



# Orphan and Teaching Community Project LIMURU, KENYA

*At African Impact, we see ourselves as the on-the-ground AFRICAN SPECIALISTS in volunteering. African Impact was founded in 2005 and we have had over 6000 volunteers join our volunteer programmes in Africa. We have operation offices in Cape Town, South Africa, with supporting operations offices in Kenya, Mozambique, Tanzania, Zimbabwe and Zambia. Our staff and volunteers were determined to make a difference in the amazing communities and conservation areas in which we work. And they did... and so can you...*

Though stricken with poverty and hardships, the people of Kenya are generally literate. It's estimated that approximately 90% of adult males and 80% of adult females are able to read and write. While the basics are covered, more advanced education is not as widespread. On average, children go to school for only 9 or 10 years.

In January 2003, the Government of Kenya announced the introduction of free primary education. As a result, primary school enrollment increased by about 70%. However, secondary and tertiary education enrollment has not increased proportionally due to the fact that payment is still required for attendance.

### **Education System in Kenya:**

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

### African Impact

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### **Project Location:**

Situated on the equator on Africa's east coast, Kenya offers beautiful landscapes, amazing wildlife, with an ethnic diversity that has produced a vibrant culture.

Nairobi, Kenya's capital is the country's principal economic, administrative, and cultural centre and is one of the largest and fastest growing cities in Africa. Just 30km north of bustling Nairobi, amidst the beautiful tea plantations of the Kenyan highlands, you will find Limuru, a community operating at a much slower pace of life than the nearby capital. You will be spending your time as a volunteer in both Nairobi and Limuru, which will give you a diverse experience of life in Kenya.

Your teaching projects will be located in the Limuru and surrounding areas, as well as the Mukuru and Kiangombe Slums, Nairobi, Kenya.

### **Project Age Limit:**

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

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

### **Project Highlights:**

- Assist in orphanages, pre-schools, primary and special education schools.
- Work with disadvantaged and vulnerable children.
- Assisting and working with the teacher to enhance the learning environment.
- Helping uplift the community through education.
- Creating opportunities for improving and teaching English as well as learning some Swahili/ Kikuyu yourself.
- Gain teaching experience in a challenging environment which is under-resourced, understaffed and over-crowded.
- Work on school refurbishment, development teaching aids and other building projects.
- Work alongside teachers in developing lesson plans and fun activities to increase learning and consolidate learning.
- Assist in the general running of the classroom by providing an extra pair of hands and supervision and input to the children, which is greatly appreciated by the already overwhelmed teachers.
- Get a glimpse of life in the slums of Nairobi and have the opportunity to make a difference in a poor and
- Get a taste of the Kenyan culture, Kenyan cuisine and learn a bit of Swahili!
- Make friends for life.
- A great platform to experience some of the finest safari destinations on the continent

### **Further Information on the Teaching and Community Projects:**

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

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### The Projects:

As a teaching volunteer you will spend 4 of the five week days at one of our 7 schools. During your four days at the school you will generally divide your day into teaching in the morning and practical and resource development work in the afternoon (The major development work in schools is done during the school holiday months of April, August and December). Every second week on a Wednesday morning you will be assisting at the local Limuru feeding program and in the afternoons you will head to a school on the outskirts of the rift valley where you will get involved in some practical development of the Mukeu School which boards children with varying levels of functional impairments. On a Friday morning you will take the long drive to the Nairobi slums to enjoy sport and craft activities with the children the 3 primary schools.

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

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

In order to ensure continuity and consistency for the children, school and volunteer, each volunteer will be placed at one school alongside one teacher for your entire duration in Kenya. You will be placed at the school for four days a week with the exception of a Wednesday where you will be involved in the feeding program and Mukeu special unit every second week.

### Travelling time:

If you are placed in one of our slums schools you will need to prepare for fairly long travel hours (slum school placements will only occur when we have three or more people). Similar to our medical placements you can spend up to one and a half hour's travelling to you placement depending on Nairobi traffic. We will however attempt to negotiate time and routes to ensure the shortest journey possible, however this may require early morning and later afternoons. In saying this we have no doubt the journey will be totally worth it once you start working with our various partners. The extra time in the car will also allow for some sleep time or last minutes planning and preparation for your school day.

