

Harambee 2016

Friends of Londiani Volunteer projects to Kenya

WHAT IS LONDIANI?

Londiani is a town and a district in Kenya. The communities there face many challenges in their daily lives. Friends of Londiani are an Irish registered charity who have been working with these communities since 2002. We are helping to create better futures by improving access to health, education, clean water & economic empowerment.

WHAT DOES HARAMBEE MEAN?

Harambee is a swahili word which means 'working together' and this is what Friends of Londiani's volunteering projects are all about. Harambee provides a short-term volunteer placement for 2 or 3 weeks in Kenya along with a training programme around it to enhance the experience and help prepare you for it. Not enough time to change the world but enough time to change your way of looking at it. This is a chance to use your skills and develop new skills to help bring changes to peoples lives and to explore hands on for yourself an understanding of global development issues.



WHO CAN VOLUNTEER?

Friends of Londiani believe that everyone has something to offer and skills to share to support the communities we are working with. People who volunteer with Friends of Londiani -

- like to travel
- they are looking for a challenge
- they want to experience something different
- they care about global justice
- they want to do something to help people
- they want to develop their own perspective on the world
- they want to gain an insight into the culture and traditions of the people in Londiani.

Many say that this is something they have always wanted to do.

IS THERE AN AGE LIMIT?

Anyone aged 18 years or over on January 1st 2016 can apply. There is no upper age limit but if you are 60+ or have a pre-existing medical condition, medical proof of fitness is required.

WHEN DO VOLUNTEER PROJECTS HAPPEN?

There are 2 Harambee projects planned for 2016. Each Harambee has a 2 or 3 week option to allow for different annual leave arrangements for volunteers who are working.

IS VOLUNTEERING UNDERTAKEN AS AN INDIVIDUAL OR IN A GROUP?

Harambee projects are undertaken as groups and group sizes can vary from 8 upwards people depending on the project.

WHAT DO VOLUNTEERS DO IN KENYA?

Throughout the year, staff & volunteers made up of local people in Kenya work on community development programmes on the ground which tackle issues related to health, education, water & economic empowerment. As an overseas volunteer you take the opportunity to step on board with the staff and local people, work alongside them in a spirit of partnership, share your skills and your knowledge with them, gain a unique insight into the problems and solutions of living in an area so different to our part of the world.

Volunteers are needed to –

- Help build smokeless stoves.
- Help facilitate community based courses – for example – Business trainings, wilderness first aid courses or Lifeskills Peer Education
- Work in schools on the Healthy Schools programme with students and teachers who are making school a healthier place to be by educating on health issues and improving latrines & washrooms.
- Work with Community Health Workers to make homes a healthier place to be.

That's just for starters!

There are also community surveys to be completed; a trekking route sustainable tourism project to be further developed; medical skills to be shared with the Londiani District Hospital; vaccination and health information clinics to be supported.

Worried you don't have skills for any of the above – DON'T we provide all the training you need prior to departure. **You have a skill and we will use it!**

All of the work done supports implementation of the local Community Health Strategy which aims to lift communities out of poverty following a bottom up approach. The work undertaken on each Harambee depends on what is happening in the community at that time.

Go with an open mind, a flexible nature and a willingness to help. Share the experience with team mates who start out as strangers and become close friends and local people who will amaze you with their positive attitude, perseverance and ingenuity. Come home with a wealth of memories, a personally enriching experience and a whole new perspective on life.

WHAT ARE THE DATES FOR 2016?

July 2016 (closing date for application 31/01/2016)

3 week option - Saturday 16/07/2016 to Saturday 06/08/2016

2 week option – Saturday 16/07/2016 to Saturday 30/07/2016

November 2016 (closing date for application 30/04/2016)

3 week option - Saturday 29/10/2016 to Saturday 19/11/2016

2 week option – Saturday 29/10/2016 to Saturday 12/11/2016

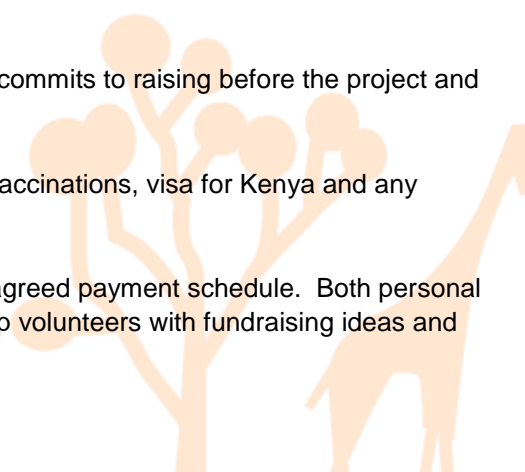
HOW MUCH DOES IT COST?

