LASALLIAN SERVICE INTERNSHIP
2017

INTERNATIONAL SITE

LOCATION: Nyeri, Kenya

St. Mary’s Boys School
P.O. Box 588
Nyeri, Kenya

St. Mary's, a Catholic day & boarding boys school, is committed to offering an affordable, quality education to all by instilling a character-building work-ethic that produces a young man who is an excellent role-model. Located in Nyeri and run by the De La Salle Christian Brothers, the school has a population of 500 students in the traditional high school and 200 in the Child Rescue Centre and vocational skills training program.

PHONE: 011 254 061 203 2826

WEBSITE: www.stmaryslasalle.org

SITE DIRECTOR: Brother Peter Kombe, FSC, School Headmaster
korewakombe@yahoo.com

LSI CONTACTS: Brother Francis Ewesit, FSC, St. Mary’s Boys’ School staff
francis58814@gmail.com

Harrison Gichuhi (Director of the Child Rescue Centre at St. Mary’s Boys School)
gichuhi.harrison@gmail.com

SUPERVISOR: Alexandra (Alex) Rollo, Previous lecturer at Saint Mary’s College & Jan Term travel instructor; She led the LSI Kenya trip in January 2016.
alexrollo@yahoo.com

Karin McClelland, Director of the Mission and Ministry Center
klm14@stmarys-ca.edu

# OF LSI STUDENTS: 6-8
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SERVICE WORK:
Students would work with boys/young men between the ages of 5-21 at an orphanage, regular school, and vocational school. They would tutor, help older students learn computer skills, play and coach basketball, and make home visits. They may also assist with the Lasallian Youth program, assisting with service projects such as cleaning up neighborhoods and playing/organizing games for children.

QUALIFICATIONS OR SKILLS REQUESTED:
● Make a concerted effort to learn some basic words and phrases in Swahili - even though English is widely spoken in Kenya (most students traveling internationally through LSI will be asked to learn some of the language of the community in which they will be immersed)

APPROXIMATE MONDAY-FRIDAY SCHEDULE AT THIS SITE (subject to change):
● Breakfast & prepare for the day
● Prayer
● Work at service site (with lunch break)
● Dinner
● Prayer, journaling, group reflection
● Rest & bed

WEEKEND EXCURSIONS (subject to change):
● Nairobi, Kenya (the group will arrive and depart from the international airport in Nairobi): Visit the Karen Blixen house/museum, Elephant Orphanage, and Giraffe Center; Accommodations: a one-night stay at De La Salle Center - located away from the city center located on a gated and secured property; Western-style rooms with beds, flush toilets, and warm showers; screens on windows and mosquito nets; a cook prepares the food, bottled water
● Nanyuki, Kenya (day trip): Visit Daraja Academy, an all-girls school; touring the school, speaking with the students
● Lake Nakuru and Masai Mara, Kenya: Safari activities; Accommodations: Lake Nakuru - Army tent, bunk beds, Masai Mara - Army tent, 2 students per tent; At both locations - screened windows and mosquito nets; separate building with flush toilets and showers; cook prepares meals; bottled water

ESTIMATED TOTAL COST OF COURSE: $3,930
Estimate based on the following costs:
● $215.00 – Materials fee (including $35 insurance fee)
● $1970.00 – Airfare
● $360.00 – Room and Board ($15 per day for 24 days)
● $1385.00 – Excursions, Cultural Activities, Trip Leader costs, Transportation
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Please note:

- Most individual costs listed above are estimates, and may vary depending on flight costs at the time airline tickets are purchased, total days/nights stay, etc. However, the total cost of the course listed above will not change once students are enrolled in the course.
- Additional costs NOT included in estimate above may include: passport and visa fees, exchange rate fees, vaccination costs, personal souvenirs, small thank you gifts you may want to purchase for hosts, etc.
- Flights for international LSI trips will depart from San Francisco International Airport. Approximate dates: December 28 – January 25
- A 50% deposit is due to the business office by 4pm on September 19. This deposit should be 50% of the most expensive travel site/course you are interested in (LSI or other travel course). If you get into a course with a lesser deposit due than the one you paid, the excess will be credited to your final payment.
- If you are applying for a Jan Term Travel Scholarship, you should wait to pay your deposit until you know your applicant status. (Scholarship applicants will be notified September 16.)

VISA/PASSPORT:
- A valid passport is required and must have at least 2 blank pages and validity for 6 months beyond the end of intended stay
- A visa is required

VACCINATIONS:

The Centers for Disease Control and Prevention (CDC) recommend that travelers to any foreign country are up to date on their routine vaccinations. These include measles-mumps-rubella (MMR) vaccine, diphtheria-pertussis-tetanus vaccine, varicella (chickenpox) vaccine, Poliovirus, Hepatitis B series, and your yearly flu shot.

