



## Volunteer Brochure

### Welcome

The Olmalaika Trust consists of:

- The Olmalaika Home which is a safe haven for girls under the age of 10 all the way down to infants, who have endured trauma in their lives. That can include female genital mutilation, childhood marriage, rape, incest, abuse of any kinds, abandonment etc.
- The Olmalaika Trust Dental Clinic which provides free care to all in need.
- The Olmalaika Days for Girls Enterprise – where we make fabric menstrual kits for schoolgirls.

The Trust is located on the very edge of the Maasai Mara National Reserve which is probably the most famous and most visited Reserve in Kenya. It offers breathtaking views (as seen in the film "Out of Africa", much of which was filmed here), an extraordinary density of animals including "the Big Five" (lions, leopard, elephant, buffalo, rhinoceros) and many varieties of plains game. An impressive feature is the annual migration of wildebeests, (over 1.5 million of them migrate) zebras and gazelles from the plains of the Serengeti that cross the Tanzanian border and rivers to reach the Mara's grasslands from late June, tracked by predators: lion, leopard, cheetah, and hyena, and circled by vultures as their journey unfolds. Their dramatic river crossings are a reality for tourists visiting in early July-October. Apart from the seasonal migration, game viewing is excellent year-round. Game includes elephant, black rhino, buffalo, plains zebra, giraffe and more plus the big cats. The rivers are home to hippo and crocodiles. 452 species of birds of which 53 of which are raptors.

It is not uncommon to hear hyenas laughing and lions roaring or grunting during the night. The birds and the chatter of the girls as they walk to school will become your morning wake up call. The Trust has been created as a place of healing and restoration for those that call it home and for all who visit. Our hope is that you will come to Kenya and your heart will be refreshed, and that when you leave, it will always hold a part of Kenya in it and you will return again.

Please let me know if you have any questions,

*Kim DeWitt*

***Co-Founder/Director of The Olmalaika Trust***

## **Travel Information:**

### **Requirements**

- Olmalaika Trust Volunteer Application
- Olmalaika Trust Liability Waiver
- Good Conduct Certificate or a letter from your local police stating your history is free of any crime or offense.
- Passport – be sure it does NOT expire 6 months from the last day of travel.
- Visa (Single Entry Tourist Visa) for Kenya (cost approx. \$53)
- **“Permission to Treat”** forms for those 17 years of age or younger traveling alone will need to be signed, notarized and the original copy needs to be mailed to us.
- ***If you are a physician – medical or dental*** – we will need to obtain a Kenyan License for you to practice while here. You will need to mail or scan a copy of the following and they all need to be in English:
  - Copy of passport
  - Passport Picture
  - Certified copies of academics and certificates
  - Certificate/License to Practice
  - Resume / CV
- Please note that Kenya requires all forms to be in English.
- It will cost USD \$200.00

**Visa:** Will need to be obtained online via the following link – <https://accounts.ecitizen.go.ke/register/visitor> where you will create an account and then follow the directions. We can assist you with information that is needed for it.

**Flight Tickets:** You will need to book your flight into Jomo Kenyatta International Airport (JKIA) which is in Nairobi, Kenya. If you book a flight that arrives before 10am you will be able to come directly to the Trust – any arrival after that time you will need to spend a night in the Nairobi area before coming down to us. For your flight out – if you book a flight out of Nairobi for 8pm or later you can leave directly from the Trust to the airport. Earlier departure flights will require you traveling back to Nairobi a day before and spending the night before your flight out.

### **Estimated costs:**

Nairobi to the Trust \$175 with only a quick stop at the mall to purchase items.

Trust to Nairobi - \$175 quick stop at the mall

\*On the way back if you want to do extra stop(s) or take longer at the mall it will cost \$225 per trip.

Airport Pick Up / Drop off in the Nairobi area - \$35 each trip.

Lodging in Nairobi – at your own cost, but we can set it up for you.

