

# INFORMATIVE BOOKLET FOR THE **MAISHA VOLUNTEER**



# WHAT DOES THE MAISHA VOLUNTEER DO?

We are a **support network for women, mothers, pregnant women and youth** in vulnerable contexts in Kenya.

Our work developed through 5 programs, where we work with volunteers from different areas and professions.



**Health**



**Sex Education**



**Housing**



**Sustainability**



**Civic Education  
& Human Rights**



## HEALTH

In the health program, we **take care of the well-being of each of Maisha's pregnant women, mothers and newborns.** To this end, the volunteers carry out prenatal check-ups, newborn check-ups and breastfeeding support and training. Also, they provide care both to the beneficiaries who enter Maisha's programme and to the patients who come to the health centres where they will be able to support them during their volunteering. The volunteers of the health program also prepares and provides education and training to local health staff and students.

In this program we only work with **health staff.**





## SEX EDUCATION

In the **sexual education program**, the volunteer conducts sexuality and affectivity workshops for Maisha mothers and young people in different communities according to the Teen STAR program and in conjunction with our local team. Previous training with the Teen STAR sexuality and affectivity program is required, which has no cost to the volunteer and has an approximate duration of 40 hours.



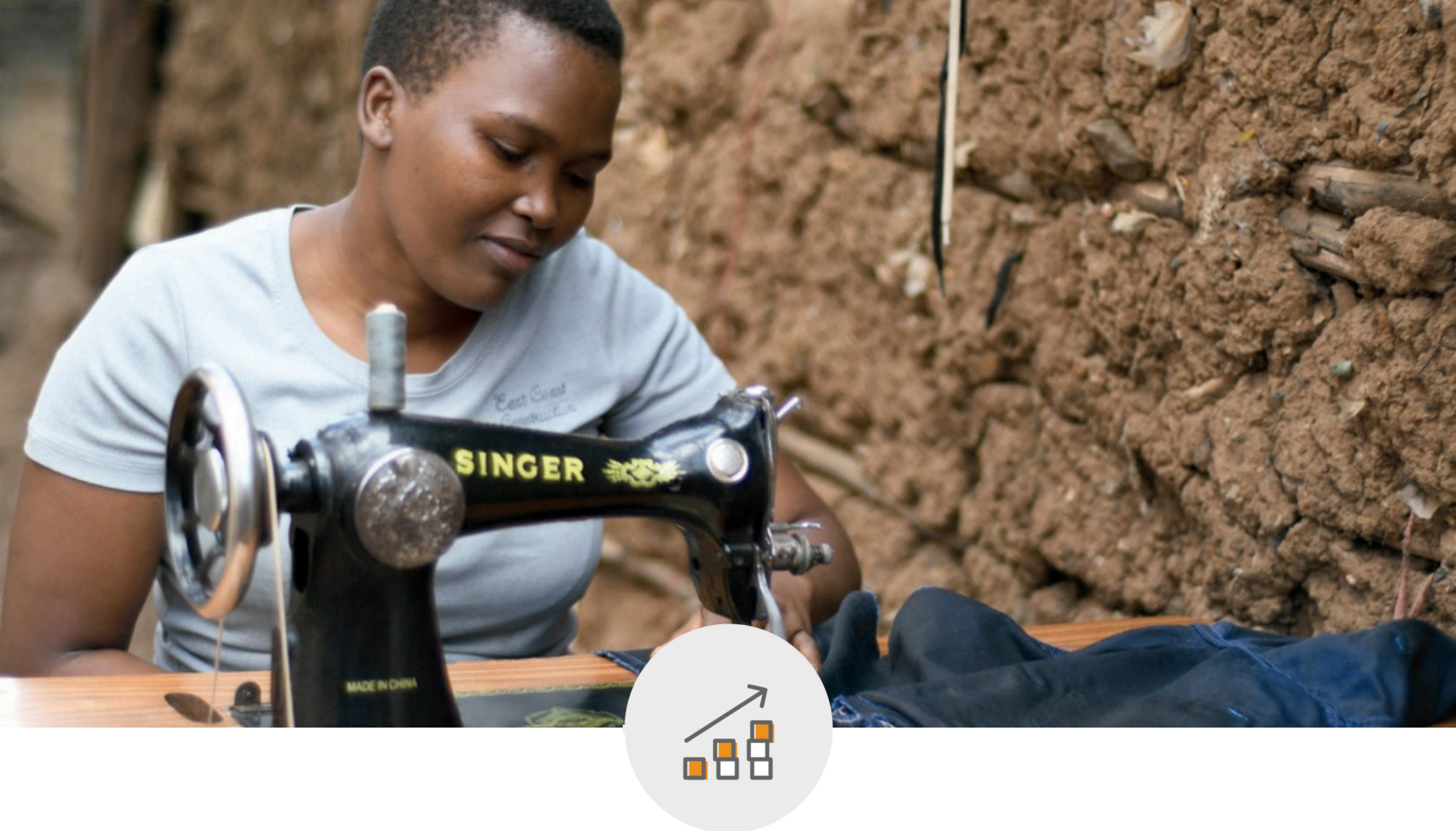
## HOUSING

The **housing program** consists of accompanying the Maisha beneficiaries throughout the pregnancy and postpartum period, including follow-up after discharge. The volunteer of this program is in charge of organizing, executing and participating in recreational activities and meetings that take place in the rescue centre. It is also in charge of supporting the administration of the home and ensuring a good environment for coexistence among the mothers.

