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**CIVS**



**COMMUNITY SERVICE**

**WORKCAMP PROGRAMME 2017**

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### WORKCAMP SUMMARY

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<b>Project Name:</b>	Community Health Volunteers (CHV)
<b>Project Location:</b>	Vihrembe Market, Kakamega County
<b>Orientation date:</b>	10 <sup>th</sup> June 2017 from 10:00 am
<b>Start and End dates:</b>	11 <sup>th</sup> June – 30 <sup>th</sup> June 2017
<b>Safari dates:</b>	07 <sup>th</sup> June – 09 <sup>th</sup> June 2017
<b>Theme:</b>	Provision of health services / conservation efforts
<b>No. of Volunteers:</b>	10 - 20

### PROJECT PROFILE

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Community Health Volunteers (CHV) was started with the aim of creating awareness on HIV/AIDS among the residents of Vihrembe area, as well as on issues of sexual and reproductive health. CHV is also actively involved in jigger eradication campaigns in the community. In addition, CHV educates the local community about the conservation of Kakamega Rainforest and its fragile ecosystem. The forest is home to many unique and rare animal and plant species but the increasing human population has exerted negative pressures to the forest, e.g. illegal logging, charcoal burning, cattle grazing, harvesting of medical plants and general clearing of the forest for agriculture. CHV involves the community in its preservation, ensuring the forest is cherished as a healthy, unique and diverse ecosystem for future generations.

The idea of this project is to create awareness about the negative effects of jiggers on the health of local people.

### NATURE OF WORK

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- Door-to-door jigger eradication campaign
- HIV/AIDS home-based care program
- School outreach programs
- Awareness creation in the community on sexual and reproductive health
- Rehabilitation and conservation of Kakamega Forest through the establishment of tree nurseries
- Kiswahili classes

## **ARRIVAL AT THE AIRPORT**

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We will pick up all volunteers taking part in this workcamp from Jomo Kenyatta International Airport, Nairobi. CIVS will arrange accommodation before and after the workcamp in a host family in the Buruburu area of Nairobi.

## **ACCOMMODATION AND SITES OF INTEREST**

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Accommodation will be at the project in this workcamp and it is important that you have your own sleeping bag and mat. During the workcamp, volunteers will get food from locally available foodstuffs and the volunteers will share the responsibility of preparing the food.

In this workcamp, volunteers can visit Lake Victoria in Kisumu City, which is about a 2-hour drive from the project. Volunteers will also have the opportunity to visit Kakamega Rainforest, which is about one and half kilometer from the project site.

## **CAMP FEES**

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Volunteers participating in this project will be required to pay 265 Euros. This cost will include:

- Airport pick up upon arrival & Airport drop off after the workcamp
- Up to 3 nights' accommodation in Nairobi
- Introduction to Kenyan life through a Nairobi City Center Tour before the workcamp
- Workcamp Orientation at the CIVS office in Nairobi or the workcamp site
- Food (breakfast, lunch, dinner)
- Workcamp facilitation and mentoring of volunteers by an experienced workcamp leader
- Certificate of participation for the volunteer
- All administrative costs

## **SAFARI OPTION**

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CIVS organizes safaris to all the spectacular National Parks and touristic sites in Kenya, with the main attraction being Masai Mara Game Reserve. Volunteers who wish to go on a safari should apply at least two weeks before arrival to enable us to make proper arrangements. The fee charged is all-inclusive of meals, transport, park entry, accommodation and tour guiding.

**Safari dates:** 07<sup>th</sup> – 09<sup>th</sup> June 2017

**Charges:** 3-day Safari to Masai Mara National Park, 330 Euro

## **WHAT TO CARRY**

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Volunteers are required to carry the following items for the workcamp: mosquito net, torch/flashlight, toiletries, first-aid kit, sleeping bag, sandals and sunscreen. In addition to those, volunteers can also carry the following items for interaction purposes: pictures of your country, old clothes that are no longer in use, toys, books, pens, etc.

