



Footprints Orphanage Volunteer Programme

Founded by Kerry Watson, a previous volunteer in Kenya, Footprints Orphanage is a wonderful, happy, family environment. It is located in the Shimba Hills area of Kenya and has been built and funded entirely by donations and fundraising from around the Globe.. The home employs local people as housemothers and housefathers and strives to give the children not only shelter, food, and medical but also the love, care, security and sense of belonging that they have been denied because of personal and individual life-changing circumstances.



Volunteers must....

PROGRAMME REQUIREMENTS

- Speak fluent English
- Be **18 years of age or over**
- Be fit and healthy
- Have fully comprehensive travel and health insurance
- Be eligible for a Kenyan Visa
- Have a DBS Check (UK Citizens only) or equivalent certification from your country of origin.



There is no educational requirement for the programme – Volunteers must simply want to have a positive influence on the children's lives and be enthusiastic, caring and motivated. There is an expectation that whilst you are volunteering at Footprints, you will be involved in all the day to day activities which are undertaken within the home. We encourage our volunteers to visit during the months of April and August as this is when the experience will be most beneficial to both the volunteer and the children.

GETTING THERE

Volunteers need to arrange their own travel to either Mombasa Airport or you can travel to Nairobi Airport and then take an internal flight to either Mombassa or Ukunda. On arrival at Mombassa or Ukunda, a representative of Footprints Orphanage will greet you at the Arrivals gate and then drive you to Footprints Orphanage/Academy. The journey will take up to 2 hours or less dependent on which route you choose.

On your day of departure, you will be taken back to your chosen Airport by a member of staff in time for your return flight.

ARRIVAL



On your arrival at the home, you will be introduced to the children and staff, who will show you to your accommodation . They will teach you a little about the local culture and language (Swahili). Depending on the length of your stay and the demands of the home and academy, there may be an opportunity to visit the local village and the church they attend every Sunday.

ACCOMMODATION

Volunteers are accommodated in a simple traditional building within the grounds of Footprints Orphanage. The accommodation is separate to the children's dormitories. The rooms have two beds with bedding and mosquito nets provided.. There is an 'en-suite' with traditional shower and toilet. There is now electricity at Footprints which allows our volunteers to charge their mobile phones etc. Cold water can be heated on a 'Jiko' which is a traditional coal stove. The location is safe and there are staff and security on site at all times.



FOOD

Our Volunteers are given three traditional meals a day which are eaten with the children and staff. You can help prepare the meals and learn traditional Kenyan recipes. Dishes are basic but filling and nutritious. The food provided will depend on what is available at the time of year and during the course of your stay, you may be offered:-

Breakfast – Bread or toast, boiled eggs, cereals & milk, fruit

Lunch and Dinner– a stew/casserole of vegetables (eg lentils and pulses, greens, courgettes, peppers and tomatoes) with rice, potato, chapattis or ugali (a traditional staple food made from maize flour and water). Beef or chicken may be provided a few times a week.

Fruit such as passion fruit, oranges or mangos are sometimes served as dessert when they are in season.

Coffee, English Tea or Kenyan 'Masala' Tea are available to drink.

Please Note: Not all dietary requirements can be catered for. Please advise of any special dietary requirements (including vegetarian) prior to booking.

VOLUNTEER ROLE

There is no set itinerary for our volunteers but you will be expected to work alongside the staff to assist with their daily chores.

The daily chores may include:-

- Helping the children to get ready for school (if visiting during term time)/bed.
- Sweeping and mopping the floors, cleaning, cooking or washing clothes.
- Playing with the children, teaching them new games, songs, sports etc.
- Helping the children to read and speak English and assisting the children with their homework.



VOLUNTEER ROLE



As footprints is a living and working environment, you will be expected to undertake the programme with a sense of initiative and independence in order to get the most enjoyment out of your stay.

During their free time, volunteers often like to relax with a good book or interact with the locals. However, if you would like to arrange a day at the beach in Diani or maybe another excursion during your stay, please discuss this with the staff upon arrival. They will be only too happy to make suggestions and to help you plan your day trip. It is possible to plan a safari with the help of our local contacts in Kenya (please note that all excursions must be self funded by our volunteers).

SUPPORT

Many of the staff at Footprints Orphanage, including the Manager, Patrick, have previously worked for volunteer camps in the Shimba Hills and can offer support and guidance throughout your stay. Although our home is secure and friendly, you may experience some 'culture shock' compared to a westernised society lifestyle.

ADDITIONAL INFORMATION

Culture – Kenyan culture is quite different to that in the western world. The Shimba Hills area is relatively poor with most people making a living from the land they own by growing maize or other crops. Greetings are very important and both men and women are greeted with a handshake. The normal way of saying hello is 'Jambo' although 'Mambo' is often used for young children and 'Shikamoo' is used to greet the older members of the community to show your respect.

Time Difference – Kenya is 2 hours ahead of the UK during British Summertime and 3 hours ahead of the UK during the Winter (October to March).

