



Community in Action

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Hatua Likoni Volunteer Handbook

What you need to know

Some basic Swahili to get you started

English and Swahili (Kiswahili) are the official languages of Kenya and both are taught in schools. Kenyans will love your efforts to learn Swahili however and it's a great way to integrate yourself into the community.

Hatua's orientation includes 8 hours of Swahili lessons. You're welcome to continue your lessons beyond these initial lessons at a fee of 800 Kenyan Shillings (KES) per hour. To get you up and running here are a few handy phrases:

Hello	-	Jambo
How are you?	-	Habari yako
Good	-	Mzuri
My name is	-	Jina langu ni
What is your name?	-	Unaitwa nani
Thank you	-	Asante
Yes	-	Ndiyo
No	-	Hapana

You will no doubt hear a lot of people shouting 'Karibu' to you in the street; it means welcome!

Medical advice

According to the Centers for Disease Control and Prevention (www.cdc.gov) the following vaccinations are recommended for travel to Kenya.

Hepatitis A
Hepatitis B
Typhoid
Rabies
Meningococcal meningitis
Tetanus
Diphtheria
Polio
Measles

It is also advisable to have the yellow fever vaccination, especially if you plan to travel (for example, a Yellow Fever Certificate is an entry requirement to Zanzibar).

We advise that you also consult your doctor for or her advice, as some doctors will offer different recommendations. Some vaccines can take as much as 8 weeks to become effective so please plan yourself accordingly.

Malaria is prevalent in Kenya so anti malarial drugs are strongly advised. Ask your travel clinic/doctor for suitable options. Don't leave this until the last minute as these drugs often need to be taken in advance of your trip.

Other common ailments in Kenya for travelers include heatstroke and travelers diarrhoea. You can avoid these by drinking plenty of purified water. We don't recommend drinking unpurified water in Kenya.

If you find you do have a 'funny tummy' stick to the 24 hour rule; if you need to 'go' more than 4 times in a day or your symptoms persist for more than 24 hours seek advice.

You also may find yourself feeling very tired, so get lots of rest as your body adjusts to the new environment, and always remember to use lots of sunscreen. Kenya is on the equator; the sun here is much stronger than you will be used to!

If you feel unwell on your trip speak to one of Hatua Likoni's staff who will advise on the best course of action.

Mombasa has a number of good hospitals, which you may make use of, so consider buying travel insurance to cover any doctor visits you may require. If you choose not to however, you can use a credit card to cover any hospital visit costs.

You might also consider buying insurance to cover your valuable items, including cameras and laptops, it's not very expensive and you'll appreciate having it if something unfortunate does happen.

Visas

You can purchase your Visa on arrival at Nairobi. The cost is US\$50. The authorities do take Sterling, Euros or Kenyan shillings but prefer US dollars and can be reluctant to take other currencies. All currency must be printed in 2006 or later and must not be torn in any way.

You will be asked to provide your address in Kenya when willing your visa application form. The address of the volunteer house is:

**Pungu Villa, Cottage 10
Shelly Beach Road
Likoni, Mombasa**

It's important to request a tourist visa and state your purpose in Kenya as tourism. Do not say you are a volunteer on your immigration forms. This is because volunteers in Kenya are classified under the same status as foreign employees and are required to have a work permit, which is expensive, requires a mountain of paperwork and many months of follow up. As a result, all short term volunteers working in Kenya do so with a tourist visa.

What to pack

Dress in Mombasa is on the conservative side, so you won't have need for short shorts or revealing tops. For men and women, skirts and shorts should fall below the knee.

We advise bringing something smart (i.e. shirt and trousers / long dress) should you be invited to a special occasion, such as a wedding!

