Contact Information

Updated 7/2023 VE

- **To call Kenya from outside of Kenya:** dial the international code (+254), then dial the city code and then the 5-8-digit telephone number.
- **To call within Kenya:** a zero is required before the “area code” when calling from within Kenya. Omit the zero when calling from outside of Kenya.

ADDRESS FOR IU HOUSE: PO Box 5760-30100 Ramogi Drive, Opp. Shayona Nursery School, Eldoret

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Suzanne Goodrich, MD Co-Field Director of Research	IU House	C: 011 254 (0)717 658 383 spgoodri@iu.edu
Kwa Kila Hali Safaris Netta and/or Christine	Eldoret & Nairobi	P: 011-254-(0)20-248-653 C: 011-254-(0)722-725347 netta@nettaruthmann.com info.kwakilahalisafaris@gmail.com
Endoroto Travel	Eldoret	C: 011-254-(0) 721-376-197

Damarice Wathika		endorototraveltd@gmail.com
Taxi Max Eldoret-based taxi service	Eldoret	P: 011-254-(0) 725-885-733
Joseph Chacha/Mangrove Tours Eldoret-based taxis	Eldoret	P: 011-254-(0) 53-2060236 C: 011-254 (0) 721-215-074
Francis Dagala Eldoret-based taxi driver	Eldoret	C: 0721-410-253
U.S. Embassy Nairobi	United Nations Avenue Gigiri, Nairobi, Kenya	P (Business Hours): +254 (20) 363-6451 P (Outside Business Hours): +254 20 363 6000 kenya_acs@state.gov
Consular Section/American Citizen Services		P: +254 (20)375-3704/375-3700
Canadian Embassy in Kenya		P: (+254-20) 366 3000 Alternate Phone: 0734420366 After Hours Emergency Consular Services: +1 613 996 8885, sos@international.gc.ca
Regional Security Office		P: +254 (20)363-6301
Foreign Commercial Service		P: 254 20 363-6000
IUPUI Study Abroad Emergency Phone		P: 001-317-409-2925
GeoBlue Insurance 24/7 medical assistance and evacuation for policy holders		Emergency P (Collect Calls Accepted): +1.610.254.8771 globalhealth@geo-blue.com Plan Information: P (Outside the U.S.) +1.610.263.2847 P (Toll Free Within the U.S.): 1.844.268.2686 customerservice@geo-blue.com
Blue Cross Global Core Service Center – medical insurance for student policy holders		1-800-810-2583 (BLUE) Collect: 1-804-673-1177
Anthem – medical insurance for resident, faculty and staff policy holders		Member services: 1-844-736-0920 Pre-certification: 1-866-643-7087
Assist America 24/7 medical and evacuation assistance (for resident, faculty & staff policy holders)		1-609-986-1234 (outside the US) 1-800-872-1414 (within the US) medservices@assistamerica.com
Academic Emergency Services 24/7 medical and evacuation assistance (for student policy holders)		1 (610) 263-4660 855-873-3555 (within the US or Canada) assistance@ahpcare.com
Kenya – Emergency Numbers Police Fire Ambulance		999, 112, or 911 999 999

www.ampathkenya.org

Timetable of Tasks

Updated 08/2023 JTB, VE

Due Date	Activity
Orientation	All: Become familiar with program goals and objectives. Review Clinical Manual, Logistics & Travel Manual, Required Reading for additional information.
AT LEAST 3 months pre-departure	All: Obtain passport . Must be good for at least 6 months <i>after return</i> .
3 months pre-departure	All: Obtain plane tickets to Nairobi online (e.g. through Kayak, Orbitz, etc.) or through a travel agent.
	All: Obtain plane tickets from Nairobi to Eldoret through Jambojet . Allow for at least two hours between your arrival in Nairobi and your next flight. <i>It is not permitted to take a car from Nairobi to Eldoret.</i>
	All: Obtain appropriate immunizations and malaria prophylaxis. <i>Most insurance companies will only give a 1-month supply, so fill the malaria prescription twice before you leave, one month apart (or, call to get prior authorization from your insurance company for a 2-month supply).</i>
AT LEAST 2 months pre-departure	IU Students: Complete all online iAbroad requirements.
	<p>ALL: Complete Kenya Visitor Information Form as soon as travel dates are known. This is the method for reserving a room at IU House and to register for a Kenyan medical license, if applicable.</p> <p><i>You will need:</i></p> <ul style="list-style-type: none"> ● Scanned copy of passport information pages ● Travel medical insurance information and insurance card copy, if not on an IU plan ● Copy of your flight information for travel TO Kenya and WITHIN Kenya (Nairobi to Eldoret) * ● Kenyan visa document* (click here to apply for your visa) <p><i>*Flight information and visa may be uploaded at a later time if not yet available</i></p> <p>Faculty, fellows, and residents: You will need to upload additional documents for your Kenyan medical license when you complete the Visitor Registration Form. See medical licensing section for more details.</p>
1 month pre-departure	All: Register with the U.S. State Department's Smart Traveler Enrollment Program (STEP)
	All from IU (optional but encouraged): Attend refresher orientation with Jenny Baenziger, MD. Check Canvas for times and/or email Victoria Eder.
	All: Contact Team Leader(s) with arrival/departure dates and one paragraph describing your global health experience, future global health plans, and career goals.



2 weeks pre-departure	All: Download WhatsApp prior to arrival on whatever phone you choose to use while in Kenya. Make sure team leaders and Kenyan contacts are saved in your phone.
	All: Let your credit card company and bank know the dates and locations of your travel.
	IU Students and Residents: payment for your housing is due before you arrive in Kenya. You will receive an invoice after your housing reservation has been confirmed. See budget for estimated costs. Make checks payable to “IIGH, Inc” or pay via PayPal to IIGH.Kenya@gmail.com .
0-2 weeks after return	All IU House guests other than IU students and residents: an invoice for your housing costs will be provided to you upon checking out of IU House. See budget section for estimated costs. Make checks payable to “IIGH, Inc” or pay via PayPal to IIGH.Kenya@gmail.com .
3 weeks after return	IU Students, residents, and fellows: Complete debriefing assignments on Canvas (see Clinical Manual for guidelines). Attend 1-hour debriefing session with Jenny Baenziger, MD
8-10 weeks after return	Get PPD at Campus Health or via your physician. Report positive results to Jenny Baenziger, MD (no need to report negative results).



Expected Costs/Budget for Kenya

Updated 07/2023 JTB, VE

All costs are the responsibility of the participant.

IU Students:

- All: Contact [Jose Espada](#) about applying for the International Elective student scholarship.
- Minority Students: Contact Victoria Eder about the Brater Scholarship for minority students.

Residents: Many programs allow you to use your CME/book money for travel expenses.

All prices are in USD

Travel	Low end	High end	Notes
Passport	\$0	\$110+60 for expedited fee if needed	Must not expire within 6 months of return.
Flight to Nairobi	\$800	\$2,000	Book early.
Hotel in Nairobi	\$0	\$200	You can opt to sleep in airport until next flight.
Taxi to/from airport in Nairobi	\$0	\$30 (\$15 x2)	Many hotels have free airport shuttles.
Flight to Eldoret	\$100	\$200	
Taxi to IU House from Eldoret airport	\$10	\$15	Arranged by IU House
Flight insurance	\$0	\$50	Completely optional. Covers the cost of travel that has to be changed. Obtained through airlines or private companies.
Single-Entry Visa	\$51		Required for all visitors
Pupil Pass (type of visa)	~\$50		Required for students only
Special Pass (type of visa)	~\$105/month		Required for some faculty/non-trainees. Contact AMPATH Visitors Team to confirm.
Taxi to/from hospital after hours	\$0	\$15 (\$3 x5 days)	
Tips	\$30	\$60	

Room/Board

Please note that all IU trainees are required to stay at IU House or the student hostel.

All fees include meals at IU House unless otherwise noted (excluding Friday evening-Sunday lunch).

All fees are per person, per day.

Category (Short-Term Rates)	1-29 Days	30-89 Days	Room Type
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AMPATH Consortium - Students	\$15/day	\$15/day	Shared room at Moi University Student Hostel
	\$35/day	\$26/day	SQ - small, shared room in annex to a main house (bathroom located next to the SQ)
AMPATH Consortium - Residents and Fellows	\$53/day	\$44/day	Shared room in main house
AMPATH Consortium – Non-Trainees (e.g., faculty, staff)	\$86/day	\$68/day	Bedroom with or without ensuite bathroom, subject to availability
Non-Consortium Members (any role)	\$110/day		One of the above options based on visitor role (e.g., student, faculty, etc.) and room availability
Category (Long-Term Rates)	90-364 Days		Room Type
AMPATH Consortium – Non-Trainees (e.g., faculty, staff)	\$675/month (lodging only)		Ensuite room
	\$450/month (lodging only)		Non-ensuite room
AMPATH Consortium - Trainees	Contact AMPATH Visitors Team for rates		
Health and Safety	Low end	High end	Notes
Immunizations	\$0	\$385	Check with your insurance company.
Travel medical insurance	\$0	\$200	MANDATORY. Must cover evacuation and repatriation and must not have COVID exemptions.
Malaria prophylaxis	\$20	\$200	
AMREF Evacuation Insurance: Maisha Bronze	\$25 for one year of coverage		MANDATORY for all AMPATH visitors.
Professional	Low end	High end	Notes
Kenyan medical license (residents and faculty only)	\$195 (typical)	~\$1,100 (long-term faculty only)	Not applicable to students. See medical licensing section for more details.
Kenyan physician assistant license	\$195	N/A	See SOP for details
Kenyan nursing license	\$135 (0-3 months)	\$335 (7-12 months)	See SOP for details
Personal	Low end	High end	Notes
Weekend excursions	\$0	\$2,000	Depends on how many taken and the # of people traveling. A

			weekend safari is usually ~\$200-500.
Food	\$50	\$200 for meals eaten not at IU House	Includes food eaten while traveling and food eaten when there are not prepped meals at IU House.
SIM card for phone	\$2	\$10	
Data for phone	\$20	\$40	There is Wi-Fi in one area of the hospital (Chandaria center) and there is reliable Wi-Fi at IU House.
Laundry	\$20	\$100	\$2.50 / load if you do it \$5 / load if you have IU housekeepers do it (includes ironing)
Souvenirs	\$0	\$400	Just remember you have to get them home!
Swahili lessons	\$0	\$50	Approximately \$5/lesson per person.

