



Volunteer Adventures at Bogani Cottages
Kenya



dear friend,

It is with great pleasure that we welcome you to the Me to We family. At its heart, Me to We is a life philosophy about people finding purpose and meaning through compassion, community and a commitment to promoting the collective well-being of our shared humanity.

We are excited to offer you, your family, friends and co-workers the opportunity to embark on a Me to We trip to Kenya to take part in international development first-hand. Our commitment to global change comes to life through Free The Children's extensive development work overseas. Allow us to share this special place with you, experiencing enlightenment and exhilaration as you gain new perspectives by focusing less on *me* and more on *we*—our community and our world.

Our volunteer adventure trips feature specific itineraries tailored for youth, families, friends and corporate travel. Me to We Trips offers travellers the unique opportunity to connect with local Kenyan communities and all experiences can be customized to suit your individual travel needs.

Me to We Trips in Kenya provide an intimate and unique learning experience set against the spectacular backdrop of the African landscape. All the while, you'll enjoy the comforts of home at Bogani and Tented Camp. Come with us and feel the real heartbeat of Kenya as you meet the people, see the wildlife and live the Me to We lifestyle!

We thank you for your continued support of Free The Children and Me to We and hope you will be inspired by the Me to We philosophy in your daily life.

Craig Kielburger
Co-Founder

Marc Kielburger
Co-Founder and Co-CEO

Craig Kielburger and Marc Kielburger are the founders of Free The Children, an internationally acclaimed children's charity, and Me to We, a worldwide community of socially conscious enterprises, including media, lifestyle products and leadership experiences that provide better choices for a better world.



Volunteer Adventure

From beginning to end, the Me to We Trips team will help you plan your Kenyan adventure, where you will explore and volunteer in a local community served by our charity partner, Free The Children.

Your gracious hosts will teach you about local culture through interactive community walks and visits. You will finish your days relaxing at Bogani, chatting by the campfire and enjoying spectacular sunsets and star-studded skies. Cap off your volunteer adventure with a safari through the African plains and an exploration of the Kenyan coastline.

Your Me to We trip can be customized to suit your interests and maximize your volunteer travel experience. Join us and feel the real heartbeat of Africa!



"The Me to We Trips team made our trip to Kenya so easy and enjoyable! From the moment we stepped off the plane and until our return home, everything was taken care of."

