



MEMUSI
FOUNDATION



10 DAY VOLUNTEERING TRIPS

We are excited to offer the chance for people to join us in Kenya for a week - something that not many people will ever get the opportunity to experience and that you will certainly never forget. We are looking for people to join us at Memusi School in Magadi, Kenya working on an array of projects from classroom based activities to sports to building.



WHO WE ARE

IT ALL STARTED WITH A PENCIL...

In 2006, founder Matthew Norton visited Tanzania with his wife Sally on a typical safari touring holiday. On the last day their vehicle broke down at the side of the road. A young boy of primary school age was walking by himself at the side of the road. He obviously wasn't in school. Sally approached the boy and offered him a pencil as a gift. Shyly he accepted the gift and bowed his head in gratitude. This struck a chord with Matthew, whom after the trip returned home and started researching for charities who accepted donations of school equipment instead of just requesting money donations.

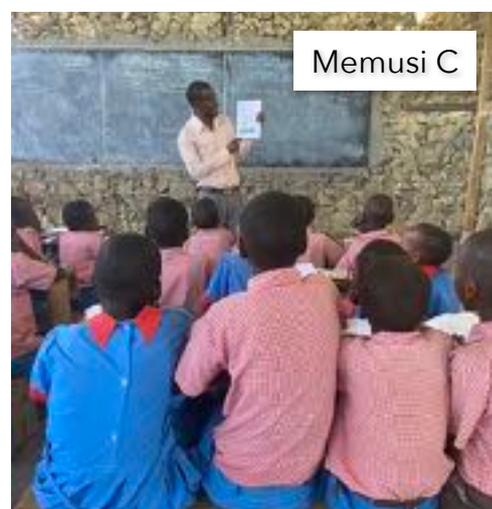
Through different avenues of research Matthew eventually found a lady called Simantoi, who had set up a school in her community for Maasai children who had no access to places in local schools. Simantoi had built a shelter and self funded a primary teacher just so 6 children could come to school. Matthew began sending teaching supplies to her on a regular basis and then he asked her what her dream was- it was for a school for 400 children. So, Matthew and a team of friends undertook a gruelling cycle ride from Lands End to John O'Groats to fundraise for this. In 2009 the Memusi Foundation was officially registered as a UK charity (1133371). Years later and we now have established three Memusi schools in the Magadi region of Kajiado county and helped support many communities, and schools.



WHAT WE DO

The Memusi Foundation believes passionately in the right to quality education for every child and that education is the primary route out of poverty.

Here at the Memusi Foundation we have made it our mission to support people who are making a difference for themselves. We believe firmly in a partnership approach to ensure that the communities that we work with remain owners of their school and we simply support in empowerment. This approach ensures sustainability, longevity and care of the projects where the Foundation invests. All Memusi schools have been established locally, by people who have believed in making a difference.





Since 2006, the Memusi Foundation has built and developed 3 primary schools (for children aged 3-14 years) as well as supporting a 4th project in Western Kenya supporting orphaned children. In 2019 we launched 'Memusi Outreach' to help extend our support further to children and the communities right across the district that we work in.

As part of our 'Memusi Outreach' we focus on female hygiene programmes & female empowerment, healthcare, community development, infrastructure and teacher development as key pillars of proven approaches to the development of quality education.

Our work is in the Magadi Ward, Kajiado County, Kenya and the majority of our pupils and the communities we work with are Maasai. Most of our pupils are living in extreme poverty, living in traditional manyattas with no electricity and no running water. For those that have employment it will be small businesses such as tea and chapati sale or goat /sheep farming. In our own schools, we give priority enrolment to children from single parent families, orphaned children living with guardians or children from some of the poorest families in the community. We employ a Community Engagement Officer who is an educated local Maasai man whose role is to identify and support the families most in need. We also ensure that at least 50% of our children are female as we continuously promote the message about the power and advantage of educating girls.



