



CBSM -
Community Breakthrough Support Mission
www.cbsm-kimilili.org

CBSM Volunteer Guidebook

2016

1.	<u>Introduction</u>	2
2.	<u>Republic of Kenya: Facts</u>	3
3.	<u>Project Overview</u>	4
4.	<u>Getting Ready</u>	7
5.	<u>Living in Kimilili</u>	16
6.	<u>Travelling Around Kimilili</u>	24
7.	<u>Important Contacts Kenya</u>	28
8.	<u>Important Contacts Europe</u>	29
9.	<u>At a Glance</u>	30

1. Introduction

Dear Volunteer,

WELCOME TO CBSM KIMILILI AND THANKS A LOT FOR SUPPORTING!!!

This Guidebook will provide some useful information about what has to be considered before you go to Kenya and while you are there. We hope it helps you preparing and experiencing an amazing trip!!

Kimilili is a small town in Western Kenya close to the Ugandan border. It has approximately 10,000 inhabitants and most of the people are dedicated to farming. The infrastructure is basic with supermarkets, small shops and pharmacies where you can get all the essentials you need. Spoken languages are Kiswahili, English, and Kibukusu, the tribe's mother tongue.



2. Republic of Kenya: Facts

- Location: Central East Africa
- Time Zone: GMT+3
- Capital: Nairobi
- Independence from the UK: 12 December 1963
- Population: ~44 million
- Languages: Official languages are English and Kiswahili
- Climate: From tropical along coast to arid in interior
- Currency: Kenyan shilling: € 1/CHF ~ KSH 110/KSH100
- Religion: ~80% Christian, ~10% Muslim, ~10% indigenous religious traditions
- Social Customs: Very friendly, but formal and reserved until trust has been established. Initial greeting period is lengthy with basic questions about family, country, etc.
- Topics to talk about: Family, culture
- Topics to avoid: Sex, politics and local rituals
- Inequality: Women are generally not viewed as equal to men, children have lower status than adults.

3. The Project

Community Breakthrough Support Mission (CBSM)-Kimilili / Kenya is a Swiss and Germany charity organisation strengthening the Education Programme of the local NGO CBSM by offering advice, a helping hand and a proper structure to work with.

It all started in January 2011, when two friends from Switzerland, Agnes and Alex, engaged into a journey that changed their lives.

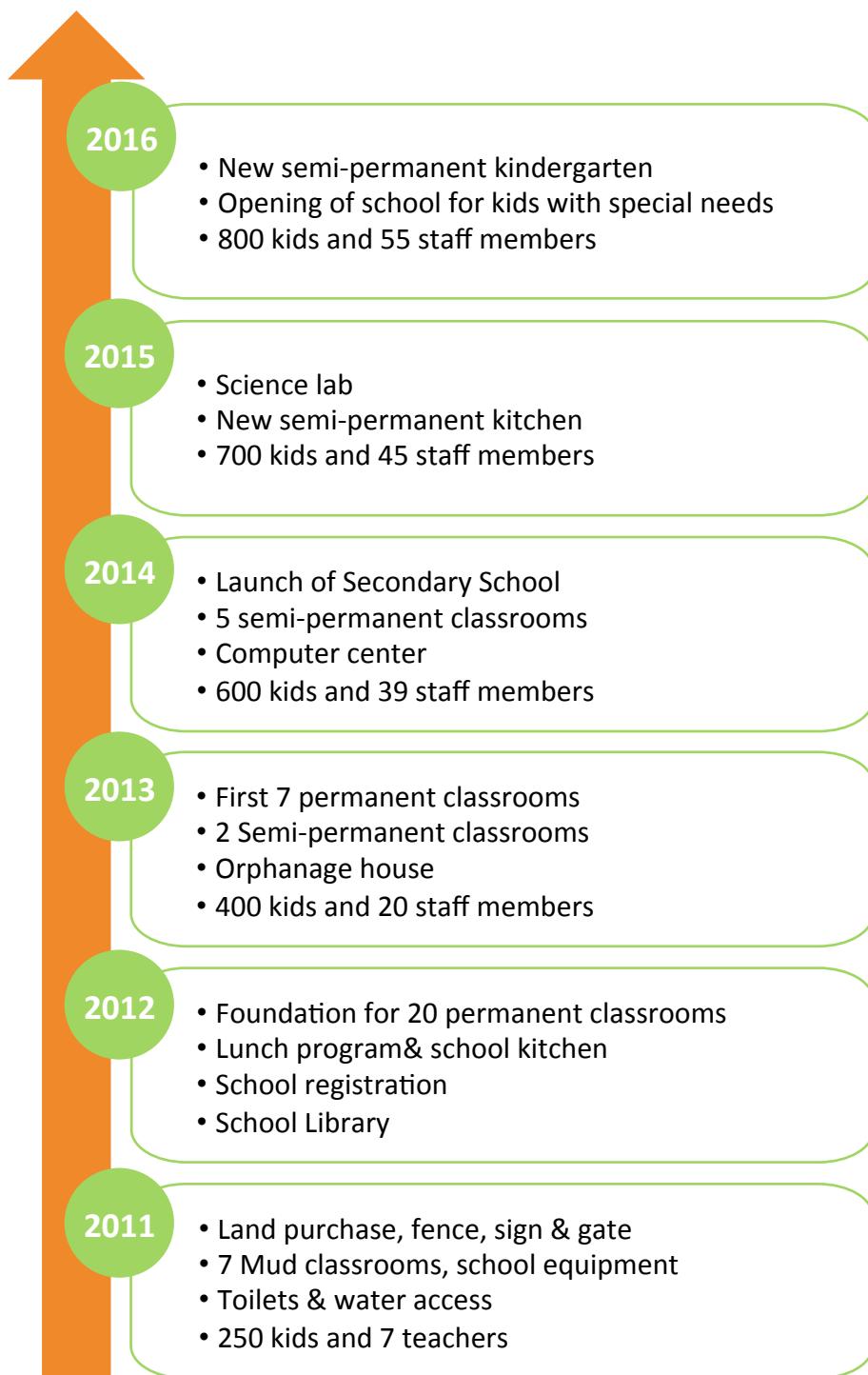
While volunteering for an organisation called CBSM in Kimilili / Kenya, the members as well as the many children profiting of CBSM touched their hearts with their adorable and sincere nature. As the organisation was struggling due to lack of proper infrastructure, knowledge and financial resources, Agnes and Alex decided to further support and grow CBSM to their best abilities.

