

Seminar

VOLUNTEERS for DEVELOPMENT COOPERATION in AFRICA

We are looking for new members to join our volunteer team, especially Distant Adoption and Island of Hope project coordinators. Also translators and people to look after our exhibitions and publicity booths.

The seminar is led by Dana Feminova, the founder and director of Centre Narovinu. **Information and registration:**
lenka.capkova@adopceafrika.cz – mobile number: 732 203 196



Dear adoptive parents, supporters and friends of Centre Narovinu,

Welcome to the pages of the first Bulletin of the year. Here you will find news from the Island of Hope project where a computer classroom with a library is being built and a high school construction is in preparation. Also our adoptive parents have shared their experience from spending Christmas with their adoptive daughter from Kenya. Other information is from schools involved in our projects. We are planning a lot of events during the upcoming year. We would like to invite you now to our seminar „Volunteers for Developing Cooperation in Africa“ which will be held in March. Volunteers are fundamental part of our organization. Next, we are preparing to celebrate the 20th anniversary of our existence in June. We hope you will celebrate with us. Thank you for your support and cooperation and we wish you all the best.

For Center Narovinu **Simona Heřtusová**
simona.hertusova@adopceafrika.cz

Saturday, March 14

Sokolská 32, Prague 2 (metro station I.P. Pavlova)

Narovinu Africa Fest

Centre Narovinu's 20th Birthday

June 19 – 20

Park Lane International School

(Valdštejnská 151, Prague 1 - Malá Strana)

*Seminars and round tables – multicultural music, dance and theater performances
– informative and selling booths of various organizations – photography exhibitions
– documentary films screening – workshops for children and adults
– multicultural refreshment...*



Celebrate with us



My (our) story with Eunice

It is a year 2007, and I am looking for something. I'm restless and I know what I long for. I just do not know how to fulfill my desire. But suddenly it is here. A webpage on the internet of The Humanist Centre for long distance children adoptions. For few days my nerves was more and more deepened. Then it happened. I decided. I presented some children from the database of the adoption for a long distance from Kenya to my family. We decided for Eunice Akynyi Mudiwo who was an orphan. Her parents had only one child - a daughter Eunice. Eunice was growing up with her aunt who is a sister of her deceased mother Everline. Eunice loves and sees her as her own mother. She has five step-siblings (Maurine, Steve, Emily, Nancy Godfrey). Today Eunice is 17 years and she is going to 3rd year at Hawing secondary school. After finishing the school



she wants to study further the health care. She wants to be a nurse and help people.

Her hobby is sport. She is very good football player. She is even better than boys. She is also really good in jogging, as demonstrated by her successes in cross-country competitions on Malombe primary school, where she was among the top three contestants.

We were in touch with Eunice only by written contact until 2011. We were writing letters and sending her packages no more heavy than 2 kgs. In one of her letters she wrote us, that she rears for us a hen and her brother a bunny and when we get to visit her that they would like to donate them to us. I can not describe my emotions that were coming to my mind while reading these lines, but my reaction was surprising not only to my closest, but even for me. I'm going to Africa. I have changed the uncompromising „I have to“ to „I want to“ see where Eunice lives, is growing up, is studying. And in November 2011, I travelled together with my family, husband Julius and daughter Nina, on our own responsibility to Africa. Preparations for the trip were time and money consuming. We had to fight against negative information coming from the vicinity about how Kenya is dangerous.

Despite of all this, we did not give up and went for our goal to complete our trip, our adventure. We had information that Kenyans do not show much emotions and they are aloof to strangers. So we expected purely formal welcome. But what