Additional Notes on Food:

- Lunch at Mother and Baby Hospital, 50-80 KSH
- Meals at IU house (if not included in room rate): 450 KSH for lunch, 650 for dinner, 800 for Wednesday catered dinner
- Restaurants in town vary 400-1500 KSH per meal

Packing List

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Note: There is a medium-sized hotel-type safe in each room in the IU House and hostel. There are several large stores in Eldoret that have household goods, toiletries, groceries, etc.

Travel

- Passport: must not expire within six months of your return date
- Printed-out copy of e-visa
- Paper copies of passport, driver's license, itineraries, contact info for program folks and friends/family
 - Keep all copies in a different place than the originals
- Money belt or pouch
- Debit card
- Credit card: some ATMs don't accept debit cards, so a credit card is necessary. Make sure to call the bank ahead of time and let them know you'll be traveling outside the U.S.
- Immunization records
 - A yellow international vaccination book is not needed for entry into Kenya, but may be needed if traveling to neighboring countries
 - Proof of COVID vaccination is required as of June 2022. See [Embassy in Kenya website](#) for latest entry requirements.
- Copies of prescriptions for medicines and glasses/contacts
- Travel health insurance card
 - For residents/fellow: Need your IU health insurance card, see more info [here](#).
- Contact card: containing the street addresses, phone numbers, and e-mail addresses of the following:
 - Family member or close contact remaining in the United States
 - Health care provider(s) at home
 - Lodging at your destination
 - Hospitals or clinics (including emergency services) in your destination
 - US embassy or consulate in the destination country or countries

Attire

Notes:

- You will wash your own clothes (or pay to have it laundered), so bring enough for about one week.
- Layer! Temperatures are often cool in the mornings then quite warm by the middle of the afternoon. There is no indoor heating, so slippers/warm socks are important.
- Pack a couple of days' worth of clothes in your carry-on bag in case your checked luggage gets lost on the way.
- It is not appropriate to wear shorts outside of the IUH compound, even for exercise. Bring athletic pants or capri pants if you plan to run outside of the IUH compound.
- In general, Kenyans dress more formally than we do.
- People wore scrubs at work but most registrars (residents) and consultants (attendings) have gone back to wearing professional attire. It's better to be overdressed than look too informal, especially since you



are a visitor. Bring 2-3 sets of scrubs but **PLAN TO WEAR PROFESSIONAL DRESS UNLESS YOU ARE EXPLICITLY TOLD OTHERWISE BY YOUR SENIOR RESIDENT OR ATTENDING IN KENYA.**

Men:

- Button-up dress shirts
- Ties: plan to wear it every day at the hospital (may not need it depending on Kenyan consultant)
- Dress pants
- Undergarments
- Sport coat: only for faculty

Women:

Note: Kenyan women do not show their thighs, midriff, or cleavage.

- Dress pants or skirts (either is culturally acceptable; wear whatever is comfortable)
 - Skirts should be at or below the knee
- Shirts for work: avoid spaghetti straps and very short sleeves
- Undergarments

Everyone:

- Fleece, light jacket, or sweatshirt – it gets chilly in the evenings
- Clothes to relax in while at “home” (IU House or hostel):
 - Yoga/casual pants / jeans / shorts
 - T-shirts
- Shower sandals that have traction
- Work shoes: ones that can get dusty/muddy then rinsed off (often daily)
 - Crocs (ballet slipper version for women); if going to the OR, bring crocs without holes.
- Hiking shoes, tennis shoes or sturdy sandals
- Hats, gloves, and thick socks IF you plan to climb mountains
- Zip-off hiking pants: optional, but nice for hikes
- Headbands for windy car trips

General Living

- Laptop: there is always a risk of something getting stolen (as there is anywhere), so lock it in your safe when not using it.
- **Unlocked** smartphone: get an old one to take with you if you don't want to bring your regular phone
 - See “Arriving in Kenya” for info on buying a Kenyan SIM card in the Nairobi airport. This allows Wi-Fi access.
 - Download WhatsApp prior to arrival on whatever phone you choose to use while in Kenya.
- Alarm clock (if not available on your phone)
- Converter: may be needed for electronic toothbrushes, hair dryer, phone charger, laptop charger, etc.
- Universal adapter
- Sunscreen: available in Eldoret but very expensive (~\$30/small tube)
- Sunglasses: inexpensive ones
- Lotion: it can be very dry there

- Chapstick with sunscreen
- Unique hygiene items: almost all regular hygiene items can be bought at grocery stores there, for a price
- Small supply of feminine products: pads and tampons are available in Eldoret
- Razor
- Tweezers
- Fingernail clippers
- Reusable water bottle
- Books for pleasure reading
- First aid kit: band aids, cipro or TMP/SMX, Imodium, stool softeners, acetaminophen, ibuprofen, antibiotic ointment, Gravol
- Personal prescriptions: bring enough for your entire trip and take in the original pharmacy bottle. Airports don't like unmarked bottles of pills.
- Malaria prophylaxis: take enough for your entire trip. Don't fill your script at the last minute! You may need to work with your insurance company to get enough to last the whole trip.
- Eyeglasses (consider bringing an extra pair) and/or contacts with sufficient solution for two months
- Bug spray: any DEET-containing product is effective. Picardin is an effective, safe non-DEET alternative. You can treat your clothes prior to leaving home or once you're there.
- Hand sanitizer: two small bottles. It is available at grocery stores there.
- Day pack for hiking or weekend trips
- Rain jacket
- Umbrella
- Bathing suit (for travel)
- Mesh laundry bag or sturdy pillow case, especially for students who will be living in the hostel
- Camera

Medical Equipment

- IU name tag
- White coat
- Stethoscope
- [Thermometer](#): forehead thermometer is useful for Peds wards (quicker and easier to use)
- Pulse oximeter with a waveform indicator to let you know if you are getting quality data (if doing Peds consider one that is sized for infants + a larger one)
- Blood pressure cuff with infant, pediatric, and adult cuffs
- Small measuring tape in cm for measuring mid upper arm circumference
- Notebook or notecards to keep notes on patients (can be bought there as well)
- Pens (can be bought there as well)
- Pen light
- Reflex hammer: useful there as it is sometimes difficult to obtain imaging and lab results for patients with altered mental status and a detailed neurologic exam can be invaluable
- Otoscope and ophthalmoscope (optional, but helpful)
- Pocket hand sanitizer

If doing Peds:

- [Hospital Care for Children](#) (WHO Pocketbook): available in book form, as a PDF, or as free smartphone app
- Past residents have recommended the app Pediatric OnCall for med dosing
- Optional: Pediatric Cardiology by Myung Park, MD

If doing surgery:

- Scrubs x3
- Shoes for the operating room (for dedicated use only in the OR)
- Sterile gloves in your size (ORs only have size 7 and 7.5)
- OR glasses for splash protection
- Sterile gowns
- Energy bars

If doing OBGYN:

- Same as above for surgery
- Measuring tape (to measure fundal height)
- Optional: handheld fetal Doppler (can be found for ~\$60 online)

Optional

- Gifts for Kenyan counterparts
 - **For medical students:** penlights, pulse ox, otoscope/ophthalmoscope that you are not using, IU gear, favorite medical textbook (ideas: Maxwell's), BP cuff
 - Bring at least four, as there are usually two Kenyan medical students on a rounding team
 - **For kids in the Sally Test Center/rural clinics:** stickers!, stapler w/ staples, bubbles, colored paper, colored pencils (with non-electric sharpener), crayons, markers, stickers, Sharpies, beads, feathers, balloons, yarn, song books, coloring books, learning activity books (ages 5-18 yrs.), games, books (ideally featuring black people), CDs of kids' songs, world maps
- Binoculars: optional, but a must if you plan to safari!
- Hat
- Multifunctional tool
- Flashlight and/or headlamp
- Clorox wipes to wipe medical equipment clean
- Crystal Light, diet drinks, instant coffee (all difficult to find in Eldoret; bring if it's important to you)

What NOT to bring

- × Valuables that cannot be replaced
- × Travelers cheques
- × Significant amounts of U.S. cash
- × Large supply of feminine products: pads and tampons are available in Eldoret
- × Used, expired, or broken medical equipment
- × Things provided for you at IU House: towel, washcloth, sheets, blankets, pillow, laundry detergent, plenty of clean water

Visa Application

Updated 6/2022 JTB, VE

We recommend that all visitors apply for a tourist visa, which must be obtained online prior to arriving in Kenya. Depending on the visitor's role (e.g. trainee vs. faculty) and length of stay, they may also be required to submit an additional immigration application (e.g. pupil pass, special pass, etc.).

Online Visa Application:

- Apply for an e-visa at:
- Cost: \$50.00 USD PLUS \$1.00 processing fee (payable by credit card online)
- **Application:**
 - Contact info for IU House Program Administrator in Kenya: Dunya Karama, (0)721-724-633
 - Reason for travel: TOURISM
 - Hotel reservation: you may either upload your Nairobi hotel reservation or submit the AMPATH Visitor Information and upload the lodging confirmation email you receive from IU House.
- After applying and paying for the e-visa, the **e-visa form should be downloaded and printed**. Ensure that the e-visa form contains a barcode near the upper right-hand corner of the document.
- **Keep the printed e-visa for presentation at immigration at the port of entry into Kenya.**
- Also, print a copy of the paid invoice/receipt for proof of payment if questioned.

Other Required Immigration Applications

Once you have submitted the AMPATH Visitor Information Form, the AMPATH Visitors Team will work with you to apply for the relevant immigration application, if required.

- **For students:** Pupil Pass – 5,050 ksh
- **For faculty/staff spending >30 days in country:**
 - a. Special Pass – 15,000 Ksh per month (or portion thereof) for duration of stay
 - b. Work Permit — for faculty/staff in country for >180 days; contact visitors@ampathkenya.org if this applies to you.
 - c. Foreign Registration Card – 2,000 ksh
- **For residents and fellows:** Updated guidelines forthcoming. Confirm appropriate application with Victoria Eder at least one month prior to travel.



Travel Health Insurance Policy

Updated 6/2022 JTB, VE

ALL travelers are required to have travel health insurance that includes:

- Health problems while traveling
- Repatriation
- Evacuation
- Medical evacuation specifically for COVID

Please note that travel *health* insurance (which is like normal health insurance but is applicable while traveling) is different than *travel insurance*, which covers the cost of your flights and travel arrangements if your plans change.

Please carefully read the insurance documents to learn what is and is not covered.

- **MAKE SURE YOUR INSURANCE DOES NOT EXCLUDE COVERAGE FOR COVID.**

Urgent transport

Due to logistics of getting urgent transport from Eldoret to Nairobi, **ALL TRAVELERS MUST PURCHASE [AMREF Flying Doctors “Bronze” insurance plan](#)** (\$25/year) to cover transportation in case of medical evacuation to Nairobi for COVID.

