

Childcare & Community

High School Special Schedule

Kenya | 2 weeks

Welcome to our High School Special Care & Community Project in Kenya! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

Programme Goals:

Education and Childcare:

Spend your time working with children at a local primary school, helping to make learning fun for them. Teach basic English words and phrases through songs, pictures or role play games, play football and other sports outside, or run arts and crafts lessons to unleash their creativity. Every day, you will also interact freely with the children during their morning and afternoon breaks.

Renovation work:

Make a lasting impact on the community by improving the school where you'll be working. Help renovate classrooms - from repaving floors, to plastering and painting the walls. You'll be part of a process fixing classrooms in the community schools.

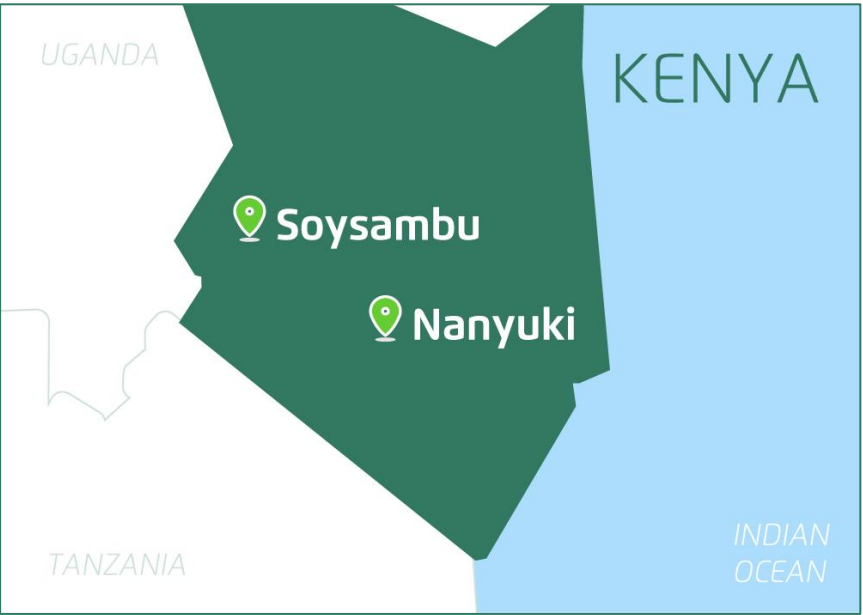
Cultural Immersion:

Immerse yourself in the rich culture of the country. After your volunteer work, delve into the vibrant Kenyan culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional Kenyan cuisine. Explore the country's history and heritage with fellow volunteers, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Kenya, including its stunning wildlife and majestic landscapes.

ProjectsAbroad



2 WEEKS



Highlights

▶ 40 Service Hours

▶ Help renovate a primary school classroom

▶ Make learning English fun for children

▶ Immerse yourself in Kenyan culture

▶ Safari at Old Pajeta Conservancy

▶ Offset your carbon footprint

Accommodation

Host Family

Transport

Private bus and by foot

Meals

Breakfast will be served at your host each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

Timings

This schedule is subject to change, however you will be advised in advance should this happen. You will depart home before 8am and arrive back at around 5pm. However, this may differ from day to day depending on the activity and progress of the volunteer work.

Responsible Travel

We offset 100% of carbon emissions associated with your in-destination transport. We're committed to being fully climate-positive by 2024!

By volunteering with us you're helping reforestation efforts, protecting existing forests and providing employment to local communities around the world.

Day 1	Sunday
All Day	Arrival in Kenya: You will arrive at Jomo Kenyatta International Airport (JKIA) in Nairobi, where a designated projects abroad staff will be waiting holding a Projects Abroad sign. You will then embark on a 3-4 hour journey to Nanyuki, where you will get to meet your host family. Once here, you will be shown to your room and given time to unpack and settle in. The host family will provide a tour of the house, highlighting important areas such as the bathroom, kitchen, and common living spaces, all the while discussing the household rules and expectations that will ensure a smooth and comfortable stay.



