



GCG Volunteers
An informational Packet
www.thegcg.org



GENERATION FOR
CHANGE AND
GROWTH

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Volunteer Types:

- Education – Teaching, Youth development
- Health – Hospitals, communities, Schools

Volunteer Age Limit:

All volunteers must be 18 years and older. Less than 18 years must be accompanied by a guardian

Travel from Home country:

Arrange independently from your country

Cost:

A one time fee is required **US\$2,500** prior to your departure. This will cover the following;

1. Arrival at Nairobi and pick from airport
2. 1 or 2 night stay in Nairobi,
3. Half (½) day tour in Nairobi city
4. Bus transportation to project site (with GCG coordinator)
5. Half day tour in Nairobi city
6. Bus transportation from project site (with GCG coordinator)
7. Two (2) night stay in Nairobi
8. Drop off at airport on day of departure
9. Site coordination and placement
10. Lodging/housing/host arrangement

Cost After Arrival (All in US\$)

Cost	1 weeks
Individual	\$60-80

Cost Includes: Housing and Food

Transport to Project:

From your place of stay to site is within walking distance. In town Taxi service is also available for about **\$5**

Application Process:

An application form is available at the website (<http://www.thegcg.org/participatenew.html>). You may fill and attach it as electronic mail or print and mail to GCG's physical address

Qualifications:

All volunteers need proof of skill of practice.

Non-professional volunteers, interns and students need to submit one page summary of skills and/or Resume.

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Volunteers in Health care who wish to provide primary Health care services need proof of practice license (copy of license and degree/diploma).

Work:

Health care professionals such as medical doctors, dentists, pharmacists and nurses will work with local Hospital's staff or clinics in community. This will generally involve supporting local doctors, clinical decision making, providing primary care services and other routine health care services. Also, very critical is providing training and education to local staff in areas of your professional competency.

Education volunteers will provide teaching services to the community and in schools such as elementary, primary and secondary schools.

Other volunteers who may have skills that may contribute to literacy, social and economic growth are encouraged to create their projects independently and GCG will give necessary support.

Duration of Program:

A minimum of 2 weeks to a maximum of 4 months (Length of stay varies based on individual by individual goal).

Accommodation & Meals:

Three categories based on preference and availability:

- Host families (some times institutional hostels/quarters based on availability)
- Apartment rental (unfurnished) – cheaper than hotel/motel
- Motel/Hotel

Languages Spoken:

The national language in Kenya is Swahili. However, English is the language primarily taught in schools and most Kenyans speak English fluently. Northern Kenya is predominantly inhabited by ethnic Somali communities. They also speak Somali language in addition to mainstream Languages of Swahili and English.

Departure:

Back to Nairobi at least a day before departure (transportation ~\$30-\$50).

You should be at the airport at least 2 hours prior to departure time. Departure drop off will be coordinated between you and the GCG coordinator.

Miscellaneous Expenses:

Toiletries (i.e. tissue paper, brush/paste, soaps), bottled water (if preferred) etc will be an additional expense and will not be covered.

If you have an extended time of volunteer and wish to take a leisure/tour break, additional expenditures will be incurred.

FAQs

1. Are there any issues with cultural or religious practices that I may need to understand? Is it going to conflict with my own?

Northern Kenya communities are predominantly of Muslim faith. However, there are many other religious faiths such as Christianity and non-christian/non-muslim faiths.

Muslim faith prohibits eating Pork and Bacon products, and drinking alcoholic beverages. It is not uncommon to hear loud calls for during prayer times (similar to the bells in the church but in this case a person calling at the top of his voice).

There are many mosques and some churches in Garissa, Wajir and Mandera.

These communities are very hospitable and respect their guests.

Dressing: Muslim women may wear long dresses and cover their head with scarf. Most Muslims may not shake hands with opposite sex. However, many do shake hands. If a non-Muslim extends his/her hand and the Muslim declines to shake, it is not rude or unkind. It is normal and should not impact any relationship or on going conversion. This varies from person to person.

2. Do we need to bring food/water with us or is that available in our place of stay?

No. Bringing food is unnecessary. The most common foods are rice, pastas, ugali, fruits, veggies etc. All of these are sold in open markets or at food stores only a walking distance from your place of stay. Foods are normally fresh and come from nearby farms. Availability of fridge may depend on the place you choose to stay. Food is relatively cheap.