*We can do your transport, or you can arrange your own.*

### **Optional:**

Insurance – you can purchase emergency, travel or health insurance on your side and/or you can purchase emergency medical flight insurance that will cover any flights needed WITHIN Kenya.

<https://www.flyingdoctorsafrica.org/>

### **WHAT WE SUPPLY:**

Bedding  
Toilet paper/tissue  
Towels  
Basic kitchen supplies for cooking  
Utensils/Plates/Bowls etc  
Wifi/Internet

### **WHAT IS AVAILABLE:**

#### **Refrigerator:**

Outdoor kitchen, dental guesthouse and Little Olmalaika – medium size  
SM Housing – dorm room size

**Stove** – Outdoor kitchen

**Stove/Oven** – Dental guestroom, Little Olmalaika

### **FAQ**

#### **What immunizations do I need? Where should I get them?**

Currently Kenya requires you to be fully immunized against COVID or come with a Neg PCR test taken 72 hours before your journey. Please check the CDC to be sure if Kenya requires something when traveling from your homeland. The Trust encourages you to have Hepatitis A, B, Typhoid & up-to-date Tetanus. For Malaria medication, ask your PCP to get the appropriate recommendations as to what kind and how long you should take it.

#### **What will I do to drink water? Do I need a water bottle?**

Bring your own water bottle, and you will need to purchase your own bottled water (18.9 Litre bottles). **PLASTIC BAGS ARE ILLEGAL IN KENYA and as of June 2020 there is a ban on Single Use Plastics in all Conservation areas, and we ask that you not bring disposable water bottles to the Trust.**

**How much spending money do I need & can I use my credit card to shop? Can I use US\$ or other currency at the stores?** You will want to have extra money along to purchase trinkets and food. If you are bringing USD be sure you bring bills that are 2013 or newer to exchange into Kenyan Shillings. You can use credit cards at hotels and some shopping places, but for the most part you will need to exchange your dollars/currency into Kenyan shillings (KSH).

#### **Lodging does not include meals correct?**

Volunteering at the Trust is strictly self-catering. When arriving in Nairobi you can ask your driver to make a quick stop at the mall where you can do grocery shopping. There is a market day every Tuesday here in Sekenani where you can pick up some fresh items. We do have our own garden – **if** there are enough fresh veggies and fruit available the gardeners will be glad to supply you with your needs. A shopping list is available on the website.

**Do I need to bring my own toilet paper? Hand sanitizer?**

We have toilet paper, and we encourage you to bring your own hand sanitizers.

**Should I bring my computer?**

You are more than welcome to bring your computer. In the dental guestroom and the little Olmalaika there is solar electricity. In the camp/tent area there is not electricity, but you can charge your items in kitchen pavilion. We ask that you kindly do not use the office.

**How much luggage can I bring?**

You are allowed two checked through suitcases on the airplane at no extra cost, plus a carry on and small bag. Please check with your airlines to confirm.

**Is there WIFI?**

We do have WIFI in most of the buildings.

**Will I have electricity and hot water?**

We do have electricity - it is solar, so on cloudy days it is possible to lose electricity at night. You cannot use hair dryers, curling irons or straighteners or any items with a warming unit etc. Please note if you are staying in the permanent tent that there is a solar torch and a small solar desk light. We have hot water for the showers.

**What if I would like to stay a little longer in Kenya or visit a neighboring country and do a safari?**

We have a safari company called African Springs Safaris Ltd and the Olmalaika Trust benefits each time you book via them. [www.africanspringssafaris.com](http://www.africanspringssafaris.com) If you would like to do a safari while in Kenya or visit the Maasai Mara we can set it up for you.

**Can I book a day or more in the Maasai Mara National Reserve?**

Yes – it will cost \$80 per person per day (currently) and the vehicle with guide/driver can range from \$175 and upwards per day.

