

GIFTS THAT BRING JOY TWICE

THOSE ARE THE GIFTS FROM NAROVINU CENTRE

Would you like to give to your employees, company partners or close friends presents, that will make them happy and at the same time will support projects in Kenya? Give our gift parcels or certificates of Narovinu Centre.

Read more on pages 2 and 3.



Dear adoptive parents, dear supporters and friends of Narovinu

You are holding in your hands our autumn bulletin that regularly brings news from our projects. You can find out how the construction of the secondary school is going, where our students will start learning already from February 2016. If you like our projects and would like to help us or support us on ad hoc basis with their realization, we would like to invite you to another course for our volunteers. And as Christmas is approaching we would like to offer our gift parcels, that include Kenyan coffee, tea and soapstone animal from our workshop at Island of Hope. We hope that these gifts will please you.

We wish you lovely autumn days,

Simona Heřtusová

simona.hertusova@adopceafrika.cz

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.

Saturday 31. 10. 2015, 10:00 – 18:00

Centrum Narovinu - Sokolská 32, Praha 2

The seminars allow the participants to get to know all necessary about problems and work in projects of developing cooperation, stress on permanent sustainability and active approach at work with local communities, sensitive attitude to cultural differences, respect to heterogeneity.

The seminar is led by Dana Feminova, the founder and director of Centre Narovinu.

Information and registration: dana.feminova@adopceafrika.cz - mobil phone: 777 711 911

GIFT PACKS OF CENTRUM NAROVINU

Do you want to donate your employees, business partners or beloved ones gifts they will enjoy and also support projects in Kenya? Give the gift packs of Centrum Narovinu. 100% of income directly supports children from the Island of Hope on Rusinga Island in Kenya.

It will be specifically used to complete (the equipment of dormitories, classrooms, laboratories and kitchens), and service of high school, which will be operational from January 2016. The community center has a kindergarten, primary school, an orphanage and health center that cares every day of more than 400 children in need and 10 000 patients of the community of the Rusinga Island. More information about the project on our webpage.

We offer packages at different levels and design. From minor variations in a cellophane bag to larger gift packs in cardboard boxes or baskets lined with wood wool.

The package includes a fair coffee and tea from Kenya, which are imported without intermediaries from direct manufacturers. And soapstone animal that comes from a manufacturing workshop of the Islands of Hope on Rusinga Island in Kenya and thus supports self-sufficiency project that cares every day of more than 400 children in need and 10,000 patients of the island community.



Fair coffee is high quality 100% Arabica. Kenyan coffee is generally regarded as one of the highest quality. This classification is AA, ie. the highest possible level of the certification Coffee Board of Kenya. It comes from the area of Mount Kenya, where it is grown at an altitude of 1700 meters. Gentle roasting brings out strong aroma, which reflects the wildness of Africa, and specific, delicate flavor with hints of cherries and almonds. Fair tea from Kenya is high quality black

tea that is grown in the tea gardens of mountai areas around Nairobi. Thanks to ideal climatic conditions in which it grows, it is generally regarded as one of the best in the world. Its strong, very pleasant aroma and delicious taste is excellent with lemon, honey or milk.

We will be pleased to prepare additional packages tailored to your ideas of course - we can add to a package a variety of soapstone products - bowls or gift certificates at various levels from CZK 100,- supporting health, education or children of the community center Island of Hope. And also different sized packs of coffee and tea - 100 g, 250 g or 500 g.

Do not hesitate to contact us.

Centrum Narovinu, Simona Heřtusová, cellphone 608301270, simona.hertusova@adopceafrika.cz



1A / Gift box „Coffee, tea, statuette“, a value of CZK 490,- / EUR 18

Contains 200g of the fair kenyan coffee, 200g tea and a pet of soapstone for good luck. Packed in a gift cardboard box, merchandise is lined with wood wool.

1B / Gift box „Coffee and statuette“, a value of CZK 420,- / EUR 15

Contains 200g of the fair kenyan coffee and a pet of soapstone for good luck. Packed in a gift cardboard box, merchandise is lined with wood wool.

