

## **PERSONAL DEVELOPMENT CASE STUDY**

**NAME:** PETER THOYA NDORO

**CYCLE:** 1

**FROM:** KILIFI KENYA

**PLACEMENT:** LIGHT OF HOPE YOUTH INITIATIVE

**LOCATION:** MACHAKOS.

**PROJECT TITLE:** SECURE LIVELIHOODS.



### **WHAT I HAVE LEARNT:**

I would describe ICS as a learning program. This is because I've realized that it's not only about the great work we do in placements that counts, it's about everything; Counterparts, Host homes, Socials, Meetings, GCDs and CADs. At the beginning, there are procedures. Steps. You do one after another. At this point, you might not be aware of what's happening, but this prepares you for the life that you are about to live – a planning life. From waking up in the morning and finding something to do (your previous life), to sleeping knowing what you'll be doing the next day (your new life). That's what the procedures make out of you (made out of me – am grateful).

When Teamwork is the subject, there is a lot involved. I've learnt that it's not (it shouldn't) always your opinion or idea that will count. You have to share that idea/opinion with others and get their opinions about it, then come to an agreement. You at times should also allow others give out their opinions before making team decisions. Sometimes we feel left out, irritated and sad when our ideas are not taken as the decision. Through this, I've come to learn that it's not the best idea that counts, but does the best idea that brings the best and common solution to a situation faced by everyone in the team. There are times we need to sacrifice our personal interests for the sake of teamwork. That's what teamwork is all about – group and not personal satisfaction.

At work (placements), everyone will wish for the best counterpart; hardworking, persuasive and useful. I've learnt that in reality, you do not choose your counterpart (you shouldn't) to work with, nor should the team leaders choose for you. What gets you your best counterpart is you – your interests in the work field. If I have a passion for working with youths and I get along well with someone who is interested in working with children, we might work together but there will always be arguments or conflicts. Everyone will be fighting for his or her interests to be achieved. We won't make any positive impact, let alone for the placement but even the community. We will also end up not achieving our personal objectives for the program. In such situations, I've learnt how to overcome such through

adhering to the following: Identify your interests, be honest when team leaders ask you so you will be matched with someone who has the same interests. That's how you get your suitable counterpart just as you get your suitable placement. You don't just read or listen to a placement profile and go for it – No. You also need to identify your interests, what you can do best, your weaknesses, and be confident enough to express it honestly.

About host homes, I've learnt about adaptation. How you need to adapt to new things. You might have good or bad food, a small room and tiny bed; things will not always come your way, so you need to accept your present condition and focus on why you came in the program in the first place – experience. I lived in a generous family, in a big house where you will have what you never had. Through my host parents I've learnt the importance of giving; sharing. They would feel bad if you would reject a present from them or if you skip a meal. At some point, during the program when they lost their son, the home flooded with people from all over the country who had attended the burial. This showed me how people will always be there when you need them as you were there for them during their time of need.

In planning or organizing, we mostly talk about GCDs and CADs. I gained more skills when I was planning my GCD and being part of the CAD Committee. You always go through the pressure that is worth it, like: going back to same places to sort things out, researching useful and relevant information and meeting new and different people.

With all this knowledge, I'm prepared to face challenges and find solutions so as to achieve my life goals.

## **SOME OF THE WAYS IN WHICH I HAVE CHANGED FOR BEING PART OF THIS PROGRAM.**

Throughout the program, I have changed into a different person who is much better than before. The following are some of the everyday ways that I have changed into for being part of this program:

- I now plan my work, as in, I live to know what I'll be doing the next day through creating weekly work plans.
- I've become time conscious.
- I am now more social than I was; I can talk to anyone in a friendly manner be it male or female.
- I can now manage to live in a fixed budget. I reduce my expenses to increase my savings.
- With the help of my UK host home counterparts, I have changed in my feeding habits as I can now a variety of foods unlike before when I used to stick to our common staple foods.
- I am more keen, appropriate, specific and relevant in my proposal and report writing skills.
- I am quite confident in expressing my opinions in front of people.
- From the UK volunteers, I've learnt and changed into simple good manners like saying sorry or thank you regularly. Believe me it's not a usual behaviour in Kenya.

## ONE MEMORY FROM MY EXPERIENCE THAT STANDS OUT.

Nairobi is the capital city of Kenya and as a child, I would only wish to go see it but in reality I always thought that wouldn't happen. So when we got in Machakos, the first thing my host mom promised was to take us to Nairobi for a tour. I never told her I wanted to go. Just a coincidence I guess. Before we got into the taxi at 10:00am on a Sunday, we had planned the trip and never worked out for two weekends. We understood though, because we were patient; we would wait.

When she asked where we wanted to visit in Nairobi, we couldn't think of any, we all knew nothing about Nairobi, apart from it being the big city. Market. Yes, she said she would take us to the two markets where they sell cheap and second hand clothes – Mitumba. I was desperate to find my nice Christmas shirt. I knew what I wanted; I just didn't know where to find it.

Our first stop was isleee market. Mom had to do her shopping there too. She took us to the different shops in the great Bangkok shopping mall where she always shops. I got shocked to find out that it's a Somali populated street. So I clung my small bag to my chest. Not because I hate the Somalis but I just don't trust them. I walked slowly and carefully between people and cars in the crowds. It was horrible – yet I loved it. After all that hide and seek walk, our stomachs started rumbling. I only needed nothing but food. After lunch, we headed to Gikomba. I hated the entrance. It told me I had to do a lot of searching to find a nice shirt. So I walked in lazily, eyes searching in and out of the shops. We then walked in three guys who couldn't even spell a word because of the folds of "Miraa" in their mouths. I didn't like them but I was forced to take a look at what they were selling. Denim shirts. What I had been looking for. Greedy were they when they finally were able to spell out an "Eight hundred and fifty shillings". I didn't have much to say as my host mom attacked them violently in the war of bargaining until they spit out a "Three hundred shillings". I bought it and couldn't wait to get home to put it on. Believe me, as childish as it sounds, I still spent the night in it. When was Christmas coming???



During the light of hope youth initiative charity clean up walk.