

## FAB Projects

### Mt Kenya Pre-Departure Pack

Fundraising Trip August 24<sup>th</sup> – September 4<sup>th</sup> 2013

The details in this pack are important and we suggest you read this information thoroughly. It is always wise to seek advice from others about what you can expect when you arrive in a new country. There are countless guidebooks available for Kenya full of great advice and information. This pre-departure pack will guide you through the steps you need to take before you are ready to begin your adventure with FAB Projects. If you have any further questions please don't hesitate to get in touch with the FAB Team or Nic, who will be your project leader. Our website has information about us, our projects, and how you can get involved. Also, keep an eye out for images and information about the climb itself.

#### Contact:

Email: [team@fabprojects.co.uk](mailto:team@fabprojects.co.uk)

Web: [www.fabprojects.co.uk](http://www.fabprojects.co.uk)

Email: [niccracknell@fabprojects.co.uk](mailto:niccracknell@fabprojects.co.uk)

Project Web: *as above...* /MtKenya.html

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## Pre-Departure:

Before you leave there are a few things you can organise that will help your trip run smoothly. Travelling with FAB Projects provides an opportunity to visit and work at the front line of our charitable activity, constructing water tanks, taking lessons in schools and living in close contact with the local community. We want to give you a perspective on the real Africa, so let's start by looking at your fundraising trip with us.

## The Project:

### About Mt Kenya

Mount Kenya is the second-largest mountain in Africa standing at 5199m, a mere 696 metres lower than Mount Kilimanjaro in Tanzania, which is the highest mountain in Africa. It is a strato-volcano created approximately 3 million years after the opening of the East African rift. Before glaciation, it was 7,000 m (23,000 ft) high. It was covered by an ice cap for thousands of years. This has resulted in many eroded slopes and numerous valleys radiating from the centre. There are currently eleven small glaciers and the forested slopes are an important source of water for much of its surroundings. Mount Kenya provides a water resource for over 2 million Kenyans from its glaciers.

### The Trip

A completely unique experience, the trip will be to climb to the highest peak of Mount Kenya in five days and raise fund for FAB Projects. This will be no ordinary walk! When we reach the peak we will be hosting the first ever concert at the summit called Batian. Performing, will be the very well respected guitarist Mike Dawes. Mike, age 23, is a fingerstyle guitarist from the South of England and is one of the most well respected guitarists in the world right now. His arrangement of Gotye's "Somebody That I Used To Know" amassed over 1 million views on YouTube in only one week. In 2013, he will be touring the world, from Austria to Malaysia and from Finland to Kenya. He supports FAB Projects with all of his record sales. To find our more about Mike visit his website [www.mikedawes.com](http://www.mikedawes.com)

As well as this, there will be another very inspirational leader. Timmy Bloom, a Kenyan who lost the use of his legs when he was a young man. He will be aiming to become the first disabled man to reach the summit of Mt Kenya. In the last year he has completed training climbs on Mt Loganot and is climbing to raise funds for Tsavo East Wildlife Conservation and to raise the profile of disabled people across East Africa. Both Timmy and Mike's achievements will be recorded to become official Guinness World Records!

Other than the climb there will be other sight seeing opportunities for everyone involved. Before the climb you will be living only minutes outside of Nakuru in one of the most beautiful and vibrant parts of Kenya, The Rift Valley province. The Great Rift Valley runs from Madagascar to Syria and passes through western Kenya creating some of the most stunning scenery in the world. You will also have to chance to visit FAB Projects schools and see our past projects. We will also take you to visit the school that your fundraising efforts will be assisting so you can meet the people you have helped. The itinerary below shows the suggested activities for your trip. The dates of the climb are fixed but other activities can be flexible around your/the group's needs.

## Itinerary

<u>Date</u>	<u>Activity</u>
Saturday 24 August	Arrive in Nairobi International Airport, stay in Nairobi/travel to Nakuru depending upon the arrival times of others. Ideally aim to arrive in Nairobi early-mid afternoon.
Sunday 25 August	Safari at Lake Nakuru National Park.
Monday 26 August	Visit FAB Project's schools and spend the afternoon working with the children you are helping.
Tuesday 27 August	Travel to Mount Kenya.
Wednesday 28 August	Begin Climb
Thursday 29 August	Climb day 2
Friday 30 August	Climb day 3
Saturday 31 August	Climb day 4
Sunday 1 September	Climb – Summit Day (Performance at the summit of Mount Kenya!)
Monday 2 September	Descent day 1
Tuesday 3 September	Descent day 2
Wednesday 4 September	Travel to Nairobi for evening flight

## Accommodation:

Accommodation through the trip will be in local hotels and campsites. Accommodation is always safe and clean but in Kenya you should not expect the same standards as elsewhere in the world. When in Nakuru your accommodation is rented on your behalf by FAB Projects, and varies from project to project. This year our accommodation will have one room for boys and one room for girls. The rooms will be shared between 4-5 people and share a bathroom with hot water. The house has electricity and kitchen facilities with a good sized lounge and has fantastic views of Lake Nakuru and the safari park due to its location only 100m from the park fence.

