



the
leap

GAP YEAR PROGRAMME

Leap to Kenya

CORAL REEFS • SWAHILI CULTURE • SAFARI

Beyond *The Obvious*

Spend four unforgettable weeks on Kenya's stunning Indian Ocean coastline, working alongside award-winning marine conservation projects and local communities before heading into one of Africa's most iconic safari destinations.

Restore coral reefs, experience vibrant Swahili culture, sail traditional dhows, watch spectacular sunsets and discover why no two days in Kenya are ever the same.

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:

BEACH LIFE • DHOW CRUISES
• SUNSET VIBES

STAY LENGTH:

4 WEEKS

More Than Just Visiting

Most people experience Kenya through the window of a safari vehicle. You'll experience something completely different.

One morning you could be snorkelling above coral reefs alongside marine conservationists. The next, helping build fuel-efficient Jiko stoves with local families. Before you know it you're playing football on the beach, exploring colourful local markets, sailing on a traditional dhow, spotting dolphins from the bow and watching another unforgettable Indian Ocean sunset with your team.

Four weeks gives you time to settle in, build friendships and discover a side of Kenya that most travellers never see. You'll get to know the people behind the projects, become part of the local rhythm and experience life beyond the tourist trail. This isn't about ticking off sights.

It's about becoming part of a place.

Somewhere along the way, Kenya stops feeling like somewhere you're visiting and starts feeling like somewhere you've lived.

That's what makes Kenya through The Leap so different.



SOUTH SUDAN

ETHIOPIA

UGANDA

SOMALIA

KENYA

TANZANIA

INDIAN
OCEAN

Tsavo East National Park

Optional Safari

Kilifi

Dhow Ride + Optional Scuba Diving

Vipingo

Marine Conservation
+ Community Development

Mombasa

Arrival / Departure

Your *Kenya* Journey

Arrival + Settle in

Your adventure begins the moment you leave Mombasa airport. The journey north takes you through bustling towns, roadside markets and villages buzzing with colour before you arrive at Bahari Hai, your home for the next four weeks.

The first few days are all about settling in. You'll meet the Oceans Alive team, explore the coastline, learn about the projects you'll support and get to know the people you'll be sharing the adventure with.

Before long, strangers become teammates, Bahari Hai starts to feel like home and Kenya begins to work its magic.





One Morning... Restore Coral Reefs

Create Artificial Reefs

You'll wake up, grab your snorkel and head out to the Kuruwitu Marine Reserve.

Some mornings you'll be surveying marine life. Others you'll help build coral nurseries, create artificial reefs or transplant young coral onto damaged reef systems alongside the award-winning Oceans Alive team.

It's hands-on conservation where every small action contributes to restoring one of Kenya's most important marine ecosystems.

Highlights

Snorkel vibrant coral reefs • Restore damaged reef ecosystems • Build coral nurseries & Reef Stars • Work with Oceans Alive conservationists • Spot tropical fish



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The Next... Work Alongside Local Communities

Build Jiko Stoves + Gardens + School Projects

Not every day is spent in the ocean.

You will help build fuel-efficient jiko stoves that reduce firewood use, help create vertical gardens, support water initiatives and work alongside local schools and community groups.

Every project has been developed in response to genuine local needs, meaning your contribution has a lasting impact long after you've returned home.

More importantly, you'll work alongside the people these projects support, giving you a genuine insight into life on Kenya's coast.

Highlights

Jiko Stove Building • Vertical Food Gardens • School Projects • Women's Enterprise • Water Projects • Beach Clean-Ups • Community Conservation





Before You Know It... Become Part Of The Community

Football + Church + Dhow Adventures

Some of the best moments aren't planned.

You'll join local football matches, wander colourful markets, learn to make mandazis with Godfrey, watch incredible acrobatic performances and experience Swahili culture in a way few visitors ever do.

These aren't organised tourist experiences. They're simply part of everyday life and after a few weeks, you'll feel part of it too.

It's these shared moments that often become the memories people talk about most.

Highlights

Village Football • Sunday Church • Local Markets • Swahili Culture • Dhow Adventures •
Home-Cooked Meals • Community Connections • Indian Ocean Sunsets



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.



Then Into the Wild... The Scenery Changes Completely

African Bush + Wildlife + Sunsets

Swap the Indian Ocean for the African bush as you head into Tsavo National Park with one of Kenya's leading safari guides.

Spend three unforgettable days searching for elephants, lions, giraffes, buffalo and countless other species, before watching the sun set across one of Africa's most iconic landscapes.

It's the perfect way to round off your month in Kenya.

FYI This is optional and you'll decide when you get there - budget around £595 (subject to change due to seasonality and National Park Fees) for 3 nights per person, including transfers, accommodation, meals, and game drives.

Highlights

Game Drives • African Elephants • Lions & Giraffes • Sundowners • Bush Sunsets • Safari Lodge • Star-Filled Skies



Real Projects. Real People. Real Impact.

This programme is made possible through our long-standing partnership with Oceans Alive and the inspiring communities of Kenya's Indian Ocean coastline.

For years we've worked together to create experiences that are meaningful, authentic and genuinely beneficial for everyone involved.

Founded by Tilda and Des Bowden, Oceans Alive is an award-winning conservation organisation that pioneered Kenya's first Locally Managed Marine Area. Working alongside local communities, they've restored coral reefs, protected marine life and created sustainable livelihoods that have become an internationally recognised model for community-led conservation.

Their pioneering work has attracted global recognition, including a visit from King Charles III, who travelled to Kenya to see first-hand how local communities are leading the protection of their marine environment.

Rather than simply visiting these projects, you'll work alongside the conservationists and community members making a difference every day.

More Than Just Memories.

Adventure fades into stories.
The sunsets become photographs.
The strangers become lifelong friends.

But perhaps the biggest thing you'll bring home is something much harder to pack.

Throughout your Leap you'll work alongside inspiring conservationists, community leaders and environmental organisations, solving real challenges, stepping outside your comfort zone and discovering what you're capable of achieving.

Along the way you'll build confidence, resilience, leadership, teamwork and a global perspective, not through classrooms or lectures, but through real experiences that stay with you long after you've returned home.

Those experiences become something incredibly valuable: genuine evidence that can strengthen university applications, CVs and future careers.

Because the best souvenirs aren't things.
They're the person you become.

Not Just Where You Go. What You Come Back With.

Your Home

Home for Four Weeks

For four unforgettable weeks, Bahari Hai becomes home.

Set amongst tropical gardens overlooking the Indian Ocean, it's a relaxed beach house where you'll eat together, unwind after project days and spend evenings swapping stories with your team.

Unlike programmes that move accommodation every few days, staying in one place means you quickly settle in and become part of daily life on Kenya's coast.

It isn't luxury.

It's something much better.
A place that feels like home.

Good Food. Great Company.

Meals are fresh, home-cooked and shared together as a team. Breakfasts are relaxed, lunches fuel busy project days and evenings are often everyone's favourite time, good food, great conversations and planning tomorrow's adventure.

Vegetarian, vegan and other dietary requirements can all be catered for.





Kenya Costs

2026 - £3760 (4-WEEK LEAP)

2027 - £3850 (4-WEEK LEAP)

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

NOT INCLUDED:

- Flights & Tourist visa/ETA
- Travel insurance
- Medical expenses (reclaimable)
- Private transfers to and from the airport if you do not arrive on the main team flight
- Food and accommodation if away from the programme
- Alcoholic drinks & some soft drinks
- Safari (optional extras)

SEE WEBSITE FOR DATES & AVAILABILITY





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.



Not Sure Which Leap Is Right for You? Let's Find Your Perfect Fit

BOOK A FREE 30-MINUTE ZOOM WITH ZOË
FOR PERSONALISED ADVICE ON DESTINATIONS, PROJECTS,
TEAM SIZES AND THE EXPERIENCE THAT WILL SUIT YOU BEST.

[CLICK TO BOOK A FREE ZOOM CHAT](#)

No pressure. No hard sell. Just honest advice from
someone who knows every Leap inside out.