

Kenya Baby and Infant Care in Nairobi

Make a difference in the lives of children and help to offer them the start they deserve. Have the time of your life as you embrace this country and discover its delights.

Kenya is a land of intense beauty, epic landscapes, fascinating tribes and exuberant communities. Magnificent wildlife roams across vast Rift Valley plains, white sand beaches fringe the turquoise Indian Ocean and ancient tribal communities practise traditional customs little changed since the dawn of time. All these combine to provide a destination of unparalleled appeal and fascination.

Travel to this spectacular land and immerse yourself in a community and culture in which you will be made to feel incredibly welcome. The people are positively inspiring and the landscape, national parks, beaches and surrounding islands are stunningly beautiful.

Once you've learnt to do things the Kenyan way you'll never want to leave this unique travel destination.

PROJECT HIGHLIGHTS

- Discover this land of intense beauty
- Make lifelong friends
- Bring vital care and affection to the young children in your charge

PROJECT REQUIREMENTS

- Minimum age of 17 years

FAST FACTS

Location	Kenya, Nairobi
Caring for children	
Activities	Feeding and food preparation Arranging playtime and extracurricular activities Cleaning, changing and washing
Arts & crafts, sports and reading	
Transport	Airport pickup
Accommodation	Homestay

WHAT DOES THE PROJECT DO?

In Kenya the term 'orphanage' spans a variety of institutions, including children's homes, care centres and rehabilitation centres. These organisations care for children who have been orphaned, abandoned or abused and have no other place to go. Having lived tragic lives without love and affection the main thing most of these children need is care and attention.

This excellent orphanage in one of the most impoverished areas of Nairobi helps to care for babies and infants who have been orphaned, abandoned or abused and gives them a safe haven in which to grow. Many children are found very young in the streets and slums and are brought to the centre, where they are given full medical check ups and cared for until they can be adopted or supported as they grow and develop through to school age.

WHAT WILL I BE DOING?

Your work programme will be tiring and challenging but deeply fulfilling. You will help in the day-to-day care of the youngest orphans, including feeding, changing, washing them, teaching them to walk and feed themselves and even helping to choose names for new arrivals! The youngest need constant attention and entertaining them will take up most of your time. The older children start learning and helping with chores around the centre at a young age, so that can help show them how to do simple tasks and support them as they learn.

Volunteers will work with young children and babies who either have no family or are from very deprived backgrounds. Some of the children are suffering from HIV or AIDS and have been abandoned or are too sick to go to school, whilst others may have been subject to abuse. Most of the children are in need of love and affection and you will be utterly astounded to see how much your care and attention can change their lives.

WHAT HAPPENS WHEN I ARRIVE?

You will be picked up from Nairobi airport by a friendly local staff member and transported to your accommodation. Once you have had time to rest, the local staff will introduce you to your project and the local area. Both your host and local coordinator will be more than happy to help you settle in and acclimatise and you'll feel at home in no time in this friendly, bustling community.

WHERE WILL I BE STAYING?

You will be staying with a friendly host in a homestay, which will allow you truly to experience Kenyan culture. We choose our hosts carefully to ensure that they are able to provide the support and security needed to make your stay comfortable – and fun! The homestay will usually have a bathroom, living room with TV and kitchen with a fridge and will be close to transport and local shops. You will be made to feel part of the family from the moment you arrive and you will soon find yourself immersed in home and community life.

WHAT WILL I BE EATING?

You will eat with your host and will be provided with two meals a day, enabling you to get a true feel for the Kenyan lifestyle and sample some authentic African home cooking. For lunch, volunteers usually eat out with colleagues or at the projects themselves, as they are away from the homestay.

Kenyan cuisine offers a variety of dishes based on meat and vegetable stews. Most dishes are served with either rice or ugali, the staple food for most of sub-Saharan Africa made from maize flour. You may also have the chance to sample such delicacies as "oysters Mombasa", fish or chicken in coconut, groundnut soup or beef and potato stew and for pudding, bananas cooked in banana leaves.

COSTS

2 weeks	US\$ 1,045
Extra week	US\$ 345

DEPARTURE DATES

Weekly, please arrive on a Monday.

DURATION

2 weeks +

This project is available throughout the Christmas period

WHAT'S INCLUDED

Before you go

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Advice on visas & equipment
- Discounted medical kit
- Free Frontier t-shirt

In-country

- 2 meals a day
- Accommodation
- Airport pick-up
- Project orientation and training
- In-country emergency support
- 24-hour international HQ back-up

AIRPORT INFORMATION

Nearest airport(s): Nairobi Jomo Kenyatta International Apt (NBO)

CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on info@frontier.ac.uk

Check out our social media here:

Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.