



Trip Information Packet

Kenya

University of Oregon Athletics

June 12-22, 2025





Welcome to Courts for Kids. Most likely, this is your first trip with our organization and we are confident that this trip will impact you in ways you cannot even imagine. We work closely with our in-country partner to make sure your basic needs are met, so we can all focus on the task at hand, creating a multi-purpose sports court with the initiative, help and support of the community.

A sports court is a great project because it requires the help of many community members, provides plenty of work for everyone, and becomes an asset that provides not only safe places for children to play, but also various other benefits. The hard work of our team will be a great bridge between us and the community and we will develop a mutual respect that will help provide inroads into a rich cross-cultural experience and first-hand insight into a developing world community.

We are looking for great cultural ambassadors, so please only sign up for this trip if you are willing to step outside of your comfort zone. You will need to work hard, you will be eating different foods, sleeping and bathing in less comfortable environments. But, as they say, if you want to live like you're in America, why leave?

Most importantly, we ask that you enter into this with a great sense of humility. We want you to be eager to learn and grow in this process as we are entering into a different culture with different values and norms. We want you be quick to listen and slow to speak.

We will not be giving you a detailed itinerary as things are very prone to change with this sort of construction project. But your time will be spent working on the court, taking part in various cultural activities and, most importantly, connecting with the locals.

Please look through this informational packet and feel free to contact us with any questions you may have.

If you choose to go, I can almost guarantee you will look back on this trip as a life-changing experience. You will grow so much in a week it will make you wish you could stay longer. In fact, you will probably say this was the best week of your year.

Hope you can come!

Derek Nesland
President
Courts for Kids

Community Information

Rusinga Island is 16km from end to end and 5km at its widest, lying on the eastern part of the Winam Gulf is one of Kenya's unexplored territories with a population of around 30,000 people. Rusinga Island is in a rural part of Kenya that holds on to its traditions. Most of their ancestors were the Suba people, refugees from the war in Uganda who crossed Lake Victoria into Kenya a few hundred years ago. In regards to politics, a man named Tom Mboya from Rusinga was expected to become Jomo Kenyatta's successor, making him the second President of Kenya. Unfortunately, he was assassinated in 1969, but he is remembered as a local hero on the island.

The local language is Luo, which is one of the tribal languages of western Kenya. Most of the population here makes their living through agriculture, growing maize and millet. They are also a fishing community, with Lake Victoria offering Nile perch and tilapia.

Fishermen fish at night and return early in the morning, at 6am or 7am. The fishermen have tales of bravery, toil and sometimes, tales of death from the lake.

Rusinga Island is also known as one of the best places in the world for fossils. When Louis and Mary Leakey announced the Proconsul and another 18 million-year-old fossils they unearthed in 1948, they opened the island to curious explorers. The site remains preserved in the island.

Rusinga is not very developed, so they have a lot of pressing needs. They stated, "We need more youth development- like a sports court! We also are working on promoting environmentalism, sanitation, and hygiene. Finally, for long term goals, we are working on getting secure sources of clean water to all the homes in the community, developed waste management practices, sustainable housing, constant electricity, and economic development."

The trip to Rusinga is not complete without a visit to the Ruma National Park situated on the floor of the Lambwe Valley. The park covers 120 square kilometers and was established in 1966 to protect its indigenous population of rare roan antelopes, which exist nowhere else in Kenya.



Your group will be met at the airport by the Courts for Kids East Africa Country Director who has been working closely with the community to plan all aspects of your visit. We will be staying in a community building sleeping on mattresses on the floor. The court will also be built at the school and will be used by the entire community. Many times it will be a place where the community will gather to dance and hold celebrations and ceremonies. We will work side-by-side with the locals and although it will be challenging there are jobs for everyone of every physical capacity. During the whole trip we will be fully immersed in the local culture eating authentic food, learning local traditions, customs, and way of life. It is important to note that this court will be built with the community not for the community. The community members are very motivated to make their court a reality and from the beginning, they have been the driving factor planning this project to see it come to fruition.

*More specific lodging, packing, and trip logistics will be provided as the departure date gets closer.

