



## **MASTER'S PROGRAMME IN GLOBAL HEALTH CARE AND CRISIS PREPARENESS EDUCATION IN HEALTH CARE**

### **INTENSIVE STUDY MODULE IN KENYA – CHECK LIST FOR THE ARRANGEMENTS**

**Remember to enroll in the intensive study module in Kenya by  
15.7.18 through the following link:**

<https://www.webpolsurveys.com/S/75354CEFF673023E.par>

If you are not able to participate in the intensive study module in Kenya, please notify your student group's responsible lecturer Jaana Tilli via e-mail ([jaana.tilli@diak.fi](mailto:jaana.tilli@diak.fi)).

#### **Flights**

Students will make their own travel arrangements, while we expect that students (Diak, Arcada) arriving from Finland and other destinations out-side Kenya to arrive to the Eldoret Airport in September 3th. There will be transportation from the airport to UEAB, scheduled to leave Eldoret airport at 11.15 am (arrival 10.50), 15:15 p.m. (waiting for both arrivals 13.50pm and 14.50pm) and 20:15 p.m. (waiting for both arrivals 19.40 and 19.50). Diak's and Baraton's staff members will meet the students at Eldoret Airport with signs "MDGHC UEAB". Accordingly, after the intensive course there will be transportation from UEAB to Eldoret International Airport. Transportation is expected to be at the airport September 14<sup>th</sup> **no later than 1pm (13:00)**.

There will be no additional transportation from and to the airport, so please plan your flights accordingly. Students are not encouraged to arrange the transportation on their own.

Travel information is needed when you enroll to the intensive course.

#### **Travel Compensation**

Each student, participating the intensive course in Kenya will receive travel compensation to cover part of the travel costs. Each student is

# Diak

responsible for booking the flights, costs of accommodation and taking care of other travel costs independently according to given guidance by Diak and Arcada. It is recommendable to build groups and plan the travels together. Diak and Arcada will pay a study grant of 600 euros, please complete the [Webropol survey](#) and enter your personal details there.

Accommodation including meals (breakfast, lunch and dinner) in UEAB is about 3000 KES (27e). Unfortunately, we have not yet prices of accommodation in Busia County and travel costs to field work to communities stated in flood-prone area. Estimation for accommodation is 27-35 euros per night.

## **Vaccinations**

You will need to have sufficient vaccination coverage for your visit to Kenya. Each municipality has arranged the vaccination services differently, please check how they are arranged in your municipality and make the arrangements needed. Student health services don't provide vaccination programs, but they vaccinate most common vaccinations. Nurses at the student health services can inject pre-prescribed and pre-purchased vaccinations but the arrangements should be agreed by the service provider. When entering the country, you are required to carry valid international certificate of vaccination and revaccination against yellow fever is required when travelling from high risk countries.

For more information (in Finnish):

Vaccination information: [www.rokote.fi](http://www.rokote.fi)

Travel medicine, including malaria: <http://www.fsih.fi/matkailijan-ohjeet>

Terveyskirjasto – Matkailijan terveystopas: [http://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p\\_teos=mat](http://www.terveyskirjasto.fi/terveyskirjasto/tk.koti?p_teos=mat)

## **Antimalarial medication**

Malaria is a risk factor in Kenya and it is widespread across the country. We go to the field trips to Busia County, which is malaria endemic area and precautions should be taken. Please consult your physician to the antimalarial medication.

Students should prepare themselves with antimalarial medications, mosquito net, mosquito repellent which contains DEET and clothing that covers arms and feet (also ankles) in the evenings and nights.

# Diak

Mosquito nets and repellents can be bought during the stop-over to Baraton.

The Finnish Society for International Health provides good information how to take precaution (in Finnish): <http://www.fsih.fi/matkailijan-ohjeet>.

## **Travel notification to Ministry for Foreign Affairs Finland**

File your travel notification at [www.matkustusilmoitus.fi](http://www.matkustusilmoitus.fi) before your departure.

## **Insurances**

The student is required to provide accurate travel insurance for Kenya. You may need an extend coverage by supplementary insurance since Kenya is on the list of high-risk areas. Contact your insurance company.

## **Visa**

Please check the current visa regulations and requirements from the Kenyan consulate, [http://kenyaembassystockholm.com/index.php?option=com\\_content&task=view&id=33&Itemid=45](http://kenyaembassystockholm.com/index.php?option=com_content&task=view&id=33&Itemid=45)

Finnish nationals can obtain single entry visa through eCitizen service at <http://evisa.go.ke/>. eVisa fee is 51 USD. To obtain visa, your passport must be valid 6 months after the end of your trip and include one free page. For more requirements, please see eCitizen service at <http://evisa.go.ke/>.

## **Currency**

Kenyan shillings can be withdrawn from any ATM, but ATMs are not necessarily available in smaller towns. Therefore it is advisable to have Kenyan shillings prior to your arrival. There will be a possibility to do some grocery shopping on your way to UEAB. There is ATM by the main gate of UEAB, but we cannot guarantee its functionality.

The program includes one day off, when the students can visit nearby towns or other places of interest on their own costs. Several means of transport are available for your personal use by your own expenses. Outside the University's main gate where you will find taxis waiting to be hired to different destinations. Motorcycles are also found around this

# Diak

area, however, kindly note that you are not encouraged to use the bikes for safety reasons.

## Necessary items to carry

- a. Travel documents. Please take a copy/picture of your travel documents like passport, flight tickets, vaccination certificates, eVisa etc. and save it separately from your passport.
- b. Your possible regular medications and traveling medication including antimalarial medication.
- c. International certificate of vaccination
- d. Insurance certificate with emergency contact information
- e. Personal laptop
- f. Adaptor (Europe/Asia/USA to UK Adaptor)
- g. Flashlight (and/or headlamp)
- h. Mosquito repellent containing DEET and in spray can in order to easily spray the mosquito net. Can be purchased during the stop-over on the journey to Baraton
- i. Mosquito net, can be purchased during the stop-over on the journey to Baraton
- j. High Graft Tape, to seal the windows, doors etc. against mosquitoes
- k. Suitable clothing:
  - i. Formal clothing
  - ii. Culturally sensitive informal clothing to be used during theory classes and field work
  - iii. Culturally sensitive clothing for warm weather in Busia County + sun lotion and sunhat
  - iv. During evenings and nights, long sleeve shirts and long trouser legs are good precaution against mosquitos.
  - v. Warm clothing, umbrella or rain-coats, and wet weather boots as rains expected at UEAB during the month of September
- l. Money for your personal use (including payments of accommodation and meals).
- m. Power bank for your electronic devices: not mandatory, but useful during the electricity breaks
- n. SIM card for telephone: not mandatory. Can be purchased during stop over when traveling to Baraton.



## UEAB Library Card

To get the library card and access to UEAB library resources please send a passport size photo of your face (no need an official passport



photo, you can take one with your mobile). Send the photo by E-mail to [marketta.fredriksson@diak.fi](mailto:marketta.fredriksson@diak.fi) and indicate your name and institution organization (Diak / Arcada) in Finland.