

# **KENYA VOLUNTARY DEVELOPMENT ASSOCIATION**

**“Development against Dependence”**



## **NYAMANCHE PRIMARY SCHOOL WORKCAMP DETAILED INFO SHEET**

*“KVDA welcomes you to come and witness the circumstances that dictate the current global systems and in a little way offer an assisting hand to foster real change in the lives of fellow human beings with humility, compassion and utter determination to enhance social justice.”*

**PROJECT: NYAMANCHE PRIMARY SCHOOL**

**CODE: KVDA/ STV /08D**

**COUNTY: MIGORI, KURIA, SOUTH WEST KENYA**

**THEME: GENDER SENSITIVITY: FOCUS ON FEMALE GENITAL MUTILATION**

**ORIENTATION: 8<sup>TH</sup> AUGUST 2015**

**TRAVEL TO THE PROJECT: 9<sup>TH</sup> AUGUST 2015**

**TRAVEL BACK TO NAIROBI: 30<sup>TH</sup> AUGUST 2015**

**DURATION: 8<sup>TH</sup> TO 29<sup>TH</sup> AUGUST 2015**

## KENYA: COUNTRY PROFILE



★ Project location (approximate)

### **ORGANIZATIONAL PROFILE SUMMARY**

Kenya Voluntary Development Association (**KVDA**) has the pleasure to forward this detailed information sheet as a confirmation that the preparations for **KVDA/STV/o8D** work camp that will run from **8<sup>th</sup> -29<sup>th</sup> August 2015** at **Nyamanche Primary School** are complete.

As you are aware, **KVDA** has since **1962** been an active partner in community development and has afforded the youth from Africa, Asia, Europe and the Americas opportunities to serve other society members by investing their time, skills, knowledge and money to render voluntary services in the most remote and usually inaccessible parts of Kenya where poverty levels are extremely high.

We hope that through your support and that of other like-minded development partners, we can mobilize human material resources to enhance active participation of those recipients to our services to rise to the occasion and address issues that hinder

**CAPITAL:** Nairobi

**REGIME:** Republic

**PRESIDENT:** Uhuru Kenyatta

**DEPUTY PRESIDENT:** William Ruto

**CURRENCY:** Kenyan Shilling (KES)

**BORDERING COUNTRIES:** Tanzania, Uganda, Sudan, Ethiopia, Somalia

**LAND AREA (KM<sup>2</sup>):** 571,466

**POPULATION (MILLION):** 39.4

**DENSITY (POP/KM<sup>2</sup>):** 67.7

**URBAN POPULATION (%):** 21.0

**OFFICIAL LANGUAGE:** English

**NATIONAL LANGUAGE:** Kiswahili

**MAIN TRIBES:** Kikuyu, Luhya, Luo, Kalenjin, Kamba, Miji Kenda

**MAIN RELIGIONS:** Christianity, Islam

**TOTAL FERTILITY RATE:** 4.6

**INFANT MORTALITY RATE:** 52.0

**LIFE EXPECTANCY AT BIRTH:** 58.9

**HIV ADULT PREVALENCE (%):** 6.3

(Source: Kenya Demographic and Health Survey 2008/09)

human and environmental friendly development approaches so that we sustain our collective efforts to eradicate poverty.

**KVDA** calls upon all volunteers to reflect upon their contributions in this worthy sector and harmonize their visions to make a tangible impact. We reiterate our commitment to assist you while in Kenya to the best of our abilities and as always, do welcome constructive criticism that is critical in efforts to take stock of the process and reinforce the vision for a better world.

## **PROJECT INFO-SHEET**

### **ORIENTATION**

Orientation for the volunteers will be done on the **8<sup>th</sup> August 2015** from **10.00 am** at the **KVDA Residence** in Kilimani-Nairobi and all the volunteers must attend in order to initiate the much-needed teamwork. It will entail, introduction, team building and group formation, visit to residential estates for both privileged (the elite) and the under-privileged (slum dwellers) to grasp and understand poverty levels in global south, psychological preparation and set out possible interventions. KVDA will be responsible for meals and accommodation for volunteers during the one-day orientation.

