

Extra information

For future Volunteers

Welcome in Shade House





Thank you!

First of all we would like to thank you for considering staying at Shade House with Shade Children Foundation. We can't really tell you how great this experience will be because this is one of the things in life (especially if you haven't been volunteering before) you simply have to experience to know.

If you come to the decision to stay with us, you will be a volunteer at Shade House, however besides that you can help wherever you think it's necessary. We even advice you to volunteer also at other projects during the week, when Shade Children are at school during the day. We will of course introduce you to the projects known to us and help you wherever you might need assistance.

After your arrival a meeting with Kenyan board members/the manager will be organized in order to make a program for (the first part of) your stay. It is good to inform us about your wishes for volunteering, safari, etc.

If you miss any info or discover that the info is not up to date, please let us know!

The board of Shade Children Foundation Kenya
Naftali, Teresa, Gordon, John and Dina

The board of Shade Children Foundation Nederland
Christiaan, Marijke, Bas, Renate and Dina



Kenya, general information

In Kenya, people in general are very friendly. Because most volunteers look different to Kenyans, they like to get your attention.

For travelling around town and to Nairobi you can take a matatu. You can also travel by boda boda (at the back of a bicycle) or take a motorbike (bodaboda/pikipiki). You can also use a taxi (more expensive) or tuktuk..

In Kenya most people eat bread or cereals in the morning and drink chai (tea, sugar with milk) or porridge. At lunch a (hot) meal is served, most of the time for the children it is the same as the evening before. For supper there is also a hot meal. Ugali, Githeri, rice & beans and chapatti are very common.

Religion

Most people in Kenya are religious and so are the children/people of SCF (Christians). You're invited to join the children to church, even if you are not religious yourself. In this matter all we ask of you is a respectful attitude towards all religions.

Language

The language in Kenya is Kiswahili. The country has 43 tribes and every tribe has its own language. Around SCF, most people are Kikuyu, they speak Kikuyu.

English is well spoken by most people in Kenya, because Kenya once belonged to England. Most children in SCF speak English and that makes it easy to communicate with them. When we have new children they most of the time are still learning English.

Climate

December and January are the warmest months of the year with temperatures from 25-35 degrees. In July and August, 'winter' in Kenya, it can be colder like 15-20 degrees

Rain season is around April and October/November.

Vaccinations and Medication

In Kenya there are malaria mosquitoes, so using malaria medication during your stay is recommended. Also vaccinations on yellow fever and hepatitis are often recommended. Please inform at your doctor's office for your personal health plan when visiting Kenya.



Make sure that you have good travel insurances, which also covers for doing volunteers work. Make sure you are well informed!

Visa & Passport

You will need a passport that will not expire in the next 6 months to enter Kenya. You will also need a Visa. This visa you can buy online for about \$50. There is also an emergency desk available at the airport in Nairobi, but this it is not recommended to rely on this.

There are some items that need attention:

- You request for a visa through <https://account.ecitizen.go.ke/register>
- You first have to create an account at this site (visitor)
- The request for visa should not be done more than 3 months in before, cause after 3 months it loses its value...
- You need a picture of your passport, a recent picture of yourself and an invitation letter.
- You are not allowed to use the same picture as used for your passport. Just take a picture of yourself with your phone or tablet (same conditions as passport picture)
- We will sent you the invitation letter, as soon as you have registered as a volunteer.
- Goal of your visit is always holiday, cause otherwise you need working permits, etc.
- See page 14 for the address you can use (Shade House).
- The costs are 50 US dollar and two small fees for admin. costs and costs for using a credit card.
- For paying you need a credit card.
- When you doubt about anything, just ask!

Trips

In the weekends and holidays the volunteers can spend more time with the children. You can organize sport activities, games, etc. or organise a trip with the children. Below you'll find examples of what you can do with or without the kids. Please keep in mind that if you organise something you will be the one that needs to pay for it. Unfortunately in Shade budget there is no money available for it.

Blue Post: This is a hotel in Thika and it has a playground for children. There is also a restaurant, a small zoo and waterfalls. The children will like it very much.

