

ASPECTS TO CONSIDER

ARRIVAL IN NAIROBI

A brother or cousin of Lucy will pick you up at the airport (they will come with a sign that says Chazon Africa or your names).

If you arrive in the morning: You may have to take a taxi with him that will cost you around 2,500 (€ 25) to go to the matatus station to catch the matatu (a van that operates as public transport in Kenya) to Nakuru that costs 800 kshs during the week (about € 8 approx.) you can also decide to take a Taxi direct from the airport to molo which will cost you around € 90.

When you arrive in Nakuru, a relative will surely pick you up and from there you will take another matatu for Molo that costs 200 kshs or 250 kshs (about € 2.50 approx.)

If you arrive at night: Instead of going from the airport to the matatus station, you will go to the house of Lucy's sister, Liz, or her brother, Patrick, to spend the night. You will leave in the morning for Molo in Matatu. You have to cover the expenses for that night in Nairobi: about € 45 which will include a night at the home of relatives in Nairobi and a taxi to the matatu station in the morning.

If they come by car to pick you up at the airport, you will have to pay for gasoline and it will be the same price (about € 25).

The trips both from Nairobi to Nakuru and from Nakuru to Molo, you will do it alone.

You will not have to pay anything in advance, once you arrive at Molo Lucy will tell you how much is the total (stay in Molo, Nairobi and transport).

VISA

You can get your tourist visa at the Kenyan Embassy from your country, you can get your visa at the Nairobi airport as soon as you arrive, check your countries requirements for visa processing. It is very easy, before picking up the suitcases you will find a control to pay for the visa. They will ask you some questions, they will make you pay about € 40 (they accept both euros and dollars) and they will give it to you. It will last you three months. Notice that they put you three months on paper even if you are going to spend less time in case you want to stay longer later. If you stay more than three months you will have to go to renew the visa.

MONEY

The currency of Kenya is the Kenyan shilling and its equivalent is, more or less, the following:

1 euro = 100 ksh

So the conversion is easy.

Take euros from Spain, no need to bring dollars (the change from the euro to Kenyan shilling is better).

We recommend that you exchange some money at the same Nairobi airport where there are exchange offices in case you need to pay something during the journey from Nairobi to Molo.

In Molo there are two banks with ATMs and you can withdraw money if you have a visa card. We do not recommend that you travel from Nairobi to Molo with a lot of money on you. In the bank of Molo they change euros to shilling although the best change will be found in the exchange office in Nakuru (always from euros to ksh).

ACCOMMODATION

You will stay at Samuel and Lucy's house.

They do not live-in huts, but they are not very luxurious houses either. Thanks to Virginia (an American volunteer who helps them) there is now a bathroom and a shower at home although it is possible that sometimes the water comes out cold or ... that it does not come out.

You may have to share a room with the other volunteers. there are some rooms for volunteers next to Lucy and Samuel's house in which there is also a bathroom and shower.

There is also electricity, and you can recharge mobile phones, computers, etc. The plugs are three-pin like the British.

It is very likely that there will be water cuts in Molo or electricity (there are often) and that you will have to shower with buckets.

In the school and the orphanage there are only latrines (a hole in the ground). It is not very pleasant but... it is quite an experience!

The school and orphanage are a bit far from the town (about 3 / 4km). In the morning you can go by matatu (about 30ksh) or by motorcycle-taxi (about 50 ksh) and on the way back you can return in the same way or walking with the children and teachers. Try to bring the right money from the matatu or the motorcycles so that later they do not tell you that they have no change.

FOOD

It is quite basic, made from potatoes, rice, ugali (a paste of cornmeal mixed with water that is very tasteless but which is the basic sustenance in Kenya).

At school you will eat the same as the children because they do not want to make differences between the children, teachers, directors and volunteers and it is usually the same every day ... ugali with a kind of chard which they call sukuma wiki which literally means "to stretch the week"... And on other days white rice with beans ... cheer up!

If you do not want to eat it and you are going to take your own food, do not eat it in front of the children, do it in the office. You can give your plate to a child that you know is basically based on that school meal.

In the morning you will have a good breakfast. Tea or coffee and sliced bread with butter and jam. Both coffee and butter and jam are luxury items that you will never find in a family home in rural Kenya but they will have it for you.

Fish is hard to come by and is expensive and meat you will surely eat one day but not in large quantities. If you are going to spend a long time, you can take a vitamin complex with you if you think your body is going to notice the dietary change.

