

PROJECT TITLE:
AIDS AWARENESS RURAL PROGRAMMES
IN
KIMLEA GIRLS' TECHNICAL TRAINING CENTRE

INTRODUCTION

Project Description

Kimlea Girls' Technical Training Centre was started in 1988 as a rural project of the Kianda Foundation. It provides training for girls in agriculture, health, home-management, garment making and machine knitting. Kimlea also runs an Outreach Programme in the surrounding villages that targets women working in coffee and tea estates. These women lack even the basic Primary School Education. Kimlea strives to equip the women and girls with useful and practical skills that can change their lives. Unless given the opportunity, these people will remain victims of the vicious cycle of extreme poverty that has enveloped many generations.

The above situation has been made worse by the ravaging effects of HIV/Aids. On average, about 700 people die each day of Aids in Kenya. This has orphaned thousands of children and left the elderly without offspring to look after them. Whereas once the students were too shy to speak, now they are open and turn to their teachers for guidance in the tutorials.

The Tutorial System is a feature that is unique to the projects of the foundation to which we attribute the success of our programmes. The tutorials are regular talks that each student has with a specific teacher in the school. The talk extends beyond academics, and the student receives guidance and counseling from the tutor. It is clear that the tutors require more training than the basic counseling courses that they receive, since the effects of HIV/Aids are varied and each situation requires specific attention. As is common in many parts of the world, women and girls are the most vulnerable group because they are easily lured and result to commercial sex for survival. This group can be made less vulnerable by providing alternative sources of income and counseling services on HIV/Aids and other related services, thus the aim of this project.

Background on Kianda Foundation

Kianda Foundation is a non-profit making Educational Trust formed and run by women for the benefit of women in Kenya. It was established by a Trust Deed on the 9th of January 1961, and was registered under the *Land (Perpetual Succession) Act (Cap. 288)*. The Foundation's Certificate of Incorporation is dated the 19th of January 1961.

Kianda Foundation aims at promoting the educational, social and cultural welfare of women in Kenya. It achieves this aim through the establishment and management of schools, colleges and training centers for both women and girls, thus developing their general education. The projects of Kianda Foundation respond to the conviction of the Trustees that women are the key to social

development. The Foundation was set up by a group of professional women who were willing to place their education, management expertise, time and knowledge at the service of women in Kenya. They volunteer their services to the cause of the Foundation, thus ensuring that all the donations received by the Foundation go to the intended cause.

The Board of Trustees of the Foundation is made up of 5 professional women. Their role is to ensure that the projects conform to the policies of the Foundation and that these continue to be relevant to the needs of the beneficiaries. Working closely with the Trustees is the Kianda Foundation Management Board. The 4 women who make up this board play the role of consultants and advisors to the projects. The managing board is directly involved in procuring funds for the development of each of the institutions. Each institution has its own Academic Council consisting of at least 3 to 5 people. The Council oversees the running of the project and reports directly to the Management Board.

Organization structure

Board of Trustees



Managing Board



Academic Council

Kianda Foundation collaborates with local and overseas donors. Expenses of the running of the Trust are kept at a minimum, employing only the essential staff and relying heavily on the volunteer work of dedicated professionals. Kianda Foundation's projects have grown continuously over the last 40 years in answer to the real needs of women's development in different fields at a particular time.

The Foundation embarked on Kimlea Technical Centre in the 1980's at the request of Tigoni Study Centre, another project of the Foundation. This request was driven by their desires of improving the quality of life of the villagers who were living in appalling conditions, heightened by their lack of basic knowledge in health, hygiene and grooming. Kimlea formally opened her doors in 1992 to 23 young girls who enrolled for its technical course, thanks to the European Union, that gave funds for the construction of the building. The most recent project of the Foundation, Kimlea responds to the recent government educational policy encouraging primary school leavers towards agriculture and "jua kali" (self-help) jobs. Today, Kimlea has a student population of 120 girls enrolled in the 2-year course and more than 200 women attending classes in their villages.

Kianda Foundation has several other projects. (See Annex)

PROJECT CONTEXT

Population Distribution

Kiambu is one of the most densely populated agricultural zones in Kenya with a population density estimated at 480 persons per sq. km. Farming and animal husbandry are the main economic activities in the district, due to its fertile soil and reliable rainfall. Kimlea's activities extend to about 1,500 sq. km. and a population of nearly 200,000 people, of which, 75% of them are plantation workers.

