



2 weeks itinerary for Freepackers groups in Kenya



Days	Activities
Day 1 - Sunday	<p>Upon your arrival at NBO Airport, a dedicated transfer coordinator will be there to welcome you. You will then be transported to the accommodations in Nairobi. The lodging arrangements will involve shared rooms, with a focus on maintaining gender-based groups of 4 to 8 individuals per room.</p> <p>Evening Brief orientation followed by a warm welcome dinner to kick off the experience !</p>
Day 2 - Monday	<p>Morning The day begins with accommodation breakfast, followed by a comprehensive introduction meeting outlining rules, safety advice, and key aspects (code of conduct/Media policy/child protection policy). Participants then delve into Kenyan history, culture, essential etiquette, and basic Swahili language lessons.</p> <p>Afternoon Enjoy lunch at the accommodation and proceed with the orientation. Afterward, explore the vicinity, including visits to supermarkets, ATMs, and money exchanges for further exploration.</p> <p>Evening</p>



	Engage in lively sports activities alongside local youth and there will be a program briefing for the upcoming Kindergarten Teaching assistant week, followed by a relaxing dinner to conclude the day.
Day 3 - Tuesday	<p>All day Participate as a teaching assistant in the kindergarten program.</p> <p>Evening 2nd Swahili Language Lessons</p>
Day 4 - Wednesday	<p>All day Participate as a teaching assistant in the kindergarten program.</p> <p>Evening Free time to relax with your camp buddies or for group activities</p>
Day 5 - Thursday	<p>All day Participate as a teaching assistant in the kindergarten program</p> <p>Evening Enjoy a fun-filled sing-along karaoke evening, followed by a delicious dinner for an entertaining and satisfying night !</p>
Day 6 - Friday	<p>All day Participate as a teaching assistant in the kindergarten program</p> <p>Evening Evaluation and feedback session of the first week</p>
Day 7 - Saturday	<p>All day Explore Hyrax Hill, National Museum to delve into its history and formation, followed by a picnic lunch for a delightful break.</p> <p>Evening Maasai Stories and Maasai Games</p>
Day 8 - Sunday	<p>All day Explore Lord Egerton's Castle and enjoy a picnic lunch provided during the visit for a delightful experience</p> <p>Evening Free time to relax or for group activities.</p>
Day 9 - Monday	<p>All day Participate as a teaching assistant in the kindergarten program.</p> <p>Evening 3rd Swahili Language Lessons.</p>
Day 10 - Tuesday	<p>All day Participate as a teaching assistant in the kindergarten program.</p>



	Evening An evening filled with song, dance, and games organized by the local team around a bonfire.
Day 11 - Wednesday	All day Participate as a teaching assistant in the kindergarten program. Evening Experience a Kenyan movie night
Day 12 - Thursday	All day Participate as a teaching assistant in the kindergarten program. Evening Kenyan cooking lesson.
Day 13 - Friday	All day Participate as a teaching assistant in the kindergarten program. Evening Experience a cultural evening by the bonfire, celebrating with music and traditions, followed by a heartfelt farewell dinner to conclude our time together.
Day 14 - Saturday	Say your goodbyes to the local team Departure transfer to the airport (3-4 hours)

*This itinerary may be subject to change due to unforeseen circumstances.

Complementary informations

- All mentioned meals, accommodation, transportation, airport pick, airport drop off and scheduled activities included.
- Accommodation (Nakuru): Fan rooms, single gender, 4-8 pax per room, Hot/Cold water showers & Wifi.
- The itinerary is based on a **minimum of 10 persons**.





About the volunteering project in Nakuru

This **kindergarten program** offers a unique opportunity to make a lasting impact on children in rural Kenya by helping them develop their English skills and confidence. Participants will work in local community schools or Child Development Centers, fostering cultural exchange and contributing to the children's academic and personal growth. Through creative teaching methods, activities, and interaction, participants support students and teachers while leaving a positive impression on the community.

In addition to teaching, participants assist with hygiene routines, facilitate songs and storytelling, and organize games and arts and crafts. During school breaks, participants run day-camp style programs featuring English lessons and sports activities. This experience not only enhances the children's learning but also provides participants with meaningful cultural immersion. By sharing their knowledge, energy, and culture, volunteers play a vital role in the children's education, all while experiencing the warmth and hospitality of the local community.

Your role is essential, and your mission includes the following:

- Teach English and assist teachers with academic lessons.
- Prepare and organize creative lessons and learning activities.
- Facilitate fun activities like singing, storytelling, games, and arts.
- Support children with basic hygiene routines (e.g., nail cutting, handwashing).
- Participate in school activities and help with assessments.
- Follow the dress code and maintain a respectful, patient, and positive attitude.

