



## KENYA: CARE FOR KIDS IN MOMBASA

Kenya is the heart of African Safari country! But Kenya is not just about big game - it also has beautiful, unspoilt beaches, thriving coral reefs with their glorious colours, memorable mountain vistas and ancient Swahili cities.

**Beaches, Game Reserves, Coral Reefs, Mountains --- Kenya has them all.** The people here are extremely friendly and their hospitality can sometimes be over whelming. Their culture and traditions date back for centuries, and with up to 70 different tribal communities you will find plenty to talk about.

### WHAT DO YOU GET?

- An exciting, never-to-be-forgotten adventure into Africa and the many diverse cultures in Kenya.
- The enormous satisfaction of helping disadvantaged children and knowing that you made a difference to them.
- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- Experienced local staff with 24/7 back-up and support who'll meet you at the airport on your arrival - helps you feel safe and never alone!
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market. A unique insight into another culture – see it from the inside in a way you could never do as a tourist.
- An opportunity to make lifelong friends from all over the world.
- And best of all ... an unforgettable experience!



### ► SUMMARY FACTFILE

<b>Start Dates</b>	All year round - you choose your start and finish dates!
<b>Duration</b>	Minimum stay 2 weeks and up to 1 year, subject to visa requirements
<b>Requirements</b>	No qualifications needed, just a big dose of enthusiasm!
<b>Price</b>	From £675 / US\$1015 for 2 weeks, ranging to £1,695 / US\$2545 for 12 weeks. <a href="#">Full Price List and other Currencies</a>
<b>What's included</b>	► Accommodation ► Food ► Meeting you at the Airport ► Transfer to your accommodation ► Transport to and from you project every day ► Full pre-departure support ► Local in-country team support and backup ► 24-hr emergency support ► Two free T-shirts.
<b>What's not included</b>	Flights, Insurance, Cost of Visas (if a visa is required, but we'll provide necessary documents and assistance), Return transfer to airport.
<b>Who can do this Project?</b>	All our projects are open to all nationalities. Unless otherwise stated, you need to be aged between 17 and 70+

## PROGRAMME OVERVIEW:

There are many, many children living in Kenya that have been orphaned by the HIV/AIDS virus and by Malaria. These children are often left without surviving relatives that can look after them and with no means to look after themselves.

### The Care Programme

We work with a number of different orphanages with children from as young as 2 through to 18 year olds. You may help with all ages. If you prefer a specific age group, we will try and arrange that for you.

The work we do in Kenya enables you to care for and teach the children. Many of the orphanages and community centres we work with are very poor, which is why they are so grateful for help from our volunteers!

The main objective of these projects is to improve the lives of these children in any way possible. Your work helps the carers with the day to day running of the homes/centres, as well as assisting with some basic care of the children. The other important aspect of the placement is to give attention to many of the children who have come from very traumatic backgrounds by interacting with them in an informal setting. Anyone with any medical knowledge would also be greatly appreciated at the Centres' dispensaries

At the orphanages for younger children, there are trained carers, so you are there to help them and give general support where needed. Your support is excellent for the carers as well as the children because it frees their time to concentrate on other areas such as gaining financial support and working on administration and legalities of running an orphanage.

Your help also affects the orphans immeasurably (which may not always be obvious) because it gives them confidence with interacting with people from a different country which is normally very rare for the children concerned.

By playing games with the children you also encourage confidence building for the children. It also encourages children to use English in an informal way, and even with the younger children it gives them exposure to the language at an early age.

For many of the older children you are able to integrate education into games and also help with homework etc. Where children are not taught at the orphanage you will help these on their return from school in the afternoon.

We also have care programmes in the exotic coastline of Diani, if you would like more details please contact your Coordinator for more information.

### Work Content

Generally the type of work you will be allocated will depend to an extent on your own abilities and capabilities, which is understandable given that you will be dealing with children's health and safety. You will normally sit down with the supervisor when you arrive to set up an informal timetable for your placement.

The hours may vary, but normally you will work from 8.00 a.m. to 5.00 p.m., from Monday to Friday with the option of working weekends. You may also prefer to work mornings or afternoons only, which can be catered for, this will need to be discussed when you arrive.

It is difficult to be specific about your day-to-day, but you will get a good general feel of the orphanage by working and/or observing. The level of education of the children is generally very poor so you should have discussions with your supervisor to ascertain the best use of your time and skills with the different groups of children. But the most important thing you can do is to give the children lots of love, care and attention.



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You'll be given help and direction from the staff, but your workload will depend on you and what you put into it. Your work as a volunteer may include:

- Preparing food for the children and helping them eat.
- General cleaning, washing dishes, etc.
- Helping the permanent staff care for the children.
- Bathing the children and washing their clothes
- Organizing and facilitating games and plays for the children.
- Playing with the children - here you can use your imagination and involve them in lots of different activities
- Helping some of the children with their homework.
- Getting involved in drawing and painting or even music if you have skills in that area.
- Working with the younger children/babies – helping to change them, feed and bath them.
- If you are interested and feel you have the ability, you may also be asked to help with arranging fundraising for the institute.

