

Special Graduation Issue
December 2023

CAMPUS

...Keeping you updated

Talk

A Newsletter of Greta University



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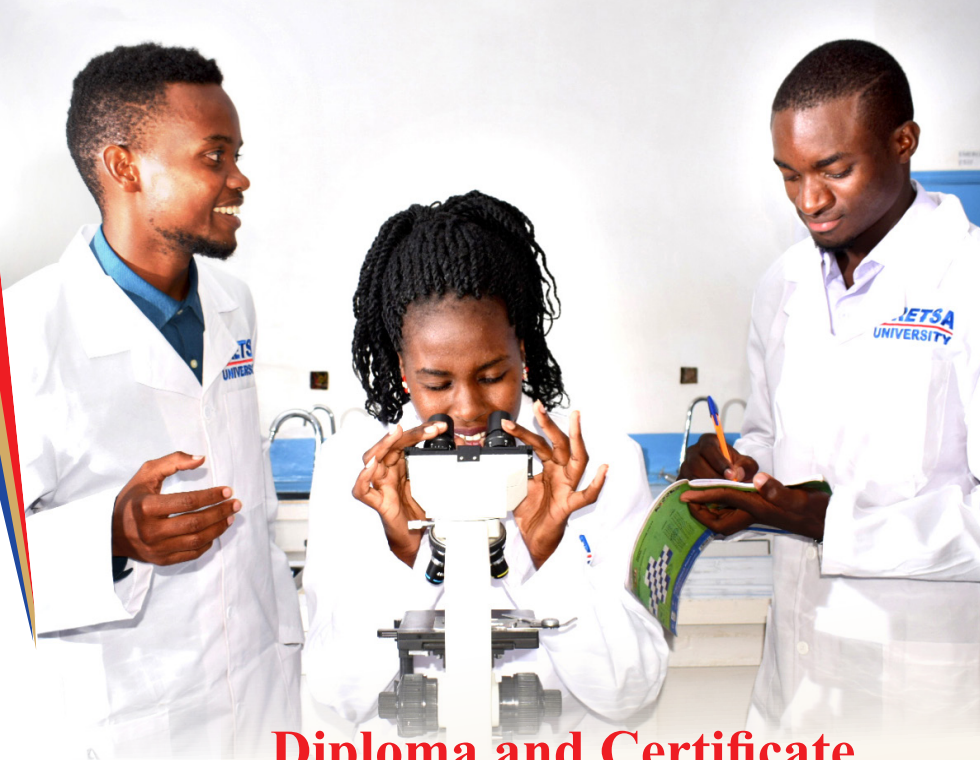
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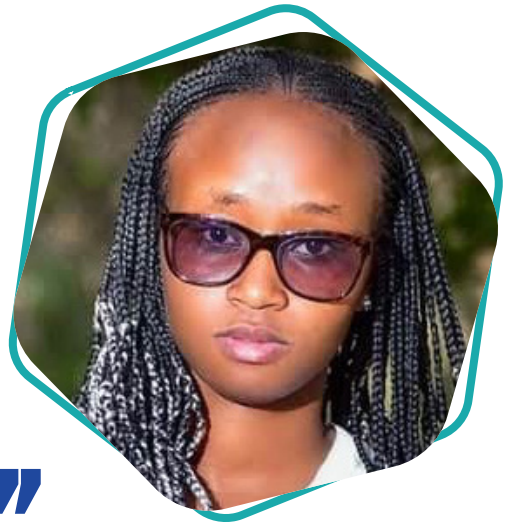
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Join us on:  **Gretsa University - Thika**  **GretsaUni_Thika**

Reflections by the Class of 2023

**By Naomi Ivy
BCom, Class of 2023**

Gretsa University is not just another university, it is a place where you develop invaluable skills and have the opportunity to access life-changing opportunities. I had the opportunity to meet lots of new people and make new friends, gain new experiences and study among experts who share a passion for education. The shared laughter in cafeterias, spirited debates in classrooms, and the late-night cram sessions forge bonds that go beyond the syllabus. Campus life isn't just about academics; it's about navigating friendships, facing challenges, and savoring the sweet taste of independence. It's a chapter where you script your narrative, finding yourself amidst the chaos and camaraderie. ”