**WORKCAMP SUMMARY**

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<b>Project Name:</b>	HopeLink Development Project
<b>Project Location:</b>	Rusinga East Location, Mbita Constituency, Homabay County
<b>Orientation date:</b>	08 <sup>th</sup> July 2017 from 10:00 am
<b>Start and End dates:</b>	09 <sup>th</sup> July – 26 <sup>th</sup> July 2017
<b>Safari dates:</b>	05 <sup>th</sup> July – 07 <sup>th</sup> July 2017
<b>Theme:</b>	Welfare for children and the marginalized
<b>No. of Volunteers:</b>	10 – 20

**PROJECT PROFILE**

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HOPE LINK, a non-profit organization, registered as a CBO, is a community initiative, formed to link the community with other players in order to address the challenges faced by the local community. The mission of this organization is concerned with the well-being of children, women, widows, widowers, men and youths who are disadvantaged due to their economical, social and cultural background. They want to build a healthy, transformed, and interactive community. The group is involved in the following activities:

- Dissemination of information to the community through dialogue, forums, workshops, road show demonstrations, outreaches
- Advocacy on human rights, Child abuse, Child neglect, Education, primary health care
- capacity building for better food security and livelihood
- Micro finance capacity building through revolving funds
- Care and support for OVC, widows and the elderly through provision of their health and education needs.
- Management of a kindergarten for the development of destitute children
- Enhancing community interaction by hosting volunteers from different countries and backgrounds, who come to work and stay with us in work camps or as individual volunteers

## **NATURE OF WORK**

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- Environmental cleanup campaigns alongside Lake Victoria beaches
- Farming activities i.e. organic farming
- Teaching of Mathematics, English, Science, Social Studies
- Home visit/cultural exchange
- Farm work which includes weeding, planting of local vegetables, digging and watering of crops

## **ARRIVAL AT THE AIRPORT**

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We will pick up all volunteers taking part in this workcamp from Jomo Kenyatta International Airport, Nairobi. CIVS will arrange accommodation before and after the workcamp in a host family in the Buruburu area of Nairobi.

## **ACCOMMODATION AND SITES OF INTEREST**

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Accommodation will be at the project in this workcamp and it is important that you have your own sleeping bag and mat. During the workcamp, volunteers will get food from locally available foodstuffs and the volunteers will share the responsibility of preparing the food.

Sites of interest are the neighboring Mfangano Island and the Rhuma National Park.

## **CAMP FEES**

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Volunteers participating in this project will be required to pay 265 Euros. This cost will include:

- Airport pick up upon arrival & Airport drop off after the workcamp
- Up to 3 nights' accommodation in Nairobi
- Introduction to Kenyan life through a Nairobi City Center Tour before the workcamp
- Workcamp Orientation at the CIVS office in Nairobi or the workcamp site
- Food (breakfast, lunch, dinner)
- Workcamp facilitation and mentoring of volunteers by an experienced workcamp leader
- Certificate of participation for the volunteer
- All administrative costs

## SAFARI OPTION

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CIVS organizes safaris to all the spectacular National Parks and touristic sites in Kenya, with the main attraction being Masai Mara Game Reserve. Volunteers who wish to go on a safari should apply at least two weeks before arrival to enable us to make proper arrangements. The fee charged is all-inclusive of meals, transport, park entry, accommodation and tour guiding.

**Safari dates:** 05<sup>th</sup> – 07<sup>th</sup> July 2017

**Charges:** 3-day Safari to Masai Mara National Park, 330 Euro

## WHAT TO CARRY

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Volunteers are required to carry the following items for the workcamp: mosquito net, torch/flashlight, toiletries, first-aid kit, sleeping bag, sandals and sunscreen. In addition to those, volunteers can also carry the following items for interaction purposes: pictures of your country, clothes, toys, books, pens, etc.



**WORKCAMP SUMMARY**

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<b>Project Name:</b>	Community Development Self-Help Group
<b>Project Location:</b>	Busia County of Kenya
<b>Orientation date:</b>	15 <sup>th</sup> July 2017 from 10:00 am
<b>Start and End dates:</b>	16 <sup>th</sup> July – 04 <sup>th</sup> August 2017
<b>Safari dates:</b>	12 <sup>th</sup> July – 14 <sup>th</sup> July 2017
<b>Theme:</b>	Supporting the physically challenged children
<b>No. of Volunteers:</b>	10 - 20

**PROJECT PROFILE**

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The German foundation for world population trained some community health members, VCT Counselors, mobilizing forces in the community, home-based caregivers and educators among others on HIV/AIDS prevention through a community-based organization. During the project period, while the trained members were visiting the community, they realized that there was a big health problem in the community. Apart from HIV/AIDS as the main problem, there were more health issues such as an increased number of orphans/vulnerable children and jiggers menace because of parents' death from HIV/AIDS. Most orphans whose parents had died from HIV/AIDS were infected by jiggers, this was a result of poor guardian care. In general, these children lacked basic needs such as health care, shelter, education and clothing among others.

