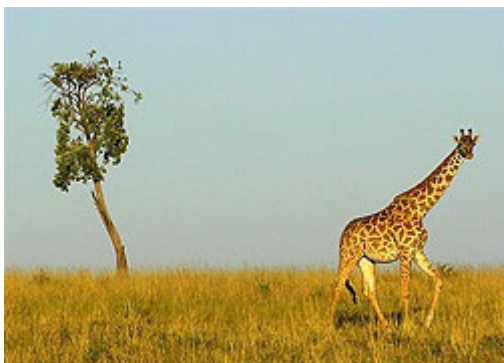


Kenya

Voluntary Service Program

Volunteer in Kenya, one of the most stunning countries in Africa full of natural wonders. From tropical beaches to spectacular scenery to rich culture to unparalleled wildlife, Kenya has everything in abundance. In this beautiful country, you can meet the traditional Massai on their ancestral lands, spot the incredible wildlife, admire the stunning valley, and explore a beautiful villages and culture. Our volunteer program in Kenya is located in Nairobi, the vibrant capital city of Kenya and in Watamu, a small town at the seaside 150 km north of Mombasa. In the volunteer program you serve the local communities, share your experience and compassion with orphan kids and local youth while exploring a great African country and an enriching volunteer abroad experience.

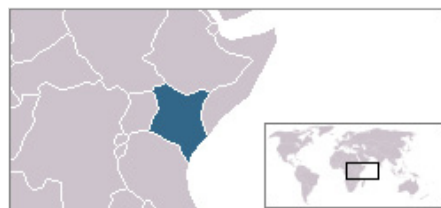


The Program

Together with our partner organization in Kenya Global-Volunteers^{de} supports different social projects such as teaching English, health, HIV or orphanages. Due to our long experience in running voluntary service programs and because of the strong commitment of our program partner's staff in Kenya we know, what the people of Kenya really need.

We invite you to take part in our voluntary service program to Kenya and to become part of the help for this country and its friendly people. Discover Kenya and help voluntarily to relieve the distress and poverty of many poor people in Kenya.

Our program divides into two phases:



Phase 1: Language and cultural orientation (optional)

Global-Volunteers^{de} offers one week of language and cultural orientation in Nairobi. However, you can choose to take the orientation or go directly into a volunteer project. If you decided to participate in one week language and cultural immersion, your program begins with one-week of language classes, cultural immersion, and travel experiences in Nairobi, also known as the "Green City in the Sun."

Details of the language and cultural orientation

Following please find an overview of our language and cultural program in Nairobi, Kenya:

Day 1: Orientation at Nairobi Host Home

In Nairobi, volunteers will join an orientation covering Kenya's religion, language, culture, history, customs, politics, and geography. Also, participants will be briefed on necessary health and travel precautions. Volunteers are welcome to discuss any issues that interest them as well as ask any questions.

Day 2: Swahili language and cultural immersion classes continues. (2-3 hours), rest is free time. Volunteers will have time to visit Maasai market in Nairobi/Gigiri

Day 3: Swahili language and cultural immersion classes continues. (2-3 hours), rest is free time. A tour of the city area to familiarize the volunteers with different shops, cyber cafés, the city market, bus stops etc. Areas visited is flexible

Day 4: Swahili language class continues (2-3 hours), cooking session in the afternoon. Volunteers can learn to make a Kenyan dish or they can teach host how to make their cultural meal. (This is an option)

Day 5: Culture day: Volunteers will travel to a rural home to spend a day at the village. On the way a stopover at the world famous viewpoint, is a must for photo shoots. From here one can see the famous Rift Valley floor and its saltwater lakes. After dinner there is a story-telling time by the elderly (translation will take place), around the bonfire while drinking chai or uji. Volunteers will have an opportunity to practice their language skills. Stories include: life during the colonial days, traditions events, folktales or songs by the children.

Day 6: Travel back to Nairobi, to spend afternoon watching movies, playing games and hanging out with some of the young people. This is another opportunity for volunteers to ask questions and practice what they have learnt so far.

Day 7: Closing of program and departure for respective placement

Remark: The survey of the language and cultural orientation week above is just a sample and depends on the conditions in Kenya. Details and the schedule of the orientation program may differ from the above survey. Responsible for the content and the schedule of the language and cultural orientation is our partner organization in Kenya solely.

Phase 2:

Work in volunteer service projects Projects and locations

Following the language and cultural orientation you start working in your project. Global-Volunteers^{de} and IFRE Kenya presently support local orphanages, HIV/AIDS Projects, local schools, and NGOs working for different social issues. The projects are located in Watamu and Nairobi. Volunteers can work in any of these volunteer projects to share their love and skills with the local kids, women's groups, and communities.

