Welcome to World Youth International’s ‘Safari of the Soul’ Program in Kenya.

Safari of the Soul is an adventure to western Kenya for women aged 40 to 60 years who are looking for a unique and challenging experience. It will be a life-changing journey that will change your perspective of the world and the people of Kenya.

We trust that your queries will be covered in this document but if there are further questions, please email us at admin@worldyouth.org.au or call us on 08 8340 1266.

For information on fees and dates, please visit our website at www.worldyouth.org.au.
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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 civilisation 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.
Your program fee includes:

- Accommodation
- Meals
- One-way flight from Nairobi to Kisumu
- A three-day orientation and sightseeing program held in Nairobi and Kisumu
- All costs relating to materials and local labour hire for community development projects
- Transport throughout your program
- Sightseeing activities throughout program
- Language lessons
- Cooking and dancing 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 and WYI book ‘You Are Amazing’
- 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 depature 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 Nairobi ensuring you arrive on August 22 and leaving the program on September 12. Of course, you may wish to make your own personal travel arrangements after that date.

To ensure you have the best possible experience in Kenya, we will accept up to 12 participants to ensure every person is cared for and has a voice in 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, we will conduct three one-hour Skype training session which will be held in the months leading up to your departure. During these chats, we will talk in detail about your project options, the Odede community and Kenya in general. We will also be on hand to address any questions you may have.

This is a fully inclusive package from August 22 – September 12 and there are no hidden extra costs. Airfares to and from Nairobi, all insurance and visas will be at your own expense.

You will return to Nairobi Airport in the afternoon and fly 45 minutes north-west to Kisumu. You will be met at Kisumu airport by your Kenyan support team who will oversee your program and help to run your orientation.

Day 3
Your Team Leader will show you around Kisumu and 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 have lunch in Kisumu, where your Team Leader will discuss cultural issues and street safety before travelling to Odede.

The afternoon will be spent settling into your accommodation and meeting local members of the community!

Day 4
You will spend the day experiencing an orientation of the community, where you will learn about the Odede Complex, the community groups and the spirit of the people. You will then be shown all the placement options available and you can start to plan where you would like to work.

Day 5 – 8
During the next four days, you will get to work on your projects and experience Kenyan life. You will develop friendships with village members and learn about their day-to-day activities. You will receive language training, be shown Kenyan cooking techniques and learn how to dance, Kenyan style! Your evenings will be filled with joy and excitement as you help prepare the children for bed in the Child Development Centre and reflect on the days achievements.

Day 9 – 11
It’s time for a break and what better way to do so than to stay in a beautiful, all-inclusive resort on the edge of Lake Victoria for two nights. Kiboko Bay has beautiful accommodation in permanent tents with ensuites, a pool overlooking the lake, great food and best of all, hot showers! You will have free time to re-group and reflect on your experiences as well as prepare for the second half of your program. This will be a great opportunity for you to check your emails and let your loved ones at home know how you’re going. We will also conduct optional travel tours each day, including a sunrise boat tour on Lake Victoria to see the local hippos. You will return back to Odede on the afternoon of Day 11.

Day 12 – 18
You will continue with your placements and immerse yourself in the community. 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 then transfer to Kisumu late in the afternoon and spend a night there before heading off on your safari.

Day 19 – 21
You will be collected by the safari company and commence your 3 day adventure. The journey will be very bumpy and take around two hours. Many roads in Kenya are not quite what we’re use to in Australia!

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 different 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 hotel, where you can share your wonderful photos and stories of the day. Your safari will complete in Nairobi on the afternoon of day 21.

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

Day 22
After breakfast, you will be transferred back to Nairobi International Airport for your return flight home.

Placement Options
Odede generally has a large network of placements available, although they can vary from month to month. Here are some ideas of projects which were running in 2011 and may or may not be available in future years.

Income generating projects – WYI has launched a stream of projects which are managed by the local Odede co-op. The co–op consists of three main groups: a women’s group, a men’s group and a youth group. In conjunction with past WYI participants and community members, we have built two fish farms, two poultry farms and Kenya’s largest goat farm, all of which need constant support.

Environmental projects – Throughout the Odede community, new farming plots are popping up everywhere as WYI continues to teach sustainable farming techniques. Currently, we have a range of vegetable gardens, a tree planting program, a passionfruit farm and grazing plots for the local animals. You can lend a hand on these plots while getting to know the local community members.

Healthcare – Odede has built a makeshift clinic for the locals to use until a new clinic is built. The new clinic is likely to be constructed in 2012, though the official opening date is yet to be confirmed. The clinic is constantly in need of support from skilled people with medical training or healthcare experience.

Basic construction projects – WYI can employ a builder to work with you to build a new home for a family in need. Made from basic materials, you can build strong relationships with the community and make a direct impact on their lives. It takes around four days to complete and costs just $790 to build.

Teacher’s Assistant – You can participate at the local pre-school and primary school in Odede. You may choose to play games with the children, conduct arts/crafts lessons, read stories, teach sports, dance or drama. You are free to contribute your own ideas too!
Adventure Activities

Fantastic 3 day Maasai Mara safari adventure, animals and culture.
WYI works in conjunction with a qualified safari agent to offer you a fantastic three-day Maasai Mara Game Park Safari. Your WYI Team Leader will accompany you throughout the safari and ensure that all WYI safety and security measures are met. The SOS 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

Fundraising

Do you want to participate on the SOS 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?**
As this program is designed for women ready to take on a change in their lives and tackle a unique experience, we have introduced a minimum and maximum age of 40 – 60 years. If you are just under or over the cut off age, give WYI a call to discuss your situation and we may be able to accommodate you.

**Do I need any qualifications?**
There are no formal qualifications required. Training will be provided at the commencement of your program.

**What is the selection criteria?**
WYI have only a few pre-requisites for participants wanting to do a program. 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 40 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 their phone call. If your application is unsuccessful, WYI will refund your application fee.

**What will my living arrangements be?**
During your orientation, you will stay with your team in a basic hotel in Nairobi and when in Kisumu, you will stay in a central hotel. All hotel accommodation is based on a twin share arrangement. 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. On all other occasions, you will be based in either campsites or hotels.

**What areas of Kenya do I travel to?**
Your program will involve travel to both Nairobi and western Kenya. After your program has commenced in Nairobi, you will fly to Kisumu which is in north-western Kisumu, Kenya’s third largest city. Kisumu is located on the shore of Lake Victoria and has supermarkets, department stores, banks, internet cafes and a range of restaurants. You will then travel two hours to the remote village of Odede where you will be based.

**What sort of food will I be eating?**
During your orientation, you will be eating most meals at local cafes and restaurants in Nairobi and Kisumu. While in the villages, WYI will shop locally at the markets and we will hire a cook to prepare your meals. Although predominantly your diet will be vegetarian, you will enjoy fish, goat and chicken from our local farms.
Frequently Asked Questions

When should I apply for a position on the SOS?
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 women will be in my team?
The minimum number required to run an SOS program is 6 and we will accept up to 12 participants.

How does WYI select its SOS projects & what kind of projects will I be working on?
All projects selected by WYI are community driven, sustainable development projects. Applications from within the community are submitted to WYI for review and appraisal. If proposals are in alignment with our Development model, we will proceed with the project. For a project to be considered, they must be in the fields of income generation, environmental, education and health care. Project reviews are completed over the following year to ensure the ongoing success of the project.

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 minimised. 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, a signatory to ACFID (Australian Council for International Development) and AusAID approved. 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 three one–hour Skype training sessions over the three months before 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 45 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