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Kenya Healthcare and Community Volunteers

Adventure



Relaxation



Culture



Trip Name: Kenya Healthcare and Community Volunteers **Trip Code:** KEMC **Duration:** From 2 weeks

Trip Highlights

- Immerse yourself in Kenyan Culture
- Care for local children in Childcare centres and Pre-schools
- Opportunities to visit some of Kenya's most famous safari destinations during your free time
- Put your medical skills to good use and get some valuable experience*
- Make new friends and memories that will last a lifetime
- Learn a bit of Swahili



Overview

Volunteering abroad in Kenya is a great way to enhance your medical experience and make a huge difference with your expertise. Kenya is one of Africa's poorest countries and you can help by giving locals access to a better standard of healthcare.

Depending on your level of medical experience and expertise you'll be volunteering in public health care centres, hospitals, childcare centres, pre-schools or community projects. Wherever you are placed you'll be taking part in some thoroughly worthwhile and rewarding programmes.

*Subject to having the relevant medical qualifications, expertise and approval from local authorities.

Please note: to take part in this programme you must be studying or qualified in healthcare

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Destination Info

This project is based in the town of Limuru, north west of the country's capital Nairobi; it is located on the eastern edge of the famous Great Rift Valley and most famous for its amazing tea plantations! Limuru offers the chance to sample 'laid-back Africa' with beautiful scenery, rolling hills and some of the best tea around!

Itinerary



Kenya's population is hugely affected by the struggles of HIV/AIDS, poverty and unemployment. It is known to be one of the poorest countries in Africa. Kenya's health care infrastructure suffers as a public service sector resulting in an enormous deficit of medical staff and resources. There are countless possibilities to impact the lives of those that are affected by these problems, such as in orphanages, schools, and public health centres surrounding the Limuru area.

Since June 2009 to date this project has become established in the three public health centers, and as a volunteers, you will acquire knowledge, share skills, and have the chance to build relationships within the local community.

Your medical background will determine your placement at the various public health centres' or hospital, where you will be able to gain observational experience alongside local staff and improve patient care efficiencies by assisting with medical record documentation.



PCEA Kikuyu Mission Hospital

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This is a large general hospital that offers medical care to the community regardless of whether they can afford their treatment or not. The hospital is therefore buzzing with patients, and doctors attend to around 350 patients a day and so it is a great environment for you as a volunteer to experience and learn about healthcare services in Kenya. This hospital is particularly well-known for its specialized eye unit. It has a variety of departments and wards that volunteers can be placed, such as the maternity ward, orthopedics, the HIV and diabetic clinic, theatre/surgery, nursing and emergency care.

Karuri Hospital - For qualified healthcare practitioners only

Karuri is a small government hospital with an out-patient unit, dental unit and maternity unit. The maternity unit consists of a delivery room and ward, family planning, mother and child clinic and antenatal clinic. Karuri also has a small lab that you can experience. The hospital is also slowly phasing in a community outreach program that involves bringing basic healthcare to people that aren't able to get to hospital. At Karuri you'll have great opportunities to learn about all units as well as, if the opportunity arises, preparing and presenting workshops for staff or patients.

Public Health Centres

As a volunteer you are able to experience various departments including laboratory, maternity, pediatric and child-care unit, comprehensive care clinic (HIV & TB patients), counselling, orthopedics, administration, outpatient care and pharmacy. There are a host of opportunities to gain observational experience, share knowledge with local qualified health professionals and learn about providing care with often limited resources. The exposure to healthcare care in an African country is certainly an eye-opener!



Childcare centres and Pre-schools in Limuru

There are over a million children in Kenya who have lost parents to AIDS, of which only 5% get any kind of support. There is a huge need for volunteers in childcare centres and children's homes. There are several centres for vulnerable children in Limuru that we are involved with. These children come from backgrounds that have been affected by HIV/AIDS, abuse, poverty or illness. These children are in need of love and attention. Many of them are developmentally delayed and need extra attention in order to promote their development. The children's ages range mainly between 4 and 15 years.

These childcare centres offer opportunities to become involved in:

- Helping with the teaching of the children under the close supervision of local staff
- Building/improving the facilities to make it feel more like home for the children: by painting pictures on the walls etc. Some of the childcare centres we partner with are building to expand and improve their facilities. Your pair of hands will be greatly appreciated in this practical work
- General care such as cooking for the children's meals or organizing sports and play activities to promote the well being of the children
- Assisting the full-time staff in offering moral support and guidance to the children, training of basic life skills and any activities for various rehabilitative programmes in the childcare centres
- Creating and teaching and children various arts and sport activities that make creative use of their time and hone their hidden skills and talents

The children are very energetic and will gladly challenge you to a game of basketball or football. You will have a chance to make a huge impact on these children's lives by spending time with them, and contributing to their learning and development.