IU Residents and Fellows

The insurance provided to all residents through the GME office covers travel health insurance, repatriation, and evacuation as part of the Group Long Term Disability insurance plan. The service is provided through Assist America Global Emergency Services.

Make sure to PRINT your travel health insurance ID card before you travel. See the bottom of [this page](#) for the link to your card.

*** If you have opted OUT of the standard plans offered by IU, travel health insurance is very likely NOT covered by your insurance plan. You will need to purchase it separately. Thankfully, it is relatively inexpensive and is usually a simple online application. Some recommended options:

- [Multinational Underwriters, Inc.](#)
- [SOS Insurance](#)

IU Medical Students

The insurance plan offered by IU School of Medicine covers travel health insurance, repatriation, and evacuation through Academic Emergency Services / Anthem Blue Cross Global Core Program. See [this handout](#) for more information on Academic Emergency Services and [this page](#) to print a copy of your coverage card.

*** IU medical students who have opted out of the standard plans offered by IU are required to purchase the insurance offered through IUUPI (information in iAbroad).



Kenyan Clinical License Applications

Updated 06/2022 JTB, VE

Residents and physician faculty are required to have an active, valid Kenyan medical license to participate in any patient-facing work (CLINICAL OR NON-CLINICAL) and/or access any clinical areas of the hospital campus. Please note that visiting medical students do not need a license.

For guidance on applying for a **nursing** or **physician assistant** license, please see the relevant standard operating procedures document, located [here](#).

The application pathway for which you are eligible will depend on your role (resident vs. faculty) and the length of your stay. The options include:

Application Type	Available to	Cost
Short-Term/Temporary License	Those with stays less than 60 days	\$195
Pre-Registration Exam*	Residents with stays greater than 60 days	~\$750
Peer Review**	Faculty with stays greater than 60 days	~1,100

All applications are completed through the [AMPATH Visitor Information Form](#). The application fee should be paid via PayPal, sent to IIGH.Kenya@gmail.com, upon submission of the visitor information form. A small part of this fee covers someone to prepare and submit your application to the Kenyan authorities.

NOTE: If you applied and were approved for registration in the Kenya Medical Practitioners and Dentists Council (KMPDC) online system in 2021, you do not need to apply for one of the options above. Visit the [KMPDC portal](#) to renew your annual license.

You will need to upload:

- Your completed application form(s) (these forms are available for download in the [Visitor Information Form](#))
- Your CV
- A scanned copy of your medical school diploma
- A scanned copy of your US/Canadian medical license
- A passport-sized, color photo of yourself
- Three letters of reference **on letterhead** and **signed**, addressed to the Kenya Medical Practitioners and Dentists Council. Letters of reference do not need to be elaborate; three to four sentences will suffice.
- A copy of your board certificate; OR, if you are a resident, a letter from your home institution stating that you have successfully completed X years of training and are in good standing in your specific residency program (e.g. Indiana University's Internal Medicine Residency Program)

*As this is an arduous process, this option is not recommended. Residents staying in Kenya greater than 60 days are encouraged to either apply for a short-term/temporary license (valid only for a set, two-month period of your total stay) or reconsider doing clinical work while in Kenya.



** If you do not wish to apply for peer review and do not have a KMPDC online account, you may either apply for a short-term/temporary license (valid only for a set, two-month period of your total stay) or opt out of doing clinical work while in Kenya.

Guidance for LGBTQIA+ Visitors

The information here aims to provide LGBTQIA+ Lesbian, Gay, Bisexual, Transgender, Queer, Intersex and Asexual and more (LGBTQIA+) visitors to Kenya and their allies with valuable insights into the cultural differences you may encounter, offer guidance for navigating Kenyan culture, and provide safety tips while respecting your LGBTQIA+ identity. We welcome LGBTQIA+ visitors at Indiana University (IU) House and strive to provide a safe and supportive environment, while also respecting differences between Kenyan and American culture and law.

Local Laws and Culture

In Kenya, same- sex sexual activity between men is illegal and attracts a fine or jail term of 5–14 years for those convicted of practicing it. The Kenyan law, sections 162–165 of the Penal Code, criminalizes both actual and attempted same-sex behavior between men. Section 165 of the Kenyan Penal Code states that men who commit acts of “gross indecency,” which involves kissing, hugging, holding hands, cuddling, sleeping on the same bed, or touching any body part as a way of achieving sexual pleasure, can be sentenced to 5 years in prison.² In May 2019, judges of the High Court of Kenya unanimously declined to repeal Sections 162 and 165 of the Kenyan Penal Code².

There have been instances of transgender women being identified as men and arrested for same-sex sexual activity between men⁴. Female same-sex sexual activity is not explicitly prohibited by law, but LBQ women are not recognized. Openly identifying as lesbian, gay, bisexual, transgender, or queer in Kenya is not illegal; Kenya’s laws criminalize sexual acts, not identities. There have, however, been instances of trans and gender non-conforming individuals being charged with impersonation and fraud under section 382 of the Kenya penal code. Currently, there are no laws restricting the discussion or promotion of LGBTQIA+ topics. Given the existence of these laws that criminalize same sex sexual activity, it is important to exercise caution and discretion during your stay. Kenyan culture is rich in diversity and while attitudes toward LGBTQIA+ individuals vary, it is important to acknowledge that conservative views are prevalent. Kenyans who identify as LGBTQIA+ are not infrequently disowned by their family members, evicted by their landlords, and terminated by their employers. Despite the existence of some legal protections against discrimination, these protections are often not enforced.

Public support for LGBTQIA+ rights in Kenya has been gradually changing. The Gay and Lesbian Coalition of Kenya (GALCK: <https://www.galck.org>) is a national organization that specifically advocates for LGBTQI rights and has a local chapter in Eldoret. Other organizations in Kenya advocate for human rights, including LGBTQIA+ rights, more broadly.

Open discussions about LGBTQIA+ issues in Kenya may be met with discomfort or resistance. Maintain a respectful approach when interacting with Kenyan colleagues and patients. Cultural sensitivity and a willingness to understand others’ perspectives can foster positive relationships.

Safety and Privacy in Kenya

- Consider your personal safety before disclosing your sexual orientation or gender identity, if different from your perceived gender presentation. While being true to yourself is important, understand that cultural norms and attitudes may not align with your own. Evaluate the potential risks and make decisions that



prioritize your safety and comfort. It is generally advisable to maintain discretion regarding your sexual orientation.

- Trans and gender nonconforming individuals may be assumed to be gay or lesbian, as sexual orientation and gender identity are not commonly recognized as separate concepts in Kenya. Additionally, the use of pronouns that do not match an individual's perceived gender presentation may not be understood or accepted.
- Public displays of affection (for both same sex and opposite sex relationships) or discussions about LGBTQIA+ issues may attract unwarranted attention or discomfort. Being mindful of the social context will help you have a more positive experience.
- Exercise caution when using social media and other online platforms, as your activity may be subject to scrutiny by a public audience. Be mindful of sharing personal information or photos that could compromise your or someone else's safety or privacy.
- Use of dating apps (Tinder, Grindr, Scruff, and Jacked -for same-sex or opposite-sex relationships) is highly discouraged for safety reasons. Within Kenya these apps have been used to extort, blackmail, drug, rob, and sexually assault users. This includes women targeting men.
- Taxi drivers and taxis at night can create vulnerability. Only travel with IU House approved taxi drivers (Taxi Max, Chacha, Francis, Dennis – contacts provided in orientation materials) and always avoid riding in a taxi alone at night. Trust your instincts and prioritize your safety. If you feel uncomfortable or unsafe in any situation, remove yourself from it and seek assistance.
- Stay updated on current events, especially those related to LGBTQ rights and safety in Kenya and the Eldoret area. All AMPATH Kenya visitors are added to an Emergency WhatsApp group maintained by IU House. Before you travel, register for [STEP](#) (Smart Traveler Enrollment Program) through the U.S. State Department. A good source of local news include the Daily Nation newspaper which is available online at <https://nation.africa/kenya>

Mental Health Support

It is essential to prioritize your own mental health and well-being throughout your rotation. Before you leave home, consider seeking support from local mental health professionals or online LGBTQIA+ support groups to support you through any challenges you may encounter. Identify supportive colleagues, both within and outside of the LGBTQIA+ community, who can provide a network of allies during your rotation. Establishing these connections will create a sense of belonging and understanding. The faculty at Indiana University House are available to discuss any concerns or questions you have about navigating local dynamics regarding any aspects of your LGBTQIA+ identity.

IU House

Creating a safe environment is of utmost importance to AMPATH. Same-sex couples can request a shared room on the AMPATH Visitor Information Form. If you identify as LGBTQIA+ and would like additional information or advice before traveling to Kenya, please reach out to Victoria Eder (vneder@iu.edu), who can connect you with a Team Leader in Eldoret.

For general LGBTQIA+-related resources on traveling abroad, see the [IUPUI Study Abroad](#) website. The GALCK: <https://www.galck.org>) also has a FAQ section that may be useful to read.

Citations:

¹ ["Know Your Rights."](#) Gay and Lesbian Coalition of Kenya, 8 May 2022.

² Cush, Merxcine. ["Blow to LGBTQ as High Court Declines to Repeal Section 162 of the Penal Code."](#) KahawaTungu, 24 May 2019.

³ KHRC-Kenya Human Rights Commission. “The outlawed amongst us: a study of the LGBTI community’s search for equality and non-discrimination in Kenya.” (2011).

⁴ Kuria, Milka Wahu and Shelmith Gatwiri Maranya. “[The Legal Impunity For Gender-based Violence Against Intersex, Transgender, And Gender Diverse Persons In Kenya: A Legal Recognition Issue For The African Human Rights System.](#)” Stellenbosch Law Review, Volume 33 Issue 1, 2022, p. 100 – 122.

Your Health Abroad

Updated 7/2023 JTB

Below is information about the major health risks abroad. These are not unique to Kenya, and with precautions and common sense, Eldoret is a very safe place to visit and study. **YOU ARE RESPONSIBLE FOR YOUR OWN HEALTH WHILE IN KENYA.** Outside of business hours, the Team Leaders will only assist in unpredictable, severe emergencies (Internal Medicine TL for adults, Pediatrics Team Leader for children).

Foodborne Illness

Foodborne illness is common. The **ONLY** safe water to drink in Kenya is bottled or boiled. IU House has an ample supply of boiled water at all times. **Do not use the tap water at IU House or the hostel to drink or brush teeth.** Avoid street food and fruits or vegetables that can’t be peeled (berries) or cut by you using a sterile knife. Wash your hands thoroughly before eating.