1C / Gift box „Tea and statuette“, a value of CZK 390,- / EUR 14

Contains 200g of the kenyan tea and a pet of soapstone for good luck. Packed in a gift cardboard box, merchandise is lined with wood wool.

1D / Gift basket „Coffee, tea, statuette“, a value of CZK 490,- / EUR 18

Contains 200g of the fair kenyan coffee, 200g tea and a pet of soapstone for good luck. Packed in a gift cardboard box, merchandise is lined with wood wool.

2A / Gift package in cellophane – „Coffee, tea and statuette“, a value of CZK 420,- / EUR 15 Contains 200g of the fair kenyan coffee, 200g tea and a pet of soapstone for good luck. Packed in a cellophane bag.

2B / Gift package in cellophane – „Coffee and statuette“, a value of CZK 320,- / EUR 12 Contains 200g of the fair kenyan coffee and a pet of soapstone for good luck. Packed in a cellophane bag.

2C / Gift package in cellophane – „Tea and statuette“, a value of CZK 270,- / EUR 10 Contains 200g of the fair kenyan tea and a pet of soapstone for good luck. Packed in a cellophane bag.

2D / Gift package in cellophane + wood wool – „Coffee, tea and statuette, a value of CZK 440,- / EUR 16

Contains 200g of the fair kenyan coffee, 200g of the tea and a pet of soapstone for good luck. Packed in a in a cellophane bag, merchandise is lined with wood wool



Gift certificates "Pass it on!" Gift certificate with an African gift for luck will make happy both your dear ones and kids in Kenya.

Pass it on!

Do you want to give your dear a meaningful present? Give as a present Centre Narovinu Gift certificates. You can give as a present education or health care to Kenyan children.

By purchasing gift certificates you will support a concrete program: Give Education, Give Health, Give Hope. The value of the certificate corresponds to the needs and support we provide in each program. At the same time we aim to run our program with a real impact, so we might purchase a slightly different thing, in case it is really needed, but it will always match the value of the certificate and the program focus.

Those children, who will receive support via certificates, will be introduced in our bulletin three times a year, as well as all the things donates to the community centre Island of Hope.

May your support bring you joy in the same way it brings joy to some children in Kenya. Thanks to your help they can reach quality education, hope and chance for a better life.

Give Education certificates support education for the poorest children in Kenya:

- Schoolbag in the amount of 200 CZK
- School supplies in the amount of 300 CZK
- School books in the amount of 500 CZK
- School uniform in the amount of 850 CZK
- School fee in the amount of 1,000 CZK
- School fee in the amount of 3,000 CZK

Give Health certificates secure access to quality healthcare in those areas:

- Medical treatment of common diseases in the amount of 200 CZK
- Specialized medical examination in the amount of 400 CZK
- Birth in the amount of 600 CZK
- Treatment of fractures or a dog's bite in the amount of 1,800 CZK

Give Hope certificates donate various needed things for the children in the community centre Island of Hope:

- Mosquito net in the amount of 100 CZK
- Food for 1 child for 1 day in the amount of 180 CZK
- 10 chicken in the amount of 200 CZK
- Books in the amount of 300 CZK
- Mattress in the amount of 1,000 CZK
- School desk and school chair in the amount of 2,400 CZK

Thank you that we can help together.
More informacion at: Hana Jodasová,
info@centrumnarovinu.cz



The gift certificate for a child in Kenya

THE SCHOOL BAG

for the value of **CZK 200**

A school bag is fundamental for every pupil. The children in Kenya often walk to school by foot even over long distances. Thanks to their own school bag they can carry all their school books and stationary comfortably on their backs.

The contribution helps the children in the program „Adoption of children in Africa, – the sponsorship project.

www.centernarovinu.org

Pass it on!
DONATE THE EDUCATION

30% of children from Sub-Saharan Africa cannot attend the school. With your help we are changing this.

Through the program „Donate The Education „ you provide children in Kenya with the opportunity for a better future.