Anyway Lucy is trying that in the home menu there is variety and that the diet is the most balanced possible for the volunteers taking into account the western standards. In addition, for about € 3 you have the possibility of eating a plate of chicken with potatoes at any "hotel" (restaurant) in Molo.

Any extra food that you want to eat you will have to pay for it.

As for water, never drink it directly from the tap. At Lucy and Samuel's house they always boil it and they will tell you where to get

it from. To school and orphanage always bring a bottle filled with water from home because there you will not have water to drink.

There are also stores where you can buy bottles of water in case you don't want to drink the one from home.

IDIOM

The two official languages in Kenya are Kiswahili and English, but on the street you will not hear English unless it is addressed to you. They will call you "mzungu!" which means "white man" in Kiswahili.

Younger children do not speak or are fluent in English, so if you need to do an activity with them, ask a teacher to help you.

They tend to appreciate the fact that you learn a word in Kiswahili such as:

Hello - Jambo

Thank you very much - Asante sana

How's it going? - Habari

Please - Tafadhali

Very good - Mzuri sana

Yes - Ndiyo

Goodbye - Kwaheri

No - Hapana

CLOTHING

Molo is located at 2,506 meters above sea level so it is not hot.

Take short-sleeved clothes but also long-sleeved clothes to cover up, especially at night. Although it may not seem hot to you, take high sunscreen because the sun at that altitude burns a lot!

As for footwear, most of the streets are not paved and when it rains everything gets muddy and it is difficult to walk so take shoes, boots or whatever is more comfortable but closed to walk around the town. Also some flip-flops for the shower and to be around the house. Take off your shoes before entering the house, Molo only has one paved road and you will surely arrive home with your shoes full of dust or mud, so it is common in Kenyan houses to take off your shoes before entering.

Molo is a rural area so it is requested not to wear extremely short skirts or pants or very tight or sleeveless clothes.

As utensils, also take a mosquito net, a sleeping bag (confirm this with Lucy because many volunteers have left bags and mosquito nets there) and a flashlight.

Do not worry about basic necessities (soap, deodorant, etc. ...) if you It ends, in the supermarket of Nakuru you will find everything, yes ... at European prices since those things for them are not essential and are prices for wazungu.

VACCINES AND KITCHEN

To travel to Kenya, you have to get vaccinated. Your doctor will tell you what to do.

If you go for social security, ask for an appointment directly at "Tropical Medicine". If you go privately, talk to your doctor.

In the following link of the Traveler Service (Ministry of Health) you can find the vaccination centers in your town:

<http://www.msps.es/ciudadanos/proteccionSalud/vacunaciones/viajero/home.htm>

Bring you a basic kit. Some recommendations in the following links:

<http://www.losviajeros.com/modules.php?file=article&name=News&sid=36>

<http://www.traveldoctor.co.uk/>

Many volunteers leave their medicine cabinet in Chazon before leaving. At school, leave only basic medicines such as paracetamol, ibuprofen, gauze, bandages, plasters, wound disinfectant, etc. If you have stronger medicines such as antibiotics, talk to Lucy and Samuel since there is a friendly pharmacist who is in charge of keeping it and managing it.

If you leave the medicines, please leave written in English what it is and what it is for since the leaflets are in Spanish and they will not understand it.

Volunteers are asked to take a look at the school medicine cabinet from time to time and organize it as there may be expired or untranslated medicines.

TRAVEL INSURANCE

With Chazon Africa it is mandatory to take out travel insurance that covers the stay that you are going to be there. If any of you travel alone, I recommend that you give the insurance details to another volunteer or to Lucy or Samuel in case something happens to you so that someone knows where to call.

In the following link you can see what to look at in travel insurance:

<http://www.segurosdeviajebaratos.com/seguro-de-viaje/elegir-seguro-de-viaje/>

And you can also take a look at this travel forum:

<http://www.losviajeros.com/index.php?name=News&file=article&sid=201>

<http://www.comoviarporelmundo.com/planificacion/seguro-de-viaje/>

RELIGION

In Molo, as in the rest of Kenya and African countries, the population is very believing.

For the people there, especially from the more rural areas, it is very difficult for them to understand that there are other people who are not believers and it is possible that, if this is your case, they will ask you many questions about this issue or that they will tell you about God. .

Lucy and Samuel are pastors of an evangelist church but they are very respectful of the beliefs or non-beliefs of others, so we also have to be respectful.

They bless the table before every meal, even in public places. They may ask you if someone wants to bless her (for them it is an honor) but if you don't want to, they won't take it badly either, they will do it anyway. Do not do anything with which you know that you will be uncomfortable, but be tolerant, respectful and open with their customs.

