

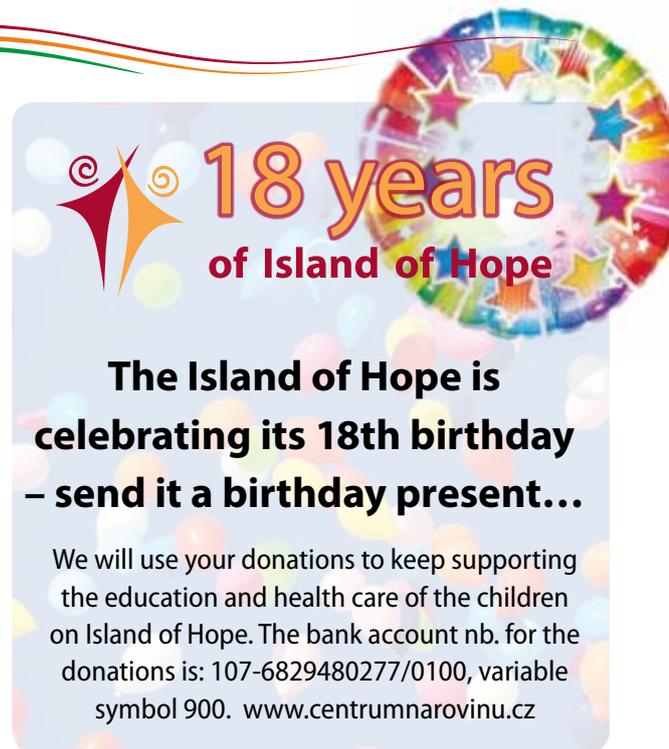
Dear adoptive parents, friends and supporters of Centrum Narovinu,

we bring you a regular update about our work. In this bulletin, you will find news about our project of long-distance adoption as well as Island of Hope, that is currently visited by interns from the Ostrava University. You can read about their first impressions and experiences from their internships. Also, the Island of Hope celebrates its 18th birthday this year – it's amazing to watch our projects reach adulthood just like the kids in our project of long-distance adoption. We wish you a calm rest of the year and we hope to meet you at one of the autumn

festivals or Christmas events that we usually take part in with our fair trade shop. If you have any tips for where we could organize an exhibition, present our projects or sell our fair trade products, let us know – we will happily come visit you and other new places around the Czech Republic.

We wish you nice autumn days and a lot of health!

On behalf of Centrum Narovinu  
**Simona Heřtusová**  
simona.hertusova@adopceafrika.cz



**18 years**  
of Island of Hope

**The Island of Hope is celebrating its 18th birthday – send it a birthday present...**

We will use your donations to keep supporting the education and health care of the children on Island of Hope. The bank account nb. for the donations is: 107-6829480277/0100, variable symbol 900. [www.centrumnarovinu.cz](http://www.centrumnarovinu.cz)

## We are looking for **new volunteers**

Do you have a thing for Africa and are you interested in global development projects supporting education and health care? Can you spare 2 hours a week and dedicate them to volunteer work from home and occasional help at events? Then you are the perfect candidate. If you are interested to join us as a volunteer, send us an e-mail to [info@centrumnarovinu.cz](mailto:info@centrumnarovinu.cz) and we will send you all the necessary information. Thank you and we look forward to cooperating with you!



## Fair Trade Shop **Gifts with a story**



## Who makes up the Narovinu Centre team? We present volunteers in the Czech Republic



**My name is Lucie Hamáčková** and I come from Prague. I have been working with the Narovinu Centre for about two years as a volunteer coordinator and I am also the adoptive parent of the beautiful Kenyan girl Cynthia. Furthermore, I am a student of radiological physics at the Faculty of Nuclear Sciences and Physical Engineering at the Czech Technical University and I work at the Department of Medical Physics at Na Homolce Hospital. At work, I come

into contact with patients with various diseases and one of the best feelings is when patients return to us healed and with a smile. That is why I also very much appreciate the opportunity to provide my adoptive daughter not only with education, but also with health insurance, because I believe that people all over the world should have access to health care, regardless of age and financial situation. In my free time I like learning languages, and I can speak English and Spanish fluently and in case of emergency, French too. I also like travelling, getting to know new cultures and foreign cuisines. My desire for the future would be to visit an exotic destination like Kenya one day.

