

# tiba



## **VOLUNTEER HANDBOOK**

Partnering for health  
care in rural Kenya

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## **\*Covid-19\***

**Note, Siaya County, where Matibabu is located has experienced few cases of Covid, but widespread testing and vaccinations are not yet widely available.**

**Tiba requires all volunteers to be fully vaccinated against Covid-19 at least two weeks before they travel to Kenya.** The safety of our volunteers and our partner's patients and staff is our utmost priority. Thus, volunteers must submit proof of Covid vaccination in order to serve. Follow all Covid protocols established by Matibabu Hospital. Even if you are vaccinated, ALWAYS wear a mask and social distance whenever possible. The Covid vaccine is not widely available in the rural areas of Kenya; wearing a mask sets a good example and safeguards you from the possibility of spreading a rare strain of Covid to this remote area.

At times the government will shut down travel from Nairobi to the rural areas to curb transmission. Due to the possibility of this occurring, we advise all visitors to buy travel insurance, plan to fly into Nairobi before 1 pm, and take a transfer flight immediately to the rural areas. Upon returning to Nairobi after the mission, safari operators will likely be open, even during lockdowns, to pick you up at the airport and take you to safari camps or beach areas without entering the city. **For more information on these general precautions and the latest updates on travel restrictions, contact Diane Dodge:** [diane.dodge@tibafoundation.org](mailto:diane.dodge@tibafoundation.org), 510-435-4558 (cell)

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## **Your Purpose**

Tiba sends volunteers to support our partner Matibabu Foundation (MFK) in Kenya at their will. Tiba recruits, trains and sends volunteers with the specific expertise that MFK has requested. Our goal is that our volunteers are helpful to our partners and in no way distract from their overall mission. None of our volunteers replace the 100% Kenyan staff.

Tiba volunteers help build the capacity of MFK and also learn much from the Kenyan team in the process. Our volunteers report that the experience is very meaningful to them, that they made a valuable, long-term contribution and developed deep friendships. They also report that Tiba and MFK's support for volunteers is well organized and comprehensive. Over 50% of our volunteers have completed at least one return trip.

## **Volunteer Application Process**

Please review Tiba's [Volunteer On-Boarding Process](#) for an overview of the volunteer preparation timeline, what makes a great Tiba volunteer and what you can expect from the application process. Once we receive your paperwork, we'll forward everything to MFK to begin processing. MFK will work with you regarding logistics on the ground. Because we cannot give tax advice, you should consult with your tax advisor about the deductibility of costs incurred from your volunteer trip. Tiba is a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code.



## Preparing to Leave: *Logistics*

### Things to do to prepare for your trip

**Purchase Your Flight** - Please purchase your flights as soon as possible to ensure the best price. Understand that we do not start the process of ordering Kenyan medical licenses until we receive your ticket confirmation. **We recommend you fly into Nairobi International Airport (NBO). If possible, purchase a flight that will arrive before 1 pm.** That way you can get on a flight to Kisumu (KIS) the same day. If your flight gets in after 6 pm you will likely need to stay in a hotel overnight in Nairobi which will add to your expenses. You are welcome to purchase your flight to KIS. If you do not, we will book the flights for you and the cost will be added to your volunteer invoice. If you are going with a group, it is best to have us arrange the flights to KIS. We highly recommend that as many volunteers as possible are on the same flight to KIS to help keep taxi costs down from the KIS airport to the rural area.

*Note: Many of our volunteers choose to leave on Friday or Saturday to arrive in Nairobi by Monday mid-morning with the needed time to fly to Kisumu and drive to the rural area on Monday evening. The most common carriers used have been KLM, Air France, Turkish Air, or Emirates. Kenya Air now offers a direct flight to Nairobi from New York, JFK.*







**Inoculations & Preventative Medicine** - Get medical advice and update your inoculations at least one month in advance. Travelers may be asked to present proof of a valid Yellow-Fever Inoculation at the port of entry so we recommend getting a yellow fever card before you leave. It should be provided when you get the shot--make sure to ask for it.

