

so they can



**A Stint That Will
Change Your
Life!**

So They Can's Short Time in Nakuru Trip

1 June to 28 June 2019

Volunteers play a very important role at So They Can, bringing wonderful skills and energy to our organisation, making a difference to the lives of many.

If you are interested in volunteering in Africa at our projects in Kenya, we'd love to have you join our immersive annual STINT - Short Time In Nakuru Trip!



How It All Began

So They Can was founded in 2009 by Cassandra Treadwell and Keri Chittenden, building a school in Nakuru to support a displaced Kenyan community in crisis.

In 2007, tribal violence in the wake of the national election left 250,000 West Kenyan residents homeless. After fleeing from their homelands, the United Nations housed these people in temporary tents in the Nakuru showgrounds.

Approximately 6,700 of these displaced people gathered together, pooling their \$100 from the government and buying land and in an area of Nakuru known as Pipeline.

When Cassandra and Keri visited the Camp, the community communicated to them their most desperate need – the need to educate their children recognising that education was the key to breaking the cycle of poverty.

They took them to a block of land that was designated for a public school asking them to speak with the Government and to build that school and to educate their children.

In 2010 the doors to the Aberdare Ranges Primary School were open and So They Can was born.



Where we are now

Now in 2018 we are positively impacting the lives of over 16,500 children in Kenya and Tanzania through education so they can break the poverty cycle and live their best life.

Our Kenyan Projects

Aberdare Ranges Primary School (ARPS)

Our first project - the school is at full capacity with 1,080 students who are receiving a quality education teaching ages 3 through to 13.

The school currently comprises 30 classrooms, a well-stocked library, an administrative office, early childhood playground, sports field, kitchen, toilet blocks, a borehole and rainwater harvest facilities.

We run a nutritional program that provides all of the students with two hot meals a day designed to fulfil their daily nutrient requirements. For many, this is the only food they will receive each day. We also run a physical education program designed to build awareness of basic health issues and the importance of regular exercise.



Miti Mingi Village

The Holding Hands Children's Home was founded in 2011 after a member of our team learned about young children living in a dumpsite in Nakuru.

The home is now a Village, called Miti Mingi (Many Trees) Village, located 1.2km from Aberdare Ranges Primary School, providing a safe and loving home for 120 orphaned and vulnerable children who are cared for by a team of dedicated 'house mothers'. All of the children are receiving a quality education at the school.

The Village is a bright, colourful and safe place with 15 individual family homes, each with 8 children - 'siblings' - and a nurturing 'mother' that has committed to be with them for life.

New Caanan Medical Clinic

In July 2011, So They Can opened the Pipeline Community Health Clinic near Aberdare Ranges Primary School in Nakuru in conjunction with the Kenyan Ministry of Health.

The Ministry provides one full time nurse to the clinic and patients pay a nominal fee that contributes to the running costs of the clinic.

The health clinic serves the wider local community of 20,000 people, including all students from Aberdare Ranges Primary School and Miti Mingi Village. On average the clinic sees more than 1200 patients a month.



Wezesha Business School

The Wezesha Business School teaches business skills to the poorest women from the local Nakuru community, empowering them to take out micro finance loans to start their own businesses, generate income and improve the standard of living for them and their families.

Each woman is provided with an intensive 12-week course teaching all the skills necessary to run a successful small business. On completion of the course they are invited to submit a detailed business plan and apply for start-up capital to launch their business. If accepted they receive a small loan from So They Can with access to additional capital once the first loan has been repaid and the viability of the business has been established.

To date 410 women have been educated and provided with loans and are now running successful businesses.



What You Will Be Doing

Each year we create a year book to present to the graduating year 8 students of Aberdare Ranges Primary School before they progress to secondary school. The year book includes photos and a biography of each student and a class photo.

The STINT 2019 group will be tasked with taking photos of the 120 year 8 students and interviewing them about their future aspirations then collating all the information to create the yearbook.

“The entire STINT experience was amazing. I had the most amazing time living with Ruth and her family. They were so welcoming and having the kids there as well made my experience that much better. I learnt a lot about Kenyan culture and food and language. I hope that I can visit Nakuru again.”

- JD Nodder So They Can STINT 2017

No trip to Africa is complete without a safari! Included is a one day safari to Nakuru National Park.

Where you will be staying

You will be placed with another volunteer with a local homestay family. These families have hosted volunteers before, are fully security checked and all live close to the school. A homestay is a great way to fully experience the way of life and immerse yourself in the Kenyan culture. Your homestay will provide you with breakfast, dinner and drinking water.

Cost

The cost is approx. \$2,890AUD per person.

Included in this cost is a \$1,000 tax deductible donation per person in support of So They Can's Kenyan projects.

Your donation will enable So They Can to continue to have an impact long after you return home, ensuring that you leave a lasting legacy in addition to your already valued contribution.

Included in the cost

- 1 x night's accommodation in Nairobi on arrival including dinner
- Tourist activities on your way to Nakuru – Elephant orphanage, Giraffe centre, Karen Blixen's museum
- Transport from Nairobi to Nakuru and back to Nairobi at end of the trip
- Full orientation day with the Kenyan team
- 25 nights in a homestay including drinking water
- Breakfast and dinner daily at your homestay
- Lunch at ARPS daily
- Entry to Nakuru National Park for full day safari
- Administration costs and incidentals

Additional costs

- Flights
- Vaccinations
- Comprehensive travel insurance,
- Kenyan visa US\$50 – obtainable prior to travelling on line
- Souvenirs and incidentals
- Additional beverages
- Dinner at hotel near airport on departure day

Further information and to secure your place, please contact Raewyn at raewyn@sotheycan.org.