### In the class:

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

- **Marking tests and assignments:** Due to severe lack of resource such as text books or even photo coping machine. Teachers often have to write homework assignments out mark all of them. Due to this volume of work teachers often have very little time to properly correct work.
- **Educational enhancement:** As mentioned before, the education system in Kenya has a strong focus on literacy and numeracy. The general teaching style encourages rote learning which requires little understanding and comprehension but merely the ability to memorize and repeat back. By working closely and alongside the teacher we aim to ASSIST in developing a resource file filled with lesson plans and creative ideas to promote, consolidate

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and inspire learning in which concepts are fully grasped. We really emphasize working with the teacher in developing any resources as they are obviously the experts in knowing what is culturally appropriate and relevant for their children. What we would focus on is bring in new ideas and assisting the teaching in adapting games /activities / songs, etc.

- **Teaching:** When volunteers have spent enough time observing in the classroom, working with the children and teacher and are comfortable with taking a lesson or a section of work they will be able to do this under the guidance of the teacher.
- **Not Replacements:** A big concern and problem we have had in the past is that often when volunteers step into the classroom the teacher often takes a back seat. This can be both overwhelming to the volunteer and detrimental to the children's education. We therefore emphasize with both teacher and volunteer the role of African impact is to enhance the educational environment and learning experience through assistance and support and not merely relieving the work load. The question we always ask when the volunteers leaves is "will you be leaving behind a different work style, attitude, motivation or will you be taking it all back with you again. The only way we can achieve this is through "working with" and not "working for" staff.
- **Group Work:** A volunteer may find in a class that there are groups of children who struggle to keep up with the rest of the class. Volunteers will take groups of children out of the class to go through the class work at a slower rate with greater repetition to enhance learning.
- **Reading club:** In the afternoons volunteers run take some time with small groups to run a reading club to develop the children literacy skills. As a volunteer armed with your box of books, you will arrive at school and help give the children the extra support they need. You do this by helping with difficult words, encouraging them as they read and offering the opportunity to practice their literacy skills outside the limits of the lesson available.
- **Revision Classes:** Since the pace of the class is often fast, and the individual attention is low, it is easy for some children to fall behind. By repeating the subjects in revision classes, these children might have a better chance of keeping up in the future during their regular classes.
- **Holiday program:** Holiday club is extremely important as it offers students valuable time to catch up on learning. It also gives young people a safe environment to spend their holidays, having fun and providing additional education.
- **Green club:** It will not take long to notice how little infrastructure and total lack of municipal services are available in the communities in which our schools are situated. With no refuse services, no sanitation facilities and little opportunity for adequate hygiene; children are often not taught necessary self care or the responsibility to keep themselves or their environment clean. Thus with the green we aim to teach children about hygiene and keeping ones environment clean. We would like to involve more community members and parents and create a community mobilization for the community itself to take more responsibly for their environment and put in their own structure even when no one else will. We also encourage volunteers to work with teachers to incorporate personal and environmental hygiene awareness in the learning process and syllabus.
- **Arts and sport activities:** You will find that there are very limited resources geared towards extracurricular activities which do add value in stimulating child development. It would be of great help to both the teachers and children to come up with interesting activities, using locally available materials. You would be surprised how a little creativity can go a long way in creating fun activities for physical education, music, drama, poetry, drawing, painting and lots more!



#### **SCHOOL TERMS 2011**

3<sup>rd</sup> January – 29<sup>th</sup> March

3<sup>rd</sup> May – 30<sup>th</sup> July

5<sup>th</sup> September – 25<sup>th</sup> November

With one month holiday breaks for April, August and December.

This project will close on 16<sup>th</sup> December 2011.

#### **School Holidays:**

If your trip dates do coincide with the holidays you will still have the opportunity to be fully involved in the school, especially those in orphanages. However, it will main be focused on practical development in schools as we usually reserve renovation or development activities for the months of April, August and December. In some of the orphanages you will have more interaction with the children however the focus would be on fun and games and outing. This would be great to test out your skills and facilitate a drama group, craft group and sport activities, maybe even an obstacle course or two.

