



One Horizon

broadening your horizon... brightening theirs.

Giving Something Back

3-Day Program

The trip that you are undertaking in Kenya will expose you to a different way of life. You will be visiting 2-3 centres in and around Nairobi. These centres range from an infants' crèche and primary schools in the slums of Kibera and Kwangware, to a refuge and retraining centre for HIV affected women in Ngong Hills. Come and see how your contributions are making a real difference to people's lives. We couldn't feed children and help people have a brighter future without your support. Come and see for yourself and become part of the *One Horizon* family.



www.onehorizon.net
enquiry@onehorizon.net

One Horizon
broadening your horizon... brightening theirs

P.O. BOX 61120-00200, City Square
Nairobi, Kenya

How You Help Us

- Your contributions are incredibly important
- Your contributions fund the children's feeding programs and projects
- Come back and see the progress your contributions help us achieve

Our Centres in Context

- Kenya has a population of 43 million
- Life expectancy is 56.5 years
- 45% of the population are under 14 years of age
- Average PA income is \$750
- The unemployment rate is 40%
- 50% live below the poverty line

THE CENTRES YOU WILL VISIT



Kwangware Self Help Community Group

Located in Kwangware slum in the suburbs of Nairobi. The crèche has 75 children drawn from the surrounding slum who are severely impoverished.



Centre for Women (Ngong) & Mathare Creche

The centres are located 40 kilometres from Nairobi. The centre is a retraining facility for women. The crèche has 50 children.



Kibera School & Community Centre

Located in the largest slum in East Africa housing 1 million people – the school has 270 disadvantaged and abandoned children of primary and secondary school age.

Activities

Organising/recording health checks for students
 Feeding program – preparing lunch
 Classroom teaching
 Painting classes with the children
 Physical education and exercises
 Painting new classrooms and homes

Why We Do This

We need to have an accurate database to track pupil health
 Most of the children are under weight and malnourished
 To provide new learning experiences
 As therapy and outlet for children who are abused
 To improve the overall health of children
 To improve the environment of families and children

ACTIVITIES



DAY 1 – KWANGWARE SELF HELP GROUP

9.00 am	Pick up and briefing at hotel before departure
9.00 am - 10.00 am	Leave for Kwangware community and slum – en route short walking tour through the community
10.00 am - 4.00 pm	Activities (lunch provided)
5.00 pm	Return to Hotel
7.00 pm	Team dinner hosted by One Horizon



DAY 2 – WOMEN'S CENTRE & CRECHE (MATHARE)

9.00 am	Pick up and briefing at hotel before departure
10.00 am	Travel to Women's Centre just outside Nairobi city precincts. Included is a tour along Ngong Road where street side markets and artisans attract local and international buyers
10.00 am - 4.00 pm	Activities (lunch provided)
5.00 pm	Return to Hotel
7.00 pm	<i>Evening at leisure</i>



DAY 3 – KIBERA COMMUNITY CENTRE & SCHOOL

9.00 am	Pick up and briefing at hotel before departure
10.00 am	Travel to <i>Kibera Slum</i> - the largest slum in East Africa; en route tour via Langata Rd to viewing platform of Kibera before travelling to the centre
10.30 am - 4.00 pm	Activities (lunch provided)
5.00 pm	Return to Hotel
7.00 pm	Farewell Team Dinner hosted by <i>One Horizon</i>



Please note:

- Details of activities at each centre will be provided on the day.
- The itinerary is subject to change due to circumstances within each centre.