At the Foundation, we provide free education and all that comes with it including uniforms, school dinners and school equipment. No child has to pay for their education and we believe passionately that school should be free. It is through free education that every child has the opportunity to escape poverty in their own lifetime, providing a path of hope.



OUR VOLUNTEER TRIPS

In 2012 we launched our first ever volunteering trip out to Memusi School and before the pandemic, we hosted between 8 - 12 trips per year.

The groups will consist of a total of 7 people - 1 Kenyan member of support staff, 1 UK trip leader & 5 volunteers.

Our trips are lead by experienced trip leads who will be with you throughout the trip including our Memusi staff in Kenya. The trips will be a mixture of volunteers of all ages, some of whom will have visited before in the past and others whom it will be their first time to Memusi, Kenya and even Africa. We do not advertise our trips to the general public, our volunteers are made up of people whom find out about this from friends, family, and work colleagues through word of mouth.

AGENDA (common agenda with flexibility for minor change)

Day 1 (Thursday) - Depart from UK flying to Nairobi Airport (this will include one stopover). Check in to hotel in Nairobi if flight arrives on same day. We will depart for Magadi on Friday morning

Day 2 - Early start where volunteers are met by the Kenyan Memusi Team before setting off for an approx. 3-4 hour drive to Magadi (unless encountering traffic problems en-route). Lunch will be a picnic either en-route or at the school. Volunteers will then settle into their accommodation for the night.

Day 3 - Day spent in school. This day maybe a charity pre-arranged activity or will be volunteer led. Activities can sometimes include: Medical camp at Memusi School OR team building day with teaching staff OR a visit to Memusi C School OR sports day for children.

Day 4 - Morning visit to a Community Church - an experience to behold! After lunch at the school there is the option to relax at the house or you can have a visit to the Magadi Hot Springs: enjoy the beautiful natural landscape and maybe a spot of wildlife along the way! Volunteers can then finish the day off with enjoying the sunset over the hills.

Days 5 - 8 - Fully supported time spent working with the teaching staff in the classrooms. Throughout the week, a number of initiatives will be run to both benefit the community and the children, which will be an incredible opportunity for the volunteers to experience and help make an impact on the lives of the community. During this time volunteers will also visit a traditional Maasai village (Manyatta), the local market (Wednesday) and a local state school.

Day 9 - (depending on the flight time will depend on the proceedings of the day) Generally there will be a farewell ceremony at school and after lunch volunteers leave Magadi for Nairobi where they will travel to the airport for their return overnight flight home.

Day 10 (Saturday) - Volunteers land back in the UK



PROGRAMME OF ACTIVITIES

Volunteering with Memusi is about giving you a platform to make a difference and to give you the opportunity to learn more about the importance of education, the passion and desire of the people that we work with and to gain an understanding of the life they lead and daily struggles.

We do not have any expectation of volunteers in terms of how many or the type of activities they take part in. You can spend the week helping out in classes, joining in pre arranged activities either set by the charity or by a fellow volunteer however we strongly encourage volunteers to think about what skills and attributes they can bring to the week and we welcome activities organised by volunteers in which to do with the children. Even if you think you have nothing to offer we can have an informal chat with you and we guarantee we will have generated, by the end of it, some inspiration and ideas.

Construction and Manual

Get involved in a building project, repair work or painting work if there are projects happening at this time at the project that you support.

Early Education

Early Education is based around play. Work alongside teachers each day and have fun creating and playing with the children - the possibilities are endless and they never tire of it!

Sporting Excellence

Teach new sports. Develop skills in existing sports (football, volleyball, netball). If you have a passion for sports, this could be for you

New Subjects

Do you have a passion for a particular subject. Develop lesson plans and work alongside a teacher to deliver lessons to all grades.

Healthcare

From a medical camp supporting the entire community to supporting a vitamin programme. Get involved in healthcare rollout.

All About You

You are unique. You don't need to fit into a category. So, tell us about you, your skills and your passions and we will make sure that your trip is tailored to you.

