Welcome to World Youth International’s ‘Nurses in Action’ volunteer program in Kenya.

Our ‘Nurses in Action’ program targets qualified medical staff who are passionate about utilizing their skills overseas in a developing country. Travelling as a team through western Kenya, you will have the opportunity to take part in regular medical camps, hospital and clinic placements. In a country ravished by HIV AIDS and malaria, locals struggle to raise the funds to get the most basic of treatments. Your program will have a direct impact on the community and your team will help to save lives. This program will be a life-changing journey that will alter your perspective of the world and the people of Kenya.
Contents

- Kenya Country Information
- Program Inclusions
- Program Exclusions
- Standard Program Itinerary
- Placement Options
- Adventure Activities
- Fundraising
- Frequently Asked Questions
- Application Procedure
- Helpful Links
Kenya Country Information

Kenya is located on the East Coast of Africa with the Equator running almost straight through the middle of the country. It is a sovereign state having achieved political independence from British rule on 12th December 1963. One year later on 12th December 1964, Kenya became a fully fledged Republic within the Commonwealth of Nations. The country shares common borders with Somalia (north east), Ethiopia (north), Sudan (north-west), Uganda (west) and Tanzania (south). To the south east lies the Great Indian Ocean making the country the marine gateway to East Africa.

Kenya is a multi-racial society, with more than 40 indigenous tribes and other ethnic communities that live harmoniously under the banner of the Nyayo philosophy. They believe in peace, love and unity and adhere strongly to the principle of one people, one nation. They live in the spirit of ‘Harambee’, which literally means ‘pulling together’ for the benefit and welfare of everyone. ‘Harambee’ is the official motto for Kenya and appears on its coat of arms.

Kenya is rightly known as a country of contrasts. It is a land of scenic splendours, magnificent fauna and flora, rich cultural values, enjoyable climate and peaceful habitation. From the azure blue waters of the Indian Ocean, to the game-concentrated Savanna woodlands, the deserts of the Northern Province and Montane forests of central Kenya right across to the shores of the world’s second largest fresh water lake, Lake Victoria. All are welded together by the Kenyan people, internationally renowned for their friendliness and hospitality.

Kenya has a great diversity of physical features including the second highest snow-capped mountain in Africa, Mt. Kenya, which rises to 5,199 metres and is the only place in the world where snow is found on the Equator. The country also boasts two inland seas – Lake Victoria and Lake Turkana.

Historically, Kenya is referred to as the ‘Cradle of Mankind’. The earliest remains resembling those of a human being were found in East Africa. This discovery has given rise to a strong feeling that the region now known as East Africa was once a thriving civilization of mankind stretching beyond ancient history.

Kenya can be considered a rather conservative country in regard to socially acceptable behaviors, dress and presentation. The majority of Kenyans identify as being Christian; however there is also a strong Muslim following, especially in the coastal areas of Kenya. Tribal beliefs are petering out, however there are some traditional tribes left. There are many different denominations of Christianity in Kenya and faith is taken very seriously.

The difference between the way men and women are treated in Kenya is blatant. Women are often considered to be second–rate to men – a belief commonly accepted by Kenyan women themselves. It is not unusual to hear of or see women being beaten by their husbands, not to mention the infidelity practiced by men. However, women’s groups are on the rise, having been set up around Kenya in support of women’s rights.
Program Inclusions and Exclusions

Your program fee includes:

- Accommodation
- Meals
- A three-day orientation and sightseeing program held in Kisumu
- All costs relating to materials and local labour hire for community development projects
- Transport throughout your program
- Sightseeing activities throughout program
- 2 medical camps (minimum)
- Language lessons
- A three-day rest and relaxation package midway between village placements at Kiboko Bay Resort
- 3 day all-inclusive Masai Mara safari
- Farewell Party
- Guidance and support provided by an experienced Australian Team Leader and local staff
- WYI polo shirt
- Contribution towards the sustainable growth of WYI which supports our work in developing countries

Your Program fee does not include: (all costs listed are a guideline only)

- Air travel, taxes & travel insurance
  You are required to organise your own airfares to the nominated destination point. Travel insurance is compulsory for all programs. Contact WYI for our recommended travel agent and insurance company.

- Vaccinations
  As WYI is not a registered medical organisation, we can only direct you to www.tmvc.com.au (Travel Doctor) or www.drsref.com.au/travel.html for country specific advice and general travel health.

- Visas
  You are required to enter all destinations on a tourist visa. WYI will provide you with the application form and guide you through the process.

- Police Check
  You are required to provide a National Police Clearance Certificate (NPCC) from within your state. Please visit your local police station and request the appropriate forms.

- Medical Examination
  As part of your application process, we request that your doctor fill in a WYI medical form to determine you are fit to travel.

