

ICYE KENYA

2020/2021

**NATIONAL
PROFILE**





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KARIBU KENYA



Hello There! KARIBU KENYA!

The ICYE Kenya office is excited to welcome you to an experience of a lifetime, right here in Kenya.

This National Profile has been prepared to give you a brief introduction about life in Kenya and what you can expect. It shall answer basic questions about living in Kenya, and what you can expect to experience during your stay here.

The first step in understanding the Kenyan way of life is by reading this National Profile. Additionally, we encourage you to come with an open mind and positive attitude.

We look forward to meeting you and we hope you are ready to experience a culturally enriching Kenya.

Yours faithfully,
Kerubo Nyaribo
PROGRAMME **DIRECTOR**, ICYE KENYA

GENERAL INFORMATION ABOUT KENYA

Kenya is a country located in Eastern Africa and is bordered by Ethiopia to the north, Somalia to the northeast, Tanzania to the south, Uganda to the west, and South Sudan to the northwest, and the Indian Ocean running along the southeast border. Kenya is known for its world class athletes as well as being host to the most famous safari destinations in the world. Apart from the amazing climate and beautiful attractions for which it is well known, Kenya is home to millions of people with a rich culture.

QUICK FACTS ABOUT KENYA

- Official Name: Kenya
- Capital City: Nairobi
- Other Cities: Mombasa & Kisumu
- Official Language: Swahili & English
- Currency: Kenya Shillings
- Standard time zone: GMT +3
- Year of independence from British: 1963
- Current President: Uhuru Kenyatta
- Number of Tribes: 43
- Number of Counties: 47





KENYA'S TOPOGRAPHY

At 582,646 km² Kenya is the world's forty-seventh largest country. It is comparable in size to France.

While much of northeastern 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: Mount Kenya, which reaches 5,199 meters (17,057 ft.).

KENYA'S WEATHER

Although Kenya's varied environments experience a wide variety of climate conditions, the temperature remains comfortably warm all year-round.

Temperatures range from 15 to 25 degrees (C) in the highlands and 27 to 38 degrees (C) in the coastal plains and the north. 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 the year with the former being quite humid.

KENYA'S HISTORY

Kenya's earliest inhabitants date back to about 2.5 million years ago and there has been evidence of mankind in the northern part of Kenya around Lake Turkana.

Since then, Kenya's story has unfolded as a fascinating tale of ancient connections across the seas. Moreover, the region has long been a migratory path, passed through by wave upon wave of peoples from all over Africa and, later, from the Middle East as well. By the 10th century or so, the region had developed its own Lingua Franca, Swahili, which is a Bantu language heavily overlaid with Arabic. With the arrival of the Portuguese at the end of the 15th century, the East African coastal region was for a time dominated by the Europeans. However in 1729 the Portuguese were expelled, to be replaced by two Arab dynasties. Arab rule lasted till the end of the 18th Century, when Kenya was passed to the British sphere of influence.

This period saw the development of three classes of people: the Europeans who were the rulers, the Indians who had now settled as merchants and the Africans who were the labourers. The 1920's saw the beginning of the struggle for independence by indigenous Kenyans from the British rule. This was a long and bloody fight, which finally brought independence in 1963. The British influence still lingers in most of the institutions in the country in spite of the occasional changes. This is seen in the legal system, education syllabus, government, life style - drinking tea - English being the official language, etc.

Due to this we have previously had great influx of refugees from Sudan, Ethiopia, Somalia, Uganda and Rwanda. Particularly since the re-emergence of multiparty democracy, Kenyans have enjoyed an increased degree of freedom.



THE KENYAN PEOPLE

NOTABLE KENYANS



LUPITA NYONG'O
OSCAR AWARD WINNING
ACTRESS



ELIUD KIPCHOGE
MARATHON RUNNER -
FIRST PERSON IN RECORDED
HISTORY TO
RUN A FULL MARATHON IN
UNDER 2 HOURS



WANGARI MAATHAI
2014 NOBEL PEACE PRIZE
WINNER

Kenya's population is approximately 47 million people. Most Kenyans dwell in urban centers whereas the North & North East part of Kenya has low population due to its arid and semi-arid climate that is less conducive for human settlement. The rural population is confined to the fertile areas and lives on agriculture.

Every Kenyan comes from a certain tribe (there are 43 tribes) and the tribes are grouped according to their linguistic origin. These are Bantus, Nilotes and Cushites. Some of the tribes in Kenya are Luhya, Luo, Kikuyu, Kisii, Kamba, Maasai, Giriama, Taita, Kalenjin, Samburu etc.

The population spectrum also comprises some minorities, such as Hindus, Arabs, and Europeans.

In rural Kenya, tradition is still prevalent and the culture, rich. People in these areas primarily speak their vernacular language. In urban areas traditional influence is minimal and there is a lot of western influence.

