



ME TO WE KENYA – Pledge to Humanity

COMMUNITY: MWANGAZA

JULY 9 TRAVEL

Your Me to We adventure begins as you depart for Nairobi, Kenya via overnight flight. Get ready to change the world!

JULY 10 ARRIVAL IN NAIROBI, KENYA

Transfer to your accommodation in the suburbs of Nairobi. Check in and enjoy a hot meal.

EVENING ORIENTATION

The group will spend the evening enjoying a light snack or meal getting to know their facilitators and one another. They will have the opportunity to acquaint themselves with their trip agenda, set trip goals and expectations, and review the Me to We Trip rules together as a group.

JULY 11 TRAVEL TO THE MAASAI MARA

Stop at the Great Rift Valley viewpoint, where hundreds of thousands of animals pass through annually in the great migration. Continue on to the gated camp that will be your home-away-from-home in the heart of the Maasai Mara.

SETTLE IN YOUR CAMP IN THE MARA AND WELCOME

Take some time to familiarize yourself with your new surroundings, and settle into your new home-away-from-home. Accommodations are dormitory style tents, separated by gender.

EVENING DISCUSSION

In the evenings, learn more about Free The Children's holistic and sustainable community development model, Adopt a Village. Throughout your trip you will have the opportunity to volunteer in Adopt A Village's five pillars: Education, Health, Clean Water and Sanitation, Alternative Income and Livelihood, and Agriculture and Food Security.

JULY 12 SWAHILI LESSONS

Throughout the course of your trip, you will have the opportunity to learn basic Swahili. Knowing a few of the basics in Swahili, including how to say "Hello" and "Goodbye" will be of help when interacting with community members. We encourage you to practice daily with the local community members.

BUILDING 101

Make the most of your volunteering time in the community by taking part in a mandatory one-hour project building safety workshop.

VOLUNTEER PROJECT BUILDING

Depending on the community, day and time, your volunteering could be a variety of different activities that help remove the barriers to education—you could be laying bricks that will become a school, digging wells that will provide clean water, or planting crops that will grow into nourishing food. You'll see the real results of your work as you volunteer alongside community members on Free The Children development projects. Your work will have an impact that will last for generations to come.

SCHOOL VISIT

Visit one of the community's old schools and new schools and learn about local education.

LEADERSHIP MODULE: EDUCATION

Your Me to We facilitators will lead you in a discussion on the impact of education in Kenya.

JULY 13 VOLUNTEER PROJECT BUILDING – FULL DAY

Spend a full day continuing your work on your volunteer building project.

SOCIAL ISSUES DISCUSSION

Spend the evening discussing what you have learned and observed thus far on your trip, the social issues you're passionate about, and working together build a stronger community of world-changers by participating in some fun group activities.

JULY 14 VILLAGE WATER WALK



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Walk in the footsteps of a local mama as you journey with her to a nearby water source.

GAMES WITH LOCAL CHILDREN

Take a break from your volunteer work and play some games with local school children.

LEADERSHIP MODULE: CLEAN WATER AND SANITATION

Your Me to We facilitators will lead you in a discussion on the impact of clean water and sanitation in Kenya.

JULY 15

VOLUNTEER PROJECT BUILDING – HALF DAY

Spend the morning continuing your work on your volunteer building project.

GAMES WITH LOCAL CHILDREN

LEADERSHIP ACTIVITIES

JULY 16

RUNGU MAKING AT SIKIRAR

Try your hand making Rungus, traditional talking sticks, made in both Kipsigi and Maasai cultures.

KISHON VISIT

Have a chance to tour the Kishon Health Centre. The staff at Kishon constantly strives to offer the best quality services to patients.

OLELESHA FARM VISIT

Free The Children's fifth Adopt A Village pillar will lay a foundation for food security of communities in Kenya at the household, school and community levels. Working together to improve the overall health and livelihood of community members you will get your hands dirty digging into the vegetables and fruits being grown as a community education site and for school lunch programs.

EVENING DISCUSSION

JULY 17

SAFARI WITH A MAASAI WARRIOR GUIDE

Take a lorry ride through the Mara! Watch out for the Big

5 as you explore the region alongside your expert Maasai Warrior guide.

MAASAI STORYTELLING

In the evening, gather around as you join your Maasai Guide for an evening of traditional storytelling. Learn the history of Maasai culture, traditions old and new, and your guides own personal story.

JULY 18

BEADING WITH THE MAASAI MAMAS

Get to know a local mama who is carrying on the traditional beading done by her ancestors through her work with Me to We Artisans. Try your hand at a small beading project – it's not as easy as the mamas make it look! Afterward, enjoy a cup of chai tea together as you share stories of family traditions and family roles. Me to We Artisans offers a line of original accessories handcrafted by over 500 women employed in Free The Children communities. Through this alternative income project, women are empowered and better able to support themselves and their families.

VISIT THE ME TO WE DUKA

Take this opportunity to do some souvenir shopping for friends and family at home in the Me to We Duka. Duka means "store" in Swahili. The Duka offers a variety of local jewelry, crafts, souvenirs, and household items designed and crafted by local Mamas and designers, in addition to Me to We's socially-conscious t-shirts, books, artisans pieces, etc. The Duka accepts American and Canadian Dollars and Kenya Shillings.

COMMUNITY GOODBYE AT MWANGAZA

Before your last day building in the community have a chance to say goodbye and celebrate all the amazing progress you have made as a group.

ACTION PLANNING

Led by your Me to We facilitators, reflect on your experiences throughout the day. You'll explore some of the contemporary issues facing the communities where we work, and get the tools and skills you need to take action at home on issues you care about. We'll help you put your ideas into action. With the awareness, skills and plan you



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develop in the Kenya, you'll be ready to make a positive difference when you return home.

JULY 19 **VOLUNTEER PROJECT BUILDING – HALF DAY**

Spend the morning continuing your work on your volunteer building project.

MEDICINE WALK AND MAASAI WARRIOR TRAINING

Enjoy a leisurely hike as you learn about medicinal herbs from your Maasai Guide. Make sure you learn all about the infamous “Maasai toothbrush”! You will also have the chance to train in the art of Maasai weaponry.

RE-INTEGRATION AND REFLECTION

Spend the evening with your Me to We facilitators reflecting back on your trip, on all the experiences you've had, things you've learned, and the friends you've made. Your Me to We facilitators will guide you through a discussion on re-integration into life back home after your life-changing experience in Kenya.

FINAL CELEBRATION DINNER

Enjoy your last dinner together as a group of passionate global citizens as you celebrate your hard work and contributions you have made to Free The Children communities in Kenya.

JULY 20 **RETURN TO NAIROBI**

Visit the Me to We Atelier to pick up gifts for family and friends and depart for your overnight flight home.

JULY 21 **ARRIVAL HOME**

Get ready to share the story of your journey.

Note: Itinerary and daily activities are subject to change.