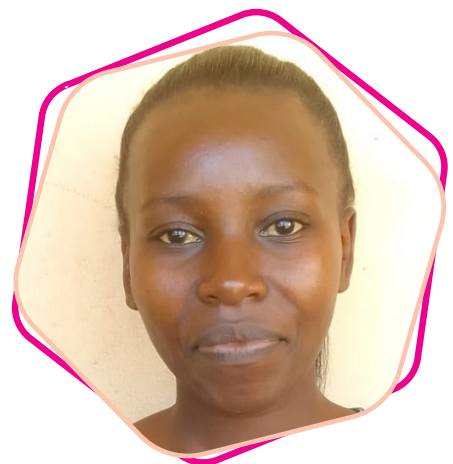
By Godfrey Mwiti, BSc. Hospitality & Tourism Management, Class of 2023



Congratulations to the graduands for this milestone. I am so proud of this glorious moment that started as a dream. There is nothing more beautiful than finding your course in life. Gretsa University has granted us the opportunity to achieve this seamlessly. The ODL program was so flexible given my tight work schedule. We step out today with unprecedented pride having the confidence that it is ok not to have all the answers right away but with time everything will be great. Our ambitions and aspirations will one day come to fruition through the simple steps we make every day that lead to memorable days like today. I wish to extend gratitude to the university, our family and friends and above all to God. Once again let me congratulate the graduands for a job well done. All the best. God bless Gretsa University. God bless Kenya. ”

By Jemimah Wanjiru, BSc. Hospitality & Tourism Management, Class of 2023

I first heard of Gretsa University when I was in High School from a TV advertisement. From that time I followed up through the social media and friends to know more about Gretsa University. The information I gathered guaranteed me that this was the best place where I would pursue my dream career in hospitality management. It was a great joy when I was admitted to pursue my course of passion. My experience at Gretsa University met all my expectations. It's serene and conducive environment, well-structured and well maintained facilities, friendly lectures and staff assured me of quality education which has been the outcome at the completion of my course. Being in Gretsa University was an awesome experience. I pay my tribute to the management, lecturers, staff and my fellow students who made my experience memorable. God bless you all!. ”



Reflections by the Class of 2023

By Bogonko Daniel
BCom, Class of 2023

Ever since I stepped my foot in the university, I yearned to discover all the opportunities that the university offers me. Gretsá University is a very welcoming place, and from the first day, I felt at home here. I have made many new friends from many different backgrounds. Today will mark the end of the short journey which began four years ago. I have learned and experienced so many new things in such a short period of time, and it has gone by so fast. I consider myself lucky to achieve this milestone. This was only possible through respect, hard work and dedication. ”



By Nicholas Loishorua,
Dip. Public Health, Class of 2023

Gretsá University has been a transformative chapter in my life. As a Public Health student, the university has become the crucible where my passion for health and community service has been molded. The institution’s impact on my academic and personal growth has been profound.

The friendly and supportive staff have been instrumental in fostering a conducive learning environment. The University’s library services have proven to be a treasure trove, providing me with valuable resources for research and academic excellence. Moreover, the academic medical trips have offered practical insights into the field, bridging the gap between theory and real-world application.

Coming from a marginalized area presented its unique set of challenges. The transition from the traditional Maasai way of life to the complexities of university existence was both daunting and exhilarating. The cultural shock, the adjustments to a completely different lifestyle, and the need to reconcile my roots with the demands of academia created a tapestry of experiences that shaped my identity.

Despite the hurdles, my journey at Gretsá University has been a narrative of resilience, empowerment and personal growth. The challenges I faced have only fueled my determination to succeed and contribute meaningfully to society. As I navigate the complexities of student life, I carry with me the invaluable lessons and experiences gained at Gretsá, propelling me towards a future where I can make a lasting impact in the realm of public health and community well-being. Thank you Gretsá for the spirit you have mold in me! ”

What's New?