### **PROJECT PROFILE**

**NYAMANCHE PRIMARY SCHOOL** started the year 1981 as a Government School. The School supports children from the neighbouring villages. It consists of 600 (six hundred) pupils, 350 girls and 250 boys. The school has 12 teachers, 1 female and 11 male. It has 10 classrooms, 2 offices and 1 kitchen. The school has good academic record in the County.

### **MOTTO;**

“Strive for Excellence”

### **OBJECTIVES**

- To mould future leaders
- Maintain high discipline
- To reduce illiteracy level in the Community
- Create platform for volunteerism.

### **CHALLENGES**

- Cultural practice such as female genital mutilation
- Poor sanitation
- Lack of funds to facilitate the proposed development projects
- Dependency on external assistance
- Poor utilization of available resources

**AGE:** Volunteers have to be at least 18 years old to participate in the work camp. There is no upper age limit

### **PROJECT ACTIVITIES**

The school was started with the aim of having members of the community have access to education and more so the girl child. In this community, differences between man and woman dictate a difference in their social roles and this reinforces a notion that men are

more superior to women. Capacity building will provide both men and women with political insight and moral support in confronting gender issues. A woman's social status has led to marginalization. This was the very reason of starting the school so as to empower the girl child. The project involves different types of activities. These include:

### **PROJECT ACTIVITIES:**

Volunteers will work for six hours daily from Mondays to Fridays and will work together with the local community.

### **MANUAL WORK AND INTER-CULTURAL ACTIVITIES:**

- School construction
- Sand harvesting
- Tree planting
- Stones collection
- Pathways clearing
- Digging and treating of ant hills
- Home visits and topical discussion with the local people
- Sensitization of the community on the side effects of FGM
- Presentations on gender equality work to target groups
- Distribution of (Information, Education and Communication ) IEC materials, e.g. brochures
- Video shows on gender related issues
- Develop a strategy on the establishment of information centers where young people get information about gender and role models, share and discuss ideas and their own experiences with peers
- Excursion to Lake Victoria

### **WORKCAMP THEME: GENDER SENSITIVITY: FOCUS ON FEMALE GENITAL MUTILATION**

- Female genital mutilation (FGM) is a strong tradition in this community. It is illegal. But still more than one third of the women are circumcised and each and every young woman is subjected to the cut.
- The church has preached against FGM for decades but in spite of the deep devoutness the priests do not have enough power over the souls.FGM has nothing to do with religion; it is a so-called culture and tradition in certain groups.
- The practice is deeply rooted in views on chastity, transition to womanhood, "purity" for marriage and basically a wish to control women sexually. In certain areas the survival and fertility of the local community is assumed to be threatened if the girls are not circumcised. Many brave young girls who refuse FGM are regarded as "unmarriageable" and become outcasts.
- It is a brutal act, painful and has led to the spread of HIV/AIDS. Volunteers will be required to liaise with other Non-Governmental organizations like Red Cross in creation of awareness to the community.
- This project will equally provide the platform for the implementation of concrete actions develop from the research undertaken in the framework of the Gender empowerment project thanks to the Erasmus plus European commission

program to which KVDA-Kenya, UPA-Uganda, TYCEN-Tanzania, Lunaria-Italy, Grenzenlos-Italy and Concordia France have dedicated themselves to implement from 2014 to 2015

- The project will keenly focus on gender issues with the view to strengthen the capacities of both men and women in the ever-changing global scenario aware of the obtaining challenges where the women are more marginalized in the local community
- This grass roots cooperation with local partners will provide an added value to the project and will encourage also the local realities – often without access to the international dimension – in being involved in a large scale project where they could share knowledge and skills and to ensure an enduring and visible impact of the work done;
- This project will provide the youth with basic skills to enhance work-readiness and livelihood trainings to empower them to make sound career and life decisions; for example by starting an income generating business on their own. Therefore the youth will receive a market relevant learning and work experience/opportunities beyond the current education and training activities.

#### **EXCURSIONS AND FREE TIME ACTIVITIES:**

Volunteers will have the opportunity for excursions:

- There are possibilities for group excursion during the work camp and especially over the weekends and these will be done at an extra cost borne by the volunteer.
- Such excursions should be organized in consultation with the community leaders and the KVDA project facilitators will play a key role.
- It should also be noted that majority of Kenyan volunteers are either students or youths out of school and may not have money for such excursions and volunteers from other nations have no obligation to pay for those who do not have money. This issue should be handled with care so as to avoid possible conflict that would be injurious to harmonious relations among volunteers.

