



**Agape  
Volunteers**

**Volunteer In Kenya**

# Kenya Information Booklet

Thank you for your interest in Agape Volunteers! We've sent you this booklet so that you can find out more about what we do in Kenya.

- The first section serves as an introduction to Kenya and our programmes there.
- The second section explains the process of applying for and booking a volunteer placement.
- The third section contains travel advice and is intended to prepare you for your time in Kenya.
- The fourth and final section provides more details on the nature of the programmes on offer in Kenya.

We hope to make you feel as comfortable as possible about volunteering in Kenya, prepare you for your orientation and minimise any culture shock on arrival.

If you have any questions you can't find the answers for here please email us at [info@agape-volunteers.com](mailto:info@agape-volunteers.com) or contact your trip adviser



CEO and Founder, Agape Volunteers

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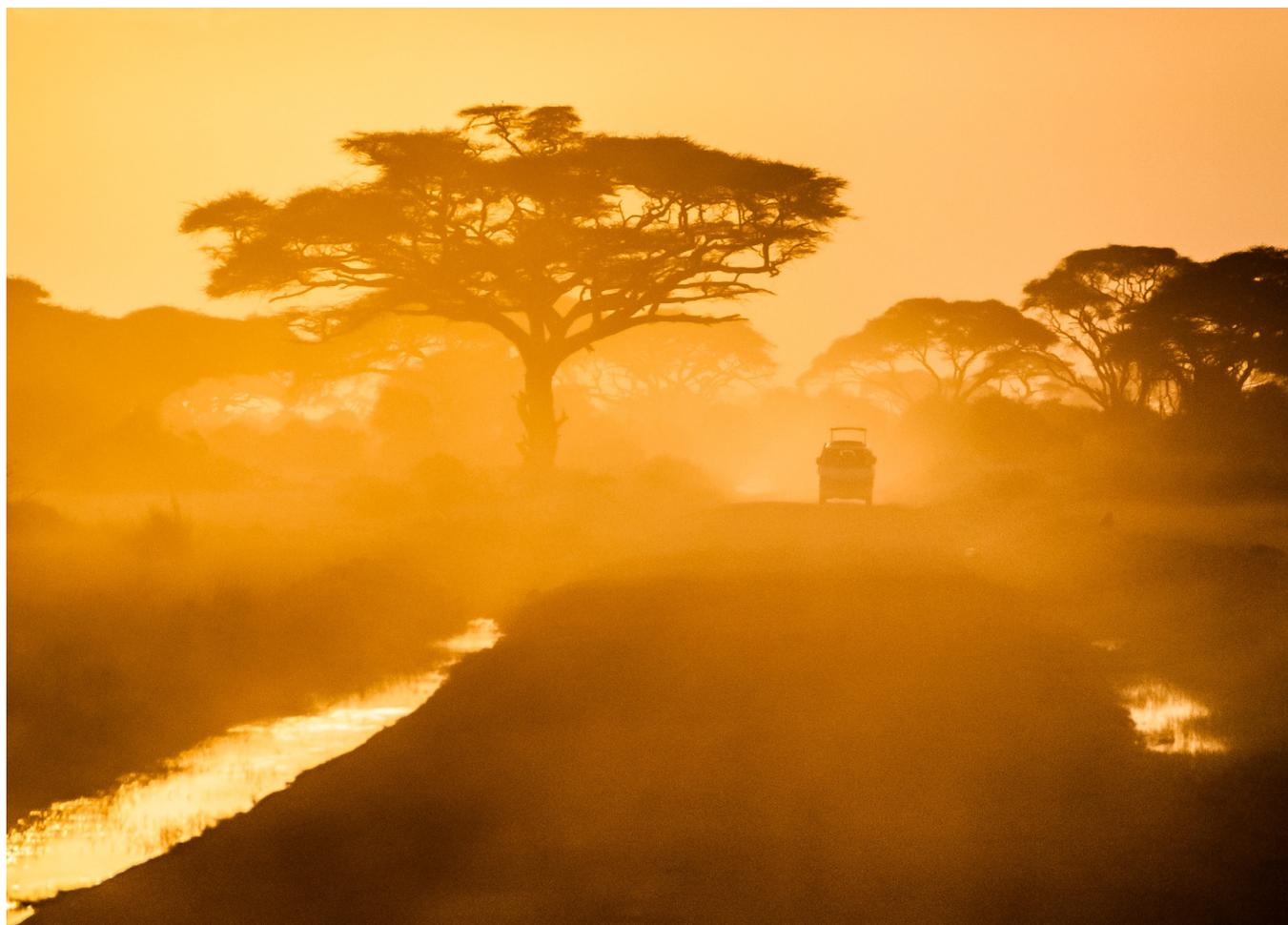
## Introducing Kenya

Located on Africa's east coast between Tanzania and Ethiopia, Kenya is an ethnically diverse country boasting numerous cultures, varied and striking landscapes, and world famous wildlife. Comprised of a variety of tribes including Kikuyus, Kamba and the Maasai, Kenyans as a whole are some of the friendliest people in the world, warmly welcoming visitors and immediately accepting them into their lives.

Kenya has a strong claim as the 'cradle of humanity'; much of the oldest fossil evidence in the world has been discovered in Kenya and human life certainly originated in Eastern Africa. In more recent times, Kenya was colonised by the British Empire, gaining its independence in 1963, with Jomo Kenyatta becoming the first president of the newly proclaimed Republic of Kenya in 1964. While volunteers will find many things familiar Kenyan culture is very much its own, with a vibrant national music scene, internationally acclaimed literature, and a strong sporting tradition.

Compared to many African countries, Kenya has had a relatively peaceful history since independence, but it still struggles economically on both the world-stage and at the individual level. In 2007, hundreds of thousands of people were displaced by violence arising from political and ethnic tensions surrounding the 2007 elections. Many of these people are now living in camps for Internally Displaced Persons (IDP).

More generally, infrastructure, both physical and organisational, is often poor, leading to potholed roads, an impossibly small education budget, and some of the lowest wages for doctors in the world. Because of this, schools, medical clinics, and other institutions are often understaffed and under-provisioned – this is where you, the volunteer, come in.



# Agape Volunteers In Kenya

## How it all began

Agape Volunteers was founded by Guillaume Lefevre. He volunteered in Kenya for the first time in 2009, but found that many of the volunteer agencies in Kenya did not conform to his ideals. He resolved to try for himself alongside like-minded employees of other organisations who were also eager to start out on their own, including Agape's Kenya Coordinator, Izzo Mwangi.

They envisaged an organisation that was non-profit, volunteer-led and directly involved in projects in-country. Three basic aims guided this new venture: to make volunteering as accessible as possible; to provide real, long term and yet flexible help to those in need; and to let volunteers grow into their role and make a real difference. These aims have not changed.

Since 2009, Agape has worked with many people and organisations in Kenya, building a large base of contacts, particularly in the area of Waithaka, in the Dagoretti Constituency of Nairobi, where our main volunteer houses are situated. Volunteer numbers have grown and grown, and we have been able to provide volunteer staff and funding for schools, clinics, orphanages, HIV projects, sports teams and outreach programmes. We hope to build on this progress further in the coming years.

## Make a real difference

Our belief is that volunteers can make a real difference. They fill positions that would otherwise be empty, so that pupils can get more attention, young athletes regular training. Through fundraising, they can directly address areas of need, providing more resources for schools and orphanages, improving facilities and financing medical outreach for those without access to medical care.

By volunteering with Agape, they provide us with the funds we need to continue outreach and development work at IDP and elsewhere. Without volunteers, this would not be possible.

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# IDP

The IDP camps near Maai Mahiu in the Kenyan Rift Valley have been the site of some of our most successful projects. These camps, for “Internally Displaced Persons”, provide basic shelters for Kenyans made homeless after the 2007 election violence. We are committed to improving the living conditions and facilities available in IDP.

Currently, social spaces, teaching facilities and resources, and medical care are extremely limited. We are attempting to improve this situation by supporting the renovation and development of the Southern Cross Academy, a school, library and meeting place, and by providing medical outreach whenever possible.

Volunteers have helped out with the installation of concrete floors and painted the walls of two new classrooms, as well as helping connect up a new water supply.

We have also supported projects including the construction of new sanitation facilities, the development of a greenhouse and farm, as well as an ongoing commitment to fund HIV testing and treatment.



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## The Agape Football Academy

All our volunteers will have the opportunity to contribute to the work at IDP for at least a day during their stay in Kenya. Only volunteers in our sports programme, on the other hand, will be able to get really involved in one of our other most successful programmes: the Agape Football Academy.

Launched by Joe Wairegi and Jack Murray, the Academy provided kit, coaching and training to kids in the Dagoretti area. The first year was a great success, with training sessions several times a week, loads of kit donated, and many children from difficult and underprivileged backgrounds. A lot of real progress was made, with dramatic improvements in technique, teamwork and behaviour – and the year ended on a high, with Academy teams performing well in local tournaments.



## Looking Back

Looking back it's amazing to consider how much more we've been able to do in recent years. In 2013, surplus from our volunteer programme fees funded free medical checkups and treatment for children at our partner children's homes – from 2015, this became becoming a regular part of our medical placements.

In 2014, we launched an area wide HIV testing and treatment programme and were able to commit thousands of pounds of financial support to clinics and children's homes. This work is ongoing. One standout case was the Neemaland Queens and Kings centre, where a combination of Agape funds and volunteer fundraising was used to clear crippling debt arrears, keeping the centre open for the 100 plus children it supports.

While Agape Volunteers continues to grow, our aims remain the same. We will make volunteering possible for as many people as we can. We will seek to support projects which make a real difference in their area. We will continue to improve our capabilities as an aid and development organisation. We will listen to and utilise the experiences and expertise of our volunteers, to improve the aid and services we offer.



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## Our Team & Our Programmes

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## Meet The Team

Agape Volunteers has a fantastic team of volunteer coordinators and hosts in Kenya.

You can find out a bit about the senior team below:

### Isaac “Izzo” Mwangi

Born and raised in Waithaka, Izzo fell in love with the concept of volunteering and its potential for good works. Putting aside a successful arts and crafts business, Izzo gained many years' worth of experience working with volunteers and projects before joining Agape Volunteers – we're very lucky to have him. You probably won't see much of Izzo, as he has a huge amount to do behind the scenes, but you'll know when he's around – a masterful and mischievous storyteller, he'll have everyone laughing.



### Marta Haering

Originally from Spain, Marta fell in love with Kenya a number of years ago and has lived there ever since. She's a coordination expert as well as a friendly member of the support team. She's always on hand to make sure that everyone is happy and productive, as well as helping to organise a number of Agape's outreach projects.



### David Wakogi

David is the Project Manager in Kenya and is very involved at IDP. David works closely with Izzo to keep our programmes running. He and his wife and children also host volunteers in their home.

### Host Mama - Triza

Triza is our host mama at our volunteer house. A warm and bubbly person with infectious good humour, she is great fun to live with. A student of community development and a great cook.

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As well as the team members listed above, Agape work with a large number of additional people, from owners of children's homes to local doctors, drivers and support workers. You're likely to encounter a number of these in Kenya, so there will always be someone on hand to help you out with anything you need.

# Our Programmes In Kenya

There's a lot to get involved in while volunteering in Kenya. We recommend you concentrate on one programme for your volunteer work to have the most impact.

## An Overview

We've split the activities on offer into five programmes: teaching, orphanage, sports, medical and HIV/AIDS. During application, please select one of these programmes as your primary choice.

Your trip adviser will review your application and let you know if there are placements available for the dates you've suggested. If not, they will suggest alternate dates or programmes for you.

