

At Afrikable, we want to promote a culture of peace and solidarity and contribute to building a global citizenship, supporting values such as respect, justice, tolerance and multiculturalism. We want to encourage citizen participation by promoting respect for human rights, appreciation of diversity, respect for the environment and responsible consumption. We are committed to volunteerism as a force to generate real change.

The main objective of Afrikable through our solidarity holidays is to bring the reality of developing countries to the Spanish population, promoting cultural exchange. Participants will actively collaborate in the project, becoming sensitizing agents in their own environment once they return.



3rd EDITION
**SOLIDARITY
HOLIDAYS 2012**





WHO ARE WE?

Afrikable is a non-profit NGO of people who think that a better and fairer world is possible, and fight for it.

- We believe in children as a tool to build a better future.
- We believe in women as an engine of change and development.
- We believe in fair trade as a tool of development cooperation.
- We believe that Africa can, and is able!

WHERE ARE WE LOCATED?

The village of Lamu is the centre of the namesake archipelago located in the North of Kenya. Its historic centre is the oldest and best preserved of the Swahili culture in the whole of East Africa, according to UNESCO.

Despite its cultural interest, the island has some serious problems: more than 30% of the population (especially children) are malnourished, more than 65% of the population live below the poverty line (earning less than \$2 per day), a third of the population cannot go to school... But it is mainly women who face a situation of extreme vulnerability, as they live embedded in social, political and economic exclusion.

WHAT DO WE DO?

Women's Empowerment: Building spaces for participation and decision-making that provide greater control over their own life. This is done through a fair trade cooperative and a nursery school, ensuring their economic independence and greater freedom of action.

Child Development: Promoting children's comprehensive development through education as an essential right in order to break the cycle of poverty, providing formal support and scholarships as well as adequate nutrition through a dining room that ensures food security for children.





WHAT CAN YOU DO?

You can help our project in any of the areas in which we work:

General Support for the Organization in Lamu

Collecting and recording information, administrative tasks, help developing fundraising projects, etc.

Supporting Fair Trade

Collaboration in training workshops, and training for women in the project (computer skills, Spanish classes, sewing, etc.), development of potential products, digital project management, etc.

Supporting Child Development

Children's dining hall, nursery, children's workshops (computer skills, tutoring, English, Spanish, crafts, painting, theatre, music, sports, etc.). Specific activities will be determined according to your preferences and the specific needs of the organization at the time of your trip. You will be given all the support you need to perform these activities which are usually conducted in groups.

HOW TO PARTICIPATE?

In order to participate in our solidarity holidays you have to meet the following criteria:

- Be older than 21
- Fill out the application form available in our Website: www.afrikable.org and send it with your personal details to vsolidarias@afrikable.org.
- Attend at least one of the following training sessions to be held in Madrid during the year 2012:

- December 17 th (2011)	- May 19 th
- January 14 th	- July 14 th
- March 10 th	- September 15 th
- Fill in the formal booking form and the document of responsibility, both available also in our website, and send them along with the receipt of the payment to the same email: vsolidarias@afrikable.org. Reservations will be made in a first-come, first-served basis.
- Payment: €200 at the time of booking. The rest must be paid at least one month before your trip.

WHEN TO GO?

Trips are organized every month from January to November, and the maximum number of participants per trip is nine.

- February: from 1st to 29th (28 nights)
- March: from 2nd to 30th (28 nights)
- April: from 2nd to 28th (26 nights)
- May: from 1st to 30th (29 nights)
- June: from 1st to 30th (29 nights)
- July: from 1st to 29th (28 nights)
- August: from 1st to 31st (30 nights)
- September: from 3rd to 30th (27 nights)
- October: from 1st to 30th (29 nights)
- November: from 2nd to 30th (28 nights)
- December: Closed due to local staff holidays

Some months the stay could be shortened to three weeks, except in June, July, August and September.

SHARE YOUR IDEAS WITH US!

If you have a good idea, or experience/training in some area that you think can benefit the project, let us know and we will carry out a feasibility check.



PROGRAM OF STAY IN LAMU

Day 1: Arrival at Lamu on the agreed day. Welcome, accommodation in shared room and opening meeting. Distribution of tasks and allocation of shifts. Tour of the Afrikable groups.

Days 2 to penultimate: Collaboration in the project
Free weekends.

Last day: Departure.

DAILY PROGRAM:

- 7:30-8:00: Breakfast.
- 8:00-14:00: Supporting the organization/Supporting the fair trade program/Supporting the nursery.
- 14:00-15:00: Lunch.
- 15:00-17:00: Free-time or workshops.
- 17:00-20:00: Free-time
- 20:00: Dinner.

PRICE BREAKDOWN:

Shared full board accommodation is €22 per night. Accident and liability insurance for volunteers is included.

