

GLOBAL PLATFORM

Kenya/Mt. Kenya

STUDY TRIPS; COURSE OVERVIEW

@2024

PREAMBLE

Welcome to Global Platform Kenya Study Trip Course Overview. This is a working document and keeps evolving based on the feedback we gather from the unique study Trip participants that we host every year. It is therefore amenable to change if and when that change is desirable and of necessity. Therefore, this document can be revised, updated, rendered obsolete or recreated by subsequent edition(s).

The information provided in this overview is accurate at time of preparation. This document provides overview of the experience you will encounter from a study trip to the Mt Kenya Global Platform.

Our Learning Principles



PARTICIPATORY METHODS

Learn together



PUBLIC ACTION LEARNING

Use society as a classroom



POLITICAL EMPOWERMENT

Analyse and change power structures



FEMINIST LENS

Challenge patriarchy and inequality



LEARNING BY DOING

Act, reflect, learn, apply



DREAMING BIG

Be creative, seek alternatives

Executive Summary

The Global Platform Kenya Study Trip Course Overview offers the journey for both in-school and out-of-school youth from Nordic countries and beyond. Designed to foster cultural understanding, explore climate justice, delve into sustainable development goals, and nurture global citizenship, this 21-day course promises an immersive experience.

Participants will engage in thematic sessions that seamlessly flow from one to another, covering topics such as local culture and power structures, basic Swahili language learning, interactions with local communities, educational system comparisons, exploration of urban and rural livelihoods, and insights into marginalized communities and their challenges. Additionally, the course offers a safari adventure to witness Kenya's breathtaking natural beauty and wildlife.

Moreover, participants will have the opportunity to challenge stereotypes, interact with local youth activists, discuss opportunities and challenges facing youth in both Kenya and Nordic countries, and explore climate change and gender issues in the Kenyan context. Visits to permaculture centres, slums, and educational initiatives provide a holistic understanding of sustainable development goals and human rights issues.

Optional activities cater to individual interests, ranging from wildlife safaris to cultural immersion experiences and relaxation opportunities. The course also incorporates visits to artisanal centres, allowing participants to appreciate Kenya's rich artistic heritage.

Overall, the Global Platform Kenya Study Trip offers a dynamic and enriching experience, blending education, cultural exchange, adventure, and reflection to empower young participants as global citizens.

Past Participants Testimonials



Stine-Tommerup After School Teacher

“The main goal of coming was to get face-to-face meetings with a different culture, what we have in common, what is different, how life is in Kenya, compared to life in Denmark, and also the discussion on the Sustainable Development Goals, because the class that we bring here is a redesigned class, that is interested in Sustainability”.



“I don’t think I have been in a place that has changed so much in such amount of time, not only the class but everything we were taught, there was so much out engaging with the community and the society because it is so different from the culture in Denmark. You learn so much in such short amount of time.”

Liva-Global Volunteer 2023

Learn more about previous participants experience with us through the link below:
https://drive.google.com/file/d/167gWYSw8Q3YrO78mIL8b50ups9fnerS5/view?usp=drive_link

INTRODUCTION

General Information on the Study Trip

The Study Trip is a 21-day course carried at both the Mt. Kenya Global Platform in Nanyuki and the Global Platform in Nairobi, for in school and out of school young people (those in high school and those who have completed high school and are in their gap year awaiting to join college or have taken a break from college and wish to explore the world and expand their knowledge beyond what they have been socialized into) from Nordic Countries ; though we also receive participants from the larger Nordic region. The course is organized in a thematic fashion and these themes are fashioned around Cultural Understanding, Climate Justice, the Sustainable Development Goals (SDGs) and Global Citizenship.

Introduction to the Thematic Concept of the Study Trip Course

This chapter provides a brief introduction on the thematic approach to the structure of the Study Trip Course. It gives a description of the themes contained in the course, the objectives of these themes (and sessions contained therein) and how contribute to the flow of the Course. But first, here are the themes:

- **Introduction to Kenya: Culture and Power Structures**, Basic Language (Swahili) Sessions, Kenyan Education System, Introduction to Slum Settlements and Marginalized Communities in Kenya e.t.c
- **Global Citizenship**; Exchange Learning with Local Youths, Climate Justice, Development goals and marginalization
- **Art and Creative Industry**
- **Optional Activities**: Safari (to see and interact with the BIG 5)