On booking, your application details will be passed on to the Agape team in Kenya, who will read these carefully before allocating a placement to you after your arrival. Placement allocations are based on personal requirements, suitability and placement needs.

Please be aware that the need for volunteers in different projects varies at different times of day and at different times of the week. Some placements are only available during the school term or school holidays while most are on offer year round. Sometimes placements may become unavailable unexpectedly. We encourage volunteers to be flexible and be prepared to work in different areas so you can make the greatest difference wherever it is needed.

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## Education

**As an education volunteer in Kenya, you will work alongside school staff in a local school to teach a primary curriculum of English, Maths, Science, and Social Studies.**

By volunteering as a teacher, you can help local teachers with large classes, ensuring that pupils receive more personal attention and tutelage. By setting an example of English pronunciation and grammar every day, you will create an improvement in your pupils' language skills.

It's recommended that you work alongside a local teacher in the classroom. Working closely in partnership with the teacher gives you a chance to learn from them, while ensuring that any new ideas and interactive learning techniques you are able to introduce will continue to benefit classes after you leave.

## Education Cont.

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Our education programme is a great or volunteers applying for or studying a PGCE, or qualified teachers looking for a different challenge. If you have studied or are enthusiastic about teaching, you can be an invaluable aid to the schools we work with.

Even if you have not or do not plan to study teaching, don't be put off! As long as you are willing to follow the lead of local staff and more experienced volunteers, you can always help. Just make sure to get stuck in and to bring all your commitment and enthusiasm.

\*Please remember\* - the school holidays fall in April, August and December. If you plan to travel at these times, consider volunteering on a different programme, such as in a children's home.

For teaching tips and more info, see the Teaching entry in the APPENDIX. For info on how you can help schools by donating money or supplies, please ask your trip adviser.



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## Sports

**Sports volunteers have the opportunity to coach and train with some of the most enthusiastic, and some of the most talented, young athletes in the world.**

The heart of the sports programme is our work with local community football teams, where we aim to provide training and kit for boys and girls so that they can get engaged with a sport that will develop their team-work, creative flair and confidence. The programme encourages kids to explore both their personal passion to perform and to build relationships within their team. Volunteer coaching helps these kids to make the most of their talents, giving them an opportunity to succeed as individuals.

This is a great programme for volunteers interested in sports sciences or similar courses. You will spend some of your time teaching in a primary school, as during school hours the kids will not be free to train. Football is by far the most popular sport in Kenya, and football players and fans will have a ball on this programme. However, there may also be opportunities to introduce your pupils to new games and sports.

## Orphanage

As an orphanage volunteer in Kenya, you will take on a role in taxed and understaffed children's homes in the Nairobi area, where the care of thirty or more children may be in the hands of just one man or woman.



You will help with the day to day running and maintenance of the home, as well as organising games and activities. You may also be asked to take on a teaching role.

Although "orphanage" is common parlance in the volunteer industry, most of our placements are more properly referred to as care homes or children's homes. They exist to provide support and care for vulnerable and at-risk children. These kids may have living parents or family who are not currently able to care for them.

For example, one of the children's homes our volunteers work with, Neemaland Queens and Kings, was founded to support destitute widows and their children. Where possible, the aim is to help put families on a footing where they can be reunited.

Volunteer work will revolve around caring for the children and ensuring that the home is as safe and pleasant an environment as possible for the kids. This means dishwashing, clothes washing, cleaning, painting, fixing, gardening, bathing, feeding, playing and more!

This is a great programme for volunteers who are interested in childcare or working with children, or anyone happy to give of their time and themselves, and doesn't mind hard work! Volunteers with childcare experience or qualifications are especially welcome.

For orphanage tips and more info, see the Orphanage entry in the APPENDIX. You may also want to check out Teaching. For info on how you can help orphanages by donating money or supplies, please ask your trip adviser.

## Medical

As a medical volunteer in Kenya, you will work either in a private local hospital or a private community clinic.

The first question you need to answer for yourself and to your trip adviser is: what do I want to focus on when I volunteer – learning and experience, or hands on work?

In general terms, hospital placements are ideal for volunteers who primarily want to learn while on placement.



These placements offer an opportunity to gain insight into healthcare provision in a developing country and to observe a wide range of care and procedures as well as some hands on experience.

Clinic placements are best suited to volunteers who want to be hands on and to focus on work while volunteering. These clinics serve many people who cannot afford hospital fees, often with only one or two doctors. Volunteer help is very welcome.

Most medical volunteers will also participate in community outreach work funded by Agape Volunteers. This might include health screenings and treatment, sexual health presentations, hygiene classes, HIV outreach and more.

The medical programme is great for medical students looking to complete an elective, or anyone with medical experience who would like to gain a new perspective on their work and broaden their understanding of medical care in a third world setting.

You must be a qualified health care practitioner or have completed at least one year of a medical degree to qualify for this programme. You must provide proof of your credentials at least 8 weeks before your date of departure, as Kenyan legislation requires all foreign qualified practitioners to be registered in Kenya. Please note that all medical volunteers are required to pay a medical supplement to cover the costs of registration, facilitate outreach and subsidise medication. This fee will be included alongside your programme fee.



“ You can arrive and start your programme on any date which works for you, and volunteer for any period from one week to one year ”

## HIV / AIDS

As an HIV/AIDS volunteers in Kenya, you will be working alongside community health workers to provide free HIV testing and outreach in the local area. This involves home visits and counselling for sufferers, testing new patients, and keeping local sufferer databases up-to-date.

For anyone volunteering for 6 weeks or more and keen to get stuck in, we highly recommend the Kenyan government's 2 week testing and counselling course, which qualifies you to conduct HIV testing and counselling independently. No previous medical experience is required for this programme. If you're interested, let your trip adviser know so they can make the necessary arrangements. By booking this course you also ensure that we can supply the HIV testing kits you and your project partners will need to be as effective as possible.

This is a great programme for volunteers interested in health care or keen to help prevent the spread of HIV/AIDS. If you are good with people and eager to meet and get to know the people of Kenya day to day, this is also the programme for you.



## A Note on Placement Projects

Agape Volunteers is committed to placing volunteers only where they are needed, as far as we possibly can. If placing a volunteer will not benefit a project in any worthwhile way, we will avoid doing so. As the needs of individual placement projects are regularly changing, this can make placing volunteers a complicated business.

For this reason, although the descriptions above are representative of our programmes, we cannot guarantee that you will have the opportunity to take part in all the activities mentioned. Nor will you be assigned a specific placement project until after you arrive in Kenya. For more details on the kind of project you will work on, please see the APPENDIX.



## Booking A Programme

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## Making an Application

If you have not done so already, the first step in booking a programme is to make an application on our website, at [www.agape-volunteers.com/programmes/](http://www.agape-volunteers.com/programmes/).

*Just hit apply now to get started.*

In general, our intake is flexible in Kenya. This means you can arrive and start your programme on any date which works for you, and volunteer for any period from one week to one year. Please note that the number of placements in Kenya is limited, so booking early is advised. Payment will be required at least 45 days before your date of departure. Therefore, please make sure to apply ahead and to complete your booking in good time.

Fees scale according to the length of your stay. For fees and what they cover, please see [www.agape-volunteers.com/costings](http://www.agape-volunteers.com/costings).

When filling in the application form, please provide the following information:

- Name
- Date of Birth
- Nationality
- Email address
- Contact telephone number
- Address
- Length of stay
- Programme
- Approximate arrival date
- Whether you are travelling with anyone else
- Previous volunteering experience
- Dietary requirements or medical concerns

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“Agape Volunteers does not charge registration fees, so paying your programme fee is all you need to do to book your placement.”

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## Personal Trip Advisor

Once you've applied, you'll be assigned a personal trip advisor. Trip advisors are the friendly face of Agape Volunteers, providing you with a consistent, human point of contact with Agape Volunteers. They are there to answer any questions you have, guide you through the booking process, and help prepare you for your time in Kenya.

You should receive an email from your trip advisor within 48 hours of making your application. While answering any queries you may have, they will confirm your programme details, including programme type, approximate arrival date and length of stay. Trip advisors are mostly former volunteers with Agape. They are paid a commission for every booking they complete, but also donate a great deal of their own time to provide volunteer support and administrative work, which they carry out alongside degrees, jobs and busy lives!

If you'd be interested in joining the Trip Advisor Team, contact Gee on [gee@agape-volunteers.com](mailto:gee@agape-volunteers.com).

## Billing

When you're ready, your trip adviser will bill you according to your planned length of stay (we call this your "programme fee"). Agape Volunteers does not charge registration fees, so paying your programme fee is all you need to do to book your placement.



Programme fees must be paid at least 45 days before your date of departure. Up until this point, programme fees can be refunded, minus transaction fees incurred by the transfers.

If you choose to book an excursion, your trip adviser will bill you for these too.

### The programme fee includes the following:

- The Travel Insurance with Agape – the most comprehensive travel insurance provided as standard in the industry
- Accommodation in a hosted volunteer house
- Two meals a day, six days a week (volunteers cook for themselves on Sundays)
- Airport pick up and drop off
- Orientation
- All Agape admin and registration
- 24 Hour helpline
- Pre- and post-programme support from your trip adviser
- In-country support from our experienced Kenyan staff
- Nairobi city tour
- Transport and outreach costs at IDP
- A donation towards Agape's projects\*

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### The programme fee does not cover other travel costs, such as:

- Flights
- Visa
- Vaccinations and anti-malarials
- Transport to and from your placement and accommodation
- Additional excursions

## Where is my Money Spent?

Most of your programme fee is spent on the costs of making your volunteer programme possible. The majority covers your airport transfers, food and accommodation, and the Agape staff who support you in Kenya and organise your volunteer placement. A smaller sum goes towards the costs of Agape Volunteers in the UK, including merchant banking, fees on payments and international transfers; commission for the trip advisers who help you to book and offer contact support during your stay; and the marketing which helps us to bring our programmes to your attention.

After these costs, the surplus on your programme fee is committed to funding the projects that Agape Volunteers support and spearhead in Kenya, including some placement projects. However, this does not necessarily mean we give a set amount of money to your placement during your time in Kenya. More often, we accumulate this surplus until we have enough to fund larger scale projects with a more pronounced impact – for example, expanding a placement’s facilities or aiding with debt.

In 2015, funds from volunteer programmes contributed to:

- Feeding programmes at the IDP refugee camps near Maai Mahiu
- Medical outreach to IDP
- Medical assessment and provision of medicines for schools in Dagoretti
- Construction of a dedicated volunteer complex in Waithaka
- Commencement of construction of medical clinic at IDP

In 2016, funds from volunteer programme fees contributed to :

- Support and infrastructure development of the Agape Football Academy
- Debt payments for the Neemaland orphanage and kitchen facilities
- Medical outreach to the Kibera slums
- Construction of Phase 3 of the medical clinic at IDP

In 2017, funds from volunteer programme fees contributed to:

- The extension of a water pipeline for a Maasai community without previous access to clean water
- Ongoing medical and education support for families at IDP
- Funding for a community health initiative focusing on HIV control and prevention
- A variety of construction and maintenance projects at children’s homes in Dagoretti

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***If you would like a breakdown of where we spend our money, we would be more than happy to provide one. Please can email our CEO, Guillaume Lefevre, at [gee@agape-volunteers.com](mailto:gee@agape-volunteers.com), or ask your trip adviser.***

# Travel Insurance

Travel insurance is provided as standard and **at no extra cost** when you volunteer with Agape Volunteers. Travel insurance is essential, covering you against untoward developments which might affect your time away. By offering travel insurance as standard, we aim to make sure you have cover designed for you.