Steven Farber, 2008

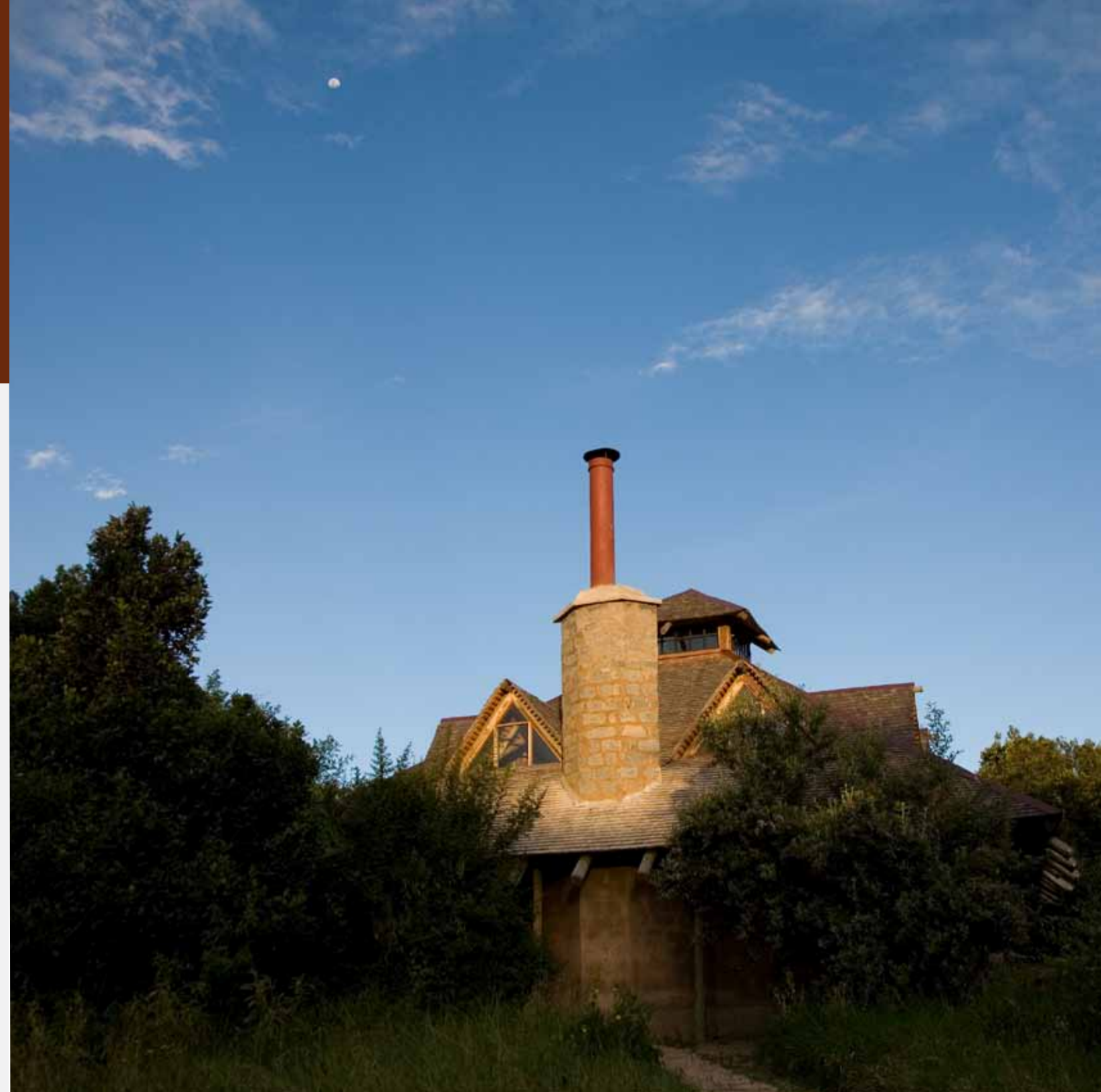
Bogani Cottages and Tented Camp

While staying at Bogani, you aren't just our guest—you're family. Bogani Cottages and Tented Camp were designed by an award-winning Kenyan architect and are built with renewable, indigenous materials. Rustic yet luxurious, the cottages and tents boast all the comforts of home, including en suite bathrooms with hot and cold running water. Each cottage and tent is unique in its size and design and furnished with indigenous African fabrics and art. Bogani can accommodate groups as small as four and as large as 30 or more.



"The camp was amazing and everyone my family met was truly exceptional. Our house at the camp was beautiful and so exceeded everything I had imagined."

Gill Evans, 2008



Home Away from Home

After a hard day's work of volunteering, you will return home to comfortable surroundings and enjoy a healthy meal prepared by our expert chefs. Our cooks use organic ingredients to prepare delicious varieties of local and international dishes and will accommodate your specific dietary needs and preferences. Meals are served on the alfresco dining platform, overlooking a beautiful marsh where zebras often gather, providing you with a uniquely African dining experience!

For your comfort and safety, Bogani is surrounded by a solar-powered electric fence to keep curious animals at watching distance. In the evenings, generator-powered electricity provides lighting for reading and power to recharge batteries.



"Bogani has all the comforts of home. With those, I was able to relax and take in the experiences in the community as they unfolded before me."

Wayne Camire, 2008



Volunteer with Free The Children

One of the most profound aspects of a Me to We Trip in Kenya is the opportunity to volunteer and meet local children and families. This happens through our partnership with Free The Children.

Free The Children is the world's largest network of children helping children through education. It was founded in 1995 by a group of 12-year-olds who dreamed of changing the world. Since then, Free The Children has grown into a movement that spans the globe.

Free The Children has built more than 650 schools in developing countries around the world, providing quality primary education to more than 55,000 students every day. And that is just the beginning! Internationally, the organization works in partnership with marginalized communities to provide basic needs and help them break the cycle of poverty. Since 1995, more than one million people have been involved in the organization's innovative programs in more than 45 countries.



Adopt a Village Program

Adopt a Village is Free The Children's unique holistic development program that supports four aspects of community development. Through this multi-faceted approach, children and their families are truly empowered to break out of poverty. Your volunteer work helps to build and strengthen the following four pillars of the Adopt the Village model:

Education: School-building and educational programs provide communities with outfitted schools and the support needed for quality education.

