



Looking for adventure  
but also want to *make a  
difference* in the world?



**Gap year projects for students who want to  
'Make A Difference' in Kenya**

**Spend three months in Kenya as a Gap Year volunteer**



**You'll come home a different person**

## A wide choice of Gap year projects in Kenya

Teach English; work in a local children's home; coach African kids at sport; or teach art, music or drama in local schools. We also have range of opportunities to work with doctors and nurses at hospitals and general practices in the Mount Kenya region.

Other openings include journalism, business projects with local Kenyan firms, or working alongside local lawyers ... and more.

### Gain self-confidence and new skills ...



*While in Kenya you'll be making a positive difference to people's lives*

### Live in comfortable log cabins at the foot of Mt Kenya ... and socialise around the campfire at night under the African sky

As a MAD gap year volunteer you'll see much more than you would as tourist. You'll really integrate into the culture and you feel like you're part of the local community.

## Amazing wildlife safaris and other outdoor adventures



All MAD gap year projects combine volunteer work with an exciting variety of travel, challenges and experiences to broaden your horizons. You'll visit some of the world's most spectacular game parks, and go whitewater rafting - all included in the cost of your project.



**We'll organise everything ... so you (and your parents) can have peace of mind**

All MAD gap year projects offer **well-organised** and **structured** volunteer placements. They're designed not only to make a difference in the local community but also to provide a cutting edge on your CV.

All MAD gap year students receive thorough training and briefing during their first week in Kenya. You're also guaranteed high standards of safety and secure, friendly support during your time in Kenya.

## Which project is most suitable for you?



### **Teaching Conversational English**

English is the official language of Kenya, but most children first learn an African tribal language like Kikuyu or Meru, so their English is considerably weaker. A fluid command of English really brightens their job prospects with the many international companies in Kenya – so MAD gap year teachers find that by injecting a bit of fun into the lessons, it not only yields results but makes you the most popular teacher in the school!

### **Children's Care**



In Kenya you have the chance to really make a difference working with local children's homes. Our MAD gap years students work with children, who are in real need of attention, you will help with organising a variety of activities like drama, arts/crafts, sports games and songs.

MAD gap year volunteers work with the staff to provide the attention, interaction and play that the children really need.

Local staff are good at feeding and dressing them but don't have the time for one-to-one. This is where MAD gap year volunteers fit in – giving the children encouragement, comfort and a friend to play with MAD gap year volunteers also fund-raise and help paint and improve the Children's Homes. All MAD gap year students tell us that this is demanding but rewarding.

## **Sports**

MAD gap year volunteers, work in local schools, coaching and training football, volleyball, athletics and other sports teams. Many local people have considerable talent and sport can be a route to a brighter future. MAD gap year students don't need to be a qualified coach, but obviously you need some ability and more importantly the enthusiasm to help out.



## **Teaching Art, Music and Drama in local schools**

MAD GAP year students volunteer helping to teach Art, Music or Drama to children in local

schools MAD gap year students find that with a little creativity, you can make the hard work seem like fun.

## **Journalism**

If you would like to start or broaden, a career in journalism our MAD gap year project in Mount Kenya region is for you. It is a great way to get some hands-on journalism experience. Living in a new and fascinating country you will have no shortage of stories to research and write.

## **Business**

MAD Gap year students work on projects with local accountancy firms, or banks that welcome students that are considering studying for business, accountancy or management studies. MAD gap year volunteers undertake auditing work with accountants, that will introduce you to several different clients.

During your project you will also be able to work alongside the business support team, helping small business's with practical advice. MAD gap year students work and assist with co-operative banks, helping assess personal loan applications and marketing the banks services.

## **Law**

The Kenyan legal system is based on English common and statute law, so the experience you'll gain with us will be directly relevant if you are considering studying law in the UK. MAD gap year students work on a variety of projects with local advocates, such as criminal, domestic and land control issues.

## **Medicine & Healthcare**

MAD gap year students work on medical projects at general hospitals, general practitioners and specialist centres around Mount Kenya region, which are suitable to students at any stage of their medical career. These gap year medical projects are particularly useful for pre-university students and offer the chance to shadow and assist local doctors and nurses in their busy clinics and to observe a variety of conditions, treatments and operations.

The local hospitals are well equipped by Kenyan standards, but you will still witness first-hand many issues such as malaria, malnutrition or contraception. MAD gap year volunteers, also help with community awareness programmes in local schools and businesses raising awareness of care and disease prevention issues.

