

Dear adoptive parents, supporters and friends of the Centrum Narovinu,

The summer is now behind us and with it several very successful events where we had the opportunity to present our projects and sell gifts with the story of the Fair Shop. We are planning events until the end of the year, so if you have a tip where we could have a stand and supplement it with a photo exhibition or African-themed workshops, we would be grateful for your contacts. We are very happy to come to other festivals, fairs, benefit markets and events throughout the Czech Republic. Buying gifts from the Fair Shop is one of the ways we can support the education and health care of children in Kenya together. In this bulletin you will also find other possibilities and forms of

cooperation, for example, for schools and companies. We are very happy with any additional support because as Robert also describes in his contribution inside the bulletin, the project affects not only the children themselves, but also their families, the community, other schools and their teachers and students. And what more could you wish for than to see our satisfied students who, thanks to the project, have graduated from their dream schools and are trying to help further. Wishing you all a beautiful autumn.

On behalf of Narovinu Center

Simona Heřtusová

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SOS Island of Hope

Help us save a project in Kenya

After twenty years of its existence, our main development project "Island of Hope", which has become a refuge for 500 children, is fighting for survival!

Do you want to support sustainable projects with the active approach of local communities and volunteers? Would you like to see the concrete impact of your support and establish a partnership and regular contact? Are you looking for mutually beneficial and beneficial cooperation? More on page 4 and 8.



Fair Trade Shop Gifts with a story





Get to know the team of Centre Narovinu. We introduce are our volunteers.

I am Matka Veseková and I come from Spišská Nová Ves which means I was lucky enough to grow up in Slovenský ráj. I love Jesus Christ, who, in 2017, sent me to England to serve his angels, people with disabilities.

I have worked predominately with people with mental disabilities who are the most beautiful and pure human beings on this planet. And so I ended up working at Treloar's, the best

special needs school in Great Britain. I love driving, travelling wherever God tells me to go and I long to be a gift to everyone I meet. I love to give presents to people, make them happy and fulfill their dreams. In 2011, I met an extraordinary person, my spiritual brother, who has helped me fulfill my life-long dream to become a long-distant adoptive parent. I believe that with God's help, I will also be able to fulfill the dream of our adoptive daughter (as well as mine) and visit her in Kenya.

I am honored to have also become an active part of this amazing project of long-distance adoption - in April I became one of the adoption coordinators at Centrum Narovinu.

What motives adoptive parents to help more

Sometimes, when I am dealing with the agenda of extra payments, I think about the individual items. What is it, that motivates our adoptive parents to help the children and their families beyond the study support, which in itself is such a huge gift?



I searched for answers in the things they buy. Often, they get them a bike. They believe that a bike is what will bring the children the most joy. And I think they are right, especially when it comes to elementary kids. True, a bicycle won't help them study, but it can shorten their way to school, which might in fact help them with their studies. Another preferred gift is electronics, especially cellphones. There is no doubt electronics present a very helpful gift considering many schools make use of

various mobile apps. And we all know they can also be used for fun. Another very helpful gift is a laptop, which is especially suitable for university students and which is a great tool for communication between the children and their adoptive parents.

Once, I was surprised by the extra payment for a professional camera. But the adoptive parent knew exactly why to choose this particular gift - his adoptive child dreamt of the career of a professional photographer. Many parents want to provide their adoptive children with extra help but they are not sure what gifts would bring them and their families the most joy. In such

cases, they ask their coordinator who informs me, and then I discuss the situation with the child's coordinator in Kenya. The answer I usually get is to use the extra payments to purchase food, household supplies or to cover rent debt. The Kenyan coordinators then make sure that the money sent will be used according to the donor's intentions and not drunk away by a naughty father. Many adoptive parents, once or twice a year, send their adoptive children money without asking beforehand what the family will use it for. That's because they know and trust they will put the money to the best possible use.



In the end, it's all about mutual giving and receiving of joy. One side is joyful about receiving a gift and support, and the other side is joyful about being able to bring joy to someone else. And that's what's helped me answer the question I asked myself at the beginning of this article. It's about joy on all sides.