Here is an example of a typical weekday on the project. This is a guideline and you should remain flexible as itineraries may change when needed to best serve the community.

Monday to Thursday

8:00am - Set off from your accommodation to your project - the drive takes between 20-40 minutes

9:00am - Start work at your placement

12:30pm - Lunch break, you'll be given a packed lunch

1/1:30pm - 3/3:30pm - Return to your placement

3:00 - 3:30pm - Home time! You will be collected from the project and taken back to your accommodation

Evenings: Share your days experiences with your fellow volunteers over dinner, followed by evening walks or outings to The Limuru Country Club

Volunteer evening event nights (every Thursday)

This initiative involves all volunteers present at any given time. At least two volunteers organize and facilitate this activity and carry it over to the next week where another two volunteers take over...and so on. It involves coming up with creative games, quizzes, trivia, talent shows, etc, that helps with team building amongst the volunteers.

Volunteer Limuru Market Challenge/ Group Activity (every Friday)

Every Friday morning there is a volunteer group activity that will either be at one of the community projects or somewhere else as directed by the coordinators. Also, once in a while the coordinators will organise a volunteer Limuru market challenge. This is slightly like a treasure hunt, only that this particular challenge is aimed at educating the volunteers on the culture and people of Kenya.



Your weekends are your free time to spend as you please. You may like to relax and chill out at the volunteer accommodation or take part in some of the optional activities available such as an exciting safari in one of Kenya's famous and beautiful national parks.

Masai Mara

Most visitors to Kenya make time to experience the Masai Mara National Reserve, the northern extension of the Serengeti. Well known for the renowned migration of 1.4 million wildebeest (usually between July and November), the Masai Mara is famous for its prolific game-viewing and abundance of predators all year round, and boasts the country's highest wildlife density. Spend your days exploring the beautiful surroundings and searching for those unforgettable wildlife encounters. The Mara experience is a must and will never disappoint.

The in-country team will also have plenty of suggestions on things to do and places to visit during your time off.

Accommodation

You will be staying in the project volunteer house. Accommodation will be on a sharing basis and you will generally be sharing your room with between one and four other volunteers on a same sex basis. Bedrooms are fully furnished and there are a number facilities at the centre including internet and phone services (a small fee may apply). A laundry service is provided twice a week and the house has running water, hot showers and flushing toilets. All bedrooms are provided with lockers and padlocks so that you can store away any valuables during your stay. The accommodation is in an ideal location as it has around the clock security and breathtaking surroundings.

Programme Services and Facilities

Internet

You will have broadband Internet at Brackenhurst Baptist International Centre at a cost of about US\$ 1.50 for twenty minutes.

Telephone

The international dialling code for Kenya is +254.

To place an outgoing, direct dialled international call, dial +44 for the UK, +49 for Germany, followed by the telephone number. For example to call Real Gap, dial +44 1892 516164 / +49 69 222226-475.

Mobile phone signal can be varied. If you are taking your phone with you, please ensure that it is set up for roaming. It is also a good idea to get your phone unlocked, so that you can purchase a local, Kenyan SIM card with either Safaricom or Celtel if you get the chance, which will give you signal almost everywhere and will allow you to call and text home cheaply.

Money

How much spending money you need differs from person to person and depends on how much you shop, drink and eat besides the meals provided for you. We recommend that you allow a figure of at least 500KSH (approx. US\$5) per day for extra spending. It is also important that when deciding how much money you bring, you take into account what optional activities you anticipate participating in.

You should try to carry cash preferably in Kenyan Shillings, US Dollars and/or Pounds Sterling. Please note that you will not be able to purchase goods in USD or STR but you will be able to exchange the currency easily at a bank or bureau exchange.

Be aware that if you are bringing USD notes, they should be post 2000 or later issue and the larger notes (\$50 and \$100) are awarded the best exchange rates. We strongly advise against bringing travellers' cheques, but if you choose to bring them, be aware of the following: Travellers' cheques should be a well-known brand such as Thomas Cook, American Express or Visa. In Kenya, travellers' cheques can only be cashed in Nairobi but attract significant commission charges. A larger percentage of cash over travelers' cheques is probably best for your trip.