#### **DRUG ABUSE AND SUBSTANCE ABUSE :**

Drug and substance abuse in is a major hindrance to development. All categories of the population, from the youth to the old, men to women are affected. There is for instance widespread abuse of **cannavis Sativa**. Recently the use of **Mandrax** and morphine derivatives by students is on the increase. **Chang'aa** drinking and tobacco smoking is also on the increase among the youth. This has impacted negatively on education, social behaviour and health. It has also led to low levels of engagement in positive economic activities.

#### **TRAVEL ARRANGEMENTS :**

- ❖ Volunteers will travel from Nairobi as a team to the campsite on 9<sup>th</sup> August 2015.
- ❖ The work camp ends on 29<sup>th</sup> August 2015 and the volunteers travel back to KVDA Residence on 30<sup>th</sup> August 2015.
- ❖ Transport to and from the camp will be organized by KVDA.

#### **AIRPORT TRANSFER:**

Transfers on arrival to Jomo Kenyatta International Airport in Nairobi and departure from Kenya will be done by KVDA. Flight confirmation **MUST** be done by e-mail with full flight details provided. On arrival volunteers will be taken to KVDA Residence situated along Kirichwa Road House No. 77 (1), **Kilimani, Nairobi**. (From Nairobi

city centre board Kawangware bound bus number 46 and alight at Kirichwa stage and take the right turn straight and KVDA Residence is located at plot 77 (1), direct opposite **KATANAZI RESTAURANT**). It will cost Euros 30 to effect the transfers as indicated in the activity cost of the project appended.

#### **KVDA RESIDENCE ACCOMMODATION:**

Volunteers will be required to pay Euro 7 per day for accommodation. Meals will be served at the KVDA Residence on special request at subsidized rates. The KVDA Residence is situated in a serene atmosphere away from the hectic life that characterizes most cities in the world and this is an ideal location for replenishment.

It should be noted that the volunteers should take charge of their own accommodation and meals on after the work camp and volunteers interested in staying at the residence should make the required communication before departing from the work camp.

Bed only: **Euros 7 per night**

Bed and breakfast: **Euros 10**

Bed, breakfast and dinner: **Euros 12**

Bed, breakfast, lunch and dinner: **Euros 15**

#### **MEALS:**

While at the project:

- ❖ Volunteers will prepare their own meals in turns.
- ❖ Most of the foodstuffs will be Kenyan
- ❖ KVDA will provide the foodstuffs and mandates the work camp facilitator to administer the work camp budget

#### **CURRENCY:**

- ❖ Kenya Shillings is the common currency used in Kenya with denominations of 5, 10, 20, 50, 100, 200, 500 and the largest denomination of 1000
- ❖ One Euro currently is exchanging at over **Kshs. 100**
- ❖ Exchange rate against the US Dollar and Euro fluctuates
- ❖ Volunteers are advised against **Travellers Cheques** in Kenya as the Kenyan financial institutions do not honour them due to persistent fraud.
- ❖ Kindly beware that it is expensive to change your money at the Airport
- ❖ You will be advised by KVDA at the most convenient Forex Bureau where you can change your money with good value.
- ❖ Do not carry with you large denominations as this can expose you to robbery as is the case in major cities in the world.

#### **BAN ON PUBLIC SMOKING IN KENYA:**

Volunteers should beware that Public smoking is banned in major urban centres in Kenya and notable is in Nairobi where the Nairobi City Council is enforcing the by-laws. There are smoking zones designated at various spots in Nairobi and public smoking can attract heavy penalties and we advise the volunteers to comply with the Laws of Kenya.

## WHAT TO BRING

Participants shall be required to bring own sleeping bag, Mat, pillow, Mosquito Net, sun/mosquito creams/repellents, working gloves and boots/shoes. Light working clothes during working hours and warm clothes at night, as it may turn out to be chilly or cold; Musical instrument {optional}; Torch or flash light; Water purifiers {optional}; Personal effects {i.e. soap, toothpaste, toiletries.

Bringing your national flag, common art facts of your country; stories, games, picture and local recipes for cultural presentations from your country is advisable too for social interaction. **Please carry along anything that you feel can well introduce you and your culture to make it enjoyable.** Above all **do not** forget a happy and positive attitude and energy.