NOTE: *The above themes should not be seen as isolated subjects, but rather be viewed as roofing tiles; one theme flowing into the other, in a continuous and seamless manner, with some overlap in them. Either in terms of approach, focus, outcome, content delivery or any other form of overlap. This doesn't not in any way suggest that there should be repetitiveness of the content or be construed as a leeway for absence of diversity.*

A. THEME ONE: INTRODUCTION TO KENYA & EAST AFRICA; Culture and Power Structures

★ Session 1: Introduction to Local Community and Local Power Puzzle

Kenya is majorly made up of different tribes (ethnic groups) and each has its uniqueness. We will discuss the different tribes in Kenya and later narrow it down to the people living around the platform, their economic activities and what they treasure most. In groups, we will create a local (rural) family hierarchy to help us how power manifests itself in a local family/community. This will help us define and realize the different types of power and how this affects the local people.

★ **Session 2: Effective Communication and Non-verbal Enquiries**

Since we come from a different social set up, this session will guide us on different ways of greeting the local people, some of the things you might observe while interacting with the locals as well as how to maintain a positive body language. We will also focus on some of the things that may not be culturally acceptable in the rural set up and in Kenya, things that might be acceptable where we come from. We will also discuss possible questions that we can ask during the visit to the local communities (but no one will be limited to these questions)

★ **Session 3: Excursion; Visiting Local Communities**

After learning about the local community and how to interact with them, we will have a chance to visit the local families through the assistance of local community guides. You will visit local families, get to experience their way of living (which is very different from what we are used to), and get to interact with the local people. Here, you will also have a chance to visit the beautiful surroundings around the GP, have some great views of the whole village and get and take some beautiful photos during the walk to the community.

★ **Session 4: Rural Livelihoods (walking)**

After the session, we will visit the local community to observe some of the most common sources of livelihoods. We will have a chance to ask questions around job security, insurance, meeting family needs etc.

★ **Session 5: Urban Livelihoods in Majengo Slum**

This is a similar visit as above, but this will be at the urban set up, observing some of the manual and local jobs that people do to sustain themselves.

★ **Session 6: Basic Swahili**

Swahili is the main language for East African countries. We will have a session to learn basic Swahili language such as greetings, how to introduce ourselves, names of common foods, fruits and animals and a chance to practice the language.

★ **Session 5: Treasure Hunt in Nanyuki Town**

We will have a tour of Nanyuki City. With the guidance of a map and guiding questions, we will be divided into small groups to do a treasure hunt of the common places in the city. This exercise is meant to assist us in case we decide to visit the city on our own during free times and on weekends.

★ **Session 6: Prepare and Have Dinner with Local Families.**

We will have a chance to visit the local families once again. This time we will be there to prepare and have dinner with them from around 5.30pm to 9pm. We can bring simple snacks such as Danish candy to share with them.

★ **Session 7: Kenyan Educational System Overview**

We will look at the Kenyan education system and compare it with the Danish system. We will focus on study years, different schooling and grading systems, boarding vs day school, public vs private schools and also the higher education system (technical schools and universities).

★ **Session 8: Visiting a Local School to Interact with Learners (*prepare games/music to play with the kids*)**

We will visit a local public primary school to have some games and musicals with a select group of students. We will have a few minutes before to prepare some games or songs we can play with the students.

★ **Session 9: Introduction to Maasai Culture**

This will be short session to remind us about one of the local tribes, the Maasai with a focus on the unique culture such as dancing, traditional wear, making of beautiful jewelry and some of the tools they always carry around for daily use.

★ **Session 10: Cultural Afternoon/Evening at Lekiji Village**

We will travel to one of the indigenous villages living a few kilometers from the GP. We will transverse through the oldest indigenous forest in the area. We might be lucky to see some elephants, giraffes, zebras, and lions on the way.

★ **Session 11: Dinner with Local Families: Interacting, Dancing, and Having Dinner with the Local People (*prepare a dance to teach and dance with the local families*)**

When we arrive at the village, we will be welcomed with beautiful traditional dances. We will later settle down for a brief history of the village where they will be narrating how they live and survive in such a secluded area and how they interact with the wildlife. We will have a tour of their model agroecology farm and a walk to the river, their main source of livelihood. We will later settle to have a pre-prepared dinner with the community. We will have a chance to ask them all the questions that might have come up during dinnertime. If we are lucky, we will observe some elephants come down from the surrounding hills to drink water from the river. After dinner, we will teach them the Danish dance and try to dance with them. We will later say goodbye and dance our ways back to the buses.

