

WELCOME TO

Volunteers Without Borders



Dear Potential Volunteer,

Thank you for taking the time to locate our organization and we would like to personally send you a warm welcome. We are pleased to hear you will be volunteering with Volunteers Without Borders. Although there are numerous avenues for volunteering, we can assure that we offer **life changing volunteering opportunities** at the **LOWEST possible cost** to you, the volunteer. Now that you've filled out the online application and that you're on board, our goal is to take care of you every step of the way. We will ensure that you are fully prepared before you leave to the country of your choice and begin working on your first volunteer program with us. This information package was designed to serve two purposes. The first purpose is to give you more detailed information about the country you have chosen to volunteer in as well as providing some additional insight into the various types of programs we offer. The second purpose is to provide you with specific items that you will be expected to bring along with you, what types of vaccinations you will be needing before you leave, and what we recommend for your emergency/medical travel insurance. Not only do our volunteering programs benefit the organization and community you will be working with, but they also provide volunteers with an appreciation and gratitude for others, sense of fulfillment, as well as new perspectives. Our goal is to inspire volunteers to raise awareness, share their stories and continue to support or contribute to our programs in any way possible in the future. Although our programs can be quite demanding at times, we ensure that you will be given adequate time and days off to tour around the area you are working in and get the opportunity to participate in any outdoor activities or adventures you would be interested in.

It is your job to explore this information package and then reply back to us at: info@vwbinternational.org to let us know that you are ready for the next step of the enrollment process. If you have specific questions please our frequently asked questions page as this covers most questions that the volunteers may have. To locate this page, visit our website and click the 'About VWB' tab.

Like most developing countries in the world; political instability could arise at any given time, so we encourage you to check with your local government travel advisory just to be sure that nothing is expected to occur in the location while your over there. With that being said, we can ensure you that every country that we offer has been checked out by our team to ensure the security and safety for our volunteers.

While volunteering on any of our available programs, you will have the opportunity to participate in a variety of health, educational, community development, or wildlife and marine conservation programs. This will give you a chance to make an important contribution to the local community and while doing so, gain an in depth understanding of the country and its culture. We assure you that this experience will leave a lasting impression and stay with you for the rest of your life.

Information to help you prepare for your trip

If it's your first time volunteering or going abroad, there are several things you will need to make sure you bring on your trip before you leave. Here is a list of the following items that we have deemed necessary to bring to make sure you can enjoy your time on the program. The list below is a general suggestion; each volunteer may prefer more specific items that we have not included in this list. Please make sure that you remember to bring any special items that you are used to having back home, that may only be purchased in your own country.

What to Bring:

- | | |
|--|--|
| <input type="checkbox"/> Comfortable shoes and sandals | <input type="checkbox"/> Camera and/or iPod |
| <input type="checkbox"/> Shorts and pants | <input type="checkbox"/> Cell phone - You can buy simcard) |
| <input type="checkbox"/> Rain Coat/Jacket | <input type="checkbox"/> Rechargeable batteries w/charger |
| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Laptop |
| <input type="checkbox"/> Sunglasses and Sunscreen | <input type="checkbox"/> Flashlight/head torch |
| <input type="checkbox"/> Travel Guide | <input type="checkbox"/> Lock |
| <input type="checkbox"/> Mosquito net & insect repellent | <input type="checkbox"/> String |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Eyeglasses/Contacts |
| <input type="checkbox"/> First Aid Kit | <input type="checkbox"/> Medication (Anti Malarial Tablets) |
| <input type="checkbox"/> Duct Tape and/or superglue | <input type="checkbox"/> Picture Book / Journal |
| <input type="checkbox"/> Binder or notepad | <input type="checkbox"/> Country Map |
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Ear Plugs |
| <input type="checkbox"/> Small water heater or kettle | <input type="checkbox"/> Clothes or Electronics for donation |

Vaccinations:

The World Health Organization recommends that all travelers be covered for diphtheria, tetanus, measles, mumps, rubella, polio and hepatitis B, regardless of their destination. The consequences of these diseases can be severe and outbreaks do occur. [Click here](#) to learn more.

“As the President and Founder of Volunteers Without Borders Association, I’d like to offer you a warm welcome! I have done a lot of volunteering myself and believe it is the most fulfilling and gratifying way to give back to countries around the world that need all the help they can get. Whether you’re an adventurous traveler or looking to help make a difference, we are happy to have you join us. By volunteering, you will make a difference to the local people that you come in contact with overseas. Our volunteering opportunities expose you to the often-harsh everyday realities of life for many people around the world in underdeveloped areas. We thank you for your time and consideration.”