Existing Problems

The area is densely populated with workers in the surrounding coffee and tea plantations. The workers are housed in the plantations, and these can house between 100 and 1,000 families, depending on the size. The average family consists of at least 8 people. The plantation workers converge from all the provinces of Kenya and have been classified as the poorest. Some were displaced by the tribal clashes while others were caught in the rural-urban migration, in search of greener pastures in the city, only to be met by extreme poverty, unemployment and similar harsh realities. Landless and homeless, they live as squatters on the estates in makeshift houses without water, electricity, or sanitation, whole families crowded into a single room.

Many of the men end up abandoning their families to go in search of greener pastures, thus women and children carry out the bulk of the picking. A fast-picking woman can pick up to 40 kilos a day, for which she is lucky if she gets 2 dollars. This amounts to less than USD 60 a month, barely enough to feed the family. Because the pickers live from hand to mouth, it is almost impossible to send the children to school since the students are required to pay school fees. Should a family be able to educate its children, priority is given to the boys due to cultural influences. The children begin picking tea as soon as they can master the skill, which is as early as 8 years old, so as to increase the family's meager income.

Need for the Project

Kimlea now seeks to increase Aids Awareness and Prevention through its programmes in the school and its surrounding areas. The villagers have peculiar theories about Aids, and many are uncertain as to its causes and effects. Some think that it is a curse by an enemy or the wrath of the ancestors. By offering a dear sacrifice to the spirits, one can be cured. Many have been exploited for being ignorant at the expense of their families. Due to these theories, families neglect those members with Aids out of fear of bewitchment. Their families and communities disown the patients, and most die soon after diagnosis. There is therefore need to educate the masses on how the disease is contracted and how to care for the sick so as to prolong their lives.

Though the government is very concerned about this issue, it lacks the economic means to address this problem. It therefore depends on other players within the economy to carry out this campaign especially because they are familiar with the needs at the grass-root level and can therefore address the problems extensively. Also, the government is viewed with suspicion due to misappropriation of funds, thus other players are given this task that is primarily the responsibility of the government.

With over 10 years experience in this area, we have observed the following:

1. Women run over 50% of the families living within this area, just as Teresia does. She is a mother of five children, and among them is Mercy, now a second year student at Kimlea. Teresia attends the adult literacy classes in Kimlea's Outreach Programme. Teresia was born in the tea estate 35 years ago. She got married to a neighbor in the village and both worked in the plantations. Life got a bit too tough after their third child was born, so her husband decided to go to the city to look for greener pastures as it was paining him to see his family go deeper into poverty. Teresia has not seen him for five years, and now she has two more children. She says that life is comfortable as long as there is tea to be picked in the plantation. The only problem arises when there is no tea to be harvested, because she has to look for other sources of income, and at such times, it is difficult to get casual employment elsewhere. Many women are therefore forced to prostitution in order to provide for their children, and this is common in the plantations.
2. The illiteracy rate among these people is very high. Majority of the women are either uneducated or are primary school dropouts. Because of this background, some of them may not be aware of the causes and effects of Aids since they cannot read, do not own electrical gadgets such as television sets and therefore rely on hearsay.

So far, we have tried to address the problems of poverty and illiteracy by offering relevant educational courses in the school and in its outreach programme. Though the feedback from these courses has been positive, we feel the need to exert specific efforts to address HIV/Aids on its own due to the impact that this disease has had on other villages all over the country and the globe.

The course on HIV/Aids will also incorporate tutorials so as to give each participant individual and personalized attention. This applies to the students of Kimlea, past students and women in the outreach programme. The fight against HIV/Aids cannot be won without interactive activities such as talks, seminars, workshops and traditional means such as songs, dances and drama that are still effective traditional means of learning.

PROJECT OBJECTIVES

The aims of this project are:

1. Provide training to the members of staff of the school and other teachers who participate in the outreach programmes. This will not only serve as an upgrading course but will give them a forum to exchange and share ideas on works conducted in other villages, boosting their morale. The training will be conducted during Kimlea's vacation in December this year, and will last for a period of three (3) weeks, giving the teachers the opportunity to spend some time with their families. The training will be conducted on a fulltime basis, thus the need to provide food and accommodation for the teachers. The 20 teachers will be prepared to conduct the 6 months course for the students in Kimlea, and will extend this training to other students and women in the villages. This training will be effective since the teachers are

familiar with the culture, traditions, language and specific problems of the area. Once trained, this group of 20 will be in a position to train many other groups.