Personal cost - €1,990 (3 week project) or €1,880 (2 week project) – this amount includes training expenses, flights, food, accommodation & transport in Kenya.

Fundraising cost - a minimum of €1,000 - this is a target each volunteer commits to raising before the project and it goes to the community development programmes in Kenya.

Costs in addition to these to be incurred by you, will be travel insurance, vaccinations, visa for Kenya and any optional tourist visits at the end of the project.

Payments are spread out over the months before you travel following an agreed payment schedule. Both personal and fundraising costs can be fundraised for and support is provided to help volunteers with fundraising ideas and events.



WHAT IS THE ACCOMMODATION IN KENYA?

On arrival, depending on flight times, the team sometimes spend the first night in a hotel. Accommodation on site varies from basic dormitories to tents depending on where the project will be based. At the end of the project, the group stay in a hotel for one night and this gives the opportunity for some relaxation and tourist activities before flying home. (If you wish to travel before or after your project, Friends of Londiani need to know immediately as it will affect the groups' airline tickets).

WHAT SUPPORT DO VOLUNTEERS GET?

Friends of Londiani has a comprehensive **volunteer training programme** for all volunteers travelling to Kenya with them. Participation and completion of this training programme is compulsory for all volunteers. Time wise it will involve committing to approx. 4 days/evenings overall spread out over time before you travel and when you come home.

Topics covered will include:

- Community Development
- Kenya's Healthy Village Programme & community health strategy
- Practicalities e.g. fundraising support; volunteer health & first aid; what to bring with you etc.
- Skills Training - any specific skills training you require related to the work that will be happening in Kenya during your volunteer placement
- Team-building & Cultural Awareness
- Opportunities for staying engaged with development after your overseas placement
- Debriefing after the volunteer project

Part of the training programme covers details on Friends of Londiani's policies and safe practices and all volunteers are required to adhere to these and also to be willing to be Garda-vetted.

WHAT HAVE OTHER VOLUNTEERS SAID?

- "Gives you a great insight into people's lives. You are going inside people's homes and that is an honour".
- "I felt very comfortable with Friends of Londiani from the first meeting with them, they were genuinely welcoming, knowledgeable, honest and professional towards volunteers both in Kenya and Ireland and more importantly towards the Kenyan communities in which they work."
- "Installing smokeless stoves was a great opportunity to get to know and begin to understand the Kenyan way of life and culture in their own environment"
- "We have borne witness to the difficult lives of the people. We have shown solidarity with those less well off materially than ourselves. We have been privileged to be welcomed into people's homes, given chai, sent home with bags of potatoes, offered rabbits — all as signs of gratitude from the people to whom we have offered our hand in support to help them develop better lives for themselves".

Check out the blog on www.friendsoflondiani.com for further input from volunteers on Harambee projects.

"I'M IN! – WHAT DO I DO NEXT?"

Contact the Friends of Londiani office in Midleton and talk to us about your application. You'll probably have lots of questions! Application forms are available online or from the Friends of Londiani office in Midleton. They must be accompanied by a non-refundable deposit of €500. (In the event that your application is not successful your deposit will be returned) Phone anytime to discuss the opportunity and ask questions before you apply. Each volunteer will have a one to one conversation with Friends of Londiani on application where questions from either side can be asked & answered. Apply as soon as possible – closing dates are noted above with the Harambee dates.

Further information on Friends of Londiani can be found on- www.friendsoflondiani.com

Contact Friends of Londiani at - harambee@friendsoflondiani.com

Our office is at - Friends of Londiani, 4 The Crescent, Mill road, Midleton, Co. Cork. P25 H302 Tel: 021 4621748

Register your interest - If 2016 Harambee date doesn't suit you, register your interest in volunteering sometime in the future by emailing harambee@friendsoflondiani.com and we will keep you informed about future plans.

Further information to help in your decision about volunteering overseas can be found on www.comhlahm.org and choose volunteering options section.