



One Horizon

broadening your horizon... brightening theirs.

Information Pack

A unique cultural exchange in Africa

Individuals Can Make a Difference

You will experience aspects of life in local Kenyan communities that other people rarely get to see and in locations otherwise inaccessible to most. Our centres are not tourist attractions but communities of people going about their everyday lives. So, come and see how your contributions will make a real difference to the way people live. We couldn't feed children, overcome malnutrition and the afflictions of poverty without your help. Being there and part of it helps people have a brighter future. So come and be part of the *One Horizon* family.

Truly Unique

One Horizon is non-denominational and apolitical. Our motto..."broadening your horizon, brightening theirs"... sums up our approach. We simply help communities break the vicious cycle of poverty. All of our programs are practical and straightforward and there is a role for each and every one of us in helping people have a brighter future. We all occupy this world together and all problems *can* be solved. Your attendance is the first step in changing this world for the better.



On the following pages, we've provided additional information about our programs from examples of activities to frequently asked questions — for more information, you're welcome to visit onehorizon.net.

We look forward to hearing from you soon!

Team One Horizon

KENYA
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Cape Town, South Africa

AUSTRALIA
Suite 18/201 New South Head Rd
Edgecliff 2027, Sydney, Australia

How You Help Us

- Your contributions are incredibly important to our communities
- Your contributions fund the children's and women's feeding and health programs
- Come and see the impact your contributions have and what they help us achieve

Kenya in Context

- Kenya has a population of 43 million and Nairobi 3.7 million
- Life expectancy is 56.5 years
- 20% of children under 5 years of age are underweight
- 45% of the population are under 14 years of age – the average age is 19 years
- The average yearly income for a family is \$750 (\$63 per month)
- Institutional corruption is rife
- The unemployment rate is 40%, youth unemployment is 60%
- 50% of people live below the poverty line

A Cultural Exchange Program

Often images of Africa reflect old stereotypes which are hard to change. Your visit to our centres is, amongst other things, a dynamic cultural exchange with the opportunity to interact with and be part of something unique. And you will be amazed of the impact the exchange will have on you. At *One Horizon* we don't want you to build things, we don't ask that you have specialist skills. But what we do want is for you to bring all your life experiences - and that's the most important thing you can contribute. And we are sure that before your trip ends, you will be already thinking about your next trip to Africa.



VOLUNTEER PROGRAMS

From 1 to 7 days, you can participate in a range of different activities.

Depending on your preferences you can take part in all or any activity that includes helping with:

Cooking for and feeding young children and babies

Monitoring the children's height and weight

Conducting mini lessons on health, hygiene and 'their (children's) rights'

Art classes where we unleash the children with paint and water and let them be kids

Face painting, reading to the kids and helping with their homework

Alternatively, you can find yourself:

Talking to the women in our communities about their life and struggles

Discussing parenting issues and visiting the homes of the women

Preparing and distributing hampers of food to the elderly

COMMONLY ASKED QUESTIONS

WHAT WILL I EXPERIENCE ON A ONE HORIZON TRIP?

Some projects will involve going to people's homes, helping prepare food for street kids, feeding babies, reading to children, and visiting slum schools. On other projects it will be taking orphans on outings for the day and giving them as much pleasure as possible. One thing is for sure - it will be varied and fascinating. But we need your help. The activity schedule includes allocated time off for all volunteers and evenings are a great time for socialising and relaxing.



DO I NEED ANY SPECIALIST SKILL SETS?

Our projects are designed around your desire to help people and it is this empathy which is the major attribute we need. We can accommodate all levels of skills and experience. You will not be involved in manual work if that's not 'your thing'. As a volunteer, you will be involved with young children, youth, women and the aged.

A volunteer's health needs to be robust and free from the need to take constant medication. This is because in some projects we are many miles away from reliable medical practitioners and pharmacists and would not be able to respond as quickly and efficiently as you would in your own country.

WHERE WILL OTHER PARTICIPANTS COME FROM?

From Europe, the UK, Canada, the USA, South American and Asia we welcome all nationalities, ages and personalities.

Our volunteers have been aged from 10 to 80 - our projects appeal to all ages and our 'work' can be tailored to meet the needs of both our younger and more senior volunteers. There is no labour required by our volunteers - our work is with people.