RELIGION

Majority of Kenyans subscribe to a particular religion with 60% of the population being Christians. The Christians are further divided into different denominations i.e. Catholics, Protestants etc. Muslims make up about 20%, found mainly along the Counties along the Kenyan coast, the North-eastern part of the country and in urban areas. The rest of the population comprises of African Traditional religion, Sikhs, Hindus, Jews, Orthodox, and Buddhists etc. Places of worship are widely spread throughout the country.

There is also a small atheist community.



LIFESTYLE

There are many attractions in the cities and major towns. The lifestyle is cosmopolitan with a lot of western influence both in dressing, places to eat (literally everything is available from authentic Thai food to the traditional Kenyan food at various prices) and entertainment which includes theaters, cinemas, discos and live concerts all depending on individual preference

- Kenyans are usually 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 male friends are viewed as promiscuous.

CUISINE



UGALI (MAIZE MEAL) NA SAMAKI (FISH)



GITHERI (MAIZE & BEANS)



NYAMA CHOMA (ROAST BEEF, MUTTON, PORK)

The food in Kenya, is as diverse as the nation's history and unique to each tribe. Below are some dishes that you will sample whilst in Kenya. However, the most common is Ugali and Vegetables with an option of protein.

MONEY

Bank accounts are easy to open both in local or foreign currency. Most business establishments in urban areas also accept credit cards. We also have mobile money platforms, the most famous being 'M-Pesa' which is a mobile banking service that allows users to store and transfer money through their mobile phones on the Safaricom Mobile network. M-Pesa is widely used and accepted countrywide, including rural areas. The service has been lauded for giving millions of people access to the formal financial system and for reducing crime in an otherwise largely cash-based society. ICYE Kenya pays most of the stipends via M-Pesa.

Western Union Postbank, a branch of the Kenyan Post Office, is the regional agent for Western Union, the global money-transfer company. Using its service is an easy way (if the phones are working) of receiving money in Kenya. Senders should contact Western Union to find the location of their nearest agency. Handily, the sender pays all the charges and there's a Postbank in most towns, often in the post office or close by.



moving money for better

GETTING AROUND



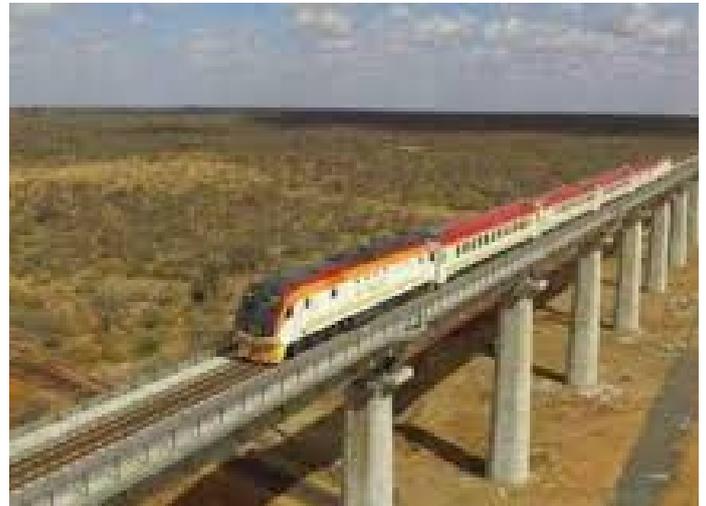
MATATU



BODA-BODA



TUK-TUK



STANDARD GAUGE RAILWAY (SGR)

Road transport is the predominant mode of transport and carries about 93% of all cargo and passenger traffic in the country. Kenya has basic regional and national connectivity, linking the capital to the coast, to international border crossings, and to the rural areas.

The most common means of transport in the urban areas is the matatu or boda-boda whereas in the rural area the boda boda or tuk-tuk takes is more common. We also have the SGR which connects Nairobi-Mombasa. Linked to the ascendancy of the national airline, Jomo Kenyatta International Airport in Nairobi has become one of the three main international gateways in Sub-Saharan Africa. Beyond its role as an international hub, Kenya has a domestic air transport market that is the fourth-largest in Sub-Saharan Africa (following South Africa, Nigeria, and Mozambique).

ABOUT ICYE

KENYA

Countries

Age

Duration of the programme

Cost

What to expect from ICYE Kenya

Pocket Money

Volunteer Projects

Working Hours

Contact Person

ICYE Kenya Activities

ICYE Kenya is registered in Kenya as an Association and at present being run on voluntary basis by a Board of seven people. The office has two full time staff and several co-workers who also act as contact persons for the volunteers.

