FAQs: Kenya Medical Camp Volunteering 2026

How do I apply? Volunteers should apply via this link by 11.59pm on 02 November.

When will winners be notified? Winners will be notified by 20 November 2026.

Who is eligible to enter? This competition is open to all Bupa employees from BGIL.

Employees or contractors that are undergoing disciplinary action or are serving notice will be excluded from the competition.

How are winners selected? The Bupa Foundation and a panel of leaders will shortlist/select a winner based on their application. If there is not a standout application, a winner will be selected at random from the shortlisted applications.

Do I need to be clinically trained to volunteer? What will I be doing? You don't need any clinical experience to volunteer – just a can-do attitude and willingness to get stuck in.

Volunteering duties will be assigned onsite at the camp. These may include assisting registration and triage, ushering & crowd control, assisting at specialty clinics and the pharmacy, giving out food pack donations, volunteer management, transport logistics, overall camp operations & flow, coordinating clean up etc.

If you are clinically trained, unfortunately you will not be insured to perform any medical procedures, however you may be invited to support/shadow the Kenyan doctors or help triage patients. We will ensure Lifecare is aware of any skills you have prior to your arrival.

Is it all expenses paid?

Travel, accommodation, meals (breakfast, lunch, dinner) and transfers are all included while in Kenya, as you're representing Bupa and the Bupa Foundation.

Volunteers will be liable to cover any other expenses themselves for example any extra meals/drinks outside the full board package, souvenirs and other non-essential items the volunteer decides to purchase.

Indicative travel dates and itinerary – exact itinerary will be confirmed with the winning volunteers

- **Saturday 28 November:** Travel to Nairobi. Welcome dinner.
- **Sunday 29 November:** Transfer to the Mara. Depart Nairobi for the Masai Mara at 7.30am. Time permitting, volunteers will have the opportunity to go on a game drive in the late afternoon, followed by dinner at your accommodation.

- **Monday 30 November & Tuesday 1 December: Better Together Mara Medical Camp.** Volunteering days. Volunteers will be transported to and from the medical camp (departing at 7am each morning, returning by 6.30pm). Breakfast and dinner will be available at your accommodation on both days, and lunch available for volunteers at the camp.
- **Wednesday 2 December – Thursday 3 December:** Travel. Volunteers will transfer back to Nairobi after breakfast. A packed lunch will be provided. Volunteers will be welcome to freshen up at the Lifecare Offices before their travels home.

Accommodation: Accommodation whilst at the camp is arranged and covered by Lifecare International and the Bupa Foundation. However, there are some important caveats that volunteers **must** be comfortable with before applying to take part:

- Accommodation in the Masai Mara (nights two-four) is triple-occupancy tents which will be shared with fellow Bupa volunteers. Each tent will have three separate beds and one shared bathroom.
- The tents are comfortable – see examples of the resort here (note: we'll stay in the tents, rather than the 'cottages').
- We will work with volunteers to allocate shared accommodation in the best way, however it is important to note that volunteer accommodation in the Mara is shared. Single occupancy will not be possible.

Travel vaccinations: All volunteers are required to seek personal advice and arrange any recommended travel vaccinations ASAP. Any required vaccinations/malaria tablets can be expensed and charged to The Bupa Foundation up to the value of £250 per volunteer.

Passport and VISA requirements: All volunteers will have to arrange their own Electronic Travel Authorities (ETAs – equivalent to visas), which is approximately $30 per person (expensed to Bupa Foundation). We can support you with this process.

Passports need to be valid for at least six months after arriving in Kenya and have at least two available blank pages.

Insurance: Bupa has travel and liability insurance which will cover employee volunteers.

Health and safety: Risk assessments have/will be completed for this experience.

Do I need to use my holiday / volunteering leave? You will not need to use your annual leave for this trip and will be paid as usual for any contracted working days you miss while volunteering. However, if you are entitled to paid volunteering days, these must be allocated to your time at the Medical Camp.

Clothing: No specialist clothing is required. However, we recommend prioritising comfort and respecting the local culture. Please avoid revealing clothing and opt for cotton t-shirts, linen shirts and knee/full-length trousers/leggings, alongside layers to

account for a drop in temperature in the evenings. Please bring comfortable, closed-toe shoes – as you may be on your feet for long periods of time depending on your volunteering role. Most volunteers will be provided with branded volunteer hi-vis vests/bibs or t-shirts on arrival at the camp.

Luggage: It is recommended you bring a medium soft-shell bag/holdall (rather than a hardshell suitcase) as there is limited room on the transfers for luggage.

Diversity and inclusion: We encourage applications from all employees, we will work with Lifecare to explore how to accommodate any special requirements.

Further questions? Please contact bupafoundation@bupa.com