MAD gap year volunteers will find that doing a sustained project is far more valuable than globetrotting, because globetrotting never really penetrates the tourist layer of the

country. But with MAD gap year projects you really integrate into the culture and you feel like you're part of something.

### **Dissertation Students**

You may wish to carry out your university dissertation in Kenya. We will help you plan your research, provide contacts, set up meetings and organise transport as well as providing you with all the support you would normally receive as a MAD gap year volunteer.

### **Your opportunity to put something back into the community**

As a MAD gap year student, we guarantee you a well-planned, structured volunteer project, which not only makes a difference in the local Kenyan community but also provides an extra edge on your CV. This is your opportunity to put something back into the community, whilst doing something useful.



You will find in all MAD gap year placements that sensitivity, respect and understanding for cultures, communities and their way of life are very important. Volunteering will change your perception of “what is important in life” and your appreciation of shared partnerships, targets and teamwork. After some time in the local Kenyan community, it's quite likely you'll eventually be treated as an equal, rather than a tourist.

### **Gain self-confidence, new skills ... and much more**

MAD gap year students leave Kenya more self confident and feeling like they have made a positive difference to the lives of some of the Kenyan people. Our feedback shows that MAD gap year project volunteers acquire new skills , which were not necessarily acquired during their formal education, such as communication skills, organisational skills and team working skills.

## Stay in comfortable log cabins on the foothills of Mount Kenya



### Be part of a group of fellow gap year travellers ... and have a ready-made social life as well!

As a MAD gap year student, you'll live comfortably, in two's or three's in self-contained log cabins with flush loos, hot showers and mains electricity.

As well as being safer and more secure, the group environment will give you more confidence and means your gap year travels can be more adventurous.

### Campfires at night



Living in a MAD gap year group with other students is an important part of your experience, as there is no substitute for sitting around the camp fire at night with other gap year volunteers, discussing and reflecting upon the day's events.

MAD gap year volunteers find that living with a mix of different characters for three months,

means they quickly find out they can get along with pretty much anybody. MAD gap year students also make friends with local people and workmates, which means their gap year time out is even more worthwhile.

## Great food

You will be provided with three meals a day.

**Breakfast** is on a self-help basis and usually consists of cereals/porridge, toast, tea and coffee.

**Lunch** is usually packed, or there may be lunches at your project.

**Dinner** is cooked by our chef and is always taken with the rest of the group and followed by camp fire.

## Mountain Views



Most morning and evenings, you will get the opportunity to marvel at the breathtaking views of the icy peaks of Mount Kenya, which is Kenya's highest mountain at 5,199m/17,059 feet. You will be able to savour the mountain air, the glorious views and the peace and tranquility, which emanate from this great mountain range.

## Visit the most spectacular wildlife reserves on earth



### No extra cost for safaris

We understand that hidden costs or surprises can put a strain on gap year students' funds and a dampener on your gap year volunteer experience – so that's why we include these Adventure Safaris as part of your project fees.

One of the main reasons we chose Kenya for our MAD gap year students because it is the most diverse and beautiful country – in fact, Kenya offers you **the most spectacular wildlife reserves and safari experiences on the planet!**

### 10 days of amazing and different safari trips - all included

#### Lake Naivasha – Hells Gate National Park

We camp right by the water's edge of the beautiful Lake Naivasha, shaded by tall beautiful fever trees. We hike through Hells Gate, with a dramatic volcanic backdrop of soaring lava cliffs, steaming volcanic vents and hot springs you can walk among herds of zebra, eland, hatebeast and Thomson's gazelle or mountain bike on an easy downhill ride to Elsa Gate, to visit the astute rock hyraxes.

## **Lake Nakuru National Park**

This park is the greatest bird spectacle on earth – with 1-2 million pink flamingos feeding on the abundant algae. We camp in the woods, on the grassland, next to the lake shore, with excellent viewings of rhinos, dik-dik, ostrich, striped hyena and jackals.



## **Meru National Park**

Meru presents the widest variety of landscapes and habitats. Its intimate and unusual landscape of forest, swamp and savannah is quickly entrancing. In this jungle there are a noticeable absence of minibuses and 4 x 4's , but the park is full of large and very visible herds of elephant, buffalo, ostrich and reticulated giraffe . We camp, next to a wooded stream and utilise the swimming pool in the hottest part of the day.



### **Samburu National Reserve**

We wouldn't miss this world famous wildlife spectacular, where herds of elephant roam the hills during the day, before retreating to bathe on the banks of the river in the evening.