**Please note, the destination community is subject to change at the discretion of Courts for Kids in order to best meet the needs and safety of the volunteer group as well as the needs of the host community.



Funding Responsibilities

Everyone in your group will contribute to the total project costs.
Each participant will be required to fundraise/donate this amount:

\$1,000

100% of all donations are fully tax deductible

All funds raised are applied to court construction costs and the following group expenses:

- Round trip airfare (award points cannot be used)
- In-country costs (food, water, lodging, and transportation)
- Entrance/exit fees
- Emergency medical insurance
- Special activities
- Court construction costs (in addition to your giving, the host community also contributes making this court a reality).

Does not include: passport, immunizations, travel to and from the US airport, food or incidental costs on layovers and delays, or spending money for souvenirs.

**All donations are non-refundable (unless the entire project is canceled by Courts for Kids, funds will be refunded less non-recoverable costs). If you raise/donate more than the above amount, you can choose to apply the excess to passport or immunization costs (must submit receipts), the court construction costs, sports equipment, toward the balance of another trip participant or towards Courts for Kids in general. You will not be eligible for any other refunds or reimbursements due to IRS regulations.*

Flight Itinerary

Alaska Air/ Air France Itinerary*

(Award points cannot be used)

| Date | Fl. # | Airport | Dep. | Airport | Arrival |
|---------|---------|-------------|---------|-------------|---------|
| June 12 | AS 2372 | PDX | 9:15am | Seattle | 10:15am |
| June 12 | AF 337 | Seattle | 1:35pm | Paris (CDG) | 8:15am |
| June 13 | AF 814 | Paris (CDG) | 11:00am | Nairobi | 8:40pm |
| June 21 | AF 813 | Nairobi | 10:50pm | Paris (CDG) | 6:30am |
| June 22 | AF 338 | Paris | 10:10am | Seattle | 11:20am |
| June 22 | AS 699 | Seattle | 4:15pm | PDX | 5:09pm |

*Flights and carrier are subject to change

Trip Checklist

1. **Registration:** The application process is facilitated by University of Oregon. Once approved, you will register online at www.courtsforkids.org (detailed instructions to be provided later).
2. **Passport:** Make sure you have a passport that will not expire before **December 13, 2025**. If you need a passport, go to the nearest post office for assistance. **In order to avoid the headache and stress, make sure you get your passport on time, do it ASAP.**
3. **Fundraising deadlines:**
\$1,000 by May 1, 2025
4. **Vaccinations:** The recommended vaccinations for travel to Rusinga Island, Kenya, according to the Center for Disease Control are the following (**keep in mind these are recommended, not required. Check with your local doctor and make the decision best for you**):
 - a. Routine (DPT, MMR, Polio, Chickenpox, Flu, Shingles)
 - b. COVID-19
 - c. Hepatitis A and B
 - d. Typhoid
 - e. Polio
 - f. Yellow Fever
 - g. Malaria
4. Attend **mandatory** Courts for Kids pre-trip trainings, dates to be announced.

Trip Safety

Courts for Kids makes your safety our number one priority. Being in a safe, tight knit community with strong awareness and ownership of the project will provide local people who will be personally invested in the safety of the team. Courts for Kids also has safety protocols in place that include, but are not limited to:

- A **Courts for Kids representative will lead the group** while in the destination country.
- We always contract **private transportation** to pick up and return the group to the in-country airport.
- We have a **strict behavior and conduct policy** for all trip participants which promotes the safety and security of the group. All participants are required to attend a **mandatory training**.
- We have **secure transportation** available to medical facilities in the case of any injuries.
- We will have a **first aid kit** with the group at all times.
- We only drink **clean, potable water**.
- We work with community cooks to adhere to our **Safe Cooking Practices**.
- We monitor the **US State Department** travel warnings and make travel adjustments as deemed necessary.
- We require all volunteers to be disconnected for the entirety of the trip. No cell phones will be allowed once in country.
- **Insurance coverage** for all trip participants that includes evacuation with a medical escort in a worst case situation. Policy details can be provided upon request.

Safety is a team effort and every trip participant is responsible for their behavior, must use common sense while traveling, and comply with Courts for Kids representatives and trip leaders at all times.

