



ANNUAL REPORT 2021

UNITED NATIONS KENYA
LOCAL EXPATRIATE SPOUSE ASSOCIATION

SUPPORTING UN SPOUSES



UNITED NATIONS KENYA
LOCAL EXPATRIATE
SPOUSE ASSOCIATION

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UNKLESA is sponsored by
UNON, UNEP and UNICEF.



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Letter from the executive board:

‘Resilience’

The year 2020-2021 was an extremely challenging year for all, as the COVID-19 pandemic brought unprecedented changes to our lives. UN families suffered the adverse effects of the pandemic and we, the volunteers at UNKLESA, found ourselves facing an entirely new territory in which we had to operate. Meeting our members and engaging with them in person like we used to was no longer an option. UNKLESA, which had been the ‘helping hand’ for so many UN spouses and their families, had to become a virtual ‘helping hand’.

Despite the challenges, we continued to carry out our mandate. We welcomed more than 20 families from around the world to Kenya and provided them with orientation services and information on accommodation, schools, medical services, employment and other relevant issues. We adopted the online approach to engaging with our members, adjusting our plans and schedules to keep in line with the COVID-19 regulations. During our virtual meetings, we ‘shared’ our home spaces with other members and in the process, unintended heartwarming icebreakers occurred, like meeting family members or the sounds of pets; a welcome reminder of what human interaction will be again, hopefully soon.

Unavoidably, ‘Zoom’ fatigue took its toll and attendance to virtual activities and events declined. Our Working Groups took on the almost impossible task of creating hybrid activities to rekindle members’ engagement whilst complying with COVID-19 reg-

ulations. ‘Afrobics’, a combination of African dance and aerobics, attended by few and broadcasted live from KTCC, was our first such event. We organized activities keeping in mind that our members needed opportunities to de-stress, have fun, or make use of their time at home and acquire a new professional skill. Online yoga, mental health seminars and an online learning platform founded by MIT

and Harvard and funded by UNKLESA for its members, were some of the activities on offer. However, the most attended event of the year was a combined tree-planting and children-playdate that we organized at Karura forest. It was clear: our members were longing to be outdoors again and socialize in person.

2022 promises to be an eventful year, as recovery begins, but the future is far from

certain. We volunteers at UNKLESA, will continue to carry out our mission of supporting UN spouses no matter what the future holds. We would like to thank all our members, who, with their participation and ideas, actively contribute to the development of the organization. Our goal is to do more for you this year. Finally, we would like to express our gratitude to our sponsors UNEP and UNON, whose invaluable support has made a big difference in UN families’ lives.

The UNKLESA board 2021





Family and Peer Support

Events Highlights

08/03/2021

Group donation to the Prematurity Ward of Kenyatta National Hospital

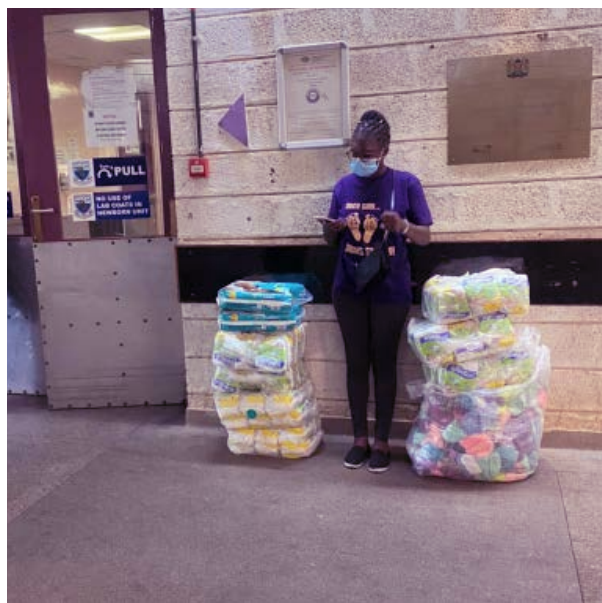
We celebrated International Women's Day by visiting the premature babies ward at Kenyatta National Hospital. UNKLESA members generously donated 400 hats that they had knitted themselves and 9 bales of diapers to the mothers, for the challenging days ahead.

