Overview

An introduction to the expedition's objectives and the primate species you may encounter.

Expedition Targets

Where we believe the Handshake's support will be most effective during the journey.

Overland Life

Everything you need to know about life on the road as a Great Primate Handshake volunteer.

Useful Information

Important information relevant to your expedition that will help you prepare.

Medical Overview

Our recommended medical checklist.

Recommended Reading

A selection of books we think you may enjoy.

Fundraising

Get your fundraising off to a great start.

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During your expedition you will be working to raise awareness of the threats Kenyan primates face to both local and international audiences.

There are several primates that reside in Kenya, of which one endemic species – The Tana River Red colobus monkey – is considered one of the 25 most endangered primates in the world.

The specific threats that primates face can vary according to country and species. The common denominator is often the role of man; however, whether it’s a primate losing its home to deforestation, an orphan losing its mother to the bushmeat trade, or a primate being illegally sold as a pet.

From Great Apes to Bushbabies, the Great Primate Handshake aims to support all primates, with a current focus on African primates and the primate sanctuaries working to reverse their decline in the wild.

Although not indigenous to Kenya, chimpanzees have been awarded a safe haven as their sanctuary is set in a stunning conservation area in northern Kenya, that also cares for orphaned and injured rhinos & other african wildlife. Thought to be the most intelligent primate next to humans, Chimpanzees are classified as highly endangered and face extinction if we don’t act now and put in place preventative measures to ensure their survival.

We will also be creating initiatives to help raise awareness of the Tana River Red Colobus, but due to political instability in the area, will not be able to support these primates directly in the field during the expedition.

The expedition to Kenya starts in Mombasa and ends in Nairobi.

Displayed below in red are projected expedition targets where we believe the support provided by the Great Primate Handshake will be most effective. Our expedition targets are subject to change and may or may not be included in the final route/itinerary released prior to departure.

The name “Nairobi” comes from the Maasai phrase Enkare Nyirobi, which translates to “the place of cool waters”. However, it is popularly known as the “Green City in the Sun” with a population of 3 million people.
Diani Beach, south of Mombasa, is a relaxed coastal resort on the shores of the Indian Ocean. The coastal area is home to some impressive coral reefs and coral rainforests, and directly inland from Diani Beach lies the Shima Hills National Reserve - one of the country’s best surviving biodiversity zones.

Diani is well-known for its population of the Angolan Black and White Colobus Monkey, which is the reason the Handshake is beginning its expedition here. Situated just off the white sands of the resort, is a primate sanctuary, The Colobus Trust, whom the Handshake will be working with on various projects.

The sanctuary has set up a number of initiatives in the area, including “Colobridges” – overhead bridges that hang above Diani’s main road to give a safe crossing for the monkeys, and continues to work hard to protect all primates in the area. The sanctuary will be supporting their various projects using its team of skilled volunteers.

Ol Pejeta Nature Reserve

Ol Pejeta Nature Conservancy is situated in the Laikipia District of central Kenya, between the foothills of the Aberdares and Mount Kenya, right on the African equator. Ol Pejeta is the largest sanctuary for black rhinos in East Africa and aims to generate income through wildlife tourism, that will be reinvested in to conservation and community development. Offering stunning views across its open plains, the conservancy boasts a large variety of animals, including the Big Five and the rare Grevy’s Zebra.

Ol Pejeta is also home to Sweetwaters Primate Sanctuary, the only place in Kenya where you can see Chimpanzees. Sweetwaters has been looking after rescued chimpanzees for over a decade and is currently home to 43 individuals. Having usually suffered extreme trauma, the Chimpanzees are nursed back to health so that they can live out the rest of their days within the safety of a large natural enclosure. The Handshake aims to help promote the sanctuary and its projects, to raise awareness for this magnificent primate and help develop community schemes.

The Ol Pejeta Conservancy model is increasingly recognized and used by donors as a means to achieve effective community and poverty alleviation.
The overland vehicle we are using is a Scania 93 series 4x2 truck of between 220 and 280 horsepower.

