



TEACH
A MAN TO FISH
Education that pays for itself

Ondati Girls Secondary School Volunteer Handbook



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Introduction

Ondati Girls Secondary School

Ondati Girl's Secondary School is found in the Lake Victoria region of Western Kenya. The school was set up early in 2009 to provide girls in one of the poorest regions of Kenya with a high quality education. With the help of Teach a Man to Fish it is working to become 100% financial self-sufficient, through running its own businesses. The businesses in the school include bees, dairy, pineapples, nursery trees and a solar business for mobile phone charging. The girls are taught the Kenyan National Curriculum, as well as giving extra technical training in business and agriculture. They will leave the school as educated, entrepreneurial young women. There are currently almost 100 students at the school, with nearly half of these boarding. There is a high demand for the school in the area and it is constantly under pressure to take new girls.



Volunteers will be welcomed and highly valued at the school. There is a lot of work needed in helping the school become financially self-sufficient and to ensure that it is able to continue to provide girls in the area with such a valuable education.

This handbook provides the all the important information you will need to prepare you for your stay in Ondati. Please do not hesitate to contact Lindsey, the Teach A Man To Fish Volunteer Co-ordinator with any questions on what you will need to prepare for your stay at Ondati at Lindsey@teachamantofish.org.uk

Volunteer Programme

Volunteer Opportunities

Below are listed some key areas that Ondati School would really value your support in. Some of these roles require specific experience, whilst some just require enthusiasm and commitment to the work of Teach A Man to Fish. This is not an exhaustive list and if you have any specific skills or an area you would like to work in that you feel would be appreciated at the school please do not hesitate to suggest it to us.



Education

- **General Tuition:** Provide extra support and tuition before and after classes and at weekends for the girls.

The Kenyan Curriculum is packed and it is a struggle for some girls to keep up with its fast pace. Many girls stay at school in the evenings and at weekends to revise work. As a volunteer you would be available to support them during this time.

- **English:** Provide the girls with extra English classes.

Ondati would welcome a volunteer who has TEFL qualifications to provide the girls with English lessons to supplement the English classes they receive as part of the National Curriculum. This is something that could be extended to local community members, some of whom speak very little English.

- **Business and Agriculture:** Provide support and expertise in Business Studies and Agriculture classes.

At Ondati School all girls take classes in Business Studies and Agriculture. However, the staff find it difficult to integrate the school's businesses into these classes. As a volunteer you would work with the staff and the National Curriculum to find ways to make sure that the girls receive more practical training from these classes, getting the girls outside and looking at the school's businesses as case studies.



- **Art:** Broaden the girls' education

The girls currently do not receive any creative education. An artistic volunteer that could set up an after school Arts Club for students would be welcomed. Perhaps they could even teach the girls to make crafts that could be sold and add to the schools' businesses.

- **Health:** Set up a health programme, educating girls in areas that include hygiene, nutrition and sexual and reproductive health.

With high HIV rates in Ondati giving the girls a health education is very important. There is an opportunity for a volunteer to set up and run a health education programme within the school and expand this to the local community, if possible.

- **Environment:** Set up an environmental education programme

A volunteer would be valued who can educate the girls about the environmental problems that face the world today and help them realise the positive and negative impacts that the Ondati businesses have on the environment. The volunteer would also work with the girls to improve the environmental footprint of businesses.

- **I.T.:** Provide basic IT training.

A volunteer with a good knowledge of Microsoft Word and Excel to provide basic training for staff and students is required at Ondati. This will enable staff to have an electronic accounting system and also save a lot of time and money when it comes to writing materials for the school, such as the termly exam papers.



Business

- **Market Research:** Conduct market research to help identify new means of selling school produce and new potential businesses for the school.
- **Marketing Campaigns:** Help design and implement marketing campaigns for the businesses to increase the catchment for Ondati Businesses.
- **Sales advice:** Introduce sales strategies for the school produce.
- **Specialist business advice:** Give specialist advice on current businesses and how to increase profit and productivity and also advice on potential new businesses. For example an IT specialist would be welcomed who can help set up a computer services business at Ondati school and provide computer training for the staff and students.