Short Courses

Gretsa University, has introduced a set of new short courses. These courses include: ICDL Courses , Pastry and Bakery Practices, Certified Public Accountant, Personal Branding, Speech Writing, Report Writing Skills, Web Application Development, Mobile Application and Photography.

Online Mode of Learning

Gretsa University has launched 45 online learning programmes, including five-degree programmes, twenty-eight diploma programmes and thirteen certificate programmes. The programmes include Bachelor of Computing and Informatics, Bachelor of Commerce, Bachelor of Hospitality and Tourism, Bachelor of Community Health among other diploma and certificate programmes. The online mode of learning will include recorded online instruction and online live interaction with the faculty experts. The programmes aims at offering flexibility to learners especially those working.

New University Strategic Plan 2023-27 Launched

Gretsa University launched its new strategic plan early this semester. The five-year plan frames the university's ambitions through 2023-2027 around six new goals in: transformative learning environment; leadership and governance; increase in student enrolment; human resource; financial stability; Research, Innovation and entrepreneurship. A structured process involving numerous stakeholders and working committees, data collected over the past five years and analysis of trends specific to the university's aspirations provided the foundation to build the new strategic plan.

Weekly News Highlights

A boost to Library Services as it launches a new service dubbed Weekly News Highlights. The service aims at keeping members of staff informed. It is an excellent source for finding out people's reactions, opinions, and prevailing attitudes around the time of an event. The service will also help identify trends in the six University's Research Thematic Areas. It is hoped that the service will help especially academic staff identify opportunities for research and guide students undertaking research appropriately.

New Campus

Plans are underway to set up a new campus in Makuyu, Murangá County. The proposed campus will primarily focus on health sciences, computing and informatics, education, and business training among others. The new campus is set to bridge the gap in training for the country and meet the demand for quality education that is relevant to the real world. The first phase of development is 90 percent complete with administration block, library, recreational park and classrooms almost complete in readiness for clearance by the Commission for University Education.

IN BRIEF

4th Free Community Medical Camp

Gretsa University School of Health Sciences in partnership with Kiambu County Ministry of Health, Thika Sub County, St. Matia Mulumba Mission Hospital, Bliss Medical Centre and Caritas Community Hospital held its 4th free annual Community Medical Camp on 15th July 2023 at Gatuanyaga Primary School.

The medical services offered included breast cancer screening, cervical cancer screening, blood sugar screening, nutritional assessment, dental services, prostate cancer screening, HIV testing services, medical consultation, health education, optical services and Covid-19 vaccination. More than 400 members of the community received different medical services.

One of the community members, Marion Kinyua, appreciated the university for organizing the medical camp saying that some of the medical services she received are very expensive elsewhere and not affordable to the average member of the community.

Talent Show and Freshas Night

On March 31 2023, Gretsa University students showcased their talents during the Talent Show event which also doubled up as Fresha's night. The night was a perfect blend of joy, music, and pure talent. This annual event is for welcoming, interacting and getting to know the new students through talent showcase. This year's event was guided by the theme of innovation and cultural transformation. The talent event saw a number of team emerge winners with Team Gretta winning in the Acapella category, Nelson Buba winning in the Graphic category, Isaac Mutisya winning in the photography category and Peter Otieno winning in the Dj category with his immaculate mix of different Song Genres. The best performance of the day was done by Greg Adika who sang the cover song of Wonderful Wonder by Nathaniel Bassey.

The peak of the night was the performance by Fathermoh the guest artist of the event. it was a night to be remembered. The event was sponsored by Coca-Cola, Hives Pastries Thika, Kenoodles and Credo Faster.

Making a Tangible Contribution to the Society through Research

The Research Committee presented a refreshed research policy to the Senate on September 26, 2023 that will help guide the next four years of research and innovation at the university. The committee recognized that time has come for the research community to begin conducting more demand-driven research that can inform policy-making and create an impact on society.