The club supporting the adoption of children

The gift certificate for medical treatment

SPECIALIZED MEDICAL EXAMINATION

for the value of **CZK 400**

The number of specialized doctors in Kenya is limited and the examination is also expensive. Your contribution will cover medical examination by required specialist for one child, thereby providing him with a chance to resolve often long-unsolved health issues.

Your contribution helps the families in needs in Kenya.

www.centernarovinu.org



Pass it on!
DONATE THE EDUCATION

For most inhabitants in Sub-Saharan Africa the access to health care is limited. Every year 4.4 million children under 5 years old die from preventable and curable diseases. With your help we are changing this.

The program „Donate The Education „ provides children in Kenya with quality health care.

Health care program

The gift certificate for a child in Kenya

THE SCHOOL STATIONARY

for the value of **CZK 300**

Each pupil needs pencils, crayons, pens and notebooks. Your contribution will cover one child to have enough stationary for a full school year.

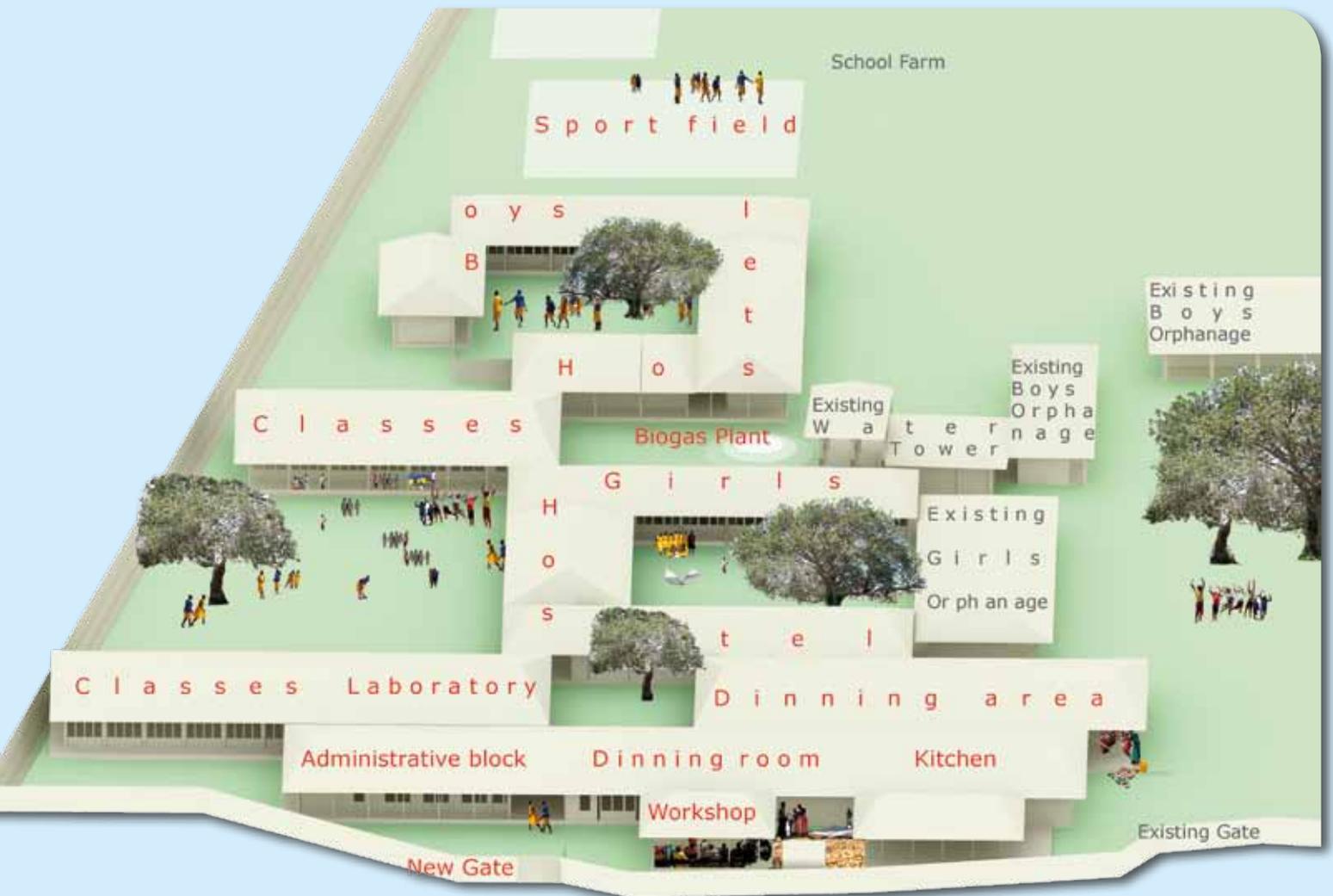
Your contribution helps children in the Adoption of African children program – the project of distant support.