## Club of Friends of Adoption

From the account of the Club of Friends of Sponsorship, where people can contribute a regular or irregular amount with variable symbol 800 and where go the overpayments paid to us by "adoptive parents" from terminated adoptions, we supported a total of 52 children (in the third school period 2021), who lost their support of the current "adoptive parent" or are still waiting for their "first adoptive parent".

The total amount is 164,000 CZK and 1,020 EUR. Thank you very much for the amounts donated to the Sponsorship Friends Club.

Hana Jodasová

**We present the story of Emmaculate and Penina, for whom we are looking for adoptive parents:**

For **Emmaculate Akinyi Amin (ID 51362)** we are looking for a new adoptive parent so that she can study at the Thika Technical Training Institute, majoring in business management. She has very good study results, she successfully finished high school with excellent results, and therefore it would be a shame to waste her study talents. Emmaculate is 20 years old and has 4 siblings. Her dad is a fisherman and her mom sells shoes. Emmaculate and his family live in a mud house, which has three rooms, cooks on a fire, lights



a kerosene lamp and takes water from the river. Emmaculate is very sociable and loves to read. She needs a new sponsor to continue her studies. Her tuition costs CZK 5,600 / EUR 220 per school term. Can you help her get an education? If you would like to support Emmaculate, please contact the coordinator Jiří at [jiri.stancl@adopceafrika.cz](mailto:jiri.stancl@adopceafrika.cz)

**Penina Nzije Odhiambo (52977)** was born in 2009 and has a total of 3 siblings. Their father, who was the sole breadwinner of the family, died, leaving them with only their mother, who sells fish. Unfortunately, her income is very low and it is not enough to provide children with everything they need, school fees and, most importantly, enough food. Penina fainted a few times in the past because she lacked food and energy. To help the family and especially Penina, we decided to move her to an orphanage in the Community Center Island of Hope, where she will be provided with regular food, accommodation and also surrounded by friends. Penina really likes football. At school, she enjoys science, math and English, and when she grows up she would like to become a pilot. In the summer of 2021, she entered the 4th grade of primary school. The adoption is increased to the amount of CZK 5,600 / EUR 220 per school term, which will cover, in addition to study costs, also the costs of accommodation, an educator and food in an orphanage. If you would like to support Penina, please contact the coordinator Lucia at [lucie.valtova@adopceafrika.cz](mailto:lucie.valtova@adopceafrika.cz)



## Adoption of African children – project of long-distance help. Supporting education makes sense!

**After 16 years of their journey together, adoptive parents and their children exchanged beautiful letters... here are a few extracts, you can read the whole letters at [www.facebook.com/CentrumNarovinu](https://www.facebook.com/CentrumNarovinu).**



**„Even though my adoption is over, I am not sad.** Just the opposite – I am very happy, that I have been able to gain knowledge that will help me succeed in life. I can speak fluent English and soon enough I will finish my university degree.

*I am happy, that thanks to the knowledge I gained, I have a chance to do many things. I can start my own business, I can teach, I can read news on TV or radio, I can write scripts, translate, represent different people and communicate on their behalf, because I have the courage to do it. I would like to thank for all the support you have showed me and my family during the Coronavirus crisis. The pandemic is not over yet, but you have already been a big help to us.*

*I would also like to thank you for the support that you have given me after my son had died. It was very painful but you gave me the strength to keep going and overcome this tragedy. I want to thank you from all my heart for everything you have done for me over the years. I can hardly name it all and the words alone can't express my deep gratitude. Bye, with love, Maureen."*

**„This is the last letter I am writing you.** I would like to thank you for all the letters, you have sent me, and especially for all the support you have given me in the past 16 years of my adoption. Your mom helped me become a better person through allowing me to complete my studies. Only few African children have a chance to take their education to the university level. You are lucky to have parents that are able to support both you and as well as an African kid in need. Only few people can do it. Your parents stood by me from the first grade of elementary school all the way to university graduation. They believed in me. Trying not to let them down helped me reach good study results. With love, your Maureen

