INFORMATIVE BOOKLET FOR THE

MAISHA VOLUNTEER

NAIROBI · KENYA



A support network for women, mothers and youth in Kenya

MAISHA

WELCOME BOOKLET

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WHAT DOES THE **MAISHA VOLUNTEER DO?**

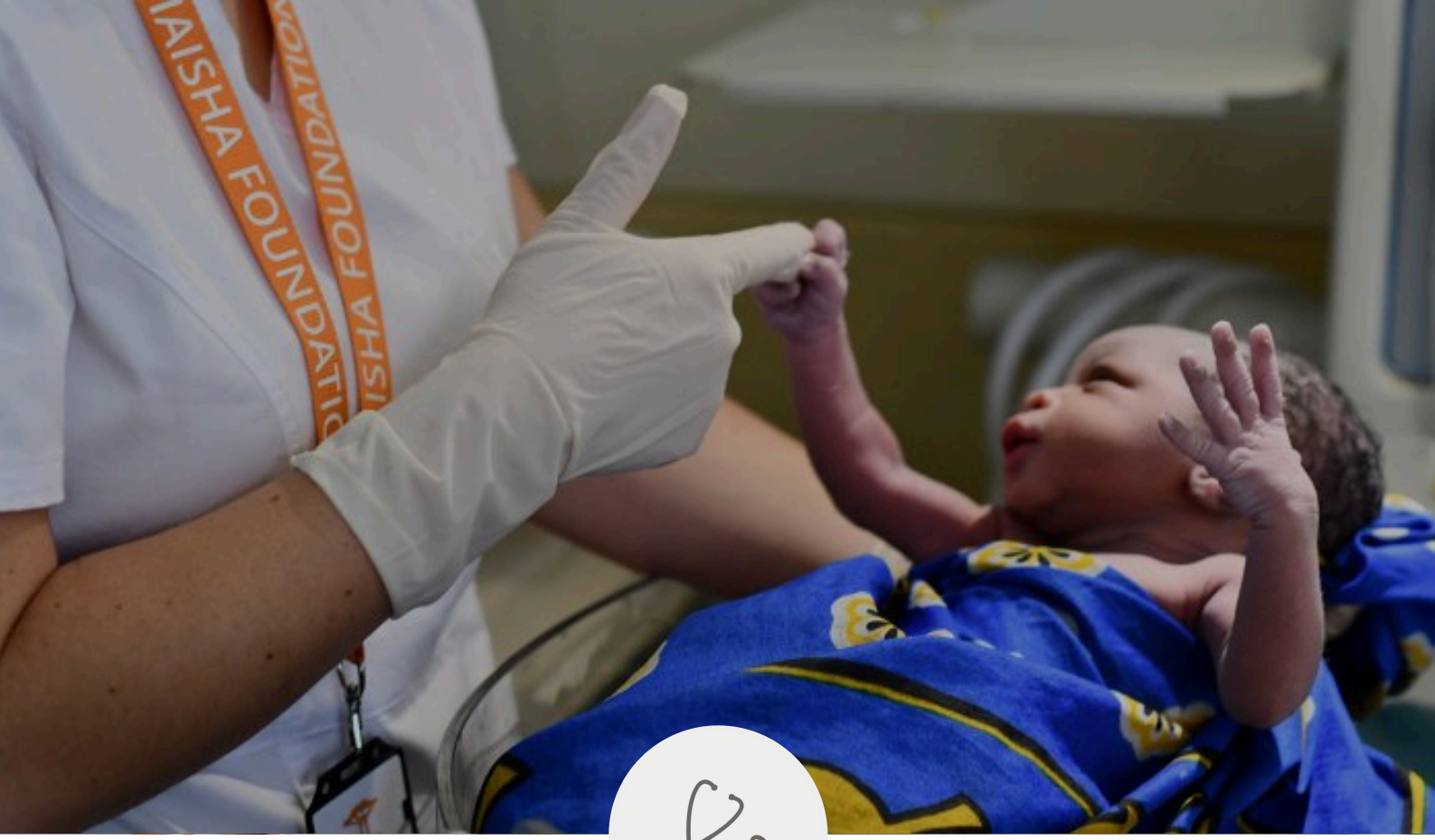
We are a **support network for women, mothers, pregnant women and youth** living in vulnerable contexts in Kenya. Our mission comes to life through different programs where we work hand in hand with volunteers, interns and international cooperants from diverse fields and backgrounds.

Health | **Sexual & Affective Education** | **Housing** | **Sustainability** | **Civic Education & Human Rights** | **Audiovisual**



As a volunteer, you become a vital part of this journey: a bridge of support and hope for women and youth facing vulnerable situations. At Maisha, we focus on **safeguarding the dignity and future of every woman we accompany.**

You will help provide tools, knowledge, care, and a safe space where they feel seen, heard, and empowered. Through your presence and dedication, you help them unlock their potential and build a better tomorrow for themselves and their families.



HEALTH

"Ensuring that every mother welcomes her child into the world in the dignified conditions they both deserve"

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.

They also provide care both to the program participants 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.

Volunteers of the health program also prepare and provide education and training to local health staff and students.

WHO WE ARE LOOKING FOR

Healthcare professionals from various fields and specialties, including **midwives, nurses, and doctors from different areas of expertise.**



SEXUAL AND AFFECTIVE EDUCATION

"Empowering young people to make free and informed decisions about their bodies, relationships and future, through respectful and comprehensive sexual and emotional 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.

Together, we cover topics such as hormonal and physical changes, the menstrual cycle, the teenage brain, family planning methods, self-esteem, emotions, and healthy relationships.

We help young people develop the skills to make free and responsible decisions about their lives. We also train local facilitators, ensuring that the program continues to grow and reach more youth across Kenya.

As part of this program, our **menstrual education program** teaches girls and young women about the menstrual cycle, menstrual hygiene and body care, and provides them with reusable menstrual pads made in our sustainability workshops, so that no girl has to miss school because of her period.

Previous training with the **Teen STAR sexuality and affectivity program** is required. It has no cost to the volunteer and an approximate duration of 40 hours.

WHO WE ARE LOOKING FOR

Professionals from different fields who are passionate about sharing knowledge on sexual and emotional education: the **education sector** (teachers, educators, etc.), the **health sector** (nurses, doctors, etc.) and **other fields**, motivated to work on sexual and reproductive health topics with critical thinking and a passion for sharing knowledge in an interactive and didactic way.



HOUSING

"Providing a safe home and warm support so that every mother and child can feel cared for and never alone"

Our **Housing Program** provides mothers with a safe temporary home and a supportive human network during pregnancy, postpartum, and their path toward independence. With a community focus, we build daily connections, ensure peaceful living together, and promote physical, emotional, and social wellbeing.

We manage daily life at the shelter, secure essentials like food and healthcare, and create group activities that strengthen creativity, bonds, and empowerment.

We also connect mothers with the local community and our team. Support continues with 24/7 phone assistance and home visits after mothers return home.

WHO WE ARE LOOKING FOR

People from **different fields with empathy, listening skills, initiative, and a heart for teamwork.** They help organize, manage, and care for the shelter, and value accompaniment as a tool for positive change.



SUSTAINABILITY

"Equipping mothers with skills and confidence to build a secure and independent future for themselves and their families"

Through our **Sustainability Program**, we empower mothers with tools to support their families safely and independently. **We offer practical skills, saving strategies, and ways to explore income-generating activities.**

We also encourage personal and professional development through coaching, professional training, and access to learning resources, helping them gain confidence and prepare for future employment.

Volunteers help mothers discover their talents, prepare résumés, practice job interviews, and learn computer skills, logical thinking, saving methods, and small business basics.

Interns also support sewing training for reusable menstrual pads for our menstrual education program (see Sexual and Affective Education) and other items for The Maisha Market, our social shop.

WHO WE ARE LOOKING FOR

Professionals in **business, design, management, or with training in marketing, sales, entrepreneurship, leadership, human resources, and similar areas.**



CIVIC EDUCATION & HUMAN RIGHTS

"Promoting rights and knowledge so communities can stand up for themselves and shape their own future"

Through our Civic Education and Human Rights Program, **we empower mothers and young people in the community by promoting awareness of their fundamental rights.**

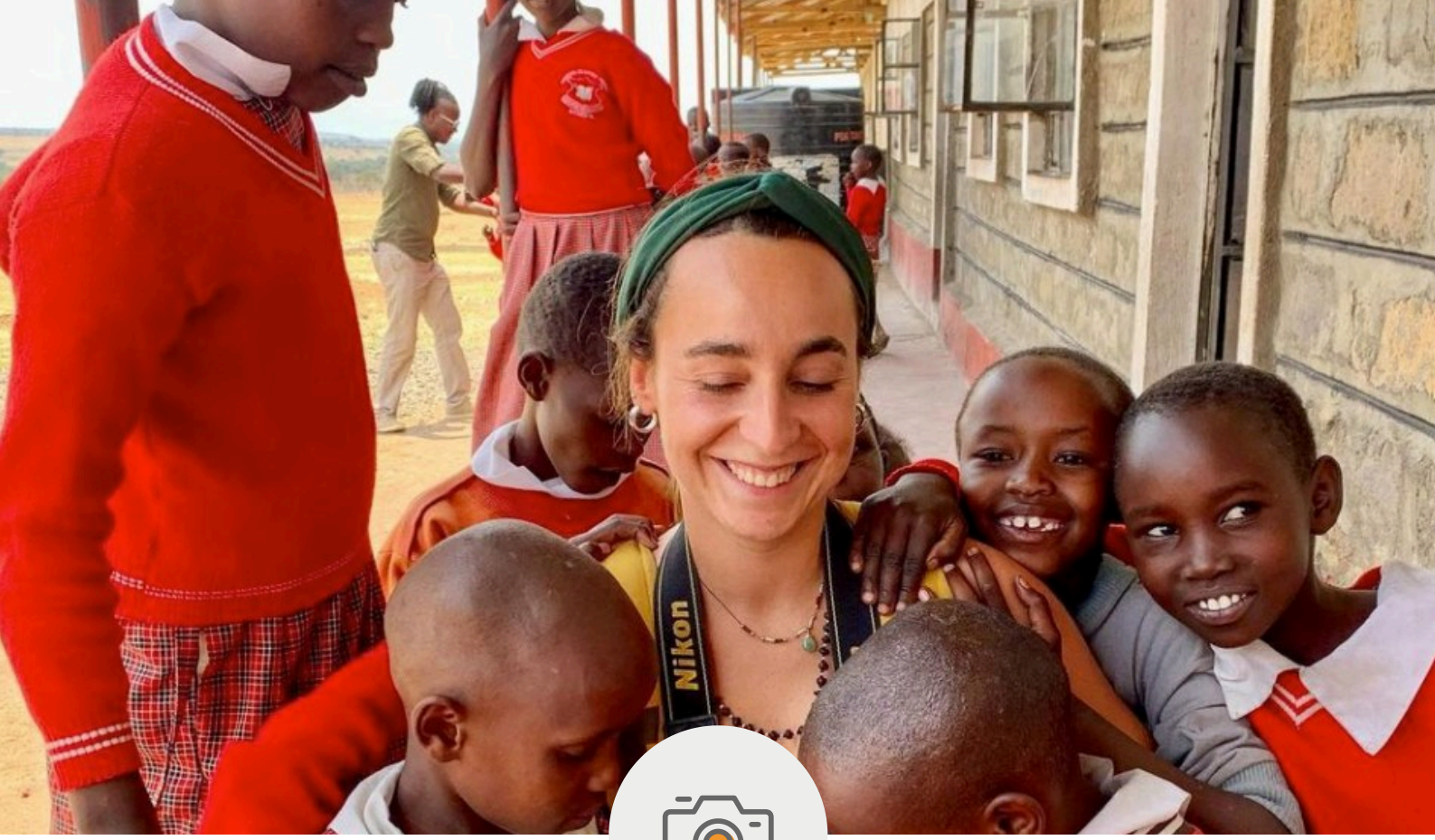
This is our newest program and an inspiring space for growth, new ideas, and community impact.

Right now, with support from Chile's Ministry of Foreign Affairs and a leading Nairobi law school, we are training 300 community members to understand and defend their rights.

Volunteers support the creation and delivery of educational activities that help women and youth understand and defend their rights. This includes researching important topics, developing culturally relevant materials, and helping lead workshops in the community.

WHO WE ARE LOOKING FOR

Professionals in **education, human rights, law, social work** or related fields, to help deliver training in schools and community centers, engaging actively with the local community.



AUDIOVISUAL

"Telling stories that respect dignity and inspire support for a brighter future"

Through our Audiovisual Program, we **create visual content to share Maisha's mission** and safeguard the dignity of those we serve.

All our work follows an ethical perspective that prioritizes respect, aiming for the greatest benefit for our beneficiaries and for Maisha's impact.

Volunteers create short films, interviews, and other materials to support our social media channels and website, and support the design of catalogs for The Maisha Market.

Interns also join other programs on the ground to capture moments that tell our story and help shape our annual reports.

This program depends on the availability of volunteers and runs flexibly according to needs and opportunities.

WHO WE ARE LOOKING FOR

Professionals in **audiovisual communication, photography, filmmaking, or journalism.** This role is also open to anyone interested in creating meaningful visual content.

TIME AND COSTS

WHAT TO EXPECT: TIMELINE AND EXPENSES

Duration

Volunteer duration is a **minimum of 3 months** and includes a guided induction period in the field. The total duration **may vary according to each volunteer's needs, objectives, and availability**, and will be coordinated on a case-by-case basis with the local team.

**It is possible to volunteer for shorter periods. You can ask about the conditions and requirements for short-term volunteering.*

Costs

REFERENCE VALUES 2026

This experience is **self-funded**. Below you will find an approximate breakdown of the main associated costs. Please note that **these values may vary depending on your country of origin, global conditions, and your personal lifestyle and spending choices.**

Preparation costs (different for every country)

- Flight ticket
- Vaccination
- Travel health consultation (optional)
- International health insurance valid for the full duration of your stay

Living expenses (average)

Visa	
*eTA (Electronic Travel Authorisation) + mandatory insurance**	**USD 85**
Internship visa (alternative)	**USD 200**
Food	**USD 100 / month**
Transport (average)	**USD 60 / month**
Rent, according to length of stay	
1 to 2 months	**USD 300 / month**
3 to 4 months	**USD 250 / month**
5 to 6 months	**USD 200 / month**
More than 6 months	**USD 160 / month**

**The eTA is mandatory for any first entry to Kenya and must be processed online before you travel. Alternative visas are processed within the country.*

REQUIREMENTS

1. Previous **volunteer work experience** or **international cooperation.**
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. Possibility of **self-financing.**
6. An appropriate **level of English**, verified during the interview process.
7. Passing the **interviews and psychological tests.**

SELECTION PROCESS

1. Preselection by CV and motivational letter
2. Interview by Field Coordinator
3. Psychological interview
4. Interview by Program Advisor
5. Final selection of volunteers
6. General induction *(before the trip)*
7. Induction by area
8. Signature of institutional documents *(before the trip)*
9. Welcome and induction in Kenya

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

AS A MAISHA VOLUNTEER, **YOU WILL HAVE ACCESS TO**







- Accommodation in our **Maisha apartment** in Kilimani, a safe area close to basic services, with space for up to 8 people.
- **Internet (Wi-Fi) and basic utilities** (water, electricity, gas) included.
- **On-site orientation** tailored to your specific program.
- **Direct communication** with the local coordination team and the volunteer coordinator, and support from your program advisor.
- **Psychological support** throughout your stay, whenever needed.
- **Airport pick-up** and transfer to the Maisha apartment upon arrival.
- **Mutual feedback** and evaluation opportunities between you and the foundation.
- Connection to our **active network** of volunteers, interns, alumni, staff, and partners who stay engaged with our work.
- Access to our **local partners and alliances**, working together to promote our mission, co-create projects, and amplify impact alongside other local organizations.
- **Opportunities to reduce costs** by bringing new supporters into our network.
- **Chances to grow your skills**, experience cultural exchange, practice languages, and build new connections within the local community.

VOICES OF OUR **VOLUNTEERS**

FROM MAISHA'S ANNUAL REPORT 2025

During my six months in Kenya I was able to contribute from different areas: I conducted sexuality and affectivity education classes, community health workshops, emergency management, prenatal check-ups and support in childbirth. (...) Thank you for an experience that not only transformed me professionally but also made me a better person.

Margarita Pollock
Nurse-midwife · Health and Sexual & Affective Education volunteer, 2025

Witnessing and accompanying them on their journeys of growth, transformation, and empowerment is a memory that fills me with pride and a sense of privilege. Seeing them again after graduation, empowered as mothers, determined to give their babies and themselves a life of opportunity, is a precious memory I will always cherish.

Jacinta Fernández
Housing volunteer, 2025

Seeing how small gestures, safe spaces, and simple tools can empower a woman in her motherhood is a very powerful experience for me as a therapist. (...) Maisha doesn't just accompany pregnancies; we accompany lives.

Dominga Acosta
Occupational therapist · Sustainability volunteer, 2025/26

APPLY **NOW!**

Send your **resume and cover letter** to
contacto@fundacionmaisha.com
telling us what motivates you to be a Maisha volunteer.

For more information visit **www.maishafoundation.com**

or find us on social media

@fundacionmaisha Fundación Maisha



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