



SPRINGFIELD SCHOOL, YOUR TRIP TO KENYA IS NEAR!



MEANINGFUL VOLUNTEER EXPERIENCES

- 🌍 Before you go
- 🌍 Your trip and what to expect
- 🌍 Your project work
- 🌍 Away from volunteering
- 🌍 Travelling responsibly



BEFORE YOU GO



- 🌍 GP visit recommended
- 🌍 Volunteer travel insurance
- 🌍 Applying for your visa
- 🌍 Make sure your details are correct on My AA



- 🌍 Local currency
- 🌍 Exchanging and withdrawing money
- 🌍 How much to take
- 🌍 Bartering
- 🌍 How to say "No"



 Your luggage allowance

DON'T FORGET:

 Passport

 Yellow fever vaccination

 Malaria tablets

 Towel

 Sun cream & insect repellent (with DEET)

 African Adventures t-shirt

**Full kit list and online shop on My AA*



- 🌍 What to wear at the projects
- 🌍 What you can wear elsewhere
- 🌍 Footwear
- 🌍 Our staff are asked to ensure volunteers are dressed appropriately
- 🌍 Why?








DRESS CODE






YOUR TRIP AND WHAT TO EXPECT



-  Flight details
-  Once you arrive
-  Onward travel
-  Orientation
-  Itinerary









-  Your Trip Host
-  Any questions or concerns
-  24/7 support



- 🌍 Famous for the Big Five
- 🌍 Named after Mount Kenya, the country's highest mountain
- 🌍 Equatorial climate – hot and fresh, with temperatures between 24 and 28°C









-  Religion
-  Greetings
-  Attitudes towards:
 -  Smoking & drinking
 -  Dress code/makeup/tattoos
-  Slower pace of life

