



Chance Of a Lifetime Travel

COLT are proud partners of African Impact, on-the-ground leaders in African volunteering and winners of the 2011 Imvelo Award for Responsible Tourism

Kenya Medical, Orphanage & Hospital Volunteering Limuru - Kenya



At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. Founded in 2004, we have so far hosted over 6000 volunteers on our exciting Conservation and Community Volunteer Projects in Africa.

*We are also immensely proud to have been nominated as Finalists for the following Responsible Tourism Awards in 2009: The **World Travel Awards**; The **British Youth Travel Awards** and the prestigious South African **Imvelo Responsible Tourism Awards**. In 2010 we were once again nominated for a World Travel Award and were proud **Winners of an Africa-wide Imvelo Responsible Tourism Award**. An accolade awarded in 2009 to Sir Richard Branson's Ulusaba Eco-Lodge in South Africa. In 2011 so far we are nominated for a World Travel Award and are entrants once again in the Imvelo Awards, British Youth Travel Awards and Virgin Responsible Tourism Award.*

Our head office is in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. We are determined to make a difference in the amazing communities and conservation areas in which we work. And so can you...



Project Achievements so far:

Over the past few years African Impact volunteers contributed over 21531 hours to community development on our volunteer projects in Kenya. Our project structures, together with the support and advice of our charitable foundation team at The Happy Africa Foundation, are continuously assessing our work and project strategies to ensure that these hours are meaningful with measurable outcomes.

Since June 2009 to date we have established ourselves in the three public health centers, and contributed significantly to the efficiency and effectiveness of services delivered. Our volunteers have been involved in vaccination clinics and assisted in the deliveries of a number of babies. They have also been involved in medical community outreaches and economic generating programmes which have gone a long way in taking health awareness to the doorsteps of those who need it most. We have also had an essential role within some of the schools we partner with as well as assisting staff with child care task in some very overburdened and understaffed children's homes. **Kenya's population is hugely affected by the struggles of HIV/AIDS, poverty and unemployment. It is known to be one of the poorest countries in Africa. There are countless possibilities to impact the lives of those that are affected by these**

problems, such as in orphanages, schools, and public health centres surrounding the Limuru area.

Project Location:

Situated on the equator on Africa's east coast, Kenya offers beautiful landscapes, amazing wildlife, with an ethnic diversity that has produced a vibrant culture. Nairobi, Kenya's capital is the country's principal economic, administrative, and cultural centre and is one of the largest and fastest growing cities in Africa. Just 30km north of bustling Nairobi, amidst the beautiful tea plantations of the Kenyan highlands, you will find Limuru, a community operating at a much slower pace of life than the nearby capital. You will be spending your time as a volunteer in Limuru

Project Age Limit:

Minimum 18 years, maximum decided on potential participants' health.

Project Highlights:

- Gain medical experience under the supervision of qualified doctors and nurses at Kikuyu General Hospital and public health centres – please note this is only applicable to those currently studying medicine or qualified in a medical field suited to the Hospitals needs and requirements for a minimum of a 6 week placement .
- Assist in various orphanages and pre-schools in Limuru, by helping with improving or enhancing the facilities as well as becoming involved in teaching and caring for the children
- Get a taste of the Kenyan culture; learn a bit of Swahili!
- Make friends for life
- A great platform to experience some of the finest safari destinations on the continent

Further Information on the Medical and Community Programme:

Kenya's health care and provision suffers as much as any other public service sector in the country. Whilst structures are in place for an effective health service, there is an enormous deficit in terms of staff and resources. Which is why the volunteers' help is very much appreciated by the nurses and doctors we work with.



As a volunteer you will spend Fridays either at a local feeding program and every other Friday raising funds to support the feeding program. The other four days you will be very

much involved in your medical placement, acquiring and sharing knowledge and skills and having the chance to build relationships.

Your medical background will determine your placement at the various public health centres or hospital. If you have no medical background at all, you will be placed at one of the orphanages, pre-schools or community projects.