The vision is to transform the CBSM Education Centre into a place that fosters good education, enabling a better life for the Kimilili community. Our focus is to set up a strong environment that ensures the sustainability of CBSM.

Many things have already been done since they first went to Kimilili, but the journey to support CBSM has just started and we all feel confident that with our strong partners and the many helping hands we can have a significant impact on the community of Kimilili.



3. Achievements



3. CBSM Programmes

CBSM runs 3 major programs onsite, in all of which you can be involved:

- The schooling program (Kindergarten, Primary- and Secondary School)
- The children home and
- The special needs school

The schooling program with the Education Centre is the largest program of CBSM. It has 3 schools, an Early Childhood Development school (ECD), a Primary school and a Secondary school. After completing Standard 8 classes in primary school, the pupils undergo the Kenyan National Primary Exams (KCPE) and are then allowed to enter secondary school for another 4 years to qualify for university.

The children home takes care of 30 orphans who don't have any family members to stay with. There is dedicated personnel who looks after those children after school and provides them with a home.

The newest addition to the CBSM program is a special needs school that looks after 25 physically or mentally disadvantaged children. Two specially trained teachers are looking after them full time, providing them with the right tools for a better future.

CBSM also does health programs that aim to improve the conditions of the children at CBSM and the wider community of the school. Those programs include initiatives to combat parasites, increase the awareness for HIV infections or to establish healthy habits, like washing hands before a meal or brushing teeth.

The aim of all programs is to improve the life of the children and the community. You will find that the standards are still very different from the ones in developed countries. Our philosophy is to reach as many children as we can and make their life a little better. To us every child matters and we believe that we can have a great impact on their future.



4. Getting Ready

Here we summarise all activities that should or need to be done before you go to Kimilili in form of a checklist so you can easily keep the overview of what you have organised already and what remains left.

There is a more detailed description of all the activities on the following pages. Please feel free to contact any of the CBSM-Kimilili / Kenya team members if you have further questions!

Prices for flights are assuming economy class tickets. Costs are estimates and are subject to change depending on availability, etc.

What?	Start when?	How much?	✓
Book a Flight	3 months before	€ 500-1000 CHF 600-1200	
Vaccinations	2 months before	€ 200 CHF 600	
Visa	At Nairobi Airport	€ 40 USD 50	
Bank Account	4 weeks before	Free	
Travel Health Insurance	3 weeks before	€ 20 CHF 30	

4. Book a Flight

There are several airlines flying from Europe to Kenya, such as Qatar Airways, Etihad Airways, Swiss or KLM. The airport you have to head to is called **Jomo Kenyatta International Airport** in Nairobi. *

Depending on the time of the year, flight prices vary between € 500 and 1,200. It is recommended to start comparing fares as soon as you know when you are flying to make sure you get a proper deal.

