

Karibu (welcome to) Mombasa

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

Living



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To do



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Living:

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



WATER



We have provided a few grocery items to get you started. There is bottled water in the dispenser. Do not drink the water from any other tap here or any other place in Kenya! Use bottled water for rinsing fruits and vegetables and for teeth brushing as well. However the tap water is fine for showering and washing dishes.



For hot water in Chui house, there is a hot water switch that **STAYS** on- it is located to the right of the bedroom door. If you are in Twiga house, it is located in the room with the bunkbeds and should be switched on at least 30 min before showering and switched off after use.

Living:

YOUR HOSTESS



FOOD



Dorine can prepare lunch and dinner for you but please discuss with her what you would like to eat.

Dorine's Menu:

Breakfast:

Tea & Coffee, Juice
Scrambled Eggs or Omlette
Toast with Jam or Peanut Butter

Main Dishes:

Chicken or Beef Stew
Meatloaf
Spaghetti
Fish (Baked or Pan Fried)
Rice Pilau
Baked Chicken
Samosas
Beef Chilli

Side Dishes:

Rice
Potatoes (Mashed or Baked)
Chapati
Ugali
Greens (Beans, Spinach)
Salad (Carrot, Three Bean & Cole Slaw)
Fruit Salad

(For Doctor volunteers only): You are provided with a house helper, Dorine. She will do your laundry, keep your house clean, and cook anything you need. 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 (Fayaz) with good bread and some pastries (Kenya style) and a meat shop. Sometimes in the mid-morning she may attend to some duties at the administration as well.

Dorine 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 prepay any amount in the admin office and it can be used as credit for Dorine to use. Aside from Dorine getting groceries, it is not allowed for staff to request or accept money from you.

FOOD



Burgers,
Sandwiches, Wraps
and more:

Phone:

+254 718 543 579

Location:

Nyali Centre, Links Road



Roberto's
Taste Of Italy

**Italian Food:
Yummy Pizzas, pasta, salads
and fish dishes.**

Phone: **+254723 223399**

Location: **Links Rd, Mombasa**



TAMARIND
MOMBASA



Fish Dishes & Posh Nosh:

Phone: **+254725959552**

Location: **Cement Silo Road**

Caribbean style Food:



Email:

info@puntacanaafrica.com

Phone:

+254714822888

Location:

**Palm Breeze Building
Links Road**



Local Food:



TARBUSH
Cafe

Known for Shwarma and Byriani

Phone:

N/A

Location:

Makadara Rd, Mombasa Island





Karahi
Indian cuisine:



Phone:
+254 412 147000

Location:
English Point



Misono
Japanese Dishes:



Phone:
+254 722 530204



Location:
Links Road, Nyali



Burgers, Breakfast, Cakes:

Phone:
+254 711 665233

Location:
Fidelity Building, Kaunda Ave, Mombasa



Coffee, Bakery,
Fresh Bread, Salads
and More:

Phone:
+254 202023769

Location:
Ground Floor,
City Mall - Nyali

MAISON DE QUALITÉ
CAFESSERIE
Mombasa



Living:



An iPhone is provided to you as a visiting doctor. If you need to purchase additional minutes for the phone, ask Josh.

To call internationally, you have a few options. Internet-based FaceTime and Skype are easily available. If you want to call straight to the US from your cell phone here, you can dial +1 then the area code. The cost is around \$.03/min. Internet wifi is available in your guest house and around Lighthouse. The password is ForChr1st. We do our best, but sometimes it's slow.

Josh is the mission director if you need him in an emergency, Call #114 on the landline or cell phone: (+254720700923)

Because this is a developing country and it has the very poor and the very rich, robbery does take place. However, we do ask that you carry your passport with you when you are driving anywhere, as there are frequent police checks. Be aware of your surrounding and take care of your valuables. If you want to explore Mombasa town, take a trusted Lighthouse person with you.



We have mosquitos here on the coast that carry malaria, dengue fever and other diseases. It's advisable to take a prophylaxis for malaria, but also to try not to get bitten—wear mosquito repellent, especially during dawn and dusk. We choose to spray our rooms instead of using nets but if you would prefer a net, you can request one. If you are having any problems with mosquitos, we can also spray again. Keep your door and windows closed to keep mosquitos out.



