

# PROJECTS ABROAD.

Gap Project in

# Kenya & Tanzania

**Wildlife protection, multi-  
project choice, and cultural  
immersion.**

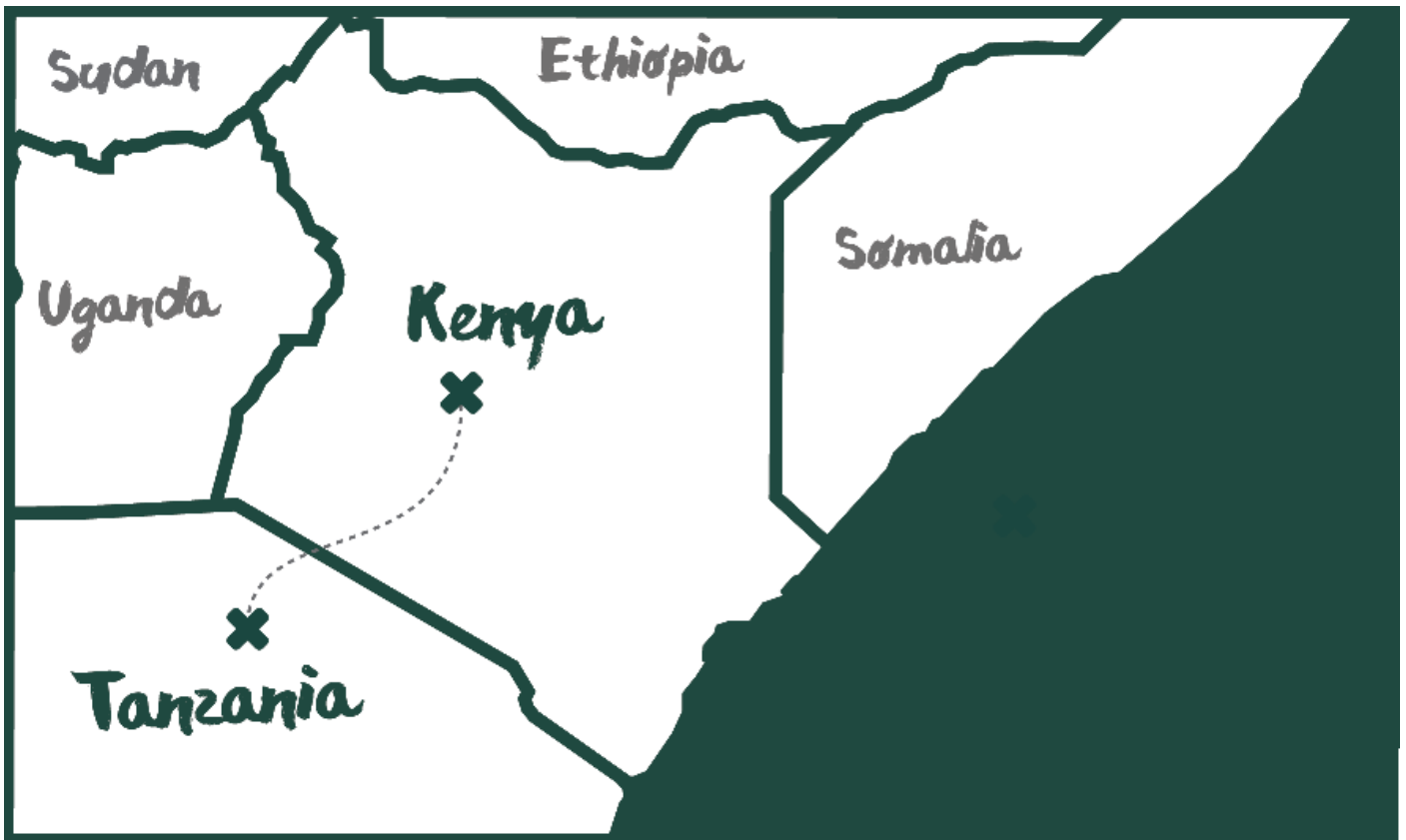
Certified



Corporation



**SUSTAINABLE  
DEVELOPMENT  
GOALS**





 **LENGTH**  
42 Days

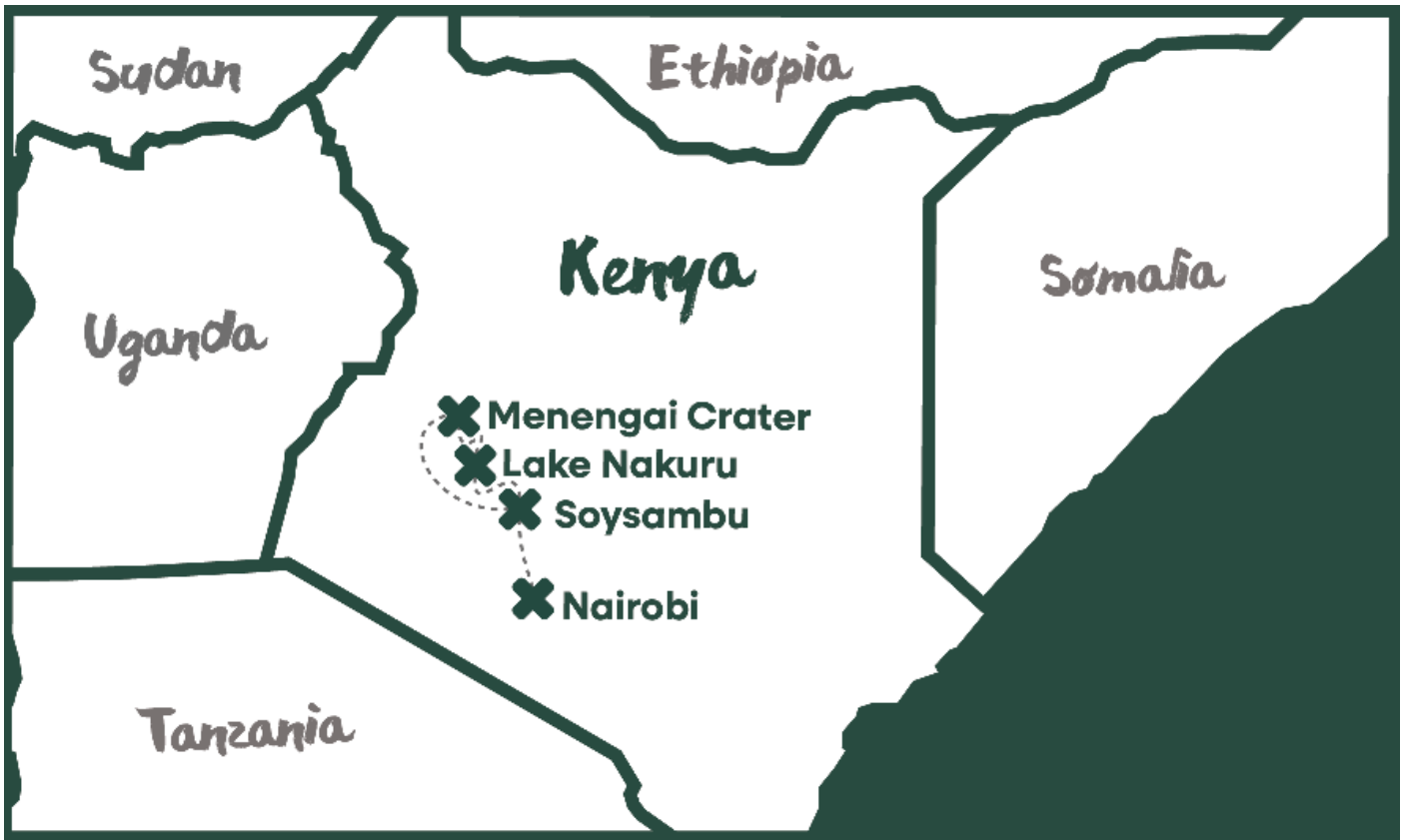
 **TRANSPORT**  
4x4, Minibus

 **ACCOMMODATION**  
Lodge, Host family

 **Age**  
17-24 y/o

## Overview:

-  Live on the Soysambu Conservancy in Kenya and participate in anti-poaching patrols, data collection, and wildlife protection initiatives.
-  Pick from a variety of community development projects in Tanzania, including English teaching, women's rights, micro-finance, or healthcare.
-  Live alongside local communities, participate in cultural activities, and gain a deeper understanding of East African traditions.
-  Try your hand at many different activities to find out what you love and leave a lasting impact on the communities you visit.



# Destination: Kenya

Welcome to the “Cradle of Humanity” and a land of contrasts. Here, snow-capped mountains meet rolling savannahs, where lions roam and elephants graze. While famous for safari experiences, there’s much more to life in Kenya.

