



INSTITUTE FOR FIELD RESEARCH EXPEDITIONS VOLUNTEER ABROAD PROGRAM

SUMMER VOLUNTEER AND ADVENTURE PROGRAM KENYA – 4 WEEKS

Location: Nairobi, Kenya

Start/End point: Nairobi

Food: Local food (3 times a day)

Room: Host family or hostel

Date: 4 weeks (June 29 - July 26, 2009)

Volunteer in Kenya, one of the most stunning countries in Africa and full of natural wonders. From tropical beaches and magnificent scenery to rich culture and incomparable wildlife, Kenya has everything in abundance. In this beautiful country, you can visit the traditional Maasai on their ancestral lands, spot the incredible wildlife, admire the stunning valleys, and explore beautiful villages and culture. IFRE's summer volunteer and adventure Program in Kenya is a great opportunity to taste the montage of East African cultures and traditions.



JUNE 28: ARRIVAL

June 29: Orientation in Nairobi You will meet with IFRE's local staff members, participate in a general question/answer sessions, discuss program itinerary, general orientation on history, culture, tradition, and other important issues (health, safety), and exploration of near by areas in free time

JUNE 30-JULY 20VOLUNTEER PROJECTS - WORK IN AN ORPHANAGE

In phase two, participants get to enjoy the warm and welcoming hospitality of the Kenyan people while living with a host family. They will experience the rich Kenyan culture and tradition and the day-to-day lifestyles of the local villagers. Participants have the opportunity to hike in the villages and explore Kenyan rural life. For 21 days, participants will work in an orphanage - sharing their love and time with the needy children in the surrounding areas of Nairobi and Mombasa of Kenya, teaching them basic conversational English and encouraging them to face the challenging world where English is becoming more and more of a necessity. You can organize games, drawing lessons, singing, dancing, and other creative educational and extra-curricular activities. In free time, participants can hike to nearby bazaars and/or hillsides; explore the beauty of Kenya – gaining first-hand knowledge of Kenyan lifestyle, culture, and values.

July 21: End of service project and beginning preparation for Safari

KENYAN SAFARI (5 DAYS/4 NIGHTS): AMBOSELI NATIONAL PARK, LAKE NAKURU, MAASAI MARA GAME RESERVE

With your heart full of satisfaction, knowing that you have been able to make a positive impact in the lives of the needy children, relax as you embark upon a Kenyan safari, where you will encounter a multitude of animals - including lions, hippos, giraffes, wildebeests, zebra, hyenas, jackals, wild dogs and a variety of antelopes and elephants in the Maasai Mara Game Reserve. All these distinct animals have made the Maasai Mara so well known around the world. The most spectacular event of the natural world takes place with the migration of millions of wildebeests and zebras - coming to the Maasai Mara region from the Serengeti in search of water. Following these animals are the predators of the savanna - from lions to cheetahs, to wild dogs, to hyenas and other vultures. Also: explore Amboseli National Park and Lake Nakuru



July 22: Explore Amboseli National Park

The safari begins at Amboseli National Park within view of Mount Kilimanjaro. Considered a land of giants, Amboseli National Park's vast plains stretch into the horizon almost seamlessly. Amboseli is renowned for its massive herds of elephant, including some impressively tusked bulls drawn to the area's large, lush swamplands. Amboseli is also known for its fascinating view of Mount Kilimanjaro (the highest mountain in Africa) and is an amazing natural wonder and home to various birds, small mammals, cheetahs and more.

July 23: Lake Nakuru National Park

Travel to Thompson Falls, followed by a descent to the floor of the daunting Rift Valley and onto Lake Nakuru National Park. Lake Nakuru is surrounded by a picturesque landscape of forests and grasslands, spotted with marshes and altering outcroppings of rock cliff faces and acacia trees. Lake Nakuru was first noted as a bird sanctuary, but was eventually reclassified as a national park in 1968. Some of this park's amazing and natural attractions include: flamingos, a massive registry of terrestrial birds, more than 56 species of mammals and the natural, splendor of Lion Hill, Baboon Cliffs and waterfalls abound.

July 24-25: Maasai Mara Game Reserve

During the next two days, travel the enchanting land of the renowned Maasai - a cattle-herding culture still unaffected by the western world's materialism. Often considered Africa's greatest wildlife reserve, the Mara is the natural habitat for a large registry of wildlife - zebra, giraffe, gazelle, elephant, buffalo, antelope, birds, monkeys, hippopotamus, crocodiles (just to name a few). During migration season, the Mara is at the center of the world's most astonishing natural display: the Great Migration of millions of wildebeest from the Serengeti. The Mara is a great natural wonder and is also home to a number of great cats such as lions and cheetahs. Additionally, the neighboring Maasai lands offer a number of options for both cultural exploration and hiking.

July 26: Maasai Mara to Nairobi

The final early morning drive through the Maasai Mara Game Reserve followed the return to Nairobi.

Program Fee Covers:

- Accommodations (usually shared with fellow travelers) in hostel, hotel, and camp
- Local food three times a day
- Local transportation (usually local buses)
- Airport receive/pick-up
- Insurance
- Park entry fee

Program Fee Does Not Cover:

- First night hotel stay and food
- Any room/food before program starts/after program ends
- Bottled water, soft drinks during project
- Any tips to guides, gifts to host family or projects
- Personal expenses
- Airport drop off
- You program fee covers room and food from the first day (first or third Monday) to the last day of the project.

Program itineraries are merely samples and may change to meet the needs of the volunteers as well as field conditions. This itinerary will be finalized on the start day of this program during orientation in Nairobi.