Day 2	Monday
Morning	You will gather at the office for a comprehensive orientation session. We will take you on a guided tour of Nanyuki town to familiarize you with the local area. The tour will include withdrawing or exchanging cash, getting a local SIM cards, supermarkets, and the food market.
Afternoon	You will have lunch at a popular local restaurant, an opportunity to sample authentic Kenyan cuisine and interact with the local community in a casual setting. After lunch, you'll participate in an introductory Swahili language lesson at the office, covering basic greetings, common phrases, and essential vocabulary related to medical and everyday situations.
Evening	Meet the local renovation team (carpenter, mason,painter) to give you an overview of what the project will entail and answer any questions.
Day 3	Tuesday
Morning	You'll be shown around the school and start clearing up the classroom you will be renovating. Start by remove all the furniture and any whiteboards, chalkboards, maps. Then clear out the teacher's materials discard any broken furniture, outdated textbooks, excess supplies, etc.
Afternoon	Start cleaning & sanding the walls: Use fine-grit sandpaper to lightly sand the entire wall surface, focusing on any rough or uneven areas.
Evening	Time for a creative workshop on beadmaking, an important cultural craft in Kenya, with intricate designs and symbolic meanings. The lesson will foster cultural appreciation, creativity, and teamwork. And you get to keep what you make!
Day 4	Wednesday
Morning	Spend the morning sanding smoothing and leveling the surface of walls using abrasive materials such as sandpaper or sanding blocks.
Afternoon	Help the children in the school with extracurricular activities such as art, music, sports and help organize games, drama performances during activity periods.
Evening	Have a well-earned coffee at Java House and take the opportunity to relax with your group.
Day 5	Thursday
Morning	Finish demolishing the floor: - Shovel up all demolished floor material debris into heavy duty contractor bags. - Thoroughly clean the exposed floor base by sweeping any remaining dust and small debris. - Inspect and repair/level any low areas of the base floor as needed before new flooring installation - Lay out the new flooring
Afternoon	Book club with the children: Separate into groups and read story books with the children. This will help them develop their imagination, creativity and confidence, not to mention their English reading skills.
Evening	Traditional dance lesson: Kenyan traditional dance is a vibrant and diverse expression of the country's rich cultural heritage. Each of Kenya's ethnic groups has its own unique dance styles, which are often performed during ceremonies, festivals, and social gatherings.



Day 6	Friday
Morning	Continue with the flooring: You will spend the first part of the day laying the screed – a thin, top layer of material (usually made of sharp sand and cement) – over the concrete subfloor.
Afternoon	Tree planting: Together with the kids, plant trees around the school farm. This is a chance to also discuss environmental issues with the children.
Evening	End the week on a shopping spree for safari supplies such as snacks.
Day 7	Saturday
Morning	Gear up for an early morning game drive at the Ol Pejeta Conservancy to spot iconic African wildlife. This is an immersive wildlife experience that allows visitors to explore the vast and diverse landscape of this renowned conservation area in Laikipia County, central Kenya. The conservancy is home to a wide variety of African wildlife, including the "Big Five" (elephants, rhinos, lions, leopards, and buffalos), as well as many other iconic species.
Afternoon	Enjoy a tasty lunch at a restaurant inside the park and have time to relax.
Evening	Time for another exciting encounter with the ‘Big Five’ during an evening game drive. This will be an unforgettable experience.
Day 8	Sunday
Morning	You cannot truly experience Kenya without understanding the people’s faith and its manifestations. Visit a local church and take part in all the singing and dancing that occurs. See the truly African flavour of worship. This is an optional activity that you may wish to swap for a bit of rest at home, doing laundry and getting ready for the afternoon activity.
Afternoon	Go on a visit to an animal orphanage. The orphanage is dedicated to rescuing, rehabilitating, and caring for orphaned, injured, or abandoned wild animals, with the ultimate goal of releasing them back into their natural habitats whenever possible. Learn from the staff at the center.
Evening	Enjoy a relaxing evening at home with your host family and fellow volunteers.



