



ICYE KENYA

NATIONAL PROFILE 2017/2018

WELCOME TO KENYA

We would like to welcome you to Kenya as a volunteer 2016-2017. ICYE Kenya is an organisation, and we are responsible for your stay here.

As a volunteer with ICYE Kenya here you will meet and interact with the Kenyan people and experience the Kenyan culture in a way you could never do as a tourist.

The outcome of your stay in Kenya depends on your own effort to adapt and to express your needs and wishes. We promise to try to make your stay worthwhile and make this an experience that you will never forget. We hope that your time in Kenya will be both a satisfying and fulfilling experience for you as a volunteer.

ICYE KENYA TEAM



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1. KENYA

Karibu Kenya

At ICYE KENYA we are eager to have you experience our country, our culture and our people. We want you to think of Kenya not just as a place of tribal wars, post-election violence, or corruption, but as a country with huge cultural and geographical variety and heritage.

Kenya will receive you not as a tourist but as a country member, offering you its homes, food and lifestyle. Come to Kenya and discover that even for us Kenyans there is not enough time to know everything!

There will always be something to discover. Everyone who comes to Kenya leaves it, wanting to come back.

That is the reason why Kenyans say "Hakuna Matata".



1.1 GENERAL INFORMATION

Official Name: Republic Of Kenya

Capital: Nairobi

Population: 43,013,341

Official Language: English, Kiswahili, 42 native languages.

Religion: Christians (80%) Other (20%)

Area: 225,000 sq. miles (583,000 sq. kilometers)

Currency: Kenyan Shilling

BNP/capita : Per Capita Income (PPP)= \$1,600

Current President: Uhuru Kenyatta

Most Important Cities: Nairobi- 3 million

Mombasa - 1 million

Kisumu- 300 thousand

Time: UTC/GMT +3

1.2 GEOGRAPHY

At 582,646 km² Kenya is the world's forty-seventh largest country. It lies between latitudes 5°N and 5°S, and longitudes 34° and 42°E. It is comparable in size to France, and is somewhat smaller than the US state of Texas.

Kenya's geography is marvelously varied. While much of North-eastern Kenya is a semi-desert with extreme temperatures, the Central and Western parts are volcanic highlands with mountains, hills and valleys. The Eastern part is Savannah grassland giving way to Indian Ocean.

From the coast on the Indian Ocean the Low plains rise to central highlands. The highlands are bisected by Great Rift Valley; fertile plateau in west. The Kenyan Highlands comprise one of the most successful agricultural production regions in Africa. The highlands are the site of the highest point in Kenya and the second highest in Africa.

2.3 NATURE AND WILDLIFE

Kenya has considerable land area devoted to wildlife habitats, including the Masai Mara, where Blue Wildebeest and other bovids participate in a large scale annual migration. The "Big Five" animals of Africa can be found in Kenya and in the Masai Mara in particular: the lion, leopard, buffalo, rhinoceros and elephant. A significant population of other wild animals, reptiles and birds can be found in the national parks and game reserves in the country.

Kenya is the setting for one of the Natural Wonders of the World – the great wildebeest migration. Millions of these ungulates migrate a distance of 1,800 miles from the Serengeti in neighbouring Tanzania to the Masai Mara in Kenya, in a constant clockwise fashion, searching for food and water supplies. The annual animal migration – especially migration of the wildebeest – occurs between **June and September**.

2.4 CONSTITUTION AND ADMINISTRATION

Kenya is a presidential representative democratic republic, and of a multi-party system.

Kenya is divided into 47 semi-autonomous counties that will be headed by governors who will be elected in the first general election under the new constitution.

Legislative power is vested in both the government and the National Assembly. The Government is divided into three sections: The Executive is controlled by the president, who rules five years and can be re-elected; Legislative Power is controlled by the Representatives and Senators; Juridical Power is controlled by the Supreme Court and is independent of the executive and the legislature.

2.5 CLIMATE

Although Kenya's varied environments and regions experience a wide variety of climate conditions, the temperature remains comfortably warm year-round. Much of Kenya experiences heavy rainfall from March through May and, to a lesser extent, from October through December. The highlands have moderate temperatures most parts of the year, and are noticeably cooler in June/July. The coast and the drier northern part of the country are hot throughout with the former being quite humid. The rest of the country has cool weather (moderately hot) and can get cold in the rainy months. Temperatures range from 15 to 25 degrees (C) in the highlands and 27 to 38 degrees (C) in the coastal plains and the north.

