



Visiting Carolina for Kibera

Karibu! (Welcome!) We are delighted that you want to see Carolina for Kibera's work in action. We believe that visiting and deepening our understanding of communities like Kibera is important, but strive to always make interactions with the community honest and reciprocal. Before inquiring about a visit, please review the information below carefully.

Though Kibera is often defined as a slum due to poor living conditions, it is first and foremost a dynamic and bustling community. Comprised of 13 different villages - akin to neighborhoods - Kibera is filled with homes, shops, schools, churches, and clinics. In visiting, we encourage you to remember this simple, important idea. Think of Kibera as a collection of neighborhoods with families and individuals with complex and interesting stories, not simply East Africa's largest slum.

Too often, the unique and profound poverty of Kibera has attracted overwhelming attention from NGOs, researchers, and visitors. Each group comes with its own questions and ideas. But most visitors leave, taking research and photographs, leaving little of lasting value for the community. Acutely aware of this phenomenon, Carolina for Kibera strives to offer respectful collaboration and facilitate the creation of sustainable solutions for the community.

Scheduling Your Visit

Please call or email the Carolina for Kibera office in advance to arrange a visit. If you arrive without an appointment, we may not be able to guarantee that someone is available to host you. CFK Us Office: (919) 962-6362 or Email: cfk@unc.edu

DOs

- Wear close-toed shoes that can get dirty.
- Wear casual or business casual clothing to better enable you to blend in.
- Feel free to be pleasant, responding to greetings from children and adults.
- Ask permission before taking someone's photograph. Kindly limit photo ops unless very necessary. (Just imagine dozens of people walking into your house each week and snapping photos of you!)
- Be respectful of people's culture, preferences, appreciating their abilities in a dignified manner.
- Come with an open-mind.

DON'Ts

- Do not walk unaccompanied.
- Do not give out any candy, money, or gifts while walking around the community. It contributes to a culture of depending on handouts, which can be difficult to combat.
- Do not engage in lengthy conversations with strangers unless you are accompanied by a local/escort. Try not to shake hands with strangers if you can avoid it. (Carry something basic in your hands like water)
- Do not openly carry any equipment of value such as phones, cameras, iPods, iPads as well as bags or luggage that might attract unnecessary attention.
- Do not give out your phone number or email to people you don't know.
- Shy away from supporting individuals directly, channel the peoples' requests to CFK.
- Do not make promises to any one on behalf of CFK.
- Always consult before doing anything that you are not sure about. Seek the help of staff.

Suggested Donation

We love hosting guests, don't get us wrong. The small world stories and interesting new ideas that come from casual conversation inspire us. But our work is first and foremost about the Kibera community. Arranging logistics, guiding visits and asking staff and volunteers to make time for discussions takes away from our core programming. Please consider making a moderate donation to help cover staff time and the administrative costs associated with your visit.

Directions

Carolina for Kibera is situated in Olympic Estate in Kibera. Coming from the Nairobi city centre, proceed towards Prestige Plaza on Ngong Road and take a left turn onto Mugo Kabiru Drive off Ngong Road, then join Kibera Drive which leads you into Kibera. Continue straight until reaching Olympic Estate, turning left off Kibera Drive towards Olympic Primary School. Exactly opposite this turn is a large church with a branded roof reading KIBERA AIC. At the gate of Olympic Primary School, take a right turn and drive for approximately 100 meters, you will see a visibly branded wall reading Carolina for Kibera.

For a Google Map of the CFK office and surrounding roads, [click here](#).

Our Programs

The **Youth Sports Association** uses sports to promote youth leadership, gender equity, community service and ethnic-religious cooperation. In addition to hosting sporting events, the program also includes extracurricular activities for teams focused on educating around sanitation and positive life skills.

The Tabitha Clinic, owned by CFK, is run in partnership with the US Centers for Disease Control & Prevention and seeks to serve a twin purpose of providing affordable high quality out-patient healthcare services to residents of Kibera while also acting as a hub for KEMRI/CDC's emerging infectious diseases surveillance. The Tabitha Clinic handles more than 41,000 patients a year and provides comprehensive HIV care and treatment services to about 600 residents of Kibera.

The **Daughters United Center** (*Binti Pamoja*) is safe space where adolescent girls and young women from Kibera can gather, discuss, and find comfort in sharing with other girls about the issues that affect them. In sharing the girls build their confidence, learn about reproductive health and receive training on leadership, life skills and financial literacy.

Trash is Cash (*Taka ni Pato*) is a waste management program that trains youth groups on how to generate income by collecting, sorting and selling both organic and inorganic waste. The program also trains youth on how to establish and run small sustainable youth-run businesses.

The SRH & HIV Prevention Program seeks to improve HIV Prevention as well as increase access by young people to sexual and reproductive health information and services. The program offer peer education, VCT, and reproductive health services including contraception and post abortion care services.

The Education Program (*Angaza*) seeks to improve access to and quality of education in Kibera by expanding access to partial school scholarships, providing academic and social support, and supporting informal academic institutions to improve the delivery of education.

Our History

In the summer of 2000, Rye Barcott, Salim Mohamed, and Tabitha Festo met each other for the first time. Unlikely friends, this University of North Carolina undergrad, community organizer, and widowed nurse and mother of three all shared one desire: to spark change within Kibera. [Read the full story on our website](#). See a [timeline of CFK's history](#).