Having realized that there were all of these problems within the community, a few trained local volunteers from Butula decided 2014 to establish a group, which could address the above mentioned health issues. The group was then referred to as Community Development Self-Help Group (CDG), operating within Butula Sub County with its main office at Shibale Market within Marachi central Ward, focusing on Health and community development.

**WORKCAMP ACTIVITIES**

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- Making bricks
- Repairing houses of elderly people
- Establishing of tree nursery

## **ARRIVAL AT THE AIRPORT**

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We will pick up all volunteers taking part in this workcamp from Jomo Kenyatta International Airport, Nairobi. CIVS will arrange accommodation before and after the workcamp in a host family in the Buruburu area of Nairobi.

## **ACCOMMODATION & SITES OF INTEREST**

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Accommodation will be at the project in this workcamp and it is important that you have your own sleeping bag and mat. During the workcamp, volunteers will get food from locally available foodstuffs and the volunteers will share the responsibility of preparing the food.

## **CAMPFEES**

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Volunteers participating in this project will be required to pay 265 Euros. This cost will include:

- Airport pick up upon arrival & Airport drop off after the workcamp
- Up to 3 nights' accommodation in Nairobi
- Introduction to Kenyan life through a Nairobi City Center Tour before the workcamp
- Workcamp Orientation at the CIVS office in Nairobi or the workcamp site
- Food (breakfast, lunch, dinner)
- Workcamp facilitation and mentoring of volunteers by an experienced workcamp leader
- Certificate of participation for the volunteer
- All administrative costs

## **SAFARI OPTION**

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CIVS organizes safaris to all the spectacular National Parks and touristic sites in Kenya, with the main attraction being Masai Mara Game Reserve. Volunteers who wish to go on a safari should apply at least two weeks before arrival to enable us to make proper arrangements. The fee charged is all-inclusive of meals, transport, park entry, accommodation and tour guiding.

**Safari dates:** 12<sup>th</sup> July – 14<sup>th</sup> July 2017

**Charges:** 3-day Safari to Masai Mara National Park, 330 Euro

## **WHAT TO CARRY**

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Volunteers are required to carry the following items for the workcamp: mosquito net, torch/flashlight, toiletries, first-aid kit, sleeping bag, sandals and sunscreen. In addition to

those, volunteers can also carry the following items for interaction purposes: pictures of your country, old clothes that are no longer in use, toys, books, pens, etc.

**WORKCAMP SUMMARY**

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<b>Project Name:</b>	Bishop Chabuga Foundation
<b>Project Location:</b>	Hamisi District, Vihiga County of Kenya
<b>Orientation date:</b>	05 <sup>th</sup> August 2017 from 10:00 am
<b>Start and End dates:</b>	06 <sup>th</sup> August – 25 <sup>th</sup> August 2017
<b>Safari dates:</b>	02 <sup>nd</sup> August – 04 <sup>th</sup> August 2017
<b>Theme:</b>	Youth and Community empowerment
<b>No. of Volunteers:</b>	10 - 20

**PROJECT PROFILE**

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The Bishop Chabuga Foundation is a local organization that was founded by the African Divine Church in 2015. Its major objective is reaching out to community members and empowering the youth and marginalized community through provision of basic needs like education, health care, HIV/AIDS campaign awareness and offering vocational training to the youth living around the community.

The organization manages a Primary School operating from grade one to eight. The school enrolls pupils who come from the surrounding local community and are from poor backgrounds. The institution also has a feeding program where the pupils can get their meals in order to focus on their education. It also has a vocational training centre that is used to train youths. It offers tailoring and carpentry, which aids them to acquire skills which will help them to better their lives and thus to become better persons in the community.

Additionally, there is a dispensary where the local community members get access to health care. They also have a Voluntary Counseling Centre where they do counseling and testing of HIV, thus increasing the awareness of the youth and the community about the disease and teaching them to beware of the pandemic disease.