We require each volunteer to take malaria medication during their trip to prevent infection. [The CDC recommends](#) atovaquone-proguanil, doxycycline, mefloquine, or tafenoquine medications for Kenya. Do not take chloroquine due to drug resistance in the area. Depending on the medication you choose, you will need to start your dose up to 2 weeks before your trip and 4 weeks after your trip, so plan accordingly and see your doctor early.

**Safaris and excursions** - The Matibabu and Tiba Teams are happy to suggest a safari experience if you are interested. These expenses can be added to your invoice and paid in advance. The animal parks and conservancies are easily accessible by small planes and in a 2-3 day safari it is possible to see the "big five". The Kenyan National Park is about 15 minutes drive from Nairobi Airport. Please reach out if you are interested in more information, and review this [checklist on what makes a responsible tourism operator](#).

**Travel Visa** - It is your choice if you purchase your Kenyan Travel Visa ahead of time, online, or if you choose to purchase it upon arrival at the Nairobi airport. Most of our volunteers purchase theirs at the airport. To do this you must have at least 6 months on your passport from the last day of your time in Kenya. You also need to have at least 2 open pages in your passport and cash to pay the fees on the spot. The single entry Visa costs \$51 USD. (If you are doing extensive inter-country tourist travel before or after volunteering you may want to purchase a different Visa.) We recommend having \$100 USD in cash on your person at the Nairobi airport. This cash will cover expenses for the Visa and anything else you might need. You can change the extra cash at the airport to Kenyan Shillings.

You also have the option to purchase your Travel Visa online before your trip: <http://evisa.go.ke/evisa.html>. Unfortunately, some say the website is a little clunky and frustrating. You will print the eVisa form and present it to the immigration officer at the port of entry. All the steps for applying for the eVisa are spelled out on the Kenyan Embassy's website, but please let us know if you have any questions or concerns.

*Note: The Embassy website states that Visas should be applied for in advance. This notice has been there for years and we haven't had any issues with getting Visas upon arrival. But please check as Covid may have an impact on the process.*

In applying for either an in-person Visa or eVisa, you will need to provide a travel itinerary and info on your hotel bookings, which you will obtain from Matibabu staff one month before your departure. You can use the information below for your application:

### **Reason for Entry**

Doctors and non-medical volunteers – please list “Tourist” as reason for entry

Nurses – please select “Other” and type “nursing volunteer” as reason for entry

**Please note that a tourist visa will not be accepted for Kenyan nursing licensure.**

### **Addresses**

Matibabu Foundation Hospital  
Odiado Ukwala Road,  
Tel: +254 728 069526

Camunya Hotel P.O Box 446 - 40606  
Ugunja,  
Tel: +254 710 387594  
[Camunya@gmail.com](mailto:Camunya@gmail.com)

**Please contact Tiba and/or Matibabu Foundation if you need additional addresses.**

**Smart Traveler Enrollment Program** - We highly recommend that our volunteers sign up for the US Embassy's “Smart Traveler Enrollment Program” (<https://step.state.gov/step/>). This will allow you to receive important information regarding safety conditions, as well as help the US Embassy, family, and/or friends contact you in an emergency. It's not a requirement but will add a layer of security for you.

### **Communication**

Unless you plan to use your cellphone with an international data plan or exclusively with Wifi, we highly recommend that you purchase a Kenyan SIM card and data bundle upon arrival. (This will cost less than \$20 USD.) The SIM card booths are located immediately as you leave the airport, it takes about 5-10 minutes. It is easiest to ask them to load the chip into the phone for you. **Be very careful not to lose your US sim card, as you will need it when you come home.**

To use a Kenyan SIM card, your cell phone must be “unlocked” before you leave the US. If you purchased your phone from your provider store (i.e. AT&T or T-Mobile), it is likely that your phone is still “locked”, meaning only a sim card from your carrier is compatible. You must go to your provider's store in person and have them “unlock” it for you. If you purchased your phone from the Apple store, for example, your phone is most likely unlocked already! If you have any questions you can text Tiba's operations manager, Tara Neuffer, 847-962-7734. Upon your arrival, Matibabu staff may be able to help you purchase your SIM card and bundle.