Cheques in other currencies (e.g. Canadian or Australian dollars etc.) are not recommended for African travel.

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Credit cards, on the other hand, can be convenient (but again only in Nairobi), but please do not rely on them as your main source of funds, as there are many places where they are not accepted, particularly for cash advances. You will be able to draw Kenyan Shillings from cash machines at shopping centre's not far from your placement using a VISA / MASTERCARD at a decent exchange rate.

Mail

If people wish to send you mail, they can use our mailbox. The address is: PO Box 541-00217, Limuru, Kenya. However, please don't send any valuables, as the postal service in Africa is not completely reliable and is generally slow.

Laundry

Your laundry will be washed and folded for you free of charge and you will be given a laundry basket to use for the duration of your stay. We recommend that you do not bring clothing that you are too concerned about being damaged as our facilities are basic by first world standards and we do not want to ruin your favourite clothes.

Electricity

Kenya uses 3-pin plug sockets, therefore you will be able to use English style plugs, but also bring an adapter with three large round pins as this type of sockets are also found.

There is electricity at your volunteer accommodation and you will be able to use all normal electrical appliances such as hair straighteners; iPod; camera chargers, etc.

Meals

Breakfast, lunch and dinner are provided. Your breakfast will be available on a help yourself basis and usually consists of cereals, or porridge, toast, fruit, tea and coffee. You'll take a packed lunch when at the project, provided at your accommodation or a local lunch at the placement. The cook will provide dinners, so you can expect a lovely cooked meal in the evenings. Vegetarians can be catered for. There will also be a laundry and housekeeping service on a regular basis.

What's Included

- Airport transfers between 6am and 10pm
- Orientation upon arrival
- Daily transfers to and from project
- Accommodation
- Three meals a day
- Weekly laundry service
- Support and assistance



What's Not Included

- Flights
- Travel insurance
- All visas for border crossings
- E-mail/Internet and telephone calls
- Soft drinks, wines and spirits
- Transportation that is not related to the project



Is This Trip For You?

Volunteers who hold medical qualifications, skills and expertise will be placed in the local clinics or hospitals (this will be determined by their level of qualification/experience).

You may be the only volunteer at your chosen project at any one time. However, you will still have the full support of your in-country team and those at the project. If you are looking for a group volunteering experience we have plenty of options for you to consider.

What to Pack

Please note that this kit list is intended to help you plan what you may need to take with you and therefore you may not need all of the listed items on your travels.

Please be aware that the temperature in Limuru, due to its location up in the hills, is quite cold at night and in the early mornings all year round. In addition the weather can change considerably from summer to winter and in the winter evenings the temperatures can fall below freezing. As a result we ask that you please check the climate for when you are going and pack accordingly, although you will need warm clothing such as jumpers and warm jackets for the evenings in Limuru no matter when you go.

Losing baggage is always a concern, and especially so if you are travelling to Africa. As a result we recommend that you take all your essentials and most importantly valuables in your hand luggage, as well as some spare clothing for a couple of days, just in case your baggage does go missing, don't worry though, in this event you will most likely get your bags back in the next couple of days.

Personal Admin

- Passport, insurance certificates and personal documentation
- Photocopies of all the above to be left at home with your next of kin
- Spending money
- Cash for your visa upon arrival (in hand luggage)
- Proof of inoculations (please speak to your GP about necessary immunisations)
- Secure, waterproof bag for documents and money: sealable plastic bags will do

General

- Small sewing kit
- Plastic bags/Large Ziploc bags for storing things, or separating clean and dirty clothes in your back pack
- Personal hygiene kit, toiletries and towel
- Silk or Cotton Liner: Ideal for hot nights or as an extra layer to your sleeping bag
- Sunglasses (high UV protection)
- Sun cream (high factor needed)
- Small torch (head torch is preferable)
- Diary and writing pens
- Camera/batteries/film or memory card
- Water bottle – at least 75cl
- Day pack/rucksack for everyday use
- Mobile phone – set for roaming
- Personal stereo
- Plug adaptor
- Alarm clock/watch
- Pocket knife for general use
- Pegs, washing line and travel wash for clothes (biodegradable recommended)
- Travel Guide, such as Lonely Planet or Rough Guide
- The evenings can be quiet so bring a book, cards, board games to play with your fellow volunteers etc. The house has a DVD player so it also might be a good idea to bring a couple of your favourite DVDs.