### **Sweetwaters**

This outstanding private conservancy boasts more game per acre than any other in Kenya. The combination of amazing wildlife and stunning views across the open plains, guarantees an unforgettable safari experience.

### **Aberdares National Park**

This mountain range and forest is awesome in its beauty and also rich in wildlife such as waterbuck, forest hog, duiker, suni, bongo and reedbuck.



## **Rafting on the Nile River – simply the world’s greatest river expedition!**



You will celebrate the completion of your MAD gap year project with an unforgettable whitewater rafting experience. We save the best for the last, After all – you deserve it!

We choose this perfect 30 km stretch of the Nile River, where the first few whitewater rapids are low grade and give all our MAD gap year students a growing sense of confidence. As the river thunders downstream, between heavily forested islands, the rafts are then guided through some of the best grade 5 whitewater rapids in the world. This is pure adrenaline excitement.



We use a local company that has a high reputation for safety, using only experienced whitewater river guides. They run an oar boat on every trip as a safety boat. The boat is available should you want a slightly easier ride and carries all the food and safety gear. The whitewater guides all hold the internationally accepted Swift Water Training and Rescue as well as Wilderness Trauma Response and First Aid certificates.

For the not so adventurous, why not spend the day drifting down the river on our more relaxing, low-grade rapids route? Or take a guided mountain bike tour through villages on the banks of the Nile. The choice is yours, “wild” or “mild”.

We round up the day with a massive BBQ and drinks, where the campsite comes alive after dark to the sound of African music and dancing.



All MAD gap year students have been impressed by our closing whitewater rafting adventure. The action, the beautiful environment ... it's a special finale.

## **MAD People in Kenya Exposed**

MAD in Kenya is a small and personal family gap year business, run by Katy and Gareth Roberts (as seen paddling in Lake Rutundu on Mount Kenya).

Katy, our Projects Director, is passionate about ensuring that all MAD gap year students receive a well planned and structured placement. She also ensures high standards of safe and secure in-country support.

Katy is British and has previously taught at some of the top private schools in Kenya and the UK.

Gareth, our Adventure Director, has developed our fantastic unique safaris and rafting adventures, giving the chance for MAD gap year students to explore and discover this beautiful country.

Gareth is also British and previously worked as Regional General Manager, for one of Africa's largest companies.

Both Katy and Gareth have travelled widely themselves and have first-hand experience of living and working in Kenya. They are critical in planning a safe trip for MAD gap year volunteers in Kenya. They are always on hand to ensure that you are supported from the time you sign up to the time you touch down on home soil.

They are MAD in Kenya – because they like to “Make A Difference” in Kenya.

### **History Exposed**

MAD in Kenya was created for gap year students, on the basis of providing the highest standards of:

- Group accommodation with fellow gap year students, to have a ready-made and safe social life.
- On-the-ground, friendly support in Kenya, where you need it.
- Well-organised and structured placements, with everything organised in advance.
- Combining project volunteering with adventure expeditions, to have the time of your life.

We really believe in what we do and the way we do it!



# Frequently Asked Questions

## Applying for a MAD project

### Could I be a MAD gap year volunteer?

The main requirement for MAD gap year students is to be enthusiastic, keen to meet new people and keen to learn new skills. Remember, MAD gap year volunteers do not need specialist skills or work experience. If you are also flexible, adventurous, reliable and passionate about giving something back – then MAD gap year projects are definitely for you.

### What will I get out of it ?

MAD gap year volunteers discover new skills that they thought they never had. They are guaranteed to make new friends and all MAD gap year students, have an enhanced CV that gives them a cutting edge in job applications and interviews.

### Can I come with a friend?

Yes – friends are welcome, but please let us know if you wish to be on the same MAD gap year placement.

### Where do I book?

You can book online at [www.madinkenya.co.uk](http://www.madinkenya.co.uk).

### When should I apply?

MAD gap year projects are filled up on a first-come, first-served basis, so apply as early as possible to give yourself the best chance.

### Do I have to be British?

No, although most MAD Gap year volunteers are, we are seeing an increasing number of gap year students from continental Europe, Australasia and the Americas.

## Health & Safety

### What are the health requirements for gap year volunteers?

All our MAD gap year students are given full health advice pre-departure on all necessary inoculations and precautions.



### **What health provisions are available in the Mount Kenya area?**

All MAD Gap year projects are within the Mount Kenya area, which is fortunate to have the Cottage Hospital, based in Nanyuki, only 30 minutes drive away. This hospital provides excellent 24-hour support in the event of either an emergency or if routine health care is required.