In addition, travelers to Kenya are advised by the CDC and the Saint Mary’s College Health and Wellness Center to get the following vaccines because there is a risk of these diseases:

- Hepatitis A - CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Kenya, regardless of where you are eating or staying.
- Typhoid - You can get typhoid through contaminated food or water in Kenya. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.
- Malaria - When traveling in the Dominican Republic, you should avoid mosquito bites to prevent malaria. You may need to take prescription medicine before, during, and after your trip to prevent malaria, depending on your travel plans,
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such as where you are going, when you are traveling, and if you are spending a lot of time outdoors or sleeping outside. Talk to your doctor about how you can prevent malaria while traveling. For more information on malaria in the Dominican Republic, see http://wwwnc.cdc.gov/travel/diseases/malaria

Complete information can be found on the CDC’s “Health Information for Travelers to Kenya” webpage that can be found at:

See Health & Wellness Center Immunization Reference chart provided in packet given at information session

ACCOMMODATIONS:
At their primary destination at St. Mary’s Boys’ School in Nyeri, students stay in a guest house that can accommodate 2 students in each room. There are two restrooms to be shared by the students. The sleeping accommodations have screens on the windows and all doors and windows are able to be locked and sealed. Mosquitoes are generally not a problem in Nyeri due to its high elevation, but mosquito nets are provided just in case. A laundry service is provided.

MEALS:
Students share meals with the Brothers. The meals are provided by the St. Mary’s cooks. The main foods are rice, bread, corn meal, and spaghetti. Because St. Mary’s Boys’ School is accustomed to receiving volunteers from Western countries (including yearly visits from students and staff from La Salle University in Philadelphia, Pennsylvania) the cooks are trained to cook for Western diets. Filtered and boiled drinking water is provided in large bottles, from which students can fill and refill their personal water bottles.

Dietary Restrictions: The dietary needs of vegans cannot be met at this site; Other dietary restrictions can be accommodated

TRANSPORTATION:
Transportation is by St. Mary’s Boys’ School van, and a staff person from St. Mary’s Boys’ School will drive the van. This includes being picked up and dropped off at the airport. The only other mode of transportation would be the safari van and driver from Gameland Tours (Sheila Kinyua, Managing Director) which would pick up and transport the group to the two safari locations – Lake Nakuru and Masai Mara.

WEATHER: The average high in Nyeri in January is 78 degrees F and the average low is 52 degrees F. This can vary greatly year to year, so students should be in trip leader with their site about weather considerations before arrival.
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RISKS/EMERGENCIES:
Nyeri is a safe location and so there are no particular risks. St. Mary’s Boys School is in very close proximity to a local hospital. Nyeri is approximately 95 miles from the international airport in Nairobi. The nearest U.S. Embassy is in Nairobi. (Phone number: +254-(0) 20 363 6451)

Political climate: Students should be aware that in Kenya people tend to be polarized in their opinions about and loyalty towards various tribes and the government. Therefore, students should refrain from making any comments or remarks about Kenyan politics.

Travel warnings: The following travel warning is from November 10, 2015: The U.S. Department of State warns U.S. citizens of the risk of traveling to Kenya. U.S. citizens in Kenya, and those considering travel to Kenya, should be aware of continuing and recently heightened threats from terrorism and the high rate of violent crime in some areas. The SMC group, in response to the warning, will stay away from the areas threatened by terrorism – Nairobi and the Somali border. The group flies in and out of the Nairobi airport, and stays in the Nairobi area for one night on each end of their trip. However, they stay at the residence of the Christian Brothers which is not near the center of town.

Surrounding area: There are domestic and undomesticated animals in the Nyeri area, but students will be warned to stay away from them. During the safari and trip to the animal sanctuaries, students will be exposed to animals. As part of the pre-safari orientation, students will be made aware by their tour guides about the safety procedures for being near the animals.

COMMUNICATION:
Internet access is available at both the school and guest house.

BEHAVIOURAL EXPECTATIONS
Students must respect the following guidelines:
● A high level of maturity and responsibility is expected of all LSI students
● Be aware of norms and expectations regarding appropriate clothing
● Students must never go out alone
● Observe appropriate behavior when working with boys
● Students should expect to participate in community life including daily prayer/reflection, shared meals (if community members take turns cooking, you may be asked to cook!) and other community activities
● A full orientation will be given upon students’ arrival

IMPORTANT LSI DATES:
Fall - Sunday, late afternoon/evening preparatory classes: October 16 & 30; November 6 & 13
Jan Term - Pre-travel meeting: January 9; Likely travel dates: Depart SFO December 28 and return to SFO January 25
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Spring - Final Class: Sunday, February 19 (late afternoon/evening); “Exit Interviews” (final 1-1 debriefing with each LSI student) to be scheduled around students’ schedules: Late February through early March; Grades finalized and posted mid-March