Home to the Maasai Mara National Park and the second-tallest mountain in Africa, Mount Kenya, this East African gem is a bucket list item for nature lovers worldwide. Witness the Great Migration, taste delicious coffee, and be welcomed into a traditional way of life.

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## LANGUAGE

Swahili, English

## CURRENCY

Kenyan Shilling

## NATIONAL DISH

Ugali with sakuma wiki

## POPULATION

56.5 million

## TIMEZONE

GMT +3

## NATIONAL ANIMAL

East African Lion

## CAPITAL

Nairobi

## COUNTRY CODE

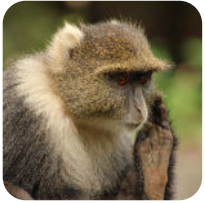
+254

## NATIONAL BIRD

Lilac-breasted Roller

# Kenya overview

The following is included in the cost of your trip (subject to change).



## Service & Learning

### Conservation

- Lion and carnivore monitoring
- Set and monitor camera traps
- Wetland bird and bird of prey surveys
- Colobus Monkey survey
- Rothschild's Giraffe surveys
- Environmental awareness campaigns
- Anti Poaching patrols
- Night game drive
- Maintenance of natural water holes and roads

### Education & Community

- Build eco-stoves
- Plant trees

## Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Lodge

## Culture & Leisure

- Menengai Crater safari
- Day trip to Lake Nakuru
- Visit the equator
- Traditional dancing lesson
- Cooking class
- Movie nights
- Swahili language initiation
- Swimming Pool at a luxury safari camp
- Kariandusi Museum tour
- Farewell barbecue and campfire at the conservancy house

## Logistics

- Airport transfers in Kenya
- Transfer to Tanzania
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

## Work with Kenya's iconic wildlife

Step into the heart of African conservation as you track endangered species across Soysambu Conservancy. Beyond a simple safari, you will spend your time working alongside expert rangers and field researchers, collecting vital data to protect the Rothschild's giraffe and monitoring local carnivores. It's the perfect setting to gain hands-on conservation experience while immersing yourself in local community initiatives and exploring the Great Rift Valley.



## Week 1 | Days 1 - 6

# Savannah conservation

Your journey begins the moment you arrive. Our local team will meet you at the airport before driving you to the Soysambu Conservancy, located about three hours from Nairobi. Settle in, unpack, and enjoy dinner and relaxation in your new home.

Get familiar with your new surroundings on your first full day with a comprehensive induction and orientation. Later, head out for a tour of Nakuru before participating in a cultural awareness and conservation workshop to prepare you for the weeks ahead.