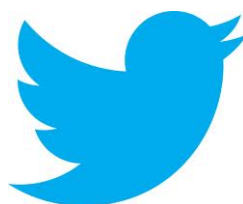
~ Kevin Francis

President & Founder of VWB



Website:
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Kenya



Jambo! Kenya welcomes you. There are very few countries on earth that can offer a visitor as much to see and do as Kenya does. Within the borders you will find savannahs rich with wildlife, timeless cultures unchanged by the modern world, pristine beaches and coral reef, equatorial forests and mighty snow-capped mountains, searing deserts and cool highland retreats and endless opportunities for adventure, discovery, and relaxation. There is no better place to give back and volunteer than here in Kenya. Kenya is located on the equator on the eastern coast of Africa. It is a medium-sized country by continental standards, covering an area of about 586,600km sq. It is located on the western edge of Lake Victoria, which is the largest lake in Africa and the second largest in the world. Kenya has tremendous topographical diversity, including glaciated mountains with snow-capped peaks, the Rift Valley with its scarps and volcanoes, ancient granitic hills, flat desert landscapes and coral reefs and islets.

Kenya is a great place to travel to, with plenty of options that suit any traveler's needs. It is a country rich in history and dates back to the earliest remnants of humanity; the paths of a long and complex history have crossed this region in the Olduvai Gorge. From the prehistoric records of early man to the present day, Kenya has been a land of unending change, contrasts and diversity. Traditionally, Kenyan music originates from several sources. Many of the Nomadic tribes of this region share some common ground in the use of songs and chants, particularly among *Maa* speaking groups. Maa song has always played a large role in ceremonial life, and continues to do so. One of the most famous African tribes resides in Kenya, which are the Masai people, and they are also some of Africa's most welcoming people. As you might begin to imagine, there is so much opportunity here in this country that it would be a shame to miss out on coming to experience what Kenya has to offer. Getting involved with underprivileged locals is always an honor and we want to help you gain a once in a lifetime opportunity to volunteer with us.

Advice for bringing Currency into Africa

The currency accepted in Kenya is **Kenyan Schilling (KES)**. USD is also accepted in most places. Prices can be high in Kenya, and credit cards are often accepted. You may find larger companies or places that also accept USD or Euros' during your trip but it is far easier to use local currency as there is a standard rate and you don't have to take the risk because some people may try to cheat you or exchange your USD for a lower than normal rate. The best currency to bring is USD in a mixture of large and small denominations, plus some travelers' checks as an emergency standby and a Visa card for withdrawing money from ATMs. Euros are also easily changed in major cities or touristy areas.

Dangers and Annoyances

Kenya is generally safe, but it is not out of the ordinary to be hassled by the locals; especially in any touristy areas or major city. As a volunteer in this country, you will need to take the usual precautions. Avoid isolated areas; especially stretches of beach, and in cities and tourist areas like Nairobi, always take a taxi at night. When using public transport, don't accept drinks or food from someone you don't know and ensure your bag or belongs is secure. Be skeptical of anyone who comes up to you on the street asking whether you remember them from the airport, your hotel or wherever. In the majority of cases, they are just trying to get money from you.

In tourist areas like Nairobi, or Mombasa, touts and flycatchers can be extremely aggressive, especially around bus stations and budget tourist hotels. Do your best to minimize the impression that you're a newly arrived tourist. Duck into a shop if you need to get your bearings or look at a map and don't walk around any more than necessary with your luggage. While looking for a room, leave your bag with a friend or reliable hotel rather than walking around town with it. Buy your bus tickets a day in advance (without your luggage) and, when arriving in a new city, take a taxi from the bus station to your hotel. Be very wary of anyone who approaches you on the street, at the bus station or in your hotel offering safari deals, and never pay any money for a safari or trek in advance until you've thoroughly checked out the company.