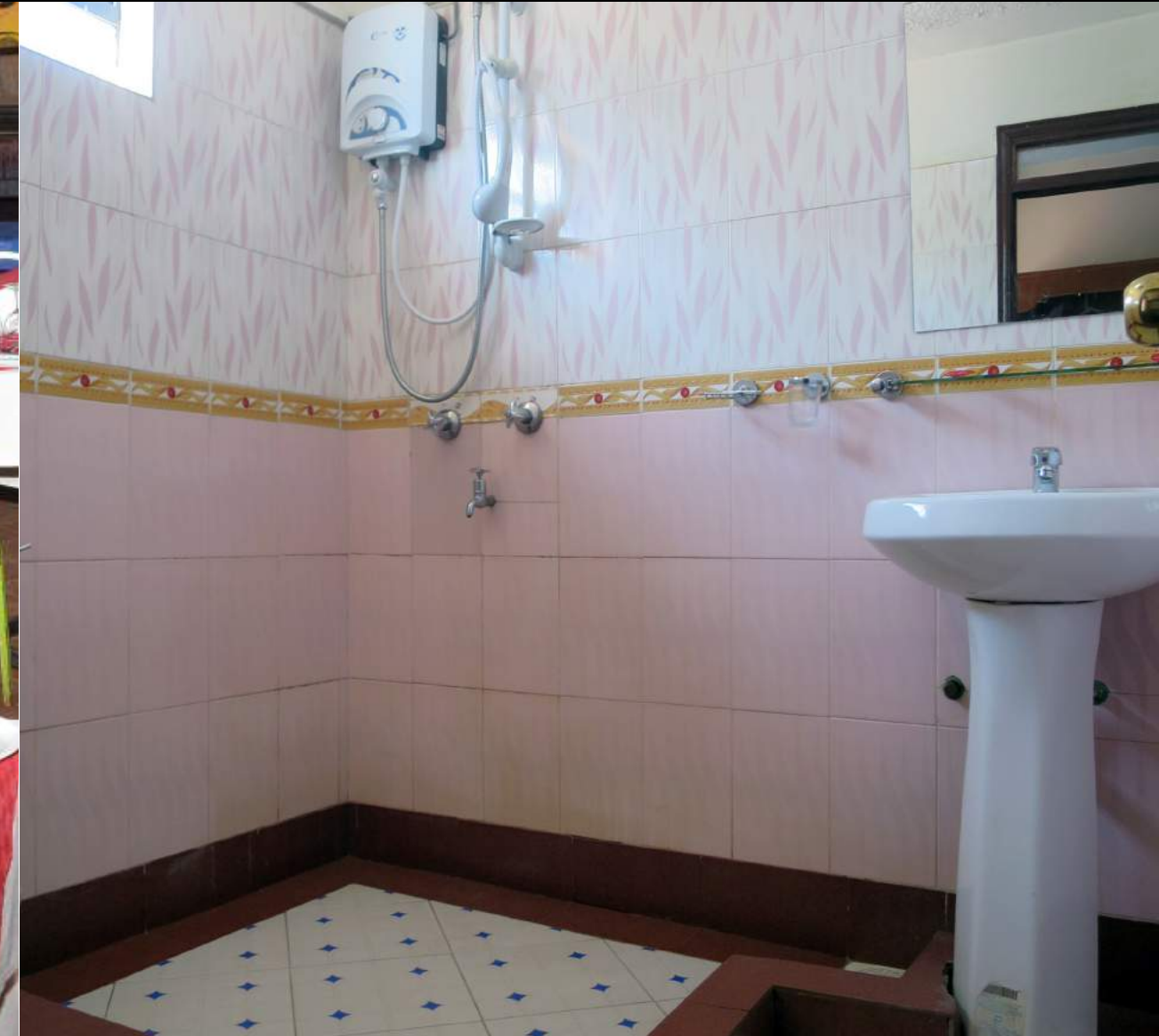


- 🌍 Main languages – Swahili and English
- 🌍 Other forms of communication
- 🌍 Challenges and responses
- 🌍 Learn some useful phrases



WIDA HOTEL

-  Situated on the outskirts of Nairobi
-  En-suite rooms that sleep 1-3
-  Basic Western amenities
-  Running water and electricity
-  Wi-Fi
-  Breakfast provided



JARIKA HOTEL

- 🌍 Situated in Nakuru
- 🌍 En-suite rooms that sleep 2-3
- 🌍 Basic Western amenities
- 🌍 Running water and electricity (prepare for power cuts and no water!)
- 🌍 Wi-Fi
- 🌍 Facilities in the area



- 🌍 Where you will eat
- 🌍 Typical breakfast: eggs, sausages, toast, fruit, mandazi
- 🌍 Typical lunch: vegetable stew with chapattis
- 🌍 Typical dinner: beef stew with rice, fruit for dessert
- 🌍 Bottled water & other drinks
- 🌍 All dietary requirements must be advised in advance






YOUR PROJECT WORK






- 📍 Based in Nakuru in East Africa's Great Rift Valley
- 📍 Obvious gap between rich and poor
- 📍 Schools are located in the slums and near the town dumpsite






-  Approximately 100 students
-  Ages 3-12 years
-  Located in the Rhonda area of Nakuru






-  Approximately 190 students
-  Ages 4-16 years
-  Located in the Rhonda area of Nakuru






-  Approximately 85 students
-  Ages 3-15 years
-  Located in the Rhonda area of Nakuru



-  Approximately 80 students
-  Ages 3-14 years
-  Located on the outskirts of Nakuru








TEACHING & MULTI-SPORTS COACHING







-  Assist teachers with lessons and activities
-  Helping with the delivery of sports/PE sessions
-  Different style of teaching



BUILDING & RENOVATION

-  Your project work
-  Improve learning spaces and school facilities
-  Light manual labour, supervised by local tradespeople
-  No school logos
-  What to wear



-  Clothes and shoes
-  Toys and books
-  Pencils, crayons, sharpeners and chalk
-  Educational resources
-  Sports equipment
-  Distribution of donations







A TYPICAL PROJECT DAY

- 7:30am Breakfast
- 9:00am Arrive at project and start volunteer work
- 11:00am Morning break
- 11:30am Volunteer work continues
- 12:30pm Lunch break
- 1:30pm Volunteer work continues
- 3:30pm Return to accommodation - afternoon activities to be arranged by Trip Host
- 6:30pm Dinner
- 7:30pm Downtime and preparation






AWAY FROM VOLUNTEERING



-  Giraffe Centre
-  Craft market
-  Church service (optional)
-  Community visits







LAKE NAKURU SAFARI

-  Morning drive through Lake Nakuru National Park in safari vans
-  Your chance to spot lions, rhinos, giraffes, zebras, monkeys and more
-  What's included/what to bring



TASTE OF KENYA DAY

-  Learn some Swahili - Kenya's native tongue
-  Traditional Kenyan cookery lesson
-  Visit the Menengai Crater
-  What's included/what to bring



TRAVELLING RESPONSIBLY



- 🌍 Remember you are a role model
- 🌍 Try to avoid having 'favourites'
- 🌍 Don't make promises you can't keep
- 🌍 Don't take children off-site/out of classroom without permission
- 🌍 Reporting safeguarding incidents



- 🌍 Volunteer Code of Conduct
- 🌍 Mobile phone policy
- 🌍 Taking photos
- 🌍 Respect the culture
- 🌍 Be positive but realistic about what you will achieve






- 🌍 Our commitment at African Adventures
- 🌍 How you can help:
 - 🌿 Plastic bags
 - 🌿 Offsetting flights
 - 🌿 Bring home your plastics



- 🌍 African Adventures t-shirts
- 🌍 **New Volunteer Hoodies** - remember the special times and acknowledge the great achievements of your group with a hoodie personalised to your group's trip
- 🌍 Plain embroidered African Adventures hoodies and polo shirts



-  Range of emotions
-  Be proactive and positive
-  Safe journey - Safari nzuri!



ANY QUESTIONS

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SEND US YOUR PHOTOS

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 @TripsInAfrica

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Use #AAKenya19

