



**THE NASIO TRUST**  
**KENYA WELCOME PACK**  
**KARIBU!**

# Welcome Pack Contents

About The Nasio Trust .....	2
On Arrival .....	3
Where in the World am I? .....	4
Activities .....	6
About Malaria .....	8
Project Rules and Visitors Charter .....	9
Cultural Etiquette .....	11
Useful Stuff .....	12
Safety and Security in Kenya .....	17
Key Contacts .....	19



## About The Nasio Trust

# Changing Lives For Good

### The Charity

The Nasio Trust supports around 400 orphans and vulnerable children living in the shadow of HIV in rural, western Kenya. Through our two purpose-built Early Childhood Development centres (ECDs), we provide food, education, medical care and clothing to our supported children, guiding them through education and into adulthood. We also work closely with local communities to create sustainable income streams and to reduce dependence on overseas support.

### The Volunteering Experience

Our volunteer trips are part adventure, challenge, holiday, part travel experience and part learning programme about social responsibility and global citizenship. We have developed a great itinerary for international and personal development and our track record for comfort and safety is faultless.

Welcome to Kenya!  
Your Nasio Trust Welcome Pack

# Welcome Pack

## On Arrival

### What to expect when you arrive in Kenya and at the Nasio Trust Guest House in Musanda where your adventure begins...

Welcome to Kenya! So you've travelled all the way from your home town, then taken either a flight, a coach ride or a very long journey by road to get here and have finally arrived in this remote African village – now what?! The welcoming Nasio Trust guesthouse sits at the heart of the Nasio Community and will be your 'base' during your stay.

On arrival at the guesthouse you'll be greeted by the Nasio Team and any other volunteers already on site – possibly also by some friendly/curious local children!

You'll be shown the room where you are going to be staying for the duration of your trip, and given a tour around the building including: showers/toilets, dining room, living room.

You will also be told where you can get fresh water to drink (please bring a refillable bottle to reduce plastic waste), and the schedule for meals and night time security arrangements will be explained to you.

Either on the day of arrival or the next day (depending on the time you arrive), we'll take you through orientation and give you some background on the history of the charity. We'll go through your volunteer schedule with you – at that point it will be possible to make changes to your schedule to reflect your interests/preferences. You'll also be talked through some clear guidance on how to operate within charity rules (for example, child protection policies) during your time as a Nasio volunteer. You will be expected to uphold Nasio Trust standards at all times.

Within the first couple of days of your stay, you will also be given a tour around the immediate area of the guest house. Local 'sights' include 'The Moses Tree' where Baby Moses was found by Irene Mudenyio; St Irene's Day Care Centre and the Nasio Trust George Mudenyio Medical Centre; and the charity's farms including the Spirulina farm.

**We hope you have a restful first night's sleep and a great stay in Kenya!**



Welcome to **Kenya!**  
Your Nasio Trust Welcome Pack

# Welcome Pack

## Where In The World Am I?

**A guide to the country, region and local area, including handy tips on where to go and what to do!**

You've arrived in Kenya, part of the East African group of countries which includes Tanzania, Uganda and Rwanda. Kenya has a diverse, multi-ethnic population of over 42 million people and more than 43 tribes/ethnic groups.