On Sundays Lucy and Samuel go to mass and you may be invited to go and participate in it. You are not obliged to go and they will not take it badly either. They may ask you to go and present yourself in front of their evangelical community, then you can stay, go or stay outside playing with the children. Their celebrations are also a whole cultural experience, especially the songs.

INTERNET AND PHONE

In Molo there are a few cybers to connect to the internet at 1 or 2 shillings per minute. In Nakuru there are also cybers and the connection in some is good, you can take advantage of Sundays to travel to Nakuru (it takes 45 minutes and costs € 1 with 50 the ticket) to connect or to call by phone that there are also call centers where it is cheap to call .

If any of you want to take your laptop with you, you can buy a modem from the Safaricom company at Molo or Nakuru to connect it to the prepaid USB port. The modem costs about € 20 and the balance is charged as a prepaid mobile (you can recharge it in Molo). Anyway the connection in Molo with this type of modems is very bad and desperate in some areas.

If you can take a free mobile and buy a prepaid Safaricom SIM card (you can buy it at the same airport as soon as you arrive). The message to Spain costs approximately 10 euro cents and with about € 5 you can talk by calling Spain for about 10 minutes.

If you have whatsapp on your phone make sure that the contacts are saved on the phone or in the gmail account and that all contacts have the country code so you can buy "bundles" (prepaid internet) for your phone and use whatsapp to contact your family and friends.

If you don't have a free phone, you can buy one for about € 30 in Nakuru or Nairobi. They are imitations made in China but they will serve you for the time you are there.

THINGS TO BRING TO SCHOOL AND ORPHANAGE

There are some companies like Virgin Atlantic, KLM, Kenya Airways, Swiss Air, etc. With which you can check in two suitcases of 23kg each plus a carry-on of 10kg.

Some volunteers check in two bags, one with personal things and the other with supplies for the school or the orphanage.

If a family member or friend gives you money, we recommend that you do not spend it buying things in Spain. It is better to take it and invest it there since in Nakuru you can find everything with lower prices than in Spain. In this way, you help the local economy by buying in the stores in the area instead of bringing things from here. Also, there are things like textbooks or uniforms (compulsory in Kenyan schools) that we cannot find here.

One thing you can take with you, if you have any, are pads for seventh and eighth grade girls. Girls cannot afford pads so many stay home during menstrual periods which causes them to miss a lot of classes. Anyway, in Molo and Nakuru you can also buy much cheaper than here, so if you have money to spend there, the pads are a good investment, they leave them at school and the girls who need go to a teacher to ask for them.

Lucy will show you a list of mini-projects in which you can collaborate with your money and will ask you to choose what you want to invest your donation in.

At Chazon Africa we insist on the importance of not carrying anything that is left over. Bring useful and necessary things and always keeping in mind that what you carry will help the children but that it will not negatively affect other people in the community. An example is that the fact of constantly carrying school supplies purchased in Spain means that the sales of the local stationery in

Molo have dropped and therefore their income as well. You have to be consistent with the actions that are carried out and take into account all the pros and cons. If you do not trust to give the money to buy school supplies, go and buy it yourself with a teacher, but invest in the same people in the community so that everyone wins, let's not make the visit of the mzungu to Molo generate conflicts between them or collateral effects once we're gone.

SAFARIS AND EXCURSIONS

If you have money and time you can do a safari or an excursion since Kenya has many places to visit.

Those who go for a few days or do not have much money can do a day safari in Lake Nakuru and, if you are lucky, you will see a lion!

Be careful with the safaris you take ... there is a lot of scammers on the loose and they promise a lot and then they are not prepared. Lucy has a friend in Nakuru named Peter who runs a tour company, but... even if he's a friend... haggle! You are white (for them you mean dollars or euros) so they will try to get as much money as possible ... stay tuned and don't get ripped off! since haggling is something that enters into their daily lives.

The train from Nairobi to Mombasa is a recommended trip:

<http://www.eastafricashuttles.com/train.htm>

In Nakuru, apart from the lake, you can visit the crater, in Kericho the tea plantations (to enter it is advisable to make an appointment), in Kisumu Lake Victoria. You can visit Mount Kenya, etc.

A very touristy place is Lamu, a small island, but currently it is not recommended to travel there since there have been kidnappings of tourists by Somali militias.

TOBACCO, ALCOHOL, ETC.

In Nairobi you cannot smoke on the street, or outside the airport. There are designated smoking areas throughout the country, including Nakuru.

