

## KENYA WATERRELIEF PROJECT

- Give hundreds of people access to a life-long supply of clean water
- Experience life amongst traditional rural communities in Kenya
- Gain experience in overseas development work
- Option to climb Kilimanjaro, the world's highest free-standing mountain

In Kenya rising populations and the grip of the latest vicious droughts have left many communities facing a desperate water shortage. Over 42% of the population in sub-Saharan Africa has no access to safe water and children often pay the highest price. Every day, a large number of children miss school because of diarrhoeal diseases or simply because they have to spend hours walking to collect the daily supply of water needed to support their families. This is where Quest Overseas volunteers can provide significant support and funds to provide safe water sources in the form of Sand Dams

Construct small-scale sand dams and water tanks with the local Akamba people. Our WaterRelief Project is in the dry, central rural Makueni district. You will work closely with the local community to build sand-dams to aid the collection and supply of water. This project offers you the chance to make a very real and practical difference to the lives of the poor and developing communities of this Eastern Province of Kenya. It certainly will be hard work and sometimes extremely physically challenging, but without doubt you will experience the most rewarding and enjoyable summer. Five weeks you won't forget for a lifetime.

Take on the ultimate challenge and climb the highest mountain in Africa. You will have two weekend treks to prepare for the climb while working on the project. The climb will take 6 days and will be lead by highly experienced guides through varied terrain to summit at 5895m on Kilimanjaro's snowy peak. The climb will push you to your limits but you will be rewarded with an awe inspiring view from 'the roof of Africa'! The perfect way to finish off your incredible time in Africa.

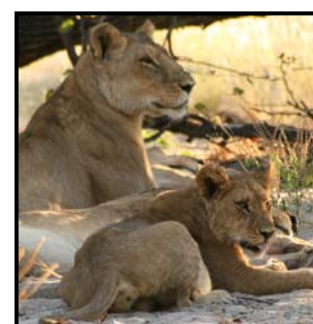
**Activities:** Community development work in rural African village, water projects, sand-dam building, tree nurseries, environmental education in schools, community development work, 4x4 safari, home stay, Nairobi.

**Team size:** 8-16 people

**Duration:** 5 weeks, including weekend activities

**Departs:** early July

**Cost:** Project Only: £1,450 cost to Quest Overseas + £550 project donation  
Project + Kilimanjaro: £2,695 cost to Quest Overseas + £550 project donation  
*Includes all accommodation, food, activities, personal travel insurance, in-country travel, local tipping, airport transfers, two Quest leaders.*  
*Excludes international flights.*



## What to Expect:

Work includes rural construction- cement mixing, carrying rocks and sand, digging, carrying water. You may also get involved in tree planting, terracing and informal environmental education with local children and community members.

### Project Work, Day to Day Itinerary:

06:00 Wake up and breakfast.  
07:00 Leave for worksite.  
08:00 Start Work.  
11:00 Morning tea break, chai (African tea) with mandazi (doughnut) or a chapatti (pancake).  
13:00 Lunch break. Taken on site.  
14:00 Back to work.  
16:30 Finish work, wash tools, clean up and return to volunteer accommodation.  
18:30 Evening meal prepared by volunteers.  
20:00 Evening relaxing, playing cards etc then early to bed.

### The Sand Dam Project:

Sand dams are built across dry stream beds in order to force water underground when it rains. Over time, water deposits sand behind the dams, which in turn stores a lot of water and prevents it from evaporating. Local people draw this water from shallow wells and plant crops nearby, which flourish due to the plentiful groundwater. They terrace the soil beside the sand dams and plant grass and trees to retain more moisture in the area. The families in the area spend weeks prior to the start of the project collecting all the sand, stones and water required for the dam construction.

The building of the sand dams requires a huge amount of labour and man-power, the majority of which is provided by men, women and children from the local villages who are prepared to donate their time and effort for free because they can see the long term benefit of the new dams and nurseries. However, the women also cook and clean for their families and the children should be in school. This is where Quest volunteers are needed to lend a hand.

The work is hard but the atmosphere is like a carnival and punctuated with much singing and laughter as the building takes shape. There are plenty of tea breaks and a big lunch is cooked for the whole team to keep energy levels high.

The work that Excellent Development has achieved over the years has been exceptional but more dams can still be provided. By combining forces, we can support this worthwhile project with an extra injection of manpower, enthusiasm and much-needed funds.

Working with local children is an important aspect of this project as well and we run informal education days in the local schools, usually finishing with a game of football (which we usually get beaten at!)

### Food & drink:

You will be eating food that you and your team will cook such as a rice or potato based dishes with vegetable stew and/or sausages/chicken with salad.

### Kilimanjaro Climb:

2 short treks while on the project will help to prepare you for the climb. The climb itself will take 6 days, summing on the morning of

the 5<sup>th</sup> day and then 2 days to complete the climb back down. Quest chose an intrepid route which is stunningly beautiful - the climb is steep but the ascent taken very slowly. You will be camping while on the climb and the team will be assisted with a number of guides and porters. Although the climb is not technical and no rope work is needed, the combination of freezing temperatures (-20°C and below) and rapidly increasing altitude makes this a hard climb.

### Accommodation:

Accommodation is in Mtito Andei, a town midway between Nairobi and Mombasa. You will share a room with the rest of your team. Basic but comfortable, with beds and basic toilet facilities.

### Weather:

The dry season in Africa lasts from April to September. Most of the time the weather will be cool and dry, around 15-20 degrees, but towards the end of the Project it will get gradually hotter.

### Weekend Activities:

You will get to relax with the community you are living in, and experience normal Kenyan rural life with a home stay, subject to community approval. At the end of the time you will have a fantastic 2-day safari through a nearby national park or visit the beach.

### Pre-departure Preparation:

Quest provides Pre-Departure Training in the UK for all team members. This is in addition to the in-country Orientation Days you will receive when you arrive in Africa. Our UK Pre-Departure Training covers Responsible Travel, Cultural Awareness, Health & Hygiene, Risk Assessment, Teamwork and Onward Travel. It also provides you with the opportunity to meet the rest of your team and your leaders before going overseas.

### Fitness:

You will be working long days and using muscles that you never knew existed. It is important to have a good level of fitness to begin with so that you can acclimatise to both the work and hot temperatures faster. For the Kilimanjaro trek it is absolutely vital that you prepare with some long hill walks in the UK.

### How much does it cost, and where does my money go?

Project: £1250  
60% - payment for your trip, this is what gets spent overseas during your trip.  
25% - staff, both UK and overseas.  
15% - office costs, project and expedition research, boring admin.

Donation: £550  
This goes straight to Excellent Development and every penny gets spent overseas.

### Cultural Awareness:

Responsible Travel is an ethos that should be at the heart of all travel. For all of us at Quest Overseas it is about making a tangible 'positive impact' on both man and the environment with everything that we and our volunteers do. We ensure that we make a positive impact on communities and environments that we are lucky enough to visit. Quest was highly commended in the 2008 Responsible Tourism Awards sponsored by Virgin.



## Quest Overseas

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