- Long shorts/skirts
- T-shirts (light colors are best in the equatorial sun)
- Long sleeved shirt / light sweater for the cooler evenings
- Light trousers / Jeans
- Cloths for a night out on the town
- Comfortable shoes / trainers
- Sandals
- Hat
- Sunglasses
- Swimsuit
- Raincoat/poncho
- Toiletries (most toiletries are available quite cheaply if you are happy to use local brands)
- Sunscreen and High Deet Insect Repellent (available but expensive in Mombasa)
- Basic first aid kit
- Torch/flashlight (power cuts do happen!)
- Adapter for electronic devices: plug sockets in Mombasa are the British style 3 pronged design. We recommend the Conair Travel Smart Adapter Plus which is both a surge protector and converter.
- Camera
- Laptop computer

Money

You should budget for around \$100 a week in extra spending money. This is to cover your daily transport to and from work (not covered by Hatua Likoni), lunch, bottled water and any other sundries you wish to purchase.

You will need to bring a little more if you wish to go on Safari or do other day trips on the weekend.

Travelers checks are very difficult to exchange in Mombasa. Most volunteers find it easier to bring enough cash to last a week or two and then use the ATMs available everywhere. Barclay's ATMs can be used without paying a service fee if you bank with Barclay's or an affiliate bank, including Bank of America.

ATM machines can be a little temperamental so consider carrying two bank cards. If you do have a problem withdrawing money from an ATM you should be able to go into the main Barclays bank (on Digo road) and withdraw cash by showing your bank card and passport. Visa is the most widely accepted of the major cards.

Cost of Living in Likoni

The information below is meant to provide you with a comprehensive understanding of the cost of living in Likoni. While all costs are subject to change, this guide serves as a good estimate for how much volunteers should expect to spend during their time in Likoni.

Currency exchange rate as of November 2012: **1 US Dollar = 85 Kenyan Shillings (KES)**

Food

Low Cost Estimate - **\$1.5/day**

High Cost Estimate - **\$7/day**

Depending on one's preferences, volunteers can spend as little as \$1 on lunch, snacks, and bottled water per day, or eat regularly at high end restaurants and spend as much as \$7 per day. To better understand the cost of food, please refer to the sample costs below:

- Egg: 15 KES
- Bananas, mangos, oranges: 20 KES per serving
- Loaf of bread: 50 KES
- Packet of spaghetti: 60 KES
- Lunch at a restaurant in Likoni i.e. Rice, meat and vegetables: 100-150 KES
- Vegetarian lunch in Likoni i.e. Rice, beans and vegetables: 50-100 KES
- 300ml bottled water: 20 KES
- Packet of milk: 45 KES
- 300 ml soda: 30 KES

Transportation

Low Cost Estimate: **\$1/day**

High Cost Estimate: **\$5/day**

Outside of walking and biking, in Likoni there are three major forms of public transportation: Matatus (vans that hold up to 15 passengers), Tuk-tuks (3-wheel taxis that hold up to 4 passengers), and Piki-pikis (mopeds that carry 1-2 passengers). All three forms are very convenient and affordable. Depending on the distance traveled, one ride will cost anywhere from 15 to 150 KES per passenger.

Communication

Low Cost Estimate: **\$0.50/day**

High Cost Estimate: **\$2.50/day**

Cell phones are widely used throughout Kenya. Relative to the cost of other items and services, cell phone credit is still somewhat expensive. The three major Kenyan service providers (Safaricom, Orange and Airtel) charge 2-4 KES per minute for local calls and about 20 KES for international calls, though this varies greatly. Text messages cost approximately 1 KES to send. All cell phones use SIM cards that can be purchased for 50 KES. A cheap phone costs about 2,000/- KES.

Internet: Kenyan cell phone providers also offer wireless and broadband internet services through USB modems that can be plugged into your computer. About 2,000/- KES of internet credit can last a month if it is not used to watch videos. Alternatively, there are many internet cafes located in Likoni and Mombasa that charge approximately 1 KES per minute and Hatua's office has unlimited wireless access.

Leisure

Low Cost Estimate: **\$10/week**

High Cost Estimate: Impossible to say!

If you enjoy a beer after work, want to go dancing on the weekends or go on safari you should budget for leisure activities.

- A beer in Mombasa costs \$2
- A night out dancing might cost \$20
- All inclusive one night, two day safari costs about \$240 per person
- All inclusive two night, three day safari costs about \$360 per person
- A day trip to Wasini Island to snorkel, see dolphins and enjoy a seafood lunch costs \$60

Contact details

If you have any questions or require further details, please contact our staff.

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