

A BOUTIQUE CULTURAL
SAFARI THROUGH KENYA

*"Adventure may fill your passport, but
connection is what fills your
heart."*

A savanna landscape at sunset. In the foreground, two Maasai women are seen from behind, wearing traditional red shuka and beaded necklaces. In the middle ground, three giraffes are grazing in a field of tall grass. The background shows a vast plain with scattered trees and distant hills under a sky with soft, golden light.

JOURNEY TOGETHER

KENYA

mama
RESPOND

*"The most meaningful journeys
leave footprints not only on
the earth, but on the soul."*





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A LETTER FROM OUR FOUNDING DIRECTOR

Welcome to your unique travel experience

In 2013, I first travelled to Kenya as a young volunteer searching for meaning, adventure, and perspective. What I found instead was something that would completely reshape the direction of my life.

The experience challenged not only the way I saw the world, but the way I understood my place within it.

During my time volunteering in overcrowded schools and local communities, I met families navigating disability with little support, mothers carrying unimaginable responsibility, and children whose joy and determination remained powerful despite the barriers surrounding them.

When I returned home to Australia, I carried Kenya with me in ways I struggled to explain. The experience had shifted something deeply within me and left me questioning what meaningful, ethical community work could truly look like.

Over time, those questions evolved into Mama Respond - a community-led organisation grounded in the belief that every mother, child, and family deserves access to the support, education, healthcare, and opportunities needed to live with dignity and realise their full potential.

Journey Together was created as an extension of these relationships – an opportunity to invite others into the people, places, and communities that have profoundly shaped both Mama Respond and my own life.

My hope is that you leave Kenya not only inspired by what you have seen but deeply moved by what you have felt.

Warmly,

Erin Hegarty

FOUNDING DIRECTOR



MAMA RESPOND

Who we are

Mama Respond is a community-led organisation supporting women, families, and people with disabilities across Australia and Kenya.

Our mission is to transform lives through improved health, quality education, and lasting independence - empowering mothers of children with special needs and their families to thrive.

The communities we work alongside face challenges including:

- **Poverty and inequality**
- **Social isolation**
- **Barriers to healthcare**
- **Disability exclusion**
- **Limited opportunity**

With communities in the lead, we respond to these challenges through four key pillars:

Education & opportunity

Creating pathways for people to access opportunity.

Health & wellbeing

Supporting people to navigate healthcare with dignity

Financial independence

Empowering families toward long-term stability

Creative & inclusive communities

Building spaces where people feel included

Our programs are holistic, early-intervention focused, and designed with the community, for the community.



of Journey Together

Inclusions

- Internal transport
- All accommodation
- All meals
- Hot air balloon ride at Tatia Hills
- Thank you pack for Strong Mama host

Accommodation

Accommodation has been carefully selected to balance accessibility, comfort, and authentic Kenyan hospitality - from boutique city stays and safari lodges to relaxed coastal resorts.

- Park Inn in Nairobi
- Oltotoi Hotel in Kitengela
- Serena Lodge in Amboseli National Park
- Salt Lick Lodge in Tatia Hills
- Nyali Beach Resort in Mombasa

Transport

While travelling throughout Nairobi and Kitengela, the group will be transported by Whistle Africa Tours in premium 14-seater minibuses designed for comfort and safety.

While on safari, you'll travel in open-top safari jeeps, offering incredible wildlife viewing and unforgettable photo opportunities.

Dining Experiences

Dining highlights include:

- Carnivore Restaurant in Nairobi
- Strong Mama home-cooked meal
- Open-air dining experiences at Serena Lodge
- Bush dining experience in Taita Hills
- Tamarind Restaurant in Mombasa

Exclusions

- International flights
- Visa
- Insurance
- Spending money
- Alcohol

Terms and conditions apply.



Our Commitment to Ethical Travel



At Mama Respond, we believe travel should create connection, dignity, and mutual respect. This experience has been designed alongside local communities, guides, and families across Kenya to ensure tourism remains community-led, culturally respectful, and grounded in genuine human connection.

Rather than “helping” communities from the outside, Journey Together invites travellers into meaningful cultural exchange through listening, learning, and shared experience.

Throughout the journey, we prioritise:

- **Community-led experiences and local leadership**
- **Fair support for local guides, businesses, and accommodation providers**
- **Respectful storytelling and photography practices**
- **Child safeguarding and ethical engagement**
- **Long-term relationships over short-term impact**

Journey Together is guided by experienced people from Mama Respond in both Kenya and Australia. Our carefully curated team merges expertise and local experience across all destinations.

We encourage travellers to arrive with curiosity, humility, and openness — recognising that the most meaningful journeys are those that change us through connection and perspective.



A Welcome Letter from Doris, a Strong Mama

Hello! I'm Doris Kiuku, a strong mama and also mother of two kids Agnes and Blessings. Blessings is a cerebral palsy warrior turning eight years July. It's with big honor to welcome you to Kenya ma'am Louise.

I'm so thankful to you for partnership and also sponsoring mama respond to facilitated some helpful training to me. It's through those training I'm totally healed from stigma, isolation, stress, burnout and denial etc.

Through your support to mama respond here also got knowledge and skills through trainings to cope some life challenges. Have accepted my child condition and also mentally healed creating awareness i.e. DISABILITY IS NOT INABILITY.

Feel much welcomed to Kenya and PAT me a home visit at K.M.C Njogini in Athiriver town as you come to Kenya.

Your faithfully

DORIS M. KIUKE





BEFORE YOU DEPART

Beginning of Connection

Your Journey Together experience begins long before you board the plane. In Perth, fellow travellers and the Mama Respond team will gather for an intimate evening of storytelling, preparation, and connection as the relationships shaping the journey ahead quietly begin to unfold.

This welcoming evening offers space to slow down and ask questions before stepping into Kenya together.

At the heart of the evening is your introduction to the Strong Mamas.

You'll receive a handwritten letter from your pen pal family - a personal welcome into their world, their home, and their story. Later in Kitengela, you'll meet in person over a shared home-hosted lunch.

The most meaningful journeys begin long before arrival.

- Meet fellow travellers
- Journey Together induction experience
- Introduction to your Strong Mama pen pal
- Shared refreshments and conversation
- Storytelling, reflection, and preparation







NAIROBI

The Soul of Kenya

Vibrant, creative, and endlessly alive, Nairobi offers the perfect introduction to Kenya's energy and spirit. From wildlife encounters and bustling artisan markets to thoughtful conversations shared over long dinners, your first days invite you gently into the rhythm of East Africa.

Day 0 — *Arrival in Nairobi*

Upon arrival at Jomo Kenyatta International Airport, a Journey Together representative will welcome you before private transfers escort you to your accommodation.

As evening settles across the city, gather for your first shared dinner in Kenya — a moment of anticipation, reflection, and quiet excitement as the journey officially begins.

- Arrival in Nairobi
- Welcome dinner experience
- Settle into your accommodation

Day 1 — *Discovering Nairobi*

The day begins among the vibrant colours and textures of Nairobi's Maasai markets, where handmade jewellery, woven textiles, and artisan treasures reflect the creativity woven throughout Kenyan culture.

Later, visit the iconic Giraffe Centre and come face-to-face with endangered Rothschild giraffes before wandering through the historic gardens and home of Karen Blixen.

As evening falls, gather for your first dinner in Kenya beneath Nairobi's evening skyline

- Maasai market experience
- Feeding giraffes at the Giraffe Centre
- Karen Blixen Museum
- Shared dinner and reflection





Day 2 — *Wildlife, Culture & Nairobi Life*

Today blends conservation, culture, and local flavour. Spend the morning at the Elephant Orphanage, where rescued baby elephants are rehabilitated before returning to the wild. Over lunch beneath the trees, experience warm Swahili hospitality before exploring the rich cultural history housed within the Nairobi Museum.

As night arrives, step into Nairobi's vibrant social scene with Ethiopian dining, live music, rooftop bars, and the electric energy of the city after dark.

- **Elephant Orphanage visit**
- **Swahili lunch experience**
- **Nairobi Museum**
- **Ethiopian dining & Nairobi nightlife**



KIBERA & COMMUNITY CONNECTION



Community Connection

As the journey deepens, so too does your understanding of Kenya's resilience, creativity, and extraordinary sense of community. These experiences invite you beyond observation and into meaningful moments of listening, learning, and genuine human connection.



Day 3 — *Community-Led Kibera Experience*

Today offers a powerful opportunity to experience the strength, innovation, and spirit of one of Nairobi's most well-known communities.

Guided by local leaders and organisations creating lasting impact, you'll spend the day learning about grassroots education initiatives, community-led programs, and the realities of everyday life within Kibera.

As evening falls, gather together for an unforgettable dining experience at Nairobi's iconic Carnivore Restaurant, celebrated for its vibrant atmosphere and traditional barbecue feasts.

- **Community-led Kibera experience**
- **Visit to Edmond Rice Centre Nairobi**
- **Mirror of Hope tour**
- **Carnivore dinner experience**



Aerial view of Serena Safari Lodge overlooking Amboseli National Park





Day 4 — *Tea Farms & Arrival in Kitengela*

Leaving Nairobi behind, journey through Kenya's rolling countryside toward open landscapes and vibrant tea farms.

Spend the afternoon exploring a local tea farm, learning about one of Kenya's most important industries while enjoying fresh local cuisine surrounded by breathtaking scenery.

By evening, arrive in Kitengela and settle into your accommodation before gathering for a traditional Kenyan dinner experience.

- Scenic countryside drive
- Tea farm tour and lunch
- Arrival in Kitengela
- Traditional local dinner



KITENGELA

The Heart of Mama Respond



Beyond Nairobi lies Kitengela - home to the heart of Mama Respond's community work. Here, travel quietly transforms into genuine connection.

Over the coming days, you'll step into everyday life alongside local families, sharing meals, stories, conversations, and experiences that extend far beyond the journey itself.





Day 5 — *Meet the Strong Mamas*



After breakfast, meet the Strong Mamas and connect in person with the pen pal you've been corresponding with before the tour. Together, you'll spend the day immersed in local life — sharing stories, meeting their family and children, and enjoying a home-hosted lunch prepared with warmth and generosity.

The afternoon offers time to wander local markets, continue conversations, and experience the everyday rhythm of Kitengela.

- Meet your Strong Mama pen pal
- Home-hosted lunch experience
- Time with the Strong Mamas
- Explore local life in Kitengela



**Day 6 — Education, Outreach
& Everyday Life**



Today offers deeper insight into the work Mama Respond supports throughout the community.

Visit the local special needs education unit and learning centre, built through partnerships with Mama Respond, Rotary Foundation, and DFAT.

Later, meet outreach workers and local healthcare teams supporting maternal and community wellbeing across the region.

The afternoon allows time to revisit the relationships and connections formed throughout your stay – whether paying another visit to your pen pal, wandering the markets or simply soaking in the pace of community life.

- Visit the special needs education unit
- Meet local outreach workers
- Community healthcare insights
- Time for personal connection and exploration





AMBOSELI

Home of the Wild



As the landscape opens into endless plains and vast African skies, the journey shifts into wonder, stillness, and adventure.

Amboseli National Park is one of Africa's most iconic safari destinations – celebrated for its elephant herds, golden sunsets, and breathtaking views of Mount Kilimanjaro rising beyond the horizon.

Here, nature and culture exist side by side.





Day 7 — *Journey to Amboseli*

Travel south toward Amboseli National Park, where sweeping savannahs, luxury safari lodges, and breathtaking views of Mount Kilimanjaro mark the beginning of your safari experience.

Upon arrival at Serena Lodge, settle into Serena Lodge beneath sweeping views of Mount Kilimanjaro, where roaming wildlife, open-air dining, and glowing fire pits create an unforgettable safari atmosphere.

As evening falls, gather for dinner beneath the African sky while the sounds of the wilderness settle around you.

- Scenic drive to Amboseli
- Luxury safari lodge stay at Serena Lodge
- Optional sunset safari
- Mount Kilimanjaro views



Day 8 — *Safari & Maasai Culture*

Rise early for a sunrise safari through Amboseli as elephants, giraffes, and wildlife move across the landscape beneath Africa's highest peak.

Later, spend time with Maasai community members, hearing stories of leadership, culture, and conservation while visiting local villages and homes throughout the region.

As the sun sets once more, return to the park for another unforgettable safari experience before gathering for dinner and reflection.

- Sunrise safari experience
- Maasai village visit
- Cultural storytelling and connection
- Evening game drive

*“In Amboseli,
the horizon stretches wide
enough to remind you
how small and connected
we truly are”.*





TAITA HILLS

Spirit of the African Plains

Perched above wildlife watering holes and surrounded by rolling wilderness, Taita Hills offers a slower and more intimate safari experience.

Here, the rhythm of each day is shaped by wildlife encounters, sweeping landscapes, golden skies, and quiet moments of stillness in nature.

Day 9 — *Hot Air Balloons & Taita Hills*

Before dawn, rise gently into the African sky on a breathtaking hot air balloon safari as the plains awaken beneath you in soft morning light.

Following breakfast, continue onward through the wilderness toward the iconic Salt Lick Lodge, where elevated viewing decks overlook roaming wildlife below.

As evening falls, gather for sundowners overlooking the wilderness as elephants roam nearby and the African sky turns gold at sunset.

- Hot air balloon safari
- Scenic safari transfer
- Salt Lick Lodge stay
- Sundowners overlooking the wilderness



Day 10: Safari & Bush Dining

Today is dedicated to slowing down and fully embracing the safari experience.

Spend the day observing wildlife from the lodge, heading out on an evening game drive, or simply relaxing while animals gather at nearby watering holes.

As night falls, enjoy a lantern-lit bush dinner beneath the stars surrounded by the sounds of the African wilderness.

- **Wildlife viewing experiences**
- **Evening safari drive**
- **Bush dinner under the stars**
- **Time to relax and unwind**







Rhythm of the Coast

After days of connection, adventure, and discovery, the final chapter of the journey unfolds along Kenya's coastline.

Warm ocean air, white sand beaches, and the rhythm of Swahili culture create space to rest, reflect, and celebrate the experiences shared together.





Day 11 — *Arrival in Mombasa*

After a final morning safari, journey toward the Kenyan coast where palm trees, turquoise waters, and warm sea breezes welcome you to Mombasa.

Settle into your beachfront resort overlooking the Indian Ocean

- Scenic journey to the coast
- Nyali Beach Resort stay
- Coastal relaxation
- Beachfront dinner atmosphere

Day 12 — *Explore the Kenyan Coast*

Today is yours to experience the beauty of Kenya's coastline at your own pace.

Cruise across crystal-clear waters aboard a glass-bottom boat while discovering coral reefs, marine life, and hidden coastal beauty. Swim, snorkel, reef walk, or simply unwind beside the Indian Ocean beneath swaying palms and warm coastal breezes.

- Glass-bottom boat experience
- Snorkelling and reef exploration
- Swahili coastline experience
- Time to unwind by the ocean



Day 13 — *Celebration & Farewell*

Your final full day in Kenya is intentionally unhurried — a chance to rest, reflect, and soak in the final moments of the journey.

Choose to relax at the resort or explore Mombasa through optional cultural experiences and coastal city tours before gathering one final time for a farewell dinner overlooking the ocean.

- Free day to relax or explore
- Optional Mombasa experiences
- Farewell dinner overlooking the Indian Ocean as the journey comes to a close
- Reflection and connection





DEPARTURE

Leaving with Connection

As the journey draws to a close, travel back toward Nairobi for your return flight to Perth.

While the tour may formally end here, the relationships, stories, and experiences shared throughout Journey Together are designed to stay with you long after you leave Kenya.

Day 14 — *Farewell to Kenya*

Spend your final moments together reflecting on the journey shared across communities, landscapes, and cultures throughout Kenya.

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- Farewell to Kenya
- Final moments together as a group
- Reflection and connection



Extend Your Adventure

For those wishing to continue their African adventure, endless opportunities await beyond Journey Together - from additional safaris and mountain expeditions to island escapes and East African cultural experiences.

- Serengeti or Maasai Mara safari
- Zanzibar island escape
- Mount Kilimanjaro adventure
- Gorilla trekking in Uganda
- Further travel throughout East Africa



Return with Purpose

To deepen your connection with Kenya and Mama Respond, you can return to Kitengela through extended cultural immersion and professional exchange experiences. These experiences are shaped collaboratively alongside local leaders, organisations, and community members to ensure all engagement remains respectful, sustainable, and community-led.

COMMUNITY & WELLBEING

- Participating in maternal wellbeing and community health initiatives
- Learning alongside local outreach and disability inclusion programs
- Contributing to community-led wellbeing activities

EDUCATION & SKILLS SHARING

- Sharing professional knowledge through workshops and mentoring
- Participating in creative, business, or educational exchange opportunities
- Supporting collaborative learning experiences alongside local educators and leaders

CAPACITY BUILDING & LEADERSHIP

- Contributing professional expertise in areas such as storytelling, administration or marketing
- Learning from local leadership models and grassroots community development approaches
- Supporting long-term community initiatives through collaborative partnership

If this pathway speaks to you, our team will work alongside you to thoughtfully design an experience aligned with your skills, interests, and availability.



PREPARING FOR THE JOURNEY

Packing List

Pack lightly, travel openly, and leave room for the moments that will change you.



Camera

Perfect for capturing safari landscapes, wildlife, and meaningful moments throughout the journey.

Portable Battery Pack

Useful during travel days and regional stays.

Light Jacket or Layers

Safari evenings can become cool.

UK Power Adapter

Kenya uses UK-style Type G power outlets.

A Small Australian Gift for Your Pen Pal Family

A thoughtful token from home is always appreciated. Ideas may include small Australian souvenirs, tea towels, keyrings, plush toys, or children's gifts.



Comfortable Walking Shoes

For markets, community visits, safaris, and uneven terrain.

Swimwear, Sunscreen, Hat & Beach Sandals

Ideal for safari lodge pools and coastal stays in Mombasa.

Journal

Perfect for capturing reflections and memorable moments.

Passport, Bank Card & Travel Essentials

Cards are widely accepted, though some local markets may require cash.

Modest & Comfortable Clothing

Light, breathable clothing is recommended, with respectful attire encouraged during community visits.

Insect Repellent & Personal Medication

Bring any medication and essentials required throughout the trip.

Day Bag or Small Backpack

Perfect for day trips, safaris, and community visits.

Sunglasses & Sun Protection

The Kenyan sun can be strong, particularly during safari and coastal stays.

Binoculars (Optional)

A wonderful addition for wildlife viewing and safari experiences.





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“Some journeys end.
The most meaningful ones
stay with you forever.”

THANK YOU FOR BEING PART OF JOURNEY TOGETHER

www.mamarespond.org
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