Fourteen Falls: Beautiful falls with a big playground for children



Elephants and Giraffe centre: Two centres where you can see elephants and giraffes in Nairobi.

Bomas of Kenya: This is a centre in Nairobi where you can learn a lot about the different tribes in Kenya.

Swimming Pool: When the weather allows it you could go for a swim and try to teach the children how to swim.

Volunteering and places to visit without the children:

- Safari,
- Visit the slums around Thika (Kiandutu, Umoja, etc.)
- Visit KOP in Kiandutu slums. (Part of Macheo Children's Centre)
- The souvenir market in Nairobi
- Visit/volunteer at Kenyatta Primary School, the special unit.
- Visit/volunteer at Life Skills Oasis Project in Kiandutu slums.
- Visit/volunteer St Patricks school, the special unit
- Visit/volunteer Joy town, school for children with special needs
- Visit The blind school
- Nyumbani (Nairobi)
- Baby orphanage Happy Life, Nairobi

PARKS & GAME RESERVES IN KENYA

Aberdare National Park

Unusual vegetation, rugged terrain, streams and waterfalls combine to create an area of great scenic beauty in the National Park.

Amboseli Game Reserve

Large concentrations of wildlife occur here in the dry season, making Amboseli a popular tourist destination.

Lake Baringo

Home for hippos, crocodiles, and over 400 species of birds.

Lake Bogoria National Park

Lake Bogoria's western shore is a bed of hot springs and bow holes.

Lake Naivasha

Walk around the island and view at close range, zebra, waterbuck, giraffe and several species of antelope.



Lake Nakuru

Set in a landscape of surrounding woodland and grassland. (NB there are hardly any flamingo's in Nakuru anymore. They moved to Lake Bogoria)

Marsabit National Park:

The reserve has three spectacular crater lakes most scenic and famous from early films and writings of Martin Johnson and Vivien de Wattville.

Masai Mara Game Reserve

The Masai Mara National Reserve is probably the most famous and most visited Reserve in Kenya. It offers breath taking views (as seen in the film "Out of Africa", much of which was filmed here).

Meru National Park:

Numerous permanent streams, draining from the Nyambenes and flowing in parallel between tongues of lava, south eastwards towards the Tana River.

Mt. Kenya National Park

Mountain climbing and game viewing.

Nairobi National Park

Nairobi National Park is unique by being the only protected area in the world with a variety of animals and birds close to a capital city.

Samburu Game Reserve

You will see species here you won't see anywhere else and yes, they are uniformly beautiful. Reticulated giraffe, boldly marked blocks separated by the finest of lines, delicately browse through acacia branches.

Shaba National Reserves

Buffalo springs and swampy areas

Shimba Hills National Reserve

Offers a fenced elephant corridor and connects the Shimba Hills with Mwaluganje Forest Reserve to the North.

Tsavo East

One of the world's wildlife and biodiversity strongholds

Tsavo West

Contains a diversity of habitats, wildlife and a mountainous scenic landscape.



Volunteering at SCF

It's important to realize yourself that the house also has to run smoothly when no volunteers are there. So there are enough workers engaged to keep the house running and take care of the children. It is also important for the children to have a stable staff that takes care of them. That doesn't mean that volunteers are not very important! You're the extra hands, you can give the children the attention they need so badly, etc. You work closely with the manager/housemother.

