



If you're looking to do something rewarding and fun this summer, the AV 5 week venture in Kenya could be for you... The project combines rewarding volunteer work in a rural community close to the beautiful Kenyan coast with the chance to experience some fun adventure activities in East Africa - perfect for a summer holiday, a 'mini gap year' or the starting point for further travels on your year out.

## Project Summary

**Departs:** July

**How long?** 5 weeks

**Accommodation:** Catered AV Houses

**Project Work:** Community Work, Teaching, Sports Coaching, Art, Music, Drama

**Explore Further:** Beaches, Safari, Rafting, Trekking



## Project Overview

<b>Orientation + Briefing (2 days)</b>	Welcome and briefing on the coast. A chance to get to know your AV group whilst learning basic Swahili; attending briefings on your community work, keeping safe, staying healthy and Kenyan culture.
<b>Project Work (Approx 22 days)</b>	Living and working in a rural village on the Kenya coast, AV volunteers help with building, refurbishing school facilities, teaching and sports. Together with fellow AVs you will live locally, with a project leader supporting you on a day-to-day basis.
<b>Fun + Adventure (12 days)</b>	Explore East Africa further and enjoy a range of adventure activities including a safari, white water rafting and trekking Mount Kenya!

## Detailed Itinerary

### ARRIVING IN KENYA

Your flight will need to take you all the way through to Mombasa, arriving on the morning that your Mini Venture starts, where you will be met by your AV project leader.

### WELCOME AND BRIEFING

After leaving Mombasa, you will travel down to Shimoni or Msambweni for an introduction to Africa and a one-day briefing on your project. It is a chance to settle in, unwind after the hectic few days leading to

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your departure and get to know your AV group. The briefing is important to make sure you are fully prepared for the five weeks ahead. As well as covering the community work you will be involved with, the course will also include the following:

- History, customs and culture of Kenya and its people
- Safety, health and security
- Some Swahili lessons

## THE PROJECT

Over the next three weeks you will spend 16 working days helping renovate a local school. The project work may include everything from digging and mixing concrete to painting and decorating. You will assist our team of skilled craftsmen, providing an extra pair of hands for the heavy jobs, helping with the unskilled work whilst also learning new skills on project.

You could also opt to teach, coach sport, or start a music, art or drama club after school. Why not brighten up classrooms with murals, and help some students with extra reading lessons.

You will spend time each day socialising with the villagers, usually over a cup of chai (sweet tea) or lunch. This is a great chance to make new friends - they will be keen to talk about where you are from, your family and life at home, whilst you can practice your Kiswahili!

In your free time you can relax on the beautiful beaches, chat to your new neighbours or kick a ball around with the children. We will arrange for you to spend a day snorkelling on the coral reefs in the Kisite Marine Park and also some time to explore in Diani.

## ADVENTURE + FUN

After the three weeks of hard work it is time for some fun. The following 12 days will be spent enjoying some of the amazing adventure activities East Africa has to offer, organised for you and covered by the AV project cost. Here's what you could be doing...

### BUSH CAMP AND WILDLIFE SAFARI

Your route back to Nairobi just happens to pass the world's finest wildlife reserves! You will spend three days identifying a huge range of wild animals and birds. The safari will return you to Nairobi for a night in a campsite.

### CLIMB MOUNT KENYA OR ADVENTURE ACTIVITIES

*Mount Kenya* - You can choose to climb Mount Kenya, Africa's second highest mountain that offers some of its best views, accompanied and equipped by professional guides and porters.

*Adventure Activities* - Alternatively, you can choose our adventure activities on the banks of the Tana River, based in Savage Wilderness Safaris' comfortable Sagana River Camp. Activities include mountain biking, abseiling, rock climbing and kayaking.

## RAFTING THE TANA RIVER

The climbers will link up with the rest of the group before some serious white water rafting, followed by an evening camping by the river and reminiscing over the events of this action-packed day. The next day you can enjoy some kayaking, abseiling and rock climbing...or just chill out!

You will be accompanied by professional guides on all activities.

## NAIROBI AND RETURN HOME

For your last two days, we'll provide your group with transport for you to do whatever you like - shopping, visit the giraffes and elephant orphanage (on your doorstep), lunch at the Carnivore Restaurant and drive downtown to visit Nairobi's colourful curio markets and the National Museum; you choose as a group and the only thing you will have to pay for is the shopping! Finally, we will get you to the airport to catch your flight home.

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## Food + Accommodation

Whilst on the coast you will live in a designated AV house with fellow volunteers, not far away from the school where you will be helping. An important part of the AV venture is to live in local accommodation, shopping at the markets and helping where you can. The house will probably have a bedroom(s), a communal/cooking area and somewhere to wash. Electricity is intermittent at best, and you may not have running water or flushing lavatories. Instead there will be an outside pit latrine or 'long drop'. Wherever you will be staying, you will grow to love it and soon feel very much at home!

We encourage independence; you will be doing your own washing, keeping your new house tidy and help to prepare meals. This is the best way of getting to know people, being involved in the community and gaining the best possible understanding of living there – you are not a bystander watching from afar.

For the adventure activities phase of the venture your accommodation will mainly be on camping standards and you will have all food provided for you. You will need to boil water from a local source or purchase bottled water.

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## Dates + Costs

For current AV departure dates + costs please visit the website – [www.aventure.co.uk](http://www.aventure.co.uk)

### **AV PROJECT COSTS INCLUDE:**

Before departure:

- Pre-departure information, support and advice

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- A nominated member of the UK volunteer support team
- Advice on individual flight arrangements

#### In-country:

- In-country representative
- 24/7 in-country backup
- Meet and greet at airport (if arriving with the group)
- Airport transfer (if arriving with group)
- In-country induction course
- Transfer from induction course to school/project
- Accommodation
- Food allowance
- All transport during programme, except any internal flights
- Accompanied by a project leader
- Management of emergencies, including lost passport, illness, etc. whilst in-country

#### Upon returning home:

- Returning home advice
- Full telephone debriefing

#### **AV PROJECT COSTS DO NOT INCLUDE:**

- Flights
- Travel Insurance
- Country visas
- Meeting of non-group arrivals
- Accommodation for early/late arrivals
- Medical expenses, e.g. inoculations, malaria prophylactics
- In-country medical expenses
- Drinks, or bottled water
- Tips/gratuities - No tips/gratuities for AV staff are necessary or expected
- Spending money
- Extra activities that you choose to do
- Independent travel

**Still got questions?** We're here to answer them and remember if you want to talk to an AV volunteer who has been there and done it just let us know and we'd be happy to put you in touch! Contact the AV office on +44(0)1380 729009 or [info@aventure.co.uk](mailto:info@aventure.co.uk)