Agriculture and environment

- **Practical support:** Participate in practical lessons with students, helping look after the tree nursery, weed and tend to the crops and milk the cows.
- **Specialist expertise:** Provide specialist expertise appropriate to one or more of the school's businesses, for example in dairy farming or in honey production.
- **Environmental sustainability:** Provide advice on more environmentally sustainable practices within the school's businesses. For example, ways to reduce using pesticide in the tree nursery.

Community

- **Community education programmes:** Plan and run a series of informative workshops for the Ondati community.



There are opportunities for volunteers to run workshops within the community covering topics such as public health, environmental degradation, the importance of education or simply informing the community about the work of Teach a Man to Fish and how Ondati Girls' Secondary School is run.

Other

- **Accounting:** provide training for staff and advice on improvements on the current accounting system.
- **Communications:** help produce communications material for Ondati School.

Volunteers with great photography skills, who can produce videos or with design skills to produce marketing materials for the school would be greatly appreciated in Ondati

- **Human Resources:** help with recruitment procedures and staff training at the school.

There are many opportunities for help from a volunteer with interest and experience in HR. These range from improving the school's recruitment procedures and re-writing staff contracts to staff training (for example in team work and leadership) and job descriptions.

- **Administration and organisation:** suggest and implement measures to improve the administration and organisation of the academic and business sides of the school.
- **Events and fundraising:** help organise school fundraising events.

The school still has limited facilities and still has a lot of building work to carry out, including a new classroom and dormitory for the boarders. In order to achieve this community fundraising events need to be carried out. Volunteers are needed to help coordinate and promote these events.

How to apply for the programme

If you are interested in the programme please send your CV and a covering letter, explaining the areas you would like to volunteer in, your reasons for wanting to volunteer at Ondati, the skills you

have to share with us and the length of time you can volunteer for, to Lindsey Crouch

Lindsey@teachamantofish.org.uk

Support during the programme

Upon arrival you will have an introductory meeting with a designated member of staff who will explain about the school and discuss in more detail which areas or activities you will be providing assistance with. You will also be introduced to the rest of the staff, the students, be given a tour of the Ondati school site.

We value volunteers that are independent and proactive but will give you all the support you need during your time volunteering with us. It is important that you always voice the concerns we have so that we make your experience as rewarding as possible.

Working hours

Working hours will vary depending on the work you carry out in Ondati. The school runs between 8 a.m. and 5.30 p.m., but there are always girls on site and there is business work and even some classes that take place at weekends and out of school hours. It is dark between 7 p.m. and 6 a.m. so you can be guaranteed to have this time off given there is no electricity for lighting!

Requirements

Language: there are no language requirements, but knowledge of Kiswahili (or even Luo!) is an advantage, especially if you are working with the community. Everyone in the school speaks English.

Minimum Age: 18

Minimum length of stay: 2 weeks

Specifics: For some volunteer programmes (e.g. accounting) you will need to demonstrate that you have the relevant experience.

Cost of Programme

What is included in the price?

- Accommodation in the volunteer house.
- Three meals per day: lunch with the school and breakfast and dinner in the volunteer house.
- Transport from Kisumu to Ondati at the beginning and end of your stay.
- Programme administration.

All revenues generated by the project go towards covering the operational expenses of the school and raising its financial self-sufficiency.

What is NOT included in the price?

- Flights and visa.
- Transport to Kisumu.
- Local and national independent travel.
- Extra or independent activities not included in the programme.

Price and Payment

- GBP £100 for each week you spend in Ondati and an additional £45 for transport costs to and from Ondati at the beginning and end of your stay for stays of less than one month
- GBP £400 per month and an additional £45 for transport costs to and from Ondati at the beginning and end of your stay for the first three months
- GBP £300 for each month thereafter

We kindly ask that volunteers make a 25% deposit for the full duration of their stay via bank transfer, and make payment for the full amount at least 14 days before arrival.

