



Few areas of the world can boast such dramatic and contrasting scenery, from forested highlands to rolling savannah grasslands, from palm-fringed beaches to world famous national reserves, Kenya has it all! Combine all these with the smiles, laid back lifestyle and the cultural variety of its people and it is no wonder that Kenya is a popular destination for AV volunteers looking to immerse themselves fully in another world and experience 'Lion King' country. The AV Kenya Venture gives you the opportunity to live and work in a rural part of the Eastern Province, just a couple of hours from Nairobi. Our schools are based in rural villages around the Machakos District. Here you will gain an understanding of everyday life with the Akamba people, away from the hotel lined beaches and luxury safari camps; you have the chance to contribute a community, making a big difference on a small scale.

Project Summary

Departs: January / April / September

How long? 12 / 16 weeks

Accommodation: Self catered AV Houses,

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

Explore Further: Beaches, Safari, Rafting, Bungee Jumping, Trekking



Project Overview

Orientation + Briefing (4 days)	Orientation course near Machakos. A chance to get to know your AV group whilst learning basic Swahili; attending briefings on teaching, keeping safe, staying healthy and Kenyan culture.
Project Work (Approx 10-12 weeks)	Living and working in a rural village in the Machakos District, AV volunteers teach in classrooms, coach sports, get involved in extra curricular clubs or work in the wider community. Together with fellow AVs you will live in local houses, with a high level of independence. Spending significant time in one place lets you become fully involved and gain a sense of achievement.
Optional Independent Travel (+4 weeks)	Following your project work you have the option to say on and explore East Africa further, using the confidence and local knowledge gained on your project to make the most of your travels. Take advantage of adventure activities on offer, relax on the white sandy beaches at the coast or go on safari. You choose what you do, but we're still on hand to help.

Detailed Itinerary

ARRIVING IN KENYA

The group flight departs from London Heathrow and will be seen off by one of the AV team. You will fly into Jomo Kenyatta International Airport, Nairobi, where your Kenya-based AV representative will meet you on arrival. You will head straight to the Machakos District for your orientation course. On the way you'll get your first glimpse of rural Kenya!

BRIEFING AND ORIENTATION

A chance to settle in, unwind after the hectic few days leading up to your departure and get to know your AV group. The orientation course is important to make sure you are fully prepared when you arrive in your school. The course will be led by the AV in-country representative, giving you a chance to get to know them too, and will cover the following:

- History, customs and culture of Kenya and its people
- Safety, health and security
- Teaching techniques, lesson planning and practice
- Some language training in Swahili
- The education system in Kenya

The orientation course for the Kenya Venture takes place at Lysak Haven Park, situated along the main road from Nairobi to Machakos. You will stay in dormitory accommodation with your fellow AVs and will have all your meals cooked for you. In between briefings you will have the chance to relax and get to know the other AV volunteers in your group!

At the end of the orientation course you will be taken to your AV houses, ready to start your project for real. Here the AV representative will leave you to settle into your new home, but remember they're never more than a phone call away if you need them!

THE PROJECT

What you do each day is partly down to you and what you have chosen to do; rarely are two days on AV the same!

In the classroom all lessons are taught in English. The schools appreciate help in English, maths, science, art, drama, music and computers (if they have them). You may spend time with students who are struggling, giving them help with reading, writing and speaking English. You can teach with your partner, or on your own, and on average will have at least 12 academic and PE/games lessons every week. Class sizes vary but can be over 100 students. Outside of this you will spend time planning for lessons and may have homework to mark!

For those doing sports coaching you will run all the PE lessons and arrange sports clubs. PE lessons may involve big classes and little equipment; they are a good test of your initiative and resourcefulness. Games such as tag or duck, duck goose are great for their simplicity and mass participation. Sports clubs involving football, rugby, athletics, rounders, volley ball, cricket and netball are all actively encouraged. There is also the option of teaching new games which you might know. Many AVs arrange fixtures or tournaments between the different AV schools or an inter school sports day.