Demand-driven research is characterized by its relevance to the needs and priorities of stakeholders, including policy-makers, practitioners and communities affected by the issues being studied, according to the policy. With the endorsement of the policy by the Senate, the university launched a multidisciplinary research on alcohol abuse in Central Kenya. According to Nacada, alcohol abuse in Central Kenya is perceived to be a major problem.

As you work, you live.....

Contemplating the balance between Work and Life

By Prof. Wabuke Bibi, Vice Chancellor

When friends meet, one often hears the exchanges: "Let's have dinner this evening", or: "let's grab some food this evening"! Do these invitations mean the same thing, i.e. can one have "food?" and not necessarily "dinner"?

A meal is an eating occasion that takes place at a certain time and includes consumption of food, for example breakfast, lunch, dinner or supper. Thus a meal is the intake of food under the influence of pleasurable external sensations— physical, visual, audio, thermal, tactile, olfactory, sensory..... In fact, when defining the word "meal", the emphasis is NOT on the food: rather, it is on the occasion when the food is eaten. Occasion is defined by: purpose, company, time, plan, and the environment. Then the ingestion of food becomes a meal.

A similar nuanced relationship exists between the phenomena of "Life" and "Existence". The dictionary defines Life as: "a condition that distinguishes animals and plants from inorganic matter, including capacity for growth, reproduction, functional activity, and continual change, preceding death; an organismic state characterized by capacity for metabolism – growth, response to stimuli and reproduction....."; on the other hand, Existence is the fundamental activity of Life, i.e. the barest minimum, or, formally: "to be; to have being or reality; to eke out a living; stay alive; survive; live under adverse conditions; subsist.....". In our analogy, existence is like food intake ... a necessity shorn of emotional or pleasurable dressings.

But actually, what characterizes "Life"? Life is socialization manifested by some functional activity i.e. any such human-specific activity as: laughing, talking, singing.....; a feeling of happiness, satisfaction, elation; or pain, envy, anger, depression....which may find expression in dance, weeping or shedding of tears; fist-



clenching, chest-thumping.....Thus being alive, implies addition of some extra impressions on the existence; impressions that demand interactions with the environment and other people in some form, to create what may be identified as "experience". Experience implies social interaction; it defines the "quality" one gets out of Life. It transforms Life from a basic necessity, an existence, into something one actually "enjoys", feels, or finds pleasure in, doing. To be alive, in other words, requires the interaction with, or involvement of, other people. Put differently: Existence is Life minus Emotion, or, to stretch our analogy, existence is like ingesting food whilst alone, nearly dispassionately.....In popular parlance, existence is a poorer version of life, or simply: poor quality Life.

But one may pose the question: does it matter if you eat food alone? Or: is meal experience necessary? Unraveling the nuances between food and a meal and life and existence help us interrogate the relation between Work and Life, and thus to understand why, and perhaps also how, it is necessary to strike a balance between the two.

Work is defined as: "Labour, toil, exertion, effort, tasks; to make great effort; activity involving mental or physical effort done in order to achieve a purpose or result". Could this "purpose or result" you wish to achieve by working actually be to "LIVE"? Is this..."labour, toil, exertion.....", necessary for Life in same sense food is necessary for existence? Or is work basically an

external, environmental socialization that creates a pleasant experience to improve the quality of life? The History of the USSR describes attempts by some of the ruthless Founders to “upgrade” work to a level of a basic necessity in its own right. The concept was caricatured in George Orwell’s Animal Farm, by the character “Boxer”, in which labour was glorified beyond its basic functional need. Do people who do not need to work for food have a poorer quality Life?

The relevance of this is the proposition that the relation between Work and Life is similar to that of food and a meal, i.e. that Work upgrades Existence into Life? This would imply that the work environment should be designed so that people simultaneously live as they work. A large proportion of the population in our society is actually in this category: the ones who would be defined as professional employees. They spend their entire life “labouring, toiling, exerting themselves or carrying out tasks with great effort... in order to achieve a purpose or result...” i.e. working.

