

Overview preparations



Blessed Generation Children's Centres

Visum

- Tourist visa via Kenyan embassy in Den Haag. Costs approx. 50,- EUR
- Can also be purchased at Nairobi/Mombassa airport for 40,- EUR
- Max duration of 3 months
- Reason for travelling: always state tourist / safari as volunteer work is not allowed in Kenya
- On the visum they ask for address of hotel
 - Ruiru:
Blessed Generation Children's Centre
P.O.Box 54256
City Square, Nairobi
Kenya, East Africa
 - Malindi mention name/address of the guesthouse
Guesthouse Blessed Generation
Kibongoni Road
80200 Malindi
Kenya
- Within the airplane additional custom papers are being handed out. Make sure that you fill in same information as on visum. Have address of hotel with you.

Vaccination/health

- Check GGD
- Kenya is malaria area => take malaria prophylaxe
- Tuberculose does not exist within the children's centre, however in the areas around it TBC does exist
- Vaccination against rabies often advised by GGD. If you do *not* get vaccinated, do NOT touch any animals whilst traveling (dogs, cats, rats, monkeys, bats etc.)
- The orphanages in Ruiru and Malindi have basic medical provision which you can contact in case of any questions. If medication is prescribed you will be asked to pay the retail price. Your contacts in Ruiru: Elisabeth. Malindi: Onasmus.
- Take with you:
 - First aid kit + medical gloves + diarrhoea medication
 - Desinfection soap to clean hands/feet in the evening
 - Advised to have little bottle of desinfection lotion with you to clean hands in between if you had contact with infectious people.

Insurances

- We strongly advise that you're insured during your travel in Kenya and stay at BG. Talk to your insurance advisor. Some insurances do not cover incidents if you are working abroad.
- Travel insurance is possible via Joho and other companies which insure volunteers, approx. 35,- EUR per month (www.joho.nl)

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Relationships

- Be aware that you as an adult and European are a rolemodel to the children. Behave as one!
- Treat everyone with great respect, don't pity them. You're a guest in Kenya to learn and broaden your horizon, not 'to help' them.
- The children have local staff as their mother/father figures, the people that take care of them and they trust. Be aware that you're a temporary guest at the centres and should therefore not establish a close relationship with any of the children.
- Homosexuality is forbidden in Kenya. Please respect this and do not show your sexuality openly in order to avoid trouble for the centre.
- It's not allowed to have an affair with the older children or staff.

Religion

- Blessed Generation is a christian organisation. Please respect this when you're a guest at the centre.
- If you're not religious be very sensitive towards the children about this and do not discuss your opinion freely.
- Every Sunday morning, the children organise a church service. You are very much welcome to join the service.
- Tipp: if you join the service the children love if you take part actively and sing a little song for them

Finance

- Use cash machine at Nairobi airport to get KSH
- Have some cash USD + traveller checks in USD as back up with you if cash machines don't work
- Ruiru: cash machine in Nairobi
- Malindi: Barclay's Bank with cash machine (daily limit of 40.000 KSH)
- If you need to pin a larger amount (eg. for safari) make sure that you get the money well in advance as cash machines may not always work.
- Make sure that car brings you to the cash machines.

Clothing

- Ruiru
 - Long trousers, skirts minimum knee-length
 - No tight shirts, no tanktops
 - Check weather forecast, in the wintertime Nairobi can be rather chilly at night
- Malindi
 - No strict clothing regulations however Malindi is partly an islamic town. Therefore be respectful in the way you dress (cover shoulders, no bikini tops in town / tight shirts, not too short pants/skirts)
 - Coastal area very warm, sometimes almost tropical hence light (but not too sexy) clothing
 - Light blouse / long skirts for the evening to keep away the moskitos
 - Tipp: buy local cloth Kikoi on New Market and let you make a local wrapped skirt (approx. 5 EUR). Can easily be washed by hand and dries over night.
- Nyamira
 - Nyamira can be quite chilly. There're short rainfalls almost daily. Have some warm sweaters, long trousers and good shoes/boots with you (can also be purchased locally).
 - Kisiiland is very traditional. Women only wear dresses and skirts. If you are a women you feel much more comfortable among locals if you also wear a skirt and not trousers.