Pass it on!
DONATE THE EDUCATION

30% of children from Sub-Saharan Africa cannot attend the school. With your help we are changing this.

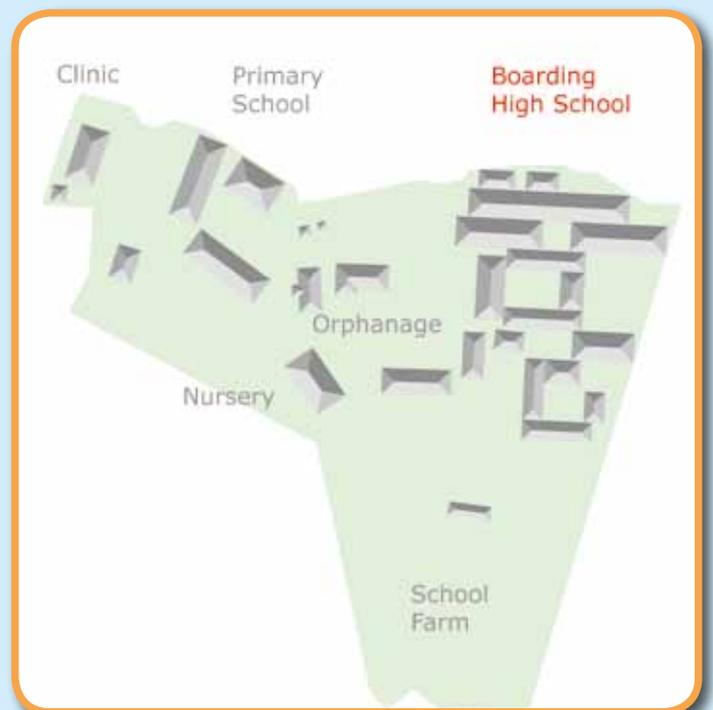
New Boarding High School in the Community Centre Island of Hope



A new boarding high school will become a part of the community centre Island of Hope on Rusinga Island. Its construction started in August 2015 on a property adjacent to the already existing compound.

It will consist of 4 classrooms, 1 all-purpose physics, biology and chemistry lab, an administrative section, and a dormitory for 120 students. The new high school, for both girls and boys, will continue in the education provided by the already existing 8-year-old elementary school. It will focus on teaching how to use IT, improving practical skills, and gaining vocational qualifications for farming and fish breeding. The first class should be opened in February 2016. Every year after that, one additional class should be opened, which means that by 2019 the school should be in full operation.

At the beginning of 2015 we visited a few reference private and public high schools in Kenya, mainly Nairobi, in order to obtain practical information for the construction of the new school, the educational system, curriculum, and organization of the school buildings.





In February 2015, the project was introduced at the meeting with the local community.

The basic core of the school will be a sheltered porch. The porch will have an entrance hall with the administrative section and from there it will lead through the dining hall yard, the school yard, the yard of the girls' dormitory, the yard of the boys' dormitory, and then continue towards a school field and a farm by Lake Victoria. The roofs have been designed so that they enable the use of natural lighting, which will save



electricity and at the same time increase heating of the indoor premises. The orientation of the buildings and the ways of lighting up the classrooms based on reflected light are designed in harmony with the latitude. That way, the premises are provided with not only appropriate lighting but also the necessary sun protection, efficient ventilation, and the use of solar energy from the collectors placed on the roofs. The toilets have been designed so that the water consumption is minimized. At the same time, the toilets will be used for the production of biogas necessary for cooking in the kitchen of the school dining hall.



