



the
leap

UNDER 18 PROGRAMME

Leap to Under 18 Kenya

MARINE CONSERVATION + COMMUNITY DEVELOPMENT + SAFARI + 16 UCAS POINTS

Kenya *Inspired*

This 10-day programme in Vipingo, Kenya is about creating connections, driving change, and understanding why your actions matter.

LOCATIONS:

INDIAN OCEAN + TSAVO NATIONAL PARK

ACCOMMODATION:

PRIVATE HOUSE + SAFARI CAMPS

ENVIRONMENTS:

BEACH + BUSH

PROJECTS:

MARINE + SOCIAL IMPACT + COMMUNITY DEVELOPMENT

TEAM SIZE:

20 PER DEPARTURE

SOCIAL:

BUZZY VIBES

FITNESS:

AVERAGE

STAY LENGTH:

10 DAYS

Reserve your place

INFO@THELEAP.CO.UK / +44 1672 519922

Join an unforgettable 10-day Leap designed specifically for students in Years 11–13, blending academic achievement with personal growth.

Based in Vipingo, north of Mombasa, you'll team up with peers from different schools in a stunning coastal setting renowned for its pristine beaches, vibrant coral reefs, and rich marine life.

This unique programme combines hands-on marine conservation with meaningful community projects, delivered in partnership with Oceans Alive, a leading local NGO. You'll contribute to coral reef regeneration, support sustainable development initiatives, and see first-hand how your actions can drive real change.

Beyond the impact work, the adventure continues with a safari in the iconic Tsavo National Park, dhow sailing on Kilifi Creek, exploring bustling markets, and connecting with locals through football games and cultural exchange.

Students can also opt to earn the International Volunteering Diploma (worth 16 UCAS points), accredited by the Centre for Global Citizenship Studies—an impressive addition to any university application and aligned with the new UCAS criteria for 2026.

This is more than a trip—it's a chance to develop essential life skills, make lifelong friends, and stand out as a globally-minded student ready to take on the world.

SOUTH SUDAN

ETHIOPIA

UGANDA

SOMALIA

KENYA

TANZANIA

INDIAN
OCEAN

Tsavo East National Park

Safari

Kilifi

Sunset Dhow

Vipingo

Marine Conservation
+ Community Development

Mombasa

Arrival / Departure

4

2

3

1

UCAS Diploma – *16 UCAS points*

The International Volunteering Diploma

Students have the option to pursue an International Volunteering Diploma through The Centre for Global Citizenship Studies (CGCS), accredited by the National Open College Network. This diploma adds a powerful edge to university applications and CVs, showing commitment to global responsibility and personal growth. Worth 16 UCAS points.

The diploma consists of five modules which are supported and delivered both online and, in the field by CGCS and The Leap. Each module takes about 6-8 hours of student time, all online, working at one's own pace.

Module 1: Learn about cultural awareness, safety, and ethical responsibilities.

Module 2: Understand the motivations and skills needed for volunteering.

Module 3. Explore global citizenship, sustainable development, and the role of volunteers.

Module 4. Apply concepts in real-world settings, document experiences, and implement leadership skills.

Delivered by Tilda Bowden – co-founder of OA.

Module 5: Reflect on personal growth, community impact, and future implications.

Cost of Diploma

£395 paid direct to The Leap.

This is an optional add on to the cost of the expedition, giving flexibility to the planned experience.

Kenya *Itinerary*

Day 1 Mombasa/Vipingo

Arrival + Settle in

From the moment you step off the plane you'll be hit by the hustle and bustle of Kenyan life. There will be piki pikis weaving through tuk tuks and matatus, women selling mangoes out of wheelbarrows, and perhaps the odd donkey wandering the streets.

It's about a 2-hour drive from Mombasa airport to your new base in Vipingo, called Bahari Hai, which is set right on the beach, with lots of ensuite bungalows, surrounding communal hang-out areas and a small pool. You'll be met with a delicious lunch, and time to unpack your bags before your first swim in the warm Indian Ocean.

In the afternoon you'll meet the Oceans Alive team who will give you an induction covering their goals, your participation and staying safe whilst on the adventure in Kenya, before you get stuck into some fun raft building to help you bond and acclimatise.



Kenya *Itinerary*

Day 2

Induction + Coral Restoration + Vipingo

Today begins at the Oceans Alive Centre, located on the shores of Kenya's first Locally Managed Marine Area (LMMA) in the Kuruwitu Lagoon. You'll head out into the warm, waist-deep waters for your first underwater safari, exploring the vibrant coral structures. Expect to encounter a kaleidoscope of marine life, including brightly coloured clams, sea anemones, and tropical fish—a truly stunning experience.

After lunch, you'll learn more about the conservation efforts directly from the Oceans Alive team. Then, it's off to Vipingo Ridge, where a scenic hike leads you to the dam in search of resident giraffes and antelope. Capping off the day with a refreshing swim and supper at the Ridge.

Supper: Pizza night at the Vipingo Ridge Resort.



Kenya *Itinerary*

Day 3

Coral Restoration

Today is all about making a difference.

The morning will be dedicated to hands-on work with coral regeneration projects, focusing on three key tasks: plug creation, coral gardening, and building artificial reef structures. You'll be divided into three teams and rotate throughout, ensuring you experience each stage of the process.

- **Plug creation:** You'll make small concrete plugs, about the size of an egg cup, where the coral fragments are attached. These plugs are placed in the coral nursery.
- **Coral gardening:** With snorkel and mask, you'll gently clean the coral plugs in the nursery to help them thrive. When the coral is ready, you'll assist in moving it to artificial reefs.
- **Building artificial reefs:** You'll help build artificial reef structures using concrete or wire. These are submerged in the ocean to provide a base for the coral plugs you've helped grow to be attached to.

Shariani Market

After lunch, you'll visit the vibrant Shariani Market for a firsthand look at local community life. From fresh produce to clothing and electronics, this bustling market offers a true taste of everyday Kenyan life. It's the perfect opportunity to practice your haggling skills and soak up the lively atmosphere.

Supper: Bahari Hai, fancy dress night having bought something at the market.





Our daughter had a trip of a lifetime in Kenya with The Leap. She met life long friends and had incredible experiences. Thank you to Milly and her team for all their help and expertise along the way.

Kenya *Itinerary*

Day 4

Joyland School

Today will be spent at the local school with the children. Expect a lively mix of games, arts and crafts, and perhaps even an impromptu football match. The kids are always excited to meet new people and will welcome you with open arms, making for a truly heartwarming experience.

Jiko Stoves

In the afternoon, you'll visit the nearby village to build jiko stoves which is one of Oceans Alive's community projects aimed at reducing the pressures of overfishing in the lagoon.

You'll notice that many homes in the village still rely on open flames for cooking, which is both hazardous and fuel-inefficient. Oceans Alive is addressing this issue by introducing Jiko stoves into fishermen's homes. These stoves not only make cooking safer but also help preserve fish by providing a frying option, extending shelf life.

You'll have the chance to help build a Jiko stove—an experience that puts you right at the heart of community life.

Cooking Lesson

In the evening, you'll take part in a fun cooking session with local women, learning how to make classic Kenyan dishes like mandazi—a sweet, doughnut-style bread. Then it's time to relax and enjoy your homemade feast together, sharing stories and laughter around the table.



Kenya *Itinerary*

Day 5



Marine Projects + Community Football + Dhow Cruise

This morning, you'll dive back into the coral regeneration project, focusing on your next task and continuing your hands-on contribution to marine conservation.

In the afternoon, you'll prepare for some friendly competition as you join an exciting football tournament against the spirited and football-loving teenagers from the Shariani community. They live and breathe the sport, so expect a lively and energetic match. After the game, you'll unwind with a serene sunset cruise along the Kilifi River aboard a traditional dhow sailing boat, before returning to Popes for a late supper.

Kenya *Itinerary*

Day 6

Church Service

Today is all about immersing yourself in the vibrant local community, beginning with an unforgettable church service – a lively, joyful, and colourful celebration of local culture that will leave a lasting impression.

Vertical Gardening

After lunch, you'll dive into another meaningful community project. As Oceans Alive works with fishermen to reduce over fishing, they also promote alternative sources of income and food. One such initiative is the innovative community farm, where fishermen are introduced to vertical gardening—a brilliant technique for growing fruits and vegetables in compact spaces. Using recycled cement sacks, the community has created tiered gardens, resembling wedding cakes.

This method not only conserves water but also allows a variety of crops to flourish without taking up much land. During your visit, you'll roll up your sleeves and help maintain these vertical gardens, contributing to a more sustainable future.





Kenya *Itinerary*


Day 7

Water Appreciation + Beach Club

This morning, you'll return to the coral regeneration project to complete your final marine task, before you head back into the community to support the water appreciation project. This initiative involves gathering water from the well and delivering it to the homes of elderly and sick villagers—a huge effort that is deeply valued by the entire community.

The afternoon will be a relaxing break at the beach club, where you can unwind, play volleyball, and hang out. You'll then head back to base to pack up in preparation for your safari tomorrow and have a magical final celebratory supper with entertainment from local musicians and acrobats who will showcase their talents.



A photograph showing three young women, likely volunteers, interacting with a group of children in a rural setting. One woman in a green top is smiling and looking towards the children. Another woman in a grey Adidas t-shirt is seen from the back, looking towards the group. A third woman with curly hair is partially visible between them. Several children are gathered around, including a young girl in a red and white patterned dress in the foreground, and a group of boys and girls in the background. The background features a thatched-roof building and lush greenery.

Our daughter has had the most amazing time in Kenya. The Leap group have been fantastic with the organisation throughout, I always felt we were in good hands. The breadth of volunteering and involvement has been wonderful and I know this will have changed her life forever. Thank you.

Kenya *Itinerary*

Day 8 & 9

Safari in Tsavo National Park

No trip to Kenya would be complete without a safari, and we've planned an unforgettable experience at the stunning **Ngutuni Conservancy**, renowned for its thriving elephant population and the iconic **Saltlick Lodge** in Tsavo East National Park.

Leading the way is Chris Angell, your expert guide and safari coordinator—one of the best in Kenya, who has an uncanny ability to track wildlife and bring the landscape to life.

To make the journey even more unique, he'll bring along a fleet of bicycles for a scenic cycling adventure en route to the park gates.



Kenya *Itinerary*

Ngutuni Lodge

Your adventure begins with a 7 a.m. departure to reach Bachuma, where you'll stop for refreshments and explore the sprawling craft center before embarking on a gentle cycling challenge. The route is a peaceful, smooth, and mostly flat 6 to 11 km ride along a pipeline, which should take around an hour.

You'll spend your first night at the beautiful Ngutuni Lodge, which boasts a brand-new swimming pool and, more importantly, a spectacular waterhole where you can watch wildlife gather right in front of the lodge. In the afternoon, you'll set off on a game drive where you're likely to see elephants, giraffes, zebras, antelope, and a wide variety of birds—with the possibility of spotting lions, cheetahs, and more.

Saltlick Lodge

You'll start the day with an early morning game drive before returning for breakfast. Afterward, you'll drive through the park, heading towards Saltlick Lodge, stopping at Taita Hills for lunch and a refreshing swim. By 3p.m. you'll continue your journey to Saltlick, arriving in time for an evening game drive.



Kenya *Itinerary*

Day 10

Saltlick to Mombasa Airport

Your safari ends with an early morning game drive — an excellent opportunity to catch the lions as they prowl through the park in the cool dawn hours. After this you'll return to the lodge for breakfast before departing for Voi, where you'll board the train to Mombasa.

As the landscape rolls by, you'll have time to reflect on the incredible experiences, from the breathtaking wildlife to the vibrant community projects.

Your journey will end in Mombasa, where you'll catch your flight home, leaving Kenya with unforgettable memories of adventure, connection, and the extraordinary beauty of nature.





Kenya *Itinerary*

Day 11

Returning home

After ten unforgettable days, you'll return home in the early morning, full of stories, new friendships, and a renewed sense of purpose – ready to take on whatever comes next.



Kenya *Staying & Food*

Accommodation

You'll stay beachside at Bahari Hai, our beautiful volunteer house in Vipingo, just 1.5 hours from Mombasa .

Picture the whitest of sand, warm tropical water, turtles, migrating humpback whales, dolphins, and more tropical fish than you can shake a stick at. Utterly stunning.


At Bahari High, you'll be looked after by the wonderful Bahari family. Joseph and Juma, your team leaders, Dolphin will ensure you're comfortable, Godfrey will whip up delicious meals. The house is cosy with 2-3 bedroom bungalows, each with ensuite bathrooms, set in a lovely garden with a small pool and plenty of communal spaces.

Food

Godfrey will cook delicious, home-cooked meals. If you have any special dietary requirements, please let us know, as these can be easily accommodated.

Safe drinking water, tea, coffee, and fruit squash will be available throughout your stay, though any additional soft drinks, will be at your own expense.





Thanks to everyone involved as they have managed to make the trip a once in a lifetime experience. I have learnt so much about the local community, which will stay with me forever, this has shown that at home we are so privileged in every aspect of life.

Background *Leadership & Guides*

Who We Are

The Leap—an independent travel company founded in 2002 by Guy and Milly Whitehead. For over 20 years, we've been taking young people on exciting, meaningful adventures across Africa, Asia, and South America. Our goal? To encourage responsible travel that supports local communities and helps young people grow in confidence, curiosity, and character.

Challenge + Growth

Our trips are designed to be more than just fun (though they're definitely that too). We help students step outside their comfort zones, try new things, and discover what they're capable of, building key skills such as teamwork, resilience, and leadership along the way.

A Boost for the Future

To add even more value, students can choose to complete the International Volunteering Diploma (worth 16 UCAS points), run in partnership with the Centre for Global Citizenship Studies (CGCS). It's a great way to show future universities and employers what you've learned, both academically and personally.

A Team You Can Count On

In Kenya, we work closely with Des and Tilda Bowden, who head up the brilliant Oceans Alive project. They're supported by our much-loved local leaders Joseph and Juma, who guide day-to-day activities and make everything run smoothly.

Plus, a member of The Leap's UK team will travel out with the group and be there for all the pastoral support—keeping everything organised and making sure every student feels happy, safe, and supported from start to finish.

Managing Risk: Adventure with Responsibility

On arrival, teams receive thorough safety briefings and are provided with secure accommodation, risk-assessed vehicles, medical evacuation access, and reliable emergency communications.

24/7 Support

Round-the-clock support from both our overseas project leaders and UK team.

Your Safety Comes First

The Leap prioritises safety, quality, and experience over cutting corners.

Rigorous Risk Assessments

We adhere to the highest safety standards, conducting annual risk assessments and safety audits.

Accreditation & Protection You Can Rely On

The Leap has been assessed, accredited, and trusted by the most respected organisations in the industry,



Kenya *Dates & Costs* 2025/26


13 DECEMBER 2025	10 DAYS	£2210
3 JULY 2026	10 DAYS	£2450
12 JULY 2026	10 DAYS	£2450
9 OCTOBER 2026	10 DAYS	£2450
12 DECEMBER 2026	10 DAYS	£2450

INCLUDED:

- Pre-departure briefing
- 24-hour emergency back-up, management and support by UK and in-country team
- Safety and induction course on arrival
- Food and accommodation throughout
- Airport transfers for the team flight
- All transport to and from projects
- Leap T-shirt
- All activities as described

NOT INCLUDED:

- International flights
- Volunteering Diploma
 - £395 2025
 - £450 2026
- 2 meals out
- Travel insurance
- Medical expenses (reclaimable through travel insurance)
- Private transfers to and from the airport if you do not arrive on the main team flight
- Some soft drinks and snacks
- Laundry fees
- Tourist visa/ETA

A photograph of three young men in the ocean, wearing snorkel masks and snorkels. They are all smiling and looking towards the camera. The man on the left is making a peace sign with his right hand. The background shows a blue sky with some clouds and a distant shoreline with buildings.

“Definitely recommend The Leap, very professional. All the stress is taken away and everyone is very helpful. No question was a silly question in preparing my son to travel and I felt he was in safe hands.

Kenya *Nitty Gritty*

What to Pack?

Clothes

- Sports tops and shorts are what you'll spend most of the time in.
- T-shirts - long and short sleeves
- Swimsuits - you wear these every day so bring lots. With bikinis, no thongs please
- Sun hat
- UV sun rash vest - essential for snorkelling
- Feel good clothes for the evenings
- Reef shoes - essential
- Flip-flops / sliders / crocs
- 1 pair of casual summer shoes for wandering about / going out
- 1 pair of trainers for cycle/safari/football/golf



Kenya *Nitty Gritty*

What to Pack?

Equipment

- 2+ reusable metal water bottles
- Head torch (with sufficient batteries)
- 2 x towels (quick drying microfibre ones are best)
- Day rucksack and bum bag
- Your main bag MUST be a rucksack or soft duffel bag – NO rigid suitcases
- UK plug adapter – only for USA and EU leapers.
- Sunglasses
- 1 pair of working gloves – a pair of sturdy gardening gloves will be perfect
- Snorkel and mask – ESSENTIAL. Please consider leaving these behind so they can be donated to Oceans Alive.
- Portable phone charger
- Waterproof camera case
- A hardback notebook and pens/pencil



Kenya *Nitty Gritty*

What to Pack?

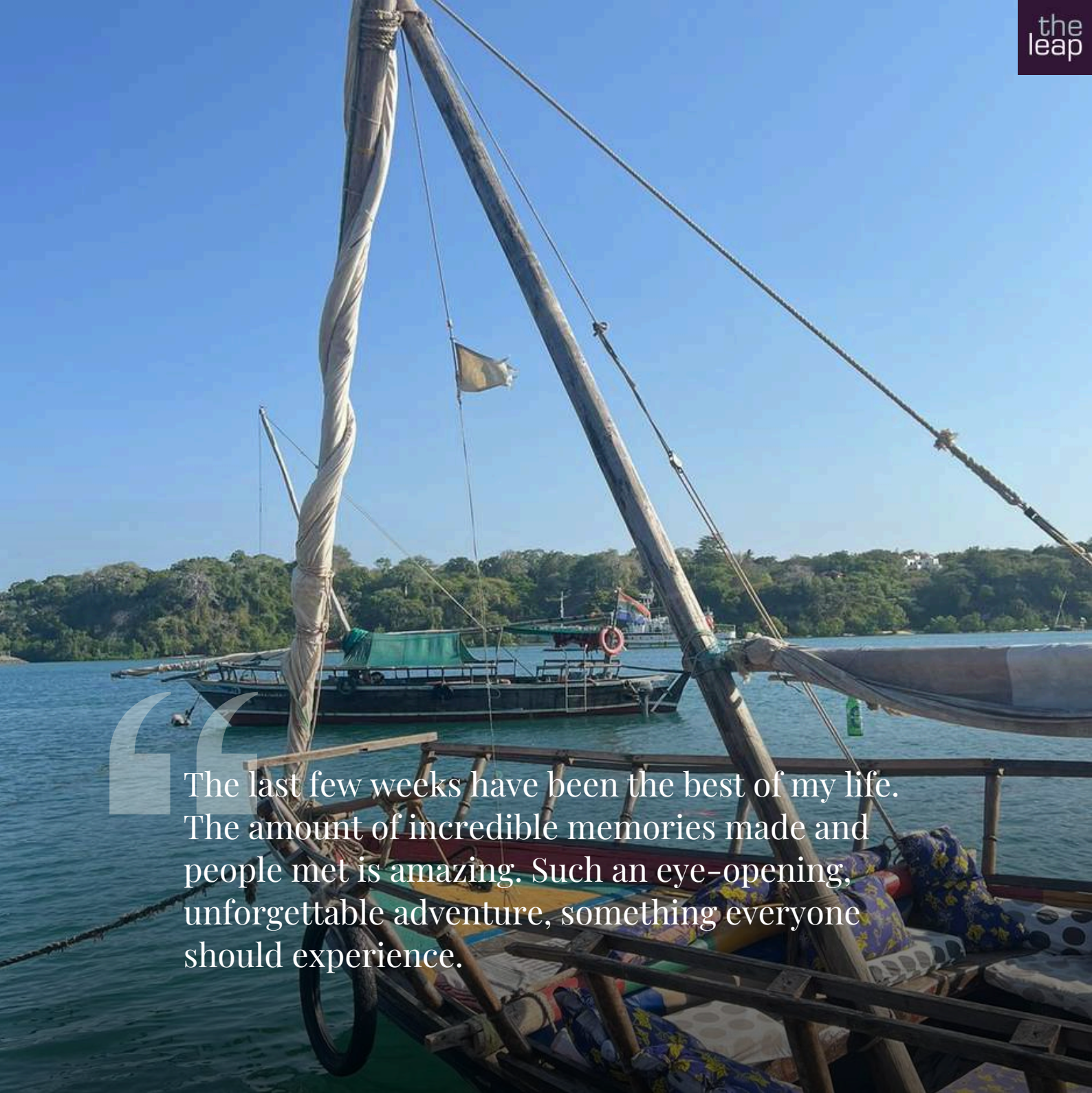
Toiletries

- Basic everyday toiletries
- Sun cream factor 50 - REEF FRIENDLY ONLY
- Insect repellent - jungle formula works best
- Solid shampoo bars (avoid plastic where possible)
- Travel wash - for hand washing clothes



Medical

- Immodium
- Rehydration powders
- Savlon
- Antihistamines
- E45/Sudocrem
- Mediplasters
- Bite cream
- Asthmatic volunteers must bring their own inhalers and make sure there is enough to last the whole trip
- Volunteers with allergies must bring an epi-pen
- Diabetics must bring their own insulin/equivalent medication



The last few weeks have been the best of my life. The amount of incredible memories made and people met is amazing. Such an eye-opening, unforgettable adventure, something everyone should experience.



Reserve your place

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