This page: Donation arrived

Top: UNKLESA members together with employees of the ward and the Premie Love Foundation.

Bottom left: Hand made with love by our members

Bottom right: Part of the donation





Family and Peer Support Events Highlights

22/05/2021

'Sanity Outing #1'.

*A children's playdate + tree planting
at Karura forest*

A day out for children and their parents together was a highly attended event in May 2021. We organised this activity when we finally got permission to gather outdoors under specific regulations, and it seemed to be just what families had been waiting for. Children got a chance to play outdoors with other children and make new friends, while others planted seedlings at Karura forest under the guidance of a forestry specialist. Parents also got a chance to be outdoors and socialise with other parents. This event truly deserved its name.

This page: A most awaited play date.

Top: Children learning about the indigenous trees at Karura and what it takes to look after the forest.

Bottom left: Playdate and picnic two in one

Bottom right: Learning to collaborate





Family and Peer Support Events Highlights

25/09/2021
Mlango Farm family day trip

UNKLESA members and their families spend a whole day at Mlango farm and enjoyed the peaceful rural environment. The day started with a farm tour, where they had the chance to harvest as many vegetables as they could carry in their baskets. Children also learned about agriculture and farm life, and had the opportunity to feed farm animals. At the end, they participated in an educational recycling workshop.



This page: Enjoying a farm-to-plate lunch.
Opposite page, top and middle right: Children meeting and feeding the farm animals.
Bottom left: Farm tour.
Bottom right: Harvesting farm vegetables is half the fun at Mlango.





Family and Peer Support Events Highlights

23/10/2021
Sip & Stitch
at Gigiri Pallet Cafe

In the buildup to World Prematurity Day, we organised a crochet workshop for our members, led by Gulraze, a member herself. Gulraze showed everyone how to knit beanie hats for our next charity event for premature babies.



This page left: Gulraze in action.
This page, right: Pallet Cafe Gigiri, outdoor area.
Opposite page: One of our members mastering the
crochet stitch







Training and Development

Events Highlights

08/03/2021
Afrobics

Amid ‘Zoom fatigue’ we came up with this hybrid event, to offer our members an outlet for fun and exercise, while complying with Covid-19 restrictions. ‘Afrobics’, was an African dance/Aerobics class, accompanied by live African drums. Due to Covid-19 restrictions it was physically attended only by a few people and broadcasted live from the KTCC football field for the rest of our members.

Opposite page: Cathy being recorded and broadcasted live as she leads the AfroBics session.
Bottom left and right: Dance and exercise to the sounds of African drums.





EDX online learning platform

Founded by MIT and Harvard Universities

Funded by UNKLESA

The activities of Training and Development were markedly affected by Covid-19, as the pandemic made it impossible to meet in person. Oscar Delgado (Training and Development Coordinator), in his work as a teacher, had come across MOOCs (Massive Open Online Course) such as EDX and decided to reach out and inquire about the possibility to team up with UNKLESA. The result: UNKLESA funded 5000 USD worth of training for its members, to be received in the form of a code, that provides free access to the chosen course.

Terms and conditions that apply:

1. Only one code per member
2. Only UNKLESA members (not their UN staff partners) are entitled to apply for codes.
3. If the course costs over 300 USD, the member contributes the difference.
4. All courses need to be completed within 4 months from enrolment
5. If the member fails to complete the course and receive a certificate, they must refund UNKLESA, so the opportunity can be given to another member.

So far, 11 of our members have taken an EDX course and the response has been very enthusiastic. We asked some of them a few questions regarding their experience, and here is what they said:



/ Kevin Barrett /

What is the title of the course you took, and what was the duration?

How to Write a Novel Part 1: Plan and Outline, duration 6 weeks.

What made you decide to take this course?

Something quite unlike what I have done for years, yet something I always suspected I should have done. The usual obstacles thrown up by life, the universe, and everything had always got in the way, together with the unfortunate consequence of a long-ago school that never thought I could write!

But having both the time and being offered the opportunity through