These people must find a way to live as they work; otherwise they will have no life left at the end of work.

Students of Labour Relations and Reward systems recognize three Theories to describe how the employee (Worker or Labour) relates with the employer (Capital). Whether Unitarist, (where employees and employers work together in solidarity towards common interests, values and goals); Pluralist (where the two parties represent opposing interests, and therefore conflicts must arise); or Marxist, (there is a class battle between the employer and labour), there is little doubt that the employee is more or less passionately engaged, or “lives it out” at the workplace. The crucial criterion is that the employee is engaged in some (often vigorous), manifestation of “Life” as they work. In the Unitarist model: vigorous communication, teamwork and employer engagement; in the Pluralist and Marxist: fascination with some aspect of antagonism, rivalry or conflict between the Parties. In all cases, the worker employs some form of socialization, manifesting Life by such activities as vocalization, (arguing, debating, agitating, laughing, talking, singing); mobilization-unionism,

welfare groups etc...), and thereby generating strong emotions, such as happiness; satiation, elation or Pain, Envy, Anger, and depression. These then find expression in celebration with dance, weeping or shedding of tears; fist-clenching, chest-thumping etc. or in fights...In other words, the working person lives it out at the workplace.

What is the relevance of all this? Bente* has expressed the need for continuous human interaction, even when “working” thus: “Humans have an innate need for human interconnection, a fundamental biological need. We need to build our society by connecting humans, not alienating them. The human society structure should be based on human nature, in order to fulfill human beings”.

The human interconnection, recognized as a fundamental biological need, is an attribute of Life as described herein. And, regardless of the posture of the employer to the Labour Relations Theory, he has a stake in designing a work environment in which the worker lives as he works. As Bente* further argues, we work: “...in pursuit of a better human life, better existence for the human being, to make human lifebetter”.

**Existence is like food intake
... a necessity shorn of
emotional or pleasurable
dressings.**



In other words, the concept of good quality life is recognized as a prerequisite of human well-being. It is inseparable from work.

When an employee fails to manage this balance, then burn out sets in. Burn out is defined as a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. Such prolonged stress is commonly conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by, among other symptoms, increased mental distance from one’s job, or feelings of negativism or cynicism related to one’s job.....Inefficiency and poor productivity are the inevitable outcome.

This scenario obtains in spite of the fact that the worker has continued to receive the requisite material rewards (wages, salary), that are perceived to be the original need drivers for working. It is thus in the interest of both the employee and the employer to create an environment where people live as they work.

In other words, both the employer and the employee have a necessary stake in Employee Welfare programmes.....

Emotional INTELLIGENCE



What am I Missing?

By Mugambi Frankline – Library and Information Services Department

In the world today, knowledge and information are among the most valued assets; however, it is important for us to recognize that none of us possess all the information or knowledge necessary to make perfect decisions or fully understand the dynamics of every situation. Unfortunately, many of us operate under the assumption that we already know everything we need to know, fearing that acknowledging our limitations or saying I don't know will be perceived as a weakness. Emotional intelligence helps us gain self-awareness. One of the attributes of an emotionally intelligent person is the ability to ask oneself a simple yet powerful question: "What am I missing?"

Self-awareness is at the core of our daily lives. It presents you with an opportunity to not only understand your strengths and weaknesses, but also recognize your emotions and how they influence your decisions. In order to bring out the best in you, you need to know yourself. 95 percent of people think they are self-aware, when only 10 to 15 percent actually are (Eurich, 2018). While you might excel because of excellent technical skills, if you lack emotional intelligence skills such as; constructive feedback instead of personal criticism, managing your emotions when stressed, understanding the emotional needs of the people around you and intrinsic motivation, those technical skills might be overlooked. So, what are you missing?