A Few Tips

- Avoid external money pouches, dangling backpacks, camera bags, and leave jewellery, fancy watches, and fancy headphones at home. Carry your passport, money and other documents in a pouch against your skin, hidden under loose-fitting clothing. Or, better, store valuables in a hotel safe, if there's a reliable one, ideally inside a pouch with a lockable zip to prevent tampering. It never hurts to make a photocopy of your identification and cards and store it separately in another bag.
- Arriving for the first time at major bus stations can be a fairly stressful experience. You'll probably be hassled by touts as you get off the bus, all reaching to help you with your pack and trying to sell you a cheap hotel rate or safari.
- Have your luggage as consolidated as possible, with your valuables well hidden under your clothes. Try to spot the taxi area before disembarking and make a beeline for it. It's well worth a few extra dollars for the fare, rather than attempting to walk to your hotel with your luggage.
- Take requests for donations from 'refugees', 'students' or others with a grain of salt. Contributions to humanitarian causes are best done through an established agency or project.
- Keep the side windows up in vehicles when stopped in traffic and keep your bags out of sight (ie) on the floor behind your legs.
- When bargaining or discussing prices, don't have your money or wallet visible.

Water

Unless your intestines are well accustomed to Africa, don't drink water from the tap that hasn't been boiled, filtered or chemically disinfected (such as with iodine tablets). Also avoid drinking from streams, rivers and lakes unless you've purified the water first. The same goes for drinking from pumps and wells – some do bring pure water to the surface, but the presence of animals can still contaminate supplies.

Cultural Awareness

Kenya is a very beautiful and scenic country and a great place to travel around but the majority of the population does not speak the English language. We encourage volunteers, planning to stay for 2 to 3 months or more, to consider learning essential words and phrases in the local language in order to communicate better with the surrounding community. We can try to arrange lessons for those that are interested. Female volunteers should be aware that in the towns and villages, it is normally respectful to have your knees and your mid-riff covered (and in some cases, your shoulders). Some practices in Kenya are very different to what volunteers may be used to at home. Visitors to Kenya do not have to agree with all the customs around them, but should respect them and endeavor to understand the complex cultural history that shaped them.

PLEASE NOTE: There is a **ZERO TOLERANCE** policy in place for alcohol consumption, during volunteer work hours, while on the project. The consumption of alcohol is looked negatively upon and even forbidden in certain countries and it is essential that you abide by this rule. We need to ensure that you are giving the project the right impression of Volunteers Without Borders during your stay. **If volunteers choose not to follow this policy, they will be removed from the project immediately, and no refund will be issued.**

ORPHANED CHILDRENS' CENTRE

Disadvantaged and Abandoned School for Orphans



Location: Mombasa and surrounding area (East coast of Kenya)

The mission is to provide for the immediate and long term care of Kenya's abandoned orphans in the Mombasa region by providing a safe and loving home environment in which children may grow and prosper. When possible, we seek to reunite children with family members and provide these families with transitional support services.

After teaching for years with the Canaan Academy School, Jonathan C. Munyany founded this project locally in October 2009. During his years teaching, he witnessed extreme poverty and saw the effect it had on the children, including malnutrition, poor housing conditions, and poor medical services, with very little opportunity for education. These conditions forced many children to abandon their homes in search of a better life. The reality of this is that a lot of these children end up on the streets, in the commercial sex trade, illiterates or forced into slave labor. The harsh living can often cause children to become drug addicts or turn into criminals as a means of survival. After finishing his school, Jonathan felt a calling to establish a safe place where he could address the challenges facing these children of today.

The school assists approximately 60 boys and girls, ages 2-13, who live in a variety of family situations in the Likoni area of Mombasa, Kenya. These children are orphans or otherwise disadvantaged due to HIV/AIDS, extreme poverty, and post election violence in Kenya. While in school, these children learn English, math, science, social studies, religious studies, English composition, Kiswahili and Kiswahili insha, as well as physical education. In addition to schoolwork, the teachers and staff also provide much needed emotional and spiritual counseling, work with the children individually, in groups, or leading peer group session

TEACHING

One of the most efficient ways to get involved is by teaching. For this project, volunteers will be expected to teach English to grades 4, 5, 6, and 7. The school would like you to include the following in your lessons: grammar, vocabulary, spelling and composition. As a teacher, you will be asked to help guide the children on proper classroom behavior. Also, you may be asked to review any subjects the children may need extra help in, in order to prepare for upcoming exams. We encourage your participation if the children ask you to play with them and help to boost their self-esteem if you feel they need that.

FOOD PREPARATION AND COOKING

The school does its best to ensure there is enough food available to the children for at least 1 meal a day. If you enjoy cooking, this may be the perfect job for you. You will be expected to cook meals for children from the ages of 2 up to 15 years old. As part of the cooking duty, you may be asked to serve the food and guide the children in appropriate behavior while eating. At times, certain children may need a bit of extra help in order to prevent malnutrition so you may be called upon to help out some days. If you notice that some children don't want to eat or are not behaving properly, you will be expected to

notify the leader of the school and it may just be something as simple as giving the child extra care and attention to help boost their self esteem.