Day 9	Monday
Morning	Wall Painting: You will start by preparing the surface of the wall. You will then repair any cracks, holes or damaged areas in the walls with putty or plaster. This will allow you to apply the priming, following by the application of the first coat of selected paints.
Afternoon & Evening	Cooking class: Time for a delicious but also hands-on cultural experience that will allow you to learn how to prepare traditional Kenyan dishes under the guidance of a local chef or culinary expert.
Day 10	Tuesday
Morning	Finish wall painting: Once the first coat has fully dried (typically 24 hours), inspect the walls closely. Look for any missed spots, drips, holidays (areas with insufficient coverage) or unevenness. After that apply a second coat of paint, allow it to dry completely before re-installing fixtures.
Afternoon	Activities with the children: Continue interacting with the children through meaningful, educational activities.
Evening	Movie night End the day with a relaxing movie night at one of the host families.
Day 11	Wednesday
Morning & Afternoon	Fix the windows: Carefully remove any existing broken or cracked window panes and replace them with new ones.
Evening	Games with the kids: Engage children in fun, age-appropriate games and activities Have a general plan for 2-3 simple games to play, incorporate educational elements like counting, colors, spelling



Day 12	Thursday
Morning	Cleaning up: This morning you will give all the inside surfaces a final wipe down and remove any spots or residue with clean water

Afternoon	Time with the children at the school: - This will involve in-class support where you will collaborate with the teachers to ensure students remain focused and understand materials. You will also answer questions and redirect students as needed - Help with extracurricular activities such as art, music, sports and help organize games, drama, performances during activity periods
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Evening	Return to the Projects Abroad office to enjoy a bonfire and a session of storytelling.
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Day 13	Friday
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Morning	Project handover to the school: Give a brief handover speech and officially transfer control of the newly renovated classroom to the school administration. After the ceremony, continue with activities with the children.
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Afternoon	Visit a Souvenir shop: Experience Kenyan culture and artisanship as you browse unique, handcrafted items like wood carvings, beadwork, or textiles. Learn about the significance and history behind traditional crafts, and support local artisans and the local economy by purchasing meaningful keepsakes to remember your time in Kenya and to give as presents to family and friends back home.
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Evening	Farewell Dinner Celebrate your time together at a farewell dinner together with Projects Abroad staff and all the High School Special volunteers. The the opportunity to go over your achievements, express your gratitude, and create lasting memories with your fellow participants.
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Day 14	Saturday
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Morning	Departure (for the 2-week volunteers) The group members will likely be departing at different times, therefore the last 2 days may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after. You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.
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Personal Achievements



- ▶ Completed a total of 40 service hours.
- ▶ Learnt about Kenya’s history and culture.
- ▶ Learnt how to prepare and teach lessons to school children.
- ▶ Made a lasting and physical improvement to educational and community facilities.

Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.



From the chaos of inner-city Nairobi to the sweeping tranquillity of its national parks, Kenya has a diverse and wonderful culture. This is undoubtedly one of the best places to see the world’s most amazing animals.

Fun Facts

- ▶ One of the first African countries to ban plastic bags
- ▶ Mount Kenya is the second-highest mountain in Africa
- ▶ Many of the world’s best runners come from Kenya
- ▶ The first African woman to ever win the Nobel Prize is from Kenya

Want to learn more?

We’d be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Destination Information	
National Language:	Swahili, English
Population:	48 million
Currency:	Kenyan Shilling
Time Zone:	GMT +3
Capital:	Nairobi
Calling Code:	+254
Dominant Religions:	Christianity, Islam
National Dish:	Ugali
National Animal:	Lion
National Bird:	Lilac-breasted Roller

Social Media

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Childcare & Community

High School Special Schedule

Kenya | 3 weeks

Welcome to our High School Special Care & Community Project in Kenya! Are you ready for a once-in-a-lifetime experience working with the local community and exploring this beautiful country?

Programme Goals:

Education and Childcare:

Spend your time working with children at a local primary school, helping to make learning fun for them. Teach basic English words and phrases through songs, pictures or role play games, play football and other sports outside, or run arts and crafts lessons to unleash their creativity. Every day, you will also interact freely with the children during their morning and afternoon breaks.

Renovation work:

Make a lasting impact on the community by improving the school where you'll be working. Help renovate classrooms - from repaving floors, to plastering and painting the walls. You'll be part of a process fixing classrooms in the community schools.