The truck is equipped with:
- Inward and forward facing coach seats with head rests, providing more storage space for your souvenirs and luggage as well as more leg room for our overland travel groups to stretch out on longer journeys.
- Under-seat storage for your backpack so you have easy access even when driving.
- A mixture of side and rear roll-up and fixed windows, providing extensive viewing opportunities.
- 12V charging points for video and mobile phone batteries.
- On board stereo with MP3, MD or CD walkman adapter.
- A comprehensive range of spare parts and tools.
- Large dried and fresh food storage capacities.
- Onboard truck safe for valuables and money.
- Overhead lockers for cameras and day-bags.
- Large water-carrying capacity.
- Internal truck buzzer system.
- Internal and external lighting.
- Long range fuel tanks.

Accessory equipment carried:
- Spacious ‘Dome’ or ‘A frame’ style two-person tents.
- Cooler boxes (for storage of fresh food and drinks).
- All weather awnings for wet weather and shade.
- All cooking and cutlery equipment.
- Professionally compiled expedition medical kit.
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All food provided on the expedition will be vegetarian. We don’t have the facilities to store meat or fish on board the vehicle, therefore all meat/fish products will have to be consumed off the vehicle. Breakfast may include cereal/toast, tea & coffee and lunch may consist of salad, sandwiches and fruit. Depending on where we are travelling or stationed, you may have the opportunity to try local food stalls. The vehicle will stop en-route for water/fresh produce for the evening’s meal.

If you have any specific dietary requirements or allergies then please contact a member of the handshake team so we can discuss your needs. It is impossible to accommodate general food dislikes and therefore we run a, “If you do not like it – pick it out” policy. Accommodation on the expedition will vary depending on location, but will be a mixture of camping/hostels.

Our expeditions enable you to work directly with local organisations striving to conserve primates.
Useful Information

Insurance

Every volunteer MUST arrange personal insurance for the duration of the trip. Make sure you check with your chosen insurer what you are covered for on your policy and look for any loop holes. We recommend Campbell & Irvine for comprehensive cover, but you are free to choose whichever you wish.

Campbell and Irvine Ltd
Tel: 020 7937 6981
Fax: 020 7938 2250
www.campbellirvine.com

If you would like to use Campbell and Irvine, documents will be available to download on the Handshake facebook group, but please also inform a member of handshake staff if you take up a policy with them. You will need to inform Campbell and Irvine that you are a member of the Handshake.

VISA / Permit Regulations

British passport holders need a visa to enter Kenya. Visas may be obtained on arrival by air with a cash payment of 50 US Dollars. More information, including application forms and visa fee rates is available on the following website:

http://www.kenyahighcommission.net

Passport Validity

You will need three months’ remaining validity on your passport to enter Kenya.

Safety Information

For the most part of the expedition we will be travelling as a group. However there will of course be times where you will be free to explore on your own/in small groups.

Volunteers are required to pay attention to safety instructions during this time; not wander around alone, especially at night and in towns. Volunteers will be briefed about safety regulations during the expedition, but please refer to safety guidelines for Kenya at the foreign office website:


In Kenya at the foreign office website:

http://www.kenyahighcommission.net

Travel Prior to the Expedition

We recommend that all volunteers consider travelling pre or post expedition to see more of the sights you may not experience on the Handshake. Especially post-expedition, there will be a number of people in the group who plan to do some travelling. There are a number of unique opportunities available in Kenya, including the annual Wildebeest migration, so it’s worth making the most of them whilst you are there.

Arrival Information

You will need to arrange your own accommodation in Mombasa on and before the expedition start.

Due to the nature of the expedition, it is often worthwhile to arrange accommodation with your fellow volunteers pre-departure. This can save you money, taxi costs and also help us to co-ordinate your movements prior to the start of the expedition. To facilitate this, we suggest that all volunteers sign up to become members of our Facebook group Handshake Volunteers: Past, Present and Future. Here, you will be able to exchange notes with others joining the same expedition and review our list of recommended accommodation.

