Haagbeuk 21
5453 LH Langenboom

administratie@amarafoundation.org
www.amarafoundation.org

IBAN: NL52 RABO 0148319394
BICcode: RABONL2U

KvK: 02093018
ANBI: 8156 41 813

Newsletter December 2025

News from Kisumu
- Heerbeeck Expedition Kenya
- Sports: Urusi associations day
- Therapy: Covered path for St. Martin DePorres
- Assistance to Individuals: new applications
- Care: Exams and holidays in Kisumu

Activities
- Riki 80 years
- Partin day
- Autumn market Oppenhuizen
- Table sale Mierlo
- Christmas market D'n Eigen Herd Uden
- Christmas market De Wis Langenboom
- Goodies for charity

Agenda
- Book fair Vincentius Association 's-Hertogenbosch
- Carmen and Nynke to Kisumu

News from the board
- Kenya products in the spotlight
- Review 2025



Photo 1 Students of Heerbeeck Expedition Kenya

NEWS FROM KISUMU

Heerbeeck Expedition Kenya

After 1.5 years of preparation, the time had finally come in October 2025 for the Amara Foundation to depart for Kenya with 16 students from Heerbeeck College in Best.
It was a magical journey we will never forget. It was remarkable how beautifully and genuinely all the children responded, how many wonderful questions they asked, and the connection they sought with each other and the people there. We spent two days visiting St. Clare Children's Home. We met three times with the children of St. Teresa Girls' School. We spent one day in Sondu , home to St. Martin des Polles Special Needs School, and the weekend was dedicated to sports, where we played volleyball with the Shakers sitting volleyball team and organized and experienced a fantastic community day for and with Urusi Football Club.
Apart from that
- We went to church with the children of St. Clare .
- We went on a walking safari with the girls from the girls' school.
- We took a boat safari on Lake Victoria.
- We visited the Maasai market. Twice, in fact, because we still needed to buy some more authentic souvenirs.
- We visited an art school, where some of us modelled and others drew the models together with the trainee artists.
- We had a relaxing afternoon swimming.

• We unpacked and delivered many suitcases full of supplies for all the projects. This included a visit to the hospital for the therapy project, where we saw the therapy room.
• We went out for dinner once, but the pizzas weren't as good as at home.
• We went to the lake, to Dunga Hill Camp, where we enjoyed food, the beautiful sunset, and danced to live music.
• We tried all kinds of new dishes, such as ugali (corn puree), chapati (pancake), mandazi (doughnut), and samosas (triangles filled with meat or vegetables).
• We discovered that people in Kenya can eat a lot.
• We used public transport, the mtatu and the tuktuk .
• finally we went to Amboseli national park " the home of the elephant " on safari, where we saw many wild animals in real life and visited a Maasai village.
• And we took home three suitcases full of beautiful Kenyan products to sell here for the benefit of all our wonderful projects. On site, all the children took turns working on a joint travel report that we posted on a website so that everyone who stayed at home could follow us. These beautiful stories you can read back here.



Photo 2 Activities of Heerbeeck Expedition Kenya

Project Care
The school-age children are now on holiday and will start in a new class in January. We have received many messages with Christmas wishes and best wishes for 2026, so on behalf of all the children, carers and the sisters of St. Clare's : Heri ya Krismasi na Mwaka Mpya 2026!

Project Support for Individuals
Last month, we received several microloan applications. We approved two of these applications: Amara is supporting the purchase of a poshomill (corn mill) and a sugarcane business. The purchase of the corn mill is a loan for business expansion, and the approval was based on a clear and realistic plan and the positive experiences we had with this individual regarding repaying the previous loan. With the

second application, we are supporting a family to generate additional income, and here too, our well-thought-out action plan and risk analysis were decisive. Several other applications could not (yet) be approved.
In the meantime, we have also received a generous instalment with which we can support future applications.

Project Sport
During Expedition Kenya the students had a fun time with the Urusi football club and games day . What an event! We started the day at the soccer field outside the neighbourhood where a training session was underway, and we, as a group of 16 students and 4 supervisors, were allowed to join in. Then we walked in a long line through the Manyatta slum to a central open space where loud, swinging music greeted us from a tent. It was already bustling. The day was well-organized. Three teams were formed: Urusi players, their parents, and the Dutch players. The entire neighbourhood turned out to watch, which provided perfect marketing for the soccer club. Fun games were played, such as 3-a-side soccer, social dancing, egg-on-a-spoon walking, sack racing, and tug-of-war. After all the games, there was a well-prepared lunch, and, as usual, many speeches were given. It felt special to be able to contribute to this. The photos below give an impression of the day.

