



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 Orphan and Teaching Community Project 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...



Though stricken with poverty and hardships, the people of Kenya are generally literate. It's estimated that approximately 90% of adult males and 80% of adult females are able to read and write. While the basics are covered, more advanced education is not as widespread. On average, children go to school for only 9 or 10 years. In January 2003, the Government of Kenya announced the introduction of free primary education. As a result, primary school enrollment increased by about 70%. However, secondary and tertiary education enrollment has not increased proportionally due to the fact that payment is still required for attendance.

Education System in Kenya:

The 8-4-4 system was launched in January 1985 and emphasized vocational subjects. The first primary school level lasts for 8 years, and then there is 4 years of secondary school. After that, there may be 4 years of college or university for those who can afford it, and have high enough grades. Enrollment levels drop dramatically after the primary level. It was assumed that this new structure would enable school drop-outs at all levels to be either self-employed or to get employment in the non-formal sector.

**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 and surrounding areas.

Project Age Limit:

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

Required experience: For this project, no previous experience is required. Although, any teaching skills or experience that you have would be helpful for your placement. Any therapeutic training such as Occupational therapy or speech and language therapy would also be very useful.

Project Highlights:

- Assist in orphanages, pre-schools, special education schools and skill schools for young adults with disabilities.
- Work with disadvantaged and vulnerable children.
- Assisting and working with the teacher to enhance the learning environment.
- Helping uplift the community through education.
- Creating opportunities for improving and teaching English as well as learning some Swahili/ Kikuyu yourself.
- Gain teaching experience in a challenging environment which is under-resourced, understaffed and over-crowded.
- Work on school refurbishment, developing teaching aids and other building projects.
- Work alongside teachers and create fun activities to increase learning and consolidate learning.
- Assist in the general running of the classroom by providing an extra pair of hands and supervision and input to the children, which is greatly appreciated by the already overwhelmed teachers.
- Get a taste of the Kenyan culture, Kenyan cuisine and learn a bit of Swahili!
- Make friends for life.
- A great platform to experience some of the finest safari destinations on the continent
- Life skills workshops which are not within the Kenya curriculum

- Sports ; Arts and Crafts

Further Information on the Teaching and Community Projects:

Teaching volunteers spend their time providing much needed assistance with the often understaffed, under-resourced and overcrowded educational establishments of Limuru area. African Impact aims to provide a supporting role and through the help of the volunteers we aim to enrich the learning process for all involved by working closely with the teachers to establish and enhance lessons plans which promote active participation and understanding and not merely rote-style learning (learning through repetition) as is generally adopted.

The Projects:

As a teaching volunteer you will spend 4 of the five week days at one of our 7 schools. During your four days at the school you will generally divide your day into teaching in the morning and practical and resource development work in the afternoon (The major development work in schools is done during the school holiday months of April, August and December). Alternate Fridays will be community days where you will help a local project with practical needs (such as a feeding program) or have a fun day. Every other Friday is used for fundraising for the community day.

The schools you will be involved in are divided into 3 categories:

- Pre-schools / Orphanages
- Primary Schools
- Special Education schools

In order to ensure continuity and consistency for the children, school and volunteer, each volunteer will be placed at one school alongside one project for your entire duration in Kenya.

In the class:

You will be assigned to one class and will provide assistance to your teacher you are linked up with. While the teacher is in front of the classroom, teaching a class, it is extremely valuable to have a teaching assistant who can go round and help individual children with their assignments. Since classes are usually very large, the pupils do not often get the individual attention they require, so any extra support and attention the child is able to get the better.

- **Educational enhancement:** As mentioned before, the education system in Kenya has a strong focus on literacy and numeracy. The general teaching style encourages rote learning which requires little understanding and comprehension but merely the ability to memorize and repeat back. By working closely and alongside the teacher we aim to ASSIST in developing a resource file filled with lesson plans and creative ideas to promote, consolidate and inspire active learning in which concepts are fully grasped. We really emphasize working with the teacher in developing any resources as they are obviously the experts in knowing what is culturally appropriate and relevant for their children. What we focus on is bringing in new ideas and assisting the teaching in adapting games /activities / songs, etc. We encourage the volunteers also to implement the new teaching material, as it often is something new for the teacher and they might to know how to use it affectively.



- **Teaching:** Once volunteers have spent enough time observing in the classroom, working with the children and teacher and are comfortable with taking a lesson or a section of work they will be able to do this under the guidance of the teacher.
- **Not Replacements:** A big concern and problem we have had in the past is that often when volunteers step into the classroom the teacher often takes a back seat. This can be both overwhelming to the volunteer and detrimental to the children's education. We therefore emphasize with both teacher and volunteer the role of African impact is to enhance the educational environment and learning experience through assistance and support and not merely relieving the work load. The question we always ask when the volunteers leave is "will you be leaving behind a different work style, attitude, motivation or will you be taking it all back with you again?" The only way we can achieve this is through "working with" and not "working for" staff.
- **Group Work:** A volunteer may find in a class that there are groups of children who struggle to keep up with the rest of the class. Volunteers will take groups of children out of the class to go through the class work at a slower rate with greater repetition to enhance learning.
- **Reading club:** In the afternoons volunteers take some time with small groups to run a reading club to develop the children's literacy skills. As a volunteer armed with your box of books, you will arrive at school and help give the children the extra support they need. You do this by helping with difficult words, encouraging them as they read and offering the opportunity to practice their literacy skills outside the limits of the lesson available.
- **Revision Classes:** Since the pace of the class is often fast, and the individual attention is low, it is easy for some children to fall behind. By repeating the subjects in revision classes, these children might have a better chance of keeping up in the future during their regular classes.
- **Holiday program:** Holiday club is extremely important as it offers students valuable time to catch up on learning. It also gives young people a safe environment to spend their holidays, having fun and providing additional education.
- **Green club:** It will not take long to notice how little infrastructure and total lack of municipal services are available in the communities in which our schools are situated. With no refuse services, no sanitation facilities and little opportunity for