Underwritten at Lloyd's of London by ProSight Specialty Insurance, the Agape Travel Policy provides bespoke travel insurance tailored to the needs of our volunteers.\*

Travel insurance with Agape Volunteers covers you not only for the standard risks of travelling, such as flight delays and lost passports, but also situations specific to volunteers.

## This includes:

- Medical insurance covering emergency treatment, hospitalisation and repatriation; with 24 medical assistance.
- Needle stick cover and exposure to biological fluids as standard.
- Cover for over 70 activities and sports, including volunteer work and Agape Adventures activities such as safaris and mountain hiking.\*\*

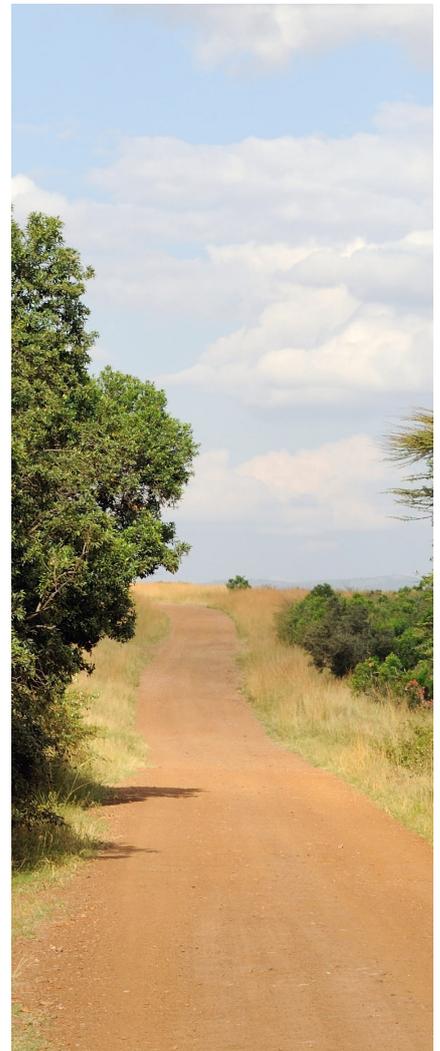
As such, the Agape Travel Policy is the most comprehensive travel insurance policy provided as standard in the industry.

Travel Insurance with Agape Volunteers is available to volunteers from all over the world, regardless of where you'll be travelling from. Your cover is valid from the moment you pay your programme fee, insuring you against cancellation and curtailment, so it is in your interest to pay as soon as possible.

For a summary of the cover provided, or the full policy wording, simply ask your trip adviser. Full policy documentation will also be included with your volunteer policy (please see below).

*\*Please note, this policy is not available to persons aged 70 years or older. If you are not eligible for this policy, please contact your trip adviser for advice on alternatives.*

*\*\*The Agape Travel Policy does not provide medical indemnity to practitioners. Medical volunteers should consult the British Medical Association or the relevant authority.*



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## Flights

Flights are not included in your programme fee, but your trip adviser can help you to look for low flight fares, so make sure they know your travel dates as soon as possible.

Depending on how early you book and when you plan to fly, return flights from the UK to Nairobi Jomo Kenyatta International airport should cost between £400 and £600, with flights from the USA costing between \$750 and \$1100. Flight prices from other countries vary.

After booking flights, you must provide your trip adviser with your flight details (arrival date and time, departure date and time, flight numbers) so that they can arrange your airport pickup and drop off.

## Volunteer Policy

Agape Volunteers requires all volunteers to sign our volunteer policy. This contains our code of conduct, detailing our promises to you and what we require in return. After you've paid your programme fee, your trip adviser will email you a copy of this policy to sign and return



## Vaccination and Anti-Malarials

Before travelling in Kenya, you must consult your GP about vaccinations and anti-malarials. For our recommendations, see this section on vaccinations below.

## VISA

Applying for a Kenyan visa is very simple, and we'll help you through the process. You'll need to fill in the online form, and pay the fee of £30/€40/\$50. e-Visas are usually granted within a week, and can then be simply downloaded and printed online. Your trip adviser will provide more details during the booking process.

N.B. If you do not have an EU, Commonwealth or US passport, visa requirements may vary.

## Arrival Procedure

On receipt of your signed volunteer policy, your trip adviser will take you through the arrival procedure. They will also provide a checklist covering all the necessary preparation for your trip (vaccinations, visa, etc.), as well as a list of contact numbers to take with you in case of difficulties.

Remember to print off these contact numbers so you have them to hand when travelling.

## Fundraising And Donations

Many volunteers choose to raise money before they volunteer, either to help cover the costs of their trip or to fund donations and projects in country. If you would be interested in fundraising, ask your trip adviser for the Agape Fundraising Guide.

Volunteer donations and project leadership are an incredibly powerful resource. Volunteers in Kenya since 2012, including Gemma Stanbrook, Anbesan Hoole, Andrew Blythe and Tilman Steuernagel, have made possible the ongoing construction of a medical clinic for IDP. Their hard work and commitment drove forward proposals for the clinic and ensured budgeting for a sustainable, multi-stage construction plan, for which they have since raised many thousands of pounds. Find out more here:

<https://www.facebook.com/groups/428181997309571/>

Jack Murray, a volunteer in 2014, rallied a huge number of people to donate football kit and equipment for Agape's new Football Academy, and was an inspiring leader for the project until the end of his stay.

If you really want to get stuck in while you volunteer, please let us know via your trip adviser, and we can suggest a project for you to support.

## Additional Excursions

Agape Volunteers offers a number of excursions in addition to those included in your programme fee, including safaris and trips to the beach. These excursions need to be booked in advance, through your trip adviser. For more details, see the accompanying Agape Adventures booklet or ask your trip adviser.

Feel free to ask any questions you may have about your placement, Kenya, or Agape Volunteers generally. Your trip adviser will do their best to provide professional answers, lay to rest any worries, and ultimately get you ready for your time in Kenya.



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## Preparing For Arrival

Volunteering in Kenya will be an exhilarating, horizon-widening time. You will find new friends and take on new challenges, experiencing a different way of life while you do so. It will also be hard, tiring work, in an unfamiliar country far from home. It will push you outside of your comfort zone at least once.

To make the most of this opportunity, it's a good idea to make sure that you are prepared as possible, both physically and mentally. This section aims to help you with your preparations and give you an idea of what to expect.

## Physical Preparation

The last thing you want is for your trip to be ruined by ill health. Before you depart, you need to make sure you have received all the necessary vaccinations and medication, as well as a clean bill of health.

### Vaccinations

Before you depart, you **MUST** consult your GP about which vaccinations you will need for a stay in Kenya. Some of these may require extended incubation periods, so it's worth arranging an appointment as soon as possible.

#### Our recommended vaccinations are:

- Tuberculosis
- Hepatitis A
- Hepatitis B
- Typhoid
- Tetanus
- Cholera
- Meningitis

Please also note that you may also require a Yellow Fever certificate if you have recently travelled to a country where Yellow Fever is prevalent.

## Prevention

With all diseases, avoiding infection is the best strategy. As well as getting the necessary vaccinations and anti-malarials, you should aim to prevent infection in any way you can.

To prevent bites, make sure to bring plenty of insect repellent. A mosquito net which can be fixed from the ceiling is also a must.

Make sure to maintain good standards of hygiene, following all the guidelines laid out here and by the staff in Kenya. For more info on hygiene, please see the relevant section below.



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## Anti-Malarials

**We insist that all volunteers purchase a full course of anti-malarial tablets before departure. You should consult your GP about the courses available and costs.**

Malarone is popular due to minimal side effects, which can be reduced further if the drug is taken with food or milky drinks. Doxycycline, Proguanil and Mefloquine offer viable cheaper alternatives to Malarone, but please check the side effects and consult your GP before taking. A common side effect is increased vulnerability to sunburn, so make sure to take proper precautions. It is important to ensure that you finish your course of anti-malarials when you return home. Please be aware that Kenya is a chloroquine-resistant malaria zone.

## Health Check-ups

We recommend that you arrange medical, dental and eye check-ups before you depart, to identify any issues that might affect your time in Kenya.

## Mental Preparation

It's also a good idea to think about how to prepare yourself mentally. Culture shock and homesickness are to be expected, and while they're normally shortlived, they're no fun while they last. And no matter how hard we try, we can never fully prepare you for all the differences between life in Kenya and life at home. However, with a healthy mindset, these should be no more than a fleeting problem; and with a bit of preparation, you're ready to be a fantastic, valuable volunteer.

### Why are you volunteering?

An important first step is to ask yourself why you are volunteering. Agape Volunteers is sincerely committed to providing quality, rewarding placements for our volunteers. We want to provide opportunities that may not be available otherwise – opportunities to gain valuable work and life experience; opportunities to travel, see foreign cultures and cities; opportunities to take exciting trips and excursions. And opportunities to help people.

Because ultimately, this is not only about you, but about the people you help by volunteering. And due to the nature of volunteer work in Kenya, it's almost certain that something about your trip will not be exactly as you expected. We will do everything we can to deliver a fantastic experience and to solve any problems, but the best volunteers are those who are willing to roll with the unexpected, even with disappointment, in order to achieve something tangible. Volunteers who want to help in any way they can. Agape Volunteers is for you, but ultimately, volunteering is what you make it!

“

We want to provide opportunities to gain valuable work and life experience; opportunities to travel, see foreign cultures and cities; opportunities to take excursions and trips, but most importantly - opportunities to help people!”





## Learning About Kenya

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## Doing Some Research

A little learning goes a long way. Take the time to find out more about the people you will live and work with and the country they call home. Read up about Kiswahili (Kenya's official language with English) and other Kenyan dialects – and see if you can learn some! Speaking the language will help you to understand and get closer to your colleagues in Kenya.

Travel guides like the Rough Guide and Lonely Planet are a good place to start.

We also recommend the UK Foreign and Commonwealth Office's travel advice:

<https://www.gov.uk/foreign-travel-advice/kenya>

There is a glossary of basic Kiswahili at the end of this info book. If you'd like to learn more, there are several introductions to Swahili on the market, including Rosetta Stone's.

## Being a Valuable Volunteer

As a volunteer you have access to fantastic opportunities all over the world – and Agape Volunteers tries to offer some of the best available. Our volunteer placements in Kenya are a chance to explore a new culture, gain valuable work experience and qualifications, enjoy exciting excursions and try to make the world a better place. However, it's important to remember that as a volunteer you should always aim to be at least as valuable to your placement as it is to you. Here are some tips on how to do that:

- Be positive – a can-do attitude and a willingness to get stuck in can make more of a difference than you realise.
- Keep an open mind – try not to have fixed ideas about what you will do on your placement: circumstances and needs can and do change. Be ready for new people, a different culture and unexpected challenges.
- Embrace a culture of sharing – don't be afraid to share your knowledge and don't forget you are there to learn too. Embracing what placement staff and other volunteers can teach you will make you a more valuable volunteer; and by sharing your experience and ideas.
- Be realistic about what you hope to achieve – think about how long you can volunteer for and plan any projects or activities to fit that timeframe, or else make sure they can carry on without you. You are most valuable where you can contribute to the long term goals of your placement project.
- Take something with you – most volunteers have access to valuable resources which can make a real difference to our projects in Kenya. This might be second hand sports kit, storybooks or medical supplies.

## African Time

Talk to anyone who's travelled in Africa and they'll recognise the concept of "African time". In general, there is a noticeable difference between western and African attitudes towards time.