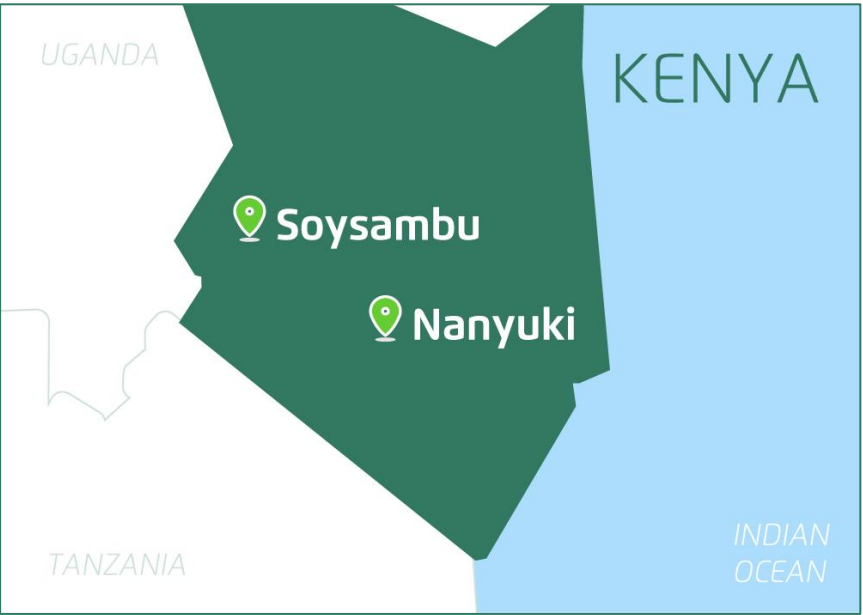
Cultural Immersion:

Immerse yourself in the rich culture of the country. After your volunteer work, delve into the vibrant Kenyan culture by witnessing traditional dances, engaging in conversations with locals, and indulging in the diverse flavors of traditional Kenyan cuisine. Explore the country's history and heritage with fellow volunteers, forging lifelong friendships and creating memories as you visit iconic landmarks, and marvel at the awe-inspiring beauty of Kenya, including its stunning wildlife and majestic landscapes.

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3 WEEKS



Highlights

- ▶ 60 Service Hours
- ▶ Help renovate a primary school classroom
- ▶ Make learning English fun for children
- ▶ Immerse yourself in Kenyan culture
- ▶ Safari at Old Pajeta Conservancy
- ▶ Offset your carbon footprint

Accommodation
Host Family

Transport
Private bus and by foot

Meals
Breakfast will be served at your host each day. Lunch will either be at the hospital, host or in the community. Dinner will be at the host family.

Timings
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Responsible Travel
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Day 12	Thursday
Morning	Cleaning up: This morning you will give all the inside surfaces a final wipe down and remove any spots or residue with clean water
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Evening	Return to the Projects Abroad office to enjoy a bonfire and a session of storytelling.
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Day 13	Friday
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Afternoon	Visit a Souvenir shop: Experience Kenyan culture and artisanship as you browse unique, handcrafted items like wood carvings, beadwork, or textiles. Learn about the significance and history behind traditional crafts, and support local artisans and the local economy by purchasing meaningful keepsakes to remember your time in Kenya and to give as presents to family and friends back home.
Evening	Farewell Dinner Celebrate your time together at a farewell dinner together with Projects Abroad staff and all the High School Special volunteers. The the opportunity to go over your achievements, express your gratitude, and create lasting memories with your fellow participants.



Day 14	Saturday
All day Saturday	Visit Olepangi Farm: Olepangi is the result of a deep-rooted desire of Elizabeth Loker and her late husband Clinton Lucy, to turn an area of dry, un-fertile land into a sustainable farm.

Day 15	Sunday
All Day	Today you can take up doing your laundry, swimming or visiting a local church again





Day 16	Monday
Morning	Painting the outside walls: After another great weekend, you will continue renovation at the school, this time on the outside of the classroom. You will begin by repairing any cracks, holes or damaged areas in the wall with cement plaster followed by sanding down any existing flaking or peeling paint. Let's see if you still have the skills from your first week working inside the classroom.