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**Orphanages / Pre-schools in Limuru:** There are over a million orphans in Kenya mainly due to AIDS, of which only 5 % get any kind of support. There is a huge need for assisting orphanages and children's homes. There are several orphanages in Limuru that we are involved with. These children come from backgrounds that have been affected by HIV/AIDS, abuse, poverty or illness. These children are in need of love and attention. Many of them are developmentally delayed and need extra attention in order to promote their development. The children's ages range mainly between 4 and 15 years.

The orphanages offer opportunities to become involved in:

- Helping with the teaching of the children and helping to develop better learning materials and lesson plans.
- General care such as cooking for the children's meals or organizing sports and play activities to promote the well being of the children.
- Assisting orphanage workers in offering moral support and guidance to the children, training of basic life skills and any activities for various rehabilitative programmes in the orphanages.
- Building/improving the facilities to make it feel more like home for the children: by painting pictures on the walls etc. Some of the orphanages we partner with are building to expand and improve their facilities and your pair of hands will be greatly appreciated in this practical work.
- Creating and teaching the children various arts and sport activities that make creative use of their time and hone their hidden skills and talents!

The children are very energetic and will gladly challenge you to a game of basketball or soccer. You will have a chance to make a huge impact on these children's lives by spending time with them, and contributing to their learning and development.

### **Mukuru and Kyangombe slums, Nairobi:**

Every year Kenya loses a lot of people due to HIV/AIDS related illnesses and even more to water-borne diseases. 85% of these deaths occur in the slum areas, mainly due to unemployment and poor housing and drainage systems. Slums in Kenya are shanty houses built using torn cartons, recycled wood or even worn out iron sheets. The houses are single rooms of about 2 square metres. Each room houses a family, consisting of anything from a young mother with 2 children, to a family of 9 children. The slums are heavily populated with a single pit latrine serving over 20 families. Those who stay in these slums are generally unemployed.

Challenged by the problem of the increase in child mortality and the decline in maternal health and coupled with the alarming rate of HIV/AIDS-related complications, a local clinic has been created with the goal of playing a part in helping to provide health solutions to a slum population of around 62 000 people.

Volunteers get involved in helping teachers in surrounding slum schools, assisting at orphanages and getting involved in various feeding programmes. The activities to be undertaken vary with the varying needs of each project / school. In the past, we have assisted in upgrading a Maasai school in Kyangombe Slum by brightening the outside of the school with a fresh coat of paint as well as building an additional classroom. In one of the schools in the Mukuru slums, we put in new flooring into four classrooms and the outside play area and we have assisted both schools educational resources such as exercise books, teaching aids, pens and pencils.

This placement is not a walk in the park, but will give you the 'real' African experience in an area desperate for help. It is likely your time spent in Mukuru will never be forgotten.

### **Special Education**

A new partnership with a boarding school for children with a range of intellectual impairments was initiated in September of 2009. The School has needed much assistance, support and development. When we arrived there were 26 boys sleeping on 7 mattresses. Each child now has their own bed and volunteers are now focusing on assisting and training staff in implementing a daily structure which caters for each child's needs and functional abilities. A lot of help is also needed in teaching the children how to accomplish basic tasks on their own, with lots of patience.

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## 7 REASONS TO BECOME AN AFRICAN IMPACT TEACHING VOLUNTEER

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

### Project Typical Day:

Here is how a typical day in the life of a Limuru volunteer might take shape. Please note that your itineraries may differ from this, depending on your own experience/interests and the number of other volunteers on the placement at the same time.

Please be advised that we endeavor to keep all of our project documents up to date, however, due to the constantly evolving nature of having a sustainable project, the focus of the project often changes or shifts to meet the needs of our community projects at a specific time. Some projects will become self sufficient and no longer require the assistance of volunteers, others will slightly change focus and new ones will begin. Volunteers will be involved in a diverse range of project work as our involvement with the community develops, all of which are moving the project towards a common goal.

### Monday –Thursday :

- **7.30** - Get up and start getting ready for your project.
- **8:00** – Self service breakfast at Brackenhurst.
- **8.30** - Head off on the drive to your project which can be anywhere from 20 minutes to a 1 and a half's drive away.
- **9.00** - Start work at your allocated school.
- **12:30** - Lunch break - packed lunch will either be provided for you by our chef, or volunteers make their own snacks.
- **15:00** - Home time - you will be collected by your coordinator/driver and taken back to the volunteer cottage at Brackenhurst. Here you will be able to check your emails, watch TV, socialize or just relax and unwind in the beautiful gardens of Brackenhurst.