## **WORKCAMP ACTIVITIES**

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- Farm work which involves weeding, digging and planting of maize, beans and vegetables
- Sensitization awareness on HIV/AIDS
- Exchange programs i.e. debates in school
- Assisting with the work in the hospital
- Teaching Mathematics, English, Science, Social studies subjects
- Engaging in sports activities as well as playing with the children

## **ARRIVAL AT THE AIRPORT**

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We will pick up all volunteers taking part in this workcamp from Jomo Kenyatta International Airport, Nairobi. CIVS will arrange accommodation before and after the workcamp in a host family in the Buruburu area of Nairobi.

## **ACCOMMODATION AND SITES OF INTEREST**

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Accommodation will be at the project in this workcamp and it is important that you have your own sleeping bag and mat. During the workcamp, volunteers will get food from locally available foodstuffs and the volunteers will share the responsibility of preparing the food.

In this workcamp, volunteers can visit Kakamega rain forest and Lake Victoria in Kisumu City, which are about a 1:30hr drive respectively from the project.

## **CAMP FEES**

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Volunteers participating in this project will be required to pay 265 Euros. This cost will include:

- Airport pick up upon arrival & Airport drop off after the workcamp
- Up to 3 nights' accommodation in Nairobi
- Introduction to Kenyan life through a Nairobi City Center Tour before the workcamp
- Workcamp Orientation at the CIVS office in Nairobi or the workcamp site
- Food (breakfast, lunch, dinner)
- Workcamp facilitation and mentoring of volunteers by an experienced workcamp leader
- Certificate of participation for the volunteer
- All administrative costs

## **SAFARI OPTION**

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CIVS organizes safaris to all the spectacular National Parks and touristic sites in Kenya, with the main attraction being Masai Mara Game Reserve. Volunteers who wish to go on a safari should apply at least two weeks before arrival to enable us to make proper arrangements. The fee charged is all-inclusive of meals, transport, park entry, accommodation and tour guiding.

**Safari dates:** 02<sup>nd</sup> – 04<sup>th</sup> August 2017

**Charges:** 3-day Safari to Masai Mara National Park, 330 Euro

## **WHAT TO CARRY**

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Volunteers are required to carry the following items for the workcamp: mosquito net, torch/flashlight, toiletries, first-aid kit, sleeping bag, sandals and sunscreen. In addition to those, volunteers can also carry the following items for interaction purposes: pictures of your country, clothes, toys, books, pens, etc.

## CIVS/STV-08:02/2017 –WORKCAMP BETWEEN UVIKIUTA-TANZANIA AND CIVS KENYA

### BACKGROUND

Are you interested in making a difference through workcamps in two different countries? If yes the CIVS Kenya and UVIKIUTA-Tanzania is the right address for you. We enable you to help the needy in a meaningful and sustainable way, while acquiring important life skills as you travel through Tanzania and Kenya, the most popular countries in Eastern Africa!

You can join our **4-week Workcamps** and we are very much looking forward to make your stay in **Project description:** This project will be co-hosted by two organisations in East Africa; Tanzania and Kenya an unforgettable experience!

UVIKIUTA in **Tanzania** and CIVS in **Kenya** under the theme “Sustainable community development”. The first two weeks of the program will be spent in Tanzania and the second half in Kenya.

### WORKCAMPS SUMMARY

#### Phase one in Tanzania from 31<sup>st</sup> July to 13<sup>th</sup> August 2017:

Project Name:	School Project in Dodoma
Project Location:	Dodoma
Theme:	Sustainable community development
No. of Volunteers:	10-20

#### Phase Two in Kenya from 14<sup>th</sup> August to 27<sup>th</sup> August 2017:

Project Name:	Marianne Centre
Project Location:	Kamirithu village, Limuru County of Kenya
Theme:	Sustainable community development
No. of Volunteers:	10 – 20

### PROJECT PROFILE IN TANZANIA

This project aims to contribute to the empowerment of young women and women through improved educational facilities. Poor education facilities including the learning environment has been one of the factors contributing to poor performance hence hinder the possibility of managing development challenges like unequal rights, a lack of awareness of rights, low literacy rates, dependency, limited access to education and opportunities to earn a living, and poverty.

Participants' time, skills, and ideas are expected to help in building solidarity and support for young women and men of in their pursuit of healthy and sustainable livelihoods.

**Project Activities:** In Tanzania participants of this project will be involved in renovation of school buildings and painting. In supporting the greening school campaign volunteers will participate in providing garbage separation facilities and composting. Depending on the weather; volunteers will also plant trees and beautification activities in the schools.