Transportation / Vehicle Safety

Motor vehicle accidents are the most likely route of injury while traveling in Kenya. Never ride without using a seat belt; if a taxi comes that doesn’t have seat belts, politely wait for another one. Parents should bring car seats or applicable booster seats for children and use them during all travel; taxis frequently have the usual car seat-strapping mechanisms. Students and residents are never allowed to ride in a matatu (15-passenger van), moped, or motorcycle; doing so is cause for immediate return home at the individual’s expense with loss of credit for the rotation.



Walking

Wear shoes with proper soles due to glass, rocks, etc. on the ground. When walking on a roadside, be aware many cars may not have headlights. Per IU House policy, guests may not walk alone after dark outside of the IU House compound for any reason. If at the hospital after dark, take a taxi home.

Mental Health

Those with mental health disease (depression, anxiety, PTSD, etc.) should be cautioned about travel to Kenya. If your disease is moderate/severe or is unpredictable in any way, **DO NOT** travel to Kenya. If your condition is mild or stable, please talk to your loved ones, counselor, and physician about coping mechanisms, treatment abroad, and contingency plans.

Sex

- Should you choose to have consensual sexual activity in Kenya, know your partner's HIV status before you choose to proceed. Always use condoms regardless of their HIV status. Condoms and abstinence are the **ONLY** ways to protect against STDs of all varieties.
- There are support and resources available for sexual assault and nonconsensual sexual encounters. IU has a victim-supportive stance. See section on Safety and Sexual Assault Information for more information.
- Zika virus: See the [CDC site](#) for more information. Pregnant women should not travel to Kenya. Women *and* men should avoid pregnancy for six months after traveling as even asymptomatic Zika is sexually transmitted.

HIV Post-Exposure Prophylaxis

HIV post-exposure prophylaxis is available no matter how the exposure occurred (bodily fluid exposure in the hospital/clinic, consensual or nonconsensual sexual contact, etc.). See HIV exposure section for more details.

Malaria Prophylaxis

- Use **BUG SPRAY**. Any DEET-containing product is effective. Picardin is an odorless, effective, and safe non-DEET alternative.
- Bed nets are available in every room at IU House and the hostel and we recommend using them.
- The CDC recommends malaria prophylaxis for travel to all areas of Kenya. Drug options for prophylaxis include:

Atovaquone-proguanil (Malarone): This is usually the preferred choice.

- Dosing: Daily
- NOT for use in pregnancy
- Adverse effects: GI upset, insomnia, HA, rash, mouth ulcers

Doxycycline

- Dosing: Daily
- NOT for use in pregnancy
- Adverse effects: esophagitis

Mefloquine

- Dosing: Weekly
- Adverse effects: GI upset, lightheadedness, HA, difficulty concentrating, mood swings, strange dreams, neuropsychiatric effects (5%)
- Contraindications: seizures, depression, anxiety, QT prolongation, bradycardia
- Prescription for whichever medicine you choose may be written by Campus Health or your primary care doctor, who is welcome to contact Jenny Baenziger, MD, for questions. Alternatively, you may schedule an appointment with Dr. Baenziger's office at Eskenazi Health North Arlington (317-554-5200); both in-person and phone visits are available.
- **FILL YOUR PRESCRIPTION EARLY.** Most insurance companies will only fill a 30-day supply unless you call and request preauthorization for a greater supply. You will need enough for your entire travel time.

Immunizations



See the [CDC webpage](#) for the most up to date recommendations. Currently recommended are: Hepatitis A, Hepatitis B, Typhoid, Yellow Fever, Meningitis, and Tdap if you have not had a Td or other tetanus shot within the past 10 years. Immunizations are available at Campus Health, Marion County Health Department, or travel clinics such as [Community Travel Medicine](#) and [Riley Travel Medicine](#).

Chronic Medical Conditions

If you have a medical issue, especially any chronic medical conditions and/or immunocompromising health issues, it is important that you discuss your condition and travel to this resource-limited country with your doctor prior to travel to make appropriate preparations. **Healthcare facilities, access to specialty and emergency care, and drug supplies are very limited in Eldoret.** Please be aware that it may be impossible to obtain certain medications in Eldoret, even if they are common in the United States. Some medications are available for purchase at local pharmacies, but none are guaranteed to be available. **YOU ARE RESPONSIBLE FOR YOUR OWN HEALTH WHILE IN KENYA.**

CASE EXAMPLES:

- A student has asthma but hasn't used an inhaler in over a year. However, after a week of the high altitude, dust, and air pollution in Kenya, he is wheezing throughout the day and waking up every night coughing. BRING ALBUTEROL if you have ever had a reactive airway disease.
- A resident with chronic hypothyroidism comes to Kenya with only 30 days' worth of levothyroxine, a critical medication. There is no guarantee she will be able to refill her levothyroxine in Kenya.
- A medical student with lupus is on chronic steroids and another immunosuppressant medication. She needs weekly lab checks (CBC, BMP) but SHOULD NOT EXPECT to be able to get these in Kenya. Her risk of contracting TB in the community is high; wearing a mask on the wards is insufficient to mitigate her risk as most exposures will happen in the community. She should RECONSIDER TRAVEL.
- A faculty member is 26 weeks pregnant at the time of her planned Kenya trip. She should RECONSIDER TRAVEL. There is not reliable access to blood products in case of an emergency C-section, nor reliable ventilator or other necessary support for the infant if delivered. International travel is prohibited by airlines beyond 32 weeks gestation and travel medical insurance is severely restricted in the second and third trimesters.
- A resident, her husband, and their 3-year-old with severe food allergies come to Kenya. They should bring sufficient Epi Pens to sustain their child's life on their own should the child become exposed to the allergen.
- A resident has a medication that requires refrigeration. The resident should CONTACT THE TEAM LEADER at least two months in advance to establish a plan for the medication storage.

Overall Crime and Safety Situation in Kenya

Updated 7/2023 JTB, VE

Click [here](#) for the current US State Department Travel Advisory and recommendations for Kenya.

Road Safety

Vehicle travel is extremely hazardous under normal conditions in Kenya, but particularly so at night. Defensive driving is a must for all drivers. Traffic laws are routinely ignored by most local drivers. In particular, many of the "matatus," or small passenger vans, show little courtesy and drive erratically and dangerously. Many vehicles are in poor mechanical condition with worn tires and broken or missing tail lights, brake lights, and headlights. Road conditions are considered poor at best in outlying or rural areas. This is especially the case after the rainy season, when roads deteriorate at a rapid rate, causing extensive potholes and other road hazards.

Keys to safety: See above. Only drive with vetted taxi drivers. Always use seat belts (and carseats for children); do not get into a car without proper seat belts. Don't walk after dark outside of IU House.

Police Response

The Kenyan Police Service (KPS) is almost solely a reactive force and demonstrates moderate proactive law enforcement technique/initiative to deter or investigate crime. Police often lack the equipment, resources, training, and personnel to respond to calls for assistance or other emergencies. The police have a poor record of investigating and solving serious crimes. Inadequate legislation results in lack of prosecution or large numbers of acquittals. Corruption occurs at all levels, which results in an ineffective legal and justice system.

Visitors may use administrative channels at IU House, which contracts a private security firm, to assist with reporting incidents.

Mob justice

Mob justice is not uncommon in Kenya. If someone is accused of a crime, surrounding persons may beat or harm the person without questioning. **BE CAUTIOUS ABOUT ACCUSING A KENYAN OF A CRIME** as it may result in swift and deadly punishment by bystanders.

Violent Crime

Violent crime, such as armed carjacking, mugging, home invasion, and kidnapping, can occur at any time. The most common crime in Kenya's major cities, and in particular Nairobi, is carjacking. In virtually every instance, carjackers use weapons to rob their victims. Most victims, if they are completely cooperative, are often released unharmed with their vehicles. However, victims are sometimes tied up and put in the back seat or trunk of their own car. Criminals who commit these crimes will not hesitate to shoot victims who are the least bit uncooperative or who may appear to hesitate before complying with their assailants.

Street crime is a serious problem and more acute in Nairobi and other larger cities. Most street crime involves multiple armed assailants. In some instances, large crowds of street thugs incite criminal activity, which has the potential to escalate into mob-like violence with little notice. Pick-pockets and thieves often carry out "snatch & grab" attacks on city streets in crowded areas, as well as from idle vehicles in traffic, and commit other crimes of opportunity. Vehicle side mirrors are a favorite prize of street boys, who can pull them off in a matter of seconds while a vehicle is stopped or in slow-moving traffic. Visitors are advised not to carry expensive valuables such as jewelry, electronics, etc., or large amounts of cash on their person, but rather store them in their hotel safety deposit boxes or room safes. However, it is not prudent to travel with such items at all, since hotel safes



can be broken into or taken out of a room and might also be accessible by hotel personnel even when locked. Walking alone is not advisable especially in downtown areas, public parks, beach areas, and other poorly lit areas, especially at night.

Terrorism

“Terrorist attacks have occurred with little or no warning, targeting Kenyan and foreign government facilities, tourist locations, transportation hubs, hotels, resorts, markets/shopping malls, and places of worship. Terrorist acts have included armed assaults, suicide operations, bomb/grenade attacks, and kidnappings” (US State Department). The porous border with Somalia has been of particular concern as certain fundamentalists travel between Somalia and Kenya. Trainees are advised not to spend time in Nairobi outside of what is required for transit.

Political Violence

Kenya is generally a peaceful country in terms of political activism, but it is common during elections, referendums and other political votes for sporadic campaign violence to occur around the country. Review travel advisories prior to arrival and contact the [AMPATH Visitors Team](#) for questions. Upon arrival at IU House, visitors will be added to a WhatsApp group to receive situational updates regarding demonstrations or any other disruptions taking place in Eldoret.

Medical Emergencies

Kenya's country-wide emergency number is 999. There are three hospitals in Nairobi which U.S. personnel and other western expats typically use: Nairobi General Hospital, Aga Khan Hospital, and Gertrude Garden Children's Hospital. The quality of care at each is considered good, and U.S. embassy personnel assigned to Kenya often use their services. However, the blood supply in Kenya is generally considered unsafe and the use of blood products is not recommended. It is advised that those needing blood utilize trusted sources such as family or friends. In the event of medical illness or injury, contact the Medicine Team Leader for guidance.