VOLUNTEER REQUIREMENTS:

- Volunteers should have an open mind and an open heart
- Volunteers should be willing to learn as much as they are willing to teach
- Volunteers should be courteous and hard working
- Volunteers should enjoy spending time with children and willing to learn about other cultures
- Volunteers must be able to commit to a minimum of two weeks (this is to ensure the children have some stability in their learning environment)

SOCIAL MEDIA / FUNDRAISING ASSOCIATE

This school was built with the funds from one man who had a desire to give back to his community and offer education to poor and underprivileged children. Most of the schools in Africa have no computers, no certified teachers and have no means to get help or support from the outside world besides their own. This project could use your help if you have a strong knowledge and understanding of social media and/or fundraising. If you are interested in this project, you will be required to help set up and update all forms of social media that this project may have access to. Here are the most common ones: Facebook, LinkedIn, Twitter, Blogging Platforms, etc. While working with this project, the school requests you to help market the Children's Centre by gaining international support as well as researching or providing them with new ways of reaching out to the international community. As a volunteer you will also be expected to help in raising funds to develop a kitchen, dormitories, and continued improvements in the children's education materials, develop new and innovative ways to seek out much needed funds, work with key staff to successfully allocate funds to the areas that need it the most, and lastly continue to help increase transparency within the current fundraising scheme.

VOLUNTEER REQUIREMENTS:

- Interest in marketing and fundraising and some experience utilizing social media platforms
- Volunteers should maintain regular contact with Jonathan Munyany, Director of the Centre in order to keep updated on the Centre's happenings
- Volunteers should have an interest in the development of international Nonprofits
- Volunteers should be courteous, hard working, and available to regularly update
- Volunteers must be able to commit to a minimum of one month and be able to pass learned information on to future social media associates

COMMUNITY DEVELOPMENT PROGRAMS



Location: Nairobi and surrounding area (Capital city)

This organization was established to provide ongoing support and services to the less fortunate in the communities. We provide education and a platform for success to the orphaned, widowed and the less privileged of our society. We seek the help of organizations, NGOs and concerned individuals through volunteer opportunities, internship programs, training and direct funding. This organization is guided by a unique commitment to its volunteers and to those that take part in helping humanity and service to the community in and or around the capital city of Nairobi. These programs offer a safe, responsible travel experience, exceptional training, great life experience, and facilitates the ability to make a real difference. This organization is a non-political, non-religious organization, which runs over 20 projects in Kenya. Our projects allow volunteers to get involved in programs such as education, environmental research, teaching in schools, colleges, universities, conservation, youth development, women groups, orphan care, marine expedition, forest and environmental conservation and community development.

YOUTH PROGRAM

We need help from volunteers to implement programs in assisting the youth to get involved in activities that are income generating and helping those who did not finish school get another chance. The current youth programs are: computer courses, office clerk course, sewing and embroidery course, agriculture course, basic carpentry course, running small business course, car polishing and valet course, well/ bore hole course, and beautician and bride make up course.

MEDICAL INTERNSHIP PROGRAM

The primary focus of this program is mobile clinics, community health programs, and working in community health centers and clinics. As a volunteer on this program you will be required to assist with teaching communities and people on general health and hygiene, HIV/AIDs as well as antenatal and pre-natal care, community outreach which also involves visiting the HIV infected areas to see whether they are taking their

medication as prescribed by the doctor or not. Also offering counseling to those affected and to educate them on entrepreneurial skills so that they can be self-reliant.



MEDICAL PERSONNEL MATERNAL AND CHILD CARE PROGRAM

The primary focus of this program is maternal and child health care and improved community wellness through health education, reproductive health services, targeted mentorship, psychosocial support and nutrition counseling as well as entrepreneurial skills building. As an Intern or Volunteer, you will be expected to assist with training and mentoring young women on their sexual reproductive health, educating communities on the dangers of FGM (Female Genital Mutilation) as well as teaching communities on the importance of girl children in the society. You will be providing medical assistance, dentistry services, providing psychological advice and serving in the local community and hospitals. Opportunities are available in a number of rural health centers in Kenya. Volunteers will provide health education, assist dentists or help provide minor medical treatment to patients. While working on this project, volunteers will share knowledge, time, skills and talents with local healthcare professionals.