**NB:** short (Hot pants); skirts and dresses will not be culturally welcome especially for female.

Smoking in public is illegal while engagement in drug/harsh carries a life prison sentence.

Donations in form of old books or any learning materials, children clothes, medical donations toys, balls etc. towards supporting Women, Children and Youth initiatives.

## ACCOMODATION:

The volunteers will be accommodated in a house provided by the community. There are pit latrines and bath-shelters for use and we strongly advice volunteers to be flexible and easily adapt to the provision of other culture within the local environment and appreciate its uniqueness. Volunteers will sleep on the floor to experience the complex development challenges and will be expected to climb down to the level of host community, be guided on the customs and conduct and should not strive to portray living standards beyond their means. Special arrangements will be made in terms of accommodation for the elderly, those who are physically challenged among special cases for considerations.

## CULTURAL SHOCK:

Volunteers from the North are advised to come with an open mind and to be highly flexible to avoid falling prey into guilty traps that could easily dehumanize. Over-industrial development and globalization have deprived the Industrialized World of human contact and happiness and the less industrialized World has the moral obligation to offer guidance. North-South cultural, socio-economic, political imbalances should not be the basis for intercultural tolerance and understanding

## SAFETY PRECAUTIONS

There are more fears today in the world than never before and the situation has been complicated by the thorny issue of terrorism that remains a major drawback to efforts to accelerate sustainable development. This has led to some foreign Governments to issue negative travel advisories against their citizens from travelling to Kenya with perceptions that Kenya was insecure and vulnerable to terror attacks. KVDA reiterates that Kenya is calm and safe and just like any other county in the world, every visitor should be conversant with safety and security measures and the challenges experienced within the Eastern African region like the Somalia conflict should not be used to generalize on the issue of security in Kenya.

Volunteers should seek guidance from KVDA on extra curriculum activities they wish to undertake while in Kenya and always have the courtesy to share with KVDA information about their involvement in Kenya as volunteers and later as Travelers.

It is forbidden for volunteers from other countries to ride a bike, motor cycle or a car while serving on KVDA projects. This measure may seem extreme but is meant to safeguard the safety of the volunteers while in Kenya.



KVDA puts more emphasis on personal safety and precaution, advising volunteers to regularly liaise with KVDA on every move they make within the country and it should be noted that Kenya has in the recent past received negative media attention due to its foreign policy and especially the recent military incursion into Somalia by the Kenyan military in pursuit of the terrorists who have run down Somalia since 1992. There are positive results coming out of the fight against terrorism in the East African region and concerted efforts are needed to ensure that issues of terrorism are eliminated as nations dedicated themselves towards enhancing the “culture of peace”.

#### **DRESS CODE:**

The Kuria community enjoys great cultural heritage and are averse to permissive customs that would compromise their dignity. Female volunteers should beware that wearing shorts and trousers, as this would expose them and depict them negatively out of cultural misrepresentation. The fact is further compounded by the reality that members of the local community are religious and the elderly could easily misinterpret the intentions of the volunteers due to inappropriate dressing that does not conform to the local culture. Ladies are advised to wear skirts or long dresses and avoid as much as possible long trousers or shorts that could send wrong signals. In addition, male volunteers should be cautious against exposing their bare chests or wearing revealing shorts as this would be an affront to the local culture.

#### **LEADERSHIP PHILOSOPHY:**

For a work camp to fully draw spontaneous experiences, **KVDA** puts emphasis on facilitation as opposed to leadership in its technical context. There will be one facilitator whose roles will basically to offer guidance as every volunteer is expected to be mature and dynamic to exercise self-leadership and discipline. Conflicts are resolved by consensus and there is no officialdom and manipulation that are products of conventional leadership. Teamwork is encouraged and the success or failure of a work camp where the facilitator competently execute his tasks is the responsibility of all volunteers.

#### **ENTERTAINMENT:**

The Kuria community is known for its unique culture as seen during cultural rites of passage like traditional marriages; etc., where traditional dances are performed to color the event. Famous tradition dance that has a strong and capitalizing impact to the community; There will be camp fire all night as volunteers enjoy the beautiful African sky full of twinkling stars and it is important to note that this is symbolic as volunteers seating around the fire will be expected to share and discussed burning issues cutting across socio-economic, cultural and political divide in the spirit of learning process. Invited guest speakers from the community will also be part of the camp activities. Cultural nights will also feature as part of informative, educative and entertainment.