Project Therapy
In October, we were able to share the good news with St. Martin DePorres that, through various initiatives (the Langenboom Four-Day Walk, candle proceeds for the Maurik chapel, and the Kenya Expedition), we had raised the funds for a covered path on the school grounds ! We are now working hard to create this path. The summer holidays are almost over. During this break, all the children returned to therapy in Kisumu. A place where all the mothers meet again, and the children receive extra attention. New splints are being made with the plates donated in October. And to top it all off, we received enough sponsorship to provide all the families in our Therapy project with health insurance.



Photo 3 Activities of Heerbeeck Expedition Kenya

ACTIVITIES

Riki 80 Years Old
Riki van Zeggelen from Mierlo celebrated her 80th birthday. She has been passionate about Africa, and therefore also the Amara Foundation, for years. Instead of asking for gifts or money for herself, she asked for a donation to the Amara Foundation, and that resulted in a fantastic amount. Thank you, Riki !

Partin Day
Last November 1st was the annual Partin Day with contributions and workshops for small charities. Evelien, Carmen, and Nynke had valuable conversations with other small charities that day and learned during workshops about giving based on trust and the importance of transparency, the possibilities (and limitations) for small foundations to raise funds, communicating effectively and efficiently with companies, and navigating a political climate that is actually cutting development aid. The day concluded with an interesting and interactive quiz about development cooperation. All in all, it was an interesting day for us as board members, but of course also a pleasant day to catch up together.

Autumn Market Oppenhuizen
Nynke was at the autumn market in Oppenhuizen, Friesland, again this year, and it was a pleasant crowd. There was a lot of interest in our foundation, and we sold a good amount of (Christmas) items. Including a generous donation of €100, the total proceeds were €363.80. We'd love to come back next year!

Table Sale Mierlo
For the first time, Evelien organized a door-to-door sale at her home in Mierlo. She set up a beautiful table with all the Kenyan products she brought, and at the end of November, she opened her house for 1.5 hours one evening and two afternoons. These were three occasions with a nice sale and pleasant conversations.

Christmas Market D'n Eigen Herd Uden
We were at the Christmas market in Uden again this year. Carmen sold beautiful items, and together with some donations, the proceeds for Amara were €195.90, which we are very happy with.

Christmas Market De Wis Langenboom
After many years held outdoors, this year's Christmas market was held indoors at De Wis. We once again had a sales table with our (Christmas) products. It was pleasantly busy, and we raised a fantastic €265. We're already looking forward to next year!

Treats for a good cause
During Heerbeeck College's Christmas celebration, treats were sold to students during the break. The proceeds went to various charities, including the Amara Foundation. It's great that Heerbeeck College has organized a charity event in keeping with the Christmas spirit.







Photo 4 Partin Day, Autumn Market in Oppenhuizen, and Christmas Market in Uden

AGENDA

January 23 to 25 – Vincentius Society Book Fair 's-Hertogenbosch
Throughout the year, many books, LPs, singles, CDs, and DVDs are donated to the Vincentius Society 's-Hertogenbosch Thrift Store. The annual book fair takes place from Friday, January 23rd to Sunday, January 25th in the Brabanthallen. Do you have books, LPs, CDs, etc. that could use a spin? Bring them to the thrift store and support various charities, including the Amara Foundation. Or if you're looking for a good book or a fun DVD or CD, come visit the book fair!

January 30 to February 15 – Carmen and Nynke to Kisumu
At the end of January, Carmen and Nynke will be back together in Kisumu after almost 20 years. It's going to be a full program, and we'll report on it on our social media and in our next newsletter.

NEWS FROM THE BOARD

Kenyan Products in the Spotlight

Last October, we once again brought a variety of beautiful products to sell in our web shop. These include new colourful bowls in various sizes, soapstone animals in various sizes, and beautiful bracelets. We're also happy to promote the beautiful paintings by artists like George Opiyo and Victor Nyambok , and be sure to check out our cards. We expect to replenish our stock in January.