What Researchers have found out about Emotional Intelligence:

❖ A study by Mayer & Salovey, (2001) on emotional intelligence and leadership concluded that

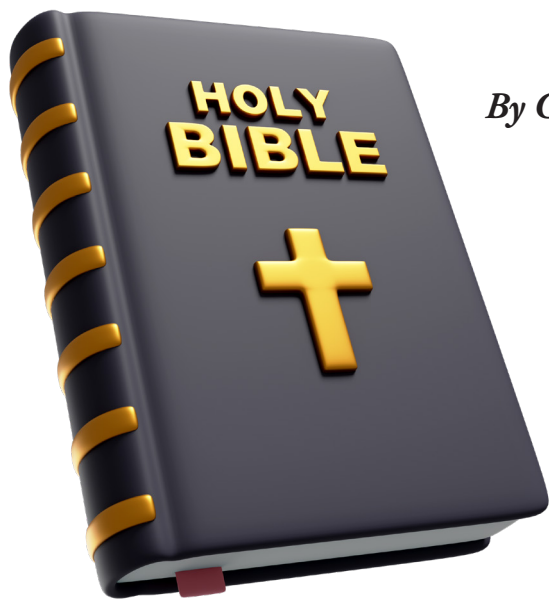
emotional intelligence was four times better at predicting a person's success than IQ.

- ❖ The study also found out that managers with stronger emotional intelligence at work outperformed their annual goals by up to 20 percent.
- ❖ Parker et al (2021) in a study on emotional intelligence and interpersonal relationships found out people with stronger emotional intelligence were better at creating interpersonal relations, and building relationships.

How to Become More Emotionally Intelligent

- ❖ Become more self-aware: Take stock of emotional strengths and weaknesses
- ❖ Practice self-regulation: Find techniques to release workplace/life stress and keep your cool
- ❖ Think before making decisions: Emotions can overwhelm you in the heat of the moment
- ❖ Improve social skills: Listen to what others have to say and pay attention to nonverbal communication: body language can convey a lot about what people really think.
- ❖ Avoid drama: Drama does not just walk into your life. Either you create it, invite it, or associate with it.
- ❖ Become more empathetic: See things from the other person's point of view and pay attention to how you respond to others
- ❖ Work on your Motivation: Maintain a positive attitude.

The Misuse of the Bible: The Cult of Victimhood and Blessings



By Camillus Pius – Student School of Education

In his letter to the Christian Community in Colossians, Paul recognized the threat that false teaching presented to the community. In Colossians 2:8 Paul gives the believers a strong warning.

“See to it that no one takes you captive through philosophy and empty deception according to the tradition of men, according to the elementary principles of the world, rather than according to Christ.” (Colossians 2:8)

In this passage, Paul warns the believers, saying that certain ways of thinking are hollow and will deceive you, warning them against being held captive in these worldly ways and cheap tricks. This warning to the Colossian church is just as relevant to us today as it was then. There are numerous empty and deceptive ideas today that can capture our thinking. One of these dangerous lies that we hear today is this: “You are a victim.”

What is the victim mentality? A victim mindset usually includes three types of thinking:

First, the bad things in your life are not your fault, but exclusively because of what other people have done to you. This mindset maintains that you are not responsible for your own actions and attitudes.

Second, a victim mentality also includes getting stuck in negative thought patterns. If you play the victim, you may be characterized by a “woe is me” kind of self-pity.

Third, the victim mentality sees the world through the lens of your own struggles. All the events of your life are orchestrated against you. Whatever happens in the world or in your circumstances, the victim mentality sees those circumstances as directed against yourself.

This victim mentality doesn’t sound very appealing at all, but it’s surprisingly attractive to many. Once you are captive of victimhood, the allure of prosperity and miracles gets the center stage.

The Allure of prosperity and Miracles

The prosperity gospel focuses primarily on material possessions, physical well-being and success in this life: which mostly includes abundant financial resources, good health, clothes, housing, cars, promotion at work, success in business as well as other endeavors of life. This gospel asserts that believers have the right to the blessings though instant miracles. Every miracle grows from a seed - at least that’s the main tenet of the “prosperity gospel”.