### **Will I be isolated?**

No – All MAD gap year students have given strong feedback, that they really appreciate the safety, security and support of living and travelling in a group.

## **Travel**

### **Will I be expected to organise my own travel during the project?**

No – we organise group travel in the form of amazing safaris and our whitewater rafting finale. After all you wouldn't want to miss the most spectacular wildlife reserves and safari experiences on the planet.

### **Are these trips included?**

Yes – all transport, park and camping fees and camp meals are included. We provide the tents and our cook will prepare all the meals. We feel that hidden costs or surprises can put a strain on your gap year student's funds and can be a real dampener on a gap year volunteer experience. That's why we include these costs within the total project costs.

### **Why shouldn't I just go globetrotting?**

MAD gap year volunteers find that doing a sustained project is far more valuable than globetrotting, because when globetrotting, you never really penetrate the tourist layer of the country. But with MAD gap year projects you really integrate into the culture and you feel like you're part of something.

## **Placements**



### **Have you involved the local community in setting up the MAD gap year placements?**

Yes - We believe passionately that local communities are in the best position to determine their needs to achieve their goals. We ensure that MAD gap year placements are something that the community wants and also sensitive to their needs and culture. We believe that MAD gap year volunteers should work alongside local people and listen to their ideas and issues.

### **What standards do you require from MAD**

### **gap year volunteers?**

Since MAD gap year volunteers will be working on a professional project, they must be prepared to act competently in a professional work setting.

## **Training & Support**

### **What training and preparation do MAD gap year students undertake?**

Pre-departure, all MAD gap year students receive detailed medical and equipment requirements. The information pack also provides information covering cultural, social and historical topics to fully prepare MAD gap year volunteers, for the time that they arrive in Kenya.

Once in Kenya, all MAD gap year students receive a 2-day orientation on Kenya and a two-day pre-placement training and briefing.

### **What kind of support do MAD gap year placements receive?**

MAD gap year volunteers are regularly visited on their structured gap year placement by our Project Co-ordinator. All MAD gap year placements are regularly monitored to assess their impact and sustainability.

### **What kind of secure in-country support do you give?**

MAD Project Co-ordinators know Kenya intimately and are able to assist with any emergency, as well as offering emotional and social support. All MAD gap year students are met on arrival, by the project co-ordinator, who is always on hand, to ensure that you are supported throughout your time in Kenya.

## **Accommodation**

### **Where will I live ?**

All MAD gap year students are comfortably accommodated in self-contained log cabins, on the foothills of Mount Kenya. You will be living in two's or threes in log cabins with flush loos and hot showers and mains electricity. MAD gap year students tell us, that there is no substitute, for sitting around the camp fire at night with other gap year volunteers, sharing the highs and lows of the day.

### **Will I be isolated?**

No - Being in a group gives MAD gap year students, huge benefits. It provides an immediate social life and makes MAD gap year time out much more worthwhile.

### **What meals are provided?**

You will be provided with three meals a day.

**Breakfast** is on a self-help basis and usually consists of European cereals/porridge, toast, tea and coffee.

**Lunches** are usually packed or may be taken at your MAD gap year placement.

**Dinner** is prepared by our cook for you and is always taken, with the rest of the group, sometimes around the camp fire.

## Future Career/Degree Options

### Do MAD Gap year projects help with future career/degree plans?

#### Yes – in three major ways

- 1) Most MAD gap year students find that their project, helps them to be a lot more focussed, on what they want to do with their degree plans and future career options.
- 2) All MAD gap year volunteers come back with an enhanced CV, which is so important at future interviews.
- 3) MAD gap year students gain confidence and independence – qualities that will support and help in all future situations.

## Fundraising

### How do I raise the money?

Most MAD gap year students raise part or all their project costs, through a variety of means, whether it is bar work, waitressing, family, friends or fundraising.

### Do you provide help with the fundraising?

We provide all applicants with a comprehensive fund-raising pack with sound and proven advice and sample letters from previous successful approaches from MAD gap year students.

## Feedback

### How have you developed these gap year projects?

The MAD gap year experience has been developed through feedback, received from previous MAD gap years students experiences.

We undertake a comprehensive de-brief at the end of all MAD gap year programmes and it is this feedback, that lead to new initiatives such as group accommodation, structured placements, adventure safaris, comprehensive in-country support and our training programmes.

