



# One Horizon

*broadening your horizon... brightening theirs.*

## Yes We Can

### 5-Day Program

The trip that you are undertaking in Kenya will expose you to a different way of life. You will be visiting 4 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](http://www.onehorizon.net)  
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**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.



### Kwangare Community Centre

Located In one of the poorest area of Nairobi the centre is a crèche for 30 children all of whom are under 6 years of age. The centre provides a refuge of safety and learning for children who could not otherwise afford an education.



### Kikuyu Centre for Children

Kikuyu is situated on the outskirts of Nairobi and the centre draws its children from the nearby slum. The centre provides health and education support to the 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	Team Dinner hosted by One Horizon



# ACTIVITIES



## DAY 4 – KWANGARE COMMUNITY CENTRE

9.00 am	Pick up and briefing at hotel before departure
10.00 am	Travel to Kwangware Community Centre which is a small centre nestled in an enclosed community in the Kwangware Slum
10.30 am - 4.00 pm	Activities (lunch provided)
4.30 pm	Return to Hotel
7.00 pm	Own time

## DAY 5 – KIKUYU CENTRE FOR CHILDREN

9.00 am	Pick up and briefing at hotel before departure
10.00 am	Travel to <i>Kikuyu</i> Town which is outside of Nairobi City and a tour of the local community prior to arrival at the centre
10.30 am - 4.00 pm	Activities (lunch provided)
5.00 pm	Return to Hotel
7.00 pm	Team Dinner hosted by One Horizon

**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.

## Activities

## Why We Do This

Organising/recording health checks for students	We need to have an accurate database to track pupil health
Feeding program – preparing lunch	Most of the children are under weight and malnourished
Classroom teaching	To provide new learning experiences
Painting classes with the children	As therapy and outlet for children who are abused
Physical education and exercises	To improve the overall health of children
Painting new classrooms and homes	To improve the environment of families and children