**WhatsApp** - Please download WhatsApp on your smartphone before you leave the US. WhatsApp is a communication app similar to Facebook with texting, calling, and video-calling capabilities that **everyone** uses in Kenya. Your friends and family can download it and talk to you for free while you are there. Please enter these new contacts into your phone:

## Critical Contacts

<b>Tiba Foundation</b>			
Diane Dodge	Tiba Executive Director	+1 510-435-4558	<a href="mailto:diane.dodge@tibafoundation.org">diane.dodge@tibafoundation.org</a>
Tara Neuffer	Tiba Operations	+1 947-962-7734	<a href="mailto:operationsmanager@tibafoundation.org">operationsmanager@tibafoundation.org</a>
<b>Matibabu Foundation</b>			
Lucy Sewe	Assistant Administrator responsible for Volunteers	+254 704 905 771	<a href="mailto:lucysewe@gmail.com">lucysewe@gmail.com</a>
Dan Ogola	Matibabu CEO	+254 728 069 526	<a href="mailto:danogola@gmail.com">danogola@gmail.com</a>
Collins Ogutu	Information Services Officer in Charge	+254 720 722 694	<a href="mailto:cogutu@gmail.com">cogutu@gmail.com</a>
James Abuti	Principal / Lecturer, Nursing School	+254 701 443 231	<a href="mailto:aotando@gmail.com">aotando@gmail.com</a>
Julius Otieno	Admin & HR Manager	+254 721 819587 +254 753 833506	<a href="mailto:otienojulio@yahoo.com">otienojulio@yahoo.com</a>

**Local Kenyan emergency line is “999”.**

**After you enter Diane and Tara’s contacts into your phone, please send them a message letting them know you are on WhatsApp.** This is an important part of the process in ensuring fluid communication in case of an emergency.



## What to Pack

- **Medication** - Pack your malaria medication and any other medications that you MIGHT need including vitamins, along with your Yellow Fever card. Make sure to bring these in your carry-on bag. Some Malaria
- **Passport** - You need a passport with **at least 6 months valid** after the date of your departure and 2 blank pages.
- **Travel Visa** - Bring either your printed eVisa or cash to purchase your Visa upon arrival.
- **Money** - Bring \$100 bills, and only bring ones printed after 2003. Older bills will be refused. Crumpled bills, torn, or bills with writing will not be exchanged. Bills less than \$100 get a very poor exchange rate and are not recommended. We recommend exchanging to the smallest Kenyan Shilling bills available before going to the rural. You can withdraw money from ATMs at the airport and in all major cities in Kenya. Visa and MasterCard credit card services are also common. We do not recommend bringing an American Express card. Most restaurants and shopping malls in Nairobi accept payment by card. Notify your bank at least 1 week in advance if you plan to use a credit card or Kenya to ensure your card is not rejected.
- **Snacks** - Because things can get very busy, we recommend that you bring many protein-rich snacks like nutrition bars, nuts, and other snacks that you like. Carry a few with you at all times.
- **Clothes** - Light, quick-dry, moisture-wicking clothing, socks, and underwear for evenings and casual visits. Scrubs are great at the hospital and have multiple functions. Don't forget sleepwear. DON'T pack white clothing as red dust or mud eventually coats everything, as well as shorts/skirts above the knee and strapless or low cut tops.
  - Packing quintessential "safari" clothes is okay, but try to avoid sporting safari-wear at the hospital. We always want to look professional in our appearance. This communicates respect to our partners.
  - Athleta, Patagonia, and Prana are good brands for travel clothing that avoid looking too "safari".
- **Shoes** - Bring comfortable shoes/sandals that are good for walking.
- **Personal Essentials** - Face masks (Covid-19 prevention), hand sanitizer, bathing towel, menstrual hygiene products, hand wipes, tissues, medical/first aid kit, toiletries (ensure sufficient quantities for the trip), and some tissue packs for toilet paper as rural toilet facilities and patients homes are very basic and sometimes do not have toilet paper.
- **Insect Repellent** - Ultrathon is our favorite mosquito repellent as it lasts and is sweat-resistant. Malaria is an issue in the area, but mosquitoes are rarely an issue if you wear a little repellent.
- **Mosquito Net** - Always sleep under a treated mosquito bed net. The hotels where we put our volunteers have nets provided and they work fine, but should you want to bring your own, it should fit a double bed. In case you need to purchase a treated mosquito net, they are commonly available in local supermarkets and pharmacies at a cost of about \$15.
- **Sun Repellent** - Bring sufficient sunscreen for your stay, a sunhat, and a bandana.
- **Rain Repellent** - Bring lightweight rain gear and/or a small umbrella.
- **Light** - Small flashlight or headlamp with charger or extra batteries. You will need these for reading at night and finding your way when there is no electricity.
- **Electronics** - Adaptors for plugs and converter for voltage – East African current is 240 volts (plug type G). However, we recommend buying an All-in-One International Adapter to ensure you are prepared for any stopovers in other countries. In addition, bring a cell phone and camera and the chargers that go with them.
- **Bring a sense of humor, smile, patience and flexibility!**