Health Care: From health clinics to lunch programs, these initiatives prevent disease and improve community health.

Alternative Income: Micro-credit loans, skills training and small business capital empower women to better support their families.

Water and Sanitation: Access to clean water improves health and reduces the burden of chores placed on girls, so that they can go to school.

Volunteer Actions

In Kenya, Free The Children has constructed more than 80 schools, providing education to 5,500 children every day. The organization also runs health, nutrition, water and sanitation programs for ten communities in Kenya.

Your time at Bogani will be spent volunteering with Free The Children. You will help Free The Children's longstanding commitment to development projects in Kenya by working closely with local community members to bring new opportunities to the area that aim to ensure healthy, educated and vibrant children and families. Volunteer activities include:

- Building new schools
- Planting trees in community gardens
- Installing clean water projects
- Painting classrooms and desks
- Organizing special activities with school children
- Learning about Free The Children and getting young people involved



“Kenya was an amazing place to go to with Free The Children. Laughing and playing with all the friendly African kids while building their school didn't just make them happy, it made me feel good on the inside too. Free The Children is SUCH an amazing group. You get to help kids while having a breathtaking time.”

Taite Jorgensen, age 10, 2008

Meet the Local Community

During your stay at Bogani, you will also have the opportunity to immerse yourself in local culture. Learn about the Maasai and Kipsigis people's rich and fascinating history directly from them, through interactive walks, activities and conversation.

Your community activities include:

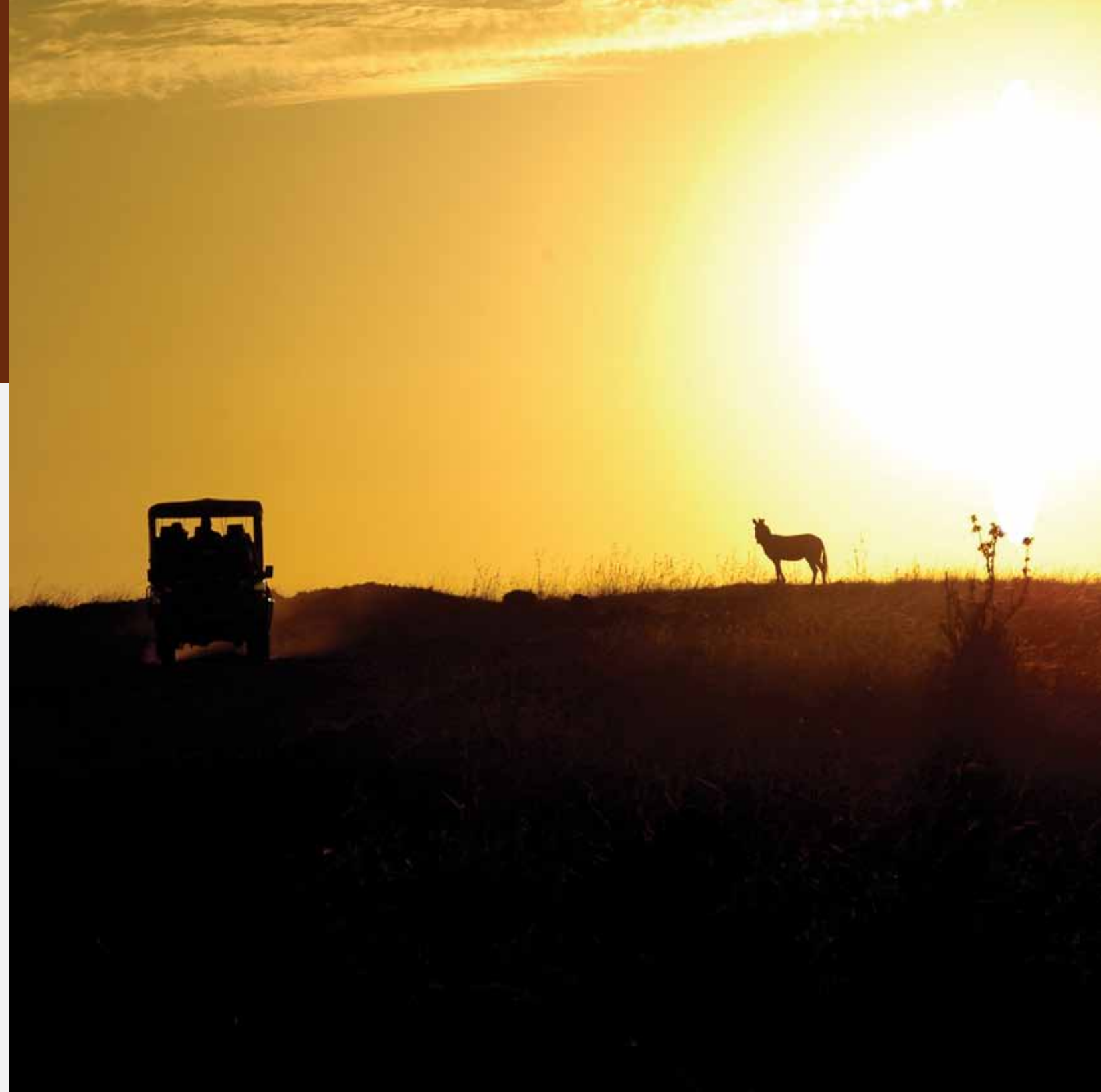
- Collecting water with mothers and children
- Learning Swahili
- Visiting local homesteads and families
- Participating in Maasai weapons training
- Hiking with our Maasai naturalist
- Beading with the local mamas