Basic information: Boarding school for 120 students, school (4 classrooms, lab, teachers' rooms) 465m², administrative section 112m², girls' dormitory 367m², boys' dormitory 367m², dining hall with kitchen 611m², workroom 69 m², biogas production, field, built-up area in total 1992m²

Project: 2015, SLLA Architekti Bratislava, www.SLLA.net / coloko Madrid, www.co-loko.net Construction: 8/2015-11/2017

The project is co-funded by SlovakAid- Slovakian agency for development cooperation



The construction of the first part of the boarding school (till September 2016) is funded by the Slovakian Ministry of Foreign Affairs through the program SlovakAid. A very important



goal of the project is the gradual increase in the economic and food sustainability of the centre. That's why activities such as breeding fish in Lake Victoria or setting up workrooms for carving soapstone are accounted for.

In April 2015, a month-long workshop, lead by 3 instructors, was organized for the women from the local community, who were really interested in learning how to work with the soapstone. During the seminar, 4.800 pieces of soapstone



products were created. They are currently being transported to the Czech Republic where they will be sold.

In May 2015, the first fish cages were installed in Lake Victoria and the test run of fish breeding was launched. All activities of the project are in compliance with the protection of the environment, and with the ideas of sustainable development.

And what else is ahead of us?

In August 2015, a follow-up project, financed by the Slovakian Ministry of Foreign Affairs through the SlovakAid program, was approved. It will be launched in October 2015. The project includes the construction of the second and final part of the boarding high school and financing of the community centre's clinic for 2 more years (till August 2017).

Miriám Lišková

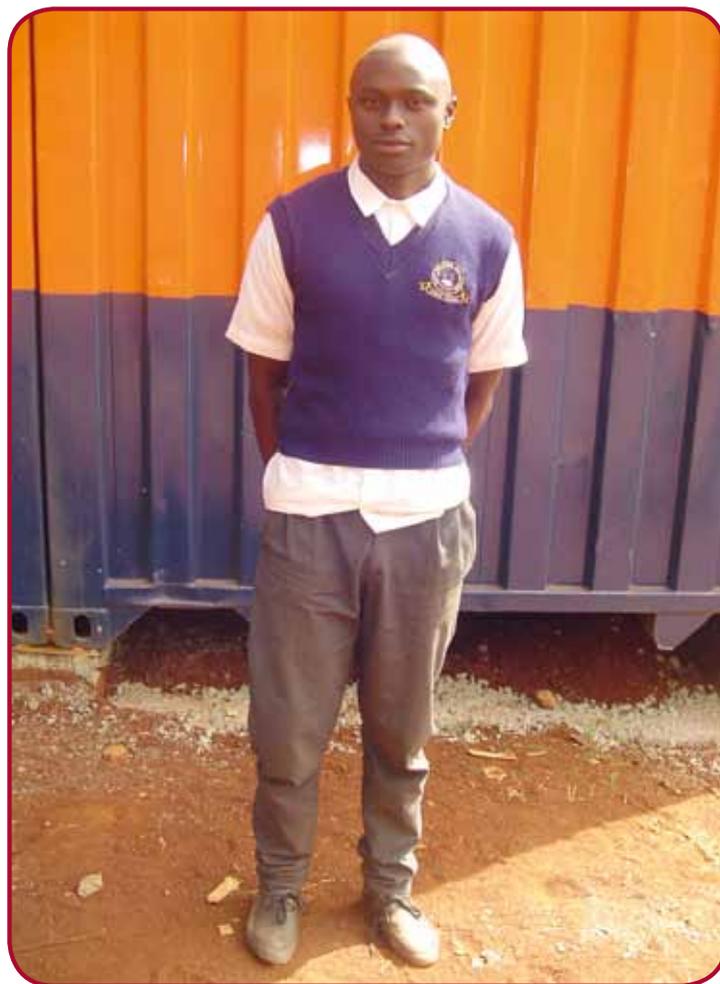
Foto: SLLA/co-loko, Miriám Lišková, Centrum Narovinu

