This Pre-registration booklet will provide you with most of the information you will need to know about volunteering in Kenya with Rustic Volunteers. Inside, you will also find helpful tips on how to utilize your time in Kenya properly to make it a very rewarding experience for you.

This booklet is only the start of a wonderful support you will receive from Rustic Volunteers when you choose to volunteer with us. We will help and guide you every inch of the way to make the volunteer program the kind of experience you have always dreamed of.

If you have any questions or inquire after reading this booklet, please do not hesitate to contact us anytime.

Thank you

Volunteer in Kenya Pre-registration Booklet

Rustic Volunteers

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75062, USA
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1-800-390-0233 (US/Canada)
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www.rusticvolunteers.org

Volunteering with Rustic was an outstanding and rewarding experience. I enjoyed volunteering at my placement at Community Project very much in which I contributed my skills in all sorts of activities (soccer, feeding, planning future land and member extension) whether it involved the kids or adults who were members of the HIV/AIDS project. The staff was very friendly as well as my host family that Rustic Volunteer Program sent me to. They helped me settle in and get accommodated to different ways of life which I never would I have seen if I had not found out about Rustic!

Christian Olteanu
Why Volunteer with Rustic Volunteers?

Rustic clearly understands that there are numerous volunteer abroad organizations, however, when exploring the competition you will find that we are the best organization that has BOTH experience and commitment to offering safe, high quality programs and professional services. In Rustic, we are proud of our affordable, inexpensive fees, experienced staff, host families and carefully selected projects. Volunteer and travel is our specialization; we go beyond to surpass your expectations. We are devoted to delivering a professional service to make your volunteer and travel abroad experience memorable from the beginning to the end.

Best Value and Most Affordable Price

Rustic Travel is a volunteer/travel service that will provide you with memorable experiences at the most affordable prices available. Many of our volunteer programs start as low as $599 and there are no other organizations in the US that can match. We work with many of the same associations as other volunteer programs and equally provide the service they do as well, but Rustic Travel does it for a much lower price that can’t be beaten.

Direct Support to Local communities

Rustic Travel is genuinely dedicated to the communities and conservations it places its volunteers in. In many countries, we work directly with local organizations. There is no middle man, so not only does that cut our prices down for you, but part of your fee also goes directly to the program you will be helping. When you volunteer with a good portion of us your money goes straight to the local country to support your transportation, room, food, local support, and project.

Our Experienced Staffs and Coordinators

The owner and country coordinators of Rustic Volunteers have many combined years of successful experience in the volunteer/travel industry. The owner has traveled the world extensively and screened projects, host families, and coordinators very carefully. We have had 99% satisfaction results from previous volunteers and our in country coordinators are constantly commended for doing such a wonderful job.

The in country coordinators we use for Rustic Travel are all mature and responsible adults well seasoned in the travel industry, providing a hospitable environment and an amazing experience. We carefully screened and hand chose all of our coordinators based on their skills as a leader and how well they can work with young people in maximizing their program benefits.

Program Flexibility

Rustic Travel offers programs that will be specifically tailored and adjusted for your well being. Volunteers can generally choose to work anywhere from 1-12 weeks but can stay longer on certain projects if desired. Our coordinators pick out the best local organizations for each individual, as well as your living arrangements and any special requests prior to your arrival. We can customize your project to suit your needs if you will be visiting more than one country as well.

A Complete Volunteer and Travel Experience

Rustic Travel is much more than just a trip to a foreign country for some volunteer work. We don’t randomly place you in the country of your choice; we carefully review your goals and set you up with the best possible match. There are several different options available for you to include: volunteering, interning, teaching, and more. It is a life changing experience that will bring meaning to your world. With different travel packages and opportunity, we offer an amazing opportunity for volunteer work and incredible traveling.

Your Personal Advisory Team

When you volunteer with Rustic, you will have a team of experienced staffs who will be your volunteer abroad advisors. Your first advisor will help you select a program and assist you with the application process. Your second advisor will be our in-country coordinator. He/she will provide insight into your destination, volunteer project, host family, local issues and more. When you join the field, the local project staff will help you with the day to day volunteering activities. Rustic works hard in each and every step to enrich your volunteer abroad experience.