## Comprehensive support – preparing you for your gap year project

All MAD gap year students are provided with lots of useful information on passports/visa regulations and other documents, flights and onward travel options.

- **Comprehensive medical information pack:** prepared by MAD Company Doctor, Dr Helen Halpin, preparing you for immunisations, malaria prophylactics and containing full details of medical support in Kenya.
- **Fundraising pack:** How you go about raising the money
- **Packing List:** What to bring and what is not necessary
- Keeping in touch briefing.

- Destination advice on Kenya briefing.
- Money advice briefing.

## On-the-ground friendly training in Kenya, where you need it

### Step 1: MAD gap year - 'Kenya Orientation' course

This will bring you up to speed on everything Kenyan and the practicalities of the project.

#### Course Agenda:

- Kenyan values, traditions and social etiquettes
- Local languages
- Local Laws
- Students' conduct
- Personal matters
- Accommodation and meal times
- Adventure Safaris
- Whitewater finale
- Public Transport
- Identification
- Keeping in touch
- Noise
- Punctuality
- Onward travel

### Step 2: MAD gap year – 'Staying Safe' course

This will brief you on how to keep healthy and secure, in Kenya.

#### Course Agenda:

- What happens in an emergency?
- What happens if I get sick?
- What happens if I forget to take my malaria tablets?
- When do I need to use mosquito nets and repellents?
- What do I need to do to protect myself from Sunburn and dehydration?
- How can I avoid diarrhoea or constipation?
- Understanding altitude sickness
- Reducing the risk of fungus infections?
- Where can I buy sanitary products?
- Where can I safely drink water?
- Where can I learn more Swahili?
- What are the risks, when out in local bars and clubs?
- Is it safe to travel alone?
- Is it safe to travel at night?

- How to keep your cash and belongings safe
- First Aid, Medication and other help on hand

### **Step 3: MAD gap year – ‘Making the most of your Placement’ course**

This will give you an excellent foundation in all the skills and behaviours required to be an effective volunteer.

#### **Course Agenda:**

- Essential communications techniques
- How to understand others
- Understanding yourself
- Listening and empathy skills
- Avoiding arguments
- De-cluttering
- Having a more positive attitude
- Managing your time better
- Helping people with their problems
- Understanding people better
- Getting action – planning and organising your work
- Mind your language

*“I felt that the MAD pre-project training was so thorough and important, to prepare us for the next three months”*

Declan - MAD Business Student

### **On the ground friendly support in Kenya, where you need it**

Our MAD gap year directors are based in Kenya, where you need them. They have first-hand knowledge of Kenya and are able to assist with any emergency, as well as offering emotional and social support.

Along with our MAD gap year training schemes, they are critical in planning a safe trip in Kenya. They are always on hand to ensure that you are supported from the time you sign up, to the time you touch down on home soil.

## Why Volunteer - am I not better lying on a beautiful beach?

Many gap year students are happy enough to spend their time abroad, lying on beaches or socialising in bars – MAD gap year students are different.



MAD gap year volunteering is all about sharing your energy and time with the people. This is more of a learning experience, where you will learn about yourself, whilst also learning about others.

You will experience the Kenyan culture first hand, within their community, but the biggest change will be to you - You will learn a great deal about yourself, and have increased motivation, skills and experience.

MAD gap year projects are not for everyone – they require flexibility, sensitivity and patience.

MAD gap year placements are designed to help the local community, but by giving you also get something tremendous back. Then you will deserve to hit those beautiful beaches and bars!

### Could I organise my own volunteer programme?

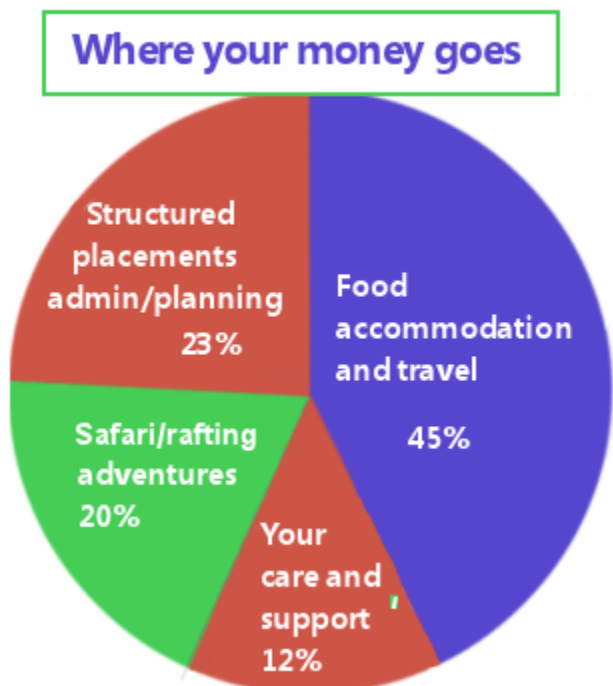
You could do it yourself but there are many drawbacks. You would need a few weeks in the country, to organise yourselves and the project could be a hit or a miss. Would you get the necessary support and what kind of accommodation would you get?