- February 28 nights: ~~€ 616~~. SPECIAL RATE: € 476
(€17 full board per night)
- March 28 nights: ~~€ 616~~. SPECIAL RATE: € 476
(€17 full board per night)
- April 26 nights: ~~€ 572~~. SPECIAL RATE: € 442
(€17 full board per night)
- May 29 nights: ~~€ 638~~. SPECIAL RATE: € 493
(€17 full board per night)
- June 29 nights: € 638
- July 28 nights: € 616
- August 30 nights: € 660
- September 27 nights: € 594
- October 29 nights: € 638
- November 28 nights: € 616

Some months your stay can be shorter (you can leave earlier, but you cannot arrive late), but you must pay for a minimum of three weeks.

You have to add a fee of € 75 to the aforementioned prices for management and administration costs. 70% of the program's fee is intended to cover your expenses, while with the remaining 30%, you are financing the child development element of our project (nursery and dining room).





SOLIDARITY
HOLIDAYS



I HAVE MORE DAYS AVAILABLE!

If you have a longer holiday and would like to spend more time working on the project, contact us to check availability.

In addition, if you are interested in travelling around the country, we encourage you to do so! Kenya is a wonderful country with many options to enjoy its natural beauty. We can help organize your trip.

DAY BOAT TRIP AROUND LAMU ISLAND

(9:00-17:00)

Sailing around the island to visit the old Swahili town of Matondoni, where traditional lateen sail boats (dhows) are built, and the pleasant village of Kipungani with its wonderful beach. Lunch at Manda beach included. Estimated price: € 30 per person (maximum four people).

DAY BOAT TRIP TO MANDA TOTO ISLAND FOR SNORKELLING

(9:00-17:00)

Manda Toto has one of the best coral reefs in the whole Kenyan coast and is considered to be one of the best locations for snorkelling. Lunch is included, cooked by the boat crew. Estimated price: €25 per person (maximum four people).

PHOTO SAFARI IN TSAVO NATIONAL PARK

At nearly 22,000 Km², Tsavo is the largest national park in Kenya. Its landscapes are among Kenya's most impressive, and it includes a variety of wildlife. There is a great likelihood that you will see elephants, giraffes, crocodiles, buffaloes, zebras, hippos, baboons, lions and lots of antelope, such as kudus, hartebeests, impalas,

waterbucks, dik-diks, Thompson gazelles, etc. More elusive but also present in the park are leopards, cheetahs and rhinos. Two days / one night (in Lodge), departing from Malindi, cost around € 190 including admission fee to the park, two lunches, one dinner and one breakfast.





REMEMBER TO BE A RESPONSIBLE TOURIST IN YOUR TRAVELS!

Tourism has the potential to promote respect towards different cultures and give us the opportunity to take an interest in what happens to people from far away countries. It can also create jobs and bring money into local economies and help rural communities to preserve their culture and identity.

However, what tourism in the developing countries too often does is just to enhance the difficulties their inhabitants already have to face: displacement of tribes, cultural degradation, disruption of local economies, environmental degradation, diseases, etc.

How to Behave Responsibly while on Holiday?

If we respect the people we find, we probably are on the right track. The following are a number of useful tips:

Do NOT hire all-inclusive packages

These vacation packages usually do not have an actual benefit for the local community. Most of the money you pay goes to transport companies, tour operators and hotel chains. Besides, they try to keep you “captive” within their facilities, so you just consume products from the hotel. If you consume local products from the area, apart from enjoying the local cuisine, you contribute to the economies of families and the survival of an authentic tourism.

Buy Local, Buy Fair Trade

When haggling, keep in mind the concept of fair wages. Buy local products, even canned ones (drinks, snacks, etc.), try to buy the ones that are made in the country you are visiting, this way you benefit that country and avoid unnecessary international transport.

Respect the Environment and its Inhabitants

Every place has a history, culture, customs and natural values of their own. Get information about them so your behaviour is appropriate. Learn some words in the language of the country you are visiting, you will improve your communication and the community will be grateful for it.

Always Ask before Taking a Photograph

Respect the separation between public and private.

Do not Travel in High Season

The seasonal fluctuations cause unstable economies. If you travel in low season, as well as finding better prices, you will help to provide greater economic stability to the families who depend on tourism.

Protect Wild Flora and Fauna

Do not buy souvenirs or products made from endangered plants or wildlife, nor take photographs with them because this promotes their capture.

Reduce your Consumption also on Holiday

Use less water stating when you do not want your towels and linen to be washed; use less electricity switching off lights and using the air conditioning the minimum necessary; reject products with unnecessary packaging.

Look for Low-Impact Alternatives

Use public transport as far as possible. Choose ecotourism whenever you can, and do not leave the set tracks neither by foot nor by car to minimise your impact on the environment.

We recommend that you read our **Frequently Asked Questions** on our website <http://afrikable.org/queHacemos/vsolidarias/faqs.php>

And finally, ENJOY YOUR TRIP!



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