



## KENYA: COACHING SWIMMING TO UNDERPRIVILEGED CHILDREN

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?

- The enormous satisfaction of helping disadvantaged children learn to swim, and knowing that you helped 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 in-depth Induction makes you feel local straight away!
- 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 (except during school holidays) - 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 but you must be able to swim.
<b>Price</b>	From £695 / US\$1,045 for 2 weeks, ranging to £1,695 / US\$2,545 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 your 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:

When you think of Kenya and sports, your initial thoughts will go to those long distance Kenyan athletes who win the Gold at every Olympic Games and win marathons all over the world. You don't think of Kenya and swimming. The sad fact is that there are hardly any swimming pools in schools (or in Kenya) for children to learn how to swim, let alone swimming coaches or teachers.

### The Swimming Programme

Swimming is seen as an elitist sport for tourists and the rich, but now you have the opportunity to bring this "elitist" sport to disadvantaged children - you will make a difference!

Mombasa is situated on the coast, so it is essential for children to learn how to swim because many children suffer fatal accidents each year when trying to swim in the sea. If you volunteer on this project, it will hopefully do something to reduce these terrible accidents.

This project is a truly rewarding one as the children you will be coaching will have never had a proper swimming coach before who can teach them the correct techniques involved with swimming. Also, you'll not only be coaching the children a sport, but also an important life skill as well.

### Work Content

This is a part time project so you will need to teach English along side it as well. You'll generally work at one school, but you'll also have the opportunity to coach at a second school if you would like to coach extra hours. The school doesn't have a pool on the grounds, so coaching takes place just outside Mombasa, in a hotel swimming pool. They kindly allow the school children to use their facilities for swimming lessons.

The children's existing standard of swimming is fairly basic. You'll also teach them about water safety as well as the basic stroke techniques and diving.

Your lessons will take place during the school's PE periods, Mondays to Fridays, in the mornings and afternoons. If you would like to do more swimming coaching with a second school, this can be arranged for you. The school that you will be coaching takes part in 3 swimming galas each year against other local schools. The dates of these galas are normally around early April, early August and mid November.

You'll assist in these galas if they fall during your placement. In this case, you'll be able to see your hard work paying off when the children compete!

As a volunteer swimming coach with Travellers you'll be provided with a coaching manual specifically for your swimming coaching placement. We also have additional manuals that cover things like warming-up exercises, all very useful for your placement.

### School Terms

The education system has three terms in a year in primary and secondary schools that basically stretch for about three months semesters with about a month break in between. Term times do vary each year; therefore the dates below are as a guideline only:

- Term 1: 4th Jan – 8th April
- Term 2: 2nd May – 5th Aug
- Term 3: 5th Sep – 18th Nov

There will be slight school variations on the above school dates, as well as approximately one week examination periods at the end of every term. During this time your help is needed with the examinations and with the marking of papers. Different schools have slight changes to the dates of closing and opening but they do not deviate by more than a week or at most two, so if you're thinking of doing this project please speak to us about exact dates.



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## 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.

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 khangha 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.

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.

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.

**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.

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## 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.

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.

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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 Masai 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 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!**

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- 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:**

*'Travelling through Mombasa for the first time was an enlightening and amazing experience. The laid-back feel to the city made it very easy to settle in, and adapt to the way of life. It was the perfect location, which included everything from white sandy beaches, to wildlife and nature parks, to the poverty struck slums, to the traditional Kenyan culture and way of life. The people were incredibly friendly and welcoming, with everyone saying hello and wanting to shake your hand. I've never met a society who make you feel at home quite like the Kenyan's did. It was hard coming back to England, I just miss the people.'*

**Alexander Hunter**

*'My family were fantastic and went beyond their duties to make me welcome. Njeri [Travellers' Mombasa Organiser] was always helpful should I need anything.'*

**Caroline Chadwick**

### **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!

**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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