

## **Essential Guidelines for Volunteers.**

These guidelines have been put together in conjunction with Naomi Ndungu (VGS), Sister Hiltrude (GP) and Hamish Grant. The purpose is to give you the benefit of 12 years of experience of volunteers visiting Rongai. By following our suggestions below it will be easier for you to become part of the community and warmly accepted into a very different culture. The Trustees of the Vanessa Grant Trust and the schools themselves cannot be held accountable for the consequences if you ignore this advice.

1. Come with an open mind and reserve judgement on the many different situations that you will face.
2. Engage fully with the schools and embrace the challenges as they present themselves.
3. Join the teachers at break and lunch and make an effort to get to know them. You will find the welcome warm and genuine. Contribute to the cost of lunch and enjoy the genuine Kenyan meals.
4. Do not be tempted into local bars and nightclubs where you will be vulnerable.
5. Only use the motorbike taxis during daylight and only locally. They are a very risky mode of transport on already dangerous roads.
6. Always sign in and out at the gate. In the event of a problem, we will have an idea of where you are and are more likely to be able to help.
7. At some stage someone will approach you asking for money. Point out you are a student and not earning money and are volunteering your time without payment. Do not be shy of declining.
8. You should report to school by 8.00 a.m. when the morning assembly starts and not leave until after your final commitment ends.
9. Observe the dress code in the schools.
  - Men: Long trousers and collared shirt for teaching, tidy shorts or tracksuit and T shirt for P E.
  - Ladies: knee length skirt, blouse that covers the shoulders and that is not see through! Decent long shorts or tracksuit with short sleeved T shirt or similar.
  - IT IS VERY IMPORTANT to dress conservatively and that your clothes are clean.
  - Dressing provocatively in a conservative society not only leaves a bad impression but may put you in danger from unwanted advances or even violence.

At all times remember that you will be part of a respected staff team and that you are expected to uphold high standards both within the school and in public to both pupils and parents.

Johnny Onslow August 2013