Zdeněk Mocek

Health insurance

Big thanks to everyone, who has decided to take part in the health insurance program for the upcoming 2022/2023 term. In total, you have supported 665 children and their relatives. In the first phase (from June 1st) 569 children and 6 of their relatives have been insured, in the second phase (from August 1st), 72 children and 18 of their relatives have been insured. The health insurance grants children access to regular medical checkups as a prevention of more serious illnesses. In case they get sick, the children are examined and provided with the necessary medication. The health insurance also covers medical care and hospital stay, including cases of injuries and accidents, up to 150000 KES. Furthermore, it covers eye examination and prescription for dioptric lenses, certain dental treatments, or even surgeries the families would otherwise not be able to afford. In the previous term (1. 5. 2021 - 30. 5. 2022), the insured children were mostly treated

for regular illnesses such as tonsillitis, eczema, various fractures, but also for illnesses such as malaria, gastric ulcers, typhoid fever, etc. Once more we thank you all for your support!

Eva Jedličková

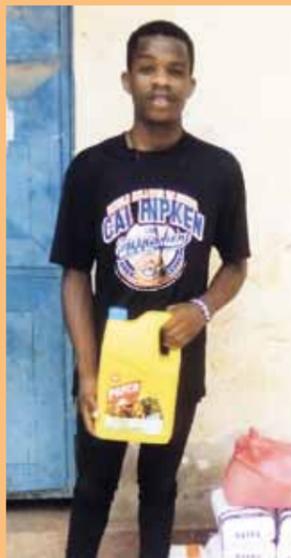


Club of Friends of Adoption

In the third term of 2022, we were able to support 38 kids who have either lost the support of their adoptive parent or who are still waiting to find one. The total amount of 204.600,- Kč from the bank account of the Club of Friends of Adoption was dedicated to this purpose. Both regular and irregular donations are made to this account (under the variable symbol 800) and we also send there the overpayments donated to us by former adoptive parents. Big thanks to everyone who have contributed!

Hana Jodasová

We introduce the story of Jeremiah and Charity who search for adoptive parents



Jeremiah Moku (ID nb. In the database: 41348) was born on 31. 1. 2003 and has 4 siblings. The 7-member family lives in a small house where they cook on fire, use electric lights and get water from a spring. The family depends on the father whose monthly income is about 6.000 Ksh (1.800 Kč) which does not even cover the family's basic needs. Jeremiah loves football, he is a big fan of Manchester United and a very good student. Currently, he is finishing high school with exceptional grades. However, he is not sure whether he will be able to continue with his studies at

university, as he currently has a school debt of 6.000 Kč. That's why we are searching for an adoptive parent who could help Jeremiah pay the debt and support him in his future university studies, thus helping him fulfill his big dream. As a result of his good grades, Jeremiah could get a state scholarship which would partly cover his tuition. If you would like to support Jeremiah, please contact the coordinator Alena at alena.tabet@adopceafrika.cz.

Charity Awuor Ouma (ID nb. In the database: 51399) was born on 27. 5. 2002, has 1 sister and 3 brothers. Her father is a fisherman and her mom is a stay-at-home mom. The monthly family income is about 3000 Ksh (cca 900 Kč). The family lives in a two-room clay house in the Kasingri Central region in Gingo. They cook on fire, get water from a lake and use kerosene for lighting. Charity has finished high school with really good grades as a result of which she has already been accepted to university, where she would like to study history. She should start her Bachelor's degree in September. If we manage to find her an adoptive parent, her dream of becoming a university student might come true. If you would like to support Charity, please contact our coordinator Bohunka at bohunka.dusikova@adopceafrika.cz.