### African Time Cont.



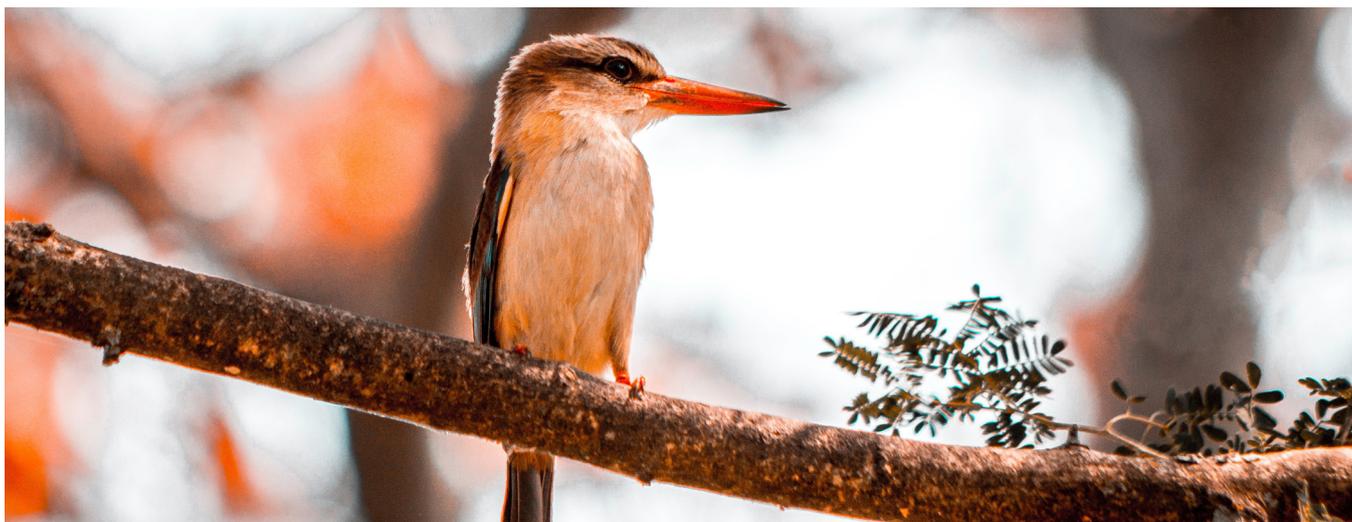
“While in the west we often live by the clock, moving from task to task in strict sequence, in African cultures you often find a more “polychronic” approach, with several tasks being managed simultaneously over a period of time.”

## African Time Cont.

While in the west we often live by the clock, moving from task to task in strict sequence, in African cultures you often find a more “polychronic” approach, with several tasks being managed simultaneously over a period of time. This is often seen as a more relaxed attitude to timekeeping and punctuality.

When western expectations about scheduling and punctuality encounter African time, friction can occur. Bear this in mind while you volunteer, and be prepared to be kept waiting sometimes and for plans to be more fluid than you might be used to at home.

The Agape Volunteers team in Kenya are professionals who will strive to meet your expectations about timekeeping, but you should remember that you and they are living and working in a culture with different attitudes towards time.



## Dealing With Culture Shock

Culture shock and homesickness are an inevitable part of volunteering abroad, something which all volunteers experience. The shock is literal – Kenya is harsher and dirtier than most volunteers are accustomed to, and you will be exposed to poverty and suffering in ways you may not have been before. At some point, normally within the first three or four days of your programme, you will begin to feel the lack of home comforts, and miss your family and friends. These feelings are completely natural and, more importantly, will pass quickly. Below are some tips on dealing with homesickness and culture shock.

- First and foremost, remember that these feelings won't last forever. Soon, you'll start to settle in, make friends and learn to find your way around Waithaka – and when the time comes to leave, you won't want to go!
- Get to know your fellow volunteers before you go. Use our Facebook page ([www.facebook.com/AgapeVolunteers](https://www.facebook.com/AgapeVolunteers)) to find other people volunteering at the same time as you. You can also ask your trip adviser for help.
- Make sure you can contact home if you need to. See the section on Communication below for the best ways to stay in touch.
- Remember that your host mama, the Kenyan team and your fellow volunteers are all there to give you their support. It is very important to voice your feelings as these may not always be easily picked up by those around you. If you need to talk to someone, don't hesitate.
- Long term feelings of unhappiness or depression may be a side effect of your anti-malarials. If feelings of unhappiness persist, please talk to your host mama and the Kenyan team immediately.

## Living In Kenya

The majority of volunteers will not have lived in a third world country before, and will not know what to expect. It is important to understand the conditions you'll be living in before you go.

### Accommodation

Volunteers in Kenya live in our volunteer house in Waithaka. Breakfast and dinner are provided by our Kenyan hosts, who are also on hand to provide support for the volunteers under their care.

The volunteer house is situated in our home compound in Waithaka, about five minutes' walk away from Waithaka's shops, markets, hairdressers' and internet cafes.

The volunteer house has a number of rooms sleeping six volunteers, and three private rooms available for reservation. There are several showers, a bath on the second floor and western-style toilets.

A lounge area on the ground floor provides a comfortable social space for volunteers to relax after a long day at their placement. There are sofas and a TV and DVD player, as well as a fridge, a toaster and a kettle for volunteer use. There is also a noticeboard with the house rules and other useful info for volunteers.

There is a kitchen on the first floor as well as a second lounge area. Volunteers are free to use the microwaves in the kitchen. The roof of the house is open and volunteers have made it into a pleasant area to hangout, sunbathe, dry clothes and maybe have a barbeque.

The house is hosted by a small team of Kenyans, making it the ideal mix between living as part of a Kenyan family, and having plenty of like-minded volunteers alongside you.

### Alternative Accommodation

The majority of volunteers stay in our volunteer house in Waithaka. However, large groups may be housed together at our second house in Kikuyu, about fifteen minutes drive away. There is also the option to live with a Kenyan host family with one or two other volunteers; in times of very high volunteer numbers, you may be hosted by a family by default, although we will always do our best to meet your personal preferences.

### Requesting a Private Room

In addition to the dorms there are three private rooms that can be requested by couples or solo travellers wishing to have additional space. Private rooms are available on request for an additional £50 per week, per room.

To find out if the private room is available during your stay and to reserve, please contact your trip adviser.





## House Rules & Guidelines

You will be briefed on key house rules during your orientation and they are also listed on the notice board in the lounge. These rules are there to promote good feelings in the volunteer house and to help keep the place clean. They also exist for your safety and security and the safety and security of staff and other volunteers.

We expect all volunteers to follow the house rules and the guidance of our staff in Kenya. For more details, contact your trip adviser.

## Electricity

The volunteer house and all our homestays have electricity. Sockets in

Kenya are the 3-pin variety found in the UK. Adaptors for this socket should be easy to find if sockets are different at home. You should have no problem charging phones, laptops, cameras and other appliances; however, be aware that power cuts are frequent, so electricity may be intermittent at best.

## Water

The volunteer house and all our homestays have running water at least three days a week. Showers will be lukewarm or cold and tap water should not be drunk by volunteers – drink only bottled water.

The remainder of the week, mains water is likely to be unavailable. Instead, you will rely on a storage tank filled while the water is running. During this time, showering will involve using a basin and a bucket, and the toilet will need to be flushed manually using a bucket.

You may find you need to think more about conserving water than you are used to, and also that you shower less!

## Cooking

Your host mama will cook breakfast and dinner for your fellow volunteers six days a week. On Sundays, dinner is generally the volunteers' responsibility. Microwaves are available for use and volunteers can request use of the kitchen to prepare lunches and dinner on Sundays. In any case, many volunteers find it more convenient to buy lunch during the day.

Your host mama may welcome

offers to help in the kitchen, which is fun and a great opportunity to learn some Kenyan cooking.

## Laundry

Clothes will be handwashed while you're in Kenya. While we recommend that you try doing this yourself at least once, you will not have to all the time. Many locals will be happy to take your laundry for you in exchange for a little money, and you can ask your host mama to help you arrange this.

## Paying for Extra Days

The cost of your accommodation is included in your pro-gramme fee. However, you may find you are staying in Kenya longer than the number of weeks for which you have paid, in order to secure the cheapest flights or simply to get a few more days in Kenya. If you wish to stay in volunteer accommodation during these extra days, you will need to arrange payment for this time personally with house staff.

## A Case Study

Jack Murray lived in Kenya for 7 months as a Project Coordinator and helped establish the Agape Football Academy with Joe Wairegi. During his time in Kenya he stayed at the Volunteer House in Waithaka and travelled across many parts of Kenya.

He says:

“  
The volunteer House is great fun but the people you meet make your experience! Throughout my long stay I met and worked with many people from all over the world both near and far.

The house provides everything you need from shower, TV with DVD player, basic cooking facilities and a bed to sleep at night.

Volunteering in Kenya with Agape brings a smile to many people's faces.”

## Food

Kenyan food has many influences, including Indian and African flavours. Expect to eat rice, pasta, chapati (flatbread) and ugali (a corn flour dough reminiscent of mashed potato) as staples in your evening meal. These tend to be served with beans, meat, cabbage and delicious gravy. As a rule, Kenyan food is tasty and flavoursome, but not spicy. Some meals will be more familiar – spaghetti bolognese is quite common – but don't be afraid to try the unfamiliar too!

Breakfast tends to be based around toast, coffee, tea and eggs. Mandazis, sweet fried bread akin to doughnuts, are popular with volunteers and make a good breakfast or



snack. More traditional breakfasts may also be served, such as arrowroot (similar to sweet potato – try it with marmite).

Your host mama will prepare breakfast and dinner six days a week. On Sundays, dinner is the volunteers' responsibility – this is your chance to test how well Kenyans cope with western food (hint: they can't stand cheese), and can be great fun if you organise it with your fellow volunteers. BBQs on the roof have also become popular with volunteers.

Lunch will also be your own responsibility. Street food is probably

## Food Cont.



## Food Cont.

your best option, being very cheap, tasty and filling. Mixed chapati – fried flatbread with a stew of beans, lentils, spinach and other vegetables – is a volunteer favourite. Eating locally you can expect to spend about £5 a week on meals, whereas £10-£15 a week will get you more expensive meals like chips, meats and pizza.

You can also prepare your own lunch, though this will take a bit of forward planning. If you would like to use kitchen facilities, make sure to ask your host mama politely first. Bread, jam, peanut butter and other ingredients for sandwiches can be bought at local shops, markets or supermarkets.

Fruit can be an important part of your diet. Fruit is bigger, fresher and sweeter in Kenya, making it a real treat, and there are always interesting fruits available as well as more familiar varieties, including mangos, bananas and pineapple.

Our hosts will happily cater to vegetarians and for those with allergies, but they cannot make food to everyone's individual taste.

Being a vegetarian in Kenya is relatively painless, as meat is a luxury rather than a staple. There are plenty of vegetarian options, including vegetable samosas, mixed chapati, and more. Volunteers do tend to get special treatment, however, so please make your preferences clear to your host mama to avoid being served meat. A vegan diet is difficult to support in Kenya, requiring you virtually to cater for yourself.

Other dietary requirements can also be supported. Gluten is fairly easy to avoid for those with celiac disease, with rice and ugali being gluten-free and widely available. Breakfast will be more problematic, however - we recommend bringing enough gluten-free bread and breakfast cereals from home to last your stay.

If you suffer from allergies or have other special dietary requirements, please make your needs clear to your trip adviser before you go AND to your host after you arrive. Your trip adviser will make a note of your preferences, but the best way to avoid confusion is to outline your needs yourself. If your dietary requirements are particularly restrictive, it's a good idea to provide an outline of what you are able to eat, to be sure your needs are understood.