Tips on How to Avoid Becoming a Victim

- Stay alert in locations frequented by Westerners.
- Do not physically resist any robbery attempt.
- Monitor local media for breaking events and be prepared to adjust your plans.
- Make contingency plans to leave the country in the event of an emergency.
- Always carry a copy of your U.S. passport and visa (if applicable). Keep original documents in a secure location.

Normal crime prevention methods will help lessen the likelihood of becoming a victim of crime while in Kenya. Being aware of one's surroundings has been the time-tested method for avoiding becoming an inviting target of opportunity for crime. Carjacking and burglaries and the occasional home invasion are the most serious crimes in Kenya, but if the necessary measures are taken, they can generally be avoided. Perpetrators are likely to be armed and any resistive behavior causes more violence by the attackers. Ensure vehicle doors and windows are locked at all times while traveling, even during daylight hours. The best way to avoid being a victim of a



carjacking is to be aware of your surroundings at all times, particularly during late night or early morning hours, though carjacking occurs during all times of the day and night.

If you see something or someone suspicious, be prepared to react quickly. Allow sufficient distance between you and the vehicle ahead of you while stopped in traffic. If you believe you are being followed, don't drive directly to your intended destination, but rather detour to a public or well-lit and guarded area and seek help. It is important to limit the amount of valuables and cash you carry with you, specifically ATM or credit cards. Should you be carrying an ATM card or credit card, the criminal will prolong the incident so they can take the victim to multiple ATM machines for withdrawals.

Travelers should only use banks and ATMs in well-lit locations and never at night. Credit cards can be used in certain establishments, such as major hotel chains and some local restaurants, but caution in use is advised. Although there are a number of security and private guard companies throughout Kenya's larger cities, it is advisable to research any prospective security company for quality and reliability when considering hiring their services.

Arriving in Kenya

Updated 7/2023 JTB, VE

The first stop is immigration (visa station), then you enter the baggage claim area.

Before you leave the airport, it is **STRONGLY RECOMMENDED THAT YOU:**

- a) Get Kenyan shillings
- b) Purchase a Kenyan SIM card and data

Money

We recommend getting \$100-200 worth of Kenyan shillings before leaving the airport. The best option is to use one of the ATM machines just outside after exiting baggage claim (near Absa Bank). The Kenyan shilling is currently about 100 KSH to \$1.20 USD. Eldoret also has many ATMs that are relatively dependable. Other than the airport, we highly recommend only using ATMs that are connected to a physical bank with a person working there in case there are issues with the ATM machine. Traveler's checks are not easy to cash and give lower exchange rates, therefore they are discouraged. Credit cards are accepted in some places (Rupa mall, some restaurants) but not everywhere. Make sure to ask your travel agent for their preferences regarding payment before you arrive to Kenya. If they prefer to be paid in US Dollars, bring only US bills that were printed after 2000 (2001, 2002, 2003, etc.) Purchases and withdrawals with credit/debit cards are usually subject to a 5%-10% additional fee. *Canadian debit cards may not be accepted anywhere in Kenya.*

M-PESA: M-PESA is a mobile banking system and method of payment used by $\frac{3}{4}$ of Kenyans. It's like Venmo only it doesn't require the user to have a linked bank account and is completely based on text messaging (not an app). National parks accept M-PESA, and it can be an easier way to pay if internet does not allow for credit card purchases. Some visitors have recommended downloading the Sendwave app prior to arrival, which allows users to transfer money easily from a US bank account to their M-PESA account.

Please note that in order to use M-PESA, the user must first purchase a Safaricom SIM card and request an M-PESA account at the time of SIM registration.

Cell Service & Data

- It is **STRONGLY RECOMMENDED** that you purchase a Kenyan SIM card and data plan before leaving the airport.
 - There are several cell phone companies available (Safaricom, Airtel, Telkom [previously Orange]) but we highly recommend you use **SAFARICOM** as it is the most common and reliable and it allows the use of M-PESA.
 - If you are completely unable to for some reason, SIM cards can be purchased in Eldoret. However, the lines are often very long and inconvenient to get to during work hours.
 - A **SIM card** will cost about 100 KSH (\$1 USD).
 - The cost of data depends on how much you want to purchase. Buying a significant amount of data is recommended as Wi-Fi is not always available in the hospital and does not work during power outages. **5GB** costs roughly \$10 USD.



- A Kenyan SIM card can be put in any unlocked smartphone. However, U.S. phone companies require you to unlock the phone *before* travel, and in general the phone must be paid off before they will unlock it.
- Instead of buying a Kenyan SIM card, another option is to use an international phone plan from your home carrier. This is usually more expensive than buying a Kenyan SIM card and data but can be a good choice for very short trips.
- Please do not hesitate to contact the Team Leaders if you have issues with flights, money, or SIM cards prior to leaving the airport. For new visitors, this is a good way to try your WhatsApp/cell service prior to leaving the airport Wi-Fi.

Lodging in Nairobi

- If you arrive in the evening or at night, you may either elect to stay in the airport or go to a hotel overnight. There are a couple of hotels on the airport grounds (Sheraton Four Points, Crowne Plaza Nairobi Airport) or just outside the airport (Hilton). Most have free shuttle service to and from the airport.
- You are responsible for making all in-country arrangements for travel and accommodation; this can be done online via the hotel websites, or through a travel agent. One travel agent that many AMPATH people use is Damarice Wathika of Endoroto Travel (endorototraveltd@gmail.com).
- Another option for long layovers in Nairobi is a day pass at one of the hotels on the airport grounds.

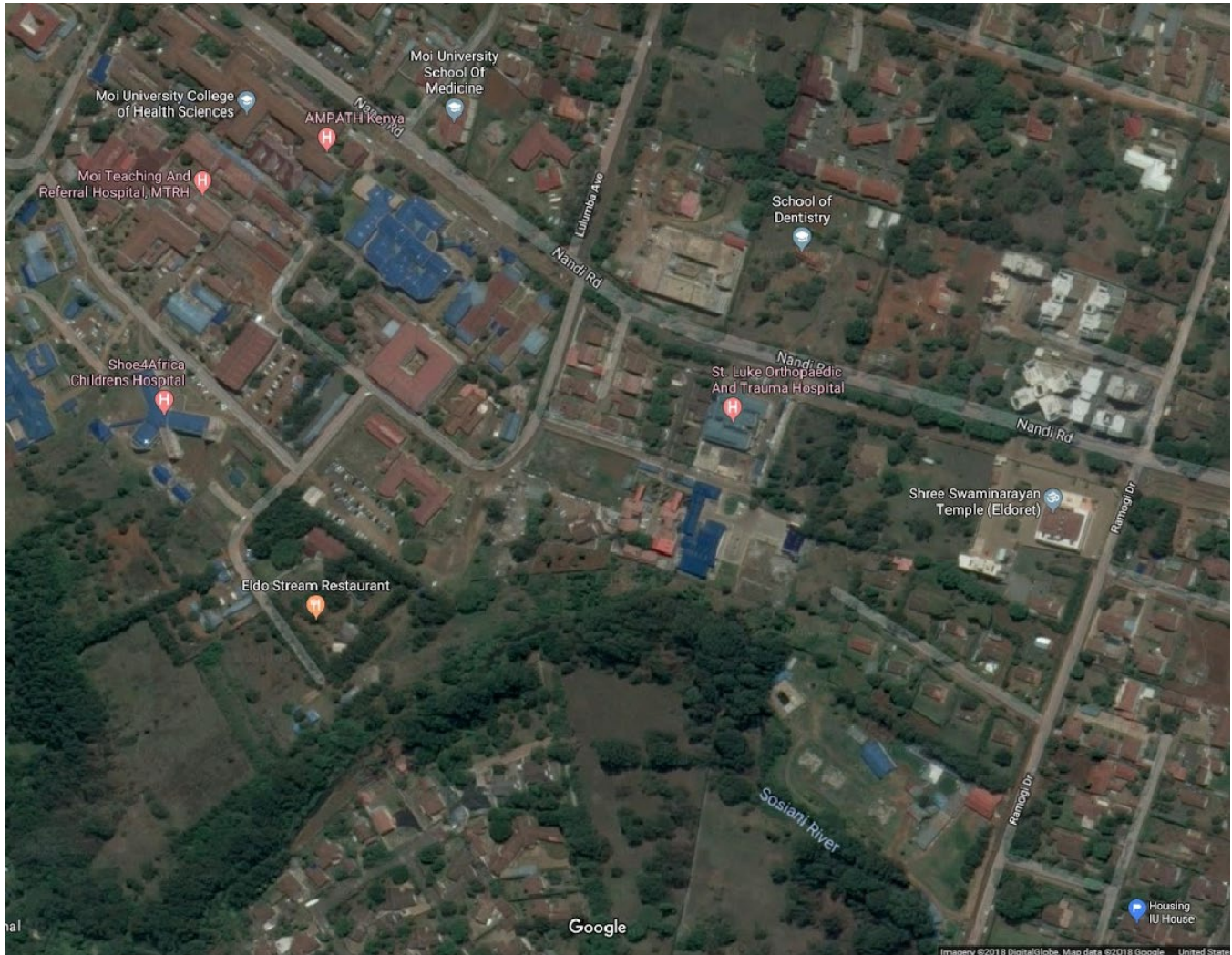
Getting to Eldoret

- Students and residents are allowed to travel to Eldoret from Nairobi **BY AIR ONLY**.
- Tickets can be purchased through **Jambojet** online, OR:
 - Through Endoroto Travel (endorototraveltd@gmail.com or damaricew@yahoo.com ~ Damarice Wathika)
- Allow at least 4 hours from the time you arrive in Nairobi until when your flight leaves to Eldoret. It takes this long to get through immigration, customs, and baggage claim.
- The costs of these flights are variable, but tend to be \$75 to \$145 one-way.
- There is a charge for each piece of checked luggage when traveling to Eldoret by plane. Count on about 1000 KSH (\$10 USD) for each 20kg luggage piece. It is advisable to purchase your luggage carriage fee when purchasing your e-ticket for the flight from Nairobi to Eldoret.

Getting to IU House from the Eldoret airport

When you fill out the AMPATH Visitor Information Form **and submit your domestic travel itinerary**, IU House staff will arrange for a driver to pick you up from the Eldoret airport. The cost of this taxi ride will be \$12-15 USD and should be paid to the driver in KSH.

Map of Local Area



IU House

Updated 7/2023 JTB

IU “House” is actually a misnomer. It is a gated compound of several houses along two shared streets, all within a larger gated compound of estates.

Guests at IU House stay in rooms with shared bathroom or in former servant’s quarters that have a private bath. Meals, bottled water, and internet are included in the daily lodging rate.