This project works closely with counselors and medical practitioners to help counsel and offer medication to both affected and infected with HIV/AIDS. HIV and AIDS education is an essential part of HIV prevention. In Kenya AIDS education is part of the curriculum in both primary and secondary schools, and for a number of years Kenya has delivered educational campaigns to raise nationwide awareness of the issue. As a result, awareness about HIV and AIDS in Kenya is high than in most neighboring countries. In a recent population-based survey performed in Kenya, nearly all adults aged 15-64 had heard about AIDS, 9 out of 10 adults knew that a healthy looking person could be infected with HIV, and most knew how to reduce their chances of becoming infected with the virus. Awareness of the use of condoms was high with 75 percent of women and 81 percent of men in this age group aware that condoms do reduce the risk of HIV infection. One study of 21 primary and 9 secondary schools highlighted the difficulties in implementing AIDS education in public schools. The reasons included not enough time in the curriculum, a

lack of teacher training and support, and reluctance by parents and the Ministry of Education to talk openly about sex and condoms. One recommendation drawn from the study was for the Ministry of Education to have a clearer policy on its stance on condoms.

Prevention services for pregnant women must continue to grow as HIV transmission from mother to child is still high. An estimated 1 in 4 babies born to HIV infected mothers are infected and PMTCT services are still only available in 50 percent of health facilities. In 2009, there were approximately 22,259 new child infections and an estimated total of 184,052 children were infected with HIV, most of which were probably from mother-to-child transmission. It is believed these high rates account for the high infant mortality rate in Kenya. Many of those infected with HIV are also infected with tuberculosis (TB). Antiretroviral treatment for co-infected individuals has been found to improve patient survival if it is administered as soon as possible after TB treatment. Therefore, WHO recommend antiretroviral therapy for all HIV and TB co-infected patients, whatever the stage of HIV progression however, facilities where dual treatment is available are limited and many of those who require ARVs alongside TB treatment are not receiving it.

Despite an increase in children accessing treatment, the overall coverage for children remains extremely low. Figures show 68 % of Kenyan children living with HIV who need treatment do not have access to it. A child's access to treatment can sometimes be inhibited by reasons other than the reach of treatment services. According to Human Rights Watch reasons for this include: neglect on part of the children's' caregivers; a lack of accurate information about medical care for children; and the stigma and guilt associated with HIV and Aids. With all these ongoing issues in Kenya and other African countries, the help and education you can provide while volunteering could have a lasting impact on this country and on one of several problems facing Africans today.

INTERNSHIPS

We offer short term and long-term internship for volunteers choosing to be on internship as we work with other organizations that offer the volunteers' choice of work/placement.



AGRICULTURE

We are helping communities be self reliant as we help do agriculture and some of the activities include, fish farming, goat rearing, poultry farming, bee keeping, and other agricultural activities.

WOMEN'S EMPOWERMENT GROUPS

Traditionally in Africa, women are in charge of collecting water and gathering materials for house construction. Roofing is mainly done using grass, which is not a durable building material especially in areas with a lot of rainfall. In Nyanza and Western Kenya, the roofs have to be replaced every year, an activity which is both tedious and time consuming for the women. Further, grass becomes scarce due to increased population, land consolidation and the spread of cash cropping. This means that land is left unplanted and the grass farms used for thatching are becoming increasingly sparse. Land consolidation, cash cropping and the inability to gather grass has contributed to the formation of women groups. This problem is coupled by increased demands on the times of the women. Furthermore, most husbands leave rural areas to look for jobs in urban areas and children, who would initially help their parents now have to go to school. All these factors make it very difficult for women to cope. Because of the short life expectancy in most African countries, many women lose their husbands at a young age and are left to manage on their own. Most women have hardly any education either. They have come to realize that the only way to survive is to join hands with other women in similar circumstances.

As a volunteer you will gain valuable knowledge while working closely with the women of Africa. In doing so, you will educate yourself on women's empowerment and issues facing the women in poor developing countries. You will be working with women groups to start small businesses like tie dye, bead work, poultry farming, aviary or bee keeping, butterfly farming, dairy farming and garbage collection to help these women become financially stable and be able to feed their families. If possible, volunteers will also be asked to spend some time with women in teaching on ways to invest, teaching on machine handling, or help with the bead works projects.