For this program we are looking for volunteers from different areas: engineering, design, psychology, administration professionals, among others, **people who have a vocation for service, and good management, planning and administration skills.**

*\*\* All the Maisha volunteers, regardless of the area, will give support in this area.*





## SUSTAINABILITY

The **sustainability program** aims to train mothers in income-generating activities so that they can support themselves in the future. For this, the volunteer is in charge of coordinating and executing training, often in partnership with local initiatives. The person in charge of this program also supports the administration of the housing center, in conjunction with the housing volunteer.



## CITIZENSHIP EDUCATION & HUMAN RIGHTS

The **Human Rights volunteer** will contribute to empowering Maisha's mothers and youth in the community by promoting their fundamental rights. He/she will work on research, development of educational materials and workshops, in collaboration with local and international experts. We are looking for profiles with a passion for human rights and experience in research or social work.

In this program we work with **lawyers and other professionals with expertise in Human Rights and International Cooperation.**





## AUDIOVISUAL

The **audiovisual volunteer** aims to capture, through images and videos, the work of the foundation, Kibera and the volunteer experience. For this, the volunteer is in charge of managing the social networks and increase the audiovisual content for fundraising and campaigns during their stay. The stay of this volunteer must be longer than one month and the volunteer has to have his personal photographic equipment.

For this program we are looking for professionals **with experience in photography and media.**



# TIME AND COSTS

Volunteer time is 6 months, including field orientation period and handing over of command to the next volunteer. This period may vary and will be evaluated on a case-by-case basis according to the specific objectives. **This volunteering is self-financed.** Below we detail an approximation of the associated costs. \*It must be considered that all these values can be modified depending on the country and global situation and depend on the diet and lifestyle of each individual.

## Preparation costs (different for every country)

- Flight ticket
- Vaccination

*Yellow fever (only mandatory one)*

*Against Hepatitis A&B, Typhoid, Meningitis, Diphtheria, Tetanus, Pertussis*

- Health insurance for 6 months

## Life expenses (average)

- •Visas

*Alternative Turist Visa*

*Alternative Internship Visa*

- Rent
- Food
- Transport average
- Recreational activities

*Parties and restaurants*

*Safari 2 nights (low cost)*

*Weekend camping trip*

USD 56

USD 200

USD 160 monthly

USD 100 monthly

USD 60 monthly

USD 60 monthly

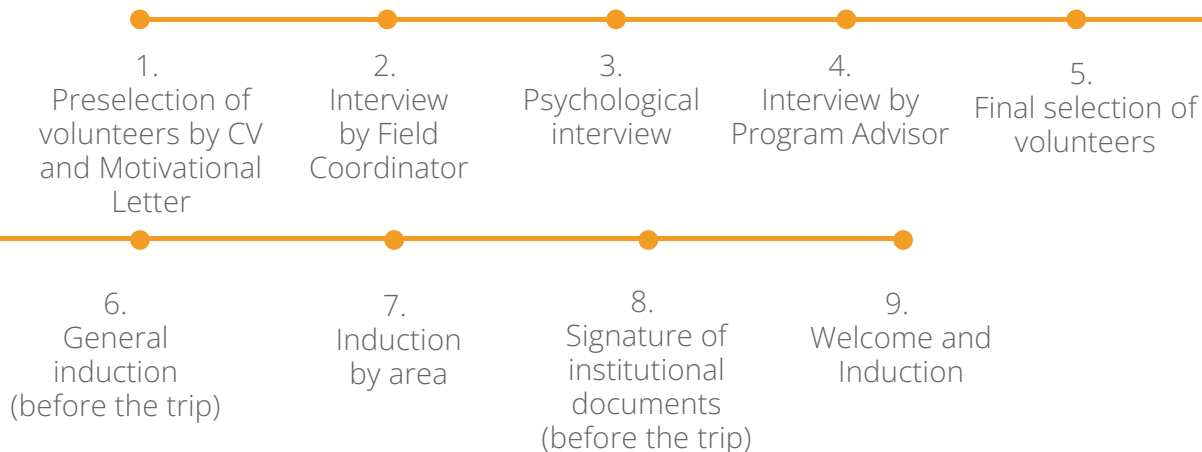
USD 450 average

USD 100 average

# REQUIREMENTS

1. Previous **volunteer work experience**.
2. Having a **professional degree or experience** according to the program to which you are applying.
3. Share the **mission, vision and values** of the foundation.
4. Availability for **training prior to the trip** according to the program to which you are applying.
5. Possibilities of **self-financing**.
6. Having a **high level of English**, with a minimum level equivalent to B2 (this will be verifiable at the first interview, to be conducted in English).
7. To approve the **interviews and psychological tests**.

# SELECTION PROCESS



*\* The selection process takes about 1 month to complete, so we invite you to apply early.*



# APPLY NOW!

Send your **resume and cover letter** to  
[contacto@fundacionmaisha.com](mailto:contacto@fundacionmaisha.com) telling us what motivates you to be a  
Maisha volunteer.

For more information visit our web page [www.fundacionmaisha.com](http://www.fundacionmaisha.com)

or find us in social media