Please note that IU House and Moi University hostel are different places.





Clean water refrigerator (included and always available) and refrigerator for soft drinks and beer (available for purchase) at IU House



Breakfast at IU House is continental style.



Dining Room at IU House



Allylah (standing) and Dunya, IU House Program Administration

See **Appendix A** for additional photos.

Moi University Hostel

Updated 10/2020 VE

Moi University Hostel is available to students and is a great way for students from the AMPATH Consortium to get to know their Kenyan counterparts and live like a Kenyan medical student. Students are allowed to choose if they spend time in the hostel, but it is highly encouraged. Students who have had the best experience are intentional and creative about making friends with Kenyan students while living in the hotel.

The hostel is conveniently located across the street from Moi Teaching and Referral Hospital. Below are tips for those staying there. For photos, please see Appendix B.

Eating & Drinking

- Meals at IU House are included in your daily rate
- Equipment and cooking utensils are also available at the hostel if you would like to cook a meal
 - Each room has a kettle for tea and/or instant coffee
 - Perishable food can be stored in the mini fridge in Room A
 - Microwave is in Room B
 - Hot plate and cooking utensils are in Room A
- Several restaurants are also nearby. Recommended: Better Health & Colle Stream for breakfast, lunch or dinner; Rolex at Cool Stream for breakfast
- Grocery stores: most North American and European items can be found at grocery stores in Eldoret, including shower products. Past students have recommended stocking up prior to moving in, especially on breakfast items

Showering

- The women's bathrooms are on the third and fourth floors, and the third-floor bathroom has one overheard shower (typically warm in the evenings, but not guaranteed)
 - Note: bathrooms are very busy in the morning, so it can be difficult to take a shower unless you wake up very early. It is recommended that you try showering at night
- The men's bathrooms are on the first and second floors
- If the shower is unavailable, you can choose to take a bucket shower or shower at IU House
 - Each room has one large bucket. If you would like a warm bucket shower, you can use the teakettle to boil water in the room and carry it to the bathroom with your bucket and cup
 - Tips for bucket showering:
 - Fill the bucket with cold water first from the spicket in the women's bathroom
 - Add the boiling hot water to make a warm shower (no power outlets in the bathrooms so heat in your room)
 - Use the cup as your "showerhead"
- Bring your own shower shoes. Crocs are recommended as sometimes the bathroom floods and regular flip-flops may be too thin

Toilets

- Toilets in the hostel do not have toilet seats. Some flush and others require you to pour water in the toilet for flushing. If you have a non-flushing toilet, fill the bucket in the bathroom with water and pour into the toilet
- The bathrooms do not have hand soap, toilet paper, or a hand towel. Each room has a shower caddy with these items

Sleeping



- The hostel can be noisy. Consider bringing ear plugs or using a white noise app.

Internet

- Bring your own laptop. Internet is used frequently at the hostel to read up on patients and chat with family and friends.
- Each hostel room has one dongle to share to connect to the internet.
- Additional data may be purchased from Safaricom (remove the sim card from the dongle and insert to your Kenyan phone to add data)

Laundry

- Clothes can be washed at the hostel in a bucket; or, for a charge, you may bring your laundry to IU House and have it washed for you. Clothes will be washed, hung to dry, and ironed

Befriending Other Students at the Hostel – Tips from Past Students

- You can invite students from your team over for chai in the afternoon in your room; or, make them an American dish on your hot plate (recommended: French toast and Spanish omelets) .
- You can also invite them to dinner (in Kenyan culture, if you invite someone to a meal you pay for them). There are very affordable restaurants, so you can take several friends out for under \$20 USD (2,000 KSH).
- The Kenyan system is very different than the U.S. system, but the Kenyan students are very knowledgeable. Collaborating with them on patient care is one of the best parts of this experience.
- Kenyan students at the hostel tend to stay up later socializing or studying. Staying up later and joining them is another way to get to you know your Kenyan colleagues.

Running/Walking Routes in Eldoret

Short out and backs: 2 or 2.5 miles. This would be the easiest route to do from the IU House, so it might be a good one to start out on to get the lay of the land (or at least, Elgon View Drive). Just turn left out of the outer IU House gates on to Ramogi Road, it will split as it goes up the hill. Veer left to get on Elgon View Drive. Continue on this until you get to a large intersection with a sign for Greenvale Schools on your left. To the intersection is one mile, so an easy out and back. Going to the blue fence where Emmanuel school is would be 1.25m, so a 2.5m out and back. <http://goo.gl/maps/QIY9W>

Short road loop: 2.7 miles. From Elgon View Drive, turn right on Old Nairobi Road, which is the first major road you'll get to on the top of the hill (again, by the sign for Greenvale School). Old Nairobi Road is mostly dirt. You'll go a few hundred meters on that, then take a right on the first true dirt road on the right (don't get confused by driveways or small alleys). If you've gotten to the pavement, you're too far. Once you've turned right on this road, continue until it Ts, or runs into Nyerere Road. You'll take a right on a paved road. Then take a left at the quasi-roundabout and you'll end up with Momma Mia's on your right. Run down the hill to IU house. Good for rainy season. <http://goo.gl/maps/AVrO4>

Short field run: 3.25miles. After getting on Elgon View road, turn on the second dirt road on your left. After about 50m, there's a road that goes up a small hill on your right. Turn there and run up the little hill and make a left at your first opportunity. This will continue into a field. Once you get into the field, stay on the main path (or stay left) until you're nearing the tree line to your north and you're just about to head down a hill. The path forks, and you should take a right. Both ways will have you cross a creek, but the left fork is too marshy. After a while on this path (right fork), you'll see two paths intersecting your path that lead up (south) to the green tin roof building. Take those up the hill. Once you get to the top, you'll find a dirt road. Take a right on that until it ends at Old Nairobi Road (or Plateau Road). Turn left, then follow the map back to IU house.

<http://goo.gl/maps/phRW4>

Run mostly on paved roads, but also heavy traffic on Kisumu Road, and also when you enter town. Not to be done during rush hours. 3.75 miles <http://goo.gl/maps/QAeOJ>

Five-mile route that is mostly on pavement- but again Eldoret-Nakuru Road is pretty busy. You'll likely be running on the shoulder, but its fine and feels safe. You turn from Eldoret-Nakuru Road onto Nandi Road by making the second left at the roundabout. Then take that back to IU house. <http://goo.gl/maps/7RyRz>

Or if you'd rather have a quieter road that runs right into Nandi Road, turn left on a dirt road immediately before Eldoret-Nakuru bends to the left. Run to the end of the dirt road (online map says you can't, but you can) and turn right when it T's. You'll run up a shaded street right into Nandi Road, and you'll turn left. (5.16 miles)

<http://goo.gl/maps/LHQdJ>

Tuberculosis Policy

Updated 07/2023 JTB

- 1) Tuberculosis is common in hospitalized patients in Kenya, and personal protective equipment common in the U.S. such as N95 masks will not be available.
- 2) **Pre-departure Screening:**

All travelers who plan to enter any clinical site in Kenya (including but not limited to Moi Teaching and Referral Hospital, Shoe for Africa, and the Sally Test Center) should have a single tuberculin skin test (TST) or a single interferon- γ release assay (IGRA) before leaving the US.

 - a. Most often this will be done as a baseline assessment upon entrance to medical school/residency.
 - b. Travelers are encouraged to use Campus Health, their personal physician, or a travel clinic if tuberculosis screening is indicated. Travelers with an immune-compromising medical condition (e.g. HIV, on chronic steroids or TNF-alpha inhibitors) are strongly encouraged to discuss risks with their health care provider prior to travel. Those at high risk of infection or active disease are highly encouraged to discuss this with a team leader upon arrival in order to minimize risk of exposure.
- 3) **Post-rotation Screening:**

All travelers who had a negative pre-departure test and who entered a clinical site should have a single TST or IGRA repeated **8-10 weeks** upon return.

References

https://wwwnc.cdc.gov/travel/destinations/clinician/children.extended_student.mission_disaster/kenya?s_cid=ncezid-dgmq-travel-single-002

AMPATH Consortium Post-Exposure Prophylaxis (PEP) Protocol for HIV, Hepatitis B and STIs

Updated 07/2023 JTB

HIV Exposure:

Infectious vs Non-Infectious Exposures

1. Blood, visually bloody body fluids, semen, vaginal secretions, cerebrospinal fluid, peritoneal fluid, pleural fluid, pericardial fluid, synovial fluid, and amniotic fluid are all potentially infectious.
2. Feces, urine, vomitus, nasal secretions, saliva, sputum, sweat, tears, urine are NOT considered to be infectious unless they are visibly bloody.

Needle sticks, lacerations or exposure of non-intact skin (i.e., open wounds, abrasions, chapped skin or areas of dermatitis)

1. Allow wound to bleed but do not squeeze enough to bruise and do not suck wound
2. Wash the affected area gently with soap and water but do not scrub strongly or use nail brush
3. Inform team leader / supervisor to be evaluated for PEP as soon as exposure occurs (see below)

Mucous Membrane Exposure

1. Irrigate the affected area (eye, mouth, etc.) with clean water
2. Inform team leader / supervisor to be evaluated for PEP as soon as exposure occurs (see below)

Sexual Exposure

1. Inform team leader / supervisor to be evaluated for PEP as soon as exposure occurs (see below)

Who to Inform

1. The exposed person should immediately contact their Team Leader and/or immediate supervisor
2. If a supervisor other than the Medicine Team Leader is contacted, he/she should then inform either the Medicine Team Leader
3. The Medicine Team Leader should immediately contact the AMPATH Executive Field Director or Dr. Suzanne Goodrich (Infectious Disease Consultant) for expert consultation
 - a. In their absence, use the [UCSF Clinical Consultation Center for PEP](#) (+1 888 448 4911)
4. The Assistant Director of Education at the IU Center for Global Health will be informed of all details of the incident and be responsible for HIPPA-compliant record keeping.
5. It is the responsibility of the Medicine Team Leader to facilitate the evaluation, treatment and follow-up care for the exposed person, with expert medical consultation from Dr. Adrian Gardner or Dr. Suzanne Goodrich.

