



## ONE HORIZON

broaden your horizon  
and brighten theirs



Best. Day. Ever.

# In Focus: From Farm To Feast

We're picking up chicks (and pigs too!), on this Nairobi tour that explores the relationship between farming and food. You'll deliver a supply of chickens and pigs to a local community and find out how a local non-profit is helping to alleviate poverty and malnutrition in Kenya, one chick and piglet at a time.

This Nairobi tour is run in partnership with One Horizon Africa, a non-profit organisation dedicated to alleviating poverty in Kenya and South Africa that holds no religious or political affiliations. Tours are managed by a dedicated Kenyan staffing team who all have a background in travel and tourism, and have joined the team because of their commitment to helping their fellow citizens.





- ❖ At 9:00 am you'll be picked up at your hotel (please be sure to include your hotel name when you book your tour).
- ❖ Drop off location will be at your hotel.
- ❖ Chicken and pig farming have been rated by the United Nations and World Health Organization as one of the most successful and quick-fix solutions to overcoming malnutrition in poor communities.
- ❖ On this Nairobi tour, you'll head to a street-side market, where you'll get to haggle alongside locals and pick up the fattest piglets and happiest little chicks for delivering to local communities.
- ❖ With the piglets and chicks in your arms, we'll travel up to villages in Kikuyu and Kayole, on the outskirts of Nairobi. One Horizon Africa, our partner on this tour, has rescue centres in these communities, where locals are in desperate need of a sustainable food source.
- ❖ Small pigs and chicken farms can help people to overcome food shortages and malnutrition. Because they breed quickly, pigs and chickens provide a valuable food and income source — in six months, malnourished and deprived communities can have a sustainable income source from the sale of excess eggs, chicken meat, and pork.
- ❖ Once we've handed over our purchases, we'll have the chance to sit down in a private home and hear locals' stories about life in the community, shared over tea and coffee. These are grassroots communities that most travellers never get the opportunity to meet.
- ❖ 100% of your tour costs will go to the purchase and transport of chickens and piglets to the local communities we visit.
- ❖ One Horizon Africa is a non-profit organisation dedicated to alleviating poverty in Kenya and South Africa, and holds no religious or political affiliations. Tours are managed by a dedicated Kenyan staffing team who all have a background in travel and tourism, and have joined the team because of their commitment to helping their fellow citizens.

## Additional information

**Inclusions:** Inclusions: Local English-speaking guide, pick-up from and drop-off at your hotel, unlimited bottled water, tea and coffee, light snacks (sandwiches and fruit), photographs of you and the group (3 to 4 images for each person and group).

**Exclusions:** Souvenirs and personal items, tips/gratuities for your guide.

**Dress standard:** Please wear casual, light clothing.

**Your Trip:** For your Urban Adventure you will be in a small group of a maximum of 12 people.

**Confirmation of booking:** If you have your voucher, your booking is confirmed. We'll see you at your hotel for pick up. Please check your hotel details are correct on the voucher. If your details are not correct, it is very important to please email us to confirm your correct pick up hotel using the contact details on the voucher. If you prefer you may also phone the change through to us during business hours.

**Child Policy:** This is a child-friendly tour. Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children under the age of 6 are permitted to join this tour free of charge. Please inform us at the time of booking if you'll be bringing a child under the age of 6. You can do so in the special request box on the checkout page.



### HIGHLIGHTS

- ❖ Visit a street market and haggle alongside locals for pigs and chickens.
- ❖ Deliver sustainable food sources to villages on the outskirts of Nairobi.
- ❖ Sit down in a local's home for tea and coffee, and learn about life in Kenya.
- ❖ Find out why the UN and WHO have said chicken and pig farming can help alleviate malnutrition in poorer communities.
- ❖ 100% of your tour costs will go to supporting nutrition efforts in local communities.



## 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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For bookings and enquiries

Email address: [enquiry@onehorizon.net](mailto:enquiry@onehorizon.net)

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



**URBAN**  
ADVENTURES

Best. Day. Ever.

Local contact

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

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