Here are just some examples of the MANY activities arranged by volunteers: circus skills; female hygiene; estimation & measuring; science including experiments; storytelling; Zumba; face painting; shown documentaries; dance classes; uniform repairs; sewing classes; music lessons with keyboard, recorder and ukulele.

OTHER ACTIVITIES & VISTS DURING THE TRIP:

CHURCH

Sunday morning visit to a Maasai Community Church - an experience to behold!

HOT SPRINGS - OPTIONAL

On Sunday afternoon, after lunch, you will have the opportunity to visit the beautiful local 'Hot Springs'. Here you will see a wonderful array of African birds including Flamingoes. Following the hot springs, on the way back to the tents you will visit a local view point and enjoy the sunset.



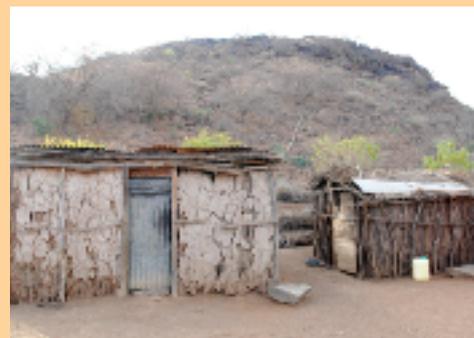
OTHER ACTIVITIES & VISTS DURING THE TRIP CONT...

VISIT TO A MANYATTA (traditional Maasai Village).

One day after school you will visit a traditional Maasai manyatta - this will be the home of one of our pupils and their family. It is courteous to take gifts when going to someone's home so you will visit the local market in Magadi township that morning to buy a food parcel and take tea, sugar, maize and soap for example.

MARKET DAY

Wednesday you will have the opportunity to take a visit to a traditional Maasai market.



ACCOMMODATION & OTHER IMPORTANT THINGS TO KNOW:

ACCOMMODATION - you will stay in Magadi town in a rented self catering house. Please expect to share with another volunteer(s) on the trip however we will keep males and females separate. There are 3 bedrooms and 2 bathrooms, so we will be looking mainly at having a male / female breakdown for accommodation because of the bathrooms. If you are a couple, we should be able to work through this as well.

DBS Checks - It is compulsory for all volunteers visiting our schools in Africa to obtain a 'Disclosure and Barring Service (DBS) check.

CODE OF CONDUCT - All volunteers must abide by the Memusi Code of Conduct whilst on the trip.

MEALS & FOOD - Both Breakfast and Dinner will be served in the house. Lunch will be served at school (except on traveling day which will be a picnic) and we will share our lunch with the teachers. Food is very basic but tasty and fulfilling.

DRINKS - Volunteers have a plentiful supply of water throughout the whole trip which is included in the costs.

WIFI - you will be given the password to access the portable Wifi which can be used on an evening when the group is altogether. Part of your cost trip includes credit for the wifi however it is not unlimited.

LEISURE TIME - this will be in the house (there is a lovely veranda area) where volunteers can relax and maybe play a game of cards and chat about their day. There will be opportunity to purchase soft drinks and alcoholic drinks for on an evening.

PRE - TRIP SUPPORT - Once you have reserved your place on a trip you will receive a 'Trip Preparation Pack' containing all the instructions, information and paperwork you will need to prepare for your trip. Your trip leader will be in contact with you throughout the entire run up to the trip providing reminders for deadlines and also assisting with co-ordinating the programme of activities.

UK SUPPORT - a member of Memusi staff in UK will always be on hand for support in both the run-up and during the trip.

INSURANCE - You will be covered by our group (Emergency Medical and Travel Insurance)- this covers a person from the point of departure from your home and then back again.

TRIP LEADER - Every trip has a UK trip leader whom will be with you at all times.



COSTS

Details	Amount:
Deposit	£100
Second Instalment: due 4 weeks prior to departure	£669
TOTAL COST	£769 + flights



WHAT IS INCLUDED IN THE COST?

- Airport transfers
- Transport to and from school
- Accommodation
- ALL meals
- Bottled water
- UK Trip Leader for the week
- Kenyan guide for the week
- Travel insurance
- Wifi.