In addition to working in the classroom, or on the sports' field, AVs make a big impact by running school clubs – these include debating, reading, French, modern dance, art, music or drama; AV volunteers have run talent shows, produced school newsletters and magazines or started a choir. Many AVs choose to brighten up classrooms by painting them or decorating the walls with educational murals from the alphabet and numbers to world maps and the solar system - let your imagination run wild and leave your mark!

Each day you will spend time socialising in the staff room, usually over a cup of chai (sweet tea) or lunch. This is a great chance to get to know your fellow teachers and learn more about them. They will be keen to talk about where you are from, your family and life at home whilst you can practice your Swahili! The teachers will be on hand to show you round and advise where to shop, the nearest internet café etc. They will also be a good link to other work within the community, with the potential for helping at orphanages, medical clinics or community centres depending on where you are and how much you want to do outside your responsibilities in the school.

At weekends and public holidays you can stay at home or travel further afield. You may want to continue work on projects you have started, such as painting a classroom or run an inter school sports competition. Alternatively you can head to the local town shop, check emails, catch up on news from home, or meet up with other AVs, visit their schools and travel to see different parts of Kenya.

To find out what a typical day on project might be like take a look at our ['Day in the life of an AV'](#) feature, written by AVs who have been there and done it themselves!

Food + Accommodation

You will live in designated AV houses with fellow volunteers, near to your school. An important part of the AV experience is living in local accommodation, shopping at the local markets, being invited to fellow teachers' houses as well as entertaining the staff and fellow AVs. Depending on the school, and size of the house, you may be living with between two – six AVs. Other AVs from your group will be in schools nearby and there will often be a chance to meet up in evenings or at weekends.

The house will probably have a bedroom(s), a communal/cooking area and somewhere to wash. Electricity is intermittent at best and it is unlikely that there will be lavatories. Instead there will be an outside pit latrine or 'long drop'. If you have no running water you will need to collect it from a local source using jerry cans, or buckets, just like everyone else. You will quickly get into a routine of sterilising the water by boiling it. Whatever house you get, you will grow to love it and soon feel very much at home!

We encourage independence and so you won't have someone cooking and looking after you – it's a chance to step up and take responsibility for yourself. You will be given a daily food allowance and will be expected to shop at and cook for yourself. This is the best way of getting to know people, being involved in the community and gaining an understanding of living there – you are not a bystander watching from afar.

Whilst not living with you full time the AV representative is never far away and there whenever you need them. They can be contacted by phone 24/7 and will visit you during your project.

Independent Travel (Optional)

As your project comes to an end AV offers you the chance to stay on for an additional 4 weeks of independent travel time, to ensure a good balance of volunteer work and travel. Kenya and other parts of East Africa have lots of exciting and beautiful places to explore which you won't get a chance to do in your weekends alone. From our experience travelling is often when problems occur, from lost passports to getting ill – that's why we offer this extra travel time to ensure that you experience as much as possible but with the continued 24/7 support from us whilst you do so.

Different travel options Kenya AVs have done in the past include: going on a wildlife safari; trekking Mount Kenya or Mount Kilimanjaro; rafting the Source of the Nile in Uganda or bungee jumping over it; gorilla trekking in the Bwindi Impenetrable Forest or visiting the beautiful beaches of Kenya or Zanzibar where lots of water sports activities or sunbathing time awaits! It's up to you, the only rule is you don't travel by yourself.

If four weeks isn't enough and you are staying on a bit longer in Africa we can store luggage for you in Nairobi and help you out if you have any difficulties.

Dates + Costs

For current AV departure dates + costs please visit the website – www.aventure.co.uk

AV PROJECT COSTS INCLUDE:

Before departure:

- Pre-departure information, support and advice
- A nominated member of the UK volunteer support team
- One-to-one face to face briefing for UK applicants
- Telephone briefing for non-UK applicants
- References taken up
- Comprehensive online health check
- Advice on group flight booking or individual flight arrangements
- Briefing for group departure from London airport

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 (except during independent travel)
- Food allowance (except during independent travel)
- 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
- Tips/gratuities - No tips/gratuities for AV staff are necessary or expected
- Spending money
- Extra activities that you choose to do
- Food, transport and accommodation on 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