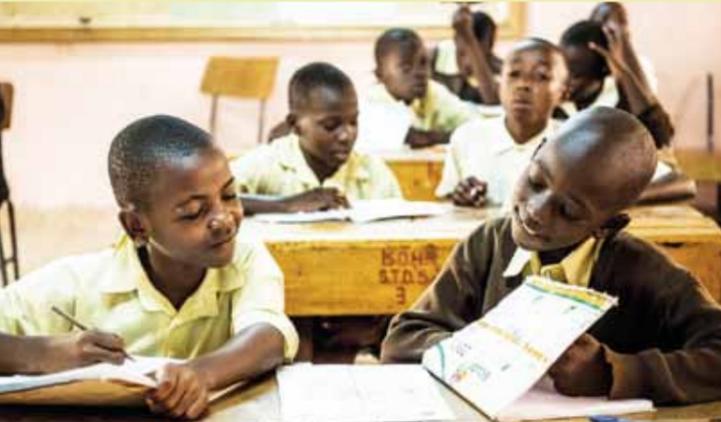


Become a partner of the Island of Hope

We are looking for new corporate partners for a development project in Kenya

Are you interested in development cooperation? Do you like projects supporting education and healthcare for children in Africa? Do you want to support sustainable projects with an active approach of local communities and volunteers? Are you looking for mutually beneficial and rewarding cooperation? Would you like to see the concrete impact of your support and establish partnerships and regular contact with beneficiaries? **Become a partner of Island of Hope!**

This project is unique in its comprehensive approach to issues that it addresses on the ground and exclusively with the lo-



cal Kenyan community - health, sex education, awareness and prevention, agriculture, artisan cooperatives, sustainable technologies, education with innovative approaches from kindergarten to secondary school, social welfare, and the status of women in society. A true partnership between local people and people from Europe guarantees mutual enrichment, breaking down myths and stereotypes, bringing new creative perspectives and solutions, moving towards critical thinking, but at the same time respecting cultural differences.

At the beginning of the project in 2003, the dream of Dana, Ken, Joash and other volunteers and one adobe house where the first humanist kindergarten for about 20 children started to function. Today, the community center includes an orphanage for children from 3 to 18, a kindergarten with the Montessori teaching method, a primary school, a boarding high school, an education center with a PC classroom and library, a health clinic for about 20,000 patients from the area, and a farm with an irrigation system, fruit trees and fish farming. There are over 500 children on the premises daily.

We are looking for new partners in order to keep the Island of Hope in the current range of services offered. The children in our project come from the fishing community of Rusinga Island and very difficult life situations. We offer a mutually beneficial and rewarding collaboration. Support this development project with your expertise, financial or material donation and join us in co-creating it.

Opportunities for cooperation

Partnership for development - choose any project area and develop it with us.

Adoption of African children - a remote assistance project. The amount to support one child in primary school is 7 200 CZK (300 EUR)/year and in secondary school and orphanage of the Island of Hope it is 16 800 CZK (660 EUR).

Support of teacher/physician - we see multiple funding sources as a prerequisite for a good, sustainable development project. Monthly salary: teacher of kindergarten and primary school - 6000 CZK (240 EUR), headmaster of primary school - 8500 CZK (340 EUR), teacher of secondary school - 10000 CZK (400 EUR), headmaster of secondary school - 12000 CZK (480 EUR).

Fair trade shop - we import quality Kenyan coffee and tea, talcum powder products, jewellery. We pack them into gift packages for clients and employees. The package can also include a "Send It On" certificate in various denominations, the purchase of which will support education and health care.

Shared marketing (percentage of sales) - let's combine your name and ours to support a good cause. Of course, feedback is a must - you will be in regular contact with the children, teachers and project management you support and so you will be able to directly monitor the impact and meaningfulness of your support.

If you are interested, you can visit the project and see for yourself how it works. And before you fly there, we will connect you at least "online". The Island of Hope is really worth it! Thank you in advance for your support and we look forward to other forms of cooperation.

Dana Feminová

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Rusinga Island

From the point of view of medical students of the University of Ostrava

Hi! Greetings to all readers and we are happy to share our experiences from Rusinga Island with you.

We are Jirka and Honza, medical students at the Faculty of Medicine of the University of Ostrava, and we have been thinking for a long time that we could go somewhere together. So we searched among a whole range of projects until we finally decided to an internship on another continent, we will go to Africa, specifically to Kenya on Rusinga Island.

In order not to bore there unnecessarily, we will skip all the preparations and go straight to the island experience. Im-



mediately up on arrival, we went to walk around the campus and say hello to everyone who lives and works on the Island of Hope. We headed to the orphanage and to the kitchen, where the most people were, including Madame Desline, who takes care of more than 80 children in the orphanage. During our first conversation, the children suddenly started singing together, but we didn't notice it at all, although after a while Desline told us that the children started singing a "welcome song" on their own just for us. We were understandably moved by this and ran out of words during the songs.