**Accommodation:** In Tanzania participants will be accommodated at the students' hostel in the community. Clean water and electricity will be available, however electricity is not reliable.

**Location:** Participants of this project are privileged to be at heart of most famous cultural, natural and attractions countries in Africa. In Tanzania the project location will be hosted in Dodoma Municipality (Newly declared capital of Tanzania in the central part).

**Free time activities:** The project is organised by providing opportunity for participants to utilise their free time by enjoying what the region offers in terms of cultural and natural attractions. In Tanzania we will have possibilities to see wild animals at Ngorongoro crater & Lake Manyara National Park as well cultural tourism in Masai communities and Kondoia Irangi.

**Terminal:** Participants of this project will be picked up at Julius Nyerere International Airport (Dar es Salaam) or any of the Bus Stations or Railway stations in Dar es Salaam.

**Extra Fee:** Participation fee of €200 or equivalent Tanzanian to be paid on arrival day. Participation fee does not cover the cost of medical/health services, cost of relevant Visas or permits, airport drop off on departure date, pocket money, free/leisure activities and other personal expenses. However; participation fee does cover the cost of airport pickups on arrival, local transport to the project (One way) after arriving in the host country, orientation on arrival, food and accommodation during the program and general running cost of the project.

## **PROJECT PROFILE IN KENYA**

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People with mental disabilities in Kenya (approximately 2.9 million) face special challenges in their lives. Many Kenyans still associate people who have mental disabilities with witchcraft, and little has been done to combat this stigmatization. Most people with mental disability have a mild to moderate mental retardation. However, they can learn and are capable of developing skills throughout their lives. They have a wide range of talents, which can possibly be discovered at any moment in their childhood. The major shortcomings of the current educational system for (young) adults with mental disabilities is that they are too old to be enrolled in a primary school, but mentally incapable of attending a normal secondary school. Because of that, the Marianne Center, started in the year 2010, focuses on people with mild to



moderate mental disabilities, varying from Down Syndrome to Autism, from the age of 16 to 35 years. The training center for this group has given them and their parents hope for a better future. Currently, the center has 38 students. The students are divided into classes according to their abilities. The (young) adults are trained in basic life skills, vocational and income generating activities. At the end of the training, their capabilities are assessed and efforts are made for them to be attached to an employer where they get the possibility to perform basic tasks.

The idea of this project is to make a difference in the life of young adults with special needs and disabilities, by making them self-reliant and by easing their integration into mainstream life without fear of stigmatization.

### **WORKCAMP ACTIVITIES**

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- Thorough cleaning of the entire centre so that when school reopens then students find it well cleaned
- Land scaping including planting of trees and flowers
- Farm work which includes working in the greenhouse and open field

### **ARRIVAL AND DEPARTURE**

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Volunteers taking part in this project will first arrive in Tanzania Julius Nyerere International Airport (Dar es Salaam) or any of the Bus Stations or Railway stations in Dar es Salaam and join workcamp in Dodoma between 31<sup>st</sup> July and 13<sup>th</sup> August 2017.

All volunteers will then travel by road to Kenya through the Namanga border. We will pick up the volunteers at Nairobi city Centre Bus station. CIVS will arrange accommodation before and after the workcamp in a host family in the Buruburu area of Nairobi.

### **ACCOMMODATION AND SITES OF INTEREST**

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Accommodation will be at the project in this workcamp and it is important that you have your own sleeping bag and mat. There will be separate rooms for male and female volunteers. During the workcamp, volunteers will get food from locally available foodstuffs and the volunteers will share the responsibility of preparing the food.

Volunteers in this workcamp can visit Hell Gate, which is about 2hours from the workcamp to location in addition to joining Maasai Mara National park

### **CAMP FEES**

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Volunteers participating in this project will be required to pay 200 euros. This cost will include:

- Airport pick up upon arrival & Airport drop off after the workcamp
- Up to 2 nights' accommodation in Nairobi
- Introduction to Kenyan life through a Nairobi City Center Tour before the workcamp
- Workcamp Orientation at the CIVS office in Nairobi or the workcamp site
- Food (breakfast, lunch, dinner)
- Workcamp facilitation and mentoring of volunteers by an experienced workcamp leader
- Certificate of participation for the volunteer
- All administrative costs