The key to our MAD gap student projects is the group accommodation, structured placement, In-Country Support and organised safari adventures.

All MAD gap year students come back with a different outlook, lots of memories and certainly more confidence.

#### Where does my money go?

Your payment covers the cost of



accommodation, meals, safaris and daily travel to and from the placements. It also covers the safari adventures, whitewater rafting finale, local support and the costs of preparing and planning the structured placements (see graph on right).

## How much does it cost for a MAD Gap Year project?

The cost of all our projects in Kenya, for a three-month placement is **£3395**.

(See our Special Offers below).

### How to book and pay

Secure your booking with £175. The balance is due eight weeks before departure.

### What we provide

- All meals and accommodation.
- Organised and structured placement
- Two-day Kenyan Orientation Course, and 'Staying Safe' Course on arrival
- Two-day Making the Most of Your Placement Course on arrival
- Comprehensive pre-departure support
- 24 Hour In-Country support
- Transport to/from Mount Kenya from Nairobi
- Local transportation between Lodge and placements
- Transport, park and camping fees on Adventure Safaris
- Whitewater rafting finale costs.

### What do I need to provide?

- A passport valid for 6 months beyond the end of your project
- Your travel to Kenya
- Vaccinations and Visas
- Travel & Health Insurance – we can recommend a policy (approx £72)
- Pocket Money

### Project Dates

January 2008 – 3 Months

April 2008 – 3 Months

July 2008 – 3 Months



October 2008 – 3 Months  
January 2009 – 3 Months  
April 2009 – 3 Months  
July 2009 – 3 Months  
October 2009 – 3 Months

## Application Process

### 1) Complete the Application Form

The first stage is to submit your Application Form on our website:  
[www.madinkenyaco.uk](http://www.madinkenyaco.uk).

### 2) Project Information

We will send you detailed information on your project and an invoice. If you accept the project you should pay the invoice and send us receipt of payment by email.

## SPECIAL OFFER



**Save £1000!**

Offer valid on selected projects

Ends January 3rd 2008

## Don't miss this Fantastic Offer!

### Take advantage of our Special Offers.

Come and experience the difference of a MAD in Kenya gap year project

## Friends and Couples

### SAVE £1,000 on selected projects, until 3rd January, 2008

To check latest availability visit our website, [www.madinkenyaco.uk](http://www.madinkenyaco.uk), where you will be prompted for the promotional FACWEB code

<b>Project</b>	<b>Offer</b>	<b>Save</b>	<b>Promotional Code</b>
April 2008	Book with a Friend	£1,000	FACWEB
July 2008	Book with a Friend	£1,000	FACWEB
January 2009	Book with a Friend	£1,000	FACWEB

- Terms and Conditions Apply
- Offers available on selected projects only
- Offers cannot be transferred to an existing booking nor used in conjunction with any other offer.
- This offer is available on limited number of projects only and may be withdrawn at any time.
- Offers available at MAD In Kenya projects only

## What happens next?

You can Apply Online now at [www.madinkenya.co.uk/apply](http://www.madinkenya.co.uk/apply).

### Or Contact Us:

#### **Make A Difference Ltd**

Unit 555, Office 6, Slington House  
Rankine Road, Basingstoke  
RG24 8PH  
Tel: 0845 003 8791  
Email: [hello@madinkenya.co.uk](mailto:hello@madinkenya.co.uk)

---

### Why Mad In Kenya?

- Experience the “real Africa” in placements that “Make A Difference”.
- Group accommodation, which provides a safe and ready-made social life.
- Includes adventure expeditions, that you will never forget.
- Whitewater rafting - pure adrenaline excitement
- On-the-ground friendly support in Kenya, where you need it.
- A family run business – We believe in what we do and how we do it.

"I've been walking the same path to and from school for nine years and I just thought I've had enough of this – I want to do something different."

*Nya Cavendish - MAD Gap Year student in Kenya.*