2. HIV/Aids awareness among the students and women in the villages through talks, seminars, workshops, etc. and providing counseling through the outreach programmes. Aids has seized and galvanized the world, thus the reason why the world leaders convened recently in New York for the UN General Assembly's Aids talk. The age group greatly affected by this disease is the youth, with emphasis on those between 15 and 24, who are considered most vulnerable (*DN. June 25th, 2001*). This is so especially in under-developed countries, where in Africa, over 21 million are HIV positive.

A six months course on Aids Awareness and other related issues will take place in Kimlea and in the villages. The villagers will also attend some sessions in the school on weekends so as to have access to other materials such as the videos, which they lack in the villages.

The results of this project are:

1. 20 trained teachers.
2. 250 rural girls between the ages of 12 and 25 will gain access to counseling services on Aids and other related issues.
3. 100 rural women above 25 years of age will gain access to information on the disease Aids and will receive counseling from the trainers.
4. Indirectly, this project will have an impact on the lives of their families, affecting around 2,500 other people.
5. Improve the attention and care that the HIV/Aids patients receive in the homes and villages.

Sustainability of the Project

Kianda Foundation seeks to make all its projects self-sustaining. This discourages donor dependency while encourages local initiative. As the beneficiaries of Kimlea are the rural poor, the Centre has set up some income generating activities. These include:

- Making uniforms for the primary schools in the area from the dressmaking course.
- Making cardigans from the knitting course.
- Selling rabbits and produce from the bee-keeping activity in the school. This is from the agriculture course.
- Selling the foods produced in the cookery and nutrition course. These food items are popular among the participants of the courses organized in the Study Centre, as they are of high quality and at a reasonable price.

However, these activities do not generate the income necessary to meet the recurring expenses of the Centre and to subsidize the school fees. The Centre incurs a total cost of KShs. 16,350 in the education of each student each year. Of this amount, the students pays only KShs 150 (about 2 dollars) per month, which some find difficult to pay. This amounts to a total of KShs. 1,350 for the year that is paid by the student. To educate her students, Kimlea has been relying on scholarships from local and overseas partners who understand and value its activities.

With the help of the Ford Foundation, Kianda Foundation is in the process of establishing its own endowment fund that will provide scholarships to all the beneficiaries in all the projects. The best part of this venture is that the Ford Foundation will match the contributions that our Foundation will receive. For every dollar that we are able to raise, the Ford Foundation will give us an additional dollar. This is a sure way of sustaining this and all the other projects of the Foundation and we see it as a permanent solution.

Project Duration

The duration of the project is 7 months. Ideally, it will begin in December with the teachers training seminar and end in June with the courses for students and mothers.

PROJECT BUDGET

<u>Description</u>	<u>KShs.</u>
Training of trainers course (20 x Shs. 500 x 21 days)	210,000
Trainers' salaries (20 x Shs. 2,500 x 6 months)	300,000
Videos and books	60,000
Administrative expenses	70,000
Video Projector with big screen	450,000
Computer and printer	120,000
Stationery and materials	<u>50,000</u>
Total cost of project	<u>1,260,000</u>

Total cost in USD. 16,364

(Rate of exchange USD. 1 = KShs. 77)

NB: -

- Our contribution will be the transport to the villages.
- Kianda Foundation is the legal owner of all the projects in the Foundation and therefore assumes responsibility for these projects. The above equipment will be employed by Kimlea in the usual course of its activities, thus facilitating its training. However, the equipment will be the property of the Kianda Foundation.

ANNEXES

We enclose the following:

- i. Kianda Foundation Statutes
- ii. Certificate of Incorporation of Kianda Foundation
- iii. Certificate of Registration of Kimlea Girls' Technical Training Centre
- iv. Projects carried out in the last five years
- v. Write-up on the projects of Kianda Foundation
- vi. Maps of the District and position of Kimlea Girls' Technical Training Centre.
- vii. Newspaper articles about Kimlea
- viii. Letters of support from the local authorities.
- ix. Photographs of the following:
 - Women working in a tea plantation (1).
 - Housing at a nearby tea estate where some of Kimlea's students live (2).
 - A knitting class in Kimlea (3).
 - Practical tailoring class using machines (4).
- x. Newspaper articles on Aids
- xi. Proforma invoices on equipment