★ **Session 12: Tour of Kibera Slums and Coffee Bar with the Urban Youth**

This is a guided visit in small groups to visit one of the biggest informal settlements in Africa. It will give us an opportunity to interact with the urban-informal settlement youth who will be sharing the up, downs and life experiences growing up and living in such areas. It will also help us to understand what they do for a living. We will also have a chance to tour a few sites in the area and visit some creative initiatives that sustain most the young people whom we will be interacting with.

B. THEME TWO: GLOBAL CITIZENSHIP

★ Session 13: Images of Africa based on cultural experiences.

This session is designed to help us unpack the stereotypes we have been having about Africa. Based on a few experiences and observations we will have had for the few hours/days we will be in Kenya and some fun class activity; we will be able to do a comparison to challenge or confirm the prejudices.

★ Session 14: Meet and Greet Mt. Kenya Youth Activista at the Youth Hub

The end point of the treasure hunt is at the Youth Hub. The Youth Hub is a safe space provided by GP and ActionAid for young people to meet, train and organize for collective action such as challenging poor governance. We will have an opportunity to meet and say hi to some of the young activists who will be at the space after the treasure hunt.

★ Session 15: Coffee Bar: Discussions on Opportunities, Challenges and Hopes for Youth in Kenya and Nordic Countries

The lead trainer will organize local young people to have a session with us at the GP. We will have a chance to discuss issues around the prejudices and/or observations we have made in Kenya, the challenges, and opportunities around being a young person in Kenya and Nordic Countries and any other topics of concern that might come up. This will be a chance to open up and talk about any issues you would like to share or hear from the local young people.

★ Session 16: Climate Change in the Kenyan Context (Risks, Mitigations and Call to Action for Climate Justice!)

We will be unpacking the climate change topic with a major focus on the Kenyan context. We will be looking at how irresponsible consumption and production is affecting the local communities and how human activities especially from the global north are affecting community livelihoods in global south. We will be discussing mitigation efforts, campaigns and empowerment programs tailored to deal with some of these effects.

★ Session 17 : Excursion : Visiting Laikipia Permaculture Centre

We will be visiting an agroecology farm model that has been helping the local community to diversify their sources of food and income. We will be taken through their climate friendly farm, their products, and their production unit.

★ Session 18: Gender, Health, FGM & HIV/AIDs

We will be discussing the gender issues affecting both Nordic Countries and Kenya, the different gender roles and how the society dictate our growth and doing of daily activities using the gender eye. We will be looking at how patriarchy and some cultural practices have been used to control, disempower women, and spread fear across generations. We will watch a video on why we need to be feminists to ensure we demand for an equal society for us all.

★ **Session 19: Visit to the Laikipia Peer Educators**

We will visit a group of reformed sex workers who use their previous experiences to advice and caution other ladies who are still in the oldest profession. We will be learning from them how they have created a union to protect each other and support each other. They are also free to ask any questions regarding their previous business and their experiences in the business.

★ **Session 20: Human Rights, Marginalizations and effects on Local Livelihoods**

We will be talking about human rights and how the responsible parties such as the UN should up their game to ensure globally, people's rights are fulfilled, upheld, and promoted.

★ **Session 21: Sustainable Development Goals (SDGs)**

All the sessions and excursions in the course are linked to the sustainable development goals. The students get an introduction session to the SDGs and are encouraged to reflect all through their stay how the activities link to the SDGs and their contribution in achieving the world goals.

All through the course, the students also get to discuss different forms of inequalities and marginalization, from gender and climate change to visiting the slum in Nairobi when discussing water and sanitation.

C. THEME THREE: ART AND CREATIVE INDUSTRY

Session 22:

I) Forum Theatre

We will have a chance to Act role plays, Reflect and Brainstorm Solutions to Local and Global Challenges with Youth Hub members in Nanyuki.

II) Visit Kitengela Glass Center.

In Nairobi, we will visit one of the biggest glass molding canters where they collect nonreturnable glass, molten it at very high temperatures and mold different structures through the art of manual blowing and compressing to make beautiful products such as home décor, vases, glasses, water jugs, wine cocks and so many other models. We will be taken through all the steps of making some of the models.

