



KENYA SUNBEAM MINISTRIES

VOLUNTEER INFORMATION 2014

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As KSM continues to grow we feel it is necessary to have an information pack for volunteers with guidelines for travel, work and site rules. Please read the following information carefully and should you have any further queries please do not hesitate to contact us:

APPLICATION FORM

All volunteers must complete the attached Application Form if they wish to come to volunteer at KSM, whether they have visited in the past or not, as an individual or part of a team, short term or long term. Upon completing the form your application will be assessed and you will receive confirmation within 28 days to confirm if your application has been successful.

MEDICAL

It is necessary to get some vaccinations before travelling to Kenya. Ask your doctor what vaccines and medicines you need based on where you are going, how long you are staying and activities you may be involved in while there. Your doctor can help you decide what vaccines are right for you based on your travel plans.

- * Malaria - Talk to your doctor about how to prevent malaria while traveling. You may need to take prescription medicine before, during, and after your trip to prevent malaria, especially if you are visiting low-altitude areas. The most commonly used drugs to prevent Malaria would be Doxycycline 100mg.
- * Hepatitis A - You can get hepatitis A through contaminated food or water in Kenya, regardless of where you are eating or staying.
- * Polio - If you were vaccinated against polio as a child but have never had an additional dose as an adult, you should get an additional dose. Adults need only one additional dose in their lives. If you were not completely vaccinated as a child or do not know your vaccination status, talk to your doctor about getting vaccinated. If visiting Kenya with children, it is especially important to make sure they are up-to-date on their routine polio vaccinations.
- * Typhoid - You can get typhoid through contaminated food or water in Kenya. This vaccine is recommended for most travellers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
- * Hepatitis B - You can get hepatitis B through sexual contact, contaminated needles, and blood products.
- * Yellow Fever - Health recommendation: Yellow fever is a risk in certain parts of Kenya, so it is recommended that all travellers have the yellow fever vaccine. Country entry requirement: The government of Kenya requires proof of yellow fever vaccination if you are traveling from a country with risk of yellow fever.

* Rabies - Rabies can be found in dogs, bats, and other mammals in Kenya and although KSM do not feel it is necessary, some people would rather have that extra protection if they are going on safari before or after their trip.

TRAVEL ARRANGEMENTS

All travel arrangements are your own responsibility. KSM will not be responsible for booking any flights or pre-paying for any arrangements you may make. The travel options are as follows:

FLIGHTS

Flights to Nairobi - prices and stop-over details vary depending on the airline you book through. Prices normally range between £460 - £900 depending on how early you book and with which Airline.

Flights to Kisumu - flights from Nairobi to Kisumu can be booked through Shiva Travels (Kisumu) Tel: +254-572022320. It is your own responsibility to book these flights should you prefer to fly rather than travel by coach from Nairobi to Teso.

Travel from Nairobi/Kisumu to Teso

From Nairobi - when flying to Nairobi you will need to book an overnight stay and be ready to travel by "Easy Coach" early the next morning. KSM can make arrangements for an overnight stay and a taxi to the guesthouse, both of which will be payable by you on arrival. Or should you prefer to make your own arrangements, the guesthouses we recommend are as follows. Both will arrange a taxi from the airport when you make your booking. Mayfield Guesthouse - Email: mayfieldbookings.is@aimint.net or Tel: +254-20-2723233/254-20-2724400

Kolping Guesthouse - Tel: +254 2 562575 Website: kolpingguesthouses-africa.com

The person meeting you at the airport will pre-book your Easy Coach tickets to ensure you get allocated a seat. Easy Coach leaves at 8.00am and takes approximately 8-9 hours to arrive in Bungoma, Teso where you will be met and transported to the KSM site.

From Kisumu - when flying to Kisumu we will arrange for someone to meet you at the airport. If the flight arrives in Kisumu before 3pm you will be collected from the airport by someone from KSM and driven straight to Teso which is about 3 hours away. It may be necessary to hire a small bus for larger teams which will be an extra cost payable by you and this will be arranged by KSM on your behalf. If your flight arrives after 3pm KSM will make arrangements for an overnight stay (payable by you on arrival) as it would not be recommended to travel after dusk. You will be transported from the airport to the guesthouse.

Any travel arrangements made by KSM on your behalf will incur an administration charge of £10 which must be paid on arrival in Bank of England notes or paid directly into KSM's HSBC bank account before travelling. All costs paid on your behalf by KSM (agreed at KSM's discretion) for travel must be reimbursed directly into KSM's HSBC bank account before travelling, please contact KSM for further details.

VISA

There is no need to apply for a visa prior to travelling. Upon arrival at Nairobi airport you will be directed to complete 'Form 47 Entry Departure Declaration Form' (example attached), which

allows you stay in the country for 3 months. Upon entry into the country you will be required to pay £30 (Bank of England notes) or \$50 USD in cash at the airport.

ACCOMMODATION

Teams - all teams will be housed in separate dormitories for men and women within a secure compound on site.

Individuals - for individual volunteers KSM have the option of you staying in the main dormitory with other volunteers or a smaller dormitory for privacy, all being within a secure compound. Each separate room sleeps 4 four people and it will depend on how many volunteers we have as to how many will be sharing each room. Men and women will again be separated for larger teams.

- * You will be provided with bed linen and towels so it is not necessary to bring these items with you.
- * The dormitories have a solar electricity supply but in the case of the solar power failing you will be provided with a paraffin lantern.
- * All beds are covered with a mosquito net and further mosquito deterrents will be available.
- * Wardrobes are not available but we have limited supply of clothes hangers which can be used at the end of your bed.
- * Although we have solar power, the system doesn't store extra power when the sun is strong so if it is overcast there will be limited power supply. It is not recommended to use a hairdryer as the wattage often isn't compatible with the power generated by the solar.

HOUSEKEEPING

Housekeeping will be charged at £50 per week per person which must be paid prior to arrival into KSM's HSBC bank account or in Bank of England notes on arrival. This will include the following:

Toilets / Washrooms - 2 toilets and 4 washrooms are provided outside the dormitories within the compound for the use of all volunteers. At present these facilities are unisex but we are in the process of making other arrangements. Please be aware that there is no hot water in the washroom.

- * Toilet paper is provided but personal washing items are not