Volunteering requires that you are flexible, mature, can show initiative and have drive since you don't get many instructions and have to plan your activities yourself. However, you normally work together with local staff of the projects that will help and assist you if needed.

Below you will find descriptions of voluntary work places:

Orphanage Projects

Kenya has a lot of orphans who have been affected by the AIDS virus as well as poverty. There is a need to help kids who have lost their parents through the epidemic. We are presently working with more than 3 local orphanages in the different parts of the city and Limuru. At this program you mostly help orphans kids by tutoring, home schooling and organizing creative extracurricular activities.

As a volunteer in the orphanage project, you will help tutor the children in the orphanage where the orphans are home-schooled. You will also help kids to stay clean by helping them in brushing teeth, shower, and personal hygiene.

During the evening, you organize games, drawing, singing, dancing, and other creative education and extracurricular activities. You will



help kids to do homework, monitor academic progress, and make sure kids complete next day's homework.

In the orphanage where the children go to school, during the day administrative work helping in cleaning, cooking, garden work will constitute most of your work.

There is no specific qualification needed to join the orphanage volunteer project. However, volunteers are expected to be flexible and patience. You should have passion and love for orphans.

Accommodation: with a host family or at the orphanage

Places: Nairobi and Watamu

English Teaching in Rural Schools

There is a current lack of teachers in most schools, which are located in the outer city areas and villages due to brain drain. Many teachers have transferred to teach in Southern Sudan and Northern Uganda. The Kenyan education system recently went through major



changes when free education was provided to the primary level. More students are now going to school and so there is a shortage of teachers in the

public schools. Volunteers are a welcomed resource. As a teacher volunteer, you will work in the rural schools mostly work under the direction of the head teacher.

Job responsibilities of volunteers joining as teachers vary with each school (secondary or primary). The schools provide the curriculum and teaching material. Mostly you will work in conjunction with another teacher and you will report to the head teacher.

Volunteers or Interns interested in teaching must possess some kind of teaching certification, degree in

education, have a major in science, math or computer oriented classes. Volunteers without credentials are not allowed to work in this program because of the regulations. The schools require a copy of your resume, clearly stating credentials and education, before your arrival to the project.

Accommodation: host family
Places: Nairobi, Maasai Land, Watamu)

Health Projects

There is an obvious lack of manpower and resources in the local hospitals, which are located in the outer city areas and villages and urgently need volunteers. As a medical volunteer, you will work in these rural health posts and community clinics. You mostly work as an assistant to the doctor. Work responsibilities vary with



your education, skill and experience. Job responsibilities of volunteers joining as a medical volunteer vary with education, skills, experience, and qualifications.

Volunteers or Interns are not allowed to perform the major identification or surgery works. Most of the time volunteers help doctors or work as an assistant to doctors. Volunteers measure BP, temperature, height, weight Assist doctors and medical staffs with health center tasks. You also help in health camps (if any), distribute medicines, provide tips to patients on health, nutrition and sanitation and counseling patients, and involve yourself in the treatment for minor injuries or wounds and keeping patient records.

Volunteers/Interns interested in joining the volunteer health program must possess health care certification, such as an ID as a medical student, EMT or paramedic certification, or nursing or physician's credentials. Medical volunteers without credentials are not allowed to work in this program because of the potential risk. The hospitals require a copy of your resume, clearly stating credentials and education, before your arrival to the project.

Accommodation: host family
Places: Watamu, Nairobi

HIV/AIDS Projects

There is obvious lack of manpower and resources in the local hospitals, which are located in the outer city areas and villages and urgently need volunteers. As a medical volunteer, you will work in these rural health

posts and community clinics. You mostly work as an assistant to the doctor.

Your responsibilities as a volunteer joining an AIDS project vary with education, skills, experience, and qualifications. Most of the time volunteers help in counseling, feeding program (if the centre has one),



visiting patients and their families, participating in public awareness. Provide tips to patients on health, nutrition and sanitation and keeping patient records will be part

of your task.

There is no specific education, experience, skills and/or qualifications needed to join the HIV/AIDS project. However, volunteers are expected to be flexible and patient as well as possess a passion and love for the poor and HIV-infected people.

Accommodation: host family
Places: Watamu

General restrictions

Please be aware that not all projects are available all the time or that not every institution accepts volunteers all the time, as the staff protects children at institutions from becoming "tourist attractions".

Since our partner in Kenya is constantly looking for new projects it can be that placements are available upon your arrival at Nairobi that you don't find in this brochure. Therefore the overview of projects and duties above should be considered as samples. **In all cases placements will be done by our partner organization in Kenya considering your wishes and requirements!**

Room, food and supervision in Kenya

Our program partner arranges for room, food, and supervision for volunteers from the start to the end of program. During the first week of language and cultural orientation, volunteers in Kenya stay in IFRE's hostel in Nairobi where meals, baths and restrooms are arranged. At the close of the Language and Culture Program, the coordinators transport participants to their respective projects where they will be introduced to their local project staff and respective host family.