Anne has been a friend of FAB Projects since we began in 2009 and has been a mother to almost every person who has travelled to Kenya in our name. Anne helps to prepare our breakfast and dinner while you're in Nakuru. Anne will also clean any laundry for a small charge. You will only have to cover the costs of any food and drinks you buy in town. If you have any dietary requirements or allergies that we need to know about you must tell us about these on the 'Volunteer Information' sheet.

## The Role of the Crew:

Our Chief Operations Officer, Nic, who has lived in Kenya for the past 4 years, manages every project we run. As a Kenyan resident Nic's ability to manage projects and live harmoniously with the local community is excellent. Nic has over 3 years' experience running projects in Kenya for various charitable organisations and has lived in Nakuru for nearly 2 years.

Nic is responsible for setting up our projects and ensuring that they run smoothly. On your trip he will be able to offer advice and guidance to the team of volunteers and should be viewed and treated as the team leader. Here are a few things you can expect from your team leader;

- Project management. The team leader will organise all of the things needed to carry out your trip successfully.
- The team leader will help you meet the local community and will liaise with other local organisations on your behalf when necessary.
- You should view your leader as a guide and source of information and support for you and your team. Kenya can be a dangerous place to travel and although you will be responsible for your own personal health and safety throughout the project we have a lot of helpful advice and support to ensure your trip runs smoothly. One aspect of this is your orientation meeting that is provided to you upon arrival by the team leader, which discusses the local culture and helps you to settle in. You can approach your leader with any problems that you have and know that they will treat them with confidentiality and respect. You can always get in touch with us back in the UK on our 24/7 mobile: +447799148493

## Cost & Payment:

There are limited places for this trip so if you want to come along and make a real difference to someone's life get in touch with the [team@fabprojects.co.uk](mailto:team@fabprojects.co.uk) to confirm your place with us. Places will be allocated on a first come, first served, basis.

## The Mount Kenya Package:

Timmy and his own Safari Company have made the Mount Kenya Package available to anyone who wants to join the climb and we would like to support his climb by placing a number of FAB Projects volunteers who are raising funds for us.

The cost of the trip is 1000USD, which includes park fees, accommodation, food, water and transport. This does not include the cost of Flights or Visas. Once you have confirmed your place on the trip with the team, you should use the form at the back of this pack to confirm personal details so that we can pass your booking on to Timmy.

Payments will be made to Timmy on arrival. The total balance of 1000USD should be brought in cash (10x100) and will be collected from you on arrival at the hotel in Nairobi by either Timmy himself or your FAB team leader.

It's not essential for your participation but we hope you raise money for FAB Projects as well and many of the other people involved have already started doing so. If you raised 10p for every meter you climb you would get £519, that's 91 of the 105 bags of cement needed for a 70,000litre water tank. We encourage you to look for business sponsorship and appeal to the general public through the media and social networking sites. We are hopeful that the climb will be filmed and reported extensively, therefore will be a great way to get your brand in the limelight. We are also looking for sponsorship for a few pieces of equipment that will make our task that little bit easier

- Battery-powered amp.
- Durable guitar
- Guitar case

## Flights:

Remember that you are responsible for booking your own flights. We need to know when you'll be arriving so we can collect you from the airport, so once you have received confirmation of your place on the trip and confirmed your flight details please use the 'Volunteer Information' form at the back of this pack to return your details to us. A few helpful tips when flying to Kenya;

- Flights should be booked to arrive in Nairobi, at the Jomo Kenyatta International Airport.
- The Project will begin on Monday and flights should be booked to arrive on Saturday 24<sup>th</sup> of August, preferably before 4pm so we can get to Nakuru that night. Our local crew members will be unable to meet you at the airport should you arrive before these dates. If you are arriving before these dates we can arrange for a reliable hotel in Nairobi to collect you from the airport and provide

accommodation to you until the trip begins. Please be aware that if you do arrive early we are more than happy to help you organise your arrival. However, you are responsible for costs relating to any pre-tour accommodation, airport transfer or living costs up until the project start date (24<sup>th</sup>).