Flight comparison websites are a great help:

- www.swoodoo.de
- www.kayak.com

They mostly come up with offers from companies selling flights at special fares of different airlines, which are reliable and can therefore be booked without worrying. Some of those are:

- www.expedia.com
- www.cheaptickets.com
- www.lastminute.com

Flights can be booked through the airline or a travel agent. The prices are usually higher than online bookings though.

* Alternatively to Jomo Kenyatta International Airport you can fly to **Entebbe International Airport** in Uganda. From here it is an 8 hour bus ride to Kimilili, Kenya. No airport pick-up or accompanied travel to Kimilili can be guaranteed from here. Therefore it is only recommended for experienced travellers.

3 months before trip

€ 500-1000 / CHF 700-1200



4. Immunizations

The easiest way to be completely sure about all immunisations needed in your individual case is to go to a **Tropical Medicine Institute**. There is one in almost every big city and they are specialised in tropical diseases and prevention.

Immunisations recommended for trips to Kenya added to the ‘usual’ immunisations you get in Europe are:

- **Yellow Fever**
- **Typhoid**
- **Hepatitis A and B**
- **Polio**
- **Meningococcal** (if travelling between December and June)
- **Malaria pills** (weekly: Lariam; daily: Malarone, Doxycyclin)

The costs are dependent on how many immunisations you need and are usually about € 40-50 per shot, Lariam pills are about € 50 for 8 weeks.

Consultancy fee in a Tropical Medicine Institute is usually between € 10-30., depending on the institute. Some health insurances reimburse a share of the costs, just call yours to find out.

Please note that Swiss prices for immunization are higher and might go up to CHF 600 if all shots are required.

Tropical Medicine Institutes offering immunization and pretravel advice:

Berlin: [Charite](#), Haus 10, Spandauer Damm 130, 14050 B

Munich: [Tropical Medicine Institute Munich](#), Leopoldstrasse 5, 80802 MUC

Zurich: [Travel Clinic](#), Forchstrasse 92, 8008 Zurich

2 months before trip

~ € 200 / CHF 600



4. Immunisations

<p>Für die ärztlichen Leistungen erbitten wir vor Behandlungsbeginn eine Zahlung in Höhe von € 55,- zu leisten.</p> <p>Impfleistungen</p>			
X	Geb.-Nr. GOÄ	Text zur Gebühren-Nr.	Faktor in Euro
<input checked="" type="checkbox"/>	376	Schutzimpfung oral einschl. beratendem Gespräch und ggf. einschl. Eintragung in den Impfpass (bei Choleraschluckimpfung)	2,15 10,00€
<input checked="" type="checkbox"/>	375	Schutzimpfung i.m./s.c., ggf. einschl. Eintragung in den Impfpass	2,15 10,00€
<input checked="" type="checkbox"/>	1	Beratung, einschl. Rezeptausschreibung	2,15 10,00€
<input checked="" type="checkbox"/>	1A	Kurzberatung	2,15 10,00€
<input checked="" type="checkbox"/>	3	Eingehende Beratung	1,08 5,00€
			2,29 20,00€
<p>Zu den Ärztlichen Leistungen werden die Materialien nach GOÄ §10 berechnet: <i>Die aufgeführten Preise sind Einzelpreise pro erfolgter Leistung. Die Anzahl notwendiger Einzelimpfungen sind in Klammern dargestellt:</i></p>			
x	Impfungen	Euro	
<input checked="" type="checkbox"/>	Choleraschluckimpfung	53,00€	<input checked="" type="checkbox"/> Masern 40,00€
<input checked="" type="checkbox"/>	Diphtherie	10,00€	<input checked="" type="checkbox"/> Meningokokken-Meningitis 60,00€
<input checked="" type="checkbox"/>	FSME (3x)	35,00€	<input checked="" type="checkbox"/> MMR 48,00€
<input checked="" type="checkbox"/>	Geißfieber	35,00€	<input checked="" type="checkbox"/> Pneumokokken 35,00€
<input checked="" type="checkbox"/>	Hepatitis A (2x)	56,00€	<input checked="" type="checkbox"/> Polio 14,00€
<input checked="" type="checkbox"/>	Hepatitis B (3x)	63,00€	<input checked="" type="checkbox"/> Tetanus 4,00€
<input checked="" type="checkbox"/>	Hepatitis A+B (3x)	69,00€	<input checked="" type="checkbox"/> Tetanus-Diphtherie 15,00€
<input checked="" type="checkbox"/>	Hepatyrix (Hepatitis/Typhus)	85,00€	<input checked="" type="checkbox"/> Tetanus-Diphtherie-Polio 15,00€
<input checked="" type="checkbox"/>	Influenza	17,00€	<input checked="" type="checkbox"/> Tetanus-Diphtherie-Polio-Pertussis 26,00€
<input checked="" type="checkbox"/>	Japanische Enzephalitis (2x)	70,00€	<input checked="" type="checkbox"/> Typhus 24,00€
			<input checked="" type="checkbox"/> Tollwut (3x) 64,00€
<p>Mir ist bekannt, dass ich diese individuelle Gesundheitsleistungen privat nach der Gebührenordnung für Ärzte (GOÄ) zu bezahlen habe, da diese Leistungen nicht zum Leistungskatalog der gesetzlichen Krankenversicherung gehören. Mir ist weiterhin bekannt, dass ich gegenüber meiner gesetzlichen Krankenkasse keinen Anspruch auf Kostenerstattung noch Kostenbeteiligung habe.</p>			