adequate hygiene; children are often not taught necessary self care or the responsibility to keep themselves or their environment clean. Thus with the green club we aim to teach children about hygiene and keeping ones environment clean. We would like to involve more community members and parents and create a community mobilization for the community itself to take more responsibly for their environment and put in their own structure even when no one else will. We also encourage volunteers to work with teachers to incorporate personal and environmental hygiene awareness in the learning process and syllabus.

- **Arts and sport activities:** You will find that there are very limited resources geared towards extracurricular activities which do add value in stimulating child development. It would be of great help to both the teachers and children to come up with interesting activities, using locally available materials. You would be surprised how a little creativity can go a long way in creating fun activities for physical education, music, drama, poetry, drawing, painting and lots more!
- **Boundaries:** We feel it is very important for volunteers to set appropriate boundaries from the very beginning with the children. We want our volunteers to have fun, but there also needs to be a certain degree of order within the classroom. You're there to help after all, not to make the teacher's job more difficult by disrupting the class.



SCHOOL TERMS 2012

1st Term: 9th January – 4th April

2nd Term: 2nd May – 1st August

3rd Term: 5th Sep – 28th November

Please note that there may be a difference of a few days with different schools, with one month holiday breaks for April, August and December. This project will close on 14th December 2012.

School Holidays:

If your trip dates coincide with the holidays you will still have the opportunity to be fully involved in the school, especially those in orphanages. However, it will mainly be focused on practical development in schools as we usually reserve renovation or development activities for the months of April, August and December. However, in some of the

orphanages you will have more interaction with the children where the focus would be on fun, games and outings. This would be great to test out your skills and facilitate drama groups, craft activities and sport activities, maybe even an obstacle course or two.

Orphanages / Pre-schools in Limuru: 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 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 and helping to develop better learning materials and lesson plans.
- 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.
- 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 and your pair of hands will be greatly appreciated in this practical work.
- Creating and teaching the children various arts and sport activities that make creative use of their time and hone their hidden skills and talents!



The children 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.

Special Education:

A new partnership with a boarding school for children with a range of intellectual impairments was initiated in September of 2009. The School has needed much assistance, support and development. When we arrived there were 26 boys sleeping on 7 mattresses. Each child now has their own bed and volunteers are now focusing on assisting and training staff in implementing a daily structure which caters for each

child's needs and functional abilities. A lot of help is also needed in teaching the children how to accomplish basic tasks on their own, with lots of patience.

7 REASONS TO BECOME AN AFRICAN IMPACT TEACHING VOLUNTEER

- Have an opportunity to really make a difference in the first years of schooling for some of the most vulnerable children we work with.
- Getting stuck in the community and being involved with those who really need your help.
- The opportunity to share and use your ideas and creativity to enhance the learning process by working with the teacher to develop available resources.
- Challenge and be challenged through your involvement with the community. You will have the space to not only grapple with issues of poverty, illness and education but work through them with the very people who are living these experiences.
- Explore and discover this beautiful country. With loads of safari and weekend excursions, your weekends will be filled with adventures.
- Assist in the development of projects through the renovations of classrooms and buildings.
- Be inspired knowing that if it wasn't for people like you we wouldn't be able to have such a great impact on the projects we partner with and aim to serve.

Project 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.

Please be advised that we endeavor to keep all of our project documents up to date, however, due to the constantly evolving nature of having a sustainable project, the focus of the project often changes or shifts to meet the needs of our Community projects at a specific time.



Monday –Thursday:

- **7.30** - Get up and start getting ready for your project.
- **8.00** – Departure from the office building for your project.
- **9.00** - Start work at your allocated school.
- **12:30** - Lunch break –volunteers take their own packed lunch.
- **15:00- 16:00** – Pick up - 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





(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.

- **Transportation that is not related to the project**

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 as well as 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 helps to create 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 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. You will also participate in individual and group discussions to reflect on your experience and brainstorm on ways to make a greater and more sustainable impact during your stay. These sessions are a great eye-opener on how smaller changes make bigger differences!



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...

Maasai Mara:

Most visitors to Kenya make time to experience the Maasai 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 Maasai 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 Maasai Mara. We can also provide you with camping and lodge options, both offer amazing outdoor experiences! Just to wet 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 Maasai Mara, we can organize a Balloon Safari (sunrise and champagne breakfast) from your camp.



Our Award African Impact is proud to be **WINNERS** in the Africa-wide Imvelo Responsible Tourism awards in 2011 and 2010, as well as **FINALISTS** in the 2010 World Travel Awards. We see as exciting recognition of our position as African specialists in Volunteering with over 6 years experience.



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.