- If you do not arrive on the Saturday you will miss the start of the project and be responsible for the cost of your transport, and living costs until meeting the tour in Nakuru. If you arrive later than Monday you will be unable to join the tour.
- Most major airlines run services to Nairobi. Paris, Amsterdam, Dubai and Qatar are the destinations people commonly choose to fly through in search of a cheaper airfare. £600 for a return flight is a fair target.

### Visas:

You are responsible for obtaining your own visa. You must travel with a passport valid for at least 6 months after your last day on the tour. If you do need to apply for a new passport make sure you apply well before your trip start date as the application process can be lengthy.

Visas can be obtained prior to your arrival in Kenya but it's easier to buy them upon arrival in the airport in Nairobi. Visa prices vary between 25 and 50 US Dollars depending on the time of year so it's worth checking the price before you travel. Visas last for 90days and there is no charge for re-entry if you travel to another country and return within those 90days. Visas can be extended once for another 90days for a similar fee. Tourism should be given as your reason for entering Kenya.

### Health:

As you can see there is more to your trip than just the climb, and many of the activities you will complete are physical in nature and require you to be physically able and fit. The trip is itself a great way to get in shape and you will be able to climb at your own pace. If you are concerned that your level of fitness could affect your overall experience and would like to ask any questions, feel free to get in touch with our team for some advice.

There are further health risks that you will face inherent with travelling to a less economically developed country than your own. You must seek proper medical advice before travelling to Kenya to ensure that you have all the correct immunisations and preparation. You must travel with a valid yellow fever certificate as the Kenyan border control can refuse you access to the country without one and it is advisable to carry a vaccination record as well. Malaria is another risk to volunteers travelling to Kenya. Nakuru lies 1850m above sea level and this has a positive effect on the amount of mosquitoes, however it is essential that you seek proper guidance from your GP based on your travel itinerary and the activities you are expected to carry out. The NHS provide useful guidance at the following address:

<http://www.fitfortravel.nhs.uk/destinations/africa/kenya.aspx>

## Insurance:

The activities on this trip may not be covered by standard holiday insurance, so it is important to check your policy details and contact your insurance provider if you have any uncertainties. The UK Foreign and Commonwealth Office provide a useful list of things to think about when shopping for insurance, found at the following address:

<http://www.fco.gov.uk/en/travel-and-living-abroad/gapyear/gapyearplanning/gapyearinsurance>

Once you have arrived and been taken safely to the hotel you will have an orientation meeting to help you familiarise yourself with Kenya. If at this point you still have not produced proof of personal insurance valid for the duration of your adventure with FAB Projects and that it is suitable for the activities detailed in the list below, you will be unable to take part in the project.

Insurance policies for volunteers must include cover for all the activities on your trip and must include insurance specifically for:

- Travelling to Kenya, Africa.
- Climbing Mt Kenya – Mountaineering/Trekking/Climbing.
- Theft, loss or damage to personal possessions.
- Personal Health & Medical Treatment.

## Money:

The currency in Kenya is the Kenyan Shilling (Ksh) and the exchange rate is roughly **130ksh : 1gbp**. How much you bring is up to you and depends on any extra activities you may want to organise, and we advise you to have a think about what you want to do before you come and only bring as much money as needed. Thankfully the range of activities in the area can suit any budget and just as much fun can be had at the local football game, for 200ksh, as can be had at the Massai Mara for \$100 per day.

Travellers cheques are officially accepted in Kenya although finding somewhere to cash them for you is impossible, not even banks will accept them. Credit cards and debit cards work in most atm machines, of which there are many. Barclays are located all over Kenya and they provide a slow but fairly reliable service when withdrawing cash from international accounts. You can withdraw 100,000Ksh at one time from Barclays or a maximum 40,000ksh from the atm.

You may wish to travel with some of your money in US Dollars as it is accepted at most tourist locations. However, Kenyan Shillings will be accepted everywhere so we advise that this makes up the majority of your cash. Some places are funny about accepting USD in denominations larger than \$20

A budget of £80 - £150 per week should be enough for you to spend on the occasional meal out, drinks, transport and travelling locally to visit tourist attractions. Please remember that depending on the activity you choose prices can be highly variable and safaris can cost up to £150 per day. Not all volunteers have to stay together and can choose to visit different attractions although we recommend you travel in groups no smaller than three.