On arrival at the project, your African Impact Coordinators will spend the first two days of your time with you to orientate you to your environment, the projects and the people. We realize there is not a one-size-fits-all factor when it comes to your volunteering experience and so will spend extra time trying to figure out the best match between the volunteer and the project. We really want to make sure we do not overlook the skills, personalities and passions of our volunteers and ensure that we allocated them to a relevant project. We have a number of various projects and so this placement procedure is done with much thought and consideration.

Medical Opportunities

Kikuyu Private Hospital

This is a large general hospital that offers medical care to the community regardless of whether they can afford their treatment or not. The hospital is therefore buzzing with patients, and doctors attend to around 350 patients a day. It is a great environment for volunteers to work in who are wishing to undertake a medical elective, however an extra administration fee is to be paid to the hospital, which is about 50USD and there is a minimum placement of 6 weeks.

This hospital is particularly well-known for its specialized eye unit. It has a variety of departments and wards that volunteers can get involved in, such as the maternity ward, orthopedics, the HIV and diabetic clinic, theatre/surgery, nursing and emergency care.

Unless volunteers are qualified, licensed and have received approval from the Kenyan medical board before arrival, involvement is limited to observation.

Karuri Hospital - Solely for qualified healthcare practitioners

Karuri is a small government hospital with an out-patient unit, dental unit and maternity unit. The maternity unit consists of a delivery room and ward, family planning, mother and child clinic and antenatal clinic. Karuri also has a small lab that volunteers can get involved in. The hospital is also slowly phasing in a community outreach program that involves bringing basic healthcare to people that aren't able to get to hospital. At Karuri volunteers have great opportunities to get involved in all units as well as, if the opportunity arises, preparing and presenting workshops for staff or patients.

Public Health Centres

African Impact medical volunteers are able to get involved in various departments and gain much experience under the supervision of a local qualified health professional. Opportunities for involvement include laboratory, maternity, pediatric and child-care unit, comprehensive care clinic (HIV & TB patients), counselling, orthopaedics, administration, outpatient care and pharmacy.

There are a host of opportunities to gain medical experience, learn from health professionals. The exposure to medical care in an African country is certainly an eye-opener.



Community and Teaching Opportunities

Orphanages/Pre-schools in Limuru for prospective medical students

There are over a million orphans in Kenya mainly due to AIDS, of which only 5 % get any kind of support. There is a huge need for assisting orphanages and children's homes.

There are several orphanages and centers for vulnerable children in Limuru that we are involved with. These children come from backgrounds that have been affected by HIV/AIDS, abuse, poverty or illness. These children are in need of love and attention. Many of them are developmentally delayed and need extra attention in order to promote their development. The children's ages range mainly between 4 and 15 years.

The orphanages offer opportunities to become involved in:

- Helping with the teaching of the children
- Building/improving the facilities to make it feel more like home for the children: by painting pictures on the walls etc. Some of the orphanages we partner with are building to expand and improve their facilities. Your pair of hands will be greatly appreciated in this practical work.
- General care such as cooking for the children's meals or organizing sports and play activities to promote the well being of the children.
- Assisting orphanage workers in offering moral support and guidance to the children, training of basic life skills and any activities for various rehabilitative programmes in the orphanages.
- Creating and teaching and children various arts and sport activities that make creative use of their time and hone their hidden skills and talents.

The kids are very energetic and will gladly challenge you to a game of basketball or soccer. You will have a chance to make a huge impact on these children's lives by spending time with them, and contributing to their learning and development.

Typical Day:

Here is how a typical day in the life of a Limuru volunteer might take shape. Please note that your itineraries may differ from this, depending on your own experience/interests and the number of other volunteers on the placement at the same time.



This is merely to give an example:

Monday – Thursday

- **7.30** - Get up and start getting ready for your project
- **8.30** – depart from Brackenhurst to your specific placement. The drive takes between 20-40 minutes.
- **9.00** - Start work at your allocated placement – local orphanages, nursery schools, medical clinics
- **12:30** - Lunch break – Volunteers pack their own packed lunch
- **15:00** - Home time - you will be collected by your coordinator/driver and taken back to the volunteer cottage at Brackenhurst. Here you will be able to check your emails, watch TV, socialize or just relax and unwind in the beautiful gardens of Brackenhurst.
- **Evenings** are very sociable affairs. Generally, volunteers discuss their day’s activities whilst having supper together and prepare for your project the next day. A hot favorite is also going for a walk through the beautiful walking trails in Brackenhurst in the early evening (or even a run if you’re brave enough, but be warned it’s quite hilly!) and then go for an outdoor swim and drinks at The Limuru Country Club.

