



**ONE HORIZON**

broaden your horizon  
and brighten theirs

# Helping grandmas become business owners

## Pigs to the Rescue

This one-day activity shows us what is happening in a disadvantaged community to turn improve the lives of aged people and their families. It gives everyone the opportunity to be part of it. The day focuses on a community living around Kikuyu Town on the outskirts of Nairobi and the issues they are confronting to overcome poverty. At an age when retirement would seem an option these grandmas are becoming business owners.



**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.

❖ There are 3 activities on this day which will involve you in the lives of ordinary Kenyans. The first is where you will visit a field kitchen for grandmas where you can help prepare their lunchtime meal. Often it's the only meal which the grandmas will consume and the field kitchen is vitally important for their health. The grandmas are responsible for bringing up their grandchildren and often struggle to feed not only their grandchildren but themselves.

❖ The second activity is the opportunity to sit down with the grandmothers, hear their stories and understand their journey. The field kitchen plays an important part in reducing the isolation of their life and as a peer support program it's invaluable. You become part of that process as well as an initiative for their future.

❖ The third activity sees you visiting the grandma's homes and seeing their pig farms which are crucial in securing their future. And to assist in this you will be presenting them with pigs as your contribution to securing their future. And after a breeding program the grandmas will be in a position to sell pigs and from the proceeds buy essential foods and other goods to make life much more secure as that.



## HIGHLIGHTS

Visiting a field kitchen for grandma's in Kikuyu Town and helping prepare their lunch. Then after lunch, sitting with the grandmas to hear their stories and life's journey. And to conclude the day, visiting the grandma's homes with a donation of pigs. It's all about visiting and connecting



## A Day of Giving Back

In Kenya as in many places in Africa, there are no such thing as old age pensions and social security safety nets for people who cannot work. And for aged people with the responsibility of looking after their grandchildren, life can be a great burden. Often unwell due to a lack of food and the stress of seeing their young grandchildren hungry, the long term impact is often debilitating. That's why the establishment of small scale pig farms for each of the grandmas can turn their lives around. Pigs are not only a source of protein but income as well. Pigs breed quickly which means that a sustainable income can be gained by the sale of piglets from which other essential foods can be purchased. And a small business is born for each grandmas as entrepreneurs.

This 1-day program enables participants to give back. This is not about charity. It's your chance to be part of helping grandmas to a healthy and a brighter future. It's a chance to be part of it. You will see aspects of life that other travellers rarely get to see and in locations inaccessible to others. And your contributions make a real difference to helping grandmas become small business owners. No more hungry days and hungry grandchildren.

### What you can become involved in

- ❖ Helping prepare and serve lunch for an aged community in our field kitchen in Kikuyu Town on the outskirts of Nairobi
- ❖ Sitting down with the grandmas to hear about their life and the challenges they overcome to feed their grandchildren
- ❖ To visit the grandma's homes in local villages and to see the emergence of these aged entrepreneur's

### Why we do this

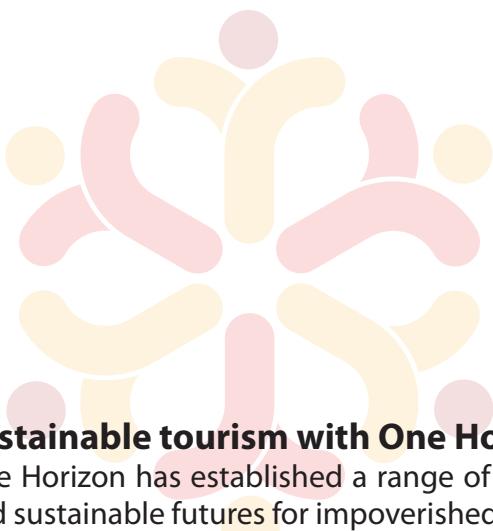
- ❖ Until the grandmas have a sustainable small business in chicken and pig raising they need nutritional support. That's why we run a field kitchen weekly.
- ❖ Imagine witnessing that story in real life. Hearing about it first-hand from those living it. Having the chance to ask questions and to see the reality of life.
- ❖ Small chicken and pig farms at the grandma's homes have been rated by the United Nations as the most successful small business for third world countries.





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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 your 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](mailto:enquiry@onehorizon.net)

**[www.onehorizon.net](http://www.onehorizon.net)**

***Please note the following items are not included in the cost***

*International flights & airport taxes, 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*