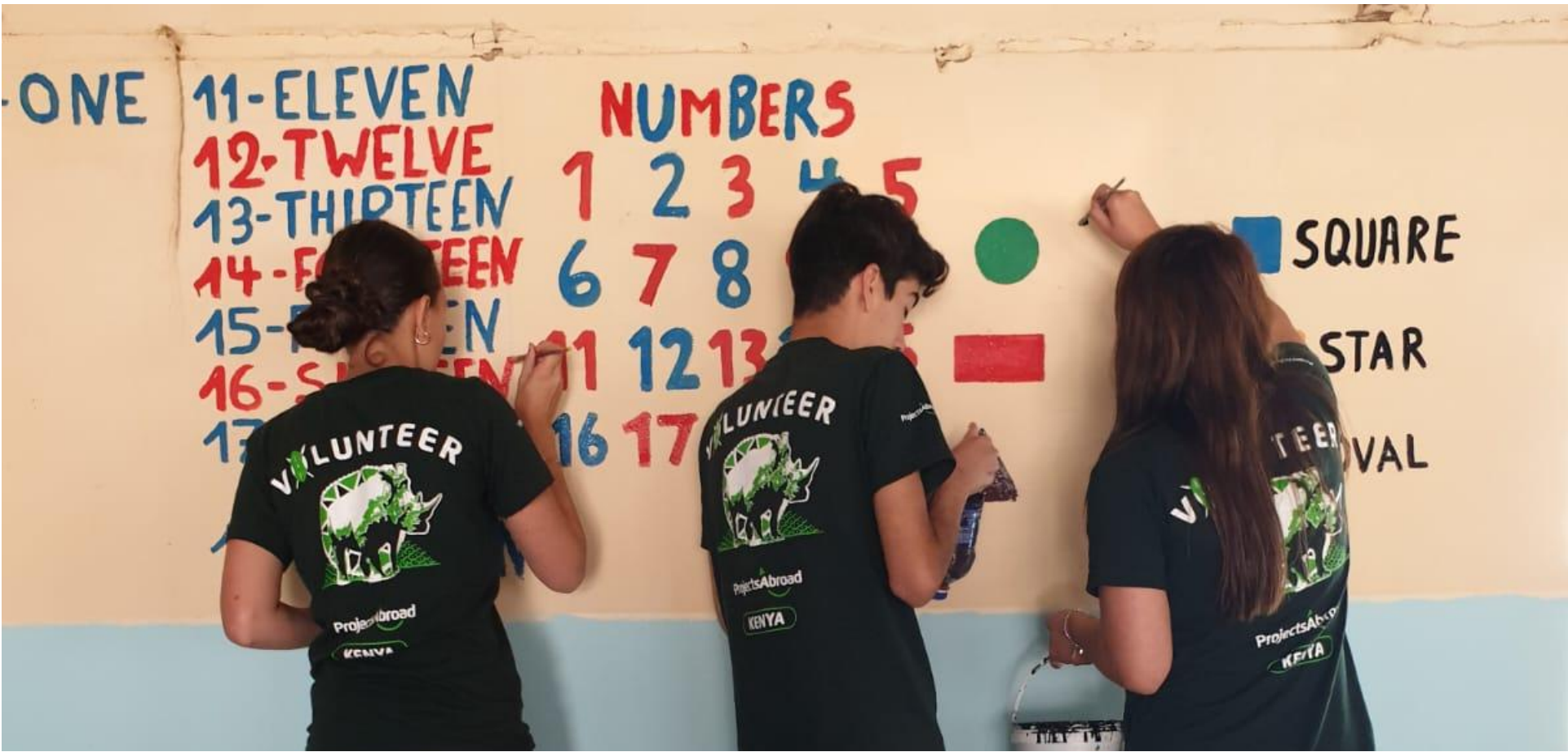
Afternoon	Assist in the classroom: Support lesson planning and classroom activities and engage children in learning through games, songs, and stories.
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Evening	Quiz night: For this social event, teams will be formed and you will compete against each other by answering questions on various topics. This is a great opportunity to test your knowledge about all things Kenyan.
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Day 17	Tuesday
Morning	Painting the outside walls: Surface preparation followed by repairing any cracks, holes or damaged areas in the walls with putty or plaster this will allow for priming then application of the first coat of selected paints.