happened at the moment of our arrival and during the five days in the Siaya, Comenya is invaluable. Sincere, clean, cheerful acceptance, full of emotion, personal contact, as if we were their family and so they were to us. They asked us at the first moment if they can pray for us. Believe me when I am writing down our memories of our first meeting I still have hazy vision, because of tears of happiness are coming out. Wonderful, amazing, indescribable moments. People were kind, honest, sincere, jolly, good-hearted, gentle. There are many of these attributes, and I could be keep writing them, but it wouldn't even cover what we really felt in our hearts on both sides. We were staying with them, trying to work with them, cooking, enjoying everything absolutely, living fully for the specific day, but also during peaceful and quiet nights where there was absolute darkness. It was an experience that can not be offered by any of tour operator. We ate their traditional ugali, mandazi, chapati and drank porridge. We dug, cleaned and dried kasawa. Despite of the ongoing school holidays, we were accepted by the school council and teachers of Malomba school in Comenya. They honored us and we gave them teaching aids that we were able to bring. We were three and each of us had a 23kgs luggage plus 10 kgs hand luggage. The big surprise was also a meeting with priest Peter, who prayed for us and with us and gave us a blessing. I appreciate and worship these people, people from the Luo tribe. But as something beautiful starts, as well as this beautiful must end. Our departure was as full of emotion, as was our arrival. We have received gifts that have their own place in our home. Gifts, which couldn't be maintained because of their durability are in our memory, but they are even more valuable, because these mean for them to be saturated at least once a day.



After our visit in Siaya we again stayed with Eunice only in written contact. In January 2014, we decided to invite Eunice to Slovakia. The whole process was complicated, time and money consuming again. After rejecting the invitation of the foreign police of Slovakia I have believed that we will never be able to show Eunice this small piece of Central Europe, Slovakia. However, thanks to the Executive Director of the Centrum Narovinu. Mrs. Dana Feminová, the Coordinator of the Centrum Narovinu in Nairobi Ken Okongo, the Consul of the Embassy of the Slovak Republic Vladimir Jezek and our daughter Nina Pavelková we managed to fulfill our promise given to Eunice in 2011 at our departure from Siaya, from Kenya. On 9. 12. 2014 Eunice was issued a Schengen visa and 10. 12. 2014 at 13.20 she landed at Vienna airport. Issues that happened within last two weeks before her arrival would be for at least two additional A4 papers, but it worth for it. Eunice is among us and with us. She observes, perceives, draws, writes everything into her memory and diary. She is learning, trying new and unknown things. It's ours Eunice we met personally in 2011. Nice, modest, cheerful, intelligent, smart, knows what she wants

- unhesitating. During these days Eunice saw the Christmas markets in Bratislava and Vienna, she visited the hockey match KHL Slovakia and Finland (6:2), she attended a meeting about long distance adoptions in Luxor Cafe Bratislava, she visited siberian tigers in Kostolna pri Dunaji. After visiting Prague, we have planned a trip to the snow area by Chopok in the Low Tatras and of course Christmas - Christmas Eve and New Year's Eve we celebrated in the streets of Bratislava. Days were passing really quickly and I had a feeling that we do not enough time to show to Eunice what we wanted to. Tiredness was chasing all of us. But this feeling of tiredness is nice because it is a feeling of repletion, meaningfulness, openness, kindness and joy.

I believe that our relationship with Eunice and her family is forever. I am already looking forward when we meet again. When we visit family of Eunice in Comenya or she will return to Slovakia.

In Bratislava, 18/12/2014 Eva Pavelkova/sponzor

Charity fair for the support of Kenyan children

Students of the Cpt. Jasiok secondary school in Havirov – Prostredni Suche, Czech Rep. - grades H3A and L1A, organized a Christmas fair at the premises of their school on December 11, 2014 with the aim to obtain support for those African children, who have lost their adoptive parents, so that they could continue studying and complete their education. There was a great variety of goods prepared for purchase. All students and their teachers could choose from various products made of beads, ceramics, painted stones, paper greeting cards and other small presents. On demand were also baked sweet and salted goodies.

Everybody in the school really enjoyed the event and their enthusiasm raised 2 800,- CZK which were sent to the Narovinu Centre.

MA Tamara Sindlerova – on behalf of the school.