- Personal Items
  Clothing, traveling equipment e.g. backpack, sleeping bag, walking boots etc.

- Departure Tax
  The payment of a departure tax may be required when departing Kenya.

- Spending money
  For activities undertaken on free days, during holidays and other personal expenses.

- First Aid Kit
  We strongly recommend that participants take a personal first aid kit. St. John First Aid Kits can vary from $20 – $150. Information on these can be found at www.stjohn.org.au.
Program Overview
You will be required to arrange your own flights to Kisumu ensuring you arrive one day prior to the advertised start date. WYI has a preferred travel agent that can ensure you are placed on flights with other participants.

To ensure you have the best possible experience in Kenya, we will accept up to 12 participants so every person is cared for and has a voice within the group. Although the group will vary in many ways, you will find that all of your team will be quite like-minded and have similar reasons for coming on the trip. Most past participants have found this to be a life-changing experience from which they have formed rich friendships and a whole new perspective on their life.

In the lead up to your departure, WYI will conduct a Skype training session. During the chat, we will talk in detail about your program, the community, your placements and Kenya in general. We will also be on hand to address any questions you may have.

This is a fully inclusive package that runs over 30 days and there are no hidden extra costs. Airfares to and from Kisumu, all insurance and visas will be at your own expense.

Day 1 – 3
You will commence your orientation in Kisumu and the first day is designed to help you catch your breath, acclimatise to your new surroundings and get to know your team and support staff. Your team will enjoy a Hippo boat tour on Lake Kisumu and take a familiarization tour of Kisumu.

On day 2, your Team Leader will conduct your orientation program which combines cultural talks, health and safety briefings, team building activities, sightseeing packages and WYI OH&S policies. They will also help you to organise a mobile phone (if required), sim card, adaptors, money, snacks and anything else you may need. Although you will be based in a remote part of Kenya, you will have mobile reception and can remain in contact with loved ones at home.

You will travel out to your village placement of Odede in the afternoon which will take approximately 2 hours. You will experienced an orientation of the community where you will learn about the Odede Community Hospital, the people and your additional placement options.

Day 4–15
During the next 11 days, you will get to work on your projects and apply your skills to support the local community. There will be many individual placement options to choose from and you can build your working week around your skills and interests. We will also hold a remote medical camp and school health camp where you can expect to treat 400-600 patients each day!

Day 16 – 18
It’s time to indulge for a few days and head to Kiboko Bay Resort in Kisumu. This 5 star resort will allow you time to catch your breath, reflect on the first half of the program and plan for the final 10 day placement in Odede.

Day 19 – 26
You will continue on with your placements and immerse yourself in the community. You will also hold a second remote medical camp as well as a health camp at a
Standard Program Itinerary

juvenile detention centre in Kisumu. On the last day of your stay in Odede, WYI will arrange a farewell celebration so you can complete with the community and reflect upon your achievements. This is likely to be a moving and somewhat emotional experience for you.

You will be transferred to Kisumu late in the afternoon and spend the night together before departing for your safari first thing in the morning.

Day 27 – 29
You will be collected by the safari company and commence your three-day Masai Mara Game Park Safari. You will travel through the Great Rift Valley and onto the Masai Mara where you will experience wildlife that will take your breath away. Each day you will head off on a different adventure to a new part of the park in search of wild African animals. Your vehicle will be an eight-seater van with a pop-top roof so you can stand up, take photos and see animals within metres of the vehicle. The evenings will be spent back at the camp, where you can share your wonderful photos and stories of the day. Your safari will complete in Nairobi on the afternoon of day 29.

You will have your final debrief and celebration dinner in Nairobi this evening. This will be a chance for you to debrief your program, reflect on your achievements and celebrate your extraordinary journey together.

Day 30
After breakfast, you will be transferred back to Nairobi International Airport for your return flight home. Alternatively, you may wish to stay on in Nairobi at your own expense.

Upon return, you may join our Personal Empowerment Program which will help you to debrief your overseas experience and reconnect with your team.

Adventure Activity

Fantastic 3 day Maasai Mara Safari
WYI works in conjunction with a qualified safari agent to offer you a fantastic safari package. Your WYI Team Leader will accompany you throughout the safari and ensure that all WYI safety and security measures are met. Your nursing program will be intense, challenging, rewarding and satisfying so having time out at the end to experience a safari is a must!

Your safari package will include:

- Transport and collection
- Park entrance fees
- Accommodation
- Transport with an experienced guide
- All meals
Placement Options
WYI has been sending qualified medical staff to Kenya since 1992 to work in a variety of roles. In 2008, WYI committed to supporting the community of Odede. The goal was to create a seven-year plan focusing on self sustainability. Odede appointed three community groups (men’s, women’s and a youth group) who took on the responsibility of designing the future model of their village. WYI has not interfered with process allowing the people to create their ideal village model. WYI has provided the funding to bring in local Kenyan skilled staff to help formulate the community plan. WYI has since covered the costs associated with initiating the plan, building the projects and supplying the much needed volunteers.