ICYE member countries

18-30 years of age; volunteers outside this age bracket can also be accepted;

6 months to 1 year for long term volunteers

Up to 16 weeks for short term volunteers (STEPS)

Participation fee

- Friendship, co-operation and a sense of family
- Placement with a host family and project. If the project has suitable accommodation then the volunteer can stay away from the host family for some time and may visit them during holidays or off days.
- Support all the time and even more during the difficult times especially during the adjustment period

The volunteer receives a monthly stipend of Kshs. 3,000 and it is paid by ICYE Kenya or the project. It is advised that the volunteer has extra money for any extra expenditure that may arise from time to time.

ICYE Kenya vets suitable projects for volunteer to work

20-40 hours a week

ICYE Kenya will assign a contact person for the volunteer

Orientation Camp (August or January)

The orientation camp usually runs for two weeks in which comprehensive Kiswahili classes are taught. ICYE staff usually facilitates other sessions with the help of co-workers, Exchangees, returnees, host families and other facilitators who volunteer their time to be part of the orientation that touches on living with a host family, conflict resolution, expectations & how to manage them, Kenya's history, geography and culture among other topics.

Mid-year Evaluation Camp

During this camp, Volunteers and ICYE staff evaluate the different projects and host families. There are also discussions touching on family and social relationships and individual volunteer experiences.



End-year Camp

During this camp, Volunteers, ICYE staff and Co-workers review the whole year and Taking stock of the year and give an overall overview of their stay in Kenya. At the end of the camp there is usually a farewell party to bid goodbye to the volunteers.

Travel month

The travel month is usually in July of every year for those who are not teaching and had not taken any time off from work previously. Volunteers are expected to inform ICYE Kenya when they expect visitors, especially if it is not holiday time because, this interrupts our program.

The travel month is a culmination of two days for each month in the year i.e. 24 days. However, when the host project breaks for holiday, the volunteer will also break for holiday and the days will be deducted from the vacation days.

ICYE Kenya expectations for Incoming Volunteers

- That you will have made the necessary arrangements before coming to Kenya i.e. visa, inoculations where necessary, valid passports etc.
- Between the age of 18 to 30 and preferably with some basic skills i.e. carpentry, typing, nursing, agriculture, music, art, language etc. This will assist us in your placements.
- That you will be willing to learn about our culture, adapt to our systems and eradicate preconceived notions and live our life as we live it with no prejudice. You will have to change for the society and not expect the society to change for you.
- To abide by and respect the customs and rules of the people of Kenya.
- To abide by the laws of Kenya. ICYE Kenya will not be party to any illegal activities carried out by volunteers.
- To co-operate with the National Committee at all times
- That you will not encourage visitors from home in the middle of the year. Visitors in between are distracting both to you and the program as you have to get away to be with the visitors. Visitors are allowed during the travel month only unless you are attached to a school then you can have them during school holidays (in August, December and April). No travelling when you are supposed to be working!
- That you will attend all activities organised by ICYE Kenya i.e. end year and mid year camp and any other e.g. medical camps etc.
- That you enjoy yourself and let it be known when you are not.
- That you will maintain an open line of communication with the Kenyan office. We are here to support you and ensure your time in Kenya is as comfortable and enjoyable as can be.

HOST FAMILIES



Most of our host families are middle income earners with young school aged children. Houses in Kenya are not big and therefore the Volunteer may be expected more often than not to share a room with the children/child in the house. In most families both parents work and may be professionals in various fields. The standard of living for the majority of Kenyans is not comparable to the developed countries. Volunteers should thus come prepared to forgo some luxuries for one year i.e. washing machines, vacuum cleaners, micro-waves etc.

Volunteers will also be expected to use public transport to and from work, unless it is convenient for the host parents to take them by car (if they have one). We however endeavor to place the volunteers near the project venue to reduce on commuting.

Most homes have house helps to assist with the housework, but the family members also do some of the chores, e.g. making their own beds, tidying their rooms, some laundry, cooking etc. The volunteers are also expected to assist in housework depending on the host family set up.

PLEASE NOTE!!

- Please treat your host families with respect as they are hard to come by.
- Host families are NOT PAID to host. We just give a small allowance to assist so that the concept is not commercialized.
- DO NOT treat the house like a hotel or lodging, be part of it. Make an effort to blend with the family. Let them know about your goings and comings, and if you have to miss a meal.
- Female volunteers will be expected to do more than the male volunteers do as this is culturally the norm but this may vary from household to household.
- Observe personal hygiene and general cleanliness.
- Dressing should be descent and not provocative.
- Bringing friends of the opposite sex to spend the night in your room at your host family or project will be viewed very negatively. This is heavily frowned upon.
- The concept of going Dutch is not common here you have to be quite clear to whomever you are taking out that they are going to pay for themselves.