Small bowl round soapstone large
€4.00

To webshop >



Bracelet Leather beads
€5.00

To webshop >



Opiyo (5) Canvas 49x50cm
€10.00

To webshop >



Card Flower Happy birthday
€2.20

To webshop >

Review 2025
And with that, the year is already drawing to a close. 2025 was a year marked by numerous events and campaigns in the Netherlands, and we received several generous donations, ensuring that everyone in our projects received the necessary support. A small selection of our activities: a Jumbo Den Dungen deposit refund campaign, product sales during a Zumba Marathon in Mierlo, fundraising for the Johannestsjerke in Oppenhuizen and the IKW Ysbrechtum , a charity dinner hosted by members of the Heerbeeck Kenya Expedition 2025, Heerbeeck College's Changemakers Day, the LaWaCo Four-Day Walking Event , a cultural market, a local history exhibition in Langenboom, the autumn market in Oppenhuizen, and Christmas markets in Langenboom and Uden. We also received unexpected donations, both large and small, for example, from birthdays and even donations from strangers. And of course, we are incredibly grateful to all our regular donors who support us monthly, annually, or even with a periodic donation, so that we can help all those wonderful people in our projects grow.

In 2025, we had a lot of contact with everyone in Kenya. Fortunately, this is becoming increasingly easier online, but it's still best when we can visit the projects so we can have face-to-face contact. Because of the cultural differences, this minimizes the disruption and ensures we're all on the same wavelength. Nynke and her husband visited our projects in Kisumu, and a month later, Kisumu was visited by the expedition members of Expedition Kenya 2025. This was the second time the Amara Foundation had the privilege of taking a group of students from Heerbeeck College to our projects in Kenya. This time, Carmen and Evelien (an Amara board member and teacher) took 16 students, one teacher from Heerbeeck College, and an external supervisor, and we made it another fantastic experience for the people there and the students. This is a trip they will never forget.
And what happened in Kisumu in 2025?

Our project for helping individuals has been given a broader platform. We have brought the entire group together so that all entrepreneurs can learn from good practice. We've made even clearer repayment agreements with those with existing loans, and those who want to receive a new loan are required to submit a more thorough business plan.

In our therapy project, Hasan has started working as a therapist for the special needs schools in Awasi and Sondu . Furthermore, thanks to various donors, a pathway has been built at St. Martin DePorre's special needs school in Sondu , allowing all children with limited mobility or in wheelchairs to move independently between the various buildings on a paved path. They were thrilled when we were able to share this news with them in October.

Urusi Football Club plays a very successful league game and now has a senior team again. When there's no league, they organize friendly matches, but the most important thing is that the club grows and provides many children from the slum with something worthwhile to do. This helps them stay fit, feel a sense of belonging, and receive a free meal every week on match day. Urusi has also saved some money to eventually have enough start-up capital to start their own business. The goal is to create a business that gives children from the senior team a job, and the profits go to the club, helping them become increasingly independent.

Sitting volleyball club the Shakers is making nice progress nationally. Thanks to our donations, they have access to quality training equipment and club members have additional financial support to start or expand their own businesses, which isn't always easy for people with disabilities in Kenya.
The first students in the care project have gone on to further education. Now we're really starting to see what providing an education will truly do for these children. We all know that education is important, but it's quite difficult to measure the true impact. Nevertheless, we are grateful that all the children in the care project receive a high-quality education. The boarding schools they attend ensure

they feel a sense of community and receive a good education and nutrition. Because they return to their families during the holidays, all these children still know where home is.

Dear donors, volunteers, interested parties and partners such as MondoLokaal , UdenWereldWijd Foundation , Partin , CBF —without you, we couldn't exist. So, on behalf of everyone involved in our projects in Kisumu, Kenya, and on behalf of us as the board: Asante Sana, or: Thank you so much! Thank you for your support this year – you make the difference!

We wish you a sparkling new year full of warmth, health, and wonderful opportunities.

Thank you for your interest! 😊

ON BEHALF OF THE BOARD AND ALL THE PEOPLE FROM KISUMU!

Evelien Hommes-Romonesco - Carmen van Bergen - Esther van Rooij - Nynke Bosker-Haagsma - Martine Plantinga