Once you are captive of victimhood, the allure of prosperity and miracles gets the center stage.



According to the prosperity gospel, a believer seeking God’s help should first consider which seed is the most likely to produce his/her hoped-for crop. The irony is someone who is a “victim” must sow this “precious” seed (in the form of money). To demonstrate to the followers that the seeds sowed are yielding huge harvest and to attract more followers, fake miracles are staged.



Why Dressing Well Matters

What you wear tells a lot about what you really are

By Pastor John Ngau – School of Humanities and Social Sciences



Often in life, you must have heard, ‘don’t judge a book by its cover’, the reality is we judge and are judged visually. The first thing that strikes you when you meet a person is their clothes. We often pass judgement before the person speaks. Therefore, the way you dress is the way you will be addressed. What that means is that whether you say a word or not, what you’re wearing is talking. Some people see clothes as a way of staying covered, others look further and say it reflects who I am and at times we are identified with what we wear.

When we read history, we hear of the first man who never used to wear clothes, but it came a time when he started covering his body with animal skin and leaves. Clothes came into existence as a result of the necessity for man to keep warm and covered. With time and different cultures playing a significant role, it has resulted in different fashions and trends coming into existence. But at the end of all this, we are judged by what we wear. How one dresses makes an immediate impression, they are like putting on your curriculum.

In the modern world, people say “my dress my choice” however dress appropriately for the occasion. Just imagine a manager addressing employees at work while wearing a short and a t-shirt. A pastor preaching wearing a sagging jean and oversize untucked shirt. A lecturer teaching with an exposed ring on the navel, a female president wearing a miniskirt and a cropped top addressing a nation. It’s my call to all reading this article to note that, even if your dress is your choice, your dress can give a different impression of yourself.

When considering what to wear we should put in mind what kind of an image we want to portray. If one wants to be considered and taken seriously one should critically take into mind what to wear. Also, dressing up well will boost your confidence. A good image enhances self-esteem which in return gives you a boost in confidence.

Furthermore, dressing well makes people stop and take note thus affording you the added advantage of time to prove your worth. This means that you should go beyond the impression and build yourself so that when the opportunity presents itself, there will be compatibility between your dress and personality.

Rise of Bilha Bore to Kenya National Roll Ball Team that Defended the World Cup Title in April

By Dominic Korir – Sports Coordinator

Kenya National women's roll ball team successfully defended their world cup title for the third consecutive year after flooring Egypt 5-0 in the finals during the sixth edition of the Roll Ball World Cup games held in India.

At the group level, Kenya successfully defeated Nepal 8-1 scores, France 10-0 scores Sri Lanka 6-2 and a victory of 2-1 scores against Egypt to earn a seat in the semi-finals. Up against Poland in the semi-finals, Kenya emerged with a 2-1 victory against Poland. In the finals, Kenya floored Egypt 5-0 to win the World Cup.

Bilha Bore, a Gretsia University student was part of the National Team that secured victory at the sixth edition of the Roll Ball World Cup games held in India. Since 2021 Bore, has made long strides into the National stage. The University community is proud of her as she is an inspiration to many students.



Turning Talent into Career: Be Open to Embracing Passion, People & Change

In just five years of his professional life as a DJ, DJ Ujulu, 23-year-old student in the school of Computing and Informatics has successfully turned his talent into a career by establishing himself as one of Kenya's most sought DJs. DJ Ujulu however notes that it has not been smooth path, he had to overcome many challenges along the way. He notes that "It is not all about talent. It is about dependability, consistency, and being able to improve.

If you work hard and you are coachable, you can reach your goal." The accolades under the DJ's belt make it hard to imagine that he ever struggled to establish himself in the music industry. "My first official gig was at a birthday party, around September 2013," he tells me. My performance at the event was nothing to write about, I was inexperienced and lacked in-depth knowledge of the different music genres in our country. But the passion for music was there. To develop my talent, I enrolled at Kamata Music School in the year 2015 and specialized in Desk Jockey (DJ).