**“When I was trying to find a project I could support, I knew I wanted to help a specific person.**

*That's why I chose the project of long-distance adoption, where I know exactly what my money is used for and I also like the way the project is managed. It's been 3 years since I started supporting Sheldon and I feel a little like his mother - because I know that a person in a different part of the world thinks of me and I think of him, wishing him the best. I believe I am helping him, and it's the least I can do. If everyone did the same, I think the world would be a more beautiful place. And even though it is a project of long-distance financial support, I hope that one day, I will be able to meet my boy face to face and hug him. I am very grateful, that I can help him in this way and to have a kid, even though I don't have one of my own yet."* Anna Julie Slováčková



**The joy of Jack, his family and the whole community.. Jack comes from a family of farmers and studied pedagogy at the Kenyatta University in Nairobi.**



**You can also become adoptive parents!**

# Trainees from the University of Ostrava in the Island of Hope

## My 2 months on Rusinga Island

**From early May to mid-July 2021, I had the opportunity to reside and work at the Humanist Health Care Centre on Rusinga Island in Kenya.** My original vision was to vaccinate at the clinic, get acquainted with tropical diseases and possibly help with other tasks too. In fact, I did everything there, including what I could not do as an epidemiologist in our country. For example, births, for which I had great respect at the beginning, but "my" first birth went smoothly and I immediately fell in love with the rush of various emotions, births are really exciting!

When I left the clinic after the working day, I told the man who had the night shifts, that he should definitely call me if they needed me again! So, I helped out once more with them instead of evening dinner. For example, I also helped out in sewing stitches. I especially remember one instance - a drunk young man Tony came from a fight with a hole in his head. We had to call a colleague from the offices for help so that we could numb the area around the wound before sewing, because the alcohol was still very much present with him. After the bleeding stopped, the wound stopped hurting too, and Tony stopped fidgeting so much, calmed down and I was able to sew in peace. After a week, he came back to remove the stitches, so I took care of this patient completely. In addition, I would venture to



say that my sewing was very aesthetic for Kenyan conditions. : D Of course I also enjoyed doing vaccinations and studying tropical diseases a lot and it was great! Kenya is an ideal place to gain experience in travel and immerse oneself within the field of tropical medicine. This is an area with endemic malaria. One would expect the locals to "know how to live" with it, and they know what to expect from the disease, after all, they themselves call severe headaches malaria (as I have often heard in my medical history). Nevertheless, I encountered cases where before visiting the clinic they tried to "treat" with their own traditional medicine - most often in the form of various herbal potions (unfortunately also in infants and young children), or in the worst case by making small incisions (of course without disinfection, probably non-sterile reusable instrument) to the head in the area of sleep with subsequent application of herbs or some "magic" dust to

the wounds. Only after a few days of unsuccessful "treatment" these patients came to the clinic, and especially with children, often in a very serious comatose state (sometimes, unfortunately, too late).

It was a little more pleasant for me to observe various parasites from stool samples under a microscope. They literally abound in Lake Victoria. During my stay, an emergency vaccination campaign was announced by the Kenyan government in some regions (including Homa Bay county, where Rusinga Island is located) due to the risk of a measles epidemic. I had the opportunity to join the vaccination team and vaccinated for several days in the field as we walked around the nurseries on the island (I joined the team in our kindergarten) and vaccinated all the children regardless of their previous vaccinations.



The children from the whole kindergarten lined up and went to the vaccine application one by one. This style seems rather too practical to me in case of an epidemic risk, just inoculate everyone and you're done. I might just introduce some more sophisticated documentation than marking a vaccinated child by smearing a fingernail with an alcohol. Of course, while working at the clinic, I came across an approach and procedures that I did not agree with, as well as a number of comments not only on the entire health system (plagued by huge corruption, shortage of health workers and materials, and therefore frequent strikes in state facilities), but also the system of providing health care in the clinic. When I asked about some procedures or tried to discuss their correctness, such as why they do not disinfect the injection site before applying vaccines to children, I was only told "this is how we do it here", which is a very common answer to everything and rational justification is often missing.

