



Trip to Kenya

31st January -8th February 2026

Itinerary

Saturday 31 January 5:25pm (GMT) Fly in from UK

Sunday 1st February:

- 05:00 – Arrive in Nairobi NBO (Jomo Kenyatta International)
- 08:20 – Fly to Eldoret
- 09:20 – Meet the Ripple Effect Kenya team at arrivals
- 09:45 – Drive to Kalya Hotel
- 13:30 – Visit Mount Elgon National Park (optional)
- 17:30 – Return to Kalya Hote

Monday 2nd:

- 07:30 – Breakfast at the hotel - please arrive with your bags packed for the day and ready to go.
- 08:30 – Visit Boresha Mazingira project office Farm visits Boresha Mazingira project: Kapenguria ward - Practical sessions and demonstrations, with opportunity to participate in gardening activities and speak with farmers and project staff. Shared lunch with Ripple Effect farmers, sampling their produce!
- 17:00 – Return to hotel
- 19.30 - Group dinner - Relaxed – feel free to stay as long or as little as you like.

Tuesday 3rd:

- 07:30 – Breakfast at the hotel - please arrive with your bags packed for the day and ready to go.
- 09:00 – Travel to West Pokot
- 10:30 – Meet members of the *Boresha Mazingira* project; see some training in action
- 17.00 - Return to hotel.
- 19.30 - Group dinner - Relaxed – feel free to stay as long or as little as you like

Wednesday 4th:

- 07:00 – Breakfast and hotel check out (Quick breakfast – please arrive with your belongings packed up, ready to go_
- 09:00 – Drive to Kimilili (2hrs)

- 11 to 17:00 Farm visits and childcare centre in Kimilili
- 17:00 – Check into Milimani Hotel & check
- 19.00 Group dinner

Thursday 5th:

- 07:30 – Breakfast
- 08:30 – Briefings on I4RR project and Thriving with Donkeys project ahead of visit that day
- 10:00 – Farm visits to I4RR project and Thriving with Donkeys project
- 17:0 – Drive to back to Milimani hotel
- 19:30 – Group dinner

Friday 6th:

- 07:30 – Breakfast and check out of hotel
- 10:00 – Visit to newly recruited farmer groups: Vivamos Project, Kakamega Visit to a social enterprise
- 17:00 – Drive to Golf Hotel (Golf Hotel, Kakamega)
- 19:00 - Group dinner

Saturday 7th:

- 06:30 – Breakfast
- 07:30 – Drive to Kisumu airport (1hr 15 mins)
- 10:30 – Recommended flight: Fly Kisumu to Nairobi NBO (Jomo Kenyatta International) (JamboJet 1hr direct)
- 11:30 – Land Nairobi airport Nairobi NBO (Jomo Kenyatta International)
- 13:00 – Arrive at Panari Hotel (30 min drive from airport) Free time to explore the city, get lunch or relax
- 18:00 – Group Dinner

Sunday 8th:

06:00 - Check out hotel & leave for Nairobi airport NBO (Jomo Kenyatta International) (30 minute drive)

9:10am Recommended flight: Fly from Nairobi NBO (Jomo Kenyatta International) to London Heathrow LHR (Kenya Airways, 9hrs20 direct)

3.30pm – Land in London Heathrow

Timings are an estimate and may change slightly!

Project synopses

Kenya

The *Boresha Mazingira* ('Protect the Environment') project is based in West Pokot County, a fragile and arid region in the Rift Valley. This area is plagued by unpredictable weather patterns such as extreme droughts and flash floods, which create instability and severe food insecurity for the subsistence farmers who make up over 80% of the local population; our pre-project assessment found that families were going hungry for an average of 5 months a year. Scarcity has also driven internal migration towards the western part of the county, where rainfall levels are slightly higher – resulting in intensifying competition for limited land and water which often leaves displaced people most vulnerable. In this complex context, the Ripple Effect team are working alongside 1,250 households (approx. 7,500 people) to support the implementation of agricultural practices which are tailored to the local landscape and more resilient to climate change, and to build greater cohesion through community groups.



Innovations 4 Reduced and redistributed unpaid care work (I4RR)

The I4RR project addresses a critical yet often overlooked barrier to women's economic empowerment in rural communities. According to World Bank estimates, women and girls in these contexts spend approximately 16 hours daily on unpaid care work – including childcare, cooking, water collection, and animal feed preparation – leaving minimal time for income-generating activities or meaningful participation in livestock farming decisions. This inequity is particularly stark given that women undertake most labour in livestock feed production, yet exercise little control over larger animals or the income they generate.

Working in partnership with rural farming communities, the Ripple Effect team is testing integrated solutions to reduce women's workload burdens and challenge deeply entrenched gender norms around unpaid care work. The project combines practical interventions – including improved farming tools and techniques designed with women's ergonomic needs in mind, donkeys for heavy transport, and village-based childcare centres – with community engagement initiatives aimed at shifting attitudes about the gendered division of labour. By addressing both the practical and cultural dimensions of women's time poverty, this work seeks to create pathways for women to access income opportunities and participate more equitably in household livestock management decisions.