PROJECTS

- Volunteers work in projects as volunteers. If a project is able to pay some money to the volunteer they forego the monthly stipend from the office and refund any excess back to the office
- Volunteers are to take their placements seriously, work diligently and with commitment even if they are “just volunteers” Time off the project will be deducted from the travel month.
- Volunteers should be willing and ready to stay for one year in one project so as to contribute effectively and give continuity to the project.
- Volunteers DO NOT look for their own projects. This is due to the fact that there are many factors considered before ICYE Kenya accepts a project and moreover the residence permit that is issued for a volunteer stay is attached to a particular project.
- Volunteers involved in teaching will forego their travel month as they get more than three months off during the school holiday – in April, August and December
- If for any reason the volunteer wants to be changed from his/her project this will be after at least six months.
- Volunteers are representatives of ICYE Kenya in their projects and homes, therefore a positive image should be portrayed.
- While filing in the ICYE Kenya application form to participate in our program, the volunteer must ensure that they have provided the correct information.
- The Exchangees MUST be straightforward and honest about their medical history

WHAT TO BRING TO KENYA

1. Practical clothes to work in depending on the options the person has. Something dressy for special occasions like weddings etc. For women a dress and skirts may come in handy.
2. Suitable clothes and shoes due to the climatic changes from hot to cold are recommended.
3. Extra pocket money for buying personal items and gifts.
4. Literature, photos, magazines from your country to share with the new acquaintances that you will meet.
5. A camera for those memorable moments.
6. Sleeping bag, towels, a pair of bed sheets and any other personal effects



PRICES OF COMMON ITEMS

ITEM	PRICE IN KENYA SHILLINGS (KSHS)
1/2 litre milk	60
1 loaf of bread	55
1 kilo meat	500
1/2 litre coke	60
1 pack of cigarettes	150
Soap	80
Toothpaste (medium)	100
Sanitary towels	150
Newspaper (local)	60
Cinema	1000
Beer	250
Disco entrance	500
Bus fare - within the city	200
Pocket money	3000
Fast food	From 100 upwards

COMMON SWAHILI WORDS/PHRASES

- Hello or habari - Jambo
- Welcome - Karibu
- How are you? - Habari yako?
- I am fine - Mzuri
- Yes - Ndiyo
- No - Hapana
- Thank you - Asante
- Thanks you very much - Asante Sana
- What is your name? - Unaitwa nani?
- Where do you come from? Unatoka wapi?
- No worries - Hakuna Matata
- How much - Ngapi
- Where - wapi
- Money - Pesa
- Today - leo
- Tomorrow - Kesho
- Toilet - Msalani
- Eat - Kula
- Sleep - Lala
- Want - Taka
- Come from - toka
- White person - Mzungu
- Food - chakula
- Water - Maji
- One - moja
- Good night - Lala Salama
- Goodbye - Kwaheri

KENYA VISA APPLICATION PROCESS

HOW TO APPLY

1. Click register on www.ecitizen.go.ke
2. Select Register as a Visitor.
3. Once Logged in, Select Department of Immigration services.
4. Select submit Application.
5. Select Kenyan Visa.
6. Select the type of Visa and read the Instructions Carefully.
7. Fill in the application form.
8. Pay Using visa card, Mastercard and other debit cards.
9. Await approval via email, then download and print the eVisa from your eCitizen account.
10. Present your printed eVisa to the immigration officer at the port of entry.

DISCLAIMER

1. Visa processing fee is non- refundable.
2. Incomplete applications will be rejected.
3. The possession of an e-Visa is not the final Authority to enter The Republic of Kenya.
4. Engaging in any form of business or employment without a requisite permit or pass is an offence.
5. A visa is required prior to entry into The Republic of Kenya.
6. The e-Visa printout must be presented at the port of entry.
7. It should take atleast 2 working days to get your eVisa.
8. Each adult visitor to the Republic of Kenya is required to submit e-visa applications in their personal e-citizen account. Parents can apply for their children in the parents account

RESIDENCE PERMIT

ICYE Kenya applies for residence permits on behalf of our volunteers.

The volunteers should provide the following documents to be submitted to the immigration office.

- Copy of a valid national passport (the bio-data page)
- Current immigration status of the pupil/student(if in the country)
- Two (2) recent passport size color photos
- Duly certified copies of academic certificates and CV
- Duly Certified Police Check
- Documents in foreign languages should be translated into English by either the Embassy, Public Notary, or authorized /recognized institution

There is an issuance fee of 15,500 Kenya Shillings. This cost is to be covered by the volunteer.

Once the residence permit is issued, the volunteers are required to apply for an alien card through the online portal via the following link:

<https://fns.immigration.go.ke/dash/fns/newapplication.php>

In case one has to leave Kenya before they are issued with a residence permit, they need to secure a re-entry permit at their own cost.

For more information please visit the following link:

<http://evisa.go.ke/evisa.html>



**Experience Kenya as you
discover the Beauty of our
culture.**

KARIBU KENYA!!!!