Friday: Food program Friday/Fundraiser Friday

Every 1st Friday is Fundraiser Friday-volunteers fundraise at a near-by shopping mall to raise money for a food program in a local volunteer project. Every 2nd Friday the volunteers will go to 1 of 2 schools (schools catering for the underprivileged children in our rural slums) to prepare and hand out food to the children and have a fun/sports afternoon with them.

Time	Fundraiser Friday	Food Program Friday
7:30	Wake up and breakfast	Wake up and breakfast
8:30	Leave for Village market	Meet for reflection group (1 hour)
9:00	Souvenir shopping	
10:30		Leave for school; prepare and serve lunch
12:30	Lunchtime/get ready for fundraising	Fun/sports activity for children
13:30	Face painting	
16:00	Pick up	Pick up

Saturday and Sunday

This is the time to take some much needed down time and enjoy our beautiful country. Enjoy a safari in the Maasai Mara or explore Nairobi and its many attractions.

You are welcome to volunteer for anything from 2 weeks up to 8 weeks on this project.



Project Cost Includes:

- Project Fee: this entails financing that goes directly back into the project that you are involved with. This project fee facilitates funding for items such as building materials, equipment, supplies, foodstuffs, etc. Project fees are also used to buy vehicles/equipment and for developing new housing for volunteers to provide for the expansion of the project.
- All airport transfers from Nairobi Airport upon your arrival and departure.
- Orientation program.
- All daily transfers to and from your projects during your stay.
- Full board and lodging which includes 3 meals a day at Brackenhurst Baptist International Centre, Limuru.
- Weekly laundry service during your stay.

- Assistance in your projects by various African Impact staff and volunteer coordinators. Full support from African Impact and your coordinator throughout your time on your Limuru placement.

Project Cost Excludes:

- Personal travel insurance for the duration of your placement which must include cover for repatriation.
- All transport by air or bus to Nairobi.
- All items of a personal nature, such as curios, gifts, clothing (work and other).
- Email/Internet and telephone calls.
- Soft drinks, wines and spirits.
- All visas for border crossings.
- Any excursions over and above your planned itinerary in Kenya e.g. Safari in the Masai Mara, etc.

*Zoe Cartwright, Age 24 from the UK:
 "My experience in Kenya far exceeded my expectations. I didn't expect to be given the opportunity to really see things the way I did. I felt that the doctors at the hospitals were very open minded and willing for the volunteers to learn as much as they could by observing operations and allowing us to help hands on. I feel that I have seen a lot of things I would never have had the opportunity to see otherwise."*



- Transportation that is not related to the project.

Project Support:

Throughout your stay at your placement you will have the support and guidance of experienced field-workers and coordinators. They are part of our greater African Impact support team, and will provide you with competent 24-hour field support and assistance.

Project Orientation:

Upon your arrival in Nairobi you will be met by an African Impact representative, who will escort you to your new 'home'. Once you have settled in, you will be briefed on the itinerary of the orientation program. You will receive a detailed Welcome Pack, which will contain all the important information you may need.

You will be orientated to the area that you will be living in, as well as be shown the areas that you will be volunteering in. In the next few days, you will visit the project sites and be introduced to the relevant projects, key people and volunteer coordinators that you will be working closely with.

You will receive relevant information about common diseases & illnesses that you will probably come into contact with (e.g. HIV/AIDS, TB, malaria etc.)

Project Accommodation:

During your placement with us in Kenya, you will be living in a fully furnished volunteer house on the premises of the Brackenhurst International Conference Centre. This is an ideal location as it has around the clock security and breathtaking surroundings, as well as readily available internet services.