Safari Adventure

During your time at Bogani, the Me to We Trips team is happy to recommend a variety of activities to complement your volunteer adventure. Embark on a safari in the true sense of the Swahili word derived from the Arabic word *safara*, meaning journey.

Many guests choose to go on a wildlife safari to watch Africa's famous "big five" animals: lion, elephant, buffalo, leopard and rhino. There is an endless variety of experiences and adventures in Kenya amid game-filled plains, cultured peoples, rugged highlands and white sand beaches.



Coastal Retreat (Opening in 2012)

In the sleepy seaside town of Kilifi, tucked away on the Kenyan coastline, experience a local home-stay at Toriana. Named by its former residents, this lovely nine-bedroom home is only open to guests of Me to We. Built in Moorish style and situated directly on the Indian Ocean, guests have unfettered access to stunning and tranquil white sand Bofa Beach. All rooms are en-suite with stunning garden and ocean views.

Bofa Beach is protected by a coral reef, which allows for safe and calm swimming conditions, and spectacular snorkeling and boating opportunities. Your stay at Toriana is complemented by half-day excursions to the old port town of Mombasa and Fort Jesus, the jungle forest of Arabuko-Sokoke, and the old Gede Ruins reminiscent of the coast's ancient civilizations. All excursions are led by local guides who are a part of the Me to We family. Whether you join us at the beginning of your adventure, or cap off your trip with a visit to the Kilifi Coast, Toriana will delight you with its coastal charm and leave you ready for the next part of your journey.



Reducing our Footprint

We put a lot of energy into offsetting our environmental footprint. Each year, we launch programs that help regenerate the Kenyan eco-system, and teach young people and families within the community about the importance of environmental stewardship. We also operate our centre using environmentally friendly technology and waste management. Some of the innovative initiatives we have undertaken include:

Kenyan tree nursery: This facility nurtures more than 120,000 indigenous seedlings each year, which are planted at schools built by our charity partner, Free The Children.

Environmental education: Teaching kids how to go green is a cornerstone of all our education programs, reaching more than 5,000 students in Kenya alone.

Green building: Our Bogani Cottages and Free The Children schools are built entirely from renewable, indigenous materials.

Sample Itinerary

Day 1: Discover Nairobi

Meet your Me to We host at Jomo Kenyatta International Airport. Your Me to We team will have reserved suitable accommodation while in Nairobi.

Days 2-8: Volunteer at Bogani

Spend time at Bogani learning about Free The Children's development projects, meet community members and children—then roll up your sleeves to work alongside Maasai and Kipsigis friends to build a new school for their community. Your hard work will help ensure a brighter future for children who would otherwise not receive an education.

During your time at Bogani, you will go on safari, watching Kenya's wondrous wildlife roam the open plains of the savannah.

Day 9-12: More Adventure

Following your time at Bogani, our team is happy to recommend a variety of activities to complement your volunteer adventure. Some guests opt to relax at Kenya's coast, enjoying the sand and tropical sun of the Indian Ocean. The Me to We team is happy to make customized recommendations based on your interests and budget so you can choose your own adventure!