Although we want your volunteer experience to be as much fun as possible and we build team dinners, excursions and other activities into our itineraries, our projects are **not** backpacking safaris that cater for those looking for a party atmosphere or a high-flying adventure tour. The communities we work in need to be respected so while we don't require specific skills, we do require a certain level of maturity and cultural sensitivity.

DO I HAVE TO DO ANY UNSAVORY CHORES?

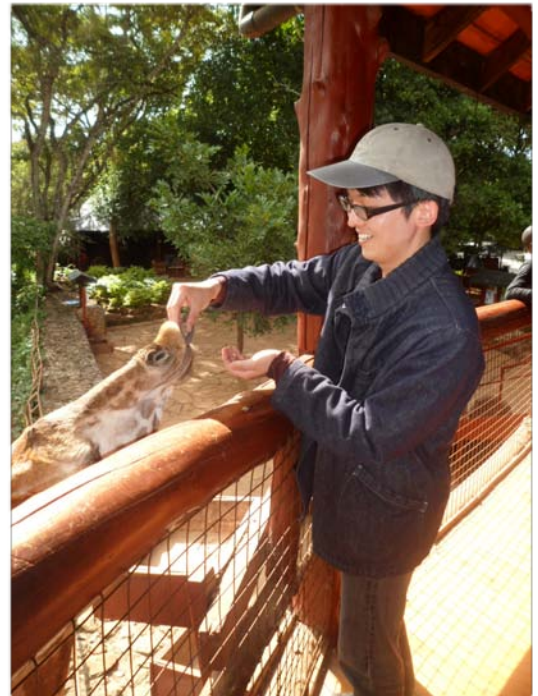
What you need to remember is that you will be visiting some of the most socially deprived regions in South Africa and Kenya. At the same time your involvement in our projects will show you how these communities live day to day.

You will not be asked to do any unsavory chores and if you are uncomfortable you may ask to do something different. But you will experience people whose way of life is different from your own.

WILL I GET THE CHANCE FOR ANY DOWN TIME?

Certainly, as every day we will return as a team to our hotel. In addition to your own 'down time' each evening, there are also organized events such as team dinners.

You must remember that within Africa there are security concerns and it is not advisable to leave the hotel at any time - hence the reason that our 5 'after project events' are organized events. You need to remember that you are in a third world country where crime is common.





provided (please refer to your specific itinerary).

However, as we work in poor communities lunch is relatively simple and usually consists of fruit, snacks, coffee and nibbles.

One Horizon Shirt

We provide a *One Horizon* shirt for you. If you want to wear it whilst at our centres that's entirely up to you. The shirts are distributed on the first morning you are with us. The shirts are made by the women at our centres and all funds raised go directly to them.

Supervision

To ensure you have great time you will have *One Horizon* field staff with you at all times.

Orientation & Briefings

If you have a sense of the political, social, and economic situation in your host country this will enable you to have a better understanding of the people you interact with. Prior to your departure you will be given:

- An initial briefing (either the morning of or the night before) at the groups hotel. The better you understand the history of each project and local issues the more they are able to contribute to its success
- An explanation of the specific objectives of each project and how the day(s) will proceed
- A discussion of issues deemed as 'culturally sensitive' and/or relevant to each of our projects

Pick Ups and Returns

By attending a *One Horizon* Centre you become part of the *One Horizon* family.

Our staff are with you every moment of the day. We will pick you up and drop you back at the hotel each day. If you attend a dinner with us, we will take you and bring you back to the hotel at the end of the night.



You may never be the same again

Our communities reflect the vibrancy of the human spirit to overcome all the odds stacked against them. What you have never experienced before our communities live with every day. But each community's spirit remains undaunted and our work and resources simply changes lives. You can be part of that. The Power of One!!

Our communities are not tourist attractions

Remember that *One Horizon* is not a tourist attraction. We are a humanitarian company working with in-country partners to make a difference to people's lives. Coming with us helps us do that. 100% of your fees pay for the food, clothes medicines and the support of our communities.

Your visit is not a tour bus experience or a 'wave from the bus' thing as you drive by. It's an exchange with real people.

Inclusions

Lunches and Dinners

Each day we provide a light lunch and depending on the length of your itinerary, a number of team dinners are