



To Africa with Love, NFP – *Update*

May 2025

Dear Friends of To Africa with Love, NFP,

It's hard to believe it's now May – so much life has happened since the start of 2025!

After a year of not traveling to Kenya – but with our programs continuing nonetheless – I was thrilled to have made it back to Kenya in February, both to celebrate an important milestone, and to launch our programs for 2025. While this year is not yet half over, we are well on our way to achieving our 2025 goals, with much more in store!

We hope you enjoy the updates we have to share and, as always, love to get your feedback and suggestions! Feel free to email us anytime at toafricawithlove@yahoo.com, or contact me directly at (847) 757-3286.

You are an important part of our journey, and your on-going support truly means a lot to us.

With gratitude,

Karen Bychowski

Karen Bychowski
To Africa with Love, NFP - Executive Director

In Loving Memory

To Africa with Love, NFP honors the life of **Barbara Bychowski**, one of our first and most devoted supporters. Her faith, love, and steadfast support helped shape our work in powerful ways.

During a visit to Kenya in 2019, she encouraged the participants in our Pads with a Purpose events with the message, ***"Let Your Light Shine!"***

She truly did - may we all continue to do so, in her honor.



Program Spotlight: Amka

After many months of hard work, **our Amka 3 Cohort – which started in November 2023 - officially graduated on Saturday, February 8th!** The young women and their families celebrated with dancing, praying, storytelling, delicious food... and of course, cake! **We are incredibly grateful to every supporter who helped make this milestone possible!**



The young women are now in the process of defining their next steps in education – for some vocational training (college) and for others' university (degree programs). We can't wait to see what the future holds for each of these graduates, and look forward to sharing more as their plans unfold.

These are just some of the topic discussions and experiential learning activities the Amka 3 Cohort participated in during their time in the program. Each of the topics and activities is determined with input from the cohort themselves, with the topic facilitators coming from our Amka 2 Cohort and guest speakers.

<i>Topic Discussions</i>		<i>Experiential Learning Activities</i>	<i>Additional Activities</i>
Values Goal Setting and Time Management Decision Making Peer Pressure Role Modeling Self Love Teamwork Overcoming Adversity Stress Management Personal Responsibility Relationships Spirituality – Growing Closer to God Building Self-Esteem & Embracing Talents	Overcoming Rejection & Insecurity Environment Forgiveness Gender-Based Violence* Self Identity Nutrition Leadership and Change Management* Public Speaking* Reproductive Health/Sex Education Social Media LGBTQ+ Gender-Based Violence and Healthy/Unhealthy Relationships*	Vision Board Movie: Wish Escape Room Yoga Bowling** Swimming** Self-Defense Class* Safari Walk Horse Experience* Book Buying & Discussion* Children's Home Volunteering Movie: Inside Out 2 Cooking Class* National Museum Bounce & Play** Movie: Rafiki Giraffe Centre Glass Blowing	Kick-off*** Feedback Meetings*** Parent Relationships*** Pads with a Purpose ** <i>*with guest speaker</i> <i>**with Amka 2 Cohort</i> <i>***with Parents</i>

For additional pictures from their time in the program, please visit our website at: www.tawl.org/updates

Program Spotlight: Pads with a Purpose

We kicked off 2025 with **three Pads with a Purpose events, reaching hundreds of students** with both practical support and genuine encouragement. Each event had its own unique energy, and was led by our **Amka 3 Cohort**.

At **Mukuyu Girls High School**, we engaged with over 300 young women, and our Amka graduates led with such confidence - it was beautiful to watch them step into this role, when just a few months ago, they were the ones in the seats!



At **Kanjai Secondary School**, we did something new— **we invited the boys to join!** They received socks, backpacks, and school supplies, and the response was incredible. One teacher told us he had never seen the boys so focused and engaged.

Our third event was especially close to our hearts as we went to **City Prime, the alma mater of one of our Amka 3 graduates**. Watching her reconnect with her old teachers and giving back to her former school with such confidence and pride was unforgettable.



With each Pads with a Purpose event, we not only see direct impact on lives of the students who participate, but we also see our Amka graduates becoming stronger in their voices, their purpose, and their leadership.

We are so proud of the women they are becoming!