WHAT'S NOT INCLUDED IN THE COST?

FLIGHTS: However we will help advise on the best flights and airlines to travel with. We must stress the importance of ensuring you purchase flexible flights in the event of unforeseen circumstances, especially during the current situation with the pandemic.

SPENDING MONEY: - We estimate a max. of £100- £120. You will need spending money if you wish to buy drinks other than water on an evening such as alcohol / soft drinks. There will also be chance to buy souvenirs such as Maasai crafts throughout the trip. We also recommend tipping for certain people - your trip lead can advise you on this or please refer to the volunteering guide

ENTRY VISA: Currently costs \$54. However it is free for children age 16 or under.

VACCINATIONS: depending upon your requirements and the recommendations given you may need to pay for certain travel vaccinations - costs vary per vaccination and GP/ Clinic. Anti-Malarias will also cost money - prices depend again on the pharmacy - best to shop around but no prescription is normally required.

DBS (criminal records check): £19.20 for one application

NIGHT IN NAIROBI: if your flight arrival time into Nairobi is prior to Friday morning you will need to stay in a hotel / Air bnb overnight.

BOOKING

If after reading all about our volunteering trips you feel that this is the experience for you, here is what you will need to do next:



1. Contact us: sally@memusifoundation.co.uk

- Confirm dates (available on the website) and book your place

2. Complete a booking form

- this will be e-mailed to you on request.

3. Pay a £100 deposit - by bank transfer.

Once we receive your booking form we will send you all the necessary information and forms to prepare for your trip. However here is a breakdown of timescales and the important steps in preparing for your trip:

	TASK	Notes
At earliest convenience or at least 4 months prior	Start DBS paperwork	A DBS procedure will be sent to you with the relevant forms for completion. We will recommend you complete this immediately or at least 4 months prior.
At earliest convenience or at least 4 months prior	Check Passport	Your passport should be valid for a minimum period of 6 months from the date of entry into Kenya. Make sure you have two blank pages in your passport on arrival.
4 months prior	Book flights	Guidance will be provided on the best routes, airlines and times and dates you need to book.
2 months prior	Medical Form	Medical form will be sent to you in the volunteering pack for completion and return
2 months prior	Visit to GP/ Travel clinic	Your GP/ travel clinic will be able to tell you what vaccinations or medication (e.g. Malaria) you need ahead of travel.
1 month prior	Final instalment of trip	Details on how to pay will be in the volunteering pack
1 month prior	VISA	You can apply for your VISA online at http://evisa.go.ke/evisa.html . Details on how to apply will be in the volunteering pack.

FAQS

- **Who will be leading the trip?** The trip will be led by a quality team of individuals that have already experienced the same journey that you will be taking as well as members of the Memusi Foundation team. Supported by our outstanding team in Africa, you are in quality hands to have an exceptional experience.
- **What are the Covid 19 roles for travel to Kenya?** We will inform you of the most up-to-date entry requirements into Kenya with regards to Covid 19 however you can check out the most recent information here: <https://www.gov.uk/foreign-travel-advice/kenya> . You will also need to check your airlines requirements also.
- **What is the risk of Ebola?** Ebola is currently found in West Africa. The outbreak is in fact closer to the UK than Kenya. We do however take this seriously. We maintain close to the latest news from the WHO and UK Government on risks of travel and would make a decision on postponement of travel if we have any concerns
- **What are the risks of terror?** Magadi is at the other end of Kenya from the areas of trouble, which are found close to the coastal areas and the Somalian border. Our flights will land into Nairobi and we take care in ensuring that our journey out of Nairobi takes us clear of the areas of risk. We also pay close attention each day to the travel advice from the UK Government on the risks of travel and would make a decision on postponement based on the advice that we are given.
- **When will the volunteering take place?** There will be a number of opportunities throughout the year for people to volunteer. Each time we take volunteering teams, we have a maximum of 12 places available. Dates can be obtained from sally@memusifoundation.co.uk
- **Will it be hot?** It is always hot in Magadi, with a typical day reaching between 30 and 40 degrees Celsius. Plenty of sunscreen and we recommend a sun hat.
- **When do I need to pay?** The payment will be needed 4 weeks prior to departure
- **Do I need to pay myself or can I fundraise?** This is your choice. Volunteers can either pay for the trip through personal funding or through fundraising or a mixture of both. However any donations towards your trip costs can not be used to claim Gift Aid.
- **Where in Kenya is Magadi?** Magadi is an approx. 3-4 hour drive from Jomo Kenyatta International Airport, Nairobi. Please see map to the right. Magadi is marked with the red pointer.
- **What is the baggage allowance?** This is dependant on the airline with which you fly with.
- **Do I need Malaria tablets?** This is of course entirely your decision, but we would STRONGLY recommend that you do take the Malaria tablets due to Magadi being a high risk area.
- **Where will I be sleeping?** All volunteers will be sleeping at secure accommodation within the township of Magadi Soda company in luxury tents. This will be a comfortable environment but please expect to share with another volunteer on the trip.
- **Is it safe?** The area is absolutely safe and we have no concerns about taking anyone into this area. You will be sleeping in a secure complex within the grounds of the Magadi Soda complex. This is a protected environment. However we will recommend you do not leave your accommodation after sunset.