## Water

You should only drink bottled water while in Kenya as the tap water may make foreign travellers sick. You can buy bottled water all over Waithaka in all sizes. If you can, try to get a large bottle (10-15 litres)

## Water Cont.



## Water Cont.

and refill smaller bottles from that day to day.

On average you should be drinking about 2 litres of water a day. 15 litres will generally cost you about £5.

## Hygiene

**Getting sick can ruin a trip, but by practising proper hygiene you can greatly reduce your chances of falling ill. Make sure to follow these guidelines while in Kenya.**

- Drink only bottled water. Never drink tap water – this is fine for the locals, but will almost certainly make foreign travellers sick.
- Don't forget to use bottled water to clean your teeth, too!
- Wash all fresh fruit and vegetables before you eat. First wash with tap water, then rinse with bottled water. All food at volunteer houses is prepared hygienically.
- Wash your hands often. Always carry a bottle of antiseptic handgel to use during the day. Make sure you clean your hands after physical contact with kids at orphanages and schools.
- If you are on the medical or HIV/AIDS programmes, you MUST follow the guidelines you have been trained in and that are laid out by the project staff.

## Climate & Weather

**Like much of the rest of the world, Kenyan weather can vary widely. However, there are some obvious climatic patterns that can tell you what to expect.**

There are two rainy seasons in Nairobi. The major rainy season generally falls between mid-March and the end of May. The minor rainy season generally falls between the beginning of November and the end of December. During these periods you will see a fair amount of rain, especially in the evenings and during the night.

July and August are usually rain-free, although they can be quite hilly, especially at night. Temperatures are fairly consistent throughout the year – around 20°C during the day, chillier in the evenings. January and February are usually the hottest months.

It's safest to plan for hot sun as well as pouring rain, whatever the month. A rain coat is a must, as is sun cream. Remember that the sun is stronger on the equator, so you'll likely burn much quicker than you're used to – after a long day or with sensitive skin, you can even burn when it's completely overcast.

Footwear is also very important. Nairobi is dusty when dry and muddy when wet (some people refer to the "muddy season" vs.

## Climate & Weather Cont.





## Climate & Weather Cont.

dusty season”, rather than rainy vs. dry), so a good pair of boots or decent shoes are highly recommended. Closed-toed shoes are good, or you can go with sandals and just accept that you’ll get dirty. Bear in mind that your placement will expect a reasonable standard of dress. You will be far more reliant on natural light while in Nairobi, so a torch is a must, as the evenings will get quickly in the evenings without streetlights.

## Money

### Kenyan Shilling

The currency in Kenya is the shilling (KSH), often called ‘bob’. As a rule of thumb, there are about 130KSH to the British pound (GBP) and 100KSH to the US dollar. However, exchange rates fluctuate a great deal, so it’s a good idea to check them before you leave.

### Exchanging Money

You should exchange about £100/\$100 worth of cash before you go, to cover the initial expenses of your stay and any unexpected spending. If

you wish, you can exchange enough money to last your whole stay, though it is generally inadvisable to carry large sums of cash abroad.

There is a persistent rumour that you will get more for your money in Kenya if you pay with US dollars. This is not true, and in the vast majority of cases US dollars will not be accepted in Kenya.

### Withdrawing Money in Kenya

Your best bet is to withdraw money with your bank card to cover your weekly expenses. The Kenyan team and other volunteers can show you ATMs where you can withdraw money. It may be necessary for the team to drive you to an ATM; if so, they will do so at the earliest opportunity.

Make sure to inform your bank that you will be making withdrawals in Kenya, or your card may be blocked.

### Budgeting

Your basic expenses while living in Kenya are bottled water, lunch and public transport. You

should expect to spend about £5/\$7 a week on bottled water.

Lunch will vary week to week according to your habits and preferences, but you’re unlikely to spend more than £15/\$20 a week – most volunteers will find £10/\$13 more than enough.

Travel will also vary according to placement and your travel preferences. See our section on travel below for more details. On average, you should expect to spend £5-£10/\$7-\$13 a week. In total, you should find that a budget of £30/\$40 a week is sufficient, but we recommend budgeting for £50/\$60.

Other expenses include gifts, souvenirs, shopping at local markets and weekend excursions. How much you spend on these things is obviously up to you, but we recommend budgeting an additional £100/\$120 per month in order to make the most out of your time in Kenya.

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## Weekends & Free Time

Your weekends and evening are your own while you volunteer. This is time for you to relax, go on trips or take part in extra Adventures organised by Agape. There will always be other volunteers and staff to chat, watch TV and play games with in the evenings, while trips will take place over the weekends.

The Nairobi city tour included in your programme fee will take place over one weekend of your stay, giving you a chance to explore Nairobi's animal orphanages and sanctuaries.

Weekends are when most of the additional trips we offer as Agape Adventures will take place. For more info, check out the Agape Adventures info book for Kenya – if you don't have one, please ask your trip adviser.

## Communication

It's reassuring to know you'll be able to contact home and keep in touch with staff and volunteers during your stay. Here are some tips on communicating in Kenya.

### Mobile Phone

It's a good idea to have a mobile phone with you while you volunteer. They allow you to contact the Kenyan team if you need them and stay in touch with your fellow volunteers. It can also be reassuring for your family and friends to know that you'll be contactable.

You can either bring a handset with you and buy a local SIM card, or buy both handset and SIM in Kenya. If you are bringing a handset with you, we strongly recommend bringing an old handset, as this will minimise the disappointment and reduce the likelihood of it being stolen. If you are very attached to your phone or it is very valuable, don't bring it with you!

You can get a local SIM for about KSH100 (less than £1/\$1). There are SIMs for sale all over Waitthaka, including just over the road from the volunteer house. A cheap Nokia handset will cost you about KSH2000 (roughly £12/\$20).

### Communication Cont.



“Weekends are when most of the additional trips we offer as Agape Adventures will take place.”



## Communication Cont.

A local SIM card will usually offer much cheaper local and international rates than your SIM from home, as well as allowing you to access the internet through cheap data packages. Local rates are very low and pay as you go credit can be bought from many shops in Waithaka. For an idea of rates, check out the website for Safaricom, one of Kenya's main providers:

<http://www.safaricom.co.ke/>

Our staff sometimes hire out phones, SIMs and modems, providing a very convenient way to stay connected if you are volunteering in Kenya for a few weeks. However, please note that availability is limited so we can't guarantee that you will have access to this rental service.

Please note, many phones will not accept SIMs from other companies, so please check with your provider before you travel. Be wary of your data usage while abroad, as this is usually more expensive than credit.

## Internet

The cheapest way to stay in touch with friends and family is via the internet, via email, social networks, and telecoms services like Skype. Many volunteers also choose to write a travel blog, and volunteers who fundraise may have promised an email diary for their sponsors. There are two ways to access the internet in Kenya: through a data package on your phone or by using a modem stick plugged into your laptop.

There are plenty of internet cafes in the area and they offer a good option for casual internet use. Rates are fairly low, but the internet is usually pretty slow, and can be subject to frequent powercuts.

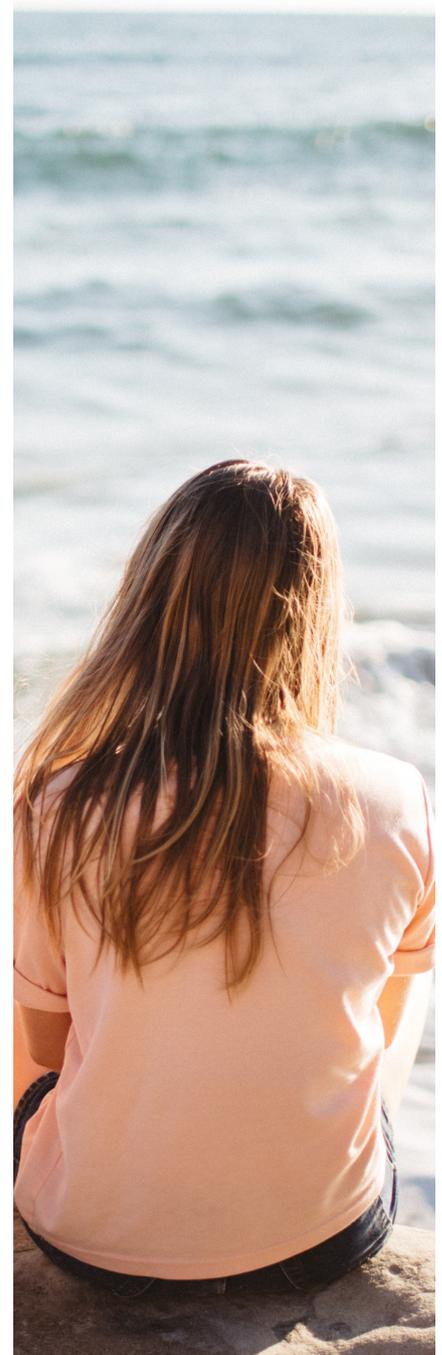
If you take your laptop with you, modem sticks offer faster internet for a reasonable price, and are probably your best bet for connecting to the internet.

## Travel

After you've been in Kenya for a couple of days and are starting to feel more confident, you'll find you want to explore the local area. You may also need to take public transport to reach your placement project. If this is the case, one of the Kenyan team will accompany on your first couple of days, until you are happy making the trip without them. However, please note that you will be expected to travel to your placement unaccompanied by staff for the majority of your stay, either with volunteers or in rare cases on your own.

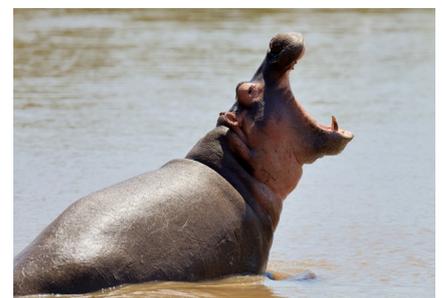
Public transport in Nairobi is very different from the western norm. Matatus are the most common form, a cross between a minibus and a taxi. Buses are common for longer journeys. Finally, there are motorbike taxis, known as piky piky, and standard taxis.

## Travel Cont.



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“  
The cheapest way to stay in touch with friends and family is the internet!”



## Travel Cont.

Public transport in Nairobi is best considered as a scale of convenience, speed and other issues. Matatus are the cheapest option but can be crowded and, due to the cramped conditions, a target for pickpockets. Piky piky are fast but three or four times more expensive and can be quite dangerous. Taxis are about ten times as expensive as matatus.

We recommend that volunteers stick to matatus for local travel, taking care to remain vigilant for pickpockets. Avoid taking valuables or large sums of cash on a matatu. It is usual to haggle over your fare, so ask the Kenyan team and fellow volunteers for an idea of the standard rates to aim for.

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For longer journeys, we recommend organising travel with the Kenyan team, who can advise you or arrange for you to be driven to your destination in one of our vans.

If you are ever worried or in doubt, phone Joe Wairegi (Volunteer Liaison) who will be able to have you picked up by staff or a trusted taxi driver.

## Safety

Our programmes in Kenya are safe experiences and no Agape Volunteer has ever been injured in Kenya. Agape Volunteers does not promote high risk volunteer placements; nor, however, are we interested in “risk-free” volunteering – as to remove all risk is to provide a tour, rather than a volunteer programme that we hope can make a real difference in people’s lives. Our responsibility lies in minimising risk and preparing you properly for your time in Kenya.

We take your safety in Kenya seriously. To this end, we provide in-depth support to all our volunteers, before, during and after your programme. That starts here with this booklet, which is geared

## Safety Cont.



## Safety Cont.

towards preparing you as fully as possible for your stay in Kenya.