Story from health insurance

Eugene Otieno (ID 5020 in Adoption of African children – Project of long distance help) also a beneficiary of Medical cover program was bitten at his leg by his pet dog while at their home trying to feed it with some food. The bite was not all that serious although the dog was not treated and could result to other dreaded related diseases from dogs. The student could not attend the school and i had to find out what had happened. After being explained by the Parent on what had happened, Eugene was then expected to be treated and i took hospital where he was cured on tetanus. Now he is well back to school after getting the assistance from the medical cover Centrum Narovinu had offered. Thanks a lot for the cover.

Sophia Barongo, coordinator in Kenya

In Kenya, being bitten by a dog occurs rather extensively. Without health insurance, a family would not be able to afford hospital treatment. The examination and treatment of common diseases and injuries cost from 200 to 2000 Kč. The prize of health insurance per year is 1500 Kč and the children are then provided with free treatment and medicine both in case of outpatient treatment and hospitalization. The next possibility to get health insurance for the children will be in June 2016.



Club of Friends of the adoption

Club of Friends of the adoption could have helped kenyan children in need also in the last trimester of the school year thanks to the accumulated contributions. It was gathered in the fund by the end of August CZK 12 525,-. It was drawn in total CZK 12 000,- for 5 children, now ending the elementary school: : Maria Achieng (ID 40349), Samuel Otieno (ID 40925), Mwalimu Samson Chikumbo (ID 41005), Philip Ngutu (ID 41272) a Antony Ndwiga (ID 41310).

Other children in need were supported as each trimester from overpayments which gave us the adoptive parents, whose adoptions were terminated. There are 60 children more which can go to school. 7 children as Timothy Omondi (ID 41356), Metinsellah Ligwilu (ID 41584), Benter Akinyi (ID 50536), Abiud Nyangweso Onyango (ID 51084), Jack Johnson Onyango (ID 51411), Cammulance Kavere (ID 51471), Mariam Kamra Wanyama (ID 51841) can finish primary school. 11 children needed to complete the fourth final year of high school: Baraka Mainji (ID 4017), Leah Wangombe Wangui (ID 40167), Clementine Oyugi (ID 40378), Daniel Muluu Mulei (ID 40667), Kopling Okoth Sati (ID 41117), Collince Ochieng Ohuru (ID 50305), Faith Kenyatta (ID 50942), Robert Gikaria Kagesha (ID

51016), Margaret Njoki Thuku (ID 51389), Kamlesh Pattni Okoth (ID 51953) a Esther Anyango Jomo (ID 51741). Other 40 children have been in various grades of elementary or secondary school, but after the second trimester they lost support and would not have been able to finish the school year. They have these identification numbers in our database: 40164, 40398, 40536, 40650, 40832, 40855, 40866, 40874, 40877, 40916, 40954, 40962, 40989, 41030, 41263, 41349, 41395, 41426, 41436, 41486, 41489, 41699, 41728, 41793, 50161, 50298, 50493, 50495, 50798, 51157, 51179, 51321, 51445, 51580, 51615, 51629, 51711, 51899, 52315, 55068. In the end 2 more boys were supported: Collins (ID 51456) a Emmanuel (ID 4027), who came to the university.

Stories of children can be found in the database on our website. For every of them we are looking for new adoptive parents.

We appreciate your contributions and thank you for every child who could have been supported!

Centrum Narovinu

New Children in the Program of Long Distance Adoption

The number of children in our database has increased by 165! In January 2016, the 35 youngest of them should start attending kindergarten in our community centre Island of Hope, where we use the playful Montessori teaching method.



On what do we select the children for our program when there are so many needy kids in Kenya? It is not possible to help everybody but we try to make our help as efficient as possible. First of all, our coordinators choose the best functioning teams among themselves and these teams then get the chance to select new children for the program. In its area, the chosen team then organizes a meeting with the parents of already adopted children and the volunteers. Together they start to identify needy children. Once they have identified them, they fill out a special form for each one of them. In the third step, the

forms are sent to an office where the neediest kids are selected. Lastly, there is a final meeting with the new families, where they get information about the project and their obligations.

