

# KENYA



BOOSTING COMMUNITY-BASED TOURISM  
AND YOUTH WORK FOR GLOBAL  
SUSTAINABLE DEVELOPMENT



# 1 month d u r a t i o n



BOOSTING COMMUNITY-BASED TOURISM  
AND YOUTH WORK FOR GLOBAL  
SUSTAINABLE DEVELOPMENT



## LOCATION

Kisumu

### THEME OF YOUR CBT VOLUNTEERING EXPERIENCE

Leadership and advocacy skills program for teenagers, women empowerment



## CONTEXT

Teenage and Adolescent girls within the fishing villages of Lake Victoria continue to be susceptible to traditional malpractices and socio-economic exploitation resulting into early pregnancies, marriages, sexually transmitted diseases and lack of young women in local leadership roles. This is characterized by low self-esteem and lack of local leadership and mentorship programs to address this gap.

Our proposed project will seek to establish adolescent Clubs where teenage boys and girls will go through training and mentorship sessions on Leadership and Advocacy using our already established curriculum with partners. The training components include: communication, self-esteem and confidence building, sexual health, advocacy and financial literacy among others.

The Lake Victoria wetland and Island villages are often marginalized from mainstream services with fishing accounting as a major economic activity. High school dropouts top the list in these areas with girls being the majority due to early pregnancies and traditional practices known as 'sex for fish', namely sexual exploitation in exchange for cash offers or fish for income generation. This results into high prevalence of sexually related illnesses, teenage pregnancies, early marriages and low self-esteem among teenage girls thus leading to a generation of women who are not leaders in these communities and irresponsible and absentee fathers.



## PURPOSE OF YOUR CBT VOLUNTEERING PROJECT:

You will be working with teenage and adolescent boys and girls from the fishing communities of Lake Victoria, mainly earmarked beaches and informal settlements. You will take part in the planning and preparation and realization of training programs and mentoring activities on reproductive health and family planning, contributing to the psychosexual education of teenage boys and girls in order to prevent early pregnancies, school dropouts or early marriages.

## ACTIVITIES YOU CAN BE ENGAGED IN - BASED ON YOUR INTERESTS AND SKILLS:

Depending on your individual interests and skills, and on the needs of the local staff, your daily activities will involve, but are not limited to:

- Planning and preparations of the training and awareness materials for the adolescence programs, developing props for games while training, including active participation conducting the trainings, mentorship and coaching sessions.
- Teaching the teenagers about reproductive health and family planning (menstruation, pregnancy, sexually transmitted diseases and personal hygiene)
- Teaching vocational skills, like cooking, hairdressing or tailoring alongside experienced tutors. This



ensures that they have the skills to find legitimate jobs.

- Educating on personal hygiene, and safety rules and precautions
- Assisting in reporting and communication activities through our social media platforms, blogs, or other possible means
- Maintaining and updating database of teenagers participating in the activities, preparing evaluations and documentations
- Organizing and leading extracurricular activities such as games, sports, art, music, dancing, storytelling, drama lessons, etc.
- Assisting the local staff with administrative duties, promoting fundraising activities, and helping to plan events and excursions for the children.

## INTERCULTURAL EXPERIENCE YOU WILL BE PART OF:

- Learning local stories and history of villages and sites.
- Experience in learning local recipes and eating local dishes.
- Meeting new people and making friends
- Learning and experiencing local cultures, customs and way of life





## FACULTATIVE TRIPS YOU CAN CHOOSE FROM:

- Lake excursions, Dunga Beach, Sunset watch
- Bird watching
- Kit Mikayi
- A visit to the Kisumu Museum
- Simbi Nyaima
- Ndanu falls
- Lake Nakuru
- Hell's Gate Park
- Masai Mara Safari.
- Amboseli

## YOU WILL BE HOSTED AT:

You will be accommodated in **home stays** with local families in quality accommodation, running water, electricity and comfortable rooms for your stay. It will be exciting to stay with a host family, from who you have the opportunity to learn about the Kenyan way of life, meet and get to know local people, enjoy typical home-made local food, learn to speak the local language and engage in local customs and traditions. You will not share your bedroom with anyone except in cases you are jointly

staying with another volunteer. Living rooms are usually shared.

You can also choose to stay in a hotel and personally pay for accommodation and food charges (best for group volunteers). RHD can help you get a good local hotel with good security, hospitality on a reasonable price.