Here we will acquaint you with scenarios that might arise and ensure that you understand the potential risks and the support we offer to counter them.



We do not envisage ever having to deal with a situation where all volunteers must vacate the country. However, it would be naïve of us not to make contingency plans for a development of this kind. When you sign and return our Volunteer Policy, you provide us with contact information and your passport details. This allows to coordinate an evacuation of volunteers with the relevant embassies in the event of an emergency.

If you have any questions about our safety procedures and protocols, please don't hesitate to ask your trip adviser for more information. In country, the Kenyan team will always be on hand to advise you on safety and any situations which may arise. For more information on travel risks and how to avoid them, see the UK Foreign and Commonwealth Office's travel advice for Kenya: <https://www.gov.uk/foreign-travel-advice/kenya> or other state travel advice websites.

## Illness or Injury

Should you fall ill or suffer an accident during your stay in Kenya, Agape Volunteers will take rapid action to ensure that you receive proper care. Your hosts are on hand to provide immediate care, and the Kenyan and UK teams are only a phone call away to deal with emergencies.

We will arrange transport to a doctor or hospital if necessary. You are eligible for 24 hour medical assistance as part of your travel insurance with Agape Volunteers, included as standard when you volunteer (please see above for more details).

Should you need to return home early, we will provide all the support we can to get your flights changed as soon as possible. Unfortunately, in accordance with our terms and conditions, we cannot be liable for any extra travel costs. In some circumstances repatriation will be covered by your travel insurance with Agape Volunteers.

## Illness Cont.

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“Some people refer to the 'muddy season' vs the 'dusty season' rather than the rainy vs. the dry season.”



## Illness Cont.

We perceive the greatest (although still small) risk to be posed by petty crime, specifically motivated by

theft. As such, we strongly recommend that you read the advice below on keeping yourself safe.

## General

**We advise that no volunteer should be out after dark, and that volunteers should stay indoors after 9pm.**

Exceptions are made when volunteers are with Agape or project staff. Avoid travelling alone – it's safer and more fun to travel in groups. Follow house rules regarding locking interior and exterior gates and doors. These are merely precautions, but ones that we expect volunteers to keep.

Kenyans are friendly people by nature, especially towards volunteers who are helping their community. People may stop to say hello and it is polite to respond; however, they will understand if you are busy and can't chat for long. Never accept an invitation to visit a stranger's house.

Unfortunately, a stereotype of westerners, especially white people, is that they are wealthy, so you may be asked for money. We are keen to discourage this stereotype, so it is best to apologise and leave if asked for money. Giving money outside established programmes can be counterproductive and even dangerous, as it may attract unwanted attention. It can be particularly hard to refuse money to street children, of whom there are many in Nairobi. However, there are enough projects in circulation to cater for nearly all street children. Those you meet are likely enrolled in a support programme already, or have chosen not to enter care. Giving money only encourages this. If you are concerned for a child, make a note of where they are and tell your host.

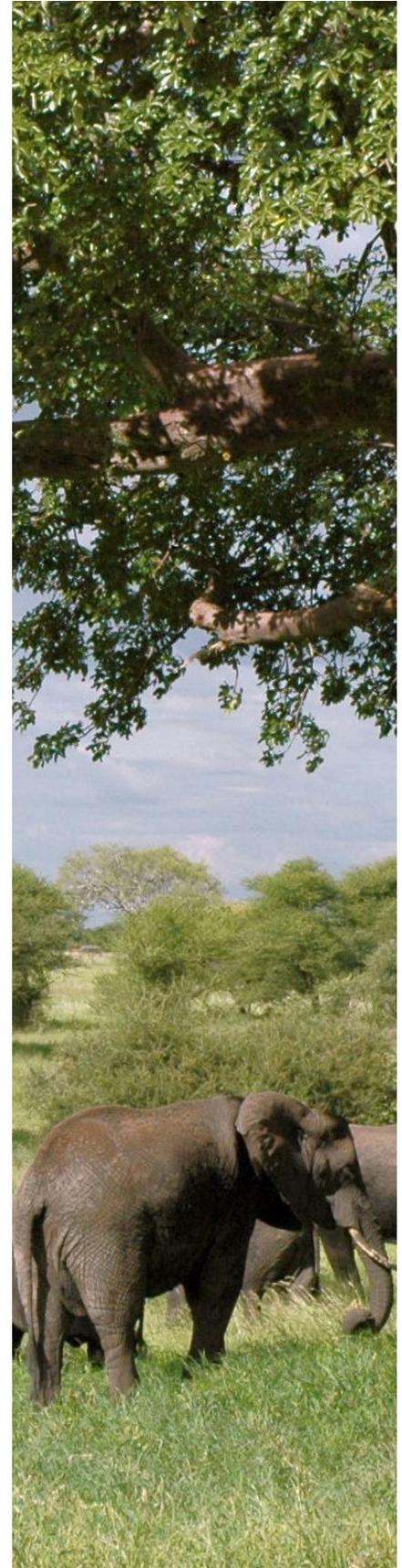
## Theft & Crime

**There is always a risk of theft when travelling abroad. While most trips to Kenya are trouble free, travellers should be wary of streetcrime. Although foreigners are rarely affected, bag snatching, mugging and armed robbery can occur regularly in Kenyan cities. Crime is something you should be wary of but don't need to be anxious about. You can almost always negate this risk with vigilance, some basic precautions and common sense.**

We have taken measures to secure our volunteer accommodation, which is compounded and provided with perimeter security. However, you should take the following precautions.

## Theft Cont.

“Some people refer to the ‘muddy season’ vs the ‘dusty season’ rather than the rainy vs. the dry season.”



## Theft Cont.

- Seriously consider what you want to bring on your trip. We strongly discourage you from bringing items which you consider valuable, as there will always be a risk of damage or theft. This might include jewellery and watches, valuable clothes, expensive cameras, smartphones, tablets and laptops, and so on, or objects with sentimental value.
- Avoid making yourself a target. Do not carry large sums of money, and do not be ostentatious with your valuables –don't wear expensive watches or jewellery, don't flash your camera or your phone.
- Clothing with concealed pockets and zips will make you a less tempting target. Don't keep things in your back pocket and don't count your money in public places.
- Be wary of bag snatching in transport hubs (airports, bus and train stations) and other public spaces. Avoid loose shoulder bags or similar that could be easily snatched.
- Avoid taking large sums of money or valuables on matatus, as the cramped conditions are ideal for pickpockets. Be wary in markets and crowded public places. Thieves' tactics (like dropping a coin in front of you or a bag in your lap) are the same the world over, so do a quick Google search on evading pickpockets.
- Avoid travelling alone – it's safer and more fun to travel in a group.
- Pay attention to the precautions and advice of our Kenyan staff. Follow the safety and security guidelines in the volunteer house and obey the house rules.

## HIV / Aids

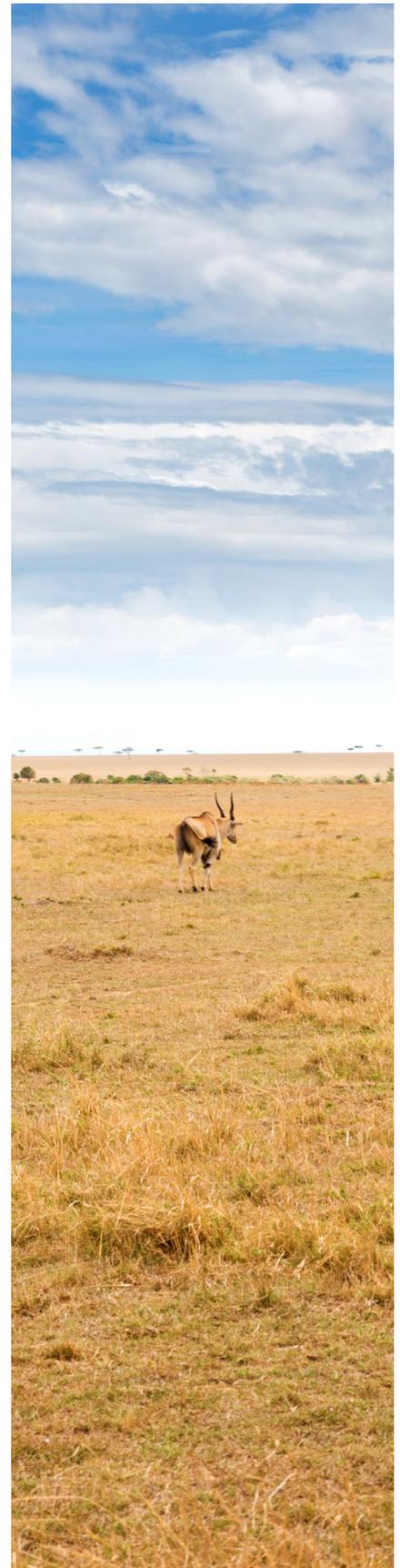
**HIV is not something to be afraid of, but certainly something to be aware of, especially for volunteers on medical or HIV/AIDS placements. You will receive further briefing in orientation and at your placement, but all volunteers should be aware of how HIV is spread.**

HIV can be contracted through the exchange of bodily fluids. This includes unprotected sex, sharing needles or any situation where an open wound is exposed to another person's blood. Always wear gloves when dealing with blood injuries, even if you have no cuts yourself. For more information on HIV/AIDS and the precautions you should take, please see the APPENDIX.

## Terrorism

We do not believe that terrorism poses a day to day threat to our staff and volunteers in Kenya, as we explain below. However, we understand that you will have heard intermittent reports of terrorism

## Terrorism Cont.



“Some people refer to the ‘muddy season’ vs the ‘dusty season’ rather than the rainy vs. the dry season.”



### Terrorism Cont.

in Kenya and would like you to know that Agape Volunteers takes any threat to our volunteers very seriously and that we will continue to take precautions to ensure their safety. For more information and general travel advice for Kenya, we advise consulting the Foreign and Commonwealth Office's Kenya page:

**<https://www.gov.uk/foreigntravel-advice/kenya>**

The terrorist threat in Kenya stems from the political instability in neighbouring Somalia and terrorist action by militant groups on the Somali border, primarily Al-Shabaab. In their travel advice on Kenya, the Foreign Office advises against all but essential travel to: within 60km of the Kenya-Somali border; Garissa district; Mombasa island and within 5km of the coast from Mtapwa creek and Tiwi; Lamu County and north of the Tana River; and the Eastleigh district of Nairobi. Agape Volunteers does not operate in these regions and our volunteers will never be asked to travel into these areas.

All volunteer activities take place in and around Nairobi, barring the Eastleigh district, and in Maasai-land, at least 300km away from the danger zone.

Regarding terrorist action in Nairobi itself, the nature of what Agape does and where our volunteers work is a significant factor in ensuring their safety. Our programmes in Kenya are based in low income, low population districts which present a poor target for terrorism and are extremely unlikely to be attacked. As well as advising against travel to Eastleigh, the Foreign Office highlights government buildings, Kenyan institutions, hotels, bars and shopping centres as the places most at risk from attack, and advises travellers to "exercise extra vigilance and caution in public places and at public events". Agape Volunteers strongly discourages volunteers from frequenting these places at all, and will not require volunteers to visit them as part of their volunteer activities.

We also have measures in place to protect our volunteers.

It is notable that where western volunteers have been kidnapped or hurt in the past that necessary precautions have not been taken: for example, volunteers kidnapped near the Dadaab refugee camp on the Somali border in 2011 were taken while sleeping alone in a stone hut. Agape Volunteers is determined to prevent situations of these kinds and committed to keeping our staff and volunteers safe.