## Kit list:

**Documents** of importance should be photocopied and kept in a separate bag to the originals. We recommend you bring the original and 1 or 2 copies of your;

- x2 Passport (*extra copy for team leader upon arrival*)
- x1 Air Tickets
- x2 Insurance certificate & policy details (*extra copy for team leader upon arrival*)
- Student card – useful for discounts
- x2 Vaccination record – should you need medical assistance (*extra copy for team leader upon arrival*)
- Yellow Fever Certificate
- A copy of a prescription for any medication you may be taking, in case lost.

**Medical Kits** are with the Team Leader throughout the project. These kits contain basic first aid equipment and are for use by crew members in emergencies. Should you use any item from the medical kit you must inform the team leader. We recommend you pack a medical kit of your own including basic first aid supplies and any other medication you may be likely to need, including enough of any medication you may currently be taking to last the duration of the trip.

**Clothing** you bring will very much depend on what you want to achieve in Kenya. The climate in the Rift Valley is temperate and can range between 10 – 28 degrees Celsius. Although July - August is not part of the traditional 'rainy-season' heavy afternoon rains for 2 – 3 hours are common and the weather patterns in this area are increasingly sporadic. In other words its best to pack for every occasion as no one knows what the weather will do tomorrow! Its important you discuss your itinerary details with a reputable store to establish what other items may be required.

### **As a rough guide we suggest you bring:**

- 1 pair of walking boots & trekking socks
- 1 pair sandals (walking sandals for hot days)
- Socks & Underwear (pack enough so you don't have to wash all the time!)
- Old clothes (a few old t-shirts and a pair of trousers are great for building, be prepared to leave these items behind!)
- T-shirts
- Long sleeved tops (for cool evenings and to cover ladies shoulders if necessary)
- Trousers
- Fleece/jumper (something warm for cold nights)
- Shorts
- Hat & Sunglasses (sun hat & winter hat, gloves if trekking)
- Swimming Kit
- Waterproofs
- Smart clothes – suitable for going out to bars, restaurants, and night clubs



**Specialist items you may need include:**

- 3 Season Sleeping Bag
- Towel (quick dry)
- Insect Repellent (deet 50%+)
- Bite Relief (Anthisan)
- Torch (+ batteries)
- Sun Cream & After sun (High Factor)
- Hand Sanitizer
- Standard Toiletries
- Personal Items, music, book etc.
- Trekking Poles (personal preference)

**On Arrival:**

Arriving in a new country can take a while to get used to. We try to ensure that you reach your project placement easily and safely. Through your first week on project you will receive a lot of advice and support from you team leader. This section describes your first few days with us so you know what to expect when you arrive. General advice about visiting Kenya is provided by The Foreign and Commonwealth Office at the address below;

<http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/sub-saharan-africa/kenya1>

**Airport pick up:**

Our team leader will have your arrival details and will either meet you personally at the airport or arrange for you to be collected. When you arrive take a minute to absorb the scene, and then look for the FAB Projects sign and ensure that the person collecting you knows who you are before leaving. If you have any doubts or cannot find your collection stay inside the airport and wait for us to find you.

If you have any concerns when you arrive your team leader Nic can be called on his Kenyan mobile: +254 (0) 786626785. If you cannot contact Nic for any reason the hotel we will be using in Nairobi as our base is called Karen Camp and they can be contacted by telephone: +254 (0) 208833475 or +254 (0) 723314053. If you are unable to contact any of these people please call our UK mobile: +44 (0) 7799148493 and wait at the airport café.

## Orientation:

Once all the volunteers are gathered, after the last airport pick up, we will travel as a group from Karen Camp to our project accommodation in Nakuru.

Once we have arrived and everyone has had a chance to settle in we will have a group orientation meeting where we will discuss in greater detail the various aspects of your trip. You should also view this as an opportunity to quiz your leader and get as much local knowledge as possible from him.

The meeting will include a section discussing how you can ensure your health and safety while on the trip, including individual risk management training. There will also be a section discussing the culture and how you should behave in order to fit in with the local people. This meeting will also be used as an opportunity to confirm your personal details. Any health requirements you may have must be declared at this point even if you have already informed FAB Projects of them.

## Security:

You are responsible for your security while you are with us in Kenya and we have a few tips that can help you manage this. You should always split your money between various places with a small amount hidden in reserve for emergencies. Many volunteers wear a money belt under their clothing containing a larger sum with a smaller sum in their wallet. Thieves will know about money belts but if they are well hidden they are very difficult to spot or steal.