Clothing

- Sets of outdoor loose fitting cotton clothes with full arm and leg cover for cooler mornings and evenings
- Shorts and/or trousers for project work
- T-shirts for project work
- A pair of boots or sturdy trainers
- Gardening gloves to protect your hands
- Casual clothes for the weekends
- Flip flops / sandals
- Swimwear
- Sun hat / Bandana
- Underwear – enough for at least seven days, possibly more
- Pyjamas/nightwear
- Lightweight fleece or jumper
- Warm clothes for winter and early mornings.
- Comfortable walking shoes
- Wellingtons or rain boots are essential for visits to the slums (you can buy a pair when you get there)
- Old work clothes or overalls
- Long sleeved shirts/blouses
- Short sleeved shirts or T-shirts, No low-cut shirts or shirts revealing shoulders
- Trousers and/or long skirts (well-over knee)
- Shorts
- Tracksuit bottoms
- A pair of thick socks for walking
- Waterproof Jacket
- Fleece/pullover (for cool evenings) and a lightweight sweater
- Khaki or neutral coloured clothing if you choose to visit a game reserve (N.B. no camouflage design)
- A decent outfit and pair of good shoes for your placement
- Long trousers
- Warmer clothing for winter

Medical Kit

- Hand sanitiser and wet wipes
- Anti-malarial tablets
- Personal First Aid Kit
- Personal medication e.g. prescription drugs/inhalers
- Painkillers
- Contact lenses and solution if necessary
- Plasters
- Lip Balm with SPF
- Tweezers (not in hand luggage!)
- Scissors (not in hand luggage!)
- Sanitary products for women if necessary
- Mosquito repellent (ensure it contains DEET or equivalent)
- Ear Plugs – in case you sleep next to a snorer!

We recommend you take some shirts/blouses, trousers/long skirts and a good pair of shoes or sandals for your work placement. This is to show respect of African culture and also gain respect from the children you will be working with. You can wear casual clothing in your spare time, though these must be appropriate.

If you can bring a box of disposable medical gloves with you for your volunteer work, this will be great! Even though there will be medical gloves available for your use, there is a lack of medical equipment available in clinics and hospitals. Even if you do not use these yourself, the clinics and hospitals will be extremely grateful for any extra supplies.

Minimum Age

Minimum age 18 years.

Minimum Numbers

There are no minimum numbers on the trip.

Please note: you may be the only volunteer at your chosen project at any one time. If you have any questions about this, please feel free to contact us

Flights

Your flight to Kenya should arrive at Nairobi airport on your programme start date. Your return flight or onward travel should be arranged on your programme end date.

To book your flights, please contact your sales advisor who will do their best to get you the best deal on the day. Please provide them with your full name as it is stated in your passport. Before you make the call please make sure you have your required departure dates, return dates and other details you may require.

It is important that once you have booked your flights you add these details to your online account or alternatively you can contact us with your departure date, the flight number and arrival time at your destination.

FAQs

1. **Can I take part if I am not a Doctor or Nurse?**

To take part in the project you must be qualified in or studying healthcare.

2. **What is the accommodation like?**

Accommodation is in a great shared volunteer house. It's a great place to chill out in the evenings and chat to other volunteers.

3. **Is it just medical?**

There is so much more to the programme including helping out in pre-schools and childcare centres as well as being involved in the fantastic feeding programme on Fridays.

4. **Does it matter that I don't speak Swahili?**

No, during your time you will have some language lessons to help you with some of the basics, most people on the project will speak English though.

5. **Do I need to take a sleeping bag?**

No, all bedding is provided for you however if you wish to bring one for extra warmth then you can.

6. **Will there be a safe/safety deposit box available?**

Yes, there will be one available for you to use. It is also recommended that you bring a lock to lock your bags/cupboard.

Police Check

This trip requires a Police Check to be carried out - please contact us for further information on how to do this.

Support & Advice

Your safety is paramount which is why all our programs have been visited and assessments have been conducted to ensure any major risks have been minimized.

In addition, you will have access to a 24 hour emergency contact number so you can contact one of our staff at any time should you need to. In addition our overseas partners and coordinators are on hand in-country to assist you.

Financial Security

We know that the last thing you want to worry about when you're planning your trip of a lifetime is whether your money is in safe hands. As a leading global gap year provider it's our job to make sure your finances are secure, so when you book with us you can be confident that we do just that.

Real Gap Experience is part of TUI Travel Plc, one of the largest travel organisations in the world, and these days in the travel industry, large means secure.

Insurance

Whether you're traveling for two weeks or two years, trekking the Amazon in Ecuador or on safari in Africa, insurance is an essential part of your adventure and will help you enjoy your travels, secure in the knowledge that you have the protection you need. In fact, everyone traveling with us must have adequate cover before their trip begins.