The Club of Friends of Adoption is helping children in Kenya with their education even in the first trimester of 2015

From September 2014 to December 2014 we have accumulated 24 662 CZK in the club fund. From this sum we have covered one trimester for those children who are awaiting a very important year at school. Six children have entered in the eighth grade of elementary school but have lost their sponsors at the same time. In the end of this year they will have to pass final exams, which is why we are seeking new adoptive parents for them who would be willing to provide support from the beginning of the second trimester and by this allow them to finish not only elementary school, but also the following four years of high school: Maria Achieng (ID 40349), Mwalimu Samson Chikumbo (ID 41005), Elvis Levis Wandera (ID 41065), Philip Ngutu (ID 41272), Queenter Achieng (ID 41455), Metinsellah Ligwilu (ID 41584). We have also used the fund money to support four highschool students, who are currently in the forth

year and about to graduate in the end of this year. It would be a shame if they were not supported during the very last bit of their studies: Benard Muirui Chomba (ID 40172), Jessy Wamongo (ID 50140), Ibrahim Ali (ID 51944), Faith Kenyatta (ID 50942). We also hope to find new sponsors for these highschool students who would support them in the last two trimesters. The total support would come up to only 4800 CZK at reduced school fee or 9600 CZK at full school fee. We have thus used 24 000 CZK in total. The children's stories can be found on our website in the Database of Children – children for adoption. We would like to thank to all who have kindly supported The Club of Friends of Adoption and made it possible for more children to attend school.

Lenka Čapková



The News from Hope Island A classroom with library is under construction.

At the end of December a construction of IT classroom with library has been started in Community centre of Hope Island. New premises will be available to children in a couple of months and computer lessons will begin.

At the moment we are looking for books for the library. If you have any book in English language which you can donate the children and adults will be really happy.

Thank you in advance for your support.

Contact: Dana.Feminova@gmail.com
mobile: 777 711 911.



The Club of Friends of Island of Hope

is looking for volunteers, sponsors and friends who would like to participate in co-creating of this specific developing project to enable its further development towards self-reliance and sustainability. We still have a long way to go and need lots of enthusiasm, creativity, new ideas and financial support. We offer an opportunity to do something meaningful, learn more about interesting subject matter, and help hundreds of people living in the poorest conditions on this planet and positively influence their lives.

Everybody can get involved in his/her area of interest and expertise. Everybody has some contacts that could be useful. Even just gathering information is of great help – for example finding and contacting people or firms that produce playgrounds, sending them an e-mail, asking for a gift... maybe somebody will reply. Who decides to donate computers can use it as their

PR. We are also in need of specialised knowledge - helping the social worker in the orphanage, agriculture consultancy, instructors for methodological seminars for teaches, etc.

Promotion is also very important for us. The more people hear about us, the bigger chance for the project to keep developing. It is very helpful when somebody writes and article about us, organizes a photo exhibition (we provide the materials) or a benefit event. We would be more than happy to come and make a presentation if you provide space and help us with organisation.

Dana Feminová

Send it on! How to contribute?

- **financial gift for the project Island of Hope**
No. of bank account: 19-1460510217/0100, variable symbol of the project: 900
- **purchasing a gift certificate „Send it on - give hope“**
No. of bank account : 19-1460510217/0100, variable symbol of this project: 740
- **sponsorship cooperation between us and your firm**
- **one-time donation contract for a specific purpose**
- **long-term donation contract for percentage from sale**
- **providing free of charge services or goods for the project**
- **adopting a child from Rusinga Island**
that is a part of the Adoption of African Children program
- **volunteer work in the Club of Friends of Island of Hope**
- **purchasing „gifts with a story“ from our Fair shop**



Gift certificates will be soon in english

SlovakAid supported another project of Community centre on Rusinga Island

new project financed by Slovakian agency for developing cooperation (SAMRS) started in Community centre on Rusinga Island on Victoria's lake in November 2014 – "Secondary school, quality education and acquiring practical abilities for young people on a video record on Rusinga Island".

Humanistic centre NAROVINU with residence in Slovakia and Centre Narovinu CR succeeded to acquire financial support in above 281.788 € in 23 months.

The main part of the project is to build up first part of secondary boarding school for 60 students including school hostel. Existing area will be expanded on a new ground.



First class should be open in January 2016, the secondary school will be a continuation of education on existing eight-year-old grammar school. The education will be focused on IT technology. Practical abilities and specialist qualification will be focused on fields-farmstead and fish breeding.