Living at Ondati Secondary School

Accommodation

As a volunteer at Ondati you will share a house on the school campus with TAMTF Project Officers. The school is buzzing on school days and at weekends, with boarding students and some of the teachers and their families living on site. During your time living at Ondati School you will get to know the welcoming staff and students very well and make some great friends.



Meals

You will be provided with three meals a day. Breakfast and dinner will be shared with the Project Officers in the house and at lunch you will eat with the school staff and students, a menu that consists of a variation of ugali, rice, beans, meat, tomato and sukuma wiki (a green vegetable). Please advise us if you have any dietary requirements.

Internet

Internet connection is limited in Ondati. The Teach A Man To Fish Project Officers have an internet dongle, which provides a weak internet connection. You will be able to use this for emergencies, but do not rely on it as on many days it does not work. For a better connection you can go to one of the nearby towns, such as Migori or Homa Bay, and Kisumu is full of internet cafes and even a hotel with wireless connection.

Mobile Phone

There is no landline connection in Ondati. If you bring your mobile phone with you from abroad make sure you unlock your phone so that you can use a Kenyan SIM card in it. You can buy a SIM card on arrival in Kenya at a cost of Ksh 100. If you do so make sure you get a SAFARICOM one, as this is the only network with good signal in Ondati.

Postal Services

The postal address for Ondati Girls Secondary School is:

Ondati Girls Secondary School,
PO BOX 126,
Ndhiwa,
Kenya

This post box is not regularly checked so if you would like to receive post while you are away please ask us and we will make sure someone goes to collect mail!

Electricity

Ondati does not have electricity. However, one of the school businesses is a solar panel for mobile phone charging. You will be able to charge mobile phones and other small electrical items easily. Larger items, such as laptops, can also usually be charged but sometimes there is not enough power for them. Kenya uses the 240V system, with square three-pin sockets as used in the UK.

Water

The house does not have running water, but there is a pump on the school campus where you can fetch a bucket of water from. The girls will always be eager to help you carry this.

Local transport

The roads are poor around Ondati and it is difficult for cars to reach the school, especially in the rainy seasons. Local markets where local produce can be purchased, such as Oria market, can be reached by foot. However, in order to reach the main roads and take public transport to nearby towns you have to take a motorbike out of Ondati. You will be given the contact details for safe and responsible motorbike drivers.

You can take motorbikes to Awendo or Ndhiwa, from where you can get a matatu (local bus) to locations such as Homa Bay, Migori and Kisumu. For longer distances it is best to travel from Kisumu by air or bus.

Health

It is advisable that you seek medical advice before travelling to Kenya to make sure you have necessary inoculations. Malaria is common in Ondati, so it is sensible to take anti-malarial tablets during your stay here and always sleep under a malarial net. You should take precautions during your stay to avoid sickness, for example drinking boiled or purified water. It is also recommended that you bring supplies of medication with you, such as oral rehydration sachets. Although there are medical centres close to Ondati they may not always be stocked in medicines and they can be difficult to reach, especially during the rainy season when the roads are poor.

Pala Health Centre is the nearest clinic to Ondati located around a 15 minute motorbike ride (or an hour and a half walking) where basic medical treatment can be received. St Monica's Rapogi Health Centre is around 30 minutes on a motorbike. Here they can test for malaria and typhoid and they keep a better supply of medicines. Homa Bay District Hospital is the nearest big government

hospital located around 1 and a half hours away. It is possible to get a private room here. Finally, there is the Aga Khan Hospital in Kisumu, which is a large hospital with modern facilities.

Please note that volunteers are responsible for organising their own medical insurance to cover their stay in the country. If you feel unwell at any point it is important that you let someone at the school know so that transport to a medical centre can be arranged.

Safety

Ondati is a generally a very safe area and the community will always be looking out for you. There are also two security guards that look after the school 24/7. The volunteer house is very secure and you will be able to padlock your valuables in your room (please bring your own padlock for this).