Travel to Mombasa

Volunteers will not be picked up from the airport. You will need to make your own way to Mombasa to start the expedition. We will be having an optional “Welcome dinner” on the starting night (place TBA) and it is recommended you attend this as a chance to get to meet your team. You will be collected from Mombasa (meeting point to be arranged) by the Handshake vehicle for the start of the expedition. There are a number of ways you can get to Mombasa, so, if you have not already done so, it may be worth researching time and cost. You can fly into Nairobi International airport using a number of established airlines, namely Virgin, South African Airways, Kenyan Airways and British Airways and get a connecting flight across to Mombasa. Using online services such as opodo.co.uk and skyscanner.co.uk will help you to find the cheapest flight available. Also take a look at cheap Kenyan internal airlines as they offer good deals for the connecting flight.

Contact info@primatehandshake.org for pre departure content telephone numbers and emergency contact details and instructions.

Pre-Expedition Accommodation in Mombasa

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Contact info@primatehandshake.org for pre departure content telephone numbers and emergency contact details and instructions.
The expedition will end in Nairobi, so we recommend that you fly out from Nairobi using an international airline unless you are travelling on and have arranged a flight elsewhere. Volunteers will need to make their own travel arrangements to the airport. Full details of our last night’s accommodation / location will be released closer to the expedition date. Handshake staff will be able to assist you in arranging transport to the airport, should you need it. The expedition will finish at 5pm on the last day. Volunteers will be required to arrange accommodation for the last evening onwards.

Airport Departure Tax

In Kenya there is an airport departure tax of 20 US Dollars, which is normally included in the price of airline tickets.

Tree Flights

The Great Primate Handshake values the importance of preserving all aspects of the environment and aims to operate as an ethical expedition. We are carbon offsetting all volunteers’ flights through a Welsh-based company, Tree Flights: http://www.treeflights.com/

Flight Details

Before departure we ask you to send us your flight details so in the event of a delayed flight, we know when to expect you. We also ask you to send us details of your Mombasa accommodation that you are staying in the night before the expedition starts in case we need to contact you.

Kenyan Facts

| Time: | GMT/UTC +3 |
| Borders: | Ethiopia, Tanzania, Uganda |
| Telephone Country code: | 254; international code 00 |
| Capital: | Nairobi |
| VISA: | All visitors need a visa. |
| Languages: | Kiswahili, English & tribal languages |

Personal Costs while on the expedition

Although basic meals, accommodation and game park fees are included in the price, you will need to have spending money for daily costs such as drinks other than water, souvenirs (eco-friendly), other tourist attractions etc. On long travel days, you may be required to buy your own food. Note – in some locations groups may want to go out for a meal at their own cost.

Money:
The currency in Kenya is the Kenyan Shilling (KES). For the current exchange rate visit: www.xe.com

Both the British pound and the US dollar are easy to change throughout the country. Traveller’s cheques are not as widely accepted as cash and often carry high commission charges.

It is advisable to take a VISA debit or credit card as Visa is more widely accepted across Kenya, more than Mastercard. We recommend bringing USD $100 for incidental costs/airport visa.

Volunteers will need to make their own travel arrangements to the airport. Full details of our last night’s accommodation / location will be released closer to the expedition date. Handshake staff will be able to assist you in arranging transport to the airport, should you need it.
Below is medical-related information for this expedition.

All information in this section is generic in nature. The Great Primate Handshake team cannot offer medical advice.

However, YOU MUST check with your GP or Travel Nurse for advice about the vaccinations/health precautions you should take and inform them of the countries you wish to visit. If you have any existing medical conditions or dietary requirements, please contact a member of the handshake team if you are concerned about managing your condition whilst away. We strongly recommend that your travel insurance includes comprehensive medical cover. Medical facilities, including ambulance services, outside major cities are very limited, and your insurance should cover you for the possibility of medical repatriation. You should also check any exclusions, and that your policy covers you for all the activities you want to undertake. All Great Primate Handshake and Oasis Overland staff are first-aid trained.