Price list for immunization and consulting at
the Bernhard-Nocht-Institute in Hamburg
as of 07 June 2012



4. Visa

European citizens **need a visa** to enter the Republic of Kenya. They can either apply for it at a Kenyan embassy in person or by post or online, or get a visa on arrival directly at the airport in Nairobi.

Applying for a visa is simply done by

- filling in a **visa application form** you can find online, sending it to the embassy along with
- your **passport** which has to be valid for at least 6 more months,
- a **pass photo** of yours, and
- a **stamped envelope with your address** on it for the embassy to send back your passport with the visa.

Before you send all the documents you have to **transfer the applicable visa fee!**

After all documents are handed in, the payment is completed and the documents are proved, you will get back your passport with the visa. Please allow enough time for your visa application.

You can [apply online](#) for your visa. Easier is to get your tourist visa directly at the airport in Kenya. You can pay in USD, EUR or KSH and the cost are around USD 50 / € 40.

Check the latest information at the embassy website.

[Embassy of Kenya](#), Markgrafenstr. 63, 10969 Berlin, Germany;
+49 30 25926638

[Consulate General of Kenya](#), 1 Avenue de la Paix, 1202 Geneva, Switzerland;
+41 22 906 40 50

6 -8 weeks before trip

€ 40 / USD 50



4. Visa



Single Journey Visas allows multiple entry to Kenya when travelling within East Africa. For example, you do not require an additional visa when re-entering Kenya from Uganda, Burundi, Rwanda or Tanzania. However, additional visa-fees will apply to enter these countries. When re-entering Kenya from any other country, a multiple-entry visa is required.



4. Bank Account

To make sure you do not spent high sums of money just for bank fees, it is highly recommended to open an online bank account with a free VISA card and free withdrawal abroad.

The two most popular banks in Germany are **comdirect** and the Deutsche Kreditbank (**DKB**). Both are reliable and you can save a lot of money. Opening an account is fairly easy and it takes about 3 weeks until you have received all cards and PINs/TANs by post mail and can put money on the new bank account.

The disadvantage of the DKB account is that you have a separate credit card account, meaning that you have to transfer money from the regular DKB account to the credit card. At comdirect it works with just the usual account.

Important: Withdrawal abroad is only free if you use the VISA card. Just leave the EC card at home to prevent high costs for mixing up the cards.

There are 3 ATMs in Kimilili and a variety of banks in Bungoma, the next bigger city close by. If your card is not working in Kimilili because they use an older system, you can for sure withdraw money in Bungoma. Most reliable banks are Barclays or Standard Chartered.

At the airport you will find several ATMs to get cash on arrival. There are also several money exchange services.

Comdirect: [Girokonto + Karte](#)

DKB: [DKB-Cash](#)

4 weeks before trip

free



4. Travel Health Insurance

As Kenya is a country in a different climate zone and with bacteria and viruses our European bodies are not used to, a **travel health insurance is highly recommended** for everyone volunteering with CBSM-Kimilili / Kenya.

Most travel health insurances are fairly cheap if you do not plan to be abroad for more than **1 month**. They cover all fees for a sickness, even if they have to fly you to another hospital or country to ensure proper treatment, with a co-payment of usually € 50 per case of illness. If you are donating regularly to some organizations such as Arbeiter-Samariter-Bund or Die Johanniter, this basic travel health insurance is most likely included. Call them to make sure and get detailed information about the processes, though!

If you are going to be abroad for longer you will need a long term travel health insurance. Products and prices here vary.