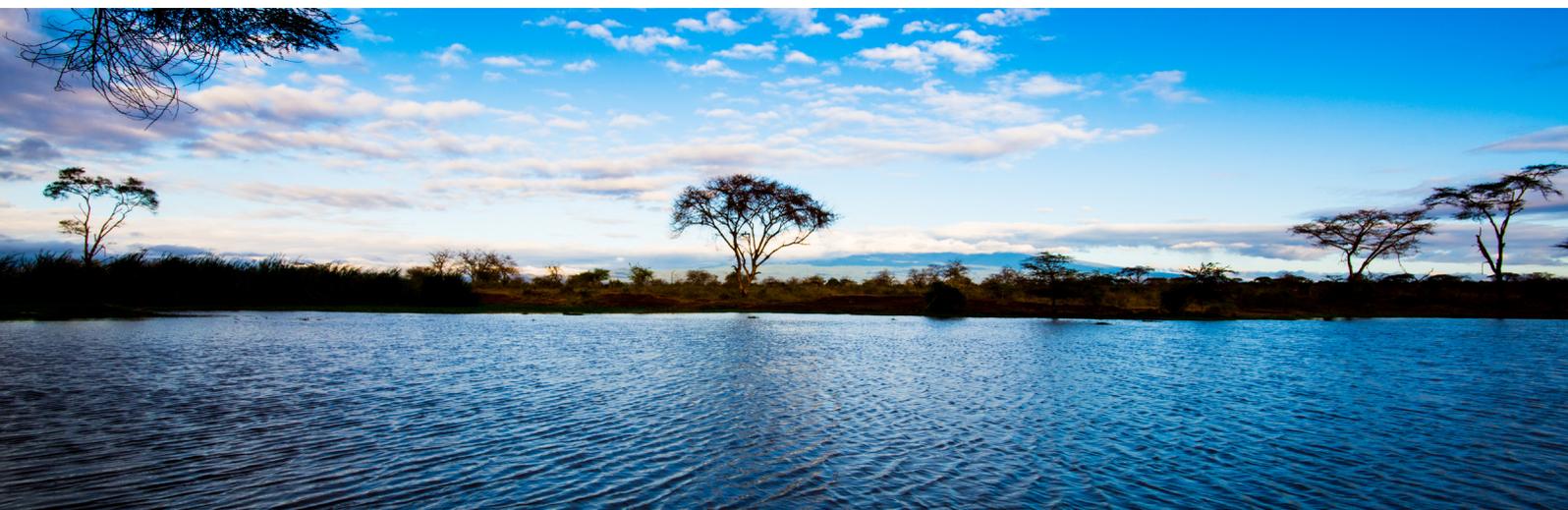
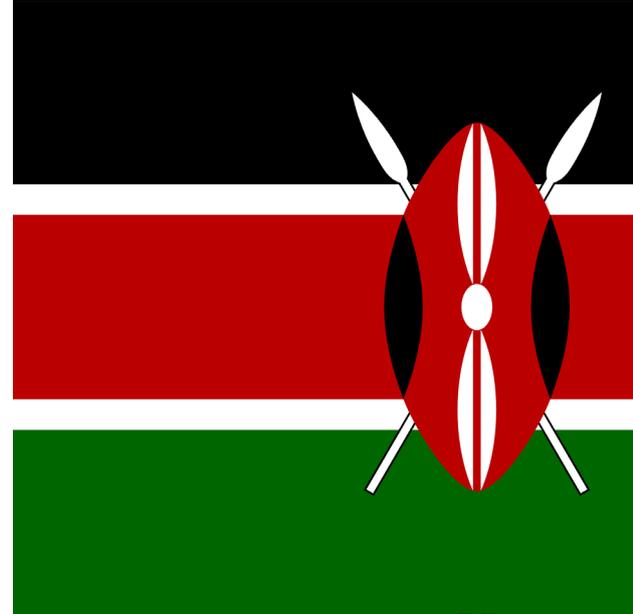
The country's motto is 'Harambee' which means 'let us all pull together.' The country is famous for its safaris and world-famous wildlife reserves such as Tsavo National Park, the Maasai Mara, Nakuru National Park and Aberdare's National Park. It is also the base for many tours into Tanzania, including the famous Kilimanjaro climb.

Situated on the Equator, Kenya has been described as 'the cradle of humanity.' Palaeontologists have discovered some of the earliest evidence of man's ancestors in the Great Rift Valley.

Although Kenya has been independent since 1963, you will notice strong traces of its past as a British colony (for example, despite Swahili being the most widely spoken language in Kenya, the education system is entirely in English). There are also strong Asian influences in language, cuisine and cultural practice dating back to the first influx of Indian migrant workers from British India in the early twentieth century.

Local currency is the Kenyan Shilling (sometimes nicknamed 'bob'). Exchange rates can fluctuate considerably, check them before you travel, or at the local bureau de change.

Time zone is East African Time (EAT) which is 3 hours ahead of Greenwich Mean Time (GMT). This means that between the end of October and the end of March, Kenya is 3 hours ahead of the UK. Between March and the end of October – when the UK switches to British Summer Time (BST) - Kenya is 2 hours ahead.