## Bringing Medical Supplies

All volunteers, medical or not, can help Matibabu by bringing needed medical supplies or equipment in their luggage from the US. The Tiba team will coordinate this with you if you are willing to help with this. Sometimes it is simply bringing a laptop in your carry-on bag. If your airline allows two suitcases, Tiba has a loaner we can give you full of supplies that MFK has requested. Please check in with us before you gather any donations directly; we want to ensure supplies we send can be utilized and any equipment is appropriate and can be maintained in Kenya. We really appreciate your flexibility and willingness to bring supplies as it is nearly impossible to get supplies to rural Kenya from the US any other way.

**Medical Practitioners** - bring medical handbooks for your specialty, supplies you need to train Matibabu staff, latex gloves, face masks, and a stethoscope and, if applicable, an otoscope/ophthalmoscope. Surgeons may want to bring their own tools. You will have a better idea after your interview with one of the medical professionals on the Tiba team.

## You will NOT need

- Dress-up clothes, short shorts, revealing clothing of any kind including shorts, short skirts, low cut or strapless blouses, especially at work (exception: if going on Safari, something to wear for dinner time and a swimsuit)
- Expensive personal effects, jewelry, or other valuables
- Kenya has a [total ban on single-use plastic bags](#). Government officials at the airport check personal property for this. To avoid the inconvenience, please pack items in non-plastic bags (think soft fiber reusable grocery bags, avoid zip-lock plastics).

## What to Expect While You're There

### Flights & Transport

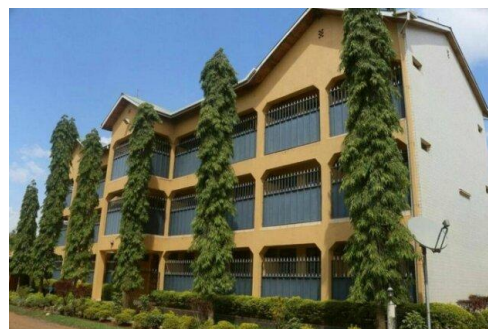
You will be met by Matibabu staff at the airport upon your arrival. You may communicate directly with Matibabu about logistics on the ground. Review the itinerary provided before your travel for other details regarding drivers and transport. **For in-country flights, know that a fee will be charged by the airline if you bring more than (1) carry-one and (1) checked bag.**

### Accommodations in Nairobi and Kisumu

If you end up needing to stay in a hotel in Nairobi or Kisumu during your travels, there are hotels of every description and price range at about half the price of an equivalent hotel in the U.S. Matibabu will help you select one that works for you and will book it if you'd like. Some areas of Nairobi are very safe and we would be happy to book you in one of these areas. We do not permit volunteers to stay in Central Nairobi while volunteering with us.