The last person who came to introduce himself to us was the head of the local clinic, Emmanuel Sossi. Even at first glance, he seemed very kind, accommodating and relaxed to us. Just a person you want to hang out with. He came to the clinic on the first day and we didn't really know what to expect. Right at the entrance we were greeted by the receptionist Lynet, the lab technician Dan, nurse Shilla, doctor Chris and the head doctor Sossi, with whom we spent most of our time at the clinic. After about 15 minutes, a boy came in with a laceration on his leg that was bleeding and had to be sutured. At this moment, Sossi took charge of us and showed us how to treat such a wound, deaden it and then sew it up. It was the end of our first working day and we were anticipating what the next days would bring us. Overtime, whether Chris, Daniel, Sossi or, for example, Shilla taught us very thing possible (from palpating the abdomen to listening to the lungs to performing a malaria test) so that we could become independent as quickly as possible and help run the clinic regardless of their presence.

In a few days, we were more and more confident in taking an anamnesis, in indicative laboratory examinations in the dosage of individual drugs. Undoubtedly, all this is very useful information for us, which we used throughout the internship and we will certainly draw on it in the future. Thanks to this location, we were also able to meet diagnoses rarely seen in Europe - splenomegaly in a girl with sickle cell anemia, an HIV-positive patient with ascites, or children with disseminated scabies. In the context of a cute conditions, we learned, according to Sossi, the most important thing - namely, cannulation, thanks to which we can literally save the patient's life. In this context, it was very rewarding for us that we sometimes had to work under sudden stress, whether it was a hysterical patient or a child crying while treating a wound. Confrontation with these situations has at least partially hardened us, and we thank you for that.

To ensure that something remains on the island after we leave, we have created a health form that allows doctors to simply, quickly and efficiently make medical history, including symptoms. We were surprised that everyone at the clinic liked this form and it speeded up the investigation process at least in part, for which we are both very happy. In addition, Sossi, to-



gether with his friends, such as the great history and religion teacher Leonard, took us on several trips to get to know the local environment, culture and nature. And so we take away from Rusinga not only wonderful experience, but also a whole range of friendships.

So, what did we actually bring back from Kenya? In addition to improving our selves in many areas of medicine, we had the opportunity to visit the world-famous Masai Mara National Reserve, the islands of the largest African lake, and the mausoleum of Tom Mboya (the man whose work made Barack Obama the president of the USA) and, above all, to create friendships all life. We wholeheartedly thank the University of Ostrava and the Centrum Narovinu for all of this.



Another meeting with my three adopted children

At the end of April and the beginning of May I managed to experience the happiness and joy caused by the reunion after 2 years with my three adopted children Monica, Vash and Reagan. Fate has allowed each of them the presence of their biological parents for only a short time, and I am grateful to the organization Centrum Narovinu for its successful effort to partially replace some of the aspects necessary for the proper development of their personalities. One of these is mainly education, which brings with it other useful and necessary skills. It also perhaps gives these children the feeling that after all, someone has their back, as most parents around the world do. This was the second time we visited Nairobi National Park with the children, where there is a diverse range of animal and plant species.



If you like to watch animal documentaries on TV, a large part of them come from Africa. If we take our young children to zoos, they have the opportunity to see the jewels of the African animal kingdom, such as lions, elephants, giraffes, zebras



and others, in an artificial environment. Children, such as those in Kenya, may live only 30 km away from these animals living in their natural habitat and never have the opportunity to see them because their financial situation does not allow them to do so. So these excursions of ours could be considered more like a biology lesson than a family trip. We were really lucky then. We witnessed a breathtaking spectacle from the jeep

and came in close proximity to some of the animals mentioned above, especially the lion walking beside the car and the two



giraffes. The children were fascinated by the actual size of the animals, as they said they only knew them from pictures. In Nairobi, we said goodbye to Monica, as that is her home, and moved with the boys 400 km further down the Kenyan road to the Hope Island campus (on Rusinga Island), which is home to them. There, we tried to spend quality time effectively, mainly tutoring them in subjects that are problematic for them and debating their future as they finish high school this year. We mainly practiced the method where a student who needs to learn something on his/her own pretends to be a teacher and teaches the subject matter to others. This has proven to be very effective. Every day I retested them on the material and they remembered more and more information until eventually they knew everything. I urged them to help each other in this way, always treating people with courtesy and honesty. I love them as if they were my own, and I will always care about them becoming successful and decent people. Thank you too for your interest in a good and extremely meaningful cause.