Welcome to **Kenya!**  
Your Nasio Trust Welcome Pack



# Welcome Pack

## Western Province

### Your journey from Nairobi will have taken you westwards...

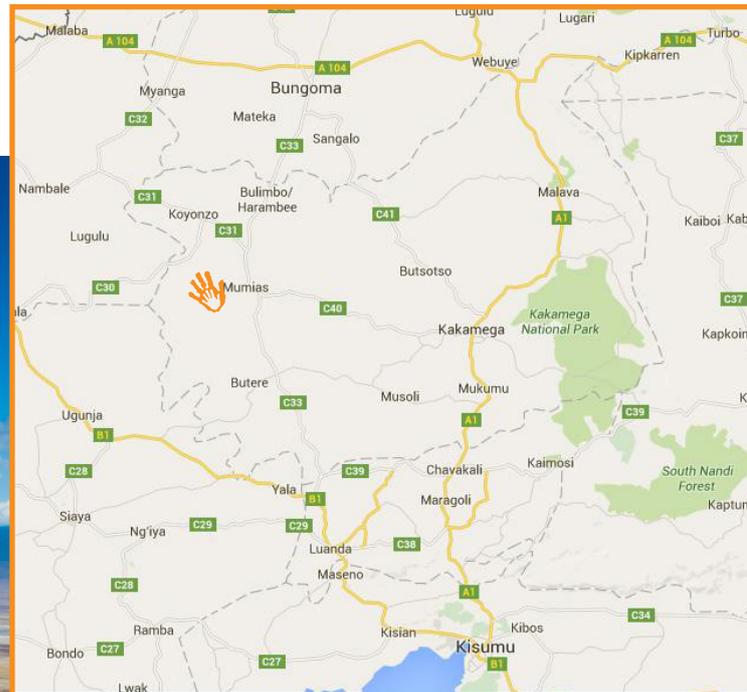
You are now in 'Western' county, about 1-2 hours from the Ugandan border. Western is famous as the home of Barack Obama's ancestors. His grandmother Sarah still lives about a 45 minute drive away!

About two hours' drive from the guesthouse is the large town of Kakamega. Kakamega Forest is the main attraction in the area, a remnant of a large equatorial rainforest which once stretched west through to Uganda.

The nearest market town to the guesthouse is Mumias, about a 45 minute drive away and the site of one of the Nasio Trust's two Early Childhood Development (ECD) centres, Noah's Ark. You might visit Mumias to spend time at Noah's Ark, or perhaps to stock up on some vital snacks at one of the two supermarkets (Frankmatt and Mama Watoto), to have an outfit made, to pick up credit for phone calls, to eat chapatti and beans at Café Lawino, or to browse the stalls on market day!

### About the local area

Musanda village (marked) is a 15 minute walk up the hill from the guesthouse. Just turn left out of the drive and its straight up the road. The best grocery shop in Musanda is run by one of the Nasio Trust's trustees, Ednah Oluch. It's called Mama Atty (on the right as you enter Musanda). Here you can buy fresh eggs, milk, sodas and snacks. The market in Musanda sells fresh produce, you can also try local street food – fried Tilapia (white fish) and freshly cooked chips! About a 40 minute walk away you'll find Bukaya Hill, a local viewing point where you can watch the sunset and see all the way to Uganda.



Welcome to Kenya!  
Your Nasio Trust Welcome Pack



# Welcome Pack

## Activities

### Now that I'm here...what will I be doing?

Once your schedule is agreed during briefing/orientation, you will become part of the Nasio 'family,' working alongside local staff and volunteers. During the day, individuals and groups will have different tasks to complete, depending on their schedule and interests. In the evenings volunteers share a meal, catch up with everyone and tell stories about their day.

Remember that the working day starts early in Kenya! To make the most of your time here, please think about getting a good night's sleep so that you wake up early, refreshed and ready to face the day.

As a visitor to our projects, you'll get to know more about the work we do. You'll see first-hand the devastating impact that HIV has had, as well as exactly where your donations are going. A highlight for all our guests is spending time with the children at one or both of the Nasio Trust's Early Childhood Development Centres (St Irene's and Noah's Ark). As well as a lot of smiling, playing and having fun, you'll also see the children receiving vital education, food and medical care. Past visitors describe their time here as life changing and deeply moving – whatever your experience, you'll be sure to leave with a smile on your face!

Here are just some of the activities on offer to our volunteers. Make sure you let the Management Team know your individual interests, as they can incorporate activities into your schedule which play to these:

-  **Specific Projects** – these last from two days to one week and will vary depending on your skills and the needs of the charity. Projects could include: organising medical equipment, painting and decorating, helping at one of our outreach medical clinics, or designing and teaching an IT course for teachers.
-  **Trying your hand at farming**, including sowing, harvesting, vegetable picking, poultry farm and even milking cows!
-  **Construction** – we are always building! If you're an architect, and engineer, a construction manager, a builder, an electrician or a plumber, there will be something for you to do!
-  **Helping out at our Medical Centre** (Continues on next page...)



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Your Nasio Trust Welcome Pack



# Welcome Pack

## Activities Continued

- 👉 Teaching lessons at the Early Childhood Development Centres.
- 👉 Organising sporting and music activities for the children.
- 👉 Visits to the children's homes (home visits) where you will meet members of their family and may be asked to hand out mosquito nets or prepare food parcels.
- 👉 Building houses (wood and mud) and/or 'mud smearing.'
- 👉 Visits to local health facilities, including our partner's St Mary's hospital.
- 👉 Outreach activities, for example 'Jiggers' clinics and HIV Awareness days.
- 👉 Learning to cook Kenyan food or to make beautiful African baskets with the local women.
- 👉 If you are staying for longer than two weeks, there are plenty of day trip and weekend trip ideas. Kakamega Forest, Lake Naivasha and the Rift Valley, the Maasai Mara and more.
- 👉 Some of our guests take on Kilimanjaro climbs or a safari as part of their trip.