### Accommodations in Rural Kenya

If you're working at the outpatient clinic in Ukwala town, you'll probably stay at the [Camunya Hotel](#) (right), about 10km away in the market town of Ugunja. The Camunya Hotel is simple, modest, and clean and the people are nice. The showers have hot and cold water. There is a restaurant with simple, clean food, and a bar. The wifi works best in the bar. Laundry service is available if you ask your room service or the front desk.



## Food & Water

Clean, bottled water is available everywhere, at any little shop. MFK will provide you with bottled water for your hotel and time at the hospital. You'll find that your hosts are extremely attentive, but in the end, we're responsible for our well-being, so maintain awareness of your health and access to supplies.

Don't ever eat anything that has not been cooked, boiled, or peeled. Drink bottled water with an intact seal. **That means:**

- No raw vegetables or fruits unless they are peeled.
- No tap water and no ice.

Food at the hotels we recommend is healthy and nourishing. You should also know that NOT everything on the menu is always available.

## Internet

Most hotels offer Wifi. Please expect that connection may be unreliable and to bring books and other activities to do when the internet connection is down. This is also why we recommend all volunteers buy a Kenyan SIM card and data bundle at the airport so that you can communicate with your loved ones and peers during your trip.

## Clothing & Appearance

### Masculine

- In Nairobi: Professional men wear coats and ties.
- In the rural area: Collars denote respect. They also provide sun protection.

### Feminine

- In Nairobi: Professional women wear skirts/pantsuits, simple and elegant.
- In the rural area: lightweight, casual pants, knee-length skirts, and light button-down blouses or dressier t-shirts are worn.

**In Ukwala** all Matibabu employees dress in professional attire or lab uniforms.



## Security in the Cities

**Your person** - Nairobi, like many cosmopolitical cities, has a high crime rate. Don't live in fear, but do not take unnecessary risks. Go out with other people. Do not go out at night. You'll meet lots of friendly people, but be aware of the hustle—if someone asks you to help push a car or do anything that seems out of the ordinary, politely decline and walk away. Also, be wary of developing any kind of romantic or intimate relationships with the Kenyan community **during your service**, including with MFK personnel. Because US and Kenyan average GDP is so different, there are power dynamics in play that can be very lopsided. These can be subject to anything from usury to the assumption that you will sponsor someone's school fees.

**Your valuables** - Don't carry bulky camera gear around the cities. Don't carry your laptop on foot any more than you have to. Don't carry your passport—carry a copy. Leave your laptop and passport and camera gear in the room safe, if available, or better yet in the hotel safe.

### Security in the Rural Areas:

**Your person** - Concerning personal crime, Siaya county is safe for visitors. None of our volunteers has ever had a problem. Nonetheless, bear in mind that you are in a place of scarcity.

**Your valuables** - Do not leave laptops, cameras, sunglasses, or other valuables in your rural hotel room. You are safe carrying your laptop with you. You may also feel completely safe leaving valuables with your Matibabu colleagues. There is also a locker at the hospital you can use to store valuables in the admin office. Keep your money on yourself.

### Giving Money or Gifts in the Field

If you don't have a lot of experience working in developing countries, you may find this section a bit opaque, but it's probably the most important thing we can tell you here. Many people you will work with live on the edge of disaster and scarcity nearly every day. An extra U.S. dollar can mean the difference between a child going hungry. That is no exaggeration.

You will encounter social issues that are beyond your specialty or expertise, but that can be solved with a few dollars. You will constantly ask yourself if the problem should be attacked systematically, or whether you can help this family with a few dollars. You will make the best decision you can and hope that your efforts do good in a place we do not fully understand.

**But you must never do this: make a promise you cannot keep**, especially an implied promise. You must be clear about what you can and cannot do or give. If you do not intend to do something, you must say **explicitly** that you will not do it. Otherwise, it may be hoped for and expected.

If you are reading this and are feeling skeptical, we will ask you to trust us. This happens all the time and is a significant issue. Making a promise you cannot keep leaves behind pain and difficulty. Please be aware of this while you're representing Tiba and working for Matibabu.