3. Once in the country, is anyone in charge / looking after me?

In this project, you are expected to be proactive in many ways. However, there is a GCG coordinator who will be available to you in case you need anything or need any help. Also, during your stay, most hospitals and schools staff you will be working with are very friendly and always willing to help. If you decide on staying with a family, they will generally oversee you.

4. Would you be able to describe the cities/villages/region I will be working/volunteering in? the actual institution i.e. schools and hospitals?

North Eastern Kenya is one of the 8 administrative provinces in Kenya. The major towns in the region are Garissa, Wajir and Mandera. There are other mid-size cities in the region. The region has become home to many refugees mostly living in refugee camps hosted by the United Nations, CARE and MSF. Other international non-profits working in this region include Oxfam, WHO and various missionaries.

Climatically, North Eastern Kenya is considered semi-arid to arid region.
Transportation is widely available ranging from mini-buses to taxis.

Schools, hospitals and other major institutions are relatively within walking distances (i.e. 0.5 mile to 3 miles)

Electricity is available in the cities albeit unreliable. Portable tap/faucet water is also available. In many places, people use pit latrines. Flush toilets are available but not common.

Internet is available in Internet cafés for about \$1 per hour. Wireless through your laptop may or may not be available depending on where your location.

Phone services are available. Cell (mobile) phones are widely used. A cell phone may cost you about US\$50. Alternatively, you can bring your own if unlocked. The sim card costs \$2 and scratch cards have varying prices.

5. Do I need to bring supplies – hospital or school? Would this be needed? ~~and~~ if so what supplies should I prioritize?

Bringing supplies that can help your volunteer will certainly help. Such supplies include and not limit to gloves, alcohol swabs, stethoscopes, BP machine etc if you are in health care

For education volunteers, books, pencils, computers, projectors, educational CDs etc will help.

6. Is the institution I am assigned to aware of my coming?

Yes. Every institution is informed of your coming prior to your arrival. They expect your coming and the service you will provide.

3. When do the programs begin?

We encourage our Health-trip volunteers to plan on arriving and beginning their work on the month of July each year. In the event that this does not work, we will work with each person on case by case basis.

4. Where can I find more about the town or city and Kenya?

This will be provided in a separate information sheet or on our website.

5. What is the Weather in Kenya like?

Kenya is an equatorial region. The Temperatures vary from 10 degrees Celsius to 35 degrees Celsius (50 - 95F). Northern Kenya is considered one of the hotter regions in the country (arid and semi-arid). The two rainy season fall between the February-may and October-December. Prepare on lighter dressing such as summer or spring clothing.

6. What kind of visa do I need? Do I need a work permit?

Your stay in Kenya is classified as Tourist. You will need to apply for a Tourist Visa. Since you are not paid for your work, your visa will not be considered a work/business visa.

7. How much does a Kenya visa cost and how do I get one?

You can call the Kenyan embassy located in your country for specific visa information. However, a tourist visa costs \$50 and one can stay for 6 months on such a visa. For an extended stay (more than 6 months), there are options for renewal. Your tourist visa can be provided by the Kenyan embassy or obtained at the Jomo Kenyatta International Airport upon arrival

8. *What is the main Airport?*

There are two major airports in Kenya:

- I. Jomo Kenyatta International Airport in Nairobi,
- II. Moi International Airport in Mombasa

We encourage you to arrive at Jomo Kenyatta International Airport abbreviated as NBO (sometimes JKIA) as the coordination is done from Nairobi.

9. *How much money do I need during my stay in Kenya?*

Please see section above 'cost after arrival'. Most participants can live with \$60-\$80 per week. You might need additional money for additional activities like weekend out and tourist site visits etc.

12. *What is the minimum time I can give?*

A minimum of 2 weeks is required with our programs.

14. *Do an audio, filming or any sort of documentation (documentary) while working there?*

Yes. We encourage each participant to write about their experiences. This will help future participants prepare even better. If you wish to do filming, this is also a great idea.

If you have more questions, please do ask and we will make every effort to make your experience smooth and enjoyable.