Smoking and drinking are not very popular, especially in rural areas like Molo. There are people who do it anyway but for many it is something very frowned upon, especially for women. Lucy and Samuel are aware that in western countries it is much more common to smoke and drink for both sexes and they, even if they do not like it, respect it as long as it is smoked and drunk in designated places.

Never take a beer home or smoke at school or at their house and please do not smoke in front of the children.

As with religion, you have to be respectful of their culture. There have been volunteers who have smoked in the street and in front of children, something unacceptable and disrespectful. This has created problems for Lucy and Samuel with the community since they are the ones who welcome you at home. Please, if you smoke, do so discreetly and never in front of children or on the street.

In the "hotels" (which are really bars or restaurants without bedrooms) they sell drinks and, if you ask for a beer, ask for it cold or they will give it to you on time!

In certain areas it may seem wrong for them to take photos without permission, they can get upset and many will say yes in exchange for money... Ask for permission beforehand.

As for couples, displays of affection in public are not frowned upon either.

YOUR FINANCIAL CONTRIBUTION

The volunteer must pay € 150 weekly to cover accommodation expenses. You do not need to carry dollars, take them in euros since the exchange there to Kenya shillings is better.

20% of your money is used to cover your stay in the house (food, water, electricity ...), 10% will be entered into an account open only to save money to continue building the orphanage in which 22 children currently live of the school, and the rest will go to one of the mini-projects that are in the school or in the orphanage at that time such as buying food for the children, buying materials, improving the facilities, etc.

CULTURAL ASPECTS

You may meet or see situations that you do not understand or with which you do not agree. The fact of coming from a western or so-called “developed” country does not give us the right to tell them what to do or how to do it. Our development does not have to be theirs and their way of thinking, their way of doing things, their culture and beliefs must be respected. They have their own educational system and we are the ones who have to adapt to it, not they to us.

People will also approach you to ask for things or money and they may speak ill of Chazon to get them.

Lucy and Samuel often find themselves in difficult situations with people in their own community. They have become references within it and for many neighbors having wazungus nearby is a symbol of wealth. It is you who have to make it clear that you are there for the children and for no one else and that you cannot help everyone.

Please be respectful of people and culture. You are the image of Lucy and Samuel and they are the ones who are always there because, after all, the volunteer spends a few weeks and always ends up leaving.

VOLUNTEERING

A few years ago, 10 volunteers were welcomed at the same time, but since April 2012 more rooms have been built for volunteers, so a maximum of 18 can be put together.

The place is confirmed once you send the copy of the flights purchased. Places have been saved for people who have assured us that they were coming and we have said no to others due to lack of space and in the end those who assured us that they were coming have backed down, that is why we only confirm a place when the tickets have been bought.

Volunteer work is very varied. Keep in mind that you are volunteers, not cooperators. Basically you will be with the children in the classes helping the teachers or doing activities that you can think of both in class and outside. You can also help in the kitchen or if there is a construction at that time help with it. If you have a specific profession related to education or health, you can help by giving first aid training to teachers, or pedagogical training to them.

During the time you are there, what you can contribute the most is your love for the children. Remember that most of them are inattentive and that only by dedicating our time and smiles to them you are already doing a lot since in a short period of time it will be difficult for you to see radical changes and improvements in children with your eyes.

In APRIL, AUGUST AND DECEMBER the school closes for holidays for a few days (all schools are obliged to close). During those days it is

possible that the volunteer visits the children's homes to get to know the reality more closely. It changes a lot to see a child at school with his uniform to see him at home where they have nothing.

All the activities are optional and if you are not comfortable in any of them the best you can do is talk about it with Lucy and Samuel, they will understand. Sometimes the visits are tough.

Your help both with money and with your dedication is a grain of sand that together with other grains of sand do great things! That is why you are so necessary!

We recommend that you watch this video where the difference between a volunteer and a volunteer is explained well:

<http://www.canalsolidario.org/noticia/viajar-al-sur-en-clave-de-solidaridad-como-cuanto-tiempo-para-que/23677>

Remember: Our development is not the only and universal one. For a long time, and even today, Westerners have acted with a very ethnocentric vision, that is, interpreting reality from their own parameters and believing that their cultural practices are superior to the behaviors of other groups.

Valuing cultural differences is a way of enhancing our own history.

We are not the one to tell you what to do and how. If something about their customs, beliefs or culture needs to be changed, let them decide what, how and when

<http://www.youtube.com/watch?v=LtzQPN3VtkI>

Asante sana!!!