Initial Evaluation for HIV PEP:

Exposed Person

1. Exposed individual should undergo rapid HIV testing immediately after exposure
 - a. During working hours (M-F, 8AM-5PM) the exposed person should be taken to the AMPATH Voluntary Counseling and Testing (VCT) area where counseling and rapid testing are performed
 - b. After working hours (nights and weekends), rapid HIV testing should be done by the team leader using the back-up kits stored at IU House

- i. The Medicine and Pediatric Team Leader are responsible for ensuring an adequate supply of non-expired back-up HIV testing kits at IU House
2. A brief medical history, medication list, and allergies should be obtained from the exposed to ensure no contraindications to ARVs and to tailor the regimen appropriately should there be any potential interactions
3. A pregnancy test should be offered to all exposed females. These are kept at IU House.
4. ARVs should be started as soon as possible, ideally within 2 hours of exposure, up to 72 hours post-exposure for any of the following exposures listed above.
 - a. ARVs should be accessed from the Medicine Team Leader's house
 - i. ARVs are stored in the IU House Medical Supplies crate kept in Medicine Team Leader's house and on the bookshelf in the Chandaria Consortium space
 - ii. If no one can access the PEP at IU House, the supply in Chandaria Consortium space on the bookshelf is accessible. It is unlocked during daytime hours and all team leaders and leadership have a key for other times.
 - iii. Back-up ARVs kept at IU House should be obtained from the AMPATH Pharmacy
 - iv. The Medicine and Pediatric Team Leader are responsible for ensuring an adequate supply of non-expired back-up ARVs at IU House
 - a. The TLs are also responsible for rotating ARVs between IU House and AMPATH pharmacy such that back-up medicines are not allowed to expire and be wasted

Source Patient

1. Rapid HIV testing should be performed on all source patients unless they are known to be HIV positive
 - a. If source patient is known to be HIV positive (regardless of viral load), and the exposed person is deemed to have an exposure necessitating PEP, then a full course of PEP should be offered
 - b. Initiation of PEP should not be delayed while awaiting results of HIV testing on the source patient
2. If the source patient is HIV positive, further clinical history should be obtained regarding the latest VL and any potential ARV resistance which will guide PEP treatment decisions for the exposed

Clinical Management of HIV PEP:

Anti-Retroviral Regimen

1. The standard regimen is tenofovir-emtricitabine (Truvada) PLUS dolutegravir
2. The regimen should be continued for a full 28 days if the source patient is confirmed positive or status remains unknown
 - a. The full 28-day regimen should be continued even if the source patient is positive but has an undetectable viral load as transmission can still occur
 - b. If rapid HIV testing on the source patient is negative, and there is no evidence of acute retroviral syndrome, then PEP can be discontinued
3. Expert consultation should be sought for an exposed person who is pregnant or breastfeeding, but initiation of PEP should not be delayed.
4. Alternate regimens due to medical contraindications or drug interactions among the exposed, or known source patient resistance patterns, should be tailored on a case-by-case basis under the guidance of Dr. Adrian Gardner, Dr. Suzanne Goodrich, or the UCSF Clinical Consultation Center as detailed above.

Monitoring

1. The exposed person should be given a one-week supply of ARVs at a time, with weekly monitoring visits with the Medicine or Pediatric Team Leader to assess for toxicity.
 - a. If the exposed person is leaving Kenya within 1 week (i.e., returning to the U.S.) then the full 4-week course should be given along with follow-up instructions
2. Blood counts, renal function and liver enzymes should be checked at baseline and 2-week follow-up
 - a. The Medicine or Pediatric Team Leader should facilitate this testing and retrieval of results at the AMPATH Laboratory
 - i. Other reliable private labs (e.g., St. Luke's or Lancet) can be used on the weekends or at the request of the exposed person and the discretion of the Team Leader
 - b. Awaiting results of baseline laboratory testing should not delay initiation of PEP
3. If there any adverse reactions or signs of toxicity, the exposed person should see the Medicine Team Leader immediately and expert consultation from Adrian Gardner or Suzanne Goodrich should be obtained to decide what further monitoring is needed and whether a regimen change is necessary.
4. All health information regarding exposed person is kept confidential with the responsible Team Leader and only needed information is disclosed to other personnel (ID specialists, health transport, etc.) as needed for appropriate medical care and follow-up.

Follow-Up

1. The exposed person should have follow-up HIV testing at 6 weeks, 12 weeks and 6 months if the source patient is HIV positive or of unknown status.

Documentation

1. Regardless of the HIV status of the source patient, an email should be written by the Medicine Team Leader, with input from the expert consultants as needed, detailing the following:
 - a. Demographic details of the exposed
 - b. Clinical history (PMH, medications, allergies) of the exposed
 - c. Clinical history of the source patient
 - d. Date, time and nature of exposure
 - e. Initial HIV testing results of the exposed
 - f. Pregnancy status of the exposed (if female)

- g. Baseline laboratory results
 - h. ARV regimen selected, date and time of initiation
 - i. When PEP was discontinued, and for what reason.
 - j. Clinical status of exposed at monitoring visits, including laboratory monitoring results
 - k. Recommendations for future follow-up and testing
 - l. Contact information of clinician(s) managing PEP in Kenya for follow-up provider in North America.
2. The email detailing the above should be sent to Jenny Baenziger, MD from an IU email to her IU email. Internal IU emails are HIPPA-compliant. Jenny Baenziger, MD will file the report in a HIPPA-compliant location. No personally identifying details of the incident will be reported, and no reports will be made except in aggregate.
 3. A copy of the email should be given to the exposed person to take back home for follow-up care

Sexual Exposure PEP

1. Follow Evaluation, Management, Monitoring and Documentation procedures as outlined above for HIV PEP.
2. Consider use of MTRH Rape Crisis Center if sexual assault took place, provide counseling and pursue legal channels if warranted on a case by case basis.
3. Emergency contraceptives (“Plan B”) are available at the Eldochem pharmacy and should be taken within 72 hours of the sexual contact. Ask for the pill called “T2” or the “emergency pill” at the pharmacy. These are packaged as 2 pills, both should be taken at once
4. Pregnancy testing should be offered
5. Provide empiric treatment for STIs
 - a. Ceftriaxone 250mg IM or cefixime 400mg PO once
 - b. Azithromycin 1g PO once or Doxycycline 100mg PO BID for 7 days
 - c. Benzathine Penicillin 2.4mu IM

Hepatitis B PEP

1. Follow Evaluation, Management, Monitoring and Documentation procedures as outlined above for HIV PEP
2. The assumption is that all AMPATH consortium trainees here in a clinical capacity will be immunized against Hepatitis B as that is required for all health care workers in the United States
 - a. Confirm Hepatitis B immunization status of the exposed person
 - i. Contact the trainee’s institutional lead to confidentially request immunization records of the exposed person
 - b. If the exposed person has not received the full Hepatitis B vaccine series, or their status remains unknown, then the following should be done:
 - i. The source patient should be tested for Hepatitis B with the HBsAg. If the source patient is HBsAg positive, or unknown, then the exposed should:
 1. Receive 1 dose of HBIG (Hepatitis B Immune Globulin) 0.06ml/kg IM
 - a. This can be sourced from Nairobi at a cost of \$184 per dose
 2. One dose of the Hepatitis B vaccine as soon as possible after exposure
 3. Complete the Hepatitis B vaccine series according to the standard schedule

Cost

1. All costs of PEP will be paid for by the exposed person



- a. Individuals are responsible for following up with their own insurance companies for reimbursement. AMPATH consortium care providers involved in the case can provide documentation and support as needed by the individual and insurance company
- b. Fees will be waived on a case by case basis if there are financial barriers
- c. Initiation of PEP will not be delayed due to financial considerations

References:

1. *Updated US Public Health Service Guidelines for the Management of Occupational Exposures to Human Immunodeficiency Virus and Recommendations for Postexposure Prophylaxis.* Infect Control Hosp Epidemiol 2013;34(9):875-892
2. *CDC Guidance for Evaluating Health-Care Personnel for Hepatitis B Virus Protection and for Administering Postexposure Management.* MMWR. December 20, 2013 / 62(RR10);1-19
3. "WHO recommends dolutegravir as preferred HIV treatment option in all populations."
<https://www.who.int/news-room/detail/22-07-2019-who-recommends-dolutegravir-as-preferred-hiv-treatment-option-in-all-populations>

Safety and Sexual Assault Information

Updated 7/2023 JTB

Cultural and social attitudes toward sexual harassment, sexual assault, rape and sexual assault victims, vary greatly in different countries. Be aware of potential differences in Kenya, and take safety precautions at all times.

In the event you, or someone you care about, experience relationship or sexual harassment/violence while abroad, you are strongly encouraged to seek the support of your onsite team leader, staff or affiliate. Seek safety first, then consider notifying your local contact and getting medical attention.

Indiana University is committed to leading the fight against sexual violence in compliance with Title IX. Reporting the incident to law or university officials is completely up to you. Understanding that reporting is an intensely personal process, the university respects your right to decide whether or not to report.

Learn more at: <http://stopsexualviolence.iu.edu/index.html>

General Safety Tips:

We encourage you to protect yourself and others whenever possible. Understand that no matter how safe or unsafe you are, sexual violence is not your fault.

Taking these actions may increase your safety and the safety of others.

- Be aware of your surroundings.
- Listen to your intuition. If you feel like something is wrong, it probably is. Try to get out of the situation.
- Don't be afraid to make a scene and yell, scream, or run for protection. Some people's physiological response may not be to fight; if that is the case, if possible, ask to use the restroom or cause a distraction.
- Remember, alcohol and drugs can impair perceptions of and reactions to situations. Be especially careful when you drink, and when you're with someone who has been drinking. Remember that someone who is intoxicated cannot give consent by IU's definition. If you aren't sure you have a "yes," then try and remove your friend from the situation and don't engage in sexual activity.
- Watch your beverage at all times. Date rape drugs are tasteless, colorless, and odorless. People often don't know they have ingested these drugs until the effects are well under way.
- Go with a group of friends when you go out to a party or to a bar and look out for each other.

Medical Kiswahili

Here is a beginning list of words you might find helpful as you work. Kiswahili is NOT a language that one can begin to speak readily since nouns are divided into eight classes, which do not always make sense to the English speaker. Prepositions, verbs, adjectives, etc. must agree with the class of the noun being modified – AND it gets worse before things fall into place (IF they ever do!).

If you ask a question of a patient, you may find it difficult to understand his or her answer. Still, knowing a few words may help you to understand the gist of the conversation occurring at bedside. Generally, if a patient or Kenyan counterpart is referring to a certain person within the hospital, the following holds true:

“Sisters”	=	Nurses
“Nursing officers”	=	Male Nurses
“Matron”	=	Head Nurse
“Medical Officer” (MO)	=	Post intern physician assigned to the District Hospital
“Clinical Officer” (CO)	=	Similar to a physician assistant
“Intern”	=	Interns
“Consultant”	=	Consultants

All of the above mentioned speak English and will happily interpret for you IF they can be found.