We are preparing weekly seminar for teachers of the new secondary school and for teachers of the existing grammar school under the leadership of lecturers from CR and Uganda and a seminar about alternative source of electrical energy connected with realisation of a windmill.

The important components of the project is a gradual increase of economic and food self-support of the centre, specifically by supporting fish breeding directly on Victoria's lake and setting up a workroom for processing stones – talc.

All these activities of the project are in accordance with environmental protection and lasting maintainable development. They will cooperate with partners from SR, CR, Kenya, Uganda and Spain.

A really pleasant meeting was held at the Embassy of the Slovak republic in Nairobi 26th January 2015. Ambassador Dr. Michal Mlynár appreciated the work of Centre Narovinu CR and SR, he personally visited this project and expressed that project Community centre Narovinu CR and SR is one of the best projects which were supported by the cooperation with Slovakia.

*Miriam Lišková
Project manager
Nairobi Kenya,
28th January 2015*



PARTNERSHIP BETWEEN CZECH AND KENYAN SCHOOLS

The Partnership Plan, operating from January until December 2014, involved a total of 8 schools (two more joined in September 2014 and other two in January 2015). There is therefore 12 schools in regular contact at this moment. The project is seen as very positive by the participating schools. It has been proposed to continue in the next year as well as include new topics that would contribute to connecting the schools together. The following topics have been selected into the second year of The Partnership Plan.

1. FREE TIME – The aim of this workshop is to find out how children spend their free time...What toys are preferred by children in Kenya and in Europe...Which games they like...Whether children of the same age choose to spend their free time in the same way or not.... In the end children create one game for their partner school.

2. The YEAR CYCLE theme – The aim of this workshop is to find out what the weather is like during the year in Kenya and the Czech Republic...What the seasons are or how each year is divided and what is typical for each season...What crops are grown in these seasons, when they are harvested and what is being made from them...What the typical crops in each country are... What we eat...What we like or dislike... In the end children exchange recipes and try to cook the dish.

3. CUSTOMS and TRADITIONS theme – The aim of this workshop is to find out what our customs and traditions are...What is typical for our culture... Do we follow them all the time...What we celebrate during the year... Do we give presents to each other and at what occasions... In the end children exchange handmade gifts.

Each school spends three months on each of the themes. In this way they have enough time to carry out all the tasks, organize workshops, send a package to the partner schools and for reflection of the partner's outputs.

If you are interested in participating in the partnership, do not hesitate to contact us. We wish you pleasant moments spent while discovering, sharing and establishing friendships with people from a different continent, and while passing on neverending inspiration.

Here are stories from two schools involved in the Partnership project - ZŠ Rečany nad Labem and ZŠ Brojova from Plzeň.

Simona Heřtusová

The Project Day – „The country We live in - My School“



A charitable society Centrum Narovinu focuses on development cooperation with a goal to improve education, health care and living standards in Africa. It also cooperates on a campaign „Czech against poverty“.

Thursday, 13. 11. 2014, pupils of 2nd grade of our elementary school attended their first project day within cooperation with Centrum Narovinu.

„Project teaching“ is nowadays very popular

method of teaching. It is based on linking with theory and practice. Pupils learn how to work with information, develop imagination and logical thinking, and all these within a team.

Students were divided into 9 mixed groups by a random draw. Each group had its own focus. They were seeking the necessary information, solving given practical tasks with the methodically help from teachers and finally were presenting the results of their efforts. Pupils from 6 to 9 class, who participated in this project, were thoroughly familiar with the project

tasks, procedures, and methods of evaluation.

The Geographic group of students described position of the Czech Republic, painted a map of the world, Europe, and the position of Pilsen. In the end they created some projects that will be sent to Africa as teaching aids. They also produced two-sided puzzles which, after being putting together, will offer basic phrases in Czech language and basic information about surface, hydrography and cities of Czech Republic.

The Natural History group drew comics, created pexeso, drew animals and plants, looked for the most important information about nature. Furthermore, they were discussing about the food pyramid and healthy menu. Some pupils produced collages with a natural theme. Moreover, students learnt interesting facts about birds migration that depart to Kenya etc. They also created board games with questions and tasks.