In the unpleasant case you fall seriously sick and need to see a doctor, you will have to pay for the treatment yourself first, collect all the receipts and hand them in once you are back home. It will take up to 4 weeks for the insurance to pay you back.

There are two hospitals that can treat common illnesses in Kimilili. In case of illness we recommend the private [Dreamland Mission Hospital](#) run by a European NGO called IcFEM.

[ADAC Auslands-Krankenschutz](#)

[Signal Iduna Jahres-Reise-Krankenversicherung](#)

3 weeks before trip

~ € 20 / CHF 30



4. Packing List

1. Clothes

Anything above the knee or that shows cleavage are a **no go in Kimilili!**

Bring:

- Fitted tees or tank tops
- Cardigans and jumpers for the evening
- Skirts past knees or loose khaki/trousers
- Going out clothes
- Bathing suit
- Light waterproof jacket
- Trekking trainers
- Small backpack (day pack)

2. First Aid Kit including painkillers, antiseptic, bandages, treatment for diarrhoea.

3. Set of sterile needles and **disinfection** in case you need your blood to be examined for Malaria

4. Malaria treatment

5. Sunscreen with high protection factor (you are right at the equator!) and **After Sun Lotion**

6. Hat and sunglasses

7. Gifts for your host family which for example can be candy, chocolate or other sweets or donations of any kind, e.g. clothes or technical stuff.



5. Living in Kimilili

Getting to Kimili

Airport pick up:

As none of the Kimilili Africa contacts have a car, a taxi with a trustworthy driver will be organised for you. You will be picked up from the airport by one or several of the Kimilili Africa Team members. Please ensure to send us your flight details when available. When being picked up from the airport by car, please pay KSH 3'000 (around € 30) to one of the Kimilili Africa Team members. When being picked up by bus, please pay the bus ticket for all members picking you up (less than KSH 200 / € 2 per person) and add some additional money to cover costs the team members had to go to the airport. It's most likely that you will be picked up in a private car or take a taxi, as people assume you arrive with a lot of luggage.

Please note that this covers only the cost for the airport pick-up and not to Kimilili. As Nairobi is a big city, private transportation is expensive.

Staying in Nairobi:

Depending on your arrival time, you might have to stay in Nairobi for one night or a few hours. You don't have to organise a hotel as you are welcome to stay with the Kimilili Africa Team. The housing in Nairobi is basic with electricity but no running water. If you stay for several hours, your hosts will cook for you. We kindly suggest you pay for the ingredients, i.g., accompany your hosts on their shopping trip and pay for the food. A lunch or dinner will be less than KSH 1'000 / € 10 for everyone.

Transfer to Kimilili:

The Kimilili Africa Team will organise your transfer to Kimilili by bus. There is a night and several day buses. Depending on your arrival time, the local team will pick the best bus for you. One of the Kimilili Africa team members will accompany you in the bus to Kimilili. Please be prepared to pay around € 20 per person for the bus (adding an extra € 20 for the person accompanying you to go back to Nairobi).

Money:

Money can be exchanged at the airport. It is recommended to change around € 200 as that will be more than enough to get you up to Kimilili. In Kimilili there is a bank to get cash during bank opening times or using the ATM. The latter, however, is occasionally out of order. Always have enough cash on hands.

5. Arriving

Life in Kimilili:

Life in Kimilili is basic. Basic food will be provided 3 times per day (rice and beans or similar) and we would ask our volunteers to please pay KSH 1'000 / € 10 per day to your host family to cover for these costs. On your own expenses food can be enriched (honey and jam, fruits, meat). Please provide enough bottled water to your hosts for them to cook with this water.

You are welcome to stay with your host family in Kimilili. Depending on availability, you might get your own bedroom, share your room with others or get a mattress on the floor. Enough mosquito nets are available as well as additional covers. However, we recommend to bring a sleeping bag.

Last minute tips:

- Buy a bottle of fresh water at the airport before continuing your journey. Depending on your arrival time the local shops might be closed
- Remind your hosts that for all food and drinks bottled water is a MUST (even for cooking) and provide enough bottled water for them to use. An 18 litre bottle of fresh water will cost you around € 4 and can be bought at the local supermarket. A taxi bike can help you to transport the water bottles to your host family for a few cents.
- Bring some moist tissues for basic washing (the trip is long)



5. Dos and Don'ts

DOS

Always drink bottled water which you can buy at the local supermarket and also use it for cooking and preparing tea. This will help to protect you from diarrhoea, amoebae, etc. Also only eat food that has been peeled and cooked properly. There is the risk that you will get infected but by these means you can reduce the risk significantly.

