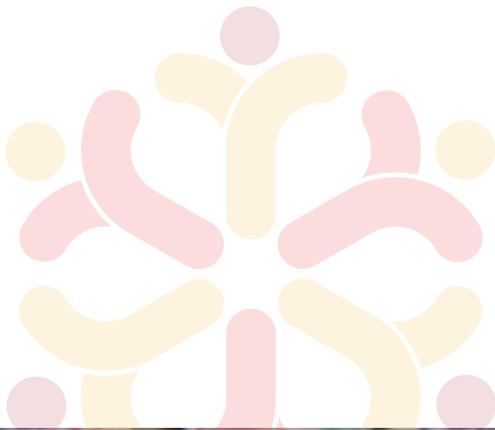




ONE HORIZON

broaden your horizon
and brighten theirs

Help Feed Hungry School Children



This one-day activity is an opportunity to get involved in an immediate problem that many children have in Kenya, that is inadequate nutrition. This is occasioned by a society with high unemployment levels and a very low average annual income of less than \$1,300 USD year. This program has you involved in one of the things that many children need the most. That is regular and nutritious meals. The day focuses on helping prepare lunch then ensuring that all the children and toddlers get fed.



ONE HORIZON

www.onehorizon.net

enquiry@onehorizon.net

PO Box 61120-00200, City Square Nairobi, Kenya

Please note: You can customize and/or tailor this itinerary to suit your travel agenda. You can place this one day event at the beginning, middle or end of your other activities.

You can even include all our one day tours as a 3-5 day customized tour.

- ❖ In Kenya there are over 2.4 million orphans. Many of these children end up on the street. And of all children under 5 years of age, a staggering 20% are chronically underweight. So it's hardly surprising that many children struggle to have one meal a day.
- ❖ So providing nutritious and regular meals is an activity that literally helps children survive and is one of the most satisfying things you can ever do. And the contribution you make via your presence and fees helps us continue the food program. It is vital for the children.
- ❖ It's hard to imagine that in today's world that people go hungry. If children can be returned to good health by eating nutritious food and regularly then they have options. Without their health their future will be difficult. This is why we need your help and we welcome your presence in one of the most remarkable days you will ever have.



HIGHLIGHTS

Helping at a community school feeding centre for children who would otherwise not receive a regular daily meal and helping prepare and feed them lunch. For the toddlers and babies its then ensuring that they eat their lunch. And this usually involves having a child on your lap, a spoon in your hand and patience.



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 travellers 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



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When you travel with One Horizon you'll visit the Kenya few tourists see and connect with the Kenyans few tourists meet ...

immersing yourself in the lives of impoverished, yet inspiring women
engaging with Kenya's most vulnerable, yet happy children
helping them see a brighter future on their horizon
changing their lives from poverty to independence



Sustainable tourism with One Horizon

One Horizon has established a range of humanitarian programs that create positive, healthy and sustainable futures for impoverished Kenyan women and children. Our travel experiences are intimate safaris to the heart of Africa – its incredible people – as we take you to communities around Nairobi to engage with the Kenyans our programs are helping.

Your travel experience helps fund our humanitarian programs

We launched our sustainable tourism travel arm to raise revenue so we can take our programs to more communities and change more lives. Our travel itineraries can include a wildlife safari, but it's our humanitarian journeys that will touch your heart, stay with you forever - and, change Kenyan lives forever.

Join a global community that's travelling to eradicate poverty

As you interact with the children and women our programs are helping, you'll come to realise that global poverty can be solved – it's not insurmountable and you're playing your role in forging change through our sustainable tourism travel experiences.

Safari is Swahili for 'journey' ...

A One Horizon safari is a journey that spans emotions - you'll always experience fun and laughter, song and dance, inspiration and admiration ... sometimes you may shed a quiet tear but you'll leave us with everlasting memories - and, hope that one day all people will share one bright horizon.

Connecting with 'grass roots' Kenya, reconnecting with you ...

The ways you can interact with the people you'll meet are as endless as the Kenyan horizon, but a One Horizon safari is also about connecting with your family, friends, colleagues, team mates or that one special person in your life ... sharing experiences and forging lifelong bonds with them. It's also a personal journey that touches different people in different ways as your safari to the heart of Kenya also becomes a 'journey within'.



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One Horizon offers a wide range of itineraries, including day trips and longer humanitarian experiences, some with wildlife adventures.

Or, we can work with you to customise the ultimate Kenya experience that you envisage on your horizon ... we are well connected in Kenya and specialise in creating bespoke experiences for individuals, couples, families, businesses and sports teams as well as community and professional groups.

For bookings and enquiries
enquiry@onehorizon.net

www.onehorizon.net

Please note the following items are not included in the cost

*International flights & airport taxes, visa fees, portage's, tipping and gratuities to staff and guides
Drinks, laundry, telephones and other personal extras, any sightseeing not mentioned on the program*