Dedicated to Ensuring Your Well-Being

Your well-being is paramount to Rustic Travel. The staff at our headquarters is in constant contact with our onsite staff to ensure you are safe and well at all times. We are fully committed to your health and safety abroad and work quickly to resolve any issues or concerns that may arise.
Country Overview - Kenya

Volunteer in Kenya and experience the opportunity of a lifetime! What better place to volunteer than the original safari destination? Kenya is overflowing with excitement for explorers, adventurers and travelers with its tropical beaches, coral reefs, snow-capped mountains, unparalleled wildlife, enchanting landscapes and rich culture. Rustic Volunteers invites you to volunteer in Kenya, explore a diverse culture and ultimately, enrich the lives of those who desperately need your help.

As a volunteer in Kenya, you will have the unique opportunity to serve local communities by working in schools, orphanages, clinics/hospitals or with local organizations. Take advantage of the endless opportunities to explore this East African adventure-land which is revered by anthropologists as the cradle of humanity. Begin your African journey now and email us! We will be happy to send you more information so you can soon travel to an astonishing country and improve the lives of those you touch.

Location

Rustic Volunteers Kenyan projects are available in the town of Nairobi and Watamu. Nairobi is the nation’s capital and is famous for its proximity to safaris and national parks. Watamu is a beach town on the coast of the Indian Ocean and is known for fishing, snorkeling and diving. Kenya’s multicultural metropolitan cities are renowned for their deeply-rooted cultural atmosphere where visitors are always welcomed. It’s full of contrasts from traditional culture and history to modern infrastructure and the amenities you would expect from a modern city. Volunteers can organize several excursions during and after the project to visit attractions. There is a tourist infrastructure already in place that the volunteers can use during weekends and free time such as national parks, markets, museums, restaurants, nightclubs, tourist villages, mausoleums, art galleries, golf courses, crocodile farms, nature trails, hotels, Bombolulu workshops and much more.
Program Facts

Our volunteer programs in Kenya start either on the 1st and 3rd Monday of each month. You can generally volunteer between 1 to 12 weeks.

Meals and Accommodation

Rustic Volunteers arranges volunteer meals, accommodations and strong field supervision for the duration of projects and optional travel packages. In Kenya, most volunteers stay in our home base, a permanent home established for our international volunteers. Our home base in Kenya is located in a very safe and clean neighborhood. There are internet cafés, restaurants, local bus stations, a police station and supermarkets near our home base. The home base provides a comfortable place to relax after a long day. There are several bedrooms (which may be shared with a same-gender volunteer) and community areas. There is a shared kitchen and shared bathrooms, which have running water and “western-style” toilets.

Depending on the influx of volunteers, accommodations could be with a host family. Host family accommodations are simple and clean homes in safe neighborhoods. Volunteers usually have a private bedroom, but occasionally rooms will be shared with a same-gender volunteer. Our host families are well screened and are respected members of their communities who live in affluent neighborhoods. Most of our host families have experience with hosting international volunteers. Host family stays are a great chance for cultural immersion and exchange.

Volunteers receive three local meals per day (breakfast, lunch and dinner). We can provide vegetarian meal options, but needs must be detailed in a volunteer’s application. Snacks and beverages outside of mealtimes are not provided; however, there are local restaurants and grocery stores near the residences in which we place volunteers.

Rustic offers unparalleled field support to volunteers to ensure a safe and rewarding experience. There are many layers of support for you. The most important support comes from our country coordinator/field staff. The secondary support comes from the host project staff and members of host families and/or a home base staff. Volunteers will have access to our country coordinator’s mobile number and they are available 24/7. Throughout the volunteer project, our local staff stays in contact with volunteers either with face-to-face visits or via email/telephone. Our field staff will visit regularly (every 2-4 weeks) to make sure things are going well and as planned. However, if placement is far from our local offices, staff members will stay in touch via email/phone. Volunteers are also welcome to stop in the offices at any time.
Fees:

If you are tired of expensive volunteer programs but want to make a positive contribution in the world, look no further! Rustic is dedicated to offering high-quality, well-organized and meaningful programs at the most affordable price in the United States. We work hard to keep costs as low as possible, focusing on the effectiveness of our projects, the safety of our volunteers and the quality of participant experiences. We currently offer the most competitive price possible in today’s market including an application fee (of $299) AND a small weekly fee as follows:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Nairobi/Maasai</th>
<th>Health/HIV</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Week</td>
<td>$135</td>
<td>$150</td>
</tr>
<tr>
<td>2 Weeks</td>
<td>$275</td>
<td>$315</td>
</tr>
<tr>
<td>3 Weeks</td>
<td>$370</td>
<td>$430</td>
</tr>
<tr>
<td>4 Weeks</td>
<td>$465</td>
<td>$545</td>
</tr>
<tr>
<td>5 Weeks</td>
<td>$560</td>
<td>$660</td>
</tr>
<tr>
<td>6 Weeks</td>
<td>$655</td>
<td>$775</td>
</tr>
<tr>
<td>7 Weeks</td>
<td>$750</td>
<td>$890</td>
</tr>
<tr>
<td>8 Weeks</td>
<td>$845</td>
<td>$1,005</td>
</tr>
<tr>
<td>9 Weeks</td>
<td>$940</td>
<td>$1,120</td>
</tr>
<tr>
<td>10 Weeks</td>
<td>$1,035</td>
<td>$1,235</td>
</tr>
<tr>
<td>11 Weeks</td>
<td>$1,130</td>
<td>$1,350</td>
</tr>
<tr>
<td>12 Weeks</td>
<td>$1,225</td>
<td>$1,465</td>
</tr>
</tbody>
</table>

* Airport Pickup & Transfer to Nairobi (45 minutes) $50
* Comprehensive Travel Insurance $3.49/day

Fee covers

- Accommodation
- 3 meals a day
- Donation to project
- In-country office expenses
- Field support
- Project coordination
- Emergency support
- Airport welcome

Program Fee Does Not Cover

- International flights
- Passport and visa fees
- Immunizations
- Personal food and beverages
- Personal items
- Entertainment
- Local transportation
- Laundry
- Communication (telephone, internet)

“This was my first out-of-country experience, so I was prepared for anything. Everyone I have interacted with has been extremely hospitable & helpful, from the host family to the town citizens. Exploring the country has been my favorite part. This has been an experience I will never forget.

Meg Kuhle
Volunteer Projects

Work in an Orphanage (Nairobi and Watamu)

Kenya has an increasing number of orphans who have been affected by diseases such as HIV/AIDS, poverty, abuse and abandonment. Orphanages need your help now to help care for these children and provide them with the healthy childhood that every child deserves. Rustic Volunteers is currently working with more than 13 local orphanages in Kenya. If you are passionate about children and enthusiastic about helping others, we invite you to volunteer in an orphanage in Kenya and help provide care and support to underprivileged children. Help is needed to improve living conditions and provide educational activities for the children. This is a rewarding opportunity for Rustic volunteers/travelers to work on the front lines in Kenya and feed and provide assistance to these forgotten little ones. Volunteer in an orphanage in Kenya and brighten the lives of these children. You will have an unforgettable experience.

Skills and Qualification Required

There are no specific skills or qualifications needed to volunteer in the orphanage project in Kenya. However, volunteers are expected to be passionate about working with children. You should also be flexible, patient, caring and open minded.

Volunteer’s Day in the Life

As a volunteer/traveler in Kenya working in an orphanage, responsibilities will vary depending on individual skills and interests and the needs of the orphanage, but may include:

- Teaching English
- Teaching other subjects such as math, science, health, etc.
- Helping home-schooled children in the orphanage
- Assisting/educating children in areas of personal hygiene (i.e. brushing and flossing teeth, etc.)
- In the afternoons/evenings, organizing activities, games, sing-a-longs and dances as well as other creativity-based activities to teach the children
- Helping children with homework
- Observing academic progress
- Playing with children
- Helping orphanage staff with administrative tasks
- Cleaning and helping children with daily chores
- Helping to maintain orphanage garden
- Cooking and helping local staff during meal times
- Assisting local staff with fundraising and grant proposals
- Teaching English (Watamu and Nairobi)

Volunteer as an English teacher in Kenya and help enhance the futures of your students! There is a lack of teachers in most schools located in the outer city areas and villages. The Kenyan education system recently went through major changes and free education is now provided to the primary level. More students are now going to school, is there is a shortage of teachers in the public schools. To fill this gap, your contribution as a volunteer teaching English would be highly appreciated by Kenyans. Rustic Volunteers currently partners with local schools to place volunteers in a number of roles from teaching formal to informal English programs in Kenya. This is a great opportunity to travel to an astonishing country while gaining professional experience and enriching Kenyan education.