Last Day: Journey Home

Explore the city's unique attractions, suitable for all ages. Where else can you feed elephant orphans, kiss endangered Rothschild giraffes and explore museums and monuments all in one day? In the evening, enjoy an unforgettable meal at the world-famous Carnivore restaurant, one of the most famous restaurants on the African continent.

However you spend your final day in Kenya, it will be an extraordinary conclusion to an experience unlike any other.

Me to We Trips team is happy to take care of all your travel needs for your itinerary, including your international travel, making for a seamless travel experience from start to finish.



Volunteer Adventure in India (Opening in 2012)

Launching in 2012, travel to India on a Me to We volunteer trip that your family or corporate group will never forget. As you volunteer in rural communities and immerse yourself in Indian culture, you'll uncover the vibrant beauty and development issues of this richly layered country.

A 90-minute drive from Udaipur, India's "City of Lakes," the Caldwell Leadership Centre is located in the picturesque state of Rajasthan. Nestled in the beautiful pink-hued Arvalli mountain range, the cottages offer safe and comfortable accommodations for your group. The beautiful lodgings have been furnished in the royal Rajasthani style by skilled tradesmen using historical design and local materials, with floor-to-ceiling windows and a balcony with gorgeous mountain views.

Give back to the communities you visit as a volunteer, working alongside local community members on a Free The Children development project. Discover what village life is like for women, children and families as you learn about the economic challenges of rural areas.

Visit breathtaking destinations like the incredible fort at Kumbhalgarh with a wall second in length only to the Great Wall of China. Discover the wondrous beauty, culture and spirituality of Rajasthan, a region of fascinating wildlife from water buffalo to parakeets. Get to know the culture and land through guided tours, visiting local markets and partaking in community celebrations and artisanal workshops.

Visit www.metowe.com/trips/adult/india to plan your journey today, or contact reservations@metowe.com.

Enhance your Bogani experience by living Me to We!

Half of Me to We's net profits support the work of the international charity Free The Children. The other half is reinvested to grow the enterprise and ensure its sustainability in giving you better choices for a better world. Visit www.metowe.com to learn more.

Me to We Artisans

Me to We Artisans is a line of beautiful, sustainably produced accessories handmade by local artisans in Free The Children communities as a source of alternative income. Browse The Maasai Collection at www.metowe.com.

Me to We Books

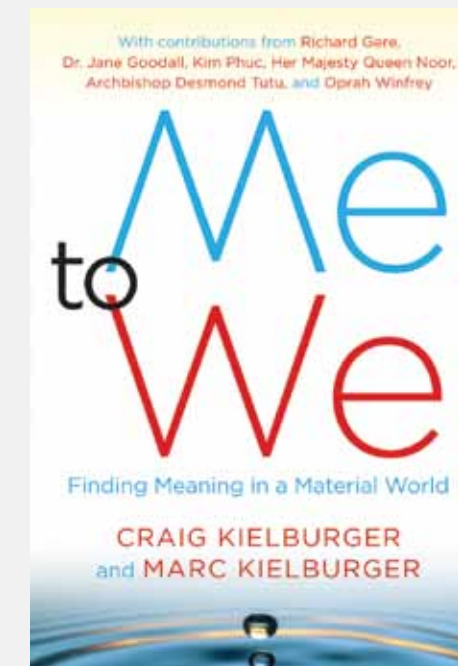
Our books share stories that transform your life and the world around you. They are your very own guides to changing the world. We offer titles suitable for all ages, including adults, families and youth.

Me to We Style

Domestically produced and sweatshop-free, Me to We Style is ethically manufactured, quality apparel for the socially conscious, earth-wise consumer. Browse www.metowestyle.com to shop for yourself, your family, team or company.

Me to We Leadership

Our innovative leadership programs inspire youth to action through interactive workshops, seminars and international week-long leadership academies. Passionate young facilitators use innovative curriculum and activities to empower youth in their interests and passion for social change through personal action plans.





me to we
Better choices for a better world

Me to We is a new kind of social enterprise for people who want to help change the world with their daily choices. Through our media, socially responsible choices and leadership experiences, we support Free The Children's work with youth creating global change. Every trip, t-shirt, book, speech, thought and choice adds up to a fun, dynamic lifestyle that's part of the worldwide movement of *we*. Think *we*. Join the movement.



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