Rules & Guidelines for the SCF Volunteers

1. No smoking inside the house and please do not smoke in presence of the children outside either.
2. The use or possession of any (soft-) drugs is strictly prohibited in Kenya and therefore also on the SCF –premises.
3. Please be very moderate with the use of alcohol as it sets a bad example for our children and might bring back bad memories. The use of alcohol on SCF premises is not allowed.
4. Dogs are not allowed in the main house. We have a cat called Fritz.
5. Please keep quiet in the evening when the children are sleeping.
6. Do your own dishes, especially when you don't join dinner or lunch with the children.
7. Inform the house mother in time if you will not have dinner or lunch in Shade house.
8. Switch off the light when the last person in the room is leaving. Exception to this rule is the light in the corridor (downstairs) at night.
9. Please, limit the number of (quick) showers to one a day.
10. SCF-volunteers can go on a trip (safari, etc.) whenever they like, but inform the house mother, board members and other volunteers in time! If you want to go together and no volunteers will stay behind, just discuss it with the board in before.
11. Be careful spending your (sponsor) money or giving away any goods, etc. A lot of people, who ask for your (financial) support, don't really need it. Ask the board members/manager for advice!
12. When spending money or giving away goods, work through registered organizations. You don't need any kind of approval from SCF, but we do advise you to discuss the spending of money or giving foods with the board or one of the board members, whether you want to spend it to SCF or not.
13. Listen to what the manager/house mother tells you! Especially when it is about your safety. If you don't agree tell the board.



14. Talk with the house mother about the kids, give them as much information as you can and vice versa. Then there will be less misunderstanding.
15. Mzungu's (especially women), please don't leave SCF without a Kenyan when it's dark. If you choose to ignore this rule, this is at your own risk. SCF cannot be hold responsible for the consequences.
16. Respect each other's way of life and culture, don't criticize.
17. Any kind of abuse is forbidden! Especially against the children. If you choose to ignore this rule, you'll be sent home!
18. After arriving at Shade you will be requested to sign the Child Protection Policy. We will send you the text in before.

Time schedule during weekdays

At 5.00:

If you want to, you can get up together with the children and help to make breakfast and to get the children ready for school; check their uniform, make them get their bags, help them with shoes, etc.

Between 6.20-6.30

Volunteers can walk with the youngest children to school. They have to be at school at around 7.00.

At 15.30

Back at SCF it's shower time for the children, the older children come home later. You can help supervising.

You can help the children 'on duty' to polish the shoes and help with washing the uniforms/socks.

At 19.00

Dinner time.

After dinner the youngest children brush their teeth and go to bed. They love it when you read them a bed time story before they go to sleep.

Around 21.00

The older children go to sleep.



Time Schedule during Weekend & holidays:

At 6.30 The children wake up, you can get up and help making breakfast.

At 8.30 On Sundays, the children go to church.

At 17.00 Shower time.

At 19.00 Dinner time.

At 20.00 Bed time

Around 21.00 Bed time for the bigger children.

Costs

There are several things you will need to pay and take into account if you are going on a trip to volunteer in Kenya. If you decide to stay at Shade House you will pay a fee.

The first month the fee is €400. The first €50 you will need to pay with registration as a deposit.

The second and third month the fee is €250 a month. If you want to stay for a shorter period than one month you can contact us and the fee will be adjusted to amount of days you would like to stay with us.

You also need to take into account:

- Plane tickets to Nairobi (NBO)
- Airport transfers (4000 KSH one way)
- Visa (\$50)
- Costs for malaria pills and vaccination
- Costs for trips and activities you would like to do during your stay
- Costs for sponsoring (if you'd like to) projects and activities for the children and the community in Thika.
- Cost for (daily?) transport to projects where you volunteer, going to town or....



Sponsor money

You might go to Kenya to do volunteering work. That's really great! Just by staying in Shade house and paying the stay fee you already help SCF to pay for daily costs of the house (rent, water, electricity, etc.) and raising the children. The existence of Shade House is certainly also because of you!

Some volunteers want to do more and have found ways to collect sponsor money. We appreciate that very much, because there are a lot of needs in SCF as well as in the Thika area.

If you would like to raise sponsor money yourself and would like to have a particular goal we can provide you with a list of the most necessary needs. You can also wait and see till you are in Thika.

Yes! I'd love to volunteer! What now?

If you read all the information in this document, on our website, Facebook, Instagram and you decided you want to come and stay with us you can contact us and we will help you and support you in planning your trip.

As the fundraising part of our organisation is based in the Netherlands, we can set up a meeting or talk to you through skype/facetime/Whatsapp.

Please email to shadechildrenfoundation@hotmail.com and take the first step of your adventure to Thika, Kenya

Thank you.

Board of Shade Children Foundation

Dina van Doesburg (volunteer-coordinator)