Students of History group searched for information about pre-history, antiquity, various major events and battles. They created a timeline of Czech history, talked about the importance of Jan Zizka, Charles IV., Rudolf II. and the 1st World War.

Students of The Musical group had a task to sing and record the Czech national hymn, they learned how it was composed and who were its authors. They tried to write down a text of our school hymn.

In a classroom of informatics students gathered photographs of the school, students, teachers, neighborhood and they wrote an article about our school in English, which will be sent along with photographs to Africa.

The group of reporters was tasked to create a photo documentation, write an article about the project throughout the day. Students worked in groups of two and three.

Art group was tasked to draw UNESCO monuments of Czech Republic, for example. Prague Castle, Lednice castle, Litomyšl etc. Students used technology of colored drawings.

In Mathematics – physics chemical group pupils were given two main tasks. Some measured school, draw the platform, quoted; others calculated the size of the field from an aerial image by using the Pythagorean theorem. In the laboratory, these experiments were carried out: a) the acidity and basicity substances in everyday life using in support of four different indicators, b) filtration, c) the characteristic of activated char-

coal. Furthermore, there was competition in gomoku.

The chef cooked traditional czech dishes - schnitzel with potatoes, vegetable salad, soup with noodles, apple strudel. All of us enjoyed the meal very much.

The last hour of the project was dedicated to the settlement of knowledge and sharing impressions and experiences of working in different groups. It would be a pity if we didn't share everything we have experienced during the day. Especially when there was so much to learn! We were discussin really vividly because everyone wanted to share with the others about their experiences.

*Mgr. Daniela Moravcová with a team of reporters,
Brojova elementary school, Plzeň*

School Engagement in international developing programs



At the end of the 2012/2013 school year our school contacted the Centre Narovinu – a non-profit charity organization, that focuses on support of African children and people in order to improve their education, medical care and life conditions.

The Narovinu Centre organizes various projects in Africa – e.g. adoptions of African children, water of Kauti, partnership of Czech and Kenyan schools, etc.

Thanks to the school partnership program our school was interconnected with a Keyan school – the Caretakers Orphans Educations Centre,. The aim of this projects is to bring Czech and Kenyan pupils closer together and enable them to exchange information and learning materials. The Czech kids, typically under guidance of their teachers, prepare various learning tools, that they send to concrete partnership schools in Kenya. Thanks to them the children in Kenya have much better possibilities for learning, often the sent tools are the only learning tools that are available at the Kenyan school. In return the Czech schools receive photos documenting the use of the tools and letters from Kenyan children.

Our school was also engaged in such a partnership project at the beginning of this school year. The project was divided into 4 phases. As a first step we sent to the partnership Kenyan school a parcel with materials presenting our school, its surroundings and activities. Pupils from each grade painted pictures showing their typical interests and free-time activities and our nature. The presentation and notes about the pictures were written in English. We waited for their response almost

4 months. After that our cooperation has successfully started and in March we sent to our partnership school a second parcel via Centre Narovinu. This time it contained letters from children who wanted to pen-friend with Kenyan children and posters that we prepared and that could be used as learning tools. We also included materials linked to the theme of second phase of the project – “Dreams and wishes”.

Simultaneously we launched a fund-raising campaign for the purchase of school tools for the children of the partnership school. We managed to collect 3 430,- CZK, which we sent to the Centre Narovinu account and the donation reached Kenya in August. In October we received a message followed by a parcel from the partnership school. We were informed, that our donation was used for the purchase of school books and exercise books. We also received a receipt of the purchase and letters responding to the Czech pen-friends, as well as pictures related to the second phase theme of our joint project – Dreams and wishes.

Our third parcel with the third topic “Wishes” is now ready to be sent. We have prepared postcards with wishes for our Kenyan friends which we will send together with the pen-friend letters. The last phase of the project was concluded by an exhibition for children and their parents showing the whole year project outcomes and evaluation. We plan to continue with our project work in the next year as well.

Project day about Africa

During the last year Simona Hertusova from the Narovinu Centre prepared a Project day about Africa, which took place at our school.