The vast majority of our Kenya-based volunteers live with local host families for the duration of their projects. However, volunteers participating in the orphanage project stay in the orphanage (where a separate room is allocated). Here, participants are provided private room as well as three meals a day.

The bathroom and kitchen facilities are shared with the host family and other volunteers. The Kenyan diet is primarily vegetarian, consisting of bread, vegetables, lentil soup, curry, and pickles. Except for vegetarians, we do not accommodate any special diets. Also: the host family does not offer laundry service.

Once the volunteer program starts, local staff will stay in touch with volunteers. In Kenya, the projects are approximately 10-25 km from the office in Nairobi (and usually located in rural settings outside of the highway). The coordinators stay in touch with volunteers via personal visits, telephone calls or emails. The director of each project will serve as the participants' immediate supervisor. The country-coordinator maintains a mobile phone so participants are able to reach him at any time with questions and concerns.

Duration

The minimum duration is two weeks – either one week language and cultural orientation followed by one week voluntary work or – in case you don't want to attend the orientation – two weeks voluntary work in a project. The maximum duration that you can book with Global-Volunteers^{de} is 12 weeks. However, after finishing your 12-week program you can extend your voluntary work by making arrangements directly with IFRE in Kenya.

Working hours

Working hours are normally 30 – 40 hours per week.

Program Dates

This is a year-round program starting on the first and third Monday of each month.

Your arrival at Nairobi Airport should be on a Sunday. Your departure from your project and your host family should be the day following your last working day.

Participation requirements

- at least 18 years of age at the time of program start;
- obligation to have international travel insurance coverage (at least travel health insurance) for the entire program period;
- valid passport (validity at least six months longer than program duration);
- maturity, flexibility, independence and the desire to do social work are demanded.

Program Fees

Language and cultural orientation fee:

Language & Cultural Orientation*
(1 week)

215,-- Euros

*(can only be booked in combination with at least one week voluntary service).

Fee for language and cultural orientation covers:

- pickup at Nairobi International Airport and transport to the our partner organization's hostel;
- language and cultural training;
- accommodation at guesthouse (multiple bedroom) and 3 local meals/day for 7 days;
- training materials (books, papers);
- cost of local sightseeing/tourist sites;
- cost of recreational activities.

Volunteer service fee:

Duration of volunteer work	Fees in Euros
1 week:	730,-- **
2 weeks:	815,--
3 weeks:	895,--
4 weeks:	980,--
5 weeks:	1.060,--
6 weeks:	1.145,--
7 weeks:	1.225,--
8 weeks:	1.310,--
9 weeks:	1.390,--
10 weeks:	1.475,--
11 weeks:	1.560,--
12 weeks:	1.640,--

** one week voluntary work can only be booked in combination with one week language and cultural orientation

Fee for volunteer service covers:

- pickup at Nairobi International Airport and transport to the organization's hostel, host family or project site;
- **NEW!** 1 free accommodation before program start (Sunday – Monday);
- single bedroom at carefully selected and friendly host family or at project site and 3 local meals a day for the entire project period;
- placement in a voluntary work project;
- donation to project;
- supervision and support by local staff throughout the whole program period;
- 24 h emergency phone number at Global-Volunteers^{de} in Germany.

Not covered by program fees are:

- Transportation cost to Watamu (\$40-one way);
- International airfare;
- visa extension;
- personal expenses on water and/or soft drinks and entertainments (\$1-3 per day);
- laundry;
- telephone;
- immunization costs;
- pocket money;
- costs for travel insurance.

Visa requirements

Visitors to Kenya are required by law to have passports with validity of not less than six months and prerequisite visas. You can obtain your visa at the Kenya Embassy in Berlin or on arrival at the airport. We however advise you to have your visa prior to travel since most airlines and airport authorities expect you to have one prior to travel to Kenya. Check visa requirements to Kenya from your Kenyan tourist office or embassy in your country before embarking on your visit.

(Source: Embassy of the Republic of Kenya. Date: October 2007)

Visa and immigration conditions can change without prior notice to Global-Volunteers^{de}. Therefore, Global-Volunteers.de cannot be held responsible and cannot guarantee that the visa and immigration regulations are correct at the time of reading this brochure. We strongly recommend you to contact the Kenyan Embassy in your country to check visa requirements.

Safety

Kenya, like any other country, has its share of crime and there are a few basic rules you can observe to avoid unpleasant situation. Avoid carrying large sums of cash and do not display jewelry or valuables. Do not walk through unlit areas at night. Ask your hotel doorman to call for a taxi and agree on the price before boarding.