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- **Evenings** are very sociable affairs. Generally, volunteers discuss their day's activities whilst having supper together and prepare for your project the next day. A hot favorite is also going for a walk through the beautiful walking trails in Brackenhurst in the early evening (or even a run if you're brave enough, but be warned it's quite hilly!) and then go for an outdoor swim and drinks at The Limuru Country Club.

#### **Monday – Thursday for volunteers working in the Nairobi slums**

- **6:00** - Have a good night's rest before we hit Nairobi's traffic! Get up and start getting ready for your project.
- **6:30** – Self service breakfast at Brackenhurst
- **7:00** - Leave for the slums – this is quite a long drive (1-1.30hr), but Nairobi traffic is an experience of a lifetime!!
- **8.30** – go to your respective school and have a quick meeting with your partner teacher on how to best assist them for the day.
- **13:00** Break for a local lunch.
- **15:00** – Home time – you will be collected by your coordinator/driver.
- **Evenings** as above – you will arrive home from the slums by approximately 17:00.

#### **Wednesday (Bi-weekly):**

Every second Wednesday you will head to Limuru to assist in distributing food to 300 destitute elderly, alternate Wednesday mornings you will be able to use your time to prepare lessons, do some research, compile or make resources, assist in writing a report, evaluation and recommendations of your placement to ensure continuity once you leave or perhaps have a much needed rest.

- **7.45** – enjoy a sleep in.
- **8:15** – Self service breakfast at Brackenhurst.
- **8.30** – leave for the feeding program in Limuru town or prepare for your day of planning and project related research.
- **11.30** – Return to Brackenhurst for an early lunch prepared by the chef.
- **12:30** – leave for a school for disabled children situated in the Rift valley or a local medical outreach project and assist in cleaning and renovations.
- **16.30** – after an afternoon of hard work, head home and enjoy a refreshing shower or a swim in the country club pool.
- **Evenings** as above – you will arrive home by approximately 17:30.

\* Wednesdays that you do not go the feeding program you will have a reflection group before heading out to your project.

#### **Friday:**

- **7:00** – Self service breakfast at Brackenhurst.
- **7:30** – leave for a one hour drive to the Nairobi slums
- **8:30** – Sport, craft or life-skills activities at the primary school.
- **12:30** – Lunch at a local restaurant
- **13:00** – Drive to Village Market for some souvenir shopping or grab a pizza or delicious ice cream

#### **Project Costs:**

#### **Placements in 2011**

**(You are welcome to volunteer for anything from 2 weeks up to 8 weeks on this project).**

#### **Project Cost Includes:**

- Project Fee: this entails financing that goes directly back into the project that you are involved with. This project fee facilitates funding for items such as building materials, equipment, supplies, foodstuffs, etc. Project fees are also used to buy vehicles/equipment and for developing new housing for volunteers to provide for the expansion of the project.
- All airport transfers from Nairobi Airport upon your arrival and departure
- Orientation program
- All daily transfers to and from your projects during your stay
- Full board and lodging which includes 3 meals a day at Brackenhurst Baptist International Centre, Limuru
- Weekly laundry service during your stay

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- Assistance in your projects by various African Impact staff and volunteer coordinators. Full support from African Impact and your coordinator throughout your time on your Limuru placement.

**Project Cost Excludes:**

- Personal travel insurance for the duration of your placement which must include cover for repatriation
- All transport by air or bus to Nairobi
- All items of a personal nature, such as curios, gifts, clothing (work and other)
- Email/Internet and telephone calls
- Soft drinks, wines and spirits
- All visas for border crossings
- Any excursions over and above your planned itinerary in Kenya e.g. Safari in the Masai Mara, etc.
- **Transportation that is not related to the project**

**Project Orientation:**

Upon your arrival in Nairobi you will be met by an African Impact representative, who will escort you to your new 'home'. Once you have settled in, you will be briefed on the itinerary of the orientation program. You will receive a detailed Welcome Pack, which will contain all the important information you may need.