I also lacked making a more thorough examination of the child before the vaccination and in case of finding, for example, a febrile illness or other condition, a temporary contraindication to postpone the vaccination to a later date was made. Here, it is the head that is simply vaccinated. But at least my parents didn't invent any nonsense and there is no refusal to vaccinate children, on the contrary, they are extremely grateful for the care provided, which made me very happy. On the contrary, there is something to improve in this approach of some parents in our country... Thank you very much for this opportunity and for the wonderful approach of all the people from the Narovinu Centre! When I was about to leave, my mother asked me on the phone if I was already looking forward to going home... and I told her that no, not really and that I would rather stay on Rusinga. She was a little upset, but that's right! Sorry, Mum. :)

Petra Macounová

## Trip to Rusinga Island from the perspective of Pavlína and Bára

**A year ago, the OU AID project was launched at the University of Ostrava, which allows students to volunteer in developing countries for a minimum of one month.** The students of the University of Ostrava, majoring in psychology, were among the first to go to the island. The students went to Rusinga Island in mid-June. Specifically, to the island to the



community centre Island of Hope built by the Narovinu Centre. There is a kindergarten, a primary and secondary school, a clinic and an orphanage where the students Bára and Pavlína have their primary work. The aim is to help with the running of the orphanage, to create a daily programme for the children, to spend time with them and to inspire each other. In addition, they help out with creative lessons at the primary school. After an exhausting night on the plane, we finally arrived on the island at noon, but we were so excited that we ran to the children immediately upon arrival and were greeted warmly. In the first moments we were introduced to the clinic where Sosi - a very friendly and energetic young doctor - was on shift, and where a volunteer from our university, Petra, was already working. She was a great support for us in the first weeks, because after only a month on the island she already knew what was going on and how, and then she introduced us to everything. For both of us we can say that without Petra our start would have been much harder. Everyone on the island welcomed us with open arms. The first few days we were all getting to know each other, but it didn't take too long as all the staff were friendly and very helpful. A big admiration goes to Desline and Jane - orphanage educators who spent most of their time with us. We tried to organize such a large number of children and it was not easy. Desline and Jane lead the children to help, they try to involve them as much as possible in the running of the orphanage and they do their job really well. After a couple of days of quietly walking around the primary school in the morning, we found that the classrooms were full of pupils but the teachers were nowhere to be found. We decided to help the four remaining teachers, who luckily avoided the covid quarantine. Pavlína took over the first class and Bára helped her with everything. The children at the centre are really very contactable and full of energy, there was never a moment when we were bored with them. The children kept us

company throughout our stay. It was very interesting to observe their different behaviour and to figure out the reasons why they behave the way they do. We had a lot of practice with our patience and vocal cords at school, but the kids were amazing in spite of that. Bára and I worked hard to develop their creativity, imagination and understanding of the situation and together we produced lots of beautiful work. One of our biggest challenges was working with three classes at once, which in total amounted to around a hundred children. We were very apprehensive about it, but the teachers helped us with everything and in the end it went like clockwork. The feeling of coming back to classes where the children are interested in you is very nice. We're not going to lie, sometimes managing so many kids in class was challenging and tiring, both mentally and physically. Pavlína then tried teaching in a public school after Bára left, which is different from the one at the Narovinu Centre, especially in its approach to the children. At the Narovinu Centre, teachers do not practice physical punishment and try to listen to the children more. Teachers at the Centre try to be open to new things, which Pavlína saw when she conducted a seminar with them: How to approach teaching creative activities. The teachers were fully engaged in the workshop and then worked together to create lots of interesting things - from art to making musical instruments out of recycled materials. In the orphanage, we started with 68 children and ended with 94 children - the number increased after the holidays and consequently it was harder to organize any activities. However, the older children were very helpful and helped us. We were very surprised by the behaviour of the children in the orphanage. The older ones help the younger ones, we did not see a moment when someone was laughed at, someone was humiliated or stayed out of the collective. Every day the children cleaned up after themselves, served breakfast, lunch and dinner and always helped with everything. Above all, there was a good mood in the orphanage. This was evidenced at one point when most of the children were struck down by a miraculous illness - there were about twenty sick children in the orphanage - and here it was wonderful to see how their friends tried to help them. We prepared mainly art and dance activities for the children, which they enjoyed very much. The most popular activity was the Friday disco, where we could repeat together all the dances we had learned with each other. Here we would like to describe our feelings during our stay. Pavlína: "Everything on the island is completely calm - no one is in a hurry, everyone takes their time (of course we enjoy it very much) and the same was true for the classes full of children who were without teachers for a whole week. You get used to this approach very quickly, but I couldn't leave the children alone without teachers. Since I