We provide this advice not because we are concerned about a terrorist incident affecting our staff and volunteers in Kenya, but because we feel providing our volunteers with all the information about the country we can is the responsible thing to do.



## Packing

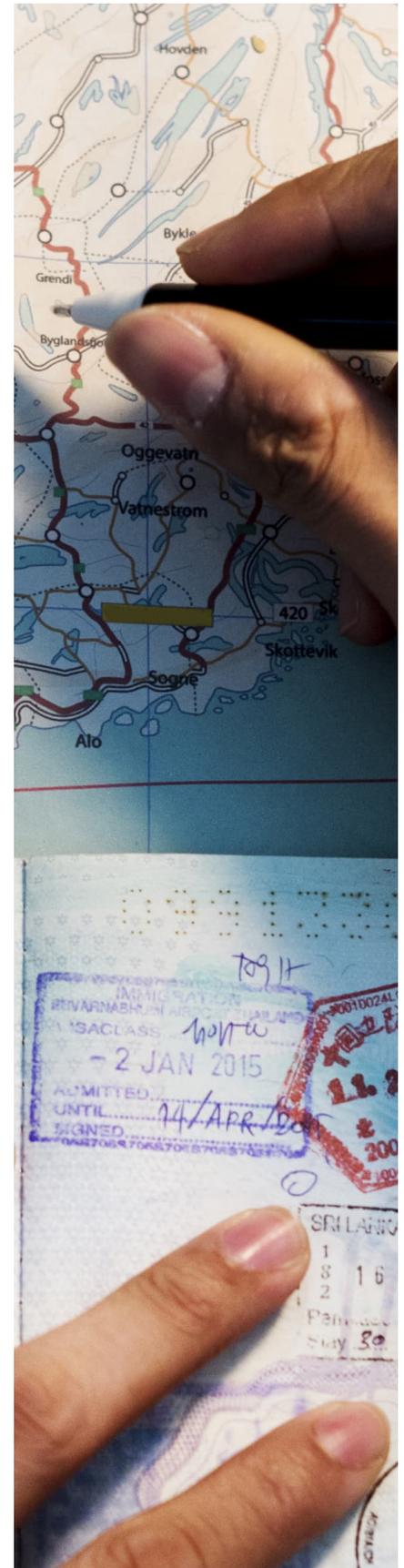
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# Packing

Below are some suggestions about what to pack. Everything on these lists is essential or useful. When packing, seriously consider what you really need to bring with you. If you can live without an item, and think that you would be upset if it was lost, broken or stolen, consider leaving it behind.

## General Kit List

- Passport!
- Travel pillow
- Towel
- Sleeping bag – not essential and may be too bulky, but can be welcome on safaris and other excursions. Bedding is provided in the volunteer house.
- Mosquito net – mosquitos are not rife in Nairobi but it's definitely better safe than sorry.
- Toiletries – consider bringing dry shampoo and wet wipes
- Hand sanitizer
- Anti-malarial tablets
- Any other medication you require (eg Epipens, inhalers, etc.)
- First aid kit
- Plasters
- Blister patches
- Antiseptic cream
- Indigestion tablets
- Immodium or an equivalent anti-diarrhoeal
- Cold and flu relief
- Painkillers (paracetamol, ibuprofen, aspirin)
- Insect repellent
- Sun screen
- Water bottle
- Torch
- Penknife
- Mobile phone
- Adapter (if your country does not use the British 3-pin socket)
- Books (check out the book exchange in the volunteer house)
- Music (portable speakers are great too)
- Cards and games



“Some people refer to the ‘muddy season’ vs the ‘dusty season’ rather than the rainy vs. the dry season.”

- Pencil case and paper

Any teaching aids or sports equipment you wish to bring (programme specific)

### Medical Volunteers Only

- Proof that you are studying a medical or related degree. For more information, ask your trip adviser or see the appendix
- Disposable gloves
- Antiseptic gel



## Donations

It's unlikely you'll need all of the baggage allowance provided by your airline, so why not use that extra space to bring donated equipment and resources? Many of the following will be greatly appreciated by many of the projects we work with.

- Sports kit and shoes
- Course books and teaching aids
- Stationary
- Art supplies
- Toys and games
- Books

Ask your friends and family if they have things they no longer need, or get more creative with fund raising. If you have space, don't waste it!

For more ideas on what to bring, check out :

[www.facebook.com/pages/Agape-Volunteers-Take-It-With-You](https://www.facebook.com/pages/Agape-Volunteers-Take-It-With-You)

### Clothes

There are a couple of things to bear in mind when packing clothes for Kenya. The first is the weather – it can vary quite a lot, so it's best to plan for hot sun and pouring rain (see WEATHER above for more info). You'll need to dress to protect yourself from the sun, but also be prepared for rain. Try not to wear too many white clothes, as these will be ruined by the dust/mud before long. Lightweight shoes will also be ruined quickly, so do not bring your favourite shoes.

The second thing to consider is standards of dress. Your placement will expect a good standard of dress. In general, a clean t-shirt and shorts will be

acceptable; however some pro-programmes will have special requirements. If you are a woman, you will need to bear this in mind and respect some cultural expectations. When on placement or in public, avoid short skirts and shorts above the knee, and do not leave your shoulders or midriff bare. Take care that underwear doesn't appear over waistbands.

- T-shirts
- Shorts
- Lightweight trousers and tops
- Jumper and jeans for the evenings
- Plenty of underwear
- Hat for the sun
- Sports clothing
- Smart clothes for church
- Trainers or boots
- Sandals
- Day shoes



## Appendix

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## Programmes in Detail

The following pages cover our Kenyan volunteer programmes, with details and tips.

Agape Volunteers is committed to placing volunteers only where they are needed, as far as we possibly can. If placing a volunteer will not benefit a project in any worthwhile way, we will avoid doing so. As the needs of individual placement projects are regularly changing, this can make placing volunteers a complicated business.

For this reason, although the descriptions below are representative of our programmes, we cannot guarantee that you will have the opportunity to take part in all the activities mentioned.

Similarly, we will not assign you to a specific placement project or provide details of one before you depart. In order to ensure that you are placed where your work will do the most good, placement projects are assigned by the Kenyan team after you arrive.

On the other hand, we will always endeavour to fulfil your requests, if we can. If you are keen to get involved with a particular area of work, or have specific skills you think would be useful, please let your trip adviser know, and we will do our best to accommodate you.

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## Education

Education volunteers will most likely be placed in a Kenyan primary school. Pupils will normally be between the ages of six and fourteen, and the content of the syllabus will reflect this.

After being introduced to your placement school and the staff, we recommend you spend the first few days observing in your class. This will allow you to gain a better understanding of the current class structure and teaching style. It will also give you a chance to get to know your pupils, helping you to identify those who might need more assistance or who are more advanced. You will then have opportunity to work with the teacher on planning age and curriculum appropriate lesson plans that you can teach together.

You can make the most prominent and sustainable impact in the classroom by working alongside the teacher to create lessons which are engaging, interesting and fun. It will be up to you and them to decide how you will approach your classes. Expect a lack of structure and a very repetitive teaching style – come along with games, ideas and plans to teach the teacher, so that learning can be fun.

**Education Cont.**



## Education Cont.

While there are major advantages to working alongside a local teacher, you may be called upon to take classes on your own or with other volunteers, so please be prepared to be flexible. You may be asked to teach lessons in English, Maths, Science, and Social Studies. You won't be teaching the Kiswahili classes, obviously, but learning a few phrases can go a long way towards earning your students' respect!

You may also be able to make a real difference by pitching in with other work projects around the school, such as cleaning, construction and decoration, so don't be afraid to chip in. As it can take some time to settle in, take on board the cultural differences and learn about teaching styles and the structure of classes, we recommend teaching placements of at least 3 weeks long. Shorter placements are possible but 3 weeks is the minimum to really start fulfilling your role as a teaching volunteer.

Please note that teaching placements will not be available during school holidays in April, August and December.



### Top Tips

Games are a fantastic way to teach children of all ages. Word games, like hangman, are constant favourites, which also develop the children's spelling and concentration. These games can be difficult when English is your second language, so providing words from a particular theme can help the kids along.

Dictation is also a very effective, though less engaging, method for developing your pupils' English. Hearing a native speaker of English is one of the best ways for children to learn how words are pronounced and sentences are structured, and just hearing you speak in class can be very helpful.

Competitions are another good technique – for example, try teaching the times tables in competition format, with sweets for prizes.

Most importantly, don't be afraid to use your imagination and initiative when teaching: the more exciting you can make classes, the more information your pupils will retain. Help the kids paint a map of the world to improve their geography, or try organising a mini-saga competition! On a long term placement, you can really make the classroom your own, decorating the room with your pupils' posters and work.

Don't worry if you feel under-prepared at this stage – more information and help will be on hand once you arrive in Kenya.



## Orphanage

**Orphanage volunteers will be placed in one of Agape's partner children's homes caring for children aged between one and fourteen years.**

Some of your duties will likely reflect those of teaching volunteer, helping with classes at the children's home or the local school. In addition, you will be expected to engage in a wide range of other activities, depending on the specific needs of your placement. This will include plenty of practical work helping with the everyday running of the orphanage, such as cleaning, laundry, cooking and dishwashing; as well as helping with development of the orphanage's facilities (i.e. painting classrooms, gardening).

Some of the most valuable work you'll do, of course, will be spending time with the children: playing with them, helping with homework and getting to know them. As a volunteer you can help to provide more individual care and attention for each child. As well as spending time with the children on an informal basis, we encourage you to organise games and evening activities.

Forming friendships and helping to foster a sense of family and community is hugely important – some of the children will have lacked these all their lives. However, this can be difficult if you are volunteering for weeks rather than months. Remember that you will be passing through these children's lives and ensure you work with placement staff to be a positive presence. Look to longer term volunteers for guidance.

If you have childcare experience or training, please share your experience with other volunteers and guide them in their work. Share your knowledge with placement staff as well – that way, your impact can live on even after you return home.

Orphanage placements are hard work, what with chores and entertaining and caring for large groups of children – so plenty of enthusiasm and a lot of energy are a must!

### Top Tips:

**Consider planning a project for you and the kids to do. For example, a previous volunteer brought disposable cameras for all of the children and used her time in Kenya to help them create a photo-collage of their lives. Think about the skills and experience you have to offer, and brainstorm about the kind of projects you could organise. You can always ask your trip adviser for help and advice. Remember to make sure your project is feasible within the timescale of your programme, and that you bring any special equipment or materials you will need.**

Think about how you can ensure your work endures beyond your time in Kenya. Start projects the kids can continue on their own after you leave. Donate toys, tools or materials that can be reused. Share your knowledge with placement staff and take care to learn from them as well.

## Sports

Sports volunteers will usually spend their mornings working in a school, before joining a community football team in the afternoons and evenings. At school, we recommend taking classes alongside a local teacher, so that you learn from and support them, but you should also be prepared to take lessons on your own. Expect to be involved in a wide variety of lessons – be ready to help however you can! For more information on teaching as a volunteer, please see the teaching section above.



The heart of your sports placement, however, will be your work with local sports groups, especially football teams. We work with a variety of local teams, providing training sessions and coaching. Sessions usually last around 2 hours, but weekend sessions can continue long into the afternoon.

Training sessions consist of fitness drills, footballs skill-based tasks, team drills and game situations.

Football is by far the most popular Kenyan sport, so if you're into your football you can expect to have a fantastic time with the Academy. Your experience, training ideas and coaching can make a real difference to young people looking to build their confidence and competence on and off the pitch.