One sweater, light jacket, mosquito repellent, raincoat and sun screen will be necessary.

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2.6 The People

The population is over 40 million in an area of about 500,000 sq. km though this is very unevenly distributed throughout the country, given that the north and Northeast regions are arid and semiarid and inhabitable because of these conditions.

Most Kenyans dwell in the highlands, where the climate is mild. Urban population is nearly 25% of the total and is concentrated in a few cities, mainly in Nairobi, Mombasa, Nakuru and Kisumu. The rural population is confined to the fertile areas and the main activity is agriculture. Only 4 million people work, including small farmers and nomad shepherds. Women account for 30% of the total active population.

Kenya's population is mostly black. The different tribes are grouped according to their linguistic origin. Around 65% of the total belong to the Bantu tribes, dwelling in Central Highlands, the Southeast and the coastal regions. The Nilotic 30% settle in Southwest and the central Rift Valley region, whereas 3% Cushites inhabit the northern areas. The population spectrum also comprises some minorities, such as Hindus, Arabs, and Europeans.

In the rural areas tradition is still very strong and the culture is rich. People here speak their native language (depending on the area). In urban areas tradition is less strong and there is a lot of western influence. English and Kiswahili are widely used. Some of the tribes are Luhya, Luo, Kikuyu, Kisii, Kamba, Maasai, etc. Kiswahili is the national language which most people speak, while English is the official language used in schools and offices.

2.6 Food



Ugali/SukumaWiki Nyama Choma Githeri Chapati

The staple food varies from one region to another. Rice is the main food along the Coast and the Northern part of Kenya. In the Central part of the country, maize and beans (Githeri) is common. In the Western part of the country maize meal with vegetables (Ugali and Sukumawiki) is the main food. A large variety of foodstuff and fruits are available.

Mealtime in most homes is informal and the food will include a main dish and maybe a fruit. The family may eat together or separately. Most Kenyan families eat 3 meals a day.

2.7 Religion

The vast majority of Kenyans are Christian (83%), with 47.7% regarding themselves as Protestant and 23.5% as Roman Catholic. 621,200 of Kenyans are Orthodox Christians. Notably, Kenya has the highest number of Quakers in the world, with around 133,000 members. Sizeable minorities of other faiths do exist (Muslim 11.2%, irreligious 2.4%, indigenous beliefs 1.7%).

Sixty percent of the Muslim population lives in Coast Province, comprising 50 percent of the total population there. Western areas of Coast Province are mostly Christian. The upper part of Eastern Province is home to 10 percent of the country's Muslims, where they constitute the majority religious group. In addition, there is a large Hindu population in Kenya (around 50,000), who have played a key role in the local economy. There is also a small group of Baha'is.

2.8 Family Structure

"The man is the head of the house" is the common scenario in all the communities in Kenya. He makes the important decisions. But the women are the backbone of the family who look after the family while they farm in the rural areas or engage in small businesses and in the urban areas they have full time employment. The girls are protected, given domestic responsibilities (cooking, cleaning, looking after the younger ones etc.) and expected to conform to certain behavior especially if they are single. Boys have more freedom and fewer or no domestic responsibilities. This is carried on even after marriage.

Divorce cases were not common before, but we have more and more broken families today. When this happens the children automatically go to one parent or the other depending on the community (it is not always determined in court). Marriages can be

only traditional or both, traditional and church. Most people live with extended family (parents, sisters, brothers, nephews, cousins etc.) due to our social set up. We also have a lot of polygamous families although with time they are becoming fewer.

2.9 Transport and Communication

Transport is well developed with three international airports in the 3 major cities; Nairobi, Kisumu and Mombasa. Other smaller airports and airstrips are spread throughout the country where there is a good-sized town. Train service is slow but mostly reliable. Tarmac roads serve the major towns and all weather dirt roads serve the smaller towns and villages. Roads connecting to neighbouring countries are tarmacked.

For personal travel commuter or inter-cities buses are widely used, as are "Matatus" which are small mini buses. The fares vary depending on the distances and time of the year i.e. more expensive during public holidays and the beginning and end of school holidays. The Matatus are marked with a yellow line to show that they are public service vehicles.



Communication is mostly by way of telephone services, mobile phones are easily available and the cost will depend on the features the user wants.