General vaccinations
Please check your immunisation status with your GP or travel nurse. Keeping up-to-date with Tetanus, polio, diphtheria, Hepatitis A is wise - but ask for professional advice about what vaccinations are suitable for Kenya.

Rabies
It is generally recommended to be vaccinated against rabies if you are likely to come into any contact with mammals. Rabies vaccinations buy you time if you are bitten by a rabid animal, and as we will be spending some time away from the major cities, it would be wise to consider this vaccination.

Malaria
Malaria occurs in Kenya outside of Nairobi and in areas below 1,800 metres above sea level. You will need to take some form of anti-malarial medication as there is a substantial risk in Mombasa. For more information please visit http://www.fitfortravel.nhs.uk/destinations/kenya.htm - and see your GP for further advice on what medications are suitable for you.

HIV
You should exercise normal precautions to avoid exposure to HIV/AIDS, which is prevalent across Africa.

Cholera
Cholera has been known to occur in Kenya. The disease is spread through contaminated water and food - there is a low risk of contracting the disease in our circumstances, but please exercise caution about water/food if it is from an unknown source.

Protection from the sun
It is advisable to bring sun screen with you - the African sun is a lot stronger than in the UK so please be mindful of this when packing. Bring a suitable factor of cream for your skin type and other precautions such as long tops to cover up with/sun hats etc.

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Recommended Websites:
• http://www.kenyaeguide.com/
• http://news.bbc.co.uk/1/hi/world/africa/country_profiles/1024563.stm
• http://news.bbc.co.uk/1/hi/sci/tech/746213.stm
• http://pin.primate.wisc.edu/
• http://www.bbc.co.uk/nature/animals/conservation/primates/
• http://www.internationalprimatologicalsociety.org/
• http://www.kenyaeguide.com/

Recommended Books:
• Pictorial Guide to the Living Primates: Noel Rowe, 1st edition 1996
• A Primate’s Memoir: Love, Death and Baboons in East Africa: Robert M Sapolsky 2002
• Primate Conservation Biology: Guy Cowlshaw, Robin Dunbar, 2000
• World Atlas of Great Apes and their Conservation: Julian Caldecott, Lera Miles, 2005

Kenya:
• Rough Guide to Kenya: Richard Trillo, Daniel Jacobs, and Nana Luckham, 2006
• Wildlife of Kenya, Tanzania and Uganda (Traveller’s Guide):
• David Hosking and Martin Withers 2007
• I Dreamed of Africa: Kuki Gallmann, 1991
• Out of Africa: Karen Blixen, New edition 1999
Please join our expedition Facebook group – Handshake Volunteers: Past, Present and Future - which acts as a forum for volunteers to exchange information on fundraising activities, flights, travelling and primate conservation. It will also include information and downloadable documents from the Handshake team.

We’ve prepared a collection of web tools to enable you to accept donations online by credit or debit card provided by Indiegogo. To start using our fundraising tools please contact us at: info@primatehandshake.org stating your name and expedition.

Indiegogo enables you to highlight to your friends and work colleagues just what you are doing to support primate conservation.

Please also contact us regarding any fundraising activities or events you plan. We may be able to assist group fundraising activities or give you local publicity using our existing contacts.

You will be able to download a template letter for local press that provides a summary of The Great Primate Handshake and your role as a volunteer. This will be available on the volunteer Facebook group. If you publicise your expedition in any other way, please send us a draft of the information you are sending out so we can make sure the Handshake is represented correctly.

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**Contacting us**

Email: info@primatehandshake.org

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For more information visit primatehandshake.org

The Great Primate Handshake is a unique programme of Handshake Productions CIC. Handshake Productions CIC is a registered Community Interest Company No: 6040749.