Our aim is to offer all our volunteers a fun, interesting and exciting mixture of tasks and activities during their stay. At times, we may suggest changes to your schedule if opportunities arise for you to get involved with something we think you may find interesting.

As the saying goes, 'you get out what you put in.' The guesthouse sits at the heart of a working community – there is always something to be done, so please do take every opportunity to lend a hand – this is all part of the experience!



Welcome to Kenya!  
Your Nasio Trust Welcome Pack



# Welcome Pack

## About Malaria

Malaria is widespread in many tropical and subtropical countries and is prevalent in Western Kenya. You cannot be vaccinated against malaria, but you can protect yourself against this disease using the **A, B, C, D, E** approach to prevention which stands for:

### **A** Awareness of risk

In Kenya Malaria risk is high throughout the year in Western Kenya where the Nasio Trust is based. Please do take precautions.

### **B** Bite avoidance is essential; no malaria tablet is considered 100% effective. Take practical measures to take to avoid mosquito bites:

- Mosquitoes that transmit malaria typically bite after sunset but bite avoidance should be practiced at all times.
- Wearing loose long-sleeved clothing and long trousers can help prevent bites.
- Mosquitoes may bite through thin clothing, so spray an insecticide or repellent on them. Insect repellents should also be used on exposed skin.
- Spraying insecticides in the room, burning pyrethroid coils and heating insecticide impregnated tablets all help to control mosquitoes.
- If sleeping in an unscreened room, or out of doors, a mosquito net impregnated with insecticide is a sensible precaution. Portable, lightweight nets are available.
- Garlic, Vitamin B and ultrasound devices do not prevent bites.

### **C** Chemoprophylaxis (taking malaria prevention tablets)

Anti malarial tablets are recommended for visiting Kenya. It is important to discuss malaria tablet suitability with a qualified doctor, nurse or pharmacist. Ensure that you can tolerate the recommended tablets and that the tablets are appropriate for your destination(s). Remember no malaria tablet is considered 100% effective.

Start before arrival to risk area as guided by your travel health advisor (with some tablets you should start three weeks before). Take the tablets regularly and as directed. Continue taking tablets as directed after you have returned, to cover the incubation period of the disease.

### **D** Diagnosis and prompt treatment

If you think you might have malaria it is very important to seek medical attention quickly. The Nasio Medical Centre has facilities to carry out malaria tests and treatments.

Symptoms usually include fever, shivering and sweating; muscle pains, headache and vomiting are common. Symptoms are often described as 'flu-like' and can be accompanied by a variety of other symptoms. If in doubt, seek advice and seek it quickly.

If you get a fever between one week after first potential exposure and up to one year after your return, you should seek medical attention urgently and tell the doctor that you have been in a malaria risk area.

### **E** Emergency Standby Treatment for Malaria

If you are travelling to remote areas where you will be unlikely to access medical care promptly or an area where available medical facilities may be poor, you may be advised to carry a course of emergency standby treatment for malaria. This is not necessary for visits to The Nasio Trust.

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Your Nasio Trust Welcome Pack



# Welcome Pack

## Project Rules & Visitors Charter

### What to do and not to do to stay safe, stay legal and to have fun!

We're sure you'll understand that for the safety, security and comfort of all, including our vulnerable children and their families, staff, visitors and anyone else associated with the Nasio Trust, it's necessary to have a few 'ground rules' to keep things running smoothly. We ask all guests to abide by these rules during their time with the Nasio Trust – continued failure to do so may lead to guests being asked to return to the UK.

-  **Smoking in Kenya in public places (such as streets, markets, schools etc.) is prohibited. The Chief's guesthouse is a 'No Smoking' zone.**
-  **Noise should be kept to a minimum so as not to disturb our neighbours.**
-  **Cultural perceptions around alcohol are very different in Kenya. Many people you will be working with do not drink for cultural and religious reasons. Kenyan visitors to the guesthouse will often expect to be met in an alcohol-free environment. Those under the age of 18 are strictly prohibited from drinking, and those over the age of 18 must remember to drink moderately, responsibly, and not around young people. The living room is an alcohol-free 'quiet room' for reading, journal-writing, chatting, and for meeting visitors to the guesthouse.**
-  **Don't do drugs – EVER. You will be asked to return immediately to the UK.**
-  **Please leave communal spaces as you would wish to find them - please clear all your personal belongings away into your room.**
-  **All doors will be locked at 9pm. For your safety and security, please ensure that you are back in your accommodation by this time.**
-  **Behave respectfully toward others – treat others as you want to be treated.**
-  **The local culture is very strict in terms of dress codes. Women – please avoid wearing anything too revealing, including plunging necklines, short shorts or tops that reveal too much of your back and shoulders. For church services, please cover your shoulders. Men – please keep your tops on and dress your lower half to avoid anything 'jangling!' Please help us avoid unnecessary complaints from the community. (Continues on next page...)**



