

FAB Projects

Nakuru Kenya Pre-Departure Pack

Nairobi Road Secondary School 3rd – 23rd August

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 and includes a page dedicated to the project at Nairobi Road where before and after the project you will be able to view information, images, video and updates.

Contact:

Bookings: team@fabprojects.co.uk

Web: www.fabprojects.co.uk

Leader: niccracknell@fabprojects.co.uk

Project Web: [as above... /nairobiroadsec.html](http://asabove.../nairobiroadsec.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 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 project placement.

The Project:

Located only minutes outside of Nakuru you will be living 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, including Mount Logonot and Lakes Boringo and Bogoria. Lake Boringo contains active hot springs and fossils preserved in laval flow from between 4-14 million years old, but what else would you expect from an area suspected to be the birthplace of humanity! Other areas that are easy to reach from Nakuru include, Lake Naivasha, Thompson Falls, Hells Gate National Park, Nairobi, The Massai Mara, Eldoret, Kisumu and Mount Kenya.

As fantastic as the surrounding area is, you may find it hard enough to tear yourself away from Nakuru, a city you will no doubt come to love. Lake Nakuru Safari Park is the second most popular game reserve in Kenya, but for those with a sense of adventure it's by far the best. Quiet trails winding through the park offer close-up views of the wildlife, and all from the convenience of your own rented car, a fantastic opportunity to escape the tourist scene and get back in to the wild! You don't have to travel far from Nakuru to reach traditional rural Kenyan villages and it is these smaller, poor and disadvantaged settlements that we aim to help. Although areas of Kenya have seen western benefits due to tourism corruption and inequality means that thousands still live without access to basic human needs.

Activities on the project will be focussed around improving the level of sanitation & health and preparing Nairobi Road Secondary School for drought by providing a permanent and reliable supply of clean water. The main activity will be the construction of a 100,000 litre water tank however, volunteers will be able to teach and help educate the local community about resource management and public health. There are also countless opportunities to get involved with other people in need in Nakuru and we strongly encourage volunteers to make the most of their trip pursuing whatever goals you may have. The section below contains a short description of what you will do in each of your main roles on the project.

Building work forms the core of a 'FAB project' and is guaranteed to be running for the duration of each working day. If you are really keen to get involved building will also take part on Saturdays but in our opinion Saturdays are for putting our feet up and relaxing.

Teaching is always an option and one that is greatly appreciated by the staff at the school. If you arrive wanting to work as a member of school staff then a timetable of lessons will be created for you. Some of the jobs on your schedule might not be so glamorous, like helping the chef prepare the school lunches, but we will ensure that the

jobs you do have a lasting effect on the school. Some teaching placements are simply about looking after children when no one else is available. To us this is not the best use of your time because when you leave the school will be back to square one. We ask if you do want to spend the majority of your time teaching that you are prepared to commit to the role and use your skills and knowledge to help develop new lessons, or exercises for classes, and to try and make changes to the school that will give a lasting benefit to it's pupils.

Extras if working at the school every day is not your thing we have many links with other organisations in the area and can offer you placements for one or two days a week on their projects. Nakuru has the largest amount of children living on the streets in all of Kenya. As a result there is a shocking amount of orphanages, many of which are small and ran by a family from their home. These centres will greatly appreciate your assistance and help. There is also the opportunity to get involved with sporting events and the local football league. Train with one of the local teams or volunteer your time to help young children from the area train after school.

Accommodation:

Volunteer 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 accessories 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 during the week and helps to keep the house tidy. Anne will also clean any laundry for a small charge. Lunches are provided at the school to save the return trip home every lunch time and, like meals at the house, are included in the cost of the trip. You will only have to cover the costs of any food and drinks you buy in town or on the weekends. 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:

Every project we run is managed by our Chief Operation Officer Nic who has lived in Kenya for the past 4 years. 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 project he will be able to offer advice and guidance to the team of volunteers and should be viewed and treat 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 run the project such as builders and materials, and they will ensure that everything is prepared for your arrival.
- The team leader will help you meet the local community and will liaise with other local organisations on your behalf when necessary.
- As the in-country representative of FAB Projects Nic will also be looking to investigate new opportunities and encourage you to do the same. Whether you want to build a play area at a local orphanage or organise a trip on the weekend your leader will be point you in the right direction. FAB crew are not required to travel with the volunteer team on weekend trips, please understand this is because of our limited budget, its nothing personal!
- You should view your leader as a guide and source of information and support for your volunteer 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 to confirm your place with us. Places will be allocated on a first come, first served, basis.

The cost of the trip is shown below and depends on how long you want to stay with us for. The price includes accommodation, food, water, airport pickups and the project itself. 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 your personal details so we can prepare for your arrival.

	Living Costs	Donation	Total Cost
One Week	£ 100	£ 200	£ 300
Two Weeks	£ 150	£ 200	£ 350
Three Weeks	£ 200	£ 200	£ 400

Payment of your living costs and donation to FAB Projects should be made at least 7 days before your departure. Your money will be used to fund the project you are working on so we need it in time to organise all the materials and additional workforce for your arrival. Payments can be made through the donation system on our website. We can also accept cheque or arrange for a bank transfer if you contact the team@fabprojects.co.uk.