Your host family does a lot for you, if possible, support a little in additional daily expenditures. For example, since it is the easiest to buy, you can get the toast and milk for breakfast and assist with some avocados for dinner. This will be highly appreciated.

Buying a chicken for dinner (around € 10) is seen as something really special (e.g. celebrations, Christmas, ...). So if you want to spoil your host family, surprise them with a chicken!

If you want to make a good impression to your host family, some sweets as a welcoming present are the best start off! In Kenya, candy and chocolate are relatively expensive so just carry along some bars of Milka and especially the kids will love you.

DON'TS

Clothes above knee or that shows cleavage are a no no in Kimilili!

You can bring your **Smartphone and computer**, however, make sure that you always keep it locked in your room when you are away. Your host family will not steal from you but doors in Kimilili are usually open and a lot of visitors come in throughout the day.

Avoid talking about sex or offending local rituals.

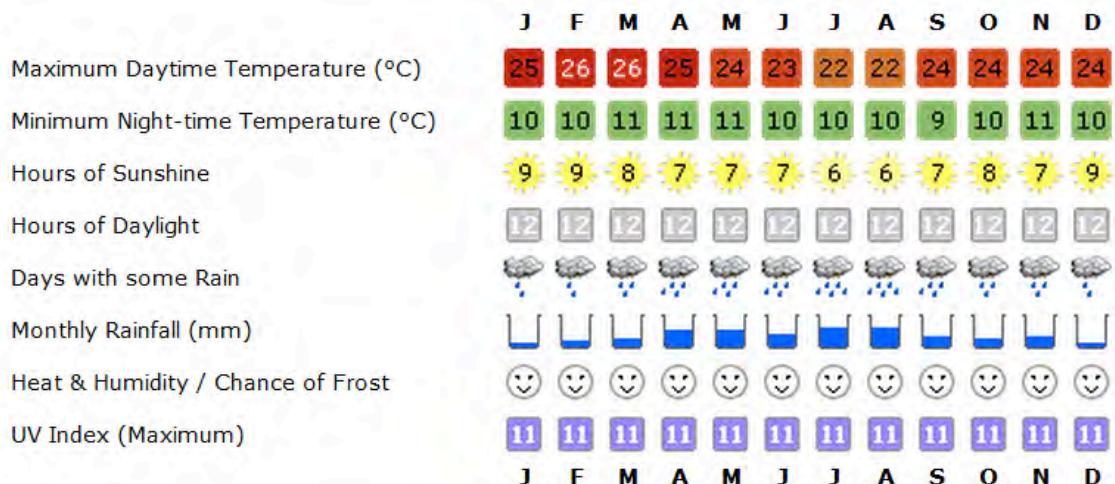
Don't give money to individuals, especially children, if they ask you for it. It will foster wrong behavior. If you want to support, please contact us or spend it directly as you see fit (e.g. buy new school books, medicine, ...). However, avoid handing money to individuals!

Please do NOT SMOKE or drink in public or at your host family.



5. Climate

Depending on the time of the year, it can get relatively cold or hot in Kimilili. Here is a table that gives an overview of the climate in Eldoret, the next bigger city with weather records, throughout the year.



Eldoret Climate Guide (Historical Weather Averages), Kenya

Elev: 2,100 m Long: 035°15'E Lat: 00°30'N

Source: World Climate Guide

<http://www.worldclimateguide.co.uk/climateguides/kenya/eldoret.php?units=metric&style=symbols>



During rain season in Kimilili it will normally rain for 30 minutes in the evening, while the day is sunny, warm and nice.



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5. Food

90% of the time the food will be purely **vegetarian**. Meat is expensive and only prepared on special occasions – your coming can be such an occasion. As there are usually no refrigerators in Kimilili, food is always freshly cooked and finished up within a day or two. Kenyans can eat extreme amounts so you will never be hungry after a meal!

For **breakfast**, milk tea with sugar will be served. You can add some toast with butter and honey or jam if you like.

Lunch is ready between 1 pm and 2 pm and the school serves boiled maize and beans. If you do not want to eat in school, you can ask someone in your host family to warm leftovers from dinner or just have a snack in town.

At around 8 pm, **dinner** is served. Dinner is usually a warm meal containing rice, potatoes or Chapati with several vegetables. Spices are mostly salt, pepper and curry. After a while you will know what you like or not; you can just let your host mother know about your preferences and she will try her best to keep you satisfied.