Internet, Wi-Fi services are also available in most malls, internet cafes and coffee shops within the cities and towns. However, for access in remote village's upcountry, one has to get an internet modem from local service providers at a fee.

The postal system is also another way of communicating. Letters to Europe take about a week and to America and other parts of Africa less than two weeks, to Latin America about three weeks.

3. ICYE KENYA

It is registered in Kenya as an association and at present being run on voluntary basis by a Committee of six people. The office has two full time staff, two part time staff and several active co-workers.

3.1 GOALS OF ICYE KENYA

- ❖ To give the youth an opportunity to live abroad for one year
- ❖ To foster better understanding in the world by eradication of prejudices and stereotypes
- ❖ To invite others to share our life with us
- ❖ Contribute to the society through voluntary work.

3.2 WHAT TO EXPECT FROM ICYE - KENYA

- 1) Friendship, co-operation and a sense of belonging.
- 2) Placement with a host family and project.
- 3) Support all the time and even more during the difficult times especially during the adjustment period
- 4) A monthly stipend of Kshs 3,000 which is quite basic. ICYE Kenya pays this amount. The Exchangees are advised to come with their own money for extra personal expenditure.

3.3 HOSTING SITUATION

As ICYE Kenya, we feel that in order for the volunteer to experience the Kenyan culture first hand, it is important that they live in a Kenyan host family. The other possibility, which is becoming more and more common these days, is to live in the work place (project). Therefore you should be ready to be hosted in a family or in the project where you will work.

Kenyan families are very different from western families, and you'll see this from the beginning. Sometimes you'll feel that you're being treated like a child and that you don't have enough freedom. Though eventually you'll feel as happy as you were at home! Communication will be a big problem in the beginning. All the host families are volunteers. Therefore they are not obligated to host-house you. The families expect the Exchangee to respect the rules that exist in their home, and to adapt to the way of life here in Kenya. As an Exchangee you will have to make a big effort to adapt to the host family. Although we hope that the family will also adapt to you, this cannot be guaranteed and the greater effort will have to come from you. For this you'll need to be patient and have a positive attitude.

Exchangees should not expect to be treated as special guests, but as another member of the family with the same rights and restrictions. We cannot guarantee a private bedroom, or that there will be a phone in the house; or that you will have all of the services that you have in your country. For example, many Kenyans wash their clothes by hand and hang them on a line to dry; and often there is no hot water to shower. Do not expect to live under the same circumstances in which you live in your home country.

Kenyan families are very warm and welcoming towards foreigners in general, but it's essential that you do your part as well. For example, respect a curfew, common even with older children living at home, or the times when the family expects togetherness. Obviously, families all over the world have their own rules and traditions; these differences should not be considered in terms of "better" or "worse".

Communication is very important with the host family, and you will be expected to communicate whenever you want to travel or have friends coming over.

It is also very important that if problems do arise, you make an effort to solve them immediately and directly, and at times you may have to take the initiative. A small misunderstanding, due to language and/or culture, does not have to become a huge problem.

However, problems may arise that are insurmountable; if this occurs, contact the ICYE Kenya immediately because we are here to help you and communication is key in our organization.

3.4 PROJECT PLACEMENT

Voluntary work is an opportunity to get to know a different side of Kenya. You will make friends and meet people that you would otherwise not get a chance to meet. For people of ICYE Kenya, social work is one of the main goals. We hope that you will take your work seriously and prioritise it above other activities.

Please keep in mind that if you have an irresponsible attitude towards your social work (i.e. not showing up or bothering to call), it is very possible that your work placement could refuse to receive other Exchangees in future years. In addition we ask you to consider the time and effort that ICYE Kenya spends looking for a suitable work placement for you. Please think about these issues before coming to Kenya, and spend some time considering what type of voluntary work best suits your particular interest.

Usually the work takes a full day, you will have two days free a week plus holidays and some special days off, and so you will have enough time to join other types of activities that interest you.

The hours and days you work will depend on the program you come with (*ICYE, Civilian Servants, Weltwärts, EVS, Short term program, intergenerational*) and the project you will be volunteering. After we receive your Application Form, we start the process of selection, looking for a suitable family and work depending on your interests. The information on the application form will be all we know about you, so to help us find the best place possible, please provide us with as much information as possible. It would be very useful if you could write a letter to us telling us about your preferences and interests. Send it with your application form.