Skills and Qualification Required

There are no specific skills or requirements necessary to volunteer teaching English in Kenya. You do not need previous teaching experience or a degree in teaching to enroll in the project. However, you should be a fluent English speaker (if you’re not a native English speaker) and be flexible, as working in Kenya will be very different from working back home.

Volunteer’s Day in the Life

As a volunteer teaching English in Kenya, your job responsibilities may vary depending on the needs of each school (secondary or primary). The schools will provide the curriculum and teaching materials. Volunteers work mostly as an assistant to the main English teacher. Daily activities may include:

- Teaching basic English to the children
- Teaching other subjects such as math or science
Volunteer’s Day in the Life

Each volunteer in Kenya working in the community health/medical project will have varying responsibilities and tasks and volunteer projects will depend on one’s qualifications and certifications as a medical professional. Duties may include:

• Helping with routine check-ups
• Assisting in the lab
• Helping patients with physical therapy
• Working in rehabilitation centers
• Providing basic first aid and care
• Shadowing health workers, therapists, nurses or doctors
• Working with organization administrations
• Helping in the pharmacy
• Recording patient details
• Measuring vital signs such as blood pressure, height, weight
• Distributing medicines
• Assisting with medical procedures
• Helping incoming patients
• Performing and assist in the in-day emergency room
• Partnering with local doctors
• Qualified doctors can diagnose and treat patients

HIV/AIDS Awareness

Every year AIDS claims the lives of thousands of Kenyan children and adults. It is estimated that about 900,000 Kenyans are infected with HIV/AIDS and sadly, that number is expanding rapidly. In collaboration with local groups, Rustic Volunteers has established HIV/AIDS projects seeking to foster awareness among the local communities. Rustic Volunteers is urgently asking for volunteers to step up and promote awareness against the deadly disease. As a volunteer in the HIV/AIDS Awareness Project in Kenya, you will work alongside local experts and engage in training, education and demonstration activities to increase HIV/AIDS awareness in the local Kenyan population. This project is very challenging, however volunteers gain the opportunity to help save lives and prevent further human disaster in this country.

Skills and Qualification Required

There are no specific skills or qualifications needed to join the HIV/AIDS awareness project. However,
Volunteers are expected to be flexible, patient and have passion and love for people. You should also be open-minded and flexible during the project.

Volunteer’s Day in the Life

As a volunteer in the HIV/AIDS project in Kenya, your responsibilities will vary with your education, skills, experience and qualifications. While partnering with local clinics and organizations, daily volunteer activities may include:

- Counseling
- Promoting support groups
- Helping with the feeding program (if the center has one)
- Visiting patients and their families
- Participating in public awareness
- Teaching patients about health, nutrition and sanitation
- Keeping records of patients
- Providing educational trainings to increase and generate awareness on HIV/AIDS and stop it from spreading
- Assisting organizations establish various community outreach programs
- Fundraising
- Helping local organizations and clinics with administrative tasks
- Teaching English, business skills and life-skills to affected families

Mini-Quest Kenya

Join Rustic Volunteer’s Mini-Quest in Kenya and experience the country in totality. The Mini-Quest is designed with the aim of giving volunteers the satisfaction of helping Kenya’s downtrodden children with charity work. You will also tour Kenya and witness the breathtaking beauty of the country. In the first stage of the program, you will work to better the lives of the underprivileged and abandoned children by sharing your love and skills. Give your time, energy and witness how grateful the children really will be. The second phase of program takes you on an exploration where you will visit Kenya’s world famous Maasai Mara plains and game reserve.

Kenya - Summer Volunteer & Safari Program

With Rustic Volunteer’s Summer Volunteer & Trek Program, you get to experience the wonders of Kenya and work to help the impoverished communities at grassroots level. This is an exciting volunteer program where you can work for the deprived and visit wonderful places. Our program takes you to Amboseli National Park, teeming with wildlife, to Lake Nakuru National Park, and old renowned Masai Mara. And all this after you’ve had the satisfaction of serving orphaned children.

