



ONE HORIZON
holidays that change lives

YOUTH LEADERSHIP



Changing The World

Highlights

The Changing Our World program is a 5-day, multi-faceted activity that combines One Horizon Africa's in-field experience in Africa and Kenya specifically.

It emphasizes skills honed in collaboration with people from other cultures and the soft skills of negotiation, collaboration and leadership behaviours that are required for navigating successful outcomes.

Underpinning the entire program are the team and communication skills which are integrated in all aspects of the activities conducted with students. It's a fun, unique and exciting program that is inspirational and uplifting. It has been developed for school, college and university students. It also helps students identify their own personal life and vocational goals that they may pursue in the future.

What's Included

- 5 nights' accommodation
- 4 dinners with the One Horizon team at Nairobi restaurants on Days 1-4
- Lunch daily and unlimited fruit, tea, coffee and bottled water.
- Air-conditioned car transfers
- One Horizon staff with you every step of the way.

What's Excluded

- Gratuities (Optional)

Blackout Days

- Easter Friday
- Xmas Day

4 Days

Tour

20 Max

Passengers

Pick Up

@ 9:00 am
from the hotel

Drop Off

@ 4:30pm
to the hotel

High School Students (14-17 years)

- Group 1 - 3rd - 7th July
- Group 2 - 10th - 14th July
- Group 3 - 27th - 31st Dec
- Group 4 - 2nd - 6th Jan' 24

College and University Students (18-23 years)

- Group 1 - 17th - 21st July
- Group 2 - 24th - 28th July
- Group 3 - 27th - 31st Dec
- Group 4 - 2nd - 6th Jan' 24

Tour Itinerary

Days 1 and 2 are Learning Days

Day 1

Session 1 – Introductions and Ice Breaker Fun

To be able to work together successfully the key learning activities start the very first morning with introductions and ice breakers. And the facilitators are One Horizon staff who are drawn from local Kenyan communities. The facilitators are with the students for their entire time.



Session 2 – Briefing – All About Kenya

The first morning of the program is spent giving participants an overview of Kenya. That is, an overview of the different age groups, employment levels, income, family structures and the social challenges within Kenya. This information is targeted and presented for the specific age of the students. It is prepared so that it enables students to gain a context for the days ahead.

Session 3 – The Communication Behaviours of Successful Leaders

The session focusses on the behaviours of successful leaders of change. And in this session, the students will be divided into smaller groups to work on developing solutions to current problems. And they will be observed, their behaviours recorded and feedback provided.

Before the session is ended the facilitators will predict the outcome of the students deliberations. And you will be amazed at how the facilitators are able to successfully determine the outcome of the group. Students will emerge from the session with a list of the most successful behaviours used by leaders of change which they can use forever after.



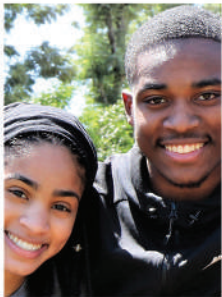
Session 4 – Values and Decision Making

This session involves a activities that involves students deciding how they would respond to a specific crisis. In the first part of this activity, the students undertake to develop a solution individually. And later, they must present their decisions and gain agreement to them from the whole group. The debate which ensues can heighten emotions and often compromise the students ability to reach a consensus decision. There is a specific time for the activity to be concluded and this only exacerbates the challenge of arriving at an agreed decision that all their group can live with. The facilitators are masters at providing the debrief and summarising the key learning lessons from this activity.

Session 5 – Debrief

At the end of the day a debrief summarises the key learnings from all the activities. And before that is finalised, each student will be asked to identify what they believe was the most important learnings that they will walk away with from the day.

Breakfast, lunch and dinner are provided as part of the day's activities





Day 2

Session 1 – Goals and Measurable Outcomes

This session will focus on the specifics of the responsible and sustainable programs that are run by One Horizon. It focusses on what is a sustainable program in terms of its goals, how programs are implemented and the outcomes achieved. The session covers what it means to be successful and how the student can apply success factors to their own school and community. This session sets up an understanding of the in-field experiences that students will be part of over days 3 to 5.

Session 2 – What to Expect

A description will be given about each community that the students will interact with including:

- A traditional Maasai family group who live in a village
- Grandmas (not Maasai but Kikuyus) struggling to support their extended families and;
- Children (from 3 to 12 years) who attend One Horizon's **nutrition and education center** who come to receive food and an education.

Session 3 and 4 – Problem Solving

After the briefings provided in session 1 and 2, students will use a basic method provided by the facilitators to use when solve problem. This is an activity which enables students to be able to identify the parts of a problem and how to develop solutions. This is a group activity requiring the students to work successfully together.

Session 5 – Team Debrief

A debrief is provided at the end of day 2 which will summarise the key learnings from all the activities. And before this is finalised, each student will be asked to identify what they believe are the most important learnings that they will be able to use in the days and years ahead.

Breakfast, lunch and dinner are provided as part of the day's activities.

Day 3 to 5 In Field Activities in 3 Different Communities

Day 3

A Maasai Community

The day is spent with a Maasai family in a village on the outskirts of Nairobi.

The students will have a total cultural and learning experience about life in the community from the perspective of a young Maasai women, a Maasai warrior and a village elder.

Part of the experience is conducted in a Maasai manyatta (traditional mud home) and there is a lot of singing and dancing. At the same time, students can ask questions that they believe would help them understand how the Maasai community operates.

It's a time to appreciate another culture and how the Maasai structure their lives and live each day. And it provides an insight into the challenges of the Maasai community. At the end of the day, students are debriefed about what they would do to overcome some of the obstacles the community faces.

Tour Itinerary

Day 4

A Community of Grandmas forging New Futures

The day is spent in a family home and farm of Kikuyu grandmothers. The focus is to see how the grandmas are trying to secure a better future by raising pigs or chickens as a way of earning an income.

The students will meet the grandmas who will talk about their life and they can also undertake some of the chores associated with the farm. And in talking to the grandmas perhaps contrasts with student's own grandma will be made and similarities and differences in the life journey of these women.

Time is spent during the day thinking about the grandma's role in their own community and the solutions which students can come up to solve some of the challenges of being a grandma in their community.



Nutrition and Education Center for Children

The day is spent at a nutrition and education center in a local community on the rural outskirts of Nairobi. It is a center which caters for the nutrition needs of not only vulnerable children aged from 3 to 12 years of age but also of their families.

Students will help prepare food for the children as well as feeding the youngest children who need to be assisted in this purpose. It's a day of involvement in helping the center feed more than 240 children.

The center is a micro community which is reflective of 50% of the Kenyan population. It's a moving and emotional day and caps off an extraordinary week for students.



Presentation of Certificates of Achievement

At the end of Day 5, students will be presented with the **certificate of achievement**.

A video and image collection will be also sent to all students of the program which they can share with their school friends and family as a record of their experience and achievements.

