

WELCOME TO THE LIGHTHOUSE FOR CHRIST EYE CENTRE & MISSION GUEST HOUSE

Thank you for choosing to come and join the ministry here at Lighthouse for Christ Eye Centre! We welcome you and hope that your stay will be a blessing to you.

FOR YOUR INFORMATION:

LIVING:

We have provided a few grocery items to "get you started". There is boiled and filtered drinking water in the fridge. **DO NOT DRINK THE WATER FROM THE TAPS, HERE, OR ANY PLACE IN KENYA!** Use the filtered water for rinsing fruits & vegetables and for teeth brushing as well. However, the tap water is fine for showering and washing dishes.

You are provided with a house helper (Hostess - Doreen), who is shared with any other visiting doctors that happen to be here. She will do your laundry, keep your house clean, and boil and filter your drinking water. She may also do some light shopping for you as well. Just a short walk from the Lighthouse, on the same side of the street, is a bakery with good bread and some pastries (Kenya style) and a meat shop. Hostess (Doreen) can prepare lunch and dinner (dinner prepared early and put in the fridge for you), but please discuss with her what you may like to eat.

Sometimes in the mid-morning she may attend to some duties at the administration as well.

The kitchen is equipped for cooking meals or Mombasa has many fine restaurants to sample. It is recommended that you be cautious of any food that is not cooked (ie: salads) or fruits that don't require peeling.

For hot water when showering (in Chui house), flip the switch located to the right of the bedroom entrance or as you will be advised in other quarters approximately 10 minutes before you use the water. The middle switch above the bed turns on the air, but there is a slight delay (the light will change from yellow to green when it is "on").

The electricity in Kenya is **220-240V**. If any appliance you brought with you is 110V from the US, please use a transformer. You can use the air conditioning in the bedroom, preferably at night only (due to the high cost of electricity here in Kenya).

PHONE & COMPUTER:

A cell phone is provided to you as a visiting doctor. If you need to purchase additional minutes for the phone, they are available at the private clinic's front desk or at local shops. For calling rates, please see the Safaricom website (Ongea tariff plan). The house phone is mainly for calling within the clinic grounds. Near your house phone should be a phone number listing (3-digits) of the various offices. Outside calls going out or coming in are connected through the secretary's office during working hours (8 am – 4:30 pm). After hours, any outside call goes only to the Director's home.

To call internationally, you have a few options. Using the cell phone may cost ~ US\$0.33/min. Internet cafés in town offer ~US\$0.15/min (a reliable place is one next to the Nakumatt Likoni) or you can use Skype on one of our computers.

Internet access is available for your use in the administration office. The connection speed is relatively slow (USA dial-up speed) and may not be working at times. However, the usage is

unlimited. If you have your own laptop (Windows/Mac), you can ask to borrow the USB modem to connect to wireless broadband service (Safaricom Live Broadband) anywhere in Kenya. It is a pre-paid service, which will be your responsibility, offering either a flat weekly rate for unlimited data or data-limited packages (details on their website).

GROCERY SHOPPING:

A convenient place to shop is Nakumatt (3 locations). Anyone of the staff can direct you there. They have almost everything you might need from fruits and vegetables to household items, although their prices can be slightly higher than the smaller shops around town.

Hostess (Doreen) is available to do your grocery shopping if you provide her with a grocery list. She will need to be given money for the groceries, and a receipt will be brought back for you. If you would like, you can pre-pay any amount in advance at the administration office, and it will be used as credit for any shopping that Hostess (Doreen) does for you. Aside from this, it is an offence for any staff to solicit money from you.

RECREATION:

The Lighthouse has a membership to the Mombasa Beach Hotel where you can enjoy the beach, swimming pool, restaurants, etc. The Secretary can give you the entry pass to use. You can have access to any other beach hotel typically if you have a meal there first. The beach hotels offer snorkelling, scuba diving, glass-bottomed boat rides, dhow rides, deep-sea fishing, wind surfing, and more.

The Administration can book for you a game Safari for overnight stays complete with transport.

Sightseeing can be done as well as shopping for souvenirs. For national historic sites, you can sometimes get a discount on the entrance fee if you show them your Lighthouse letter of invitation. Affordable souvenir shops can be recommended by the administration. There is an 18-hole and a 9-hole golf course where tennis and squash are also available.

DRIVING:

A vehicle is available for your use within town only – any out-of-town travel must be first discussed with the Administration. You must have a current Driver's License from your home state/country or an International Driver's License. Driving is done on the left side of the road, so **THINK LEFT**. The car key can be obtained from the secretary at the end of each workday. Kindly note that any needed car repairs related to your driving will be your responsibility and that only approved drivers and passengers be allowed in the car.

If you prefer not to drive, you can arrange with our drivers to have you taken around during working hours. Normally, the drivers do not get overtime pay for any driving after work, so if you wish for assistance in the evenings/weekends, you may wish to discuss this with the driver.

A Mombasa Island map can be purchased locally – but there is usually a copy in the visitors' booklet in the quarters for your reference. It is best left there.

MONEY:

The VISA ATMs give the best exchange rates. If you have foreign cash to exchange, our driver can tell you where are good places to go – the driver can also be sent to the forex and a receipt brought back to you. The forex bureaus may refuse to exchange older US currency bills, so having the newest versions are best such as \$50 bills after September 2004 and \$100 bills after 1996 (new \$100 bills are expected in Feb. 2011). If possible, it is a good idea to pre-notify your CREDIT CARD company of your travel plans, so that your transactions will not be blocked. Traveller's checks are no longer so common.

SECURITY:

Because this is a developing country and it has the very poor and the very rich, robbery does take place. **DO NOT CARRY YOUR PASSPORT WITH YOU** unless you have to have it. When you are walking in town and on the beach, do not wear expensive jewellery or watches unless you can afford to lose them. Men, please carry your wallet in your front pockets. Avoid "fanny packs" if at all possible. Use caution when walking with a camera around town. Never walk on the beach at night. If you are going to remain outside the clinic overnight, kindly make the Administration aware.

If you are driving at night and suddenly find yourself with a flat tire, continue driving on the flat tires until you can either get to a service station or get to a lighted area -- there may be thieves waiting for you to get out of your vehicle to change the tire.

In your guest home, there is a Security Alarm Button. Hostess (Doreen) will show you where it is. This button should be activated if you suspect someone is trying to break in. Press the alarm and then call one of the other houses to alert them.

MOSQUITOES:

We have malaria-carrying mosquitoes here on the Coast. Taking a prophylaxis is recommended, but you should still take precautions such as sleeping under the mosquito net (provided to you) and using mosquito repellent on exposed areas, as needed. Have the doors and windows in your quarters without a mosquito mesh closed at all times.

STAFF DEVOTIONS:

You are welcome to join the staff devotions on Tuesdays & Fridays at 7:30 a.m. in the administration building [the men start at 7:15 on Fridays in the clinic reception area]. The clinic department has a devotion time on Mondays at 7:45 a.m. in the clinic room. The theatre department has a prayer time Mondays, Wednesdays, & Thursdays at 7:45 a.m. in the theatre.

CLINIC:

The clinic working hours are 8:00 – 4:30 Monday through Friday. When taking photographs of Muslim women, please ask them first.

CELL PHONE NUMBERS:

In case of an emergency, kindly contact any of the below persons below for assistance:

Ms. Naomi Nginya	-	0721361048
Ms. Penninah Nzuki	-	0722976584
Dr. Ibrahim Matende	-	0722958541

We hope and pray that you will enjoy your stay with us. If you need anything or have any questions, please do not hesitate to ask. Karibu Kenya.

Welcome to Kenya!