On Day 3, it's time to roll up your sleeves and dive into your conservation work. Alongside local conservationists, you will work on monitoring the reserve's diverse wildlife, learning how to record vital data that supports long-term

protection efforts. Step into the role of a field researcher by conducting targeted species surveys on Rothschild's Giraffes, and wetland birds, tracking lion populations and other carnivores. Finally, you will join anti-poaching patrols to locate and remove dangerous snares.

But this project is also about supporting the human inhabitants of the reserve. On Thursday (Day 5), you will head into the local community for the day. Here, you will build eco-stoves for the villagers to reduce firewood consumption and improve respiratory health.

You will also join a cooking class, engage in a traditional dancing session, and unwind during movie night, watching *The Lion King*.



## Weekend trip | Days 7 - 8

# Volcano, flamingoes & safari

Start off your weekend with an excursion to Menengai Crater, the largest caldera in Kenya and the second largest in Africa. Standing at an impressive elevation of 2,278m (7,473ft) with a 12km (7.45 mi) diameter, it offers panoramic views of the Great Rift Valley, active steam vents, and local wildlife.

You will also stop by the iconic equator sign to stand with one foot in each hemisphere at 0° latitude, giving you the unique opportunity to observe the famous “Coriolis Effect”.

The adventure continues with a day trip to Lake Nakuru, a shallow lake and UNESCO World Heritage site renowned for its stunning, vibrant pink flamingo flocks.

Enjoy lunch at a local restaurant and browse the nearby market stalls for authentic souvenirs.

Keep an eye out for endangered black and white rhinos, Rothschild’s giraffes, buffaloes, baboons, and more.



## Week 2 | Days 9 - 14

# Conservation & history

During Week 2 you will build on the knowledge and skills you developed last week and over the weekend as you collaborate with the reserve's conservationists and rangers. You will conduct birds of prey and Colobus Monkey surveys, continue to track the giraffes, lions, and other carnivores behaviour, and help with the maintenance of the reserve's roads and natural water holes. To gain more insight into some shyer species and nocturnal behaviours, you will also learn how to set up and monitor camera traps and embark on a night game drive.

On Thursday (Day 12), head to the nearby village to join a tree-planting community-led initiative to combat deforestation and interact with the locals.

Beyond your fieldwork, you will learn more about the region's history with a documentary screening and a trip back in time at the Kariandusi archaeological site, one of the first palaeolithic discoveries in Africa, to explore the fascinating great hand-axe culture. And to help you relax, you will enjoy some swimming pool time at a luxury safari camp.

To conclude your time in Kenya, enjoy a farewell barbecue and campfire at the conservancy house on Friday. The next day, you will embark on a six-hour trip to the next part of your journey in Tanzania.



## Destination: Tanzania

Vast savannahs teeming with wildlife, Mount Kilimanjaro piercing the sky, and the colourful culture of the Maasai tribe, are all things you will find in the incredible East African nation of Tanzania.

Tanzania is considered one of the safest countries in Africa with a friendly and welcoming population and is a popular tourist destination. With 30% of the country covered in national parks, including the Serengeti and Ngorongoro Crater, it's especially good for safaris.

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### LANGUAGE

Swahili

### CURRENCY

Tanzanian Shilling

### NATIONAL DISH

Ugali

### POPULATION

69 million

### TIMEZONE

GMT +3

### NATIONAL ANIMAL

Maasai Giraffe

### CAPITAL

Dodoma

### COUNTRY CODE

+255

### NATIONAL BIRD

Grey Crowned Crane

# Tanzania overview

The following is included in the cost of your trip (subject to change).



