



HARAMBEE ARTS *Travel to Kenya*

Let's pull together SEPTEMBER 27 - OCTOBER 11, 2019



*For a unique study/work/fundraising safari (journey in Swahili)
in Expressive Arts Therapy*



Join us for an extraordinary opportunity to train in the Harambee Arts methodology with its creator, Gloria Simoneaux. You will be working alongside long-term local staff who have devoted their lives in direct service to individuals impacted by extreme poverty, HIV/AIDS, incarceration, trafficking, violence and other traumas.

The first week you will travel to Nanyuki and stay in luxury tents at the foot of Mt. Kenya where you will receive four days of intensive training in our unique methodology. In Nanyuki, you will go on safari and see elephants, lion, rhinos and other wild animals at Ol Pejeta Conservancy.

During the second week, you will share the intimate experience of visiting and participating in Harambee Arts projects in the Kibera slum, at a school for children with autism and other special needs in the Mathare slum and at the Langata Women's Prison, working with HIV+ prisoners.

You will experience the phenomenal healing power of the Expressive Arts and the long-term success of Harambee Arts staff of 14 who bring joy and love into the lives of severely neglected communities.

Learning goals

Use multiple art forms – including visual arts, dance/movement, singing, story telling and drama – as transformative healing modalities

Use Expressive Arts to create a safe space for participants to heal, especially when they have no sense of safety

Use Expressive Arts to create community by allowing everyone to be heard and valued

Use combined therapeutic play and Expressive Arts to support the development of resilience

*All Activities Are
Subject To Change*

HARAMBEE ARTS www.harambeearts.org

LET'S PULL TOGETHER is a non-profit organization that partners with grassroots programs in Africa and Nepal in the training of local caregivers to provide healing art programs for vulnerable women and children.

This trip is geared to English speaking individuals who will learn how to use the arts for healing, with an emphasis on cultural sensitivity in settings of severe post-traumatic stress. The trip is not clinically oriented. It is a profound adventure of the heart which we are fortunate to share with remarkable children and women.

Accommodations

Six nights at Kongoni Camp www.kongonicamp.com. Located 2 km from Nanyuki Town northwest of Mt. Kenya, Kongoni Camp offers fully equipped modern facilities, stunning natural beauty, heated swimming pool and access to game parks and mountain hiking. Costs reflect single occupancy rooms and full board.

Seven nights at Lotos Inn and Suites www.lotos.co.ke in the Westlands area of Nairobi. Spacious, comfortable rooms located near upscale shopping areas and restaurants. Costs reflect double occupancy rooms with half board. Single occupancy is also available at a higher rate.

Excursions

The trip includes:

- Game drive at Ol Pejeta Conservancy, Nanyuki www.olpejetaconservancy.org/wildlife_conservation/
- David Sheldrick Wildlife Trust (baby elephant orphanage) and Giraffe Centre
- Shopping at the Maasai Market
- Hike in the Karura Forest

Apply

Contact us at Gloria@harambeearts.org for an application. Deadline for applying is April 15, 2019.

A personal interview will be scheduled upon receipt of the application and a decision will be made by June 1, 2019. You are expected to arrive on Friday September 27. Orientation will begin on the morning of September 28. Full itinerary available upon receipt of application.

Cost

A \$2,800 fee for the 14 days includes all lodging in Nanyuki and Nairobi, full board in Nanyuki (with the exception of one dinner at Le Rustique) and half board in Nairobi (with the exception of one lunch at Talisman), airport transfers and all local transportation in comfortable, air-conditioned vans and buses, safari in Nanyuki and excursions in Nairobi.

In addition, we are requesting a \$2,600 donation to support the Harambee Arts programs. We suggest that you fund raise within your community to reach that goal. TOTAL: \$5,400

You Provide

Not covered in the trip cost are: international airfare, visa (\$50), medical and evacuation insurance, alcoholic beverages, tips and other incidentals.

Participants are required to purchase medical and evacuation insurance.

Option: Travel Guard: www.travelguard.com

This Trip is Endorsed by

The Travel Program of The California Institute of Integral Studies, Daystar University, Nairobi. The Kenya Association of Professional Counselors and Raksha Nepal www.rakshanepal.org/

Lillian Obonyo

Country Director, Harambee Arts Kenya. Lillian is a nurse and trained counselor working with children with special needs, orphaned and those with HIV. She has been working with Harambee Arts since 2007.

Trainers



Jim Albertson

Jim is a clinician at a Day Treatment facility in Rochester, NY for children and adolescents with acute mental health needs. He has a masters degree in Creative Arts Therapy and started working with Harambee Arts in Kenya in 2015 while on assignment with The Carter Center.



Brandon Okoth

Program staff. Brandon is a recent High School graduate who began attending Harambee Arts projects as a child in Kibera. He is the founder of Brandon's Academy, an organization that connects children with no access to education with sponsors who provide school fees and uniforms.



Gloria Simoneaux

Founding director of Harambee Arts www.harambeearts.org, an expressive arts organization and training program based in sub-Saharan Africa and Nepal. Gloria has received two Fulbright fellowships to lecture and research in Kenya and Haiti.