**We recommend that if you are compelled to make donations, give to the community officially through Matibabu Foundation in Ukwala.** Go to the Finance and Administration office behind the clinic. They will help you fill out the necessary form and accept the cash, and the gift will be used to good effect. Please do not give donations to individuals during your volunteer time.



### Smile Early and Often

Smile first. Don't wait for your hosts. You'll be amazed at what happens. At home, this might be misinterpreted. Not here. Soon you'll be smiling not because someone suggested it, but from the bottom of your heart. Volunteering can be a trying experience, but you are about to work with some of the warmest, smartest, most appreciative human beings on earth. It's the privilege of a lifetime. **Enjoy your work. Enjoy our wonderful partners at Matibabu Foundation.**



## Before You Go

**As a rule of thumb, we encourage our volunteers to spend as much time preparing for your trip as you will spend in Kenya volunteering.** We feel strongly that the more knowledge you have about the people you will serve and their culture, the greater positive impact and deeper connections you will make. You may want to set aside a couple of hours a week to dedicate to this cause. We encourage you to prepare yourself by learning the [history](#) of the Tiba and Matibabu Foundations, getting to know Matibabu's [staff](#), and learning as much as you can about the Luo culture, language, and environment.

In addition, we ask all volunteers to complete the following 35-minute online course on implicit bias and systemic racism in the healthcare system. Even after adjusting for socioeconomic status, race-related health disparities exist, and healthcare workers have an ethical obligation to examine their biases and correct them to equitably serve their communities. Although this video is directed to a US health care system, the applications to international work apply. This introductory course works to establish awareness and should exist alongside a lifelong commitment to unlearning biases that contribute to race-related health disparities.

## [COMPLETE MEDICAL IMPLICIT BIAS COURSE](#)

### Luo Culture

Approved Tiba volunteers will be working on Luo tribal lands donated to Matibabu Foundation by the community in 2010. One of the deepest values of the region is a commitment to ancestral lands and respect for the dead. It is said that in Luo culture, the most important day of your life is the day you die. There are many traditions around this life event. It is imperative for most people to return to their family home and be buried on ancestral land.

[The Luo community](#) tends to be gregarious and industrious. They're also really friendly—especially if you smile easily, and learn just a few words of the Dholuo language.

With the help of Tiba volunteer Sarah Lebu (right), who is ethnically Luo, you can learn simple Dholuo phrases through her interactive [YouTube videos](#). She also helped to create dynamic, virtual flashcards on [Quizlet.com](#). Take a few seconds to create a Quizlet account so you can quickly learn more than 100 common phrases and essential medical terms in Dholuo with the help of Sarah's audio recordings. Learning the local language will better connect you with and serve the Luo community.



### Learning Dholuo

- [Interactive YouTube Videos](#)
- [Dynamic Flashcards](#)
- [Sarah's Luo Glossary](#)



We also recommend reading world-renowned Luo authors whose work richly describes Luo culture and way of living. Pick a book to read before your trip!

- Yvonne Adhiambo Owuor, author of [Dust](#) and [Weight of Whispers](#)
- Grace Ogot, author of [Land Without Thunder](#) and [The Promised Land](#)
- Jackson Bikozulu, author of [Drunk](#) and the award-winning [Bikozulu blog](#)

Finally, you can read the [travel blog](#) of one of Tiba's volunteers, Dr. Sachin Gupta, to get yet another perspective on what you may experience.

## Climate

You will be working near Lake Victoria in Nyanza Province—not too far from the border with Uganda. This is the Great Lakes region of East Africa. The main thing to know is that Matibabu serves Siaya County. Kenya has 47 counties, with semi-independent administrative units headed by a governor. [Siaya County](#) is one of them.

You're on the equator, so it's warm and humid year-round. There are two rainy seasons, during which sudden showers occur mainly in the afternoon and night. Most of the roads are unpaved, so it is always dusty when it's dry, and muddy when it rains.

The land is low, rolling, and green. It was once heavily forested. This is a contrast to the high savannas most people envision when they think of Kenya. It's extremely rural. Every ten to twenty miles is a market town, generally along the major tarmacked highway. In between are homesteads, spread across the land. Very little land has not been farmed.