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 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 3rd or Sunday 4th, no later than 3pm on the Sunday. 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. Please be aware that if you do arrive early although we are more than happy to help you organise your arrival, you are responsible for any pre-project accommodation, airport transfer and living costs up until the project start date (5th).
- If you are not arriving until later on in the project the crew will only be able to collect you on weekends. Otherwise we can arrange for your collection and transfer to the project site in Nakuru, however the cost of this will not be covered by FAB Projects.
- Most major airlines run services to Nairobi. Paris, Amsterdam, Dubai and Qatar are the cities people commonly choose to fly through in search of a cheaper air-fare. £500 for a return flight is a fair target.

Visas:

You must travel with a passport valid for at least 6 months after your last day on the project. If you do need to apply for a new passport you make sure you apply well before your trip as the 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.

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 your 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 your hotel you will have an orientation meeting to help you familiarise yourself with Kenya. If at this point you must produce proof of personal insurance valid for the duration of your adventure with FAB Projects and that 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:

- Travelling to Kenya, Africa.
- Theft, loss or damage to personal possessions.
- Personal Health & Medical Treatment.
- Cover for any Weekend Activities you want to do.

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

Medical Kits are provided in both the house and at the school. The 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.

Clothing you bring will very much depend on what you want to achieve in Kenya. If you want to work on construction all day every day and spend you weekends with locals in the pub watching the football the clothes you will need to bring will be very different to someone who wants to climb Mt. Kenya.

The climate in the Rift Valley is temperate and can range between 10 – 28 degrees Celsius. Although 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!

As a rough guide we suggest you bring:

- 1 pair of boots or strong shoes (must be worn at all times on the construction site)
- 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 up conscious ladies)
- Trousers
- Fleece/jumper (something warm for cooler 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
- Work Gloves
- Personal Items, music, book etc.

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 as 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.

Culture:

There is no singular dish that represents all of Kenya. Different communities have their own native foods. Staples are maize and other cereals depending on the region including millet and sorghum eaten with various meats and vegetables. The foods that are universally eaten in Kenya are ugali, sukuma wiki, and nyama choma. Sukuma wiki, a Swahili phrase which literally means "to push the week," is a simple dish made with greens similar to kale or collards that can also be made with cassava leaves, sweet potato leaves, or pumpkin leaves. Its Swahili name comes from the fact that it is typically eaten to "get through the week" or "stretch the week." Nyama choma is grilled meat - usually goat or sheep. It is grilled over an open fire. It is usually eaten with ugali and kachumbari.

Apart from the national flag, Kenya is yet to have a national dress that transcends the diverse ethnic divisions. With each of the more than 42 ethnic communities in Kenya having its own traditional practices and symbols that make it unique, this is a task that has proved elusive in the past. However, several attempts have been made to design an outfit that can be worn to identify Kenyans, much like the Kente' cloth of Ghana.

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:

Technically all time is free time, even on project you can choose what jobs to do, or if you teach, work on construction or play sports, but when the weekend comes you are free to do whatever you want. It's totally up to you and although our team leader will give you lots of advice when organising your accommodation, tour guides, transports and tickets you should arrive with an idea of what your top 10 things to see in Kenya will be. As the week progresses and the weekend approaches people will want to start planning what to do. Most weeks we will work until noon on Friday, giving volunteers the ability to travel earlier on Friday and have 2 nights at their travel destination.

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. This year we have a fantastic opportunity for our volunteers in the way of further travel.

Further Travel:

FAB Climb Mount Kenya with 'The Amazing Rasta Timmy', who is aiming to set the world record for the first disabled man to reach the summit of Mount Kenya. This trip runs immediately after the Nairobi Road Project. For more information view the Mount Kenya page on our website.

FAB Ambassadors:

Take the opportunity to continue the good work you have started by becoming a FAB Ambassador, continuing to support our projects.

Final Checklist:

1. Call to Confirm Booking
2. Book Flights
3. Get Vaccinations
4. Get Appropriate Insurance
5. Send Volunteer Information Sheet
6. Make Donation
7. Research Your Destination
8. Withdraw Foreign Currencies (Cash for Visa)
9. Pack Appropriate Kit, Documents & Medical Needs

Nairobi Road Volunteer's Personal Information Sheet:

Contact the team@fabprojects.co.uk to reserve your place on the Mt Kenya fundraising trip from the 3rd - 23rd August 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 you travel. Get in touch with the team if you would also like to receive more information about the Record breaking Mt Kenya Climb, 24rd August – 4th September.

1. Contact Details:

Name: D.O.B:

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 project whilst working this is the responsibility of the foreman. Off the project site you are responsible for your own health and safety.

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.

c. All payments are to be made to Food, Aid & Building Projects (FAB Projects). FAB Projects generates no profit from your living expenses and the donation covers the cost of your project.

Signed by the Volunteer:

Date: