



One Horizon

broadening your horizon... brightening theirs.

Yes We Can

5 Days That Could Become a Life Time Obsession

It's not about building school rooms and painting fences.
It's about visiting and connecting

One Horizon is a humanitarian organisation that conducts unique tours. Its itineraries have a community focus that enables you to give back to the people of this amazing country. You will never be the same again after experiencing One Horizon's incredible Kenyan tour package



DAY 1- Today you will visit Kawangware - One Horizon's refuge centre for children in Nairobi

- 9.00 am meet your One Horizon guides and receive a briefing at your hotel. Today's outing will be at a Community Refuge Centre for 75 children in the heart of **Kawangware**, which is one of the most economically deprived communities in Nairobi. You can take part in the activities that are turning children's lives around, helping to feed the children and guided every step of the way by One Horizon staff
- 4.00 pm: Day 1 concludes with One Horizon returning you to your hotel before a 7pm pick up to a Nairobi restaurant for a welcoming team dinner hosted by One Horizon. You will be returned to your hotel by 9pm for a good night's sleep in preparation for tomorrow's adventure



Day 1 Inclusions

- All transfers to and from One Horizon's centres in air conditioned vehicles
- A full day of organised low impact activities
- Breakfast, lunch and dinner
- Unlimited bottled water/coffee
- A team dinner hosted at a Nairobi restaurant
- Overnight accommodation at the Sarova Panafric Hotel in Nairobi (subject to availability) or equivalent
- One Horizon team members with you every step of the way

DAY 2- Today you will visit One Horizon's centre 'Living Positive' an amazing community of women in Ngong Hills

- 9.00 am meet your One Horizon guides and receive a briefing at your hotel before travelling to **Ngong Hills** on the outskirts of Nairobi. You will see the small business initiatives turning the lives of women around as well as hearing about their amazing survival stories
- 4.00 pm will have you returning to your hotel and an evening of leisure
- 5.00 pm (Optional) A trip to the David Sheldrick Rescue Centre for orphaned elephants. You can meet the baby elephants up close and spend time with them. The fee of \$20USD is given to the rescue centre to help cover the cost of their intensive care and rehabilitation back to the wild



Day 2 Inclusions

- Breakfast and lunch
- A full day of organised low impact activities at OH's centres
- An en-route tour to the Maasai Markets centres along Ngong Rd
- Overnight accommodation at the Sarova Panafric Hotel in Nairobi (subject to availability) or equivalent

Not Included

- Dinner
- Optional tour of the David Sheldrick Rescue Centre for elephants

DAY 3- Today you will visit One Horizon's Life Centre in Kibera –it is going to be an extraordinary day in your life

- 9.00 am meet your One Horizon guides and receive a briefing at your hotel before travelling to **Kibera**, which is the largest disadvantaged community in **East Africa** of over 1 million people
- You will visit an educational life centre for children and receive a traditional African greeting from the children. The centre gives hope to a community that survives on less than \$2.00 per day. You can help the children paint, learn English, conduct our health checks with the day concluding with an amazing games afternoon
- 4.00 pm: Day 3 concludes with One Horizon returning you to your hotel before a 7pm pick up to a Nairobi restaurant for the final team dinner hosted by One Horizon. You will return to your hotel around 9pm



Day 3 Inclusions

- Breakfast, lunch and dinner
- Unlimited bottled water/coffee
- A team dinner hosted by One Horizon at a Nairobi restaurant
- All activities at One Horizon's centre
- Overnight accommodation at the Sarova Panafric Hotel in Nairobi (subject to availability) or equivalent

DAY 4- Today you will visit One Horizon's Nutrition Centre for infants and pre-schoolers at Kiambu

- 9.00 am meet your One Horizon guides and receive a briefing. You will then travel to **Kiambu** on the outskirts of **Nairobi**. The Nutrition Centre caters for children who are severely malnourished and who rely on the work of One Horizon to ensure their future
- You will be able to help prepare the children's lunch and feed the toddlers before an afternoon of fun
- 4.00 pm will see you returning to your hotel
- 7.00 pm pick up for dinner at a Nairobi restaurant



Day 4 Inclusions

- Breakfast , lunch and dinner
- Unlimited bottled water/coffee
- All activities at the centre including helping feed the toddlers
- Overnight accommodation at the Sarova Panafric Hotel in Nairobi (subject to availability) or equivalent

DAY 5- Today you will visit One Horizon's Soup Kitchen in Kikuyu town as well as the Silverbeck Centre for children

- 9.00 am meet your One Horizon guides and receive a briefing at your hotel before travelling to **Kikuyu Town** on the outskirts of Nairobi
- You will be able to help prepare the food that will be distributed to a group of grandmothers have the responsibility for looking after very young children but for whom they find it difficult to provide. The soup kitchen is one way for us to support the grandparents
- 4.00 pm: Day 5 concludes with One Horizon returning you to your hotel and end of tour and your accommodation venues



Day 5 Inclusions

- Breakfast and lunch
- Unlimited bottled water/coffee
- All activities at the centre including helping feed the toddlers
- Overnight accommodation at the Sarova Panafric Hotel in Nairobi (subject to availability) or equivalent

Not included

- Dinner
- Hotel accommodation for those staying any additional nights in Nairobi at the end of their tour or a day room for those departing the same day as their tour ends (please

THE ITINERARY CONCLUDES AT THE END OF DAY 5

An Incredible Experience

One Horizon is not a tour operator nor are its community's tourist attractions. You will see aspects of life that other travelers rarely get to see and in locations inaccessible to others. And your contributions and the programs they fund make a real difference to helping people break the poverty cycle. We couldn't feed children, provide fresh water, medicines and retrain people without your help. We don't ask you to build things or to have trade skills. But we do ask you to bring and apply your life and communication skills. As we always say, *"It's not about building school rooms and painting fences". It's about visiting and connecting"*. Our communities are uplifted by the fact that other people care. So come and see for yourself how your support is changing the lives of the women and children in our communities

What you can become involved in

- Organising and recording health checks for students
- Helping us with our feeding program - helping us preparing lunch
- Helping our teachers in the classroom
- Organising our painting classes with the children
- Physical education and exercises
- Face painting
- Taking the children on outings

Why we do this

- We track pupil health
- The children are under weight and malnourished
- To provide new learning experiences
- Helping kids become kids again
- To improve the overall health of children
- A great way to meet the children
- To broaden their perspective



For bookings and enquiries

For all enquiries (except USA)

Email enquiries: enquiry@onehorizon.net

For enquires form the United States

Email enquiries: usa-enquiries@onehorizon.net

The following items are not included in the cost

- International flights & airport tax
- Visa fees
- Porterage's, tipping and gratuities to staff and guides
- Drinks, laundry, telephones and other personal extras
- Any sightseeing not mentioned on the program