have some experience teaching smaller children, I offered a helping hand to the very pleasant and friendly three teachers. I thought - I can handle children in the Czech Republic, I can handle children in Africa. After 7 days of teaching I fell into bed exhausted, wishing never to see the blackboard, the teacher's desk and 36 very active children again. I enter the classroom at 7.30am and leave at 5.30pm, knowing that some of the enthusiastic students have to be carried slowly out of the classroom with their chairs. The children are otherwise lovely - I absolutely love them and I hope they love me too - this is matched by their constant need to spend time with me and Bára, when sometimes it is really difficult to go to the toilet at all. To give you an idea, as I write these words, one of my darlings is munching (eating corn) in my ear behind my back." Bára: "Until I stood with both feet at the airport in Kisumu, it hardly occurred to me that I would actually be in Africa for a month and a half. Now every day feels special and it's impossible to sum up all the experiences in a few paragraphs. It's a different world for me - magical and dark at the same time, as often sad or even tragic stories unfold against the backdrop of the warm smiles of the people around me. But the children here are extremely contactable and notions of personal space or privacy mean nothing to them. As Pavlína mentioned, they are around us from morning till night - today they were peeking through the crack in the window when they woke up, they occupied us in a circle during the exercise, and while I was writing this text they managed to grab my phone and take more than 10 photos on it (they have already learned the password). At the same time, they demanded my SLR camera and while all this was going on, they were braiding my hair, touching my back and breathing down my neck. This way, we are almost always entertained." We are really happy to have been part of this project. We take with us from the island beautiful and strong memories. The children have grown close to our hearts during this time and it was not at all easy to leave them. We are very grateful to Narovinu Centre and the University of Ostrava for this opportunity, it was very beneficial for us.

## Island of Hope Rusinga Island

**So here we are - Edit and Terka. The journey was long and exhausting and unfortunately not without problems.**



printed at the airport, I was already vomiting from nervousness during the train ride, feeling scared that I would be turned back

after arriving in Nairobi because I had a bag full of substances for the children from the orphanage. Well, they managed to rip us off at the Nairobi airport when they wanted 50 euros for showing us the way to the terminal from which we were to fly to Kisumu. Luckily we only talked it down to 25 euros, but then we still cursed how stupid it was. After a bit of confusion at the Nairobi airport, where they even had to call out our names as we were waiting to depart at a different gate, we finally met Joash after a short layover, who drove with us to downtown Kisumu to exchange money and do a little shopping. Then we had a long car and ferry ride to the island. If you want to experience some real excitement, get on the Kenyan highway.



Those who have experienced it will understand. The welcome was warm, but I still had my stomach on water about how we were going to fit in with the group of kids from whom we learn to outdo ourselves every day. All the staff received us very nicely, the children are enthusiastic, the little ones have to touch us every time they see us. We are exotic creatures to them with different skin and long fine hair. In the short time we've been here, we've managed to visit the local church. And what an experience! Everyone is sing-



ing, dancing, laughing and crying, in short, it's really lively. The children from the orphanage also put on a show and our chins almost dropped, how nice it was. After the weekend, we had a big performance - over 300 other children who come to school here from the adjacent villages. It's a real buzz during the school day. Evenings are marked by our activities - art projects, movie nights and also dancing, which is really in the blood of Kenyans, especially children. Whenever we have a dance night, we gather all our strength to keep up with the children. They still laugh at us for being sweaty and red as crayfish. They also test us every day to see if we finally remember their name. And let me tell you, it's a challenge... but it gets better every day and both parties are happy afterwards. I dare say we fit in with the staff. Desline and Jane, orphanage educators, but mostly admirable women, took us in and filled us in on everything. Also, Joash and Ken are still smilingly answering our inquisitive questions. In short, they are taking excellent care of us here, so we hope that we will repay them sufficiently.