Afternoon	Assist in the classroom: Share cultural experiences and knowledge to broaden children's perspectives, Help create educational materials and displays and support the local teachers in assessing student progress and development.
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Evening	Movie night: Break out the popcorn as it's time for the silver screen. Enjoy a shared entertainment experience by watching local movies that typically showcase Kenyan culture, stories, and experiences. Do you recognize familiar scenes from your daily life in Kenya?
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Day 18	Wednesday
Morning & afternoon	Finish painting the outside wall: Once the first coat has fully dried, inspect the walls closely for any missed spots, drips, holidays (areas with insufficient coverage) or unevenness. After that, apply the second coat of paint.

Evening	Zumba class: Zumba is a popular fitness program that combines dance and aerobic movements performed to energetic music. It incorporates rhythms and dance styles from various cultures, as well as other international influences.
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Day 19	Thursday
All Day	Assist with classes: • Work with students individually or in small groups to provide extra academic support, help with assignments, and reinforce key concepts. • Assist teachers with tasks like preparing materials, organizing supplies, setting up the classroom, or making copies of handouts and worksheets. • Read with students, help them practice their reading skills, or lead literacy-based activities like story time or vocabulary games

Day 20	Friday
Morning	Cultural exchange in the classroom: • Share stories, songs, and traditions from the volunteer's home country • Introduce children to new perspectives and ideas to foster global understanding • Engage children in activities that celebrate diversity and promote inclusivity

Afternoon	Have a final farewell ceremony at the school. Say goodbye to the headmaster, the teachers, as well as the children that you spent time with. Careful, this might get emotional!
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Evening	Farewell dinner: Enjoy a traditional dinner at a local restaurant and reflect on everything you have accomplished, the lifelong friendships you've created and the unforgettable memories you have made over the last 3 weeks.
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Day 21	Saturday
	The group members will likely be departing at different times, therefore the last 2 days may not be the same for everyone. Your exact departure plan will be communicated with you directly by our local team. If you have longer to wait around, we will ensure you are comfortable and well looked-after. You will have the continued support of Projects Abroad staff right until you are safely at the airport to board your plane back home.

Student Learning Outcomes

Intercultural Competence

Students will be immersed in different cultures, gaining an understanding of their role within our global community and developing a deeper cultural awareness.

Leadership Development

Students will be pushed out of their comfort zones, experiencing new challenges each day. They will build their confidence and resilience through team activities and new life experiences.

Healthy Active Living

Students will be encouraged to prioritise their self-care, enhancing their physical and mental well-being.

Empowerment

Students will be empowered to think for themselves, challenging the “status-quo” and cultivating transformative decision-making mindsets.

Global Citizenship

Students will be exposed to new perspectives, engage with real-world challenges and contribute to sustainable development initiatives.

Personal Achievements



- Completed a total of 60 service hours.
- Learnt about Kenya’s history and culture.
- Learnt how to prepare and teach lessons to school children.
- Made a lasting and physical improvement to educational and community facilities.



When you think of Africa, you likely picture the vastness of the Serengeti, the snowy peak of Mount Kilimanjaro, the natural wonder of the Great Migration or the unique culture of Maasai tribes. Tanzania is home to all of this and more! Nowhere on Earth is as truly wild.

Fun Facts

- One of the first African countries to ban plastic bags
- Mount Kenya is the second-highest mountain in Africa
- Many of the world’s best runners come from Kenya
- The first African woman to ever win the Nobel Prize is from Kenya

Want to learn more?

We’d be happy to talk to you and and and answer any questions you may have. You can call or email our team, or use the ‘live chat’ feature on the Projects Abroad website.

General inquiries: info@projects-abroad.org

Destination Information	
National Language:	Swahili, English
Population:	48 million
Currency:	Kenyan Shilling
Time Zone:	GMT +3
Capital:	Nairobi
Calling Code:	+254
Dominant Religions:	Christianity, Islam
National Dish:	Ugali
National Animal:	Lion
National Bird:	Lilac-breasted Roller

Social Media

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