(Source: Embassy of the Republic of Kenya. Date: October 2007)

Disclaimer: Travel and safety information given in this brochure is intended as a guide only and is based on the information provided by the Embassy of the Republic of Kenya at the time of writing this brochure. Every effort is made to provide accurate and complete information. However, we cannot guarantee that there will be no errors. With respect to documents and information in this brochure, neither Global-Volunteers^{de} nor their employees and contractors make any warranty, expressed or implied, including the warranties of merchantability and fitness for a particular purpose with respect to documents available from Global-Volunteers' websites. Additionally, Global-Volunteers^{de} assume no legal liability for the accuracy, completeness, or usefulness of any information, product, or process disclosed herein and do not represent that use of such information, product, or process would not infringe on privately owned rights.

For up-to-date information regarding the security and safety of tourists in Kenya please visit the following website: <http://213.198.57.244/Topical-Issues-of-Concern-to-T.63.0.html>

The information above is intended to ensure your safety. You should read it carefully and follow these instructions. If you want to travel around Kenya and have any doubts, please contact your local coordinator in Kenya or the German Embassy in Nairobi. They both can give you advice about safety issues in certain parts of the country.

Health and Immunization

Please contact a medical doctor specialized on travel health at least 6 - 8 weeks prior your departure. He can tell you what immunization is required and what you can do to protect yourself. For more travel health information you can go for instance to Centers for Disease Control & Prevention (<http://www.cdc.gov/>).

How to apply, terms of payment

Below please find the enrolment form.

Please fill in and submit the form **at least 6 weeks** before you plan to start with the program (please keep necessary time for visa procedure and vaccination in mind). Note: the earlier you send us your papers the better is your chance to be matched with your preferred project. So, don't wait until the last possible day!

Send your documents to:

Global-Volunteers^{de}
Puetzfelder Weg 23
D-53177 Bonn
Germany

You will receive a confirmation and invoice upon return. Payments are requested as follows:

- 15 % of the total program fee is due after receiving the confirmation.
- 85 % of the program fee is due 3 weeks prior program start at the latest or after you have received the complete travel details.

General information

A voluntary service program is not a touristic travel! It's a big challenge to live and work in a poor African country. It demands courage, some experience and the ability to adapt. It can be overwhelming, especially at first, to have to adjust to completely new conditions, communicate in a foreign language etc. Things are not as you are used to, the climate, the food, the atmosphere – everything is different. During your work you will be faced, daily with a harsh social reality and experience things very differently than a tourist would. To take part in the voluntary work program, maturity, flexibility, independence and the desire to do social work are demanded. At the same time it gives you the opportunity to do some meaningful work, and not to mention - an experience for life.

Join the world – it's yours!

**Volunteer
in
Kenya
Enrolment Form**
Please fill in English!

Please
attach
smiling
passport-size
photograph
here

Personal Details

Name: _____
 First Name: _____
 Address: _____

 Telephone: Home: _____ Mobile: _____
 E-Mail: _____ Nationality: _____
 Date of Birth: _____ Passport Number: _____
 Education: _____ Occupation: _____
 Work experiences or special qualifications: _____

Which languages do you speak? _____

Do you smoke? Yes No

Do you have any dietary restrictions or do you need medical treatment? Yes No (if yes, please give details)

Program Details

Desired program start date (only 1. or 3. Monday of a month): day/month/year

Desired length of voluntary work (only no. of weeks of voluntary work without language & culture program): weeks

Please select and write your first and second project of choice as per the following list:

Orphanage Project
 Teaching English
 Health Project
 HIV/AIDS Project

First project priority:

Second priority project:

Do you want to participate in 1 week language and cultural orientation program (optional)? Yes No

Joining language and cultural program helps volunteers to understand local culture, people, and ways of life. It ultimately enriches your volunteer abroad experience. Therefore, we recommend volunteers to join this highly subsidized program. One week language & culture orientation comes on top of voluntary work period.

If you want to travel with a friend, please give her/his name and complete contact details: _____

Emergency contact:
 Please provide full name, address, telephone number (home & mobile), email and kind of relationship:

- I have carefully read and fully understand the programme description as well as the terms and conditions.
- I know that I need to take care of a travel health insurance at least for the period of my language course and volunteer work programme and I guarantee to have adequate health insurance coverage before departure.

Date: _____ Signature: _____

Additional Information

Please explain your motivation to participate in Global-Volunteers' program to Kenya?

Please explain your education and any relevant experience:

Has there been a time in your life when you had to go beyond your comfort zone? If yes, please explain:

Please write your concerns or questions (if any):

How did you learn about Global-Volunteers^{de}?