### Top Tips:

Before you go, think carefully about the coaching that has helped you the most and plan to replicate this. If you hope to introduce a new activity, make sure that the necessary equipment is available or that you can provide it yourself. If you are unsure, ask your trip adviser.

Remember that coaching styles will vary

from those you're used to, so be prepared to be flexible. On the other hand, don't be afraid to insist on things that you know are valuable.

Have a go at learning Kiswahili – it will get you a lot of respect on the pitch and will help you to train and manage the kids to the best effect.

Above all, remember that people learn the most when they're having fun – you included!

“  
Training sessions consist of fitness drills, footballs skill-based tasks, team drills and game situations.”

## Medical

There are medical placements available at local hospitals and community clinics. Our medical placements offer a range of different experiences suited to different levels of qualification. Wherever you volunteer, please remember to leave your expectations behind you – healthcare provision in the developing world is likely to shock and challenge you.

Please let your trip adviser know your level of experience and whether you are primarily looking for a work placement or a learning placement. In general, hospital placements offer more opportunities for observation and experience, while clinic placements require a more hands on approach.

For example, one of our placement hospitals, St Theresa's, is a 36 bed hospital located between Waithaka and Kikuyu. Facilities include: a major trauma theatre; orthopaedic theatre; x-ray; laboratory; tuberculosis centre; infection control; paediatrics; maternity ward; general ward; immunisation; HIV care.



Work and observation at both hospital and clinic placements will be varied, ranging from consultation, treatment of minor injuries and tropical diseases, checkups and care for people affected by HIV, and more. For volunteers who are happy to be on call, there may be opportunities to help out at clinic-based maternity wards.

Please note that in the areas where Agape Volunteers works there is no comprehensive provision of national health services, so people are reliant on private clinics and hospitals. In most cases, patients are expected to pay treatment and medication, subsidised where possible by the government or charitable organisations, and often on a means tested basis. Local clinics and hospitals are not profit-making operations but you must be prepared to work in a healthcare setting where patients will be expected to pay.

## Medical Cont.



“

In most cases, patients are expected to pay treatment and medication, subsidised where possible by the government or charitable organisations.”

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“

Our medical placements offer a range of different experiences suited to different levels of qualifications.”

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## Medical Cont.

As well as working at your placement, you will also be involved in community outreach work funded directly by Agape Volunteers. Activities will vary according to the funding available and in accordance with a schedule put together by our team in Kenya. Outreach work is designed to extend medical skills and resources to places where it could not be afforded otherwise, and might involve educational work, health screenings, distribution of supplies or partnership with HIV projects.



“  
To be eligible for the medical programme, you MUST either: have completed one year of a medical or related health care degree; or be a doctor or nurse.”

### Programme Requirements:

**To be eligible for the medical programme, you MUST either: have completed one year of a medical or related health care degree; or be a doctor or nurse.**

In order for us to arrange your medical placement, you MUST submit documentation confirming your eligibility to your trip adviser, and pay any required fees, at least 8 weeks before your planned date of departure.

If you are a student, please provide the following at least 8 weeks in advance of your planned date of departure:

- Copy of your letter of acceptance from your university or medical school
- A letter of introduction from you outlining your interests, relevant experience, qualifications and areas of expertise, and what you hope to achieve while you volunteer
- Payment of your medical supplement

If you are a qualified doctor or nurse, please provide the following at least 8 weeks in advance of your planned date of departure:

- Copy of your passport
- Current colour passport photo
- Certified copies of professional certification and transcripts
- Certificate of status
- Letter of introduction from your current workplace or medical board
- Copy of your current CV/resume
- A letter of introduction from you outlining your interest, relevant experience, qualifications and areas of expertise, and what you hope to achieve while you volunteer
- Payment of your medical supplement

Please note that all our medical placements include an additional fee to be paid by the volunteer. This medical supplement covers three things:

- Registration with the Kenyan government and application for a temporary licence to practice (qualified doctors and nurses only)
- Weekly medical outreach work carried out by you and other volunteers
- Contribution towards the cost of medication at your placement clinic. This helps to reduce the cost to patients.

Your trip adviser will include this fee as an additional item when they bill you for your programme fee.

### Top Tips:

Be aware of cultural and practical differences. The doctors with whom you will be working are skilled professionals, but nevertheless, you may encounter new or different practises while volunteering in Kenya. Your patients may also bring different attitudes and beliefs that you are not accustomed to. Please show respect for others in this area.

On the other hand, don't be afraid to ask questions (politely, of course)!

Be confident, but be honest. If you are not happy taking on a task that has been suggested, make it known. Doctors will want to make the most of your capabilities, but you will never be forced to take on a task you are uncomfortable carrying out.

Think about how best to teach and inform while volunteering. Outreach work in schools, care homes and community spaces will likely see you holding classes and presentations on health issues, so try to brainstorm some fun activities and innovative ideas for sharing your knowledge.



“Doctors will want to make the most of your capabilities, but you will never be forced to take on a task you are uncomfortable carrying out.”

## HIV/AIDS

HIV/AIDS volunteers will work with local health care workers providing free HIV testing, outreach and counselling. This work is carried out in a variety of public spaces in the local area, including market places, residential areas and cafes (“pubs” in Kenyan parlance). Home visits are also made to help families affected by HIV with business, cooking and housework.

After being introduced to the health workers you'll be joining and discussing the work ahead of you, you will accompany them on their rounds. You will approach people with the offer of free HIV testing, and then log their personal details and test results.

Carrying out tests requires a qualification and is usually carried out by local health workers. However, the Kenyan government runs a course which volunteers can take which qualifies them to administer HIV tests. This course lasts 2 weeks and a place can be organised for you by Agape Volunteers for an additional fee. This fee includes funds for the HIV testing kits which Agape Volunteers buys and that you will need to work effectively as a volunteer after you complete the course, as well as outreach work with HIV positive families. Testing kits are difficult to source and official lines of provision often break down, so it is imperative that we can ensure a ready supply.

For volunteers on placements of more than six weeks, this course is highly recommended, as it will allow you to achieve much more during your time in Kenya and be a real boon to your placement project. If you think you would be interested in taking this course, inform your trip adviser.

### Top Tips:

Take the testing and counselling course! If you are in Kenya long enough, completing this course is an invaluable asset for you and your placement project. Providing you with a qualification for life, it allows you to carry out HIV testing and counselling independently. As a result, your placement project will not need to hire a nurse for testing to go ahead, which over a number of weeks means savings of hundreds of pounds. The HIV/AIDS projects we work with in Nairobi tend to be non-profit organisations run by Kenyan volunteers, so this kind of saving is incredibly helpful.

Get to know your colleagues. The Kenyan health workers you will accompany are often volunteers themselves, and there is a huge amount you can learn from them.

Hold on to your sense of humour. HIV/AIDS has gained an air of tragedy and hushed tones in western countries, but this will not help you as you offer tests. For the most part, people are very open to being tested and you'll probably see some high fives when the results come back. Maintaining a good sense of humour will help you interact with the public and families affected by HIV, put people at their ease, and deal with any awkward situations.

All volunteers bring a variety of skills with them. As well as helping with testing and logging data, you may be able to help in other ways. HIV testing and counselling projects are usually run on a volunteer basis, and extra help with computers, data recording and other tasks is greatly appreciated - have a think about what you might be able to offer.

## HIV/AIDS - Safety & Precaution

This is not something to be afraid of but certainly to be aware of. You will receive further briefing in orientation and at your placement, but here you can find a detailed account of how HIV is spread and how best to avoid infection.

HIV is found in blood and other body fluids such as semen and vaginal fluids. The virus does not live for long outside the body, so for transmission to occur you would need to have bodily fluid from an infected person to get inside your body. This can occur through contact with the bloodstream (through an open cut or wound) or

[HIV/AIDS Cont.](#)





## HIV/AIDS Cont.

by passing through delicate mucous membranes, such as inside the vagina, rectum or urethra, or by splashing onto a mucus membrane (inside the nose or the eyes).

## HIV/AIDS - Safety & Precaution

HIV cannot be transmitted through spitting, sneezing, sharing glasses, cutlery or musical instruments. You also cannot be infected in swimming pools, showers or by sharing washing facilities or toilet seats. HIV cannot reproduce inside an insect (e.g. mosquitoes) so cannot transmit HIV to another person it feeds on. On the other hand, don't be afraid to ask questions (politely, of course)!

Do not make direct contact with any person's blood or body fluids. Wear gloves when attending to someone who is bleeding or when cleaning up blood, vomit, faeces, pus, urine, non-intact skin or mucous membranes (eyes, nose, mouth). Gloves should be changed after each use. Ask for help from a staff member if there is an injury or nosebleed. Stop any bleeding as quickly as possible. Apply pressure directly over the area with the nearest available cloth or towel. Help injured person to wash graze or wound in clean water with antiseptic. Cover wounds with a waterproof dressing or plaster. Keep all wounds, sores, grazes or lesions (where the skin is split) covered at all times. Wash hands or other skin surfaces that become exposed to blood or other body fluids immediately and thoroughly. Hands should be washed immediately after gloves are removed.

Cleaning should be done with running water. If this is not available, pour clean water from a container over the area to be cleaned. If antiseptic is available, clean the area with antiseptic. If blood has splashed on the face, particularly eyes or the mucous membranes of the nose and mouth, these should be flushed with running water for 3 minutes. Wash contaminated surfaces or floors with bleach and water (1 part bleach, 9 parts water). Seal in a plastic bag and incinerate (burn to ashes) bandages and cloths that become bloody, or send them to an appropriate disposal firm. Any contaminated instruments or equipment should be washed, soaked in bleach for an hour and dried. Ensure that bathrooms and toilets are clean, hygienic and free from blood spills.



“  
Don't be afraid to ask questions about HIV & there's plenty of precautions in place.”

# Basic Kiswahili

Below you will find some basic Kiswahili phrases that you will find useful on a day to day basis. Consider getting to grips with Kiswahili more seriously if you can, as it will make a real difference to your relationships with colleagues and neighbours in Kenya and enrich your experience as a volunteer and visitor to the country.

## Greetings

Jambo- hi/hello  
Hujambo?- ( Lit. Is anything the matter )  
How are you?Sijambo?  
Good/Fine  
Salama- Fine/Peaceful  
Habari za nyumbani?- ( Lit. What is the news at home?) How is home?  
Habari za shule?- How is school?

## Your Name

Jina lako ni nani? -  
What is your name?  
Jina langu ni Asha- My name is Asha.

## Basica Vocabulary in the Classroom

Mwalimu- Teacher  
Mwanafunzi- Student  
Kitabu- Book  
Kalamu- Pen  
Karatasi- Paper  
Ukurasa- Page  
Soma- Read  
Andika- Write  
Swali- Question  
Nina swali- I have a question  
Sijui- I don't know  
Jibu- Answer  
Sema kwa sauti- Speak louder  
Sema tena- Say again/ repeat

Kazi ya nyumbani- Homework  
Sentensi- Sentence  
Zoezi- Exercise  
Mazungumzo- Dialogue

## Basic Vocabulary

Asante - Thank you  
Tafadhali- Please  
Ndiyo- yes  
Hapana- no  
Samahani- pardon me/ excuse me  
Kwaheri- goodbye  
Kwa nini?- why?  
Kwa sababu- because  
Hodi!- May I come in?  
Karibu- Come on in/ welcome



## Further Study

Rosetta Stone do a very good comprehensive introduction to Swahili which is available from all good book stores and in-cludes an interactive CD.



Agape  
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