## CONTACTS FOR HOSTING ORGANISATIONS

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### 1. UVIKIUTA Center-Tanzania

**Contact person:** Ben Mongo

**E mail:** uvikiuta@rocketmail.com

### 2. CIVS Community Service- Kenya

**Contact person:** Jasper Malome

**E mail:** info@civskkenya.com

**Website:** [www.civskkenya.com](http://www.civskkenya.com)

**Telephone:** +254 722-210968, +254 712-354600

## WHAT TO CARRY

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Volunteers are required to carry the following items for the workcamp: mosquito net, torch/flashlight, toiletries, first-aid kit, sleeping bag, sandals and sunscreen. In addition to those, volunteers can also carry the following items for interaction purposes: pictures of your country, clothes, toys, books, pens, etc.

**WORKCAMP SUMMARY**

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<b>Project Name:</b>	Tumaini Nutritious Self Help Group
<b>Project Location:</b>	Mumias, Kholera Location, Kakamega County of Kenya
<b>Orientation date:</b>	09 <sup>th</sup> September 2017 from 10:00 am
<b>Start and End dates:</b>	10 <sup>th</sup> September - 29 <sup>th</sup> September 2017
<b>Safari dates:</b>	06 <sup>th</sup> September – 08 <sup>th</sup> September 2017
<b>Theme:</b>	Sustainable development
<b>No. of Volunteers:</b>	5 - 15

**PROJECT PROFILE**

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Tumaini Nutritious Self Help Group seeks to provide room for better health education for the local community with the goal of enhancing the health of society through nutrition and environmental conservation. They do this through production of organic family food in order to reduce malnutrition cases among children from disadvantaged backgrounds. Through the production of the organic food, the group members are able to improve their farming technique, which in turn promotes the income generating activities of the community at large thus boosting food security and discouraging deforestation. The group members are also engaged in environmental conservation, as they plant trees and use the organic manure in farming.

**NATURE OF WORK**

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- Farm work which includes horticultural farming, weeding, planting in tree nurseries, clearing of bushes and digging
- Making of bricks which will be used to construct the storage room for farm products
- Making organic manure and biochar which is porous charcoal used in agriculture to help the soil retain its nutrients and water
- Participation in exchange programs in schools: teaching of how to make products from compost manure
- Kiswahili lessons and debate lessons in local schools

## **ARRIVAL AT THE AIRPORT**

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We will pick up all volunteers taking part in this workcamp from Jomo Kenyatta International Airport, Nairobi. CIVS will arrange accommodation before and after the workcamp in a host family in the Buruburu area of Nairobi.

## **ACCOMMODATION AND SITES OF INTEREST**

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Accommodation during the workcamp will be in the project and it is important that you have your own sleeping bag and mat. During the workcamp, volunteers will get food from locally available foodstuffs. The volunteers will share the responsibility of preparing the food themselves. In this workcamp, volunteers can visit Lake Victoria at Kisumu City and the Kakamega Rainforest.

## **CAMP FEES**

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Volunteers participating in this project will be required to pay 265 Euros. This cost will include:

- Airport pick up upon arrival & Airport drop off after the workcamp
- Up to 3 nights' accommodation in Nairobi
- Introduction to Kenyan life through a Nairobi City Center Tour before the workcamp
- Workcamp Orientation at the CIVS office in Nairobi or the workcamp site
- Food (breakfast, lunch, dinner)
- Workcamp facilitation and mentoring of volunteers by an experienced workcamp leader
- Certificate of participation for the volunteer
- All administrative costs

## SAFARI OPTION

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CIVS organizes safaris to all the spectacular National Parks and touristic sites in Kenya, with the main attraction being Masai Mara Game Reserve. Volunteers who wish to go on a safari should apply at least two weeks before arrival to enable us to make proper arrangements. The fee charged is all-inclusive of meals, transport, park entry, accommodation and tour guiding.

**Safari dates:** 06<sup>th</sup> September – 08<sup>th</sup> September 2017

**Charges:** 3-day Safari to Masai Mara National Park, 330 Euro

## WHAT TO CARRY

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Volunteers are required to carry the following items for the workcamp: mosquito net, torch/flashlight, toiletries, first-aid kit, sleeping bag, sandals and sunscreen. In addition to those, volunteers can also carry the following items for interactions purposes: pictures of your country, old clothes that are no longer in use, toys, books, pens, etc.