What's Ahead

- ***Amka 3 Cohort to begin the next steps of their educational journey*** – which for each of them means college or university. The young women have been receiving their invitations from various academic centers and will begin as soon as May. These programs include both short programs (1-2 years) and full university degrees (standard 4 year schools). ***Stay tuned for updates as the young women confirm their plans!***
- ***Amka 4 Cohort is set to launch in November 2025.*** We are excited to keep this program going – and growing – and are currently in the process of identifying possible candidates to join the program, following the third year of high school.
- ***More opportunities to connect, care and contribute*** – both from afar and up close! ***Karen will be returning to Kenya in November 2025 and welcomes anyone interested to join her!*** This is a great opportunity not only to experience the beauty and culture of Kenya, but to engage first hand in our programs. Can't make it to Kenya? ***We are hoping to spotlight our partners more on our website in the coming months, to share their stories.***

How You Can Help

We are so grateful for all the help we have received thus far, and the ongoing support continues to be needed. Here are some specific ways you can get (even more) engaged with us:

- **Help Us Raise Awareness** – Do you know a group that might be interested in the work we are doing? Invite us to speak with them! This could be book clubs, church groups, student groups, the list goes on.
- **Join Our Board** – we have an open opportunity for a Secretary, as well as Board Members At-Large. Board Members help provide perspective on the work that we are doing and help shape our path by their input. The time commitment is minimal, but the impact is great!

Feel free to reach out directly to Karen at toafricawithlove@yahoo.com if you'd like to talk more about any of these opportunities.



Graduates from both our Amka 2 and Amka 3 Cohorts - growing through your support!

Out and About in Kenya

Here are a few pictures from Karen's recent visit. *Enjoy!*



Nothing beats a sweet pineapple spear on a hot day!



Mango Tree - they aren't ripe yet, but there will be a bounty when they are!



A common meal of cooked cabbage, rice and lentils.



These Birds of Paradise almost looked like real birds!



Just a cat and a turtle enjoying lunch in a garden.



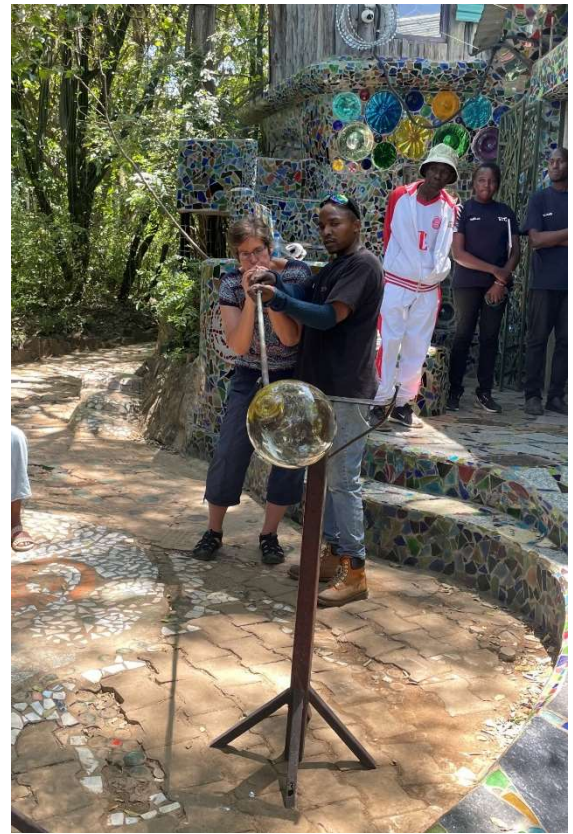
Catching up with friends!



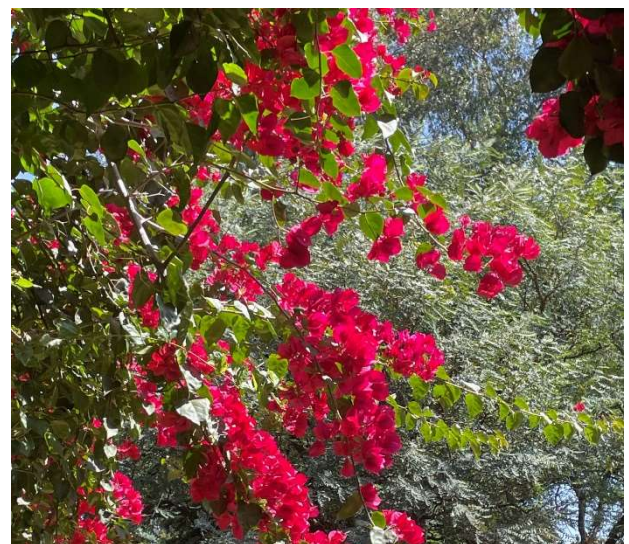
***On a hot day under the equatorial sun,
the pool is so refreshing!***



***Expansive building and poor drainage
can wreak havoc when it rains!***



A visit to the Kintengela Glass Factory!



***But the rains can also make for
some beautiful flowers!***