## Service & Learning

### Education & Community

- Work with teachers to prepare exciting practical lessons
- Plan and run English classes
- Reading books
- Singing songs
- Arts and crafts
- Environmental workshops and awareness
- Hygiene education
- Educational resources creation
- Playground equipment improvement
- Mural painting
- Flower beds creation
- Helping prepare meals

### Human Rights/Women's Empowerment

- Run skills development classes for local women's groups
- Teach schoolchildren and adults about gender equality
- Raise awareness of women's rights, including issues like poverty, illiteracy, and health
- Write pleas
- Research cases
- Give human rights presentations
- Tackle injustices and help with issues of land, inheritance, and probate law

### Medicine

- Rotate through various hospital departments
- Community outreach initiatives
- Daily journal of observed cases
- Case histories review

#### Practical skills workshop:

- Suturing techniques
- Measure blood pressure
- Monitor blood sugar levels

#### Outreach:

- Awareness about non-communicable diseases
- Provide basic health screenings
- Dispense medicine to local residents

### Microfinance

- Develop business plans and marketing strategies
- Provide general business advice and teach basic numeracy and literacy if needed
- Do home visits and interviews with prospective beneficiaries
- Manage loan accounts

### Building

- Clear sites
- Dig foundations
- Mix cement
- Build walls
- Construct roofs
- Painting and other maintenance

The following is included in the cost of your trip (subject to change).

## Logistics

- Airport transfers in Tanzania
- Orientation and tour of cities
- Travel in country
- Pre-departure support
- 24/7 support from local staff
- Emergency assistance

## Culture & Leisure

- Tarangire National Park full-day safari
- Metruni waterfalls
- Coffee plantation tour and tasting
- Traditional drumming and dancing lesson
- Arusha exploration
- Movie night
- Swimming pool relaxation
- Souvenir shopping

## Food/Accommodation

- Three meals/day (all diets catered for)
- Drinking water
- Host family

## Pick your own path in Tanzania

Broaden your horizons in East Africa by exploring different fields of community development that match your passions and ambitions. Rather than committing to just one track, this project allows you to pick two volunteer placements from education, building, medicine, human rights, or micro-finance. It's the perfect setting to discover where your strengths lie, develop your skills, and make a real difference in Arusha while also experiencing unforgettable safaris.





**Weeks 3 & 4 | Days 15 - 27**

# Project path & cultural discovery

Your first days in Arusha involve a comprehensive programme briefing, a guided tour to get familiar with the local area, and a Swahili language and culture class to help you better communicate with the community.

Based on your personal interests or studies, you will choose a specialised project track from Education, Building, Medicine, Human Rights, or Microfinance. You will receive a tailored project induction before diving into your daily schedule, spending your mornings and afternoons working directly on ongoing initiatives alongside local teams.

When you're not working, immerse yourself fully in Tanzanian culture through a mix of activities organised by our local team. Let loose in an energetic drumming and dance lesson, join a group feedback session to reflect on your experiences, and head out to explore the town of Arusha. You will also head to the markets to shop for your upcoming weekend safari.

Your evenings will be filled with delicious dinners at the accommodation, movie nights, and a special dinner at a local restaurant. And you will have free time to unwind, catch up on laundry, or explore Arusha at your own pace.



**Weeks 5 & 6 | Days 28 - 42**

## *Weekend trip & second project*

Start the weekend with a beautiful hike through lush forests to the nearby Materuni Waterfalls, where you can relax by the cascading water before touring a local coffee plantation. You will learn about the process from bean to cup and get to taste fresh coffee while enjoying a traditional lunch at the farm before heading back to Arusha.

On Sunday (Day 29), embark on a trip to Tarangire National Park for a full-day safari. Famed for its massive elephant herds and iconic lion populations, you will spend the day with expert guides who will help you spot wildlife and teach you about the park's unique ecosystem.

Back in Arusha, change over to your second selected project track and

receive a fresh orientation before starting your new role. Your weekdays will be split between morning and afternoon project work, allowing you to maximise your impact.

Just like the previous weeks, you will enjoy some cultural activities and personal free time outside of your project hours, including feedback sessions, swimming and solo exploration.

As your time in Africa comes to an end, head out to markets for some last-minute souvenir shopping and celebrate your achievements with a farewell dinner on Day 41.

# PROJECTS ABROAD.



**Experiences that shape  
who you become**



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