Of course you are free to buy insurance from any provider, however at Real Gap Experience, we have partnered with World Nomads to offer policies that have been specifically designed to meet the needs of global travel. If you think you're already covered by an existing policy, such as those offered by credit card providers, check the policy wording very carefully to ensure it covers you for your Real Gap Experience.

For more information on travel insurance please contact us to speak to one of our travel advisors.

Money Matters

The Kenyan currency is the shilling (KSh), made up of 100 cents and often called a 'bob' following the old English name. New coin denominations come in units of 40, 20, 10, 5 and 1 KSh and the old coins come in units 5 (seven sided) and 1 KSh. Coins of 50¢, 10¢ and 5¢ (cents) are very rarely used as most prices now come as whole shilling denominations. The KSh notes available are in denominations of 1000, 500, 200, 100, 50 and 20.

The US dollar, Pound sterling and the Euro are easy to change, with the last rapidly becoming the most common standard foreign currency.

ATMs are common place throughout Kenya with Barclays being the most reliable for withdrawals. They support most common cards including MasterCard and Visa but due to the international data link sometimes dropping they are not always available so it recommended to carry emergency cash or traveller's cheques.

US dollar, British pound and euro traveller's cheques are the most commonly accepted. Passports will always be needed when changing currency or travellers cheques.

You'll find your money goes a pretty long way if you purchase local foods and drinks.

Meal, Inexpensive Restaurant \$2.91
Domestic Beer (0.5 litre draught) \$2.54
Coke/Pepsi (0.33 litre bottle) \$0.50
Water (0.33 litre bottle) \$0.43

(Prices quoted in US Dollars)

Passports and Visas

All nationalities require a full passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, if one is necessary, in accordance with the regulations of the country you are to visit. The information offered below is to help you with that process. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Most visitors to Kenya will be required to obtain a tourist visa for their time in Kenya. Many nationalities will be able to obtain this at the port of entry for a fee, alternatively it is possible to obtain them prior to departure from your nearest Kenya Embassy or High Commission.

For further details on visas for Kenya, please contact your nearest Kenya Embassy or High Commission.

Visa courier service

For those of you who would prefer a specialist company to take care of your visa needs, we have teamed up Visa Central who can offer you assistance and advice when arranging your visa/s for your time away; making your preparations for your trip easier and more straight forward.

To investigate costs for this service [click here](#) to select the country or countries that you wish to travel to.

If the visa form requires details of addresses/inviters/referees you will find all this information on your Online Account once you have booked.

Cultural Considerations

Western European habits prevail throughout Kenya as a result of British influences in the country.

Tipping

Tipping is not customary in Kenya; however, a ten percent service charge is a common gesture.

Religion

Most of Kenya's population can be divided into 70 tribal groupings, many of which have adopted western values. Christians and Muslims are the religious minority compared to traditional belief systems.

Clothing

Dress is informal, and casual lightweight clothes are accepted for all occasions. However, please note that you may be working in areas where the locals expect a certain dress code. In these cases you are asked to respect their customs and wear the appropriate levels of dress, e.g. long sleeves. Our staff will advise you on these issues at the time.

Vaccinations & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad. The risks to your health whilst travelling will vary depending on your general health and the type of activities you are going to be partaking in and the length of your stay.

Since we are not medically qualified, it is recommended that you consult with your Doctor or a recognised Travel Medical Advisory Service who will assess your particular health risks before recommending vaccines and/or anti-malarial tablets and advising you on what precautions you should take.

Safety

Tourists are always targets for pickpockets and thieves. Please educate yourself about Africa and Kenya in particular, before you leave, so that you can be alert for all types of situations. General travel safety rules are below:

- Avoid travelling alone, especially at night
- Find out where the unsafe areas are and avoid them
- When travelling keep all-important documents and valuables in a safe place, like an inner hidden pocket or money belt.
- Carry only as much cash as you think you will need for the day
- Don't wear expensive jewellery or watches
- Be wary of people who seem too friendly too fast
- Keep cameras out of sight. Always keep bags and purses in your sight.
- Before swimming, ask how safe the area is

This information is not intended to scare you. Unfortunately, bad things can happen, as they can do in any country and we want you to be prepared. We want you to stay safe and have a good time.

Kenyans are generally very friendly, warm and hospitable people. Please be friendly, respectful and stay aware and you will have a great time.