Odede now has a variety of income generating projects, an early childhood learning centre, a home care program for disadvantaged youth, agricultural projects, an administration centre, a new housing initiative with over 30 homes built, library, eco-toilets and now a level 5 community hospital.

For the first time in generations, the people of Odede now have a renewed hope and we have a wonderful relationship with these people. It is a very exciting time for the people of Odede and our WYI participants.

The community hospital is managed by local qualified staff in accordance with Kenyan government regulations. All participants will be able to support hospital activities within their specialised field. You are expected to help treat the local people, provide additional training to the local staff and offer an extra pair of hands.

You may volunteer at one of 3 clinics in neighbouring communities as part of your program. Kenyan nurses are trained to manage clinics with only the most basic resources and this is sure to be an eye opening experience for you. WYI nurses will help to manage the steady flow of patients providing a range of care and support services.

WYI has been running remote medical camps now since 2009 and your group will be involved in at least 2 camps during the program. This will be one of the more memorable experiences of your journey. Your team will support a group of local doctors and nurses and together you will all travel out to a remote community that has no medical facilities. On average, over 500 people are provided with free medical treatment. Medication will be distributed and your team will treat as many people as you possibly can in just 1 day!

You may be looking to try your hand at something different while in Odede so you can have a variety of experiences. If this is the case, you may choose to help out at the local primary school, assist with our orphan home care program, work with the local women in the fields, assist with the income generating projects or even help to build a family a new home!

We offer a variety of placements and experiences that should bring you a great sense of satisfaction. Best of all, your placements are all decided while in country. We want you to see first hand where you feel you can be of best service before making any formal commitments. You may choose multiple placements so you get a variety of experiences. You also have your 4 compulsory placements (camps) which is sure to leave a lasting memory. This will help you tailor a program to meet your own needs and will ensure you have the best possible Kenyan experience.
Fundraising

Do you want to participate on the Nursing program but are restricted financially?

Perhaps you should consider fundraising! Gather a group of your friends and organise an event like a movie night or garage sale. Alternatively, you could ask local businesses or Service Clubs for donations. All money you raise can then be put towards your program fee or project. This method has been very successful in the past with some participants managing to fundraise their entire program fee, plus more. If you choose to fundraise, WYI will provide you with a full Fundraising Kit including tax deductible receipts, ideas, terms and conditions, an authorisation card, plus handy hints and tips!

Alternatively, you could direct all of your fundraised money into your team project so we can make it bigger and better.

**Tax Deductible Donations:**
Any donations that are made through your fundraising efforts are fully tax deductible. WYI will provide you with a receipt book so you can issue tax deductible receipts. Rally your friends, corporate groups, work colleges, and contacts to make a donation to your campaign!

Please note: ‘donation’ means the donor receives nothing in return – for example, if you are selling tickets to an event, this is not tax deductible.

Please contact the office on (08) 8340 1266 for more information on how you could fundraise your program fee!
Frequently Asked Questions

How old do I need to be?
This program is for people aged 18 years and above. There is no maximum age for this program. Participants need to be in good health and have reasonable fitness levels.

Do I need any qualifications?
To participate on the 'Nurses in Action' program, you must be able meet one of the following criteria:
- Completed 2nd year of Nursing Degree or Higher
- Qualified Nurse (all areas)
- Paramedic
- Qualified Occupational Therapist
- Qualified Midwife
- Qualified Pathologist
- Qualified Physiotherapist
- Qualified Psychologist

What is the selection criteria?
Upon receipt of your application, WYI will process your application and contact you within 72 hours to set up a phone conversation. The intention of the call will be to establish a relationship, assess suitability, provide information on the program and address any of your immediate questions. We would expect this call to take no longer than 60 minutes. WYI are looking to recruit participants who have the ability to work within a team environment. Participants must be flexible, adaptable, have a good state of health and have great communication skills. Applicants will be notified of their suitability at the conclusion of the phone call.

What will my living arrangements be?
During your orientation, you will stay with your team in a basic hotel in Kisumu. During your village placement, you will live in share accommodation with your group. This will be very basic, furnished accommodation with very few facilities. As you are living in rural villages, it is unlikely that your home will have electricity and running water. Although this takes time to adjust to, living in the heart of a community is far better than living in a hotel and commuting daily to your project. During your rest break, you will stay at a 5 star resort called Kiboko Bay Resort. Upon your return to Nairobi, you will stay at a 4 star hotel close to the international airport.