3.5 POSSIBLE PROJECTS

Educational

This ranges from kindergarten, primary schools, secondary schools or handicapped schools. In kindergarten and primary schools the skills required are less specific. In secondary school Exchangees can teach science subjects, languages, technical subjects, music and art all depending on their ability and knowledge. Most projects are teaching projects and involve mainly assisting them in schools and with the different activities. Patience is necessary for the person willing to undertake these projects.

Social

Various projects are run in the slums i.e. informal education, vocational training, health etc. The poorest of the poor live here and the work is not always easy. Street children projects are mainly on rehabilitating them from the streets through education, drama, feeding centers etc.

In this area you can work with children who live and work in the streets, or with other institutions which care for maltreated children and their mothers. There is also work in orphanages.

Cultural

Areas of work include museums, handicraft workshops, and libraries. It is possible sometimes for you to present a special project related to arts so it can be implemented in a region (you must inform us what it is about). Extra cultural activities can be found in urban centers/or universities.

Health care

Most of these activities have to do with rural communities, such as vaccination campaigns, informational meetings about contraceptive methods and proper health care. It can be possible to volunteer in hospitals too.

Others

Other placements may be sought on individual request and the availability of such opportunities i.e. working with women's groups, lobby groups, research etc.

3.6 ACTIVITIES

1. Orientation on arrival

This is usually for two weeks in which comprehensive Kiswahili classes are given and various topics covered i.e. gender, culture, health, history and geography of Kenya etc.

2. Mid-year camp

Evaluation of the different projects and sharing of experiences is done in terms of support, family relationships, personal high moments and low etc. for the time the volunteers have been in Kenya

3. End year camp

Taking stock of the year and a farewell party

4. Travel month

For those on the program for 6 months, the travel time is 2 weeks, while for those on the program for one year; the travel time is one month(in July).

- * For those who will be teaching, you will not have July as the travel month, because you will have had the school holidays and therefore you are expected to arrange to travel during the holidays (in Kenya the school holidays are in April, August and December)
- * You are expected to inform us when you expect visitors i.e. friends and family, especially if it is not holiday time because, this interrupts our programme.
- * When the host project takes a holiday, the volunteer will also take a holiday and the days to be deducted from the vacation days.

5. Any other on request

Visa Requirements

Visa 50USD, Internship pass 15000KSh, Alien card 2000Ksh

The visa requirements have changed in the past few months. Please go to this link <http://evisa.go.ke/> to get more details about the visa requirements and also to be able to download the visa application form. Please apply for a tourist visa to enable you enter Kenya.

We apply for internship passes for the one year that you are here and we need you to send the following documents at least two months before your arrival.

- A copy of your passport
- Two passport size pictures
- School transcripts
- CV

After the Internship pass is issued, you will then apply for an alien card. This documents allow you to live and volunteer in Kenya and also pay resident rates when you go on Safari.

JUST SO YOU KNOW.....

- ❖ Kenyans are very hospitable especially in rural areas and will invite you to their homes easily.
- ❖ Punctuality is one of our weak points - "there is no hurry in Africa" seems to prevail.
- ❖ Homosexuality is not common and is viewed as a taboo.
- ❖ Sex is not freely spoken about and not encouraged for young single people.
- ❖ Girls who seem to have too many men friends are viewed as promiscuous.
- ❖ Rural Kenya is not like rural Europe for example, most times we do not always have electricity and running water, and the toilet is outside the house.

Very basic Kiswahili Words

Hi - Bye	Habari-Kwaheri
I don't speak Kiswahili	Siongei Kiswahili
I'm hungry, thirsty	Nina Njaa, Kiu
Yes, no	Ndio, Hapana
I like it a lot	Napenda Sana
How much is it?	Ni Ngapi
Good morning, evening	Habari ya asubuhi, Jioni
What's your name?	Unaitwa nani?
My name is...	Naitwa
What time is it?	Ni saa Ngapi
Please	Tafadhali
How do you say it in Kiswahili...?	Unasema aje Kwa Kiswahili.....?
Thank you; you're welcome	Asante, Karibuni
I'm lost, I'm looking for...	Nimepotea, Natafuta.....

CONTRACT FOR PARTICIPATION.

Please sign this and send it back together with the priority list.

I have read and understood the ICYE Kenya profile and agree to abide by all its regulations and those of Kenya, and that failure to do so may result to being expelled from the program.

NAME:

DATE:

SIGNATURE:

*Welcome to an
Exciting, interesting
and
Educative year in
Kenya.*