Welcome to **Kenya!**  
Your Nasio Trust Welcome Pack

# Welcome Pack

## Project Rules & Visitors Charter

- ✎ Avoid swearing – particularly in front of the children.
- ✎ Be mindful of local cultural sensitivities when interacting with children, particularly in relation to physical contact. For example, while a child in the UK might feel comfortable kissing you on the cheek or having you kiss them, this is a complete cultural no-no here. If you are unsure as to what's appropriate and what's not, then it's best to ask.
- ✎ As per our child protection policy, no staff member, volunteer or anyone else associated with the Nasio Trust should spend time alone with a child. Without exception, all visitors must be accompanied by a local member of staff when meeting children/families outside of the projects.
- ✎ Under no circumstances should a child be removed from the home or school environment by any visitor without prior authorisation by the management. Even in exceptional cases where permission is granted, visitors should always be accompanied by staff.
- ✎ We operate strict rules around the sharing of personal information about our children and staff especially on social media. If in doubt, please ask.
- ✎ Please do not under any circumstances make promises directly to children or their families regarding monetary gifts or sponsorship. If you are interested in sponsoring a specific child, please speak in the first instance to one of the management team, who will be able to take you through the necessary steps.
- ✎ We do not allow visitors to make direct purchases for equipment for our centres, or gifts for staff or children which have not been sanctioned by the charity. If you would like to purchase something to give during your trip, please visit our website at [www.thenasiotrust.org/donate-or-shop-now/buy-alternative-gifts/](http://www.thenasiotrust.org/donate-or-shop-now/buy-alternative-gifts/) and make your purchase there, then email one of our team on [info@thenasiotrust.org](mailto:info@thenasiotrust.org) to let them know you'd like to give the gift in person during your visit. We'll provide you with more details on this during your stay.



Welcome to Kenya!  
Your Nasio Trust Welcome Pack



# Welcome Pack

## Cultural Etiquette

A few simple tips to make your stay more pleasurable...

-  **Local religions are Christianity and Islam. Most people practice their faith – you will often hear services and calls to prayer while you are here.** You may be asked what religion you are, and even invited to pray. Whatever your personal religious beliefs, we would ask you to be respectful of others' and to participate as far as you feel comfortable. Please try to avoid inflammatory conversations about religion or politics if your views differ from your hosts' - you are a guest in the country and here to learn.
-  **Your washing will be done for you during your stay – please just leave clothes in the basket in your room.** However we request that you please wash your own underwear during your stay. There is a local belief that handling others' underwear can cause permanent infertility, and local staff will simply return your items to you unwashed if they are included. Clean clothes are returned after washing and are left in the communal area.
-  **Don't just smile and say everything's okay if it's not! Local staff will not understand 'fine' as anything other than just that – they will take you at entirely face value, making it hard for them to recognise a problem or to find a resolution.** If some thing's wrong, please be clear and specific, stating the problem, and then work calmly with staff towards a solution.
-  **Although most people speak some English (and some people speak it very well!), the 'lingua franca' is Bantu language Swahili – this is the language most people use day-to-day, as well as local languages Luyha and Luo.** To make sure that you are understood, please speak slowly, calmly and clearly and repeat as necessary. Getting frustrated will not make anyone understand you any better! Local staff and volunteers are always available and willing to translate if necessary – please just ask. You may even decide to learn a few words of Swahili during your stay – here are a few to get you started!

Hello	Jambo (response: Jambo)
Hi/How's it going?	Mambo/Sasa (response: 'poa!')
How are you/what news?	Habari/Habari yako? (response: 'mzuri!')
All (very) good/fine	Mzuri (sana)
Please	Tafadhali
Thank you (so much)	Asante (sana)
Welcome/you're welcome	Karibu
Repeat/say that again	Rudia/Tena
What are you doing/up to?	Unafanya nini?
Where are you going?	Unaenda wapi?
How much does it cost?	Pesa ngapi?
What time is it?	Saa ngapi?
Let's play football!	Tucheze mpira
I'm tired	Ni me choka
I'm hungry/thirsty	Ni me shiba/Ni na kiwi
Goodbye	Kwaheri

Welcome to **Kenya!**  
Your Nasio Trust Welcome Pack



# Welcome Pack

## Useful Stuff

A lot of useful information to make your stay here as enjoyable as possible!

### FOOD

-  Three meals a day are included in your package – breakfast, lunch and dinner. When you are at the guesthouse, meals will be served in the dining room. When you are off-site at lunchtime, food will be arranged for you at the location of your day's work.
-  Our kitchen staff are very used to cooking for both Kenyan and Western tastes – so you should find a good mix of new dishes to try alongside favourites from home!
-  Your dietary preferences will have been sent through from the UK office. However if there are any problems at all, do just let the team know.
-  Snacks can be bought from the Nasio cafe (called “hotel” locally), from Musanda, or from the supermarkets in Mumias.

### WATER

-  All guests are provided with clean drinking water from a dispenser during their stay. This should be regularly refilled – however if you do notice the water running low, please let the guesthouse caretaker or a duty staff member know and they will replace it immediately. Please make sure you bring your own refillable bottle to top up from the dispenser.
-  Please note that buying and transporting bottled water is extremely expensive for the charity. We would ask that you take only what you need and use the water only for drinking.
-  Water from the taps/showers in the guesthouse comes from a nearby bore hole and also from rainwater collected in the large tanks located outside the guesthouse, which are treated with chlorine and aluminium sulphate. These are limited sources which often run dry (in particular during the dry season). Please use water sparingly while washing, showering and brushing your teeth and make sure all taps are turned off after use.
-  The taps and showers rely on electricity to work. During power interruptions, the only taps that may have some water are those located low down on the wall in each of the shower cubicles. Hot showers will not be available – staff will organise for buckets with warm water to be provided, this should be mixed with cold water for showering. Buckets of water will be provided for flushing toilets.

### ELECTRICITY AND BLACKOUTS

-  The guesthouse has electricity, however be prepared for power cuts which may happen more frequently than where you live. If the power suddenly does go don't panic - there are solar-powered 'D-Lights' in the guest house - just ask and you'll be given one. (Continued overleaf...)

Welcome to Kenya!  
Your Nasio Trust Welcome Pack

# Welcome Pack

## Useful Stuff

- 👉 Try to remember to keep phones/laptops and other electronics charged when the power is on to avoid running out of battery when power cuts strike.
- 👉 Have hot showers while the power is on! Otherwise you'll be limited to a bucket shower, or dancing in the rain!

### COSTS

- 👉 Three meals a day plus accommodation and transportation costs while on charity business are included in your package. Reasonable expenses associated with the project/s you are working on will be covered – you should be sure to agree these in advance.
- 👉 Please note that sodas, juice and snacks are deemed luxuries in Kenya, you will need to cover these from your own pocket. Costs are very low. Beware of higher sugar contents!
- 👉 If you are staying for longer than the standard ten day or two week trips, then you may wish to organise your own outings at weekends. You will need to cover your own costs – this applies even where you are using the charity's own vehicles (see transport policy below).
- 👉 Tipping is not an established etiquette in Kenya. If you would like to tip then this is entirely at your discretion.

### AIRTIME AND INTERNET

- 👉 If you haven't already, you'll need to buy a Safaricom SIM card for your unlocked mobile phone. You can get these at the airport or in Mumias, and will need to have a form of identification with you when you go to buy one.
- 👉 Once the SIM card has been activated on your phone, you can 'top up' your call credit by buying a Safaricom scratch card/s. These are available from 10KSH upwards – smaller amounts can be purchased in Musanda, for larger amounts you will need to go to one of the supermarkets in Mumias. Using web based messenger services like WhatsApp is usually cheaper and more reliable than SMS
- 👉 There is no Wi-Fi at the guesthouse or at either of the ECD centres. If you need to use the internet, then you will need to buy Safaricom data-bundles. You can then use your phone's data network (Edge, 3G, H+) to access the internet.
- 👉 You can also 'tether' using your phone as a portable Wi-Fi hotspot to connect tablets/laptops etc. Be mindful that this uses a lot of credit and battery life!
- 👉 \*544# will allow you to buy data bundles using your airtime allowance, bundles help your money to go further. (Continued overleaf...)

Welcome to Kenya!  
Your Nasio Trust Welcome Pack



# Welcome Pack

## Useful Stuff

-  Long term volunteers may find it helpful to set up an MPESA account – staff can advise.
-  Local calls to Kenyan mobiles are very cheap. A text/SMS message costs 2KSH. Calls to UK landlines cost about 1000KSH per hour (dialling code +44 for England, +254 for Kenya). Typing \*144# will show you your remaining balance.

### FIRE AND EMERGENCY EVACUATION

-  In case of fire, please leave the guesthouse calmly by the nearest safe exit and gather outside Filipino cottage. You should not stop to collect personal belongings, however do please close doors behind you as you leave if it is safe to do so.
-  If you discover a fire, please immediately alert the caretaker and other guests. You should not seek to tackle the blaze yourself, but should proceed to the nearest emergency exit.

### HEALTH

-  Always bring bottled or distilled water with you on your days activities, top up from the water dispenser before you leave.
-  Do not forget to take your anti-malarial tablets during and after your visit. Malaria can be a very serious illness. If you have forgotten to bring your tablets or if you run out while you are in Kenya, please speak immediately to one of the duty staff, who will advise you.
-  Also to prevent malaria, please apply insect repellent to any exposed areas of skin. Wearing long sleeves and trousers/skirts at dusk will also help keep mosquito bites to a minimum. Certain anti-malarial treatments can increase susceptibility to sun burn. You should in any case use sun block to avoid burning in strong sunlight.
-  Please wear shoes at all times when you are outside the guesthouse. Local parasitic insects called 'Jiggers' (chigoe flea) live in the soil and regularly infect the feet of children and also cattle's legs. Infections happen when the feet are exposed to the soil – they are very painful and hard to cure. Prevention is definitely the best policy!
-  Our medical centre is just 100M from the guesthouse. If you become ill, you should tell a duty member of staff immediately – please don't keep it to yourself!
-  Please wash your hands regularly and apply hand sanitiser/anti-bacterial gel. Kenyans are scrupulous about hygiene and you should be too!
-  Please ensure you have purchased adequate travel insurance for your entire trip with appropriate cover for repatriation. (Continued overleaf...)

# Welcome Pack

## Useful Stuff

### TRANSPORT

-  The Nasio Trust in Kenya undertakes to ensure that appropriate and timely transport arrangements are made for staff and volunteers on charity business. Where volunteers are required to use public transport on charity business (for example, if vehicles are not available), the Operations Manager is responsible for ensuring that they are fully briefed as to costs and usage protocols.
-  The Nasio Trust does not recommend that volunteers use motorbikes (piki-piki) due to the high rate of accidents associated with these vehicles. If staff/volunteers decide to use piki-piki, they do so at their own personal risk and expense.
-  For volunteers who are with the charity for standard ten day or two week placements, there should be no need to make personal independent travel arrangements outside of this. Where such an occasion arises, appropriate transport arrangements should be agreed with the Operations Manager and must be paid for in advance by the volunteer/s.
-  Payments should be agreed and settled in advance of the journey.
-  Where there are competing priorities for use of a vehicle, the Operations Manager will be responsible for balancing organisational requirements and taking the final decision, liaising with the Project Director as necessary.
-  Vehicles should be operated by an authorised Nasio Trust driver, who must have a valid Republic of Kenya driving licence. For short journeys within the district where no driver is available, the Operations Manager or delegated member of staff may, at their discretion, nominate a staff member or volunteer to operate the vehicle as long as they have at least two years' driving experience AND (a) a Republic of Kenya driving licence, (b) a valid UK driving licence (for those here for less than three months) OR (c) an International Driving Licence (over three months). Authorisation to operate Nasio Trust vehicles may be withdrawn at any time by the Operations Manager.



Welcome to Kenya!  
Your Nasio Trust Welcome Pack

# Welcome Pack

## Useful Stuff

### THE ENVIRONMENT

-  Kenya, like most nations, struggles with several environmental issues. The major issues in Kenya are deforestation, desertification, water shortages, poaching, pollution and degraded water quality. As a visitor to this beautiful land, it is important to remember to minimize our impact on the environment. Always pack out trash, and avoid using disposable plastic water bottles. Every little bit helps to minimize impact on the environment.
-  Kenya has become one of the first countries to ban producing, selling and using plastic bags.
-  Kenya's widespread poverty has led many to turn towards poaching. Poaching is highly illegal in Kenya and care should be taken when purchasing any animal products. It is best to avoid such purchases while in country.

### FESTIVALS & HOLIDAYS

-  Kenya celebrates several holidays and festivals throughout the year. Celebrations almost always include music and dance. These events celebrate community and family, if you are around during these times, expect to be a part of the celebration. With a predominantly Christian culture, Easter and Christmas are widely celebrated throughout the country. Eid al-Fitr, the end of Ramadan is also celebrated. Keep in mind that Ramadan happens at different times each year.
-  Other Festivals and holidays include:
  - East African Arts Festival: Nairobi hosts an amazing three-day event celebrating East African Arts. Happens in March.
  - International Camel Derby and Festival: Celebrated in the northern town of Maralal. Several days of camel races, cycle races, donkey rides, and the opportunity to rent a camel for the day. Happens in August.
  - Mombasa Carnival: Artists, dancers, musicians and tribes people alike flock to Mombasa to take part in concerts and a parade. Happens in November.
  - Jamhuri Day: December 12th marks the day that Kenya celebrates being a republic or "jamhuri" parades, and speeches by each of the Provincial Presidents. Fireworks and airshows are a new addition to the festivities.

### HOMESICKNESS

-  You may not think it will happen but it would be very unusual if you didn't get homesick at least once during your trip. We'll talk about this a lot, discuss ways of dealing with it and also make sure you don't worry your family too much! Being homesick, having bad days, feeling a bit sick, having arguments, getting emotional and getting annoyed with other people on the trip - these are all to be expected, but the better we discuss it first, the better you'll be ready for it. Speak to our teams who are always ready to listen.

Welcome to Kenya!  
Your Nasio Trust Welcome Pack

# Welcome Pack

## Your Safety & Security

### Some advice for a trouble-free stay...

-  Our visitors mostly experience trouble-free visits. The Nasio Trust is well known and respected in the area – if you are a ‘muzungu’ (European) affiliated to the Trust, then the whole community will have your best interests at heart!
-  Please note that it is a legal requirement in Kenya to carry ID with you at all times. All Kenyans have ID cards – for tourists, a passport will suffice. If you are travelling to/from Kisumu, you are very likely to pass through police check points where your vehicle will be stopped and you will be asked to produce your ID. Failure to do so can result in delays and even fines!
-  When out and about, keep a close eye on money, phones, cameras etc. – it’s best simply to keep these out of sight as much as you are able to. For your own peace of mind, it is sensible to avoid wearing flashy accessories – jewellery, watches, sunglasses – while on placement.
-  It’s always sensible in any country where you are unfamiliar with the culture/language to observe a ‘buddy-buddy’ system when out and about. Local staff and volunteers are always happy to accompany you to the market/supermarket and can help to make sure you are not tricked into paying more than you should.
-  While in the guesthouse, keep money and valuables inside your rooms. There is a safe in ‘Melsa’ room which all guests can use subject to negotiation with the room’s occupants. The Nasio Trust will not be held liable for any loss or damage to property during your stay.
-  The gates to the guesthouse are locked at 6.30PM and are opened again at 6.30AM. Please do not leave the premises during these times unless absolutely necessary. If you do need to leave, please discuss this in advance with a member of the management team so that they can put in place appropriate security measures.
-  The gates to the guesthouse compound are manned at all times – we have one security guard on duty during the day, and four at night – two from a private security firm and two from the local police force. Only authorised personnel can enter the guesthouse compound – if you see anyone acting suspiciously, please report this immediately to security personnel/the management team.



Welcome to **Kenya!**  
Your Nasio Trust Welcome Pack



# Welcome Pack

## FCO Travel Advice

**There is nothing more important than the safety and security of staff, volunteers and event participants in our care. As such we would like to assure you that we'll do everything possible to ensure your safety and comfort during your stay.**

The Foreign and Commonwealth Office (FCO) issue regular updates on travelling safely in Kenya which can be found on their website here <https://www.gov.uk/foreign-travel-advice/kenya>. The Nasio trust remains completely up to date with all the information given, and we ensure that we comply with all of their advice. This means you can rest assured your stay will be pleasurable, and above all else, safe.

Mumias is many hundreds of miles from the Somali border, and from Mombasa. These are the areas that are usually mentioned by the FCO as being of concern.

We have the advantage of long experience operating in Kenya. We run our own projects on the ground, with our own staff, who know what is happening at grass roots level. We have strong, trusted links and networks providing us with comprehensive support for the security for our staff and volunteers.

We would never put volunteers into a situation, or take them to an area or location, which is deemed risky. We undertake full risk assessments, provide security when necessary and take our responsibility for your safety very seriously. Our guides and staff are all trained to the highest standards to assure your welfare during your trip.

**If you have any questions or concerns about safety or security, please speak to your Nasio Trust representative.**



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# Welcome Pack

## Key Contacts

A few names and numbers which you may want to store in your phone...

### UK Emergency Contact Numbers

 UK Office Landline (044) 1235 856290

### Kenya Emergency Contact Numbers

 Head of Education & Social Work Jane Munyendo (+254) 726 839 754

 Nasio Taxi Driver (Nairobi) Robert (+254) 724 613 293

 Guest House Manager Mildred Anyangu (+254) 710 819 127

### Kenya Optional Numbers

 Charity Chair Person (Nairobi) Joan Tabuke (+254) 727 545 095

 Volunteer (Mumias) Lillian Akenga (+254) 733 574 242



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