What areas of Kenya do I travel to?
Your program will involve travel to both Nairobi and western Kenya. Your program will commence in Kisumu and you will be based in north-western Kenya. Kisumu is located on the shores of Lake Victoria and has supermarkets, department stores, banks, internet cafes and a western hospital. You will then travel two hours to the remote village of Odede where the WYI hospital is based.
What sort of food will I be eating?
During your orientation, you will be eating most meals at local cafes and restaurants in Kisumu. While in the villages, WYI will shop locally at the markets and we will hire a cook to prepare your meals. We stick to a vegetarian diet while on placement in Odede to ensure your general health and well-being is maintained.

Do I need to speak the Kenyan language?
There are over 64 dialects spoken in Kenya with Swahili being the most common language. As a result, all primary/high schools now teach their students English as their second language. This is great news for your placement as you will be able to communicate with most of the people.

When should I apply for a position on this program?
As programs fill quickly, WYI recommends that you apply at least 6 – 9 months prior to the commencement date. Your financial contribution to WYI may take time to accumulate and therefore advanced planning is strongly recommended. We will accept applications up until 60 days prior to program commencement, providing there are still places available.

Is my program tax deductible?
WYI supports thousands of people across the globe and continues to expand the number of people and communities it impacts. As a not for profit organisation, we are always in need of support to allow us to continue doing the great work we do. By choosing our program and making a contribution to WYI, your donation will contribute to global development and poverty reduction. In return for your donation WYI will gladly offer you an overseas adventure, allowing you the opportunity to experience the outcomes of our work first-hand. ATO tax legislation stipulates that DGR status does not extend to our participants. Any contributions that come from yourself, your family members, or money raised through general fundraising activities where donors receive goods or services in return for their contributions, such as trivia nights, chocolate drives, raffles or movie nights are not tax deductible. All other contributions are tax deductible.

How many other people will be in my team?
The minimum number required to run a program is 6 and we will accept up to 12 participants. You will have 2 Australian Team Leaders accompanying throughout this program.

How safe am I in Kenya? Are there risks I should be aware of?
WYI has been working in Kenya since 1992 and has sent thousands of people to work in a range of communities in western Kenya. Our approach to your placement ensures that any risk to you is minimized. Nairobi and the majority of cities within Kenya are considered to be quite dangerous and we aim to avoid these areas as much as possible. Major tourist cities including Mombassa are considered to be high risk destinations and travel within north-eastern Kenya is strictly forbidden. Although many villages do not have electricity or basic services, they all have mobile phone coverage. You can purchase a cheap handset, sim card and top up phone cards on arrival. Family, friends and WYI will be able to keep in regular contact with you and you won’t need international roaming as you will have a local number. It is essential that you carry your phone with you at all times in case of an emergency.

Why choose World Youth International?
WYI has been offering placements since 1988 and is proudly a not for profit, non religious and non political Australian–based organisation. We have sent thousands of participants around the world and can proudly declare that we have had no major injuries, accidents or deaths on any of our programs. WYI is an approved charity and is closely monitored by the Australian Government and the ATO. We have flourished as an organisation through ‘word of mouth’ and we rely on our participants to share their experiences and outcomes with their peers.

Will you do anything to help me prepare?
You will receive a great deal of information about your program during the initial interview. You will then be sent a manual on Kenya which will have details on everything you need to know about preparing for your program. WYI will conduct a Skype training session in the lead up to your departure to help prepare you for the adventure ahead and address any last minute questions. Office staff will also be on hand to answer any questions you may have.
Application Procedure

You can reserve a spot on one of our programs by applying online now at www.worldyouth.org.au, or by downloading an application form and posting it to our office at:

World Youth International
PO Box 25
Hindmarsh SA 5007

Our staff will contact you by phone within 72 hours to set up either a face-to-face interview (if you are based in Adelaide) or a phone interview. Prior to the interview, you will be required to submit a short online interview. Our Programs Manager will then spend around 60 minutes discussing the program with you. If you have any questions before submitting your application, please do not hesitate to contact us at the office on 08 8340 1266 or admin@worldyouth.org.au.

We look forward to working with you to create an incredible adventure and a meaningful program!

Helpful Links

Kenyan High Commission:
www.kenya.asn.au

Official Kenya Tourist Website:
www.magicalkenya.com

Country Specific Information:
www.kenya-information-guide.com
www.allafrica.com/kenya

Maasai Mara:
www.maasaimara.com

Local News Sites:
www.nation.co.ke

Australian Department of Foreign Affairs and Trade
www.dfat.gov.au

First Aid and Medical Sites:
www.tmvc.com.au
www.stjohn.org.au

Currency:
www.oanda.com/currency/converter
www.travelex.com.au

World Youth International Facebook Group:
www.facebook.com/group.php?gid=4753488502