DJ-ing wasn't a career path at the beginning. His goal was simply to work on his talent and eventually use the skills to survive before enrolling to the university and building a career. But then he got good at DJ-ing, and in the year 2017 he was awarded the best DJ in Kamata Music School Kenya. When the opportunity presented itself, he chose to fully immerse himself into making it a career.

The young artist absolutely believes that you need handwork and continuous learning to successfully turn a talent into career "At this stage of my career, being one of the top DJs in the country, with high demand for my services, if I got comfortable, I would be offering my spot to someone else." He notes. Like most industries, the field of music is evolving, new technologies are emerging every day and the music fashion is also evolving throwing a plethora of opportunities for the artist in the field.



Reversed Food Chain

By Papai

I miss the old beautiful world,
where peace and love reigned amongst people,
where no one could be left out in the freezing cold,
where man and woman were a perfect couple.

I crave for the old black world,
where a rainbow could beautify the sky so blue,
where its colors made a child smile so bold!
where ROYGBIV was a term and B was for blue!

I yearn for the old lame world,
where everything was pure straight,
where stories "John marries Jane," were told,
where people knew the wrong and the right.

I pity the new world.
If I speak, I await to be prosecuted,
I should be careful with my words, oh Lord!
If I judge, then I will harshly be executed.

I cry for my future sons and daughters,
I am in very immense fear and pain.
Today lions prey on lions, a deadly slaughter!
I rest my case, it's a reversed food chain!

Not Until Then

BY ARTDAVIS

Sometimes things get rough,
And the days become rough,
Then that's not enough.

The bright days become dull,
The sweet things produce foul,
And nothing works our ways.
But should we grieve because
things are not on our side,
Should we stop while others do
the ride,
But no, we should glide.

Show the world you are strong,
The brighter days will work come
along,
I know it won't be so long.

From being broken to being
chosen,
From being pressured to being
treasured,
From being rejected to being
protected.

Indeed good for good,
As bad is always for bad,
The lost will come into lane,
And life will be worthy living.

Gretsa University President's Award-Kenya (PA-K) Expedition at Oldonyo-Sabuk and Aberdare Rang

By Anthony Wambua | Patron, Gretsa University Presidential Award



A snapshot of Zacharia and Kevin calculating distance to determine the direction for the team to follow to reach their destination

The President's Award-Kenya (PA-K) is an exciting self-development programme available to all young people countrywide equipping them with positive life skills to make a difference for themselves, their communities, country and the world. Gretsa University is a licensed Award Center that takes part in PA-K program. The program requires the members to learn a skill, do a physical recreation activity, offer voluntary service, go for an adventurous journey and finally partake a residential project before getting the Gold Award. This semester the club planned for an Adventurous journey as they awaited the Gold award Ceremony later this year at Statehouse.

The purpose of the Adventurous Journey was to provide participants with a unique, challenging and memorable experience. The journey must be undertaken in an

unfamiliar environment, requiring determination and perseverance, thus providing a sense of independence, self-sufficiency and discovery. The key elements of the Adventurous Journey are teamwork in planning and undertaking practice and qualifying journeys against the background of real challenges posed by an unfamiliar environment. In order to achieve the Award, The Gretsa President's Award members went for a Pre journey in Kilimambogo (Oldonyo Sabuk) in preparation for the qualifying journey/expedition in Mukurweini Nyeri. They camped in Giathungu Primary School for four nights as they hiked the ridges during the day. The journey put into practice their wilderness survival knowledge, map work and ability to interact with the local community. The whole team overcame the muddy, sweaty and cold hills with ease, teamwork and fun.



A group photo of Presidential award Team Expedition at Aberdare Range.



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Congratulations
Class of 2023
Our best wishes to you!
Have a wonderful holiday season
and a
Prosperous New Year!



Merry
Christmas
and a Happy New Year

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