**What if there is an emergency? Can someone contact us?**

Kim has her Kenyan cell phone with her almost all the time. If there is an emergency your families can call us: **+254 713 010 092 or use our US 1.989.413.3364**

You can also purchase a cheap phone here and load pre-paid cards or simply purchase a sim card and load it in your phone. Sim cards cost about \$1USD. It's a very simply process and you can do it before you leave Nairobi.

**Do I need to bring money for tips?**

If you eat out it is nice to tip as well tipping the drivers.

**Is there laundry service?**

There are buckets in each building for you to be able to wash your own clothes as well as clothes lines. You can purchase laundry soap in Nairobi and possibly bring some clothespin/pegs along as well. Bring clothes that do not require ironing – and can stay folded.

**What will I be doing volunteer wise at the Trust? (Not in Dental)**

We typically have volunteers assist with the staff, but at times have extra projects that they are unable to do that we can assign to volunteers. It often depends on your skills and what you enjoy doing – tutoring, music, cooking, cleaning, helping with the girls and babies, painting, plumbing, electrical, computers, sewing etc. Volunteer activities take place Sunday through Friday throughout the day.

**Will there be time to visit in the community, learn about the culture and traditions of the area?**

Yes, we can set this up at your request. You can visit a Maasai village, visit one of our girls' families and seeing how they live, or we can set up "A Day in the Life of a Girl Child" where you will be able to visit our own manyatta, make tea over the open fire, make chapatis, do beadwork, walk to the river and do washing etc. We can include learning how to make a fire with a stick and some manure, testing your skills at throwing a spear and rungu (wooden stick) as well as other things. Some activities could have an added cost.

**Extra info for Dental Clinic Volunteers****Each person needs to fill out the volunteer application and Liability Waiver**

The Dental Clinic is run with solar and when the clinic is open there is a generator on. It has its own little guestroom within it – with the following amenities:

- WIFI
- Refrigerator – med size
- Fully furnished – bedding, towels etc.
- 2 Single beds
- Washroom – shower, toilet, sink.
- There are other options to stay outside of the Trust (\$\$\$) and as well within the Trust should you want to bring your family etc.

**Are there dental items I will need or can bring?**

Yes, but optional – we will email you a list of items. It's a huge help to us if each person can help restock our supplies – so bringing gloves, masks etc makes a big difference. If each dental professional can come with a few items, it helps us to keep the dental clinic stocked supply wise and enables us to continue giving free care.

**What hours are the clinic open?**

We are flexible with the clinic hours. Much of it depends on what you are comfortable with and if we are able to have appointments or simply walk-ins. Typically, from 9 – 12:30 and 2 – 5:30pm. We do not see patients after 6pm as it gets dark around 7pm and can be dangerous for them with all the elephants in the area.

**Will I need a translator?**

There will be someone available to translate – those from the community typically speak "Maa" and some speak both "Maa and Swahili, and a few speak English.

### **Is there a Dental Assistant?**

We have two ladies that are learning reception duties and dental assisting. Your volunteering here will also be an opportunity for them to learn more - consider yourself part of their education. Patience will be important.

### **Dental License:**

The government of Kenya requires each dentist to obtain a license. We can assist you with turning in the paperwork that is needed. You can visit our website [www.theolmalaikatrust.org](http://www.theolmalaikatrust.org) and go to the Dental Clinic page to see the items that are needed, and it is also listed at the beginning of this brochure.

### **Insurance:**

You will need to be sure your insurance covers your time here in Kenya.

Phone: Kenyan +254 713010092 (You can also use this number for whatsapp)

Phone: US (989) 413-3364

Email: [theolmalaika@gmail.com](mailto:theolmalaika@gmail.com)

Website: [www.theolmalaikatrust.org/](http://www.theolmalaikatrust.org/)

Facebook - <https://web.facebook.com/theolmalaikatrust>

Facebook – Dental: <https://web.facebook.com/olmalaikadental>

Youtube: [Video](#)



### **Just a gentle reminder:**

NO meals are provided at the Trust.

NO bottled water is provided.

NO washing/laundry is provided.