The house itself provides the opportunity for volunteers to live together, up to 5 people per room. It has two comfortable lounge areas with a fireplace and satellite TV, where most of the socialising and getting to know each other happens. A laundry service is provided twice a week. The house has running water, hot showers and flushing toilets. For the ones that want to get away from the TV, there are plenty of other activities to do at Brackenhurst, including playing volleyball and tennis, taking a jog on our trails, or simply basking in the sun enjoying the exquisite views of the tea plantations.

We really want our volunteers to feel like this is a home away from home, and to take responsibility for their environment here. Thus there will be a rotational duty roster, allocating different jobs to volunteers such as washing the dishes, making beds, basic cleaning and food planning. To ease the load a bit there will be a housekeeper available for the more intense cleaning of the bathrooms and vacuuming.

Please note that Brackenhurst is a Christian conference centre that is part of the greater Limuru area. In this culture drinking is seen as “taboo” by the local community, thus no alcohol is permitted on this premises. **Failure to adhere to this rule may result in immediate termination of your placement with our project (this applies also for smoking, please smoke outside the Brackenhurst premises).** However, 20 minutes away is a wonderful restaurant where you may go to have some sundowners in the evening.



Project Meals:

An exciting addition to the African Impact volunteer house is our very own chef. As part of the rotational duty roster, we aim to get the volunteers involved in the meal planning, creating a fun and diverse menu with local cuisine, as well as traditional dishes from the countries the volunteers are from. This creates the opportunity to get to know not only Africa, but parts of the rest of the world too. Therefore, come prepared with some ideas of local dishes from your country! A huge variety of ingredients are available. Any other ingredient not available

on the shopping list may need to be ordered in advance, so it can be sourced from another shop. Volunteers will be responsible to pack their own lunches and have the freedom to eat breakfast at their own pace before the scheduled departure time.

Project Getting There:

Fly directly to Jomo Kenyatta International Airport in Nairobi, Kenya, where you will be met by one of our experienced African Impact team members.

International flight routings include direct from London or via Johannesburg in South Africa or Harare in Zimbabwe.

Project Travel Highlights:

These are not included in your volunteering fee, but our project managers are able to assist you with making the necessary booking arrangements. **See further details on Safari options in our pre-departure information.**

Safari Options

Kenya offers an amazing variety of safari options, not far from its bustling capital; Nairobi is perfect for a weekend 'get-away'. Below are a few popular options, including options for 2 night/3 day trips to experience more of this spectacular corner of Africa...

Masai Mara

Most visitors to Kenya make time to experience the Masai Mara National Reserve, the northern extension of the

Serengeti. Well known for the renowned migration of 1.4 million wildebeest (usually between July and November), the Masai Mara is famous for its prolific game-viewing and abundance of predators all-year round, and **boasts the country's highest wildlife density. Spend your days exploring the beautiful surroundings and searching for those unforgettable wildlife encounters. The Mara experience is a must and will never disappoint.**

Kenya's roads in general are not in very good condition. These can make for sometimes long and somewhat uncomfortable travelling days by road. Many people prefer to fly into some destinations such as the Masai Mara. We can also provide you with camping and lodge options, both offer amazing outdoor experiences! Just to whet your appetite(!) the following websites show the camps we would book for the 2 night safaris – all are continually recommended by volunteers as great places to stay and provide amazing game drives!

www.encountermara.com

www.sekenani-camp.com

www.ilkeliani.com

www.serenahotels.com

www.kws.go.ke

Also, for those who fancy something a bit different to your usual overland safari, plus truly breathtaking views of the plains of the Masai Mara, we can organize a Balloon Safari (sunrise and champagne breakfast) from your camp.



Our Partners

[The Happy Africa Foundation](http://www.happyafricafoundation.org)

www.happyafricafoundation.org African Impact is proud to have been instrumental in the establishment of The Happy Africa Foundation in 2007 and continues to be one of the Foundations major supporters. UK Registered Charity Number: 1123529. The mission of The Happy Africa Foundation is to empower the African people through the support of community and conservation based initiatives that operate at grass roots level.

We are proudly affiliated to the UK-based **Know Before You Go** campaign that promotes education and knowledge-sharing amongst travellers.