#### **SUPPORTING THE NEEDY:**

**KVDA** as a developmental organization invests heavily in development education empowerment and capacity building via its philosophy of “**DEVELOPMENT AGAINST DEPENDENCE**”, we discourage communities from always being at the receiving end of development programs but strive to employ own strategies to achieve true development and restore their own cherished human dignity.

Human centered development is the key focus of **KVDA** intervention strategies and **KVDA** has the commitment to mobilize resources in partnership with development

partners. **KVDA** will ensure that the right procedures and systems are in place and development should not be a tool of the “haves” to suppress the “have-nots”. Willing volunteers can carry any medical donation. Please feel free in case you may require more information on a specific area that interest you and persuaded to support a long-term project.

**SOURCE OF INFORMATION:**

**KVDA** advises volunteers to seek for information from the right source and openly raise issues that are burning to avoid speculation that could compromise their dignity. **KVDA** as the host organization is well placed to guide and advise volunteers on real situation in Kenya and we caution our guest against falling prey to “cheap” offers e.g. hotels, tours etc, for when a deal is too good think twice. Kindly trust **KVDA** to assist you during your stay in Kenya and have a memorable fulfilling stay

**KISWAHILI TRAINING PROGRAM {OPTIONAL}**

Kiswahili training program is tailor –made to suit volunteer’s preference and open to individuals keen to have basic knowledge in Kiswahili that is spoken in East Africa. A ten days program is organized in a serene atmosphere in order to capture the quench for thirst among volunteers. Those willing to participate in the program should inform **KVDA** at least two weeks before arrival. Charges; **EUROS 200** all inclusive

**EDUCATIONAL TOURS**

**KVDA** Organizes tours to spectacular sites of Interest and the fees charged is all inclusive of meals, accommodation and tour guiding. This can be held before the start of the work camp or after and those willing to participate must apply the same at least two weeks before arrive to enable **KVDA** put its acts together.

Below are the charges:

- 3 days tour to Masaaai Mara National Park – **350 EUROS**
- 4<sup>th</sup> day tour to Lake Nakuru i.e. (after Masaaai Mara) an extra **150 EUROS**
- Nairobi National Park (One Day) **150 EUROS**

**EMERGENCY CONTACTS:**

Below are contacts for **KVDA** personnel that will be useful in case the volunteer requires assistance from the organization:

**EXECUTIVE DIRECTOR: 0721 650 357**

**REGIONAL COORDINATOR: 0722 710 663**

**WORK CAMP ACTIVITY COST:**

<b>ITEM</b>	<b>DETAILS</b>	<b>COSTS</b>
Airport Transfers	Transfer to and from the airport	Euro 30.00
Participation fee	Meals and accommodation at the project + <b>KVDA</b> administration	Euro 200.00
Orientation	Accommodation, meals and city tour	Euro 30.00
Transport	Fares to and from the project	Euro 40.00
<b>GRAND TOTAL AMOUNT</b>		<b>EURO 300.00</b>

## **WHAT IS INCLUDED IN THE PARTICIPATION FEES?**

- Project preparation costs
- Airport transfer
- Transport to and from the project
- Communication costs
- Certificate development
- Office administration and support
- Orientation (meals & accommodation)
- Coordination
- Meals during the project

## **WHAT IS NOT INCLUDED IN THE COST?**

The following costs are NOT included hence the volunteers are expected to cater for them:

- Flights to and from Nairobi
- Travel Insurance
- Visa costs
- Accommodation in Nairobi before orientation day
- Accommodation after the workcamp
- Cost of drinks like soda, beer, mineral water etc
- Cost of sightseeing
- Local travelling while in the project
- Costs of excursions



**CONFIRMATION DEADLINE:**

Confirmation by volunteers participating in the **Nyamanche Primary School** work camp should be done in advance.

Looking forward to a good working cooperation and please feel free to seek for clarification.

For more information please contact:

**EXECUTIVE DIRECTOR,**

Kenya Voluntary Development Association,  
Kirichwa Road, off Argwings Kodhek or Ngong Road next to Adams Arcade,  
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P.O. Box 48902-00100

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