## Cuisine

The food is simple, fresh, and always served hot. The staple is *ugali*, a white cornmeal paste. It's generally accompanied by leafy greens, cabbage, or potatoes. A relatively expensive version of the meal is accompanied by chicken, beef, or fish. Fish is a staple for the Luo community because of its proximity to Lake Victoria.



## Religion & Sexuality

It is estimated that +85% of Kenyans identify as Christian, and +10% as Muslim. Less than 2% identify as Hindu, Sikh, Baha'i, or adhere to various indigenous religious beliefs. Most of the members of the Ukwala community are Catholic. Because Matiababu is a secular organization, we ask you to refrain from proselytizing during your trip. Instead, we expect all visitors to be respectful to the religious practices of the individuals we encounter in Kenya, as we are visitors to their country.

Sexual relations outside of marriage are generally taboo, but as in the US, they are widely practiced. Many marriages are arranged and dowries are provided. Polygamy was widely practiced in the past, originally to help settle large areas of land under one clan, though it is seen less and less. The Kenyan government still upholds the colonial tradition that makes sex-same relationships illegal and punishable by imprisonment. Non-straight sexual preferences and gender identities outside of the binary are widely considered to be taboo in the rural culture as well. While few have actually been punished under the law, and no foreigners have been prosecuted, it is important to understand the social landscape. Generally, because of the law and culture, our partners are uncomfortable directly knowing visitors' sexual orientation and gender expression. LGBTQI volunteers who would like information or support are encouraged to contact Tiba's Executive Director.

Tiba unequivocally supports diversity, including the rights of LGBTQI+ individuals. Matibabu is committed to serving every patient that comes to them needing help regardless of race, ethnicity, gender, tribe, language, immigration status, religion, disability, socio-economical status, sexual orientation, or gender expression. Typically our volunteers refrain from discussing religious, sexual, and controversial topics with our partners. Such topics can cause social tension and detract from your mission to serve Matibabu Foundation during your short stay.





## After Your Trip

### Becoming a Champion Volunteer

Volunteers are at the heart of Tiba's success. We depend on you to expand Tiba's community and impact by:

- **Sharing your volunteer story** and photos with the Tiba Team to promote on social media and Tiba's website. If possible, text Tiba staff your photos **during** your trip; make it a habit each night! If you post photos to your social media, tag Tiba and MFK staff.
- **Encouraging your friends** to get involved through volunteering and inviting them to Tiba events and to follow Tiba on social media. If you have any reservations about self-promotion, please remember that your outreach directly helps our partners.
- **Promoting Tiba** on your social media, to your social groups, and your workplace. Add Tiba as your top volunteer opportunity on your LinkedIn profile.
- **Attending Tiba's events** including Tiba's Volunteer Appreciation & Recruiting event, as well as the Annual Benefit Gala
- **Supporting** Tiba through monetary donations (at any amount), monthly gifts are greatly appreciated
- **Actively fundraising** Many volunteers host a fundraiser on their social media for their birthday to raise funds or through work matching funds and events. Tiba supports MFK financially and we appreciate help to raise these funds.
- **Returning** to Kenya to volunteer when possible, and maybe take another medical friend to volunteer too!
- **Completing** Tiba's brief, 10 minute Volunteer Post-Trip Survey [here](#)
- **Speaking** with Tiba's Executive Director for a post-trip interview. This helps us always improve the volunteer experience, follow up on any issues, and stay connected. We will reach out to schedule an interview after your return.

[Facebook](#) - [Instagram](#) - [Twitter](#) - [LinkedIn](#) - [Youtube](#) - [eNewsletter](#)

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# APPLICATION

### **Tiba Foundation**

344 20th St, #9D  
Oakland, CA 94612  
415-488-5461 (office)

### **Executive Director**

Diane Dodge  
diane.dodge@tibafoundation.org  
510-435-4558 (cell)

[TibaFoundation.org](http://TibaFoundation.org)

tiba

Thank You