Additional Volunteer/Travel Packages in Kenya

- Mini-Quest Kenya (14 days)
  Price: US$1352
- Summer Volunteer & Safari Program (28 days)
  Price: $2149
- Maasai Mara Experience (3 days/ 2 nights)
  Price: $679
- Mini Safari Kenya (4 Days/3 Nights )
  Price: $719
- Faces of Kenya (6days/ 5 nights)
  Price: $1229
- The Big 5 Safari (9 Days/8 Nights )
  Price: $1559
- Kenya and Tanzania Explorer (10 days)
  Price: $170/day
- Kenya and Tanzania Explorer (10 Days/9 Nights )
  Price: $1849

I got to travel the country, live with a host family, and volunteer my time with street kids. Overall a great learning experience and a great way for any first time travelers to get a head start in seeing the world.

Truman Braslaw, USA
Important Information Volunteers Will Need Prior to Volunteering in Kenya

Visa for Kenya

Rustic strongly suggest that all volunteers apply for a tourist visa in a timely manner before departing for Kenya. Please call our office or contact the local Kenya embassy to learn more about visa, visa fees, and visa extensions. Getting your tourist visa is your responsibility.

Arrival Information

You will need to arrive at Jomo Kenyatta International Airport, Nairobi, Kenya, where you’ll be received by our staff. The staff will be holding a placard with your name written on it. You’ll then be transferred to our hostel. Next day, you’ll start your orientation program. You’ll also depart from the same airport.

Vaccination:

We recommend all volunteer/participants visit the Center for Disease Control’s website (http://wwwnc.cdc.gov/travel/) for traveler’s health recommendations. Your travel doctor will be knowledgeable about current epidemics and should be consulted.

Field Support and supervision:

Our local staff (and country coordinator) will in contact with you throughout your volunteer program. We will also visit you every 2 weeks to make sure you are happy and satisfied with the project. If the project is very far, then our local staff will communicate via email or phone. You will also have a cell phone number our country coordinator. In case of any emergency, you can contact him directly.

Communication

Volunteers are requested to bring their cell phone, one that can be used abroad with local sim card. Once you arrive in Kenya, you can buy a local sim-card and use it. This is the perfect way to stay in touch with your family and Rustic Volunteers office in Kenya. Internet Café’s are available in most areas of urban areas.

Application Process

Please read Rustic Volunteers’s 5 steps of application

- You can either apply online or download the application form and mail it to us after filling it out. To complete your application process, you will need to submit the form with the application fee of US $250. Without the fee, your application will not be processed.

- After we have received your completed application form, it will be forwarded to the country coordinator for processing. The coordinator will thoroughly check your application and will start to organize your placement based on the information on the form. The coordinator will also organize other details like your accommodation and meal.

- After the country coordinator has finalized the details of your program, the coordinator will forward us the information. We will then email you this immediately along with the final invoice. You will have to settle the payment six weeks before the start of your program. If your application has been expedited, the payment has to be settled as soon as possible.

- You will now start to prepare for your trip. You may have to take vaccination shots, get a visa to enter the country and book air tickets. If you want to contact us any time during your preparation, we are only a phone call away and eagerly waiting to help you.

- Once you have confirmed your tickets and arrival details, please pass on this information to us (US Office). We will inform your flight timing to the country coordinator and the coordinator will organize airport pick up when you arrive in your host country. You can also email the country coordinator directly.

I have discovered how interesting it can be to teach the children. But the fact that these kids were so poor gave me the urge to be helpful them even more. I really appreciate the kindness of local people; everyone was really nice and helpful. It was a great and unique experience.

Catherin Marie-Laure
Lastly

Thank you for reading the pre-registration booklet. We hope the information we have presented here has convinced you to volunteer with us. If you have any further questions or any inquire, you can either email or phone us at any time.

Alternatively, you could also visit our website and read more.

Our email: info@rusticvolunteers.org

Phone: Toll-free: 1-800-390-0233 (US/Canada) 0-800-883-0138 (UK)

Website: www.rusticvolunteers.org
To apply for our program, visit: http://www.rusticvolunteers.org/book-now.php

“I volunteered and taught at orphanage. I taught them some English words and they gave me lot of love. They taught me many things, like it is not necessary to have lot of things to be happy, to share all we have and to take care of each other. They gave me much more than what I gave them. I will never forget all of these children because I will keep them in my heart.”

Polentze M.

Thank you