Evelína Milfortová



20 years of the education support program - 20 years of beautiful stories

I am glad to have been a beneficiary of the project since 2007. It is long time but I still remember the junior school I studied before I joined Island of Hope. I was only six then (2006) and I would be flogged almost everyday for being late for school and sometimes for failing my assignment. The thought of going back to that environment after the weekend was difficult to take. When I joined Island of Hope, everything changed. The environment was way much different from my previous school, it was peaceful, the teaching was different and the teachers were not as hostile as the ones who taught me before.



I spent the next 14yrs in Island of Hope, living with the policy of "treat others as you would want to be treated". It was so difficult for external reasons. The hostile people of my community who believe that the only way children can be discipline is by beating them up for their mistakes. They could not come to terms with the policy of non-violence which is strictly observed in Island of Hope. When we went out for out of class activities such as sports; teachers, community members and even student from other schools considered as failures and discipline students. They handled as aggressively all the time making statements like; " This is not Island of Hope" just to insinuate that they could just beat us up and nothing would happen.

In 2016, I joined Island of Hope secondary school. My classmates and I were the first lot at high school. We just started another journey of standing criticism and hatred from the community. It was even worse there. Our school was the only school in the entire

region where students stayed in civilian. This time, the community had already been almost silent about the non violence policy. The fact we went to school in civilian unlike other schools became another difficult thing for them to accept. We received criticism

from all corners of the community, including the Ministry Of Education personnel's. At some point during our study we had to agree on some common cloth that we would wear when we go for external activities. My worse experience with this is when my friend and I went out for a science fair program. It was our turn to present our project, so we were called on stage. We showed up in stage in Civilian and everybody in the hall started laughing. Our presentation was stopped and we had to wait for a while before we were allowed to present. I am glad we had a good presentation and at least we made new friends later after our presentation. I finished high school in 2019 qualifying to join the university. I am right now at my third year at the University pursuing bachelors degree in Computer science. I have nothing much to give in return, but any time I am in my holidays, it is always my pleasure to assist

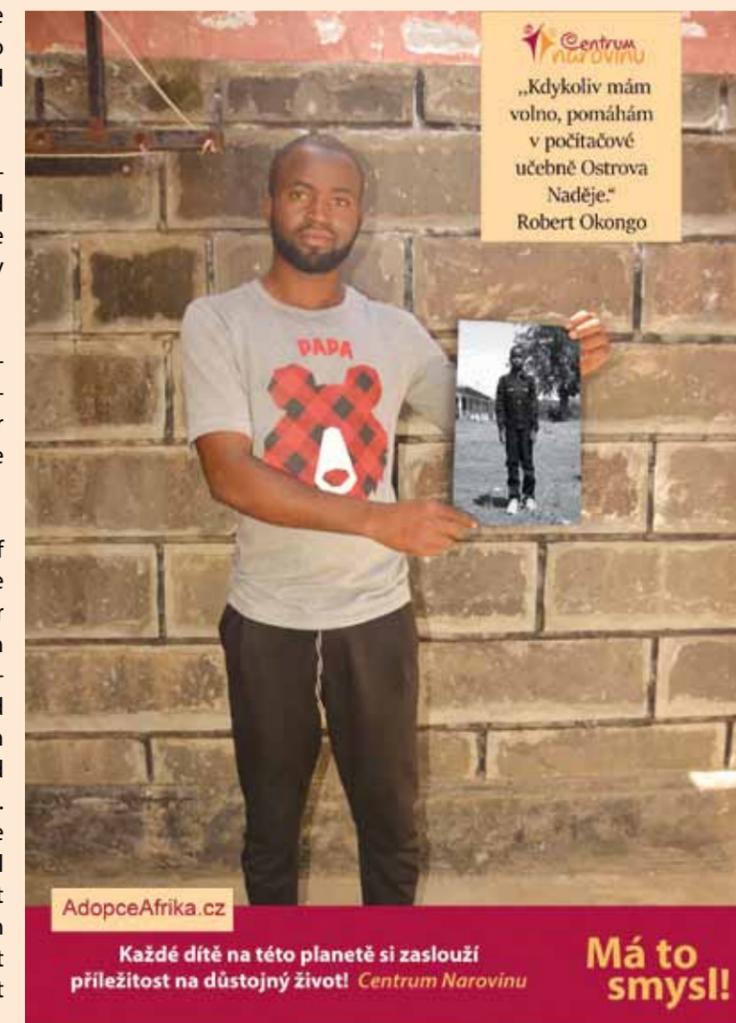
at the computer lab. When I finally graduate from the university, I would love to work as a volunteer at the Island of Hope computer for some time. Even though I left Island of hope,