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Transportation

- Direct flights to Nairobi
- Ruiru:
 - If you arrive in the evening BG can arrange transportation and accommodation in hotel for the evening (i.e. Methodist guesthouse reservations@methodistquesthouse.org, approx. 40 EUR pp). This is strongly advised due to safety reasons!
 - BG can organise a taxi to bring you to the centre, approx. 30 EUR
- Malindi:
 - Arrange flight to Nairobi yourself. Arrive in the morning.
 - Contact Malve/Clody for a flight from Nairobi to Malindi with local airlines (currently 3 different airlines, Kenyan Airways, East African Airways, 540 fly, prices can differ, approx. 80 EUR one way)
 - Arrange flight to Mombassa (ie. LTU from Duesseldorf/GER). Arrive morning/lunch time. BG can arrange taxi transfer to Malindi for approx. 60,- EUR one way.
 - Local bus Nairobi – Malindi (check with local staff reg. security issues)
- Nyamira
 - You can take a bus from Nairobi bus station which leaves around 7am and takes 4-7 hours (local price appr 6,- EUR)
 - It's advised that you arrange transportation to the bus station via BG to make sure that you board the right bus and are not hassled by people early in the morning. Ask in the office how much you have to pay for the gas if someone brings you (approx. 2.000 KSH one way depending on gas prices)
 - You can also fly from Nairobi to Kisumu. From there you still need approx. 2hour taxi ride to Nyamira (ca. 35,- EUR).
- Transportation in Ruiru / Malindi / Nyamira:
 - local means of transportation: boda boda (bicycle taxi), tuktuk (local taxi for max. of 3 people) or matatu (Toyota busses). Check with local management for references.
 - BG vehicles in Ruiru and Malindi may not be hired for private use, may only be driven by the BG driver
 - If you join rides within the vehicles of BG for private purpose (pick up at hotel, brought to shopping / beach etc.) please donate money for the gas expenses (i.e. 2.000 KSH for Ruiru-Nairobi city centre or 'extensive' trip within Malindi). Give donation to local management or pay a tank at the gas station once in a while. In this case make sure that you get a receipt of the gas station from the driver and hand it in to the accountant with note 'donation' for administrative reasons.
 - Malindi:
 - Check in the office if a bicycle of BG is available you can use to be more flexible. Cycle time from guesthouse to the children centre is approx. 30 minutes.
 - tuktuk from city to orphanage cost approx. 200 KSH/250 KSH. During rain season they cannot reach the orphanage because of poor road conditions. In this case check with management that you join transportation of local employees.
 - Staff often offers to pick you up in the morning and take you to the orphanage together with other employees. No money is asked for this but consider that extra time and gas is needed to do so. (note Malve: ... and therefore pay for the gas once in a while)

Accommodation

- Ruiru:
 - You can stay at the BG guesthouse, on the compound, see 'Rules of BG Ruiru Guesthouse'. A small fee is asked for to cover expenses (electricity, water, gas etc.), 200,- KSH pp.

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- (Warm) blankets, towels and mosquito nets available. Accommodation cleaned daily. Blankets, towels changed weekly.
- Friends are not allowed to stay overnight.
- Malindi:
 - Guesthouse Blessed Generation with seaview, 20,- EUR pp/pn incl. breakfast.
 - See for more details
http://www.blessedgeneration.nl/06sofmalindi/sofmalindi_guesthouse.htm
- Tipp: have thin linnen sleepingbag with you. Most accommodation on safari have mosquito nets.

Food

- Ruiru:
 - You can eat with the children for free or prepare your own meals at the kitchen of the guesthouse.
 - Join the staff for the market at Ruiru on Wednesdays
 - Little food stalls on the road near the compound (vegetables, soda etc), small supermarkets in Ruiru where you get all basic things, large groceries store 'Nakkomat' between Ruiru/Nairobi (European prices)
 - The children's centre has its own water hole, therefore water is drinkable.
- Malindi:
 - Breakfast @ Blessed Generation Guesthouse
 - For lunch you can join the children, often mais, beans or rice. 1x per week fish and meat.
 - You can use the kitchen of the guesthouse to prepare your dinner. Groceries can be done quite cheaply at the local supermarkets (i.e. just behind the entrance to Lutheran Guesthouse, opposite mochee). At the 'Italian Supermarket' everything is available, however for European prices. Restaurants start from 5 EUR for pizza up to 20 EUR at good restaurants for nice meal + wine. Ask the locals where they eat out. There're simple but delicious diners with french fries + Sambusa, approx. 2 EUR pp.
 - Water not drinkable. Buy containers of water (150 KSH for 5l) or cook water

Security

- Please be aware that traveling to Kenya is on your own risk. We kindly advise you to check with local management for security issues. Always follow their advise!
- Ruiru:
 - Be home before darkness
 - Don't leave the compound at night.
 - Don't leave the compound on your own during the day
 - Be aware that these security measurements limit your personal freedom
- Malindi
 - During the day walking is generally fine in Malindi. Supermarkets/restaurants/ internetcafe are all in walking distance.
 - Take a tuktuk downtown when it's getting dark / at night (KSH 50 – 150 depending on the distance)
 - Don't use the street between the town and orphanage after darkness
 - Don't walk on the beach at night.
 - A lot of people of the local community make their living by prostitution, they're especially after the white tourists; men and women.
 - HIV rate among locals is very high, condoms not common to use.
 - Be aware of the beachboys, ladies. They often promise love and marriage.
- Nyamira
 - Be home before darkness
 - During the day walking is generally fine in Nyamira.

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- Ask staff for more advice.
- Please leave the contact details of family/partner or close friend with Malve/Clody and at the local office when you arrive, who can be contacted in case of emergencies.

Gifts

- All gifts to children should pass through the office. Do not give children directly.
- Tipp: children clothes, shoes, English books, games, balloons, toothbrushes, medicine, samples of shampoo/lotions (make perfect christmas gifts for the children). Lots of things can be purchased locally quite cheap (pens, paper, toothbrushes etc). Donation of food also very welcome (fruit for all children or people of outreach, bag of rice/beans etc.). Ask Malve/Clody what is most needed at the time you are traveling.

Safarries

- Spirit of Faith runs a small tourist office. The name of the tourguide is Eric. Please check out our website <http://www.riafennema.nl/sofsafaris.htm> and talk to Eric or Ria if you are interested to book a safari via the centre.

Questions?

- If you would like to know the background of a child, please be respectful and do not ask them directly. Contact the management for this.
- For any questions please feel free to ask the local management.
 - Ruiru: Elisabeth
 - Malindi: Gladys
 - Nyamira: Ben

Enjoy your stay at Blessed Generation Children's Centres!

Note: all prices in this document are based on prices in Dec 2008 and may change in the future.