In most situations there is little risk to foreigners in Kenya, especially in and around the area we will be living. Possessions in the house are left there at your own risk, but the compound is secured and guarded so the house should be safe. Walking around after dark even in a relatively large group can be dangerous and this is discouraged at all times. You must never walk alone at night. When using taxis at night check to see that the driver is licenced by looking at his details on the front windscreen and always agree your price before getting in. If you find a driver you are happy with it may be worth taking his contact details. Motorbike taxis are available but they are dangerous, many of the drivers have never taken a test, so we strongly advise against their use. Foreigners can be targets for pickpockets in busy areas of town so it's always important to keep an eye on your valuables and never leave things lying around.

We advise you not to bring anything of great value including jewellery and watches. It is not guaranteed that your mobile phone will work but most 'un-locked' handsets will accept Safaricom sim cards. If you are bringing a phone it may be best to bring an old one and be careful who you are around when you use it. It is important you follow this advice and exercise due caution when necessary.

## Language:

There are many languages spoken in Kenya but most Kenyans will speak their tribal language, Kiswahili, and English. Knowing a few simple words is much appreciated by the locals who generally find it hilarious to see and hear. Here are a few simple phrases.

Hello: jambo

Goodbye: Kwaheri

How are you: habari?

Please: tafadhali

I am (very) well: mzuri (sana)

Please come in: Karibu ndani tafadhali

Yes: ndiyo

My name is: Jina langu ni

No: hapana

I come from: nime toka

Thank you (very much): asante (sana)

A little: kidogo tu

### Free Time:

Free time will be limited on this trip. Should you wish to change any of the items on our itinerary you will be able to do so but will be responsible for any extra cost incurred as a result.

### After the Project:

Hopefully you will finish your project totally in love with Africa and Kenyans after making new friends and having had some fantastic experiences. If you would like to stay involved with FAB Projects why not take a look at our Ambassador Program, or consider volunteering on a project with us next summer.

### FAB Ambassadors:

Take the opportunity to continue the good work you have started by becoming a FAB Ambassador. Right now FAB is looking to recruit Ambassadors to spread our name across the globe. We want you to raise the money for a 100,000litre water tank and we will give you a complementary placement on one of our summer volunteer projects.

### Final Checklist:

- Insurance
- Flights
- Passport + Cash for Visa
- Project Cost (1000USD)
- Kit List
- Documentation
- Medical Supplies

## Mt Kenya Volunteer's Personal Information Sheet:

Contact the [team@fabprojects.co.uk](mailto:team@fabprojects.co.uk) to reserve your place on the Mt Kenya fundraising trip from the 24<sup>th</sup> August – 4<sup>th</sup> September 2013. Once your place has been confirmed complete this form and post it to "FAB Projects, Climb Kenya, 3 Kendal Drive, East Boldon, Tyne & Wear, NE360UB". This form must be returned before the 1<sup>st</sup> of August. Get in touch with the if you would also like to receive more information about the volunteer project running in Nakuru between the 15<sup>th</sup> July and 23<sup>rd</sup> August.

### 1. Contact Details:

Name: ..... D.OB: .....

Address: .....

.....

Telephone: ..... Mobile: .....

### 2. Next of Kin: for emergencies only

Name: .....

Address: .....

.....

Telephone: ..... Mobile: .....

Relation: .....

### 3. Flight Details: Arrival and Departure

Airline: ..... Flight Number: .....

Arrival Date: ..... Arrival Time: .....

Airline: ..... Flight Number: .....

Departure Date: ..... Departure Time: .....

### 4. Medical and Health Related Information.

Use the space below to provide details of any health requirements, medical conditions or dietary requirements you may have. You must bring enough medication for the duration of your trip if you are currently taking any medication.

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health info continued...

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5. Insurance Details:

Insurance Providers: .....

Policy Number: .....

Name on Policy: .....

Named activities included in the policy are:

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6. Terms (extra bits you should know)

a. FAB Projects will not be held responsible for your personal health and safety whilst on the trip which is being organized by the tour provider Mr. Timmy Bloom (The Amazing Rasta Timmy's Safaris).

b. If any of the information you have provided changes before the start of the project then it is your responsibility to inform FAB Projects who will notify your tour provider.

c. All payments are to be made to Mr. Timmy Bloom (The Amazing Rasta Timmy's Safaris). FAB Projects has no financial involvement with the tour although we expect that individuals taking part in the climb will choose to raise donations on our behalf.

Signed by the Volunteer: .....

Date: .....