ATM Theft

It is very likely that you will need to withdraw cash at some point during your travels. Please be cautious when withdrawing money from an ATM and ensure that you are vigilant of other people near the ATM, especially those that offer unsolicited assistance if your card is detained. It has been recognised that individuals are operating unlawful withdrawals by placing 'traps' in ATMs whereby personal bank cards are being detained, causing the victim to believe their card transaction has not been completed, and leaving their bank card in the ATM which is then later retrieved by the thief.

If your card is confiscated or you are concerned that your card has been tampered with, please report immediately to the bank or cancel your card.

Language Guide

Swahili is the national language in Kenya; however, English is the official language and therefore widely spoken.

Below are some useful Swahili phrases to remember when you get to Kenya. We also suggest you obtain a Lonely Planet or language guide for the destination(s) you are travelling to.

English - Swahili

Hello - *Jambo*

Please - *Tafadhali*

Excuse me - *Samahani*

Thank you - *Asante*

Yes - *Ndiyo*

No - *Hapana*

How are you? - *Hali ngani?*

Okay - *Sawa/haya*

Good - *Nzuri*

Goodbye - *Kwa heri*

Good night - *Usiku mwema*

I don't know - *Sijui*

I don't understand - *Sifahamu*

Food & Drink

Kenya's national dishes appear on most menus. The country's beef, chicken, lamb and pork are outstandingly good, as are the wide variety of tropical fruits. Indian and Middle Eastern food is available in most areas. Some game-park lodges serve game. Dinner or lunch provides the opportunity to eat zebra, giraffe, impala, wildebeest, crocodile and other game meats. Waiters bring the skewers straight from the fire to the table, and the meat is sliced onto pre-warmed, cast iron plates. Most Kenyans eat maize, beans and maize meal. It is common to find chai (tea boiled with milk and sugar) and mandazi (doughnuts) are popular. Locally brewed beer (Tusker and White Cap) and bottled sodas may be found throughout the country. Traditional beer made with honey (uki) and locally made spirit distilled from maize (changaa) may sometimes be found.

The traditional staple diet in Africa is meat and carbohydrates. If you are a vegetarian you will be catered for with lots of fresh root vegetables such as yams and potatoes and fruits. However, please be aware that your meals towards the end of your programme may become a little repetitive so perhaps it may be worth buying a few of your favourite snacks whilst you are in Africa.

There is a lot of fresh fruit in Africa, which is extremely cheap to buy for a quick snack or nutritional lunch so it may be worth picking some up from the market quite cheaply for your daily vitamin fix. However, please be aware that fresh items for salads etc are hard to come by in Africa, although the project leaders will try to get this as often as possible for you.

Public Holidays

When planning your trip, you should be aware of the major national holidays celebrated throughout the country. However, although businesses and government offices are closed on public holidays, tourist attractions and shops are almost never closed. The main impact on the tourist of these holidays is the increased competition for travel and accommodation from Kenyan's who use long weekends to get away from the big towns.

To view a list of the public holidays for Kenya, please see the link below:

<http://www.worldtravelguide.net/kenya/public-holidays>

Weather

The climate of Kenya is diverse. The lowlands are generally hot and dry, whereas the highlands are more temperate with four seasons. The coastal areas are tropical but the heat is abated by monsoon winds.

Please take note of the winter months and pack accordingly to these temperatures, which could drop to below zero at times.

Time

Kenya is three hours ahead of GMT.

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In Africa, time is not a priority like it is in much of the western world – there is a saying that Africa works to ‘Africa Time’, which basically means you must exercise a lot of patience! If a boat is due to leave at 12pm, don’t be surprised if it still hasn’t a couple of hours later... keep an open mind, and arrive ‘expecting the unexpected’.

Electricity

Electricity in Kenya uses 240 volts, 50Hz. If your device does not run on these rates, you’ll need a voltage converter.

Outlets across Kenya generally accept one plug type:



Two parallel flat pins with ground pin

Trip Note Disclaimer

The information contained in this trip note has been compiled with great care and is provided in good faith. Any itinerary featured is correct at time of release. However, our itineraries may change as we make improvements that result from travellers’ comments, our own research or from time to time as a result of recommended travel advice.

You can rest assured that it is always our goal to provide you with the most rewarding trip and experience ever!

Our Details

If you have any questions about this trip please do not hesitate to contact us and we’ll be happy to answer them.

Phone: 1-800-985-4852

Email: info@realgap.com

Post: Real Gap Experience, 8 Essex Center Drive, Peabody, MA 01960

Web: www.realgap.com