Thriving with Donkeys

The Thriving with Donkeys project works across three interconnected goals to improve the lives of working donkeys and the communities that depend on them. The project transforms donkey welfare at the community level by teaching proper care practices for key welfare issues, educating children about donkeys, introducing feed and water technologies, and supporting diversified livelihoods that enable better animal care. It influences policy by engaging government enforcement officials in animal welfare protection, advocating for bans on donkey slaughter, and strengthening safeguards against theft and smuggling. The project also develops sustainable animal health systems by establishing community resource mobilization mechanisms—including support for income-generating activities in sustainable agriculture and the creation of animal health savings groups. Currently, 30 Village Savings and Loan Associations have collectively saved 250,446 Kenyan Shillings, enabling 405 donkeys to access vital welfare and health services through these community-managed animal welfare funds.



Map of western Kenya



Ripple Effect Staff Accompanying Us

Kenya

Hannah Denyer – Philanthropy & Partnersships UK



Titus Sagala – Country Director



Alfred Juma – Programme Manager



Isaac Ogutu – Farm Systems Co-ordinator



Isabella Cook – Supporter Care Manager



Travel Information and Advice

Key Contacts

Kenya

Titus: +254 724 239 242

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UK

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Fred (Africa Director): +254 721 495 810

Emergency Services: 999 or 112

Mobile Phones

Please check with your network provider, as it may be best to buy a data package in advance of leaving. If not, buying a local sim on arrival at Nairobi, or a pre-loaded eSIM, is advised to avoid roaming charges.

Risks and Security

We have factored in risk when drawing up the itinerary for this trip, and the areas we are visiting are generally safe. But please do take the time to read through the following. We will also receive a security briefing from the local team on arrival.

- **Bribery:** potential at roadblocks, airports, when paying for services
 - Ripple Effect has a zero-tolerance bribery policy. If approached, answer any questions politely but refer all requests to a local member of staff
 - Ensure you have printed copies of all personal documents – visas, airport tickets, scan of passport, vaccination certificate etc
- **Robbery:** risk of street and vehicle-related crime
 - We will not travel after dark and will stay in pre-vetted, secure accommodation

- Avoid bringing or wearing valuables, and use secure storage for anything essential
 - Limit your phone use in public
 - Keep doors locked and windows closed in cars
 - Remain alert in public areas
 - Ask a staff member for support if exchanging money
 - Don't leave the hotel alone
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- **Ambush:** possible during periods of tension, especially in rural areas
 - Stay calm and hand over valuables without resistance
 - Country Directors will take the lead
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- **Road Accidents:** uneven roads and poor-quality cars
 - Only use Ripple Effect designated vehicles or cars from the hotels
 - We will not travel after dark
 - Cars will carry first aid kits and satellite phones in case of no signal
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- **Severe Weather:** risk of flooding, storms, and landslides
 - Risk of this is low in February
 - We will monitor the forecast and avoid travel if unsafe
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- **Cholera:** possible in areas with poor sanitation.
 - Wash hands regularly
 - Drink only filtered or bottled water
 - Do not buy food from street vendors
 - Avoid raw or undercooked meats, raw vegetables and unpeeled fruits
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- **Malaria:** higher risk in the rainy season
 - Take anti-malarials and carry mosquito repellent
 - Hotels will have mosquito nets
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- **Monkeypox:** moderate risk in Kenya
 - Avoid physical contact in affected areas and report any symptoms immediately
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- **Terrorism:** risk of attacks at airports, public areas, and roads.
 - Follow the 'Run, Hide, Tell' protocol
 - Practice vigilance in public areas
 - Use embassy assistance if needed

Please also read the FCDO travel advice page:

- [Kenya](#)

Climate and Weather

Expect warm/hot temperatures of around 24°C-30°C during the day, and between 14°C and 20°C at night. Rainfall in February is infrequent and mostly manifests as light, scattered showers.

Electricity

Kenya uses Type G plugs, the same as the UK

Timezones

- **Kenya and Uganda:** East Africa Time – GMT +3
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Language

The official languages in **Kenya** are English and Swahili.

Notable Laws and Customs

Kenya

It is illegal to take photographs of official buildings, including embassies, airports and military installations; you could be arrested if caught!

All

Dress codes are generally relatively conservative

ID checks are not uncommon; always carry a copy of your passport

Recommended Packing List

- Yellow Fever certificate
- Two printed copies of all documents, including invitation letters from Country Directors – one set for checked-in luggage and one to hand
- Imodium tablets or their equivalent
- Ibuprofen/paracetamol
- Dioralyte or other rehydration salts
- Sun cream: factor 30+
- Insect repellent (mosquito strength: 50% DEET or higher)
- Anti-histamines – in case the repellent doesn't work!
- Antiseptic wipes
- Plasters
- Antibacterial gel
- Face masks
- Filtering water bottle: Larq, Lifestraw, Grayl
- Robust shoes
- Waterproofs
- Sunhat
- Swimwear
- USD – around \$100
- Portable power bank