5. Food

Check out which fruits and vegetables are in season while you are in Kimilili:

	J	F	M	A	M	J	J	A	S	O	N	D
Vegetables	Maize	x	x	x	x	x	x	x	x	x	x	x
	Beans	x	x	x	x	x	x	x	x	x	x	x
	Rice	x	x	x	x	x	x	x	x	x	x	x
	Sweet Potatoes	x	x	x	x	x	x	x	x	x	x	x
	Avocados	x	x	x	x	x	x	x	x	x	x	x
	Tomatoes	x	x	x								
	Finger Millet	x	x	x								
	Sorghum	x	x	x								
	Cowpeas	x	x	x	x						x	x
	Cabbages	x				x	x	x	x			x
	Ground Nuts	x	x						x	x	x	x
	Coriander				x							
	Kales				x							
	Irish Potatoes					x	x	x	x	x		
	Onions					x	x	x				
Fruits	Green Maize							x	x	x	x	
	Green Pepper							x	x	x	x	x
	Mangoes	x	x	x				x	x	x	x	x
	Guavas							x	x	x	x	
Oranges	Oranges	x	x	x				x	x	x	x	x
	Bananas							x	x	x	x	





5. Impressions

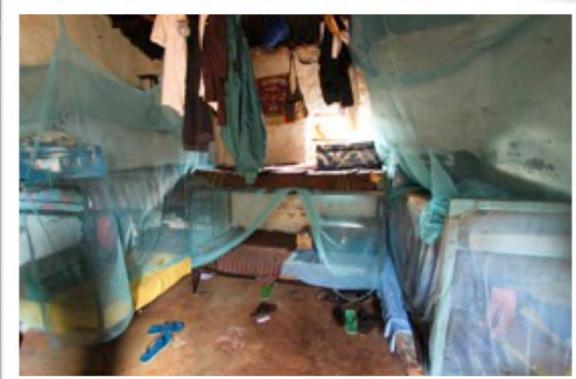
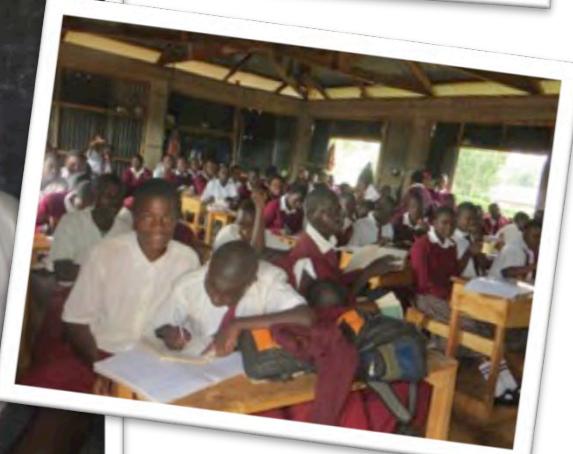


For more information about the experience of former volunteers, check:
www.cbsm-kimilili.org



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5. Impressions



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6. Travel around Kimilili

Go to as many places as you can – and make memories!

If you need a vacation from your vacation, here are three things you can easily do.

Please remember that you can always ask someone from the Kimilili team to join you in order to not go alone.

Traveling in and near Kimilili is save, but much more fun with locals to show you around.

Save travels!



6. Travelling Around Kimilili

Kimilili Waterfalls

Take a motorbike-taxi in front of Rafiki supermarket at about 2pm and tell the driver to take you to the waterfalls. If he doesn't understand, point to mountains on your right. The ride will be about KSH 50 (and not more!!) and takes 10-15 minutes. You will be dropped off at the foot of the mountain and simply have to follow the main street uphill. The hike will be rewarded with a stunning view overlooking Kimilili and the wider region. There are big stones you can climb up to have the ultimate 360 degrees view.

Ask passing people how to get to the waterfalls. Although most people in these mountains do not speak English well, the view, the mud huts people live in and their kindness will be overwhelmingly positive. Most certainly you will meet someone who will guide you through gardens and stone fields to the waterfalls.

The paths are rather slippery, so avoid doing this hike if it was raining heavily the day before. Enjoy the sunset but make sure you'll hurry downhill before it is completely dark.



At the foot of the mountain you will find motorbike-taxis to take you back to the school again.



6. Travelling Around Kimilili

Kakamega Rain Forest

Kakamega Forest is the only rainforest in Kenya and tourists come from all over the world to see its variety in plants and trees. Contact Pat to see if she wants to join or for further tips. We went with her car and it takes 3 -4 hours one way.

Call Rondo Retreat in advance and tell them you are a CBSM volunteer. They should reduce the price from USD 100 to 50 including wonderful breakfast, lunch, tea with cake and dinner.

In the rainforest you can go for wonderful walks. We did a 4 hour tour (USD 7 per person) and the one to the highest point with a beautiful view (USD 5 per person).