it has positively impacted my life in many ways. The policy of "treat others as you would want to be treated" is living in me. And I do not even have enough words to express my gratitude for Island of hope for standing with me up to this far.

Robert Okongo



Support the education of one particular child and give him hope for a better future, thank you. You can find the children's database and more information about the project at www.AdopceAfrika.cz



AdopceAfrika.cz

Každé dítě na této planetě si zaslouží
příležitost na důstojný život! Centrum Narovinu

**Má to
smysl!**

Become a patron of a schoolchild in the Kenya

Partnership offer for nursery, primary and secondary schools

Dear headmistress/headmaster, teachers and students,

we are asking you to participate in the project "Adoption of African children - a long-distance help project", which our non-profit society Centrum Narovinu has been organising since 2002. This year, we are celebrating 20 years of the project - 20 years of beautiful stories. Help us fulfil the dreams of Hope Island students and give them a better future by becoming their patron and by supporting them on their educational journey.

There are currently over 500 children from kindergarten to high school in the Island of Hope complex. You can choose the best partner for communication with your students.



The project is of course beneficial for both parties. Yet, what exactly will it bring to you?

The opportunity to be directly involved in a meaningful development project and monitor its impact - you will be in regular written contact with students and their families. You will receive a report card, letters and photos 3 times a year. By actively communicating and sharing experiences, you can inspire each other and co-create and advance the project with your own experiences and ideas.

Digging deeper into the topics of multicultural education, development cooperation and effective assistance - students will develop critical thinking and, thanks to personal and direct involvement in the project, their sensitivity as well as the sensitivity to effective assistance, solidarity and empathy with people of other cultures and their problems will increase. The project also contributes to the creation of a tolerant multicultural society and to the prevention of discrimination and racism. **You can connect the `Distance Adoption Project`** with your subjects and teaching projects - regular communication in English, linking topics in history, geography, multicultural studies, music or art education, etc. Within the Island of Hope, there is also the possibility of online connection and commu-

nication with children and classes "live" .

It's a good feeling that you are helping where it is most needed - the children in our project come from the fishing community of Rusinga Island and very difficult life situations. Poverty often leads to illiteracy and low education, girls do not often even complete basic education... That is why we support children's education and their chance for a better future.

The project is much more than just economic assistance - it creates a bond of solidarity and understanding between different cultures. The amount to support one child in the elementary school is 7,200 CZK (300 EUR) per year, and in secondary school and in the orphanage Ostrov Naděje it is 16,800 CZK (660 EUR). It is also possible to spread the payment into several instalments. The money pays for everything the child needs to study (school uniform, textbooks and school supplies, school fees, etc.), and in the case of high school and orphanages, the amount also includes accommodation and food costs.

You can find more detailed information about the project, including references from schools that already cooperate with the project, on our website www.AdopceAfrika.cz, and you can also follow the latest information on www.facebook.com/CentrumNarovinu

If you are interested in more information, we will be happy to organize an introductory informational lecture at your school with screenings and talks, thus bringing teachers and students closer to life in Kenya, everyday problems and support options.

We wish you a successful start to the new school year and look forward to cooperation with other schools.

*For the Centrum Narovinu, Simona Heřtusová
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