If you think of other words or phrases you would like to have, let us know, and we’ll try to research them for you...

Editors: Diana Menya
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Wycliffe Odongo

BODY PARTS:

Mwili/miili	=	body/bodies
Moyo/mioyo	=	heart/hearts
Mkono/mikono	=	hand/arms, hands
Kiko cha mguu	=	elbow
Kionwa/vichwa	=	head/heads
Bega/mabega	=	chest/chests
Titi/matiti	=	breast/breasts
Ubavu/mbavu	=	rib/ribs
Tumbo/matumbo	=	stomach/stomachs
Uume, [vulgar, mbco]	=	penis *Actually, one NEVER refers to genitals by name. One says "down there" which is ukochini. IF one has to be more specific one refers to the mans "thing" as kitu kuma or uke = vagina. One can also refer to the birth canal as mjia va uzazi.
Mguu/miguu	=	leg/legs, foot/feet
Goti/magoti	=	knee/knees
Kidole/vidole	=	finger/fingers, toe/toes
Uso/nyuso	=	face/faces
Jiono/macho	=	eye/eyes
Sikic/maskio	=	ear/ears
Pua/mapua	=	nose/noses

Mdomo/midomo	=	mouth/mouths
Ulimi/ndimi	=	tongue/tongues
Jino/meno	=	tooth/teeth

MEDICAL WORDS:

Kidonda/vidonda	=	sore (noun)
Mganga/waganga	=	(native?) doctor/s
(Ku)ganga	=	to treat
Mgonjwa/wagonjwa	=	patient/s, sick person/s
Mafi	=	feces *Not often used – considered rude [shit] (usually "choo" is used for a "heavy load")
Mkocho	=	urine ("light load")
Kifo	=	death
Sumu	=	poison
(Ku)tapika	=	to vomit
Dawa	=	drug
Hospitali	=	hospital
Magonjwa	=	diseases

Ugonjwa	=	illness, sickness
Uzee	=	old age
Angalia pale	=	look there
Ukuta	=	wall
Tazama	=	look
Pumua	=	breathe
Pumua nje	=	breathe out
Pumua ndani	=	breathe in
Pumua tena	=	breath again
Toa shati nyako	=	take off your shirt
Toangua	=	take off things
Vuaangua	=	take off your clothes
Wacha kupumua	=	don't (to) breathe
Kohoa	=	cough
Shika	=	hold, catch, keep
Sema	=	say
Pinduka	=	turn around (oneself)
Kati	=	sit
Ka	=	sit
Simama	=	stand up
Nyamaza	=	be quiet
Fungua	=	open
Funga	=	close
Jilegeze	=	relax
Daktari	=	doctor

Sabuni	=	soap
Kiwete	=	cripple/deformed person
Cheka	=	laugh
Ngozi	=	skin (of human or animal)
Toa ulimi nje	=	stick out your tongue
Viini	=	germs
Kifua Kikuu	=	TB
Kisonono	=	GC
Tago	=	syphilis
Ukimqi	=	AIDS
Kwa muda gain?	=	How long?
Kwa siku gapi?	=	How many days?
Damu	=	blood

VERBS (which have to agree with the noun class)

(ku)na	=	to have
(ku)sema	=	to say
(ku)lala	=	to sleep
(ku)meza	=	to swallow
(ku)ja	=	to come (Kuja hapa! = Come here!)
(ku)kwenda	=	to go
(ku)tambea	=	to walk
(ku)sikia	=	to listen

(ku)andika	=	to write
(ku)tenda	=	to do
(ku)la	=	to eat
(ku)nywa	=	to drink
(ku)dhuku	=	to taste

Sabini	=	seventy
Themanini	=	eighty
Tisini	=	ninety
Mia	=	one hundred
Elfu	=	one thousand

NUMBERS (these also agree with the associated noun class)

Moja	=	one
Mbili or wili	=	two
Tatu	=	three
Nne	=	four
Tano	=	five
Sita	=	six
Saba	=	seven
Nane	=	eight
Tisa	=	nine
Kumi	=	ten
Nusu	=	one half
Kumi na moja	=	eleven
Kumi na mbili	=	twelve
Ishirini	=	twenty
Thelathini	=	thirty
Arobaini	=	forty
Hamsini	=	fifty
Sitini	=	sixty

NON-MEDICAL WORDS AND PHRASES THAT MAY RELATE TO YOUR WORK

Words:

Na	=	and
Au	=	or
Ndiyo	=	yes
La	=	no
Kitabu/vitabu	=	book
Chakula/vyakula	=	food/s
Choo	=	latrine
Kiti/viti	=	chair/s
Mwalimu/walimu	=	teacher/s
Mwanume/wanume	=	man/men
Mwanamke/wabaw aje	=	woman/wome n
Mwana/wana	=	son/s, child/children
Mtoto/watoto	=	child/ren
Mzee/wazee	=	old or respected man/men
Mwavuli/mivuli	=	umbrella/s (for IF you are traveling to Kenya during the raining season)
Mkate/mikate	=	bread/s
Mlango/milango	=	door/s

Nyumbani	=	home
Chai	=	tea
Maziwa	=	milk

Phrases:

Tafadhali	=	Please
Jambo	=	Hello
Ndiyo	=	Yes
Hapana	=	No
Kulia	=	Right
Kushoto	=	Left
Kidogo	=	Little
Sawa	=	OK
Tena	=	Again
Moto	=	Hot
Baridi	=	Cold
Asante	=	Thank you
Karibu	=	Welcome
Sana	=	A lot
Bas	=	That's all
Pole pole	=	Slow
Pole	=	Sorry



Kwaheri!	=	Goodbye!
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MEDICAL SWAHILI

This is a crib sheet for medical personnel. Take it with you to the wards and use it to assist in communicating with your patients. We've made it as condensed as possible so you can fold it up and stick it in your pocket.

Greetings:

Je, unajua Kingereza	=	Do you know English?
Habari yako?	=	How are you?
Nzuri, na wewe?	=	I'm fine, and you?
Jina lako ni nani?	=	What is your name?
Jina langu ni Daktari Dukes	=	My name is Doctor Dukes
Unatoka Kijiji gani?	=	What village are you from?
Una umri gani?	=	How old are you?

History:

Unasikiaje leo?	=	How do you feel today?
Unauguaje?	=	How are you sick/suffer?
Tangu lini?	=	How long?
Unaumwa wapi?	=	Where do you hurt?
" kitchwa?	=	Does your head hurt?
" macho?	=	Do your eyes hurt?
" mapua?	=	Does your nose hurt?

" sikio?	=	Does your ear hurt?
" koo?	=	Does your throat hurt?
" kifua?	=	Does your chest hurt?
" tumbo?	=	Does your stomach hurt?
" mgongo?	=	Does your back hurt?
" mkono?	=	Does your arm hurt?
" mguu?	=	Does your leg hurt?
" viungo?	=	Do your joints hurt?
Una Homa?	=	Do you have a fever?
Unatapika?	=	Are you vomiting?
Unahara?	=	Are you having diarrhea?
Unakohoa?	=	Are you coughing?
Unapumua haraka?	=	Are you breathing faster (SOB)?
Una sikia jasho usiku?	=	Do you have night sweats?
Unapunguza uzito?	=	Are you losing weight?
Unakula na kunywa vizuri?	=	Are you eating and drinking well?

Review of Systems:

HEENT:

Unaweza kusikia na kuona vizuri?	=	Can you hear and see O.K.?
Ulikuwa na una damu kwa mapua?	=	Are you having a nosebleed?

Maji katika masikio?	=	Do you have drainage from the ears?
Unaumwa koo?	=	Are you having pain in the throat?

CHEST/CORE :

Je, Unapumua haraka kwa kulala/kutembia?	=	Are you SOB lying/walking?
Je, Unakohoa makohozi?	=	Are you coughing phlegm?
Je, Rangi gani?	=	What color?
Mayai	=	Yellow
Nyeupi	=	White
Nyekundu	=	Red
Damu	=	Blood

G.I./G.U.:

Je, Unaenda haja kubwa?	=	Have you have a B.M? (gone for a 'long call')
Je, Unaenda haja ndogo?	=	Have you urinated? (gone for a 'short call')
Je, Unahara damu?	=	Are you having bloody diarrhea?

EXT:

Je, Unafura miguu?	=	Any swelling of the legs?
Je, Una kidonda?	=	Do you have a sore/ulcer?

Je, Unavipele?	=	Do you have a rash?
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CNS:

Usingizi mzilo	=	coma
Kifafa	=	Epilepsy/fit
Dhaifu	=	Weakness
Kufaganzi	=	Numbness
Hakuna kutemba vizuri	=	I can't walk right

PMH:

Una allergy kwa dawa?	=	Are you allergic to medicine?
Unapata dawa?	=	Are you getting medicine?
Unanunua dawa?	=	Can you buy medicine?
Shida yeyotea zamani?	=	Have you had illness in the past?
Unavuta sigara?	=	Do you smoke?
Unakunywa pombe?	=	Do you drink alcohol?

Physical:

Sasa nitapima wewe	=	Now I will examine you.
Tafadhali, toa shati/koti/viatu	=	Please take off your shirt/coat/shoes

Keti	=	Sit up
Lala	=	Lie down
Fungua mdomo	=	Open your mouth
Sema ah	=	Say ah
Unaumwa hapa	=	Does it hurt here? (tenderness)
Pumua ndani/nje	=	Breathe in/out

Wacha kupumua	=	Stop breathing
Unainua mguu/mkono	=	Lift up your leg/arm
Legeza	=	Relax
Ina misha kichwa	=	Bend your head

Appendix A: IU House Room Options (Photos)

Updated 6/2022 VE

Short-term housing is available in houses 1-4. Inside each of these houses are four rooms: one master bedroom with an ensuite bathroom and three rooms with a shared bathroom. Master bedrooms are not available to trainees. The number of beds in the three rooms varies from 1-4. Servants Quarters (SQs) are rooms with outdoor entrances and a separate, shared bathroom are also available.



Houses 3 & 4



Room with two twin beds (Houses 1-4)



Room with one bunk bed (Houses 1-4)



Room with one double bed (Houses 1-4)



Shared bathrooms, with and without a tub (Houses 1-4)



SQ room exterior & bathroom exterior



SQ Interior



SQ bathroom: Shower and toilet area are in one combined room. No bathtub.

Appendix B: Hostel Photos



Aerial view of bunk and floor space



Closet space



Entry to hostel rooms



Room A (with fridge)



Bathroom

Bathroom



Shower



Laundry/dish washing room