## Health insurance

We would like to thank all those who supported children in the health insurance program this year, 675 children have been insured since June 2021 and 109 children have been insured since August 2021, so the total number of insured children for the period 2021 - 2022 is 784, which is more than in 2020. Thanks to health insurance, children take part in the entrance examination and are treated in case of any problems. Unfortunately, the family would not normally be able to afford this treatment. That is why we thank everyone from the bottom of our hearts, health insurance is the best gift for children. One of the very common diseases that people in Kenya suffer from is typhus. It is caused by a bacterial infection (*Salmonellatyphi* bacteria) and is most often transmitted by contaminated food or water, but poor hygiene is also at risk. It is manifested by high fever, chills, diarrhea, abdominal, headache and muscle pain. In 2020, Kenya had over 100,000 cases, of which 62% were children under the age of 15. Last year, 1,100 people succumbed to the disease, 66% of whom were children under 15 years of age. Typhoid fever can be treated well if diagnosed early, usually treated with antibiotics, but its treatment is still expensive for poor families. Thanks to health insurance, children are treated in time and can thus prevent a difficult course. **Thank you very much for that too!**

*Monika Hubičková*

## Extra payments for children in the Child Sponsorship program

As I thought about another post that would bring some information and interesting things from the area of extra payments, I came up with a question about what is most needed in life, and the answer was clear, education and health. We, as a non-profit organization Centrum Narovinu, focus on development cooperation with the aim of improving education, health care and the overall standard of living in Kenya. That is also why we have a health insurance program, which is widely used and gives adoptive parents some certainty that the child they support will not be unnecessarily out of school because they have health problems. However, there are also cases where the area of extra payments helps with injuries or accidents of our students, when adoptive parents respond very quickly and, if necessary, do not hesitate to contribute to the treatment of a child supported by them. As part of the extra payments, a total of nine such cases took place from the beginning of the year to the end of August, and funds totaling CZK 38400 and EUR 585 were sent to Kenya for this assistance. These included the purchase of vitamins and medicines for a child suffering from AIDS, a contribution to treatment in case of childbirth and subsequent care of the child, but also treatment of a broken arm or urgent operation of an injured eye, which we managed to organize in almost 48 hours where the adoptive parent is also a foreigner living in Switzerland. But we managed



to save the injured boy's eye together. Thank you to everyone who helps us.

*Zdeněk Mocek*

## Africa through unusual eyes in schools



**The aim of the project is to increase the awareness of pupils and teachers in primary and secondary schools about the issue of life in developing countries and development cooperation, as well as to increase awareness of issues in the developing world and strengthen public support for foreign development cooperation.**

We have been implementing educational programs for schools with a focus on development and global education since 2003, and we have prepared a program for children in kindergartens up to high school students. The program can be supplemented an hour-long screening and talks about life in Kenya and development projects, as well as a full-day workshop with African themes.

To establish long-term cooperation, schools can participate in a partnership program between Czech and Kenyan schools, which is complemented by interactive workshops and reflec-



tions. The aim of the project is to create a space where partner schools can learn together and inspire each other. The school partnership project provides children with personal contact and experience, thus enhancing the effectiveness and impact of development education. A diverse range of activities can include making letter contact with children from Africa, exchanging photos or videos about everyday life, making teaching aids or pictures to decorate classes for African children, gift shops with the FairTrade story at school events

and fairs, organizing collections school and sports equipment, etc. We know from experience that seeing the actual photos from Kenya "your" picture on the wall of the classroom or even that ball bought for "your" money is a strong experience and motivation for Czech children to help further. The project is so enriching for both parties. We look forward to meeting you at school.



*Simona Heřtusová*

Contact: [simona.hertusova@adopceafrika.cz](mailto:simona.hertusova@adopceafrika.cz)  
mobile 608 301 270