A little street sense will go a long way during your time in Kenya, especially in the larger cities such as Kisumu and Nairobi, where the crime rate is high. It is advisable to avoid carrying valuable items and leave these in a secure place in Ondati or in your hotel. Travelling at night should be avoided so if you arrive in Kenya late at night, please stay in a hotel and travel to Ondati the following day.

What there is to do at weekends



There is plenty to do in **Ondati** at weekends. There will always be people popping by for a chat and it is a great opportunity to spend quality time with girls in a more informal context. They love to play cards and if you have any other games you can bring with you to teach them they would really enjoy it. On Fridays there is a **market at Oria**, which is about an hours walk away. It is a great chance to get to see more of the surrounding area, meet many community members and see all the local produce for sale.

For a break from rural life, **Homa Bay** is the best option within easy reach. You can get there within 1.5 hours at a cost of Ksh 350. The town is on Lake Victoria and has a great hotel called 'Tourist Hotel', which, although a little expensive to stay in,

has a good selection of food and drink which you can enjoy in their grounds overlooking Lake Victoria and the surrounding hills. From Homa Bay it is just a short drive to **Ruma National Park**, where giraffe and antelope can be seen (entrance fee: US\$ 20).



Ondati is also within easy reach of the beautiful **Lake Victoria Islands** and **Kericho**, famous for its tea plantations. If you want to go a little further a field the **Masai Mara National Reserve** is found in Western Kenya and safaris can easily be arranged from **Kisumu**. This is not forgetting all the other

national parks, highlands, cities and the beautiful Kenyan coast that there is to explore if you have time!

How to get to Ondati Secondary School

International Transport

To get to Ondati it is easiest to fly to Nairobi, and from here make your way to Kisumu where you will be met. The International Airport is called Jomo Kenyatta International Airport. See the following websites to help you find the best deal for flights:

- www.flightcentre.co.uk
- www.ebookers.com
- www.statravel.co.uk
- www.expedia.com
- www.opodo.com
- www.cheapflights.com
- www.travelsupermarket.com
- www.statravel.com

Domestic Transport

To get to Kisumu from Nairobi, you can go by road or fly. Buses take about 5.5 hours. You can either get a matatu, which costs about Ksh 800, or travel with Easy Coach (+2542021792), which costs a little more but offers added comfort! You can also fly, which will cost about US\$70. Please see www.jetlink.co.ke and www.Fly540.com for flights to Kisumu.

Visas

Visas are \$25 and are valid for three months from the date of entry. They can be obtained on arrival into Kenya. Please check online for the latest information on this.

Hotels in Kisumu

If you arrive in Kisumu after lunch please stay in a hotel for the night and we will arrange to pick you up the following day. This is not included in the volunteer fees. Here is a list of hotels that we recommend:

Sooper Guest House: Probably the best budget option and it is close to all the necessary amenities. It has good security, hot showers and friendly staff, as well as a balcony to people watch from. (Tel: +254 725 281733)

The Duke of Breeze: This is a little more expensive but prices include breakfast and the hotel has a great restaurant and bar on the rooftop with wireless internet. Again, good security, hot showers and friendly staff! (www.thedukeofbreeze.com, tel.: +254 717 105444)

What to bring

Checklist

- Passports and other travel documents (including insurance)
- A first aid kit (including anti-malaria and other medication)

- A powerful torch (or 2!)
- Wellington boots
- Raincoat
- Insect repellent
- Mosquito Net (there is a spare one in Ondati you can use, but it isn't insecticide sprayed)
- Comfortable, casual and conservative clothes. You will need a warm jumper and long sleeves to protect you from insects for the evenings
- A sleeping bag/sheets
- Towel
- Sun protection (especially if on doxycycline for malaria!)
- Money for your spare time
- Laptop- depending on the length of time you will be staying and the type of work you would like to focus on whilst you are volunteering with us. If you do bring a laptop consider bringing a few DVDs for your spare time
- Padlock
- Books and other entertainment (e.g. travel games)
- Any equipment you will need for your work (e.g. art materials, stationary, video equipment, educational materials)
- A water filter (optional: the water in Ondati is safe to drink when boiled but it is rather brown so you may want a filter).