FAQS

- **Will I be supported throughout the trip?** The trip leaders will spend each day with you and will be your point of contact whilst on this experience.
- **Do I need any vaccinations?** We insist that all people travelling visit their doctor at least 2 months ahead of travel to talk about the requirements for vaccinations or other preventive measures. Please refer to the following website for information: <http://www.fitfortravel.nhs.uk/destinations/africa/kenya.aspx#immunisations>
- **Do I need money when I am there?** There are a few small supermarkets in Magadi where you can purchase soft drinks or alcohol. A max of £100 would be recommended, which would include money for any local crafts that you may be interested in.
- **What are the washroom facilities?** Your accommodation will have shower facilities, however important to know that that at times we can face water shortage, or plumbing issues that can make these facilities unusable temporarily.
- **What are the typical hours spent in school?** We will aim to leave before 8am every morning to get to school ready for a debrief and then a 9am start. Typically we will leave school at 4pm each day. There may be occasions that an earlier start or finish may be necessary depending on activities and off site visits.
- **What will the food be like?** Each meal is served in a buffet style. At breakfast there will be tea, coffee, cereal, toast and option of cooked items including eggs, pancakes & sausage. Lunch and dinner will consist of a variety of dishes including rice, potatoes, different cooked meat and vegetables. If you have any dietary requirements please make your trip lead aware before the trip.
- **How far is it to the school from our accommodation?** This will be a 15km car journey.
- **Do I need an adaptor for electronic items?** Plug sockets in Kenya are the same as they are in the UK so no adaptor is needed.
- **Will we have access to wifi?** Memusi will purchase a bundle of data sufficient for the whole trip for everyone to use and communicate with home. However, please refrain from uploading any videos onto social media or via e-mail etc. as these will use large chunks of data and could result in running out of credit before the end of the trip. We ask also that you limit any high res image upload too for the same reason. However we encourage everyone on the trip to upload a few photos to their social media as people back in the UK will be excited to see your adventure!
- **Can I upload photos onto Social media?** We encourage you to share your photos and experiences with your friends and family via social media. Please tag Memusi or Sally in the office in any photos and we can share with the wider Memusi community (you can request us not to do this if you prefer).
- **What should I collect in donations to take for the children/ school?** Please speak to Sally regarding this (07793748345 / sally@memusifoundation.co.uk)



CONTACT US

For all enquiries please contact Sally:

Sally Norton

sally@memusifoundation.co.uk

07793748345

WEBSITE:

www.memusifoundation.org.uk

SOCIAL MEDIA:

You can follow all of our news and progress on social media

<https://www.facebook.com/MemusiFoundation/>

https://twitter.com/Memusi_Tweets