Rondo Retreat Centre

Tel.: +254 56 30268

or +254 733 299149

Email:

[rondo@trinityfellowship
or.ke](mailto:rondo@trinityfellowship.or.ke)

www.rondoretreat.com



6. Travelling Around Kimilili

Kampala, Uganda

The culture of Uganda is very different to Kenya's and worth seeing.

Calculate 3 days and ask for example Patrick from the children home if he would like to join. Travel costs are USD 10 per person one way for the bus (please also pay for your travel companion in case you want him to join you) and USD 50 visa fees at the Ugandan border (don't pay visa fees for Kenya on the way back, the one you have should still be valid!).

Patrick can take you to the rural area where his family lives and show you the traditional Ugandan way of life.

If you are up for real Uganda we would suggest you stay with him. Alternatively you will find hotels in Kampala for around USD 40 for a double room. In case you stay with Patrick, please make sure you don't create any additional costs. This will be hard as they will cook for you so try to leave a contribution for his family.

On the way back it is recommended to stop in Jinja, where the source of the River Nile is located. You can drive Squad, do one of wild water rafting in the world or go horse riding.

If the school situation will allow it, Patrick (left) will be glad to go to Uganda with you to see his family



7. Important Contacts KE



Name	Wasike Walubengo
Position	Director of CBSM Kimilili
Phone	+254 722 451 803
Email	CBSMKenya@yahoo.com



First Name	Phylis Kisuya
Position	CEO
Phone	+254 722 424 265
Email	CBSMKimilili@gmail.com



Name	Patricia Stephens
Position	British long-term volunteer & Board Member
Phone	+254 736 832 054 or +254 706 612 019
Email	mamambuzi@yahoo.com

Nairobi team members (airport pick-up)

Charles +254 700 391 563

Andrew +254 720 593 258

8. Important Contacts EU



Name	Agnes Kühne
Position	Founder / Board Member
Phone	+41 76 232 31 85 (Switzerland)
Email	Agnes.Kuehne@cbsm-kimilili.org



Name	Dr. Astrid Kühne
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9. At a Glance

- 1. Hospitals?** – There are two hospitals in Kimilili: Kimilili hospital is just a 10 minute walk away from the school. However, we recommend the Dreamland Mission Hospital run by a NGO called IcFEM. It is 10 minutes by motorcycle-taxi (fare about 50 cents). Standards here are lower than in Europe, however, you will be able to get first treatment.
- 2. Housing?** – You will stay with a caring host family. A contribution of 1000 KSH (around 10 Euros) per day for 3 meals and accommodation is expected to help the family.
- 3. Living Costs?** – Are relatively low. Next to the contribution for your family you will have costs for drinking water, snacks and mobile internet.
- 4. Currency?** – Kenyan Shilling (KSH), € 1 / CHF ~ KSH 110/KSH100
- 5. Food?** – Mostly vegetarian spiced with salt, pepper and curry.
- 6. Clothes?** – Even if it can get very hot, clothes should not be above knee or show cleavage. Don't forget to bring a jumper for the evenings. Avoid new or white cloths as hand washing with dirty river water can ruin your cloth.
- 7. Electricity?** – There can be a power cut every now and then, especially in the cold seasons, but electricity is usually available.
- 8. Sockets?** – The UK system is used, bring adapters if necessary.
- 9. Running Water?** – Cold piped water is available. Again, sometimes there can be an issue in water supply but all houses store water in containers. This is not drinking water!
- 10. Mobile Phone?** – There are different providers and all have a good coverage, "yu" can be recommended most, as calls in Kenya are just KSH 1 (€ 0.01) per minute and Facebook can be browsed for free.
- 11. Internet?** – Is available! There are a few "Cyber Cafes". You can also purchase a data bundle for your smart phone, it is about € 2 for 200MB and works well.

12. Basic Kiswahili

Hello	Jambo/Mambo
How are you?	Habari
My name is ...	Jina langu ni....
I'm fine	Mzuri sana
Thank you very much	Asante sana
See you later	Tutaonana baadaye

Keep in Touch!

First of all

THANKS A LOT FOR YOUR HELP!

CBSM is always happy to stay in close touch with volunteers. While you are in Kimilili, you can send us a report on the progress as often as you like that we are happy to publish at our blog. In case you have any problems you can of course reach out to us any time! And even after volunteering in Kimilili: if you feel like doing some more good, we appreciate every helping hand all over the globe. So if you are interested in continuing to support CBSM after your stay in Kimilili, just communicate to one of our team members and we will surely find a way for you to stay active.

We thank Christine Noelle, one of our first volunteers, for creating this volunteer guide. Asante sana!