Climate – Coastal areas of Kenya (including the Shimba Hills) are tropical with a diverse climate. Heat and humidity are at their highest from September to March with the wet season causing heaving bursts of rain from April to June.

Vaccinations and Malaria – Travellers require a number of vaccinations before entering Kenya. Please contact your GP as early as possible to arrange. You should inform your GP or Nurse that Footprints Orphanage is in a rural area but hospitals are circa. 1 hour's drive away. We strongly recommend that all Volunteers take malaria medication during their stay. Your GP or Nurse can discuss which type is most suitable. We also recommend a mosquito repellent, as well as long trousers and a long sleeved shirt/top to be worn in the evenings, to reduce the risk of being bitten.

Dress Code – It is important to remember the difference in culture and respect it in the dress code. You may visit church or the local villages and it would be inappropriate for female guests to wear very short skirts or a bikini (unless at the beach). The ground at footprints is not suitable for high heeled shoes. Remember, Long trousers and long sleeve tops for the evenings are advisable to prevent mosquito bites.

Email/Phone – Mobile phone and internet signal at Footprints can be unreliable. It is possible to make calls to the UK, although it can be very expensive. One of the cheapest ways to communicate with people at home is to buy a Kenyan SIM card on your arrival at the Airport (our staff can help you do this). You will need an unlocked phone, but it is free for you to receive calls from the UK on this number. Your friends and family can make cheap calls to this number by using Skype or an international SIM card such as 'Lebara'.

ADDITIONAL INFORMATION (Cont'd)

Kit List – Volunteers will need to pack:-

- Lightweight/loose clothing (shorts and t-shirts) for the daytime.
- Lightweight trousers and a long sleeved jacket/shirt/top for evenings.
- Flip flops or walking sandals and one pair of comfortable trainers or walking shoes/boots.
- Soap, shampoo and other toiletries.
- Mosquito/Insect repellent.
- Wide brimmed hat, sun cream and sunglasses.
- Lightweight showerproof jacket if you intend to travel during the rainy season (April to March).
- Simple first aid kit and any medications you may need during your stay.
- Book/Kindle/Ipod/Ipad for your spare time.
- Camera and spare batteries.
- Torch and spare batteries
- Unlocked mobile phone.



Laundry – Laundry facilities are available on site and Guests will have the opportunity to wash their own clothes during their stay. Washing powder is available.

Donations of Gifts – Many guests and volunteers like to bring gifts for the children. If you wish to do this, please enquire at the time of booking as to what items are required at the time of your visit. The requirements are likely to change throughout the year. Alternatively, it could also be arranged to take you to the local supermarket in Ukunda and you could make a donation towards the cost of some groceries, which is always our most needed commodity here at Footprints. This way you also get to see the local community and culture first hand. It is also possible, should you wish, to leave a donation upon your departure. We recognise that it is easy to become attached to individuals during your stay but we ask that any donations or gifts are not given directly to the children or staff.



VOLUNTEER ROLE

Cost – A donation of £250 per volunteer, per week (Pro-rata payments can be made for a shorter stay – please contact Mel Dixon and she can inform you of the amount you need to pay if your stay is less than one week) is required to cover the cost of food, accommodation, transport to and from the Airport and a contribution towards the running of the orphanage itself. This donation should be received in full, two weeks prior to departure and can be paid in a number of ways:-

- Directly to our Footprints Orphanage Barclays Community Account. Sort Code 20-15-96, Account Number 23827607.
- By Cheque. Cheques must be payable to 'Footprints Orphanage' and can be posted to 'Footprints Orphanage, c/o 21 Romsley Road, Daimler Green, Coventry, CV6 3LG.

What's Included

- Transfers to and from Airport
- Full board accommodation
- 24/7 support from the Footprints staff and management team.
- Laundry/Bedding/Towels

What's Not Included

- Flights to Kenya
- Personal Holiday Insurance
- Visa for entry into Kenya (Online application)
- Soft drinks
- Personal items (for example toiletries or gifts)
- Private or local transport costs
- Excursions or safari's not included in the itinerary

Please Note:

Consumption of Alcohol or Smoking of Cigarettes is not permitted in front of the children at any time. We would ask that if you need to smoke then it should only be in the area designated by the Footprints Management and you should always be safety aware – smoking is an extreme fire hazard.

Alcohol may be consumed in the area designated by the Management but again, we would ask that you do not consume excess alcohol. During your stay, you are expected to be a role model to the children.

APPLICATION PROCESS

Please complete the application form, giving details of the dates you would like to stay at Footprints as a volunteer and return it to mel.footprints@gmail.com We will then reply as soon as possible via email to advise if it is possible to accommodate you. A member of the Footprints Team will always be happy to share advice with you.

Contact details:-

Volunteer Enquiries via email mel.footprints@gmail.com Once your visit is confirmed, We will provide you with contact details for Kerry for your actual visit.

Please visit www.footprintsorphanage.com for further information about Footprints Orphanage



Thank you for your interest – We hope to see you soon