The local community will gain the following from your help as a volunteer:

- As a result of your volunteer work, the orphanage, the workers and the society at large will benefit directly or indirectly by having the opportunity to interact with you and all our volunteers, thus learning about foreign cultures and the wider world
- They will have access to a free workforce and invaluable service which you provide them as a volunteer.
- Their traditional knowledge and skills in care work are supplemented with initiatives, skills and ideas which they will get from you and all our volunteers. Fresh eyes and a different way of doing things can be of tremendous benefit to them.
- Lots of love and care which is fundamental for the growth and development of the children.



## LOCATION:

Mombasa is an island connected to the mainland by bridges and ferries and the town itself overlooks a fascinating harbour of traditional sailing dhows alongside commercial shipping. To most people, Mombasa is a wonderful place, a combination of a tourist resort and a working city with a throbbing heart and laid-back attitude. This sultry area offers interesting things to see, beaches to relax on and beautiful nature reserves to visit. Mombasa is a bustling city with a history stretching back to the 12th century. There is a vibrant mixture of cultures, architecture and entertainment.

Mombasa is the second most important city in Kenya (after Nairobi) It is the main port for Kenya and the surrounding countries, as well as being the oldest town. The pace of life is relaxed and people of Mombasa enjoy themselves (particularly on Friday and Saturday nights!). A spectacular coral reef runs for 480 km along the palm-fringed coastline. The waters below are filled with marine life, while up above a huge diversity of birdlife occupies the mangrove forests or overhanging cliffs.

The true heart of Mombasa is the exotic old town. Here the streets are narrow and winding and filled with the heady scent of spices. Amongst the Arab architecture you'll find women wearing the traditional bui bui and busy markets that throb with life and colour, all added to by the wrap-around cloth of the traditional coastal khanga and kikoy that is worn by both men and women.

Fort Jesus lies at the edge of the water. This is an imposing fort that stands watch over the harbour. It was built in the 16th century and has high gun turrets, battlements and underground passages. Modern Mombasa is a city of great diversity and life. This is a town where all are welcomed and quickly absorbed into this great coastal melting pot. Mosques, Hindu Temples and Christian churches surround streets that thrive with a world of cultures.



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Outside Mombasa, at the Shimba Hills National Reserve, you will encounter a lovely forest setting with elephant, leopard and the rare, sable antelope. Towards the south, there are a number of beaches and resort hotels. The beaches are white and sandy with coral reefs which are heaven to scuba and skin divers. Further south, on Shimoni and Wasini islands, authentic Swahili culture survives and you can also visit the protected marine reserve. North of Mombasa there are also several beaches like Nyali, Bamburi, Shanzu, Kikambala and Vipingo.

### ACCOMMODATION & FOOD:

Your accommodation may vary, but you will most likely live with a local host family. This will give you the opportunity to experience the true African experience from the inside and not just as a "tourist" on the surface of the country.

We will try to accommodate you as close to your project as we can, so you are able to walk to work, but this may not be possible in which case you will have to use local transport, called Matatus.

**Food:** Meals will be provided by your host family, and they will be local cuisine.



### VISAS:

You do need a visa for Kenya; this can be purchased before you arrive or upon arrival into the country. We'll liaise with you about your visa requirements and make the visa process very easy.

### FLIGHTS:

You have the option to arrange your own flights or we can assist you with your flight arrangements. If you would like us to do this for you, we will liaise with you regarding available flights and dates to suit you. All arrangements for your flight bookings/payments will be fulfilled by [Murray Rogers Travel Limited](#), ATOL No. 6856.

### INDUCTION ON ARRIVAL:

When you arrive, you will be welcomed at the airport by our Kenyan Organiser, who will take you to your accommodation. During your first few days you will be given an induction so that you can learn about Mombasa and its culture, as well as useful information like how to use the transport system etc.

### COSTS:

Please see the prices pages of our website [Full Price List](#). The price of this project is a reflection of the following costs:

- |   |   |
|---|---|
| ✓ Accommodation                               | ✓ UK administration   |
| ✓ Food  | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport                  | ✓ Project Research/Site Inspection  |
| ✓ Transport to and from your project each day | ✓ Staff Training/Equipment  |
| ✓ Local in-country team support and backup    | ✓ Donations to worthwhile projects  |
| ✓ 24hr emergency helpline                     |   |
| ✓ Full pre-departure support                  |   |

### HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

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For every volunteer, a donation is made by Travellers on your behalf into the **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

## COUNTRY PROFILE:

Kenya is the heart of African Safari country! But Kenya is not just about big game - it also has beautiful, unspoilt beaches, thriving coral reefs with their glorious colours, memorable mountain vistas and ancient Swahili cities.

Think of Kenya and you think of ...

- Safaris,
- Elephant, lion, zebra, giraffe ...
- The Masai Mara stretching to infinity,
- Serengeti, the Great Rift Valley
- Children barefoot in the African dust,
- Masai resting under baobab trees



"Revered by anthropologists as the 'cradle of humanity', Kenya is also the heart of African safari country, boasting the most diverse collection of wild animals on the continent. And no matter how many Tarzan movies you've seen, nothing will prepare you for the annual mass migration of wildebeests."