Initial talk-show and projection was followed by active workshops organized by the teachers. The children could try to grow corn in an African village, get to know African tribes and their habits, paint African masks, make a toy or a useful thing at a fake rubbish dump, get acquainted with African musical instruments and African music and also find out interesting things about African animals. The oldest pupils – the 9th grade ones, were split into small groups, visited individual workshops documenting the learning and then they prepared a presentation about the African Project Day.

Nada Doubravova, Primary School at Recany

Once again you can present medical insurance to children!



This year for the seventh time „adoptive parents“ have the possibility to insure their children as part of our health insurance program.

During these years the families of insured children have gradually learnt to attend a doctor with their kids already with first symptoms of a disease because they do not have to worry about a high fee that they would otherwise be charged. This fact has significantly increased the percentage of serious cases detection at the very beginning and also

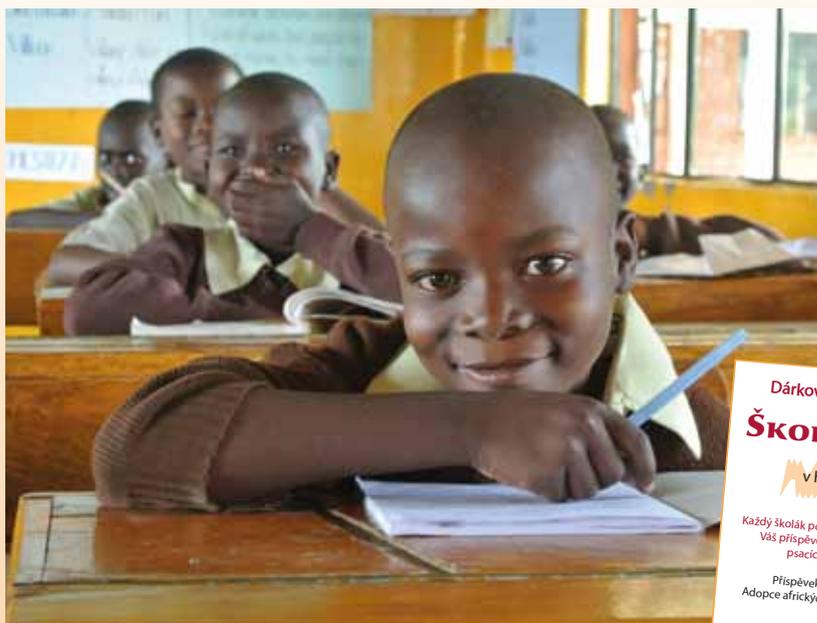
the chances of complete cure. It also lowers the risk of a long lasting absence from school due to a chronic disease.

The children can be insured once a year, at the moment from June 2015 until May 2016. The payment needs to be received by May 15, 2015 and has to have a special variable symbol 6+ID of the child (for example 641023). The insurance cost is 1500 CZK (or 60 EUR), which is not much compared with a cost of a package to Kenya. Health insurance is the best gift you can give to your adoptive child.

Insured children are covered when it comes to cost of treatment and medicine in case of hospitalization – medical treatment of more serious cases which require the child to remain in hospital – even during accidents and injuries– up to 200 000 KES (around 50 000 CZK) per year and covering of costs of treatment and medicine in case of ambulant treatment at a doctor up to 8000 KES (around 2000 CZK) per year.

The insurance can be applied to specialized examinations as well. A common problem often preventing children from having better results at school is bad eyesight. When children have difficulties seeing the board or the notebook, they suffer from headache and their concentration is lowered. During the 2014-2015 period we have registered two cases of children who needed the help of an ophthalmologist. Moses (ID 51131) and Zipporah (ID 51377) are enjoying new glasses now and are very happy that these are helping them achieve better results at school.

Lenka Čapková



More information at: Eva Syrovátková
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Gift certificates
Pass it on!

GIVE EDUCATION

GIVE HEALTH

Gift certificate with an African gift for luck will make happy both your dear ones and kids in Kenya.

Thank you that we can help together.



Gift certificates will be soon in english