Fundraising Help

Online Appeal

• **Personal Fundraising Page:** Upon registration, you will receive a personal fundraising page and an email with instructions on how to customize it. Come up with a list of friends and family members to send it to. Once somebody donates, it will show up immediately in your registration page.

•Facebook/Instagram Fundraisers:

- Anyone can create a fundraiser on Facebook or Instagram, including your family members; however, fundraisers must follow the rules outlined below. When fundraisers are created correctly, Courts for Kids will directly receive the funds you raise and we will credit 100% of the donations towards your trip fundraising responsibilities.

Rules for Fundraising on Facebook and Instagram

Fundraiser ‘titles’ (on Facebook) and the text of ‘donation stickers’ (on Instagram) MUST include the trip participant's first and last name or donations received through this fundraiser will NOT be able to be credited to your trip costs.

Examples:

- ACCEPTABLE:** *'John Smith's summer Xavier HS trip to Nicaragua fundraiser'* - Created by John Grandmother
- NOT ACCEPTABLE:** *'Fundraiser for my summer Xavier trip to Nicaragua'* - created by John Smith

Fundraisers must be created for Courts for Kids, not for yourself. When creating a fundraiser, choose Courts for Kids under the 'Nonprofit' section, do not choose the option to raise money for 'Yourself' or 'For a Friend.'

Support Letters

- Come up with a list of friends and family members who might support you on this trip. Don't rule people out too quickly. You will be very surprised at who will support you. Get their addresses.
- Type up a support letter for people to make a tax-deductible donation on your behalf (use the sample on the next page for an idea).
- Send the letter, pledge card and a return-addressed envelope (to your house) to everyone on your list.
IMPORTANT- Get this letter out ASAP to make sure you get your support raised in time.
- Make sure people give you checks made out to Courts for Kids. When you receive a check, make sure and send them a thank you card. Next send the check **and the response card** to Courts for Kids.

Other ideas

- If applicable, see if your home church, service club, or other organization will sponsor you.
- Do a game night, movie night, adult prom, Zumba-thon, Bunco party or another fun event and sell tickets.
- Solicit donations you can sell in a garage sale, silent auction, online auction, or raffle.
- Make a craft, shirt, or food item that you can sell.
- Some companies have donation matching programs and will match donations employees make to nonprofits such as Courts for Kids. You can check if a company has a donation matching program here:
<http://www.matchinggifts.com/search/rit>
- Be creative, go online– there are many fundraising ideas out there!

(IT IS BEST TO REWRITE THIS LETTER ADDING YOUR OWN WORDS TO GIVE IT A PERSONAL TOUCH. USE THE FOLLOWING AS A GUIDE)

Today's Date

Dear *(personalize it by adding their name here),*

I am excited to share with you about an upcoming service project in *{insert country}* this upcoming *{month of trip}* through Courts for Kids. I need to raise *{amount needed to raise}* in order to participate so I am asking friends and family members to consider helping out with a tax-deductible contribution.

We will travel to *{insert country}* and make our way to *{insert a couple sentences of community information from the site details page of the packet}*. This community applied to Courts for Kids for assistance in building a multi-use athletic court, which is where I come in. I want to help make this vision a reality for the community but need some help. I am raising money not only for travel costs but also for construction materials, as well.

Our primary project will be to build this court, but we will also take part in other service and cultural learning activities as well. Our primary purpose for going is to serve the local community, but also to grow and learn as we get out of our comfort zone. We will be staying in relatively primitive conditions within the community and will be eating the local food the entire time. This is definitely not a touristy trip, but I am excited for the change I am sure will happen in my life and the impact we can have.

{If you have the space, enter a personal story of why this trip is significant for you}

Would you consider supporting me as well as the local community in this project? I need to raise *{amount needed to raise}* for this trip to be possible. If you are interested, please make a check out to **Courts for Kids** and return it in the enclosed envelope. Could you please return this envelope as soon as possible in order to make sure I hand everything in with enough time to spare? Your donation is **tax-deductible** and **100%** of what you give will go directly to this trip.

Sincerely,

{Your signature and name}

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