You will be orientated to the area that you will be living in, as well as be shown the areas that you will be volunteering in. In the next few days, you will visit the project sites and be introduced to the relevant projects, key people and volunteer coordinators that you will be working closely with.

**You will receive relevant information about common diseases & illnesses that you will probably come into contact with (e.g. HIV/AIDS, TB, malaria etc.)**

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### **Project Support:**

Throughout your stay at your placement you will have the support and guidance of experienced field-workers and coordinators. They are part of our greater African Impact support team, and will provide you with competent 24-hour field support and assistance. You will also participate in individual and group discussions to reflect on your experience and brainstorm on ways to make a greater and more sustainable impact during your stay. These sessions are a great an eye-opener on how smaller changes make bigger differences!

### **Project Accommodation:**

You will be staying at the Brackenhurst Baptist International Centre, at the African Impact volunteer house. Brackenhurst provides secure accommodation with everything that you will need. Internet and phone services are readily available.

You will be sharing a room with other volunteers (maximum of four in one room). Your room is fully furnished. All your meals are provided by Brackenhurst at the volunteer house. Included are twice a week laundry service and housekeeping services on a daily basis. The house has a lounge area with a fireplace and satellite TV, which will be a wonderful social area for all volunteers.

Brackenhurst has beautiful grounds that are perfect for having an afternoon nap in the sun, playing sports, such as volley ball, tennis, or going for a jog. On a clear day, you will be able to see Mount Kilimanjaro in the one direction and Mount Kenya in the other.

*Please Note: Brackenhurst is a Christian conference centre that forms part of the greater Limuru community. In this culture, drinking alcohol is seen as 'taboo' by the local Christian community. There is therefore no alcohol allowed on the premises of Brackenhurst. However, 20 minutes drive away is a lovely restaurant where you can have a couple of drinks in the evenings. **Violation of the rule is a serious offense and may result in the termination of your placement if not adhered to.***



### **Project Meals:**

You will be provided with three meals a day. Breakfast is on a help-yourself basis and usually consists of cereals/porridge, toast, fruit, tea and coffee. Lunch and dinner are full meals, and will be provided for you. Lunches may also be packed or may be local lunches at your placement.

### **Project Getting There:**

Fly directly to Jomo Kenyatta International Airport in Nairobi, Kenya, where you will be met by one of our experienced African Impact team. International flight routings include direct from London or via Johannesburg in South Africa or Harare in Zimbabwe.

### **Project Travel Highlights:**

These are not included in your volunteering fee, but our project managers are able to assist you with making the necessary booking arrangements. **See further details on Safari options in our pre-departure information.**

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### **Safari Options:**

Kenya offers an amazing variety of safari options, not far from its bustling capital, Nairobi and perfect for a weekend 'get-away'. Below are a few popular options, including options for 2 night/3 day trips to experience more of this spectacular corner of Africa...

### **Maasai Mara:**

Most visitors to Kenya make time to experience the Maasai Mara National Reserve, the northern extension of the Serengeti. Well known for the renowned migration of 1.4 million wildebeest (usually between July and November), the Maasai Mara is famous for its prolific game-viewing and abundance of predators all-year round, and boasts the country's highest wildlife density. Spend your days exploring the beautiful surroundings and searching for those unforgettable wildlife encounters. The Mara experience is a must and will never disappoint.

Kenya's roads in general are not in very good condition. These can make for sometimes long and somewhat uncomfortable travelling days by road. Many people prefer to fly into some destinations such as the Maasai Mara. We can also provide you with camping and lodge options, both offer amazing outdoor experiences! Just to wet your appetite(!) the following websites show the camps we would book for the 2 night safaris – all are continually recommended by volunteers as great places to stay and provide amazing game drives!

[www.sekenani-camp.com](http://www.sekenani-camp.com)

[www.ilkeliani.com](http://www.ilkeliani.com)

[www.serenahotels.com](http://www.serenahotels.com)

[www.kws.go.ke](http://www.kws.go.ke)

Also, for those who fancy something a bit different to your usual overland safari, plus truly breathtaking views of the plains of the Maasai Mara, we can organize a Balloon Safari (sunrise and champagne breakfast) from your camp.



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