ORPHANAGE PROGRAMS

These children's centers aim to provide under-privileged children with free education and meals, as a lack of food is one of the most common reasons children fail to attend government schools. Some of the orphanages offer counseling to children from broken or abusive homes, who are orphaned, and as well to parents. Entirely reliant on independent donors to rent small, basic classrooms, and volunteer teachers, the centers achieve remarkable results. Many children, that are sponsored, go onto private mainstream education and are typically within the top 10% of their class. Orphanages typically deliver new opportunities to children from broken families, support health and social awareness in an area with high HIV prevalence, prostitution and drug abuse, and limited access to healthcare. Volunteers not only make a direct contribution caring for and educating the children but also increase the capacity of the centers' to improve their facilities, programs and funding. Orphanages offer volunteers a life changing experience while educating and caring for orphaned and vulnerable children. As a volunteer on this project, you may be required to support primary education and receive training in communicative teaching; help to develop health, social and environmental awareness programs through arts and sports, as well as guide children on school trips or outings.



UNIQUE COMMUNITY DEVELOPMENT PROGRAMS

As a volunteer on this project, you will work in collaboration with community projects in assisting the poor and the needy that reside in the slums, rural, and/or urban homes in Kenya. We help those in need regardless of color, race, ethnicity or religion. We assist widows to help them get a better life by providing skills, which will help them be self-reliant and start small businesses. In doing so, it enables them to sustain and support their families and children. It also helps them to attain their rights and education in the community. You will also be asked to educate them on the risks of drugs and prostitution, which is a common concern within most communities across Africa.

ADDITIONAL PROGRAMS WE OFFER:

- Feeding Programs (orphanages, primary and secondary schools), Adult education
- Visiting victims of HIV and offering counseling/guidance to the families affected
- Organizing medical camps and Healthcare programs, construction, teaching in disabled schools

WILDLIFE CONSERVATION PROGRAM



Location: Wildlife Game Reserves across Kenya

By joining the National Wildlife team in Kenya you will get an incredible opportunity to volunteer and work closely with African wildlife like Elephants, Leopards, Impalas, Lions, Buffalos, Elands, Jackals, Warthogs, Hyenas and Giraffes. While volunteering on this program you will be required to participate in any of the following activities:

- Conduct wildlife counts at waterholes and monitoring poaching activity as part of ongoing research
- De-snaring wire snares or traps that poachers set across animal tracks to capture and kill wildlife
- Sanctuary maintenance and improvement to maximize the sanctuary's potential as a prime wildlife habitat
- Work on various water projects for the benefit of people and wildlife
- Education in relation to human wildlife conflict from a wildlife expert and ways of reducing this conflict
- Make Elephant dung paper that can be sold to visitors
- tree planting
- Help with ongoing road improvements to enable anti-poaching patrols to access all areas of the sanctuary
- Participate in environmental education workshops for local schools to teach them about wildlife conservation
- Game drives to view/monitor wildlife like elephants, zebras, giraffes, cheetahs, lions, wild dogs, hyenas, warthogs, buffaloes or birds
- Teach in schools
- Research insects (ie) 25 species of bees, and helping out at snake park or crocodile sanctuaries

MARINE CONSERVATION AND EDUCATION

WORKING WITH DOLPHINS AND WHALE POPULATIONS



Location: Nairobi and Coastline area

While volunteering on this program, you will work closely with local communities and help to educate them and discourage poaching of large marine species such as the whale shark. With proper education and support, the goal is to have local communities participate in beach clean ups and educate them about the importance of Marine Conservation. Volunteer activities include: Dolphin and Whale shark eco tourism projects, sustainable eco tourism to eliminate poverty, environmental welfare through advocacy, teaching in schools and/or communities, Dolphin and Whale shark Surveys ie) population distribution and identifying hotspots (GPS), Fin identification, and/or educating tour boat operators on observation policies and behavioral ecology.

COLOBUS MONKEY CONSERVATION AND RESEARCH



Location: Nairobi and Coastline

This program was created for continued research projects on the Colobus Monkey populations in Kenya. As a volunteer working on this program, you will be required to participate in studies on Colobus feeding ecology, primate censuses, feeding and behavioral monitoring, forest disturbance surveys and hotel pest assessments. Volunteer activities may also include; cleaning cages, feeding the Colobus Monkeys, snaring projects, behavioral research, electrical work, maintenance and cleaning of environment, and/or carpentry work.