Information about Kenya

Land area	580,367 sq km
Border countries	Ethiopia, Somalia, Sudan, Tanzania, Uganda.
Highest point	Mount Kenya (5,199 m)
Population	41,070,934
Major cities	Nairobi (capital) 3.375 million; Mombasa 966,000
Life expectancy at birth	59.48 years
People living with HIV/AIDS	1.5 million
HIV/AIDS adult prevalence rate	6.3%
Ethnic group	Kikuyu 22%, Luhya 14%, Luo 13%, Kalenjin 12%, Kamba 11%, Kisii 6%, Meru 6%, other African 15%, non African 1%.
Relgions	Protestant 45%, Roman Catholic 33%, Muslim 10%, indigenous beliefs 10%, other 2%.
Languages	English, Kiswahili, numerous indigenous languages.
Literacy (total population)	85.1%
Chief of State	President Mwai Kibaki (since 2002), Vice President Stephen Kalonzo Musyoka (2008).
GDP	\$ 65.95 billion
Agriculture products	Tea, coffee, corn, wheat, sugarcane, fruit, vegetables, dairy, beef, pork, poultry, eggs
Internet users	3.996 million

Information about Ondati and the surrounding area

Location

Ondati is a remote village in the Ndhiwa District of Nyanza Province, Western Kenya (somewhere between Homa Bay and Awendo if you are looking on a map!)

Climate

The climate of Ondati is tropical humid. Average temperatures are between 25-28 °C, depending on the month. The rainy seasons are April/May and October/November. If you come during these times make sure you bring some wellies!

Language

The local language in Ondati is Luo. Kiswahili and English are widely spoken as these are the two languages used in schools. Within the school English is spoken fluently, but in order to communicate with the wider community you will be at an advantage if you can speak a bit of Luo or Kiswahili.

A few Luo phrases....

Idhi nade? – How are you?

Adhi maber – I'm fine

Idhi Kanye? – Where are you going?

Adhi dala – I'm going home

Adhi school – I'm going to school

Erokamano – Thank you

The Local Community

Ondati is a Luo community. The Luo are Kenya's 3rd largest tribe and can be found in the regions around Lake Victoria. Fish and ugali are the staple foods for the Luo and sugarcane and cotton farming is common.

You will find the community very welcoming in Ondati. They will always be keen to introduce themselves to you and get to know you. If you are ever in need of anything you can be sure that they will do their utmost to try to help you.

Religion

Most Luos are nowadays Christians, although many still uphold their traditional cultural customs. Ondati Secondary School is a Roman Catholic School and there is a church next door which the girls attend at weekend. The village is filled with music from the various churches in the village on Saturdays and Sundays.

Markets

There is a small market held in the Ondati village centre each evening after 5. However the produce is very limited here. There are always tomatoes, eggs and sukuma wiki for sale but you will be lucky to find any fruits here. For a more varied selection you can walk to Oria market on a Friday afternoon or otherwise the school cook will be happy to take your shopping list with her. For larger

shops it is advisable to get a motorbike to Awendo (Ksh 250), where there is a small supermarket selling the essentials and a larger variety of fruits and veg.

Holidays

Public Holidays

1 January- New Year's Day
March/April- Good Friday and Easter Monday
1 May- Labour Day
1 June- Madaraka Day
10 October- Moi Day
12 December- Independence Day
25 December- Christmas Day
26 December- Boxing Day

School Holidays

School holidays fall in April (one month), August (one month) and December (five weeks). However, at Ondati Girls Secondary School things keep running. There are still businesses to be run and often the teachers continue to give the girls extra lessons to keep on top of the packed National Curriculum. If you are considering coming during one of these holidays please check with us so that we can make sure that your skills will be valued and put to good use during this time.

Useful Contacts and Addresses

Teach A Man To Fish Volunteer Co-ordinator

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