



team kenya

Training, empowerment and much more

Volunteer brochure

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Who we are...

Team Kenya is an independent organisation registered as a charity with partners, volunteers and supporters in the UK and Kenya. No-one working for Team Kenya in the UK takes a wage so all the money goes straight to our unique projects in Kenya. *Team Kenya does not charge for UK administration or communications cost.*

Our vision and values...

...To become an outstanding organisation that works with strategic partners and volunteers to empower disadvantaged communities in Kenya to overcome poverty, injustice and inequality.

By volunteering with Team Kenya you can be part of an effort to alleviate poverty in Kenya whilst gaining first hand experience of international development.



Who volunteers...

We get all sorts of people interested in volunteering with us;

- School leavers
- Individuals looking for a gap experience including grown up gappers!
- University students carrying out research projects linked to our programmes in Kenya
- Professionals taking a sabbatical from work
- People looking for a conservation holiday, who would like to have a hands on holiday experience

Who comes to visit...

We help a wide variety of people visit Kenya;

- Professionals looking for a unique holiday experience who would like to volunteer their skills for a few days, we've had a police officer and social worker visit us recently
- People looking for a cultural holiday looking for a different type of experience
- Independent researchers using our site in Kenya as a base
- Families with children over the age of 13 are welcome too

We can offer flexible arrangements that best suit your requirements, with visits lasting from 10 days to 6 months we aim to provide a unique and bespoke experience.



Where we operate ...
Team Kenya currently concentrates it's efforts in Ndihiwa, Kenya.

Ndihiwa is a remote rural Luo community in the Homa bay district of Western Kenya. The area is particularly poverty stricken, with many of the people living in Ndihiwa struggle to provide to for their families.

Disease and sickness contribute to many children's schooling being interrupted. After drinking unsafe water children are frequently sick and forced stay at home. Water related sickness also has a detrimental effect on adult's ability to work and generate an income. Children under the age of 5 are especially vulnerable to water borne diseases, resulting in a high infant mortality rate for the area.

It is estimated that approximately 60% of households have no toilet facilities. Even where safe water is sourced there is a high probability that the source will become contaminated,

allowing potentially fatal diseases such as typhoid and cholera to spread quickly.

Life expectancy in Ndihiwa for males is 35.9 years and 40.7 years for females. Many children are left orphaned with older siblings left responsible as there are often no grandparents to depend on. In these cases it is highly unlikely that any of the children in the family will complete an education due to lack of available finance.

Volunteering for Team Kenya does not restrict to staying only in Ndihiwa. Visitors often go on to travel around the beautiful country of Kenya and other areas in Eastern Africa as part of their trip.

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Whether you want to volunteer your time here in the UK or take a trip to Ndhiwa to see our projects in action and lend a hand, Team Kenya would love your help ...

By visiting Ndhiwa you will gain a fantastic insight into the local community whilst working as a part of a team.

Projects you could get stuck into...

We have a wide variety of projects that volunteers can get involved with;

- micro enterprise
- sustainable agriculture programs
- work with women's groups,
- orphans and vulnerable children,
- young people affected by HIV/AIDS
- other disadvantaged groups in the community
- conservation projects

We work in schools and the wider community. There are endless opportunities here in the UK too.



Participants can choose to get involved with a range of activities as diverse as tree planting, activities with Scouts and Guides, computer training, teaching English in schools, working with girls to promote children's rights and gender equality.

Here in the UK, Team Kenya need dedicated people to help plan and organise fundraising events, from sponsored events, such as marathons, to conferences.

There are funding opportunities for our projects but we need creative and innovative input from volunteers to help us secure vital funds.

We have an established girls' football project as part of our Girls Support Group programme. We run training courses for coaches and referees so that the project is sustainable.

You could get involved in training and help the teams prepare for tournaments and the local girl's football league.



Work along side our health worker running educational sessions on HIV and AIDS or help promote the use of water filters to reduce water related illness in the community.

We provide counselling sessions for the school students that we work with. There are many opportunities for volunteers to show support to vulnerable members of the community who would like someone to talk to.

There really are no limits to the opportunities to help the community in Ndhiwa.



Learn traditional skills and help small business enterprises make a head start.

You could be a valuable helper at our Women's Reading Group or essential support for the homework tutor during the Homework Group attended by the students that Team Kenya sponsor in Ndhiwa.

We aim to be flexible in order to provide a quality volunteering experience tailored to each individual.

Depending on what you'd like to get out of your volunteering experience, we hope to provide a unique experience that you will remember forever.





Planning a trip to Ndhiwa can be as simple as it is rewarding!

Team Kenya have over 10 years of experience organizing safe and rewarding overseas visits for all sorts of volunteers.

How to get there and get involved ...

We handle all of the details and provide the support to make the adventure a reality, we are unique when it comes to planning your trip, and we can personalise every detail to suit an individual or group.

Team Kenya offer a personal service, with a genuine worthwhile experience based on the needs of both the overseas community and the volunteer visitors.

We plan and negotiate appropriate activities, for individuals or groups, based on the individual skills and the knowledge of the visitors and the needs of the community in Kenya.

We have personal experience of being part of the Ndhiwa community, and keep up-to-date with developments by regularly visiting all of our projects. Our projects and activities have clear short, medium and long term goals, are based on extensive community consultation and led by local community members.

Team Kenya is not about providing a quick fix like short term projects or sending groups overseas to just paint murals on classroom walls or do the jobs local Kenyans can do. What makes us unique is a long term commitment to projects in a genuine longstanding partnership with the community.





Accommodation ...

By staying in a community-owned and run guesthouse, Karibuni, and buying local produce you are helping to generate income directly in community. You will experience local cuisine and what life is like in the area. Costs vary based on length of stay and start from £15pppn which includes food and accommodation. It costs just £10 to plant trees and provide training for community members so that you can make your trip more environmentally friendly.



What do we mean by making a difference?

All our volunteers make a minimum fundraising contribution of £500 before going to Kenya, this money goes directly to projects. This money supports the long term goals of Team Kenya and the carefully selected projects that we help the local community to manage. A fundraising deposit of £100 per person is required at the time of booking. 100% of your money is spent in Kenya for project materials and activities supported by Karibuni Eco-cottages.

Local attractions and adventures a little further afield...

We can arrange visits as an extension to your visit to Ruma National Park, Lake Victoria, the Maasai Mara and the beautiful Kenyan coast. For those who are a little more adventurous we've arranged treks up Mount Kenya. If there's anywhere else you'd like to see let us know and we'll see what we can do to help make it a reality.



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Flight costs vary from around £450 - £750 according to the date of your visit. Booking the flights is the responsibility of the visiting volunteer. Team Kenya will advise and assist .

UK and Overseas Operations

Team Kenya will provide you with advice and support with fundraising. We can help you with pre-departure preparation too.

Team Kenya does not charge for UK administration or communications cost.

'Going to Kenya was a life changing experience; it was a great opportunity to see how the funds we had raised were being utilised. We all had a fabulous time and are definitely looking forward to returning in the near future!'

Adam Corlet, Seaton Burn College



'One of the most rewarding and incredible experiences of my life. The trip was a great success and I got to see what a truly amazing charity this was, and how effective their work is and what a huge influence it has on the local community'

Simon, Newcastle University

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