In your guest house, there is a security alarm button. It's located behind the bed in the Chui house. If you suspect anything dangerous, you can hit this button and the security company will show up within a couple of minutes.



The electricity in Kenya is 220-240v. If any appliance you brought with you is 110v from the US, please use a transformer.



For air conditioner in the bedrooms, use the remote to switch it on before sleeping and SWITCH IT OFF during the day to save on electricity costs.

Recreation

To do



While at Lighthouse, if you have time to do paddle-boarding in the harbor or want to take a boat/fishing trip, Josh and Justin (resident missionaries) have that available for you!

There is a running trail, located at Forest Trails in Nyali, about 30 min drive from Lighthouse. There are a number of beach hotels that have nice swimming pools- we recommend a day pass at Whitesands Sarova Beach Hotel (costs around \$25/person for delicious buffet lunch and swimming).

If you are interested in scuba diving or snorkeling, ask Josh or Justin. There are also other water sports with equipment to rent from various places such as Whitesands or Yul's.



SAROVA
WHITESANDS
BEACH RESORT & SPA
MOMBASA



Sightseeing can be done as well as shopping for souvenirs. For national historic sights, 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 golf course where tennis and squash are also available.

DEVOTIONALS



You are welcome to join the staff devotions on Tuesdays at 7:30 a.m. in the administration building.

The clinic working hours are 8:00 - 4:00 Monday through Friday. When taking photographs of any patients, please ask them first.



Transport



A vehicle is available for your use within town only. You must have a current Driver's License from your home state and country and an International Driver's License. We drive on the LEFT side of the road in Kenya. We also have a couple of drivers at Lighthouse that can drive you, and an Uber account to make it very easy and affordable for you to get anywhere you need to go.

The VISA ATMs give the best exchange rates. If you have foreign cash to exchange, or our driver can tell you where to change money. The forex bureau will give you a better rate for newer bills, so try to only bring large bills - \$100s that aren't older than 5 years. It is a good idea to pre-notify your banks that you will be traveling so you don't have to worry about your card being blocked. You can also use your credit card at any major grocery store or restaurant.



UBER

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!



MONEY



Cell phone numbers:

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



Josh Ghrist- Mission Director:

+254 720700923

Justin Brown- Field Partner:

+254 715741128

Maggie Ghrist - Hospitality Coordinator:

+254 717679131

Ms. Peninah Nzuki- HR Mgmt:

+254 722976584

Dr. Frederick Korir- Medical Director:

+254 721255840

Suggested Things to Pack & Take Along to Mombasa, Kenya

TRAVEL

Documents



Passport & Itinerary

Entry into Kenya Letter from Lighthouse
Immunization record & Yellow Fever Card
Travel Insurance Policy
Credit or Debit Cards (Inform your bank of travel)

Make a list of donated medical supplies with quantity and stating they have been donated and are not for resale.

Any other items you bring, should be called “personal use” when going through customs at the airport.

Medicine:

Malarial Prophylaxis (Malarone or Doxycycline)

Cipro (good antibiotic - will stem any GI infection)

Any of your RX's to get you through the trip

Ambien or something to help you sleep during the flights

Pepto Bismol (tablets or liquid)

Tylenol or Advil

Band Aids and Neosporin

1 can- Off or Cutter's 'All Family Scent' mosquito repellent

MISCELLANEOUS



Mesh Laundry Bag

Extra Gal/Ziplocks

Small Bag for Travel

Travel Pillows

Sunglasses

iPod/Headphones

Books

Mini Toiletries/Cosmetics

Enough Meds for Travel

Documents and Cash

(A good amount is \$300 and some smaller notes \$1-5 for tips) ATMs are available

Electronics & Gadgets

SNACKS



Pre Packaged snacks in Kenya are not very good and they are expensive.

Suggestions for Snacks:
Instant Drinks (to mix with water) - propel, crystal lite

Instant Soups

Instant Oatmeal

Nuts, Trail mix

Cookies and Crackers

Personal dietary preferences

Dress for a warm, tropical climate, think ventilation!

2-3 Skirts/Shorts

PJs, socks & underwear

Enough tops for the duration of your stay

Capris/walking shorts/lightweight pants

Lightweight Jacket for travel

Cap/Hat, Sandals, flip flops & Sneakers

CLOTHES



*Laundry services provided for doctors only