III) Kazuri Craft Factory

Kazuri utilizes hand crafting art to mold beautiful ornaments and jewelry from locally sourced resources such as special type of soil and beautiful colors. They also hand stitch leather to make high value traveling bags and handbags. We will be taken through their workshops to observe these processes.

IV) Maasai Bid & Ornament Making at Francis' Place

Francis teaches how to make Maasai ornaments and bids; at your own free time you can visit his home to learn how to make Maasai Ornaments and bids for your souvenir back home.

D. SELF CARE/WELLBEING:

Session 23: Safari/adventure/exploration

i. Safari at Olpajeta

This is a day to enjoy the beautiful Kenyan nature at an animal conservancy. Here, we will have a chance to see different animals in the wild such as rhinos, African elephants, African buffaloes, zebras, gazelles, giraffes, lions, African chimpanzees and on lucky days, cheetahs. We will bring packed lunch for a picnic lunch, soft drinks, and water for a picnic lunch. The day starts at 6am and ends at around 3pm.

ii. Travel to Ngare Ndare for Camping or Sagana Camp Site

This is mainly traveling to one of the camping which is not more than 3 hours from the GP. On arrival we will set camp, gather firewood for the bonfire and participate in fun activities such as site seeing, swimming etc. We will also have a fun evening around the bonfire so we will bring marshmallows, snacks, and a guitar for the evening.

iii. Camping Activities - Hiking etc

After breakfast, we will go for a guided hike. On the way we will be likely to observe some footprints of some animals that have been roaming the jungle the previous night such as elephants, rhinos, and giraffes. We also be learning about their behaviors. We will have several stops on the way to take photos of the beautiful nature. We might also swim in one of the blue pools during the hike. We will come back for lunch and then head for the canopy walk before boarding the buses to go back home.

iv. Feeding Giraffes

We visit the Giraffe Center and get a chance to feed and have fun with Giraffes.

Optional activities.

In consultation with the teachers and the administration, here are some of the activities that might be done on optional basis during free days on the weekends:

- **One-day Safari at Ol Pajeta**
- **Hiking and swimming** at Ngare Ndare blue pools
- **Visit Mt. Kenya Animal Rescue Centre.**
- **Visiting and Interacting with Daraja High School Girls** (we will have an opportunity to visit our co-hosts, Daraja Girls Boarding High School. We will get to

visit the compound around the school as we share experiences and learn from each other)

- **Attending Church at Daraja School** (On the free Sundays, we will have a chance to attend a church service at the school with the girls. The service starts at 8.30am and ends at 10am)
- **Lunch/Dinner out.**
- **Shopping at Nnayuki Markert/Maasai Market**
- **Reading/Meditation/Journaling/ Cleaning/ Sun-Bathing at the GP**
- **Visit to the Mitumba Market;** Mitumba means secondhand clothes. At the market, they sell very nice quality clothes, handbags, shoes and many more. We will have a chance to go to the market to look around and shop.
- **Bid Making at Francis's place!**

Note: Some of these may already be in the schedule and the lead trainer will guide on this.

©CONCLUSION

The Global Platform Kenya Study Trip Course is a transformative journey that transcends geographical boundaries and fosters profound connections among diverse young people. By embracing themes of cultural understanding, climate justice, sustainable development goals, and global citizenship, this course equips participants with invaluable knowledge, empathy, and skills to navigate a complex world with compassion and understanding.

Through engaging sessions, immersive experiences and optional activities, participants not only gain a deeper appreciation for Kenya's rich cultural tapestry and natural beauty but also confront pressing global issues with empathy and insight. From lively interactions with local communities to thought-provoking discussions on climate change and human rights, every aspect of the course is designed to inspire personal growth and collective action.

As participants return home, they carry with them not only memories of unforgettable experiences but also a renewed sense of purpose and responsibility as global citizens. The Global Platform Kenya Study Trip serves as a fulcrum for cross-cultural understanding, empowerment, and hope for a more just and sustainable world.

OPPORTUNITY FOR COLLABORATION

We are always looking for new partners! If you are interested in participating in our study trips, discussing the Global Platform concept, events/activities, or discussing the feasibility of partnership with us, please contact us:

- Global Platforms Kenya Website: <http://www.globalplatforms.org/kenya>
- Email: gp.kenya@actionaid.org
- Follow us on Facebook: <https://www.facebook.com/GlobalPlatformKenya/>
- Follow Us on Twitter/X : @GP_Kenya