Beaches, Game Reserves, Coral Reefs, Mountains --- Kenya has them all. We have a wide range of placements you can do in Kenya, plus some additional fun specials, too!

Kenya is not just about big game - it also has beautiful unspoilt beaches, thriving coral reefs with their glorious colours, memorable mountain vistas and ancient Swahili cities. It is an independent republic which lies on the Indian Ocean coast and forms part of the East African Region. The capital city is Nairobi, and its' other major towns are Nakuru and Kisumu and the port of Mombasa.



The topography and scenic beauty in Kenya is breath taking, ranging from: the vast rift Valley to the rolling savannas, the isolation of the desert regions in the north, the magnificence of the highlands, with its central piece - the world famous glaciated peaks of Mt. Kenya. Mt Kenya, situated in the Laikipia district, is one of the greatest sites in Africa. There are many tours which will allow you to climb this magnificent natural site, and it is only one of the things you will not want to miss out on!

The people here are extremely friendly and their hospitality can sometimes be over whelming. Their culture and traditions date back for centuries, and with up to 70 different tribal communities you will find plenty to talk about.

The transport and open markets are chaotic and summarise Kenya in a word. They will have you wondering where you are, but also glad to be in one of the most intriguing and amazing places available to travel to.

## THINGS TO DO IN: KENYA

- **The Misaim Mara** is Kenya's finest wildlife sanctuary. Everything about this reserve is outstanding. The wildlife is abundant and the gentle rolling grassland ensures that animals are never out of sight. Birds too are prolific, including migrant birds and 57 species of birds of prey. The first sight of this park is breathtaking. Here the great herds of shuffling elephants browse among the rich tree-studded grasslands with an occasional sighting of a solitary and ill-tempered rhino, Thompson's and Grant's gazelle, topi and eland and many more species of plains' game offer a rich choice of food for the dominant predators; lion, leopard and cheetah which hunt in this pristine wilderness.



- **The Wildebeest Migration** Kenya's most spectacular annual event is staged by ..... wildebeests. Literally millions of these ungainly antelopes (about 2 million) move en masse in July and August from the Serengeti in

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search of fresh grasslands. They head south again around October. The animals spend the rainy season (March – April) widely scattered in the area around Ngorongoro in the southern part of the Serengeti Park (Tanzania). By March this area usually dries up and huge herds form and the animals start moving north towards Masai Mara in Kenya. The herds arrive in Masai Mara around August – September and stay there until November. The best place to see this migration is at the Masai Mara National Reserve in Kenya.

- **Tsavo National Park** is set on nearly 22,000 sq km Tsavo is the largest national park in Kenya, and for administration purposes is has been split into Tsavo east and Tsavo west. The most developed area is in the northern area of Tsavo which has some beautiful scenery, especially in the wet season when the countryside is green. With the animals ranging from ostriches to elephants.
- **Safaris** are the obvious Kenya activity, but there are many ways to safari. For something different, Camel safaris - in the Samburu and Turkana tribal areas between Isiolo and Lake Turkana - must rate as the most unforgettable. The countries most talked about wildlife park is the quintessential Masai Mara National Reserve west of Nairobi. Other highly rated parks include the Amboseli for its backdrop of Mt Kilimanjaro, the dense Kakamega with its 330-plus species of birds and the equally fecund soda lakes of Baringo or Nakuru.



## WHY GO WITH TRAVELLERS WORLDWIDE?

- Professional work experience placements
- 15 years' experience sending thousands of participants overseas, plus the largest variety of **flexible projects** that are **value for money!**
- Excellent support - second to none in the industry
- Accredited projects helps **appeal to future employers**
- Your own dedicated Project Co-ordinator to answer all questions prior to, during and after your **trip of a lifetime!**
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our **EXTRANET, available from anywhere, 24/7.**
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

## VOLUNTEER FEEDBACK:

*'Thank you for your help I had an AMAZING life changing time and looking forward to going back at end of this year again once I've saved up!'*

Laura Parsons

*'At the orphanage, I really had the best time of my life. It made you feel so good, just seeing how happy you were making the children. You could play with the kids all day long and you would never get bored. The last day before I went home, was one of the best days of my life. We were having a party, with games, sweets and just having the times of our lives. However, the end was so sad, you had to cry. Some of the children wrote some of the sweetest letters to us, and you don't realise how attached you become to everyone, until it was time to say goodbye. I will hold that day with me forever; the project could never be forgotten and the experience it gave me was immeasurable.'*

Alexander Hunter

## HOW TO BOOK:

Please complete a [booking form](#) online or you can send a postal booking from our free brochure. When we receive this, we'll telephone you to discuss the details and then start the exciting process of planning your trip!

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**We do hope you'll join us and are confident that you'll find this an incredible experience. Don't hesitate to contact us with any questions - we'll be happy to help you plan your exciting adventure!**

You may also be interested in other courses with Travellers – please visit our [website](#) for details of all our projects. In fact you can choose from over 300 projects in 19 countries!

## **Make a Difference – Get Involved!**



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