To find out which children have been picked, you can go to our database. One of them is, for example, Moses Otieno Obonyo (ID 52436) who is 2.5 years old. Both his parents are working but their monthly income is only approximately 1 145 Kč.

Thanks for a collection for Kenya

A collection for the community center The Island of Hope took place during the Summer. We were very pleased with your desire to join the collection. We collected many English books for children and adults, used computers for a new computer class, writing and art implements, board games and toys, sewing machines and more. Together with our volunteers we packed it all into the incredible amount of 196 boxes which together weight almost 2,5 tons. Big thanks to all who donated to the collection and also to volunteers who helped us with packing.

Lenka Čapková



On top of that, Moses' mother is ill and she must go to the doctor once a month which only increases the family's financial difficulties.

Sarah Achieng (ID 52382) is 8 years old. Her parents are farmers and their monthly income is 700 Kč per month. Sarah has 4 siblings. They all live in a house with only one room and a straw roof. Sarah likes to play football.

Lenka Čapková



What is waiting for students of the last grade of basic school and high school?

On September has started the third trimester, which is really important especially for the students of eighth grade of basic school and the fourth grade of high school. On November they have to pass the final exam which is crucial for their career. On the basis of the result of this final exam they will apply for next school. Students, who will go from the basic school to the high school, will focus their studies on general knowledge. And students from high school will go to some specialized college or the best one can go to the University. So that's why everybody tries to reach the best result in this final exam.

How can you support your adopted children? The kids will be for certain motivated if they know that you will support them in their future career. The best option is when you as a parent can pay full school fee which is 4800 Kč/trimester. School fees in the high schools and in the college is higher than in basic school. In the basic school it is 2400 Kč/trimester. Each school regulate your school fees on their own. For example in high school is school fee regulated by a law. The highest school fee can be 70 000 Ksh/year (cca 5400 Kč/trimester). In some high schools is different school fee each trimester and it can be changed during all 4 year period of studies, because when the students are getting older, they need laboratory or more books than before. So that's why sometimes is school fee higher.

But we understand that these prices can seem to you high and of course not everybody can pay it. From 7 200 Kč is paid in preference school fee and fees for exams. The selection of children is limited, sometimes there is no more money for all necessary things that children need in the school and there is no more money for the school hostel. But it's better to support your children with less money than finish the adoption.

Lenka Čapková

PARTNERSHIP OF CZECH AND KENYAN SCHOOLS



Our class together with two others third grade classes joined the project of partner schools within Centrum Narovinu. Every year we organize in our school a charity fair, which income we, together with other classes, decided to donate to our partner school in Kenya. We rehearsed with children a



show full of songs, poems, fiction stories in Czech and English, and parents can voluntarily contribute. The success was great, we collected together almost 20 000 CZK. It's nice to see that even today people can unite and help a good cause. It is beneficial not only for the one who receive, but perhaps even more for the one who give. The children feel it this way at least.
Blanka Cerna, class teacher

"During the fair we performed the theater in front of parents. I liked the part where I recited two poems. There was also an English part and I played a pig. When we finished the performance, parents contributed to a school in Kenya. Then we went to class to sell goodies. I baked a chocolate and apple cake. My mom gave me money and I went to buy my cake. All the money will go to the partner school in Kenya. They will buy an equipment to the school. I am very glad that we can help another school."
Tonik D., 3.E

"First, we performed a theater for our parents and then we went to sell sweet and salty food. I was selling muffins, which cost 5 crowns. For all of that we earned CZK 5828,-. I really liked how me and Tonda walked down the hallway, and there we asked if someone would like to buy the cake and muffins from us. We were doing this all for our partner school in Kenya. I think that children in Kenya will be definitely glad for this amount and they will be able to buy lots and lots of things to school. I have a good feeling."
Adamek V., 3.E



"First of all I liked the most, how parents really enjoyed it. And I was glad that we earned so much money for Kenya. We do it all for the children from Africa, so that they can buy school supplies. It's a good feeling to know that I can help the others."