



KENYA TRIP AT A GLANCE

SAMPLE ITINERARY

*Please note that Me to We Trips is happy to customize trips to fit the needs of your group. Dates and activities will be determined together with your coordinator.

Day 1: Travel

Departure to Nairobi, Kenya.

Days 2-3: Nairobi

Arrive in Nairobi in the evening, meet Me to We's Kenya staff and spend your first night at our leadership center just outside the city of Nairobi. In the morning, visit a giraffe park and exchange money before departing for the Maasai Mara.

Days 4-19: Maasai Mara

Get oriented to daily life at the Kenya camp. Meet the local staff and get to know the other participants better with a teambuilding activity. During the day, volunteer by helping to build a school/water project and playing with local children. In the evening, take part in hands-on workshops consisting of teambuilding games, leadership training, guest speakers and social issues discussions, focusing on Millennium Development Goals.

Your stay in the Mara will also include special day-long activities:

- » A full-day safari lets you explore the Mara's famous wildlife with one of our expert guides.
- » "Community Day" gets you closer to the realities of living in Kenya.
- » On a leadership retreat you'll create action plans and hone skills before returning home.

Day 20: Nairobi

Return to Nairobi with time for shopping at the markets. Before boarding your flight, spend time with participants and facilitators and enjoy one last farewell dinner with your trip mates.

Day 21: Travel

Arrival in North America.

HIGHLIGHTS

- » Community development: Build a school/water project, teach children or plant shade trees
- » Cultural education: Walk through local villages, learn from the Maasai and Kipsigis people or study Swahili
- » Leadership training: Get intensive and interactive leadership training
- » Environmental education: Learn on nature walks with local experts
- » Safari adventures: Explore a world-famous Maasai Mara

COSTS

The total cost of Volunteer and Leadership Kenya will be determined by your Me to We Trip coordinator based upon your group's desired itinerary.

Your trip cost will include:

- » All travel expenses within Kenya
- » All meals and accommodations during the trip
- » Curriculum materials and tailored leadership training
- » Facilitation and coordination by qualified staff

Me to We Trips can include your airfare and travel medical insurance as well! Ask your coordinator about different quote options. Detailed information on costs, payments and procedures is provided in the application package, which will be e-mailed to you. Trip capacity is 26 individuals. Since space is limited, group applications are considered on a first-come, first-serve basis.





THE KENYA EXPERIENCE

ENVIRONMENT

Kenya features a diverse landscape, from deserts to snow-capped mountains, sandy coastlines to freshwater lakes, savannah grasslands to fertile agricultural plantations and extinct volcanoes to coral reefs. You'll have a chance to experience the country's diverse ecosystems from the windows of the lorry as you drive across the country, as well as on a field trip to the Great Rift Valley region.

Kenya lies on the equator and is bordered on the north by Sudan, Somalia and Ethiopia; on the west by Uganda and Lake Victoria; on the south by Tanzania and Mount Kilimanjaro and on the east by the Indian Ocean.

The Maasai Mara, Kenya's world-famous wildlife preserve, is host to thousands of different kinds of plant and animal life. Animals you might see on safari include antelope, baboons, buffalo, cheetahs, crocodiles, elephants, giraffes, hippopotamus, hyenas, leopards, lions, mongoose, rhinoceros and zebras. While visiting Kenya, you can expect the weather to be cold in the evening and warm and sunny during the day.

ACCOMMODATIONS

The majority of the trip will be spent living on the edge of the Maasai Mara, Africa's richest wildlife reserve. At our beautiful Kenya School of the Savannah Leadership Center, you'll find a full kitchen, a classroom and learning area, showers, running water and six tents (with bunk beds!) that each sleep four to five participants. We also have a mobile camp to

allow comparable luxuries and comfort while enabling us to reach some of the more remote communities we work with. (Please note these are alternatives and not necessarily guaranteed for every trip.)

Males and females will be housed separately in both accommodations. In Nairobi, participants will be hosted at our Nairobi Leadership Centre, Roslyn.

LANGUAGE

Volunteer and Leadership Kenya will be conducted in English, and all talks given by guest speakers in Swahili will be translated for the group. Participants will also have basic Swahili lessons during their trip.

Most participants view the obstacles to verbal communication as an opportunity to explore alternative ways of forming bonds with the people they meet. Smiles, games and body language are all great ways to communicate without using words!

FOOD & WATER

Our amazing team of chefs prepares traditional European, Indian and African meals, which are served buffet-style for breakfast, lunch and dinner. An array of tropical fruits and vegetables, including bananas, pineapples, passion fruit and papaya are regularly served at meals.

Coffee and traditional chai tea are readily available and participants will always have access to purified water throughout the trip.