ENGLISH TEACHING PROGRAMS



Location: Government, Private, Special Needs schools in villages in various locations

Volunteers on this project will have the opportunity to assist with teaching of different subjects in government and private schools as well as orphanages. The teaching levels are primary schools, secondary schools as well as the nursery schools. The related subjects are: English, Math, Science, History, Geography, Business studies, Art and Music. Teaching programs in Kenya close on holidays, which run during April, August and December. The volunteer teachers can work during school holidays if the majority of their placement is during the season of school holidays. They can then come to volunteer teaching in orphanages and in early childhood development programs. Volunteers will also have a chance to work with autistic, blind, mentally challenged and/or disabled children if they choose. These are special children who need special care and their families, upon realizing their condition, abandoned some of these children. There is an early childhood development school that caters for all these kids at Kibera, which is the largest slum in Africa, and in the heart of the capital city of Nairobi.

FOREST CONSERVATION PROGRAM



Location: Kakamega Forest (Western Kenya)

If saving what's left of our forest is what your most interested in, then we have the perfect placement for you. It's a great opportunity to get involved in planting trees, teaching schools the importance of forest conservation, enlightening communities on dangers of de-forestation and forest management. The sheer abundance of birdlife here is overwhelming. This is an important primate reserve, and the forest is full of monkeys of many species. Beautiful chameleons are often seen in the undergrowth. At night the forest is a different world, the air filled with bats and ringing with the sounds of frogs, night birds and the booming call of the giant forest squirrel. Despite its easy accessibility, Kakamega is a quiet haven for nature lovers and the perfect place to relax. The forest has many walking trails, and there are plenty of very good guides available.

SEA TURTLE MARINE CONSERVATION PROGRAM

Protection, Monitor, Net Release, Research, Community Development and Education



Location: Vipingo, approximately 2 hours north of Mombassa (East Coast of Kenya)

The survival rate for sea turtles from eggs to adulthood in the wild is estimated at 1 in 1000. This is due to the large number of present hazards and predators, as well as the length of time it takes for a turtle to reach sexual maturity. To face those threats, turtles have developed a survival strategy, by laying large numbers of eggs and having a long reproductive life. Once they reach adulthood they have very few natural predators.

The main problem however is the impact of humans, which has recently brought many threats to all turtle life stages and to its habitats. Despite international and national legislation to protect sea turtles, all 7 species of sea turtle are on the IUCN Red List and the 5 species found in Kenya are listed as either critically endangered or endangered. Here are the 4 main reasons our sea turtles are facing extinction:

- Poaching of turtle meat, oil and shell is a big threat to turtles in Kenya and elsewhere in the world. These products are valued in various cultures and have driven man to exploit turtles indiscriminately. Turtles are hunted at sea and on land when they come to nest.
- Thousands of turtles are caught accidentally each year as by-catch in fishing and trawl nets and long lines; they either drown in the nets or are killed by fishermen for turtle products.
- Habitat destruction is another serious threat. Over-exploitation, development and pollution are destroying turtle feeding habitats of sea grass beds, coral reefs and mangroves. While nesting beaches are also being destroyed by various developments.
- Pollution damages turtle habitats but it also affects directly turtles. in a variety of ways. Fibropapillomas is a disease linked to pollutants. Plastic bags are swallowed causing intestinal blockage and death.

This program is a Community-based organization that started in 2007 with the aim to protect the turtles and nests along the beaches, as well as the hatchlings as they make their way to the ocean. The organization hopes to accomplish this by including local fishermen and the community in educational programs to teach them about turtles as well as marine conservation. This organization works with Kenyan Wildlife Service (KWS), the Kenya Sea Turtle Conservation Committee (KESCOM), as well as the Kenya Marine Fisheries Research Institute (KEMFRI) to help with data collection, administration, research, and other activities such as having volunteers to help the members of the project.

The AIM of this project is to:

- Protect Endangered Sea Turtles and their nests
- Educate Local Fishermen and Community Members on Turtle and Marine Conservation
- Collaborate with government agencies and local NGOs to find National solutions to Turtle and Marine Conservation through dialogue, research and data collection
- Provide environmental education to school children, fishermen, and the community
- Set up and maintain a no take zone along Bureni beach to help combat overfishing by creating a safe place for fish to breed.

NEST PROTECTION AND MONITORING

Patrols are organized by community members at different hours during nights and mornings to, spot any nesting activity, look for evidence of nests hatching, attend nests already laid, monitor and report illegal activities such as poaching. Local communities are involved and encouraged through a financial incentive program. When nesting turtles are spotted, they are tagged and their biometric data is collected. Nests are usually left in the area if it is not threatened by erosion or traffic; otherwise, the eggs are relocated to a safer area. After the nest has hatched, the team will carry out an excavation to determine the success of the nest.

NET RELEASE

This program was set up by end of 2010 covering the area from Roka to Mtwapa. Local communities call the organization when a turtle is caught in fishing nets. The objective of this program is to encourage the communities to release the turtles rather than slaughter them. A financial incentive is provided to compensate for any damage on the fishing gear but also to encourage their actions. Turtles are tagged and released. Biometric data collected provide an important research tool on local populations, migrations and behavior. We are also on call for any dead, sick or injured turtles.

NATIONAL RESEARCH

Through our nest monitoring and net release programs, we collect data and work with Kenya Sea Turtle Conservation Committee (KESCOM) on developing national data base, turtle research, education and conservation programs.

EDUCATION AND AWARENESS

Our organization conducts regular education and awareness programs on marine environment, especially sea turtle conservation in local schools. We also target local communities along the coast.

- **Schools:** We provide lectures to schools in the area about the local marine environment, sea turtles, their threats and the importance of conservation. Participation is encouraged through informal teaching methods such as quiz, games and songs.
- **Fishermen and communities:** We conduct meeting and workshops with fishermen about environment issues and try to encourage them to use more sustainable fishing practices.
- **Other Turtle Conservation groups:** The leader Charles Nyale is involved in the training of smaller Turtle Conservation Groups along the coast. He explains communities about turtle life cycle, how to organize patrol, tag turtles...
- **Tourists/Hotels:** We are available to make presentations in the neighboring hotels to educate tourists about turtle conservation and how they can be part of it.
- **Information centre:** We will set up an information centre in Bureni. This objective is to provide information on the local marine environment for local people and visitors.
- **Beach Clean ups:** As part of the awareness program about the protection of the environment, we organized 3 beach clean ups per year.

COMMUNITY DEVELOPMENT

Our organization helps the fishermen groups to find alternative income generating projects. We encourage the fishing communities to preserve their marine resources and stop destructive use.

HERE ARE THE STEPS TO COMPLETE OUR ENROLLMENT PROCESS

Step 1) - Review this information package and decide which country you want to volunteer in and what program you are most interested to volunteer on. Once you have done that, please fill out the online application form available on our website and click submit. Please make sure to include the necessary required information.

Step 2) Once we receive the application form, we will send you a temporary confirmation for your desired program. If you need to make any changes, please feel free to email us and let us know. If we do not receive any further correspondence from you, we will send you the program fee payment request via Paypal within 3 business days.

Please note: *A \$225 CAD one-time registration/enrollment fee will also be added to your program fee.*

Step 3) - When we receive confirmation that your program fee has been paid, you will receive a confirmation email from us. In this email, there will be a waiver/release form that will be required to fill out and send back to us at your earliest convenience. You are also encouraged to book your flights at this time. Once you have done so, please send us a copy of your flight itinerary so that airport pickup/transfer (if available) can be arranged for you upon arrival.

Step 4) - After we receive your waiver/release form, we will confirm your placement on the program and detailed program specific information will be provided to you at this point.

IMPORTANT INFORMATION

Our enrolment and registration process begins by applying online. Once you have filled out and submitted the online application form, you will receive a confirmation email. To continue on in our enrolment process, all volunteers will be required to pay a Registration Fee of \$225 CAD, which will be added to the Program Fee. This fee helps to cover the administration and processing costs. Once we receive your payment, we will send you a confirmation email with the program details and encourage you to book your flight at that time. Our team will be readily available to correspond with you and answer

any questions you might have from the time you apply until you reach the project. If you have any further questions or concerns please don't hesitate to contact us at:
info@vwbinternational.org

OUR PROGRAM FEES INCLUDE THE FOLLOWING:

- **Registration Fee** - (refundable if you choose not to go), ongoing support from VWB staff, program marketing costs, information pack, administration costs, travel costs to develop and ongoing costs to sustain programs and communication costs with volunteers.
- **Program Fee** – airport pick-up, orientation, program supervision, accommodation (private or dormitory style depending on location) and meals during volunteer program period, in-country 24/7 volunteer support and in-country administration costs.

WHAT ADDITIONAL COSTS WILL I HAVE?

- Visa, flights, travel insurance (mandatory), immunizations / vaccinations, in-country trips or tours, transfer to other areas of the country, and spending money.



During this entire process, we will always be available to correspond with you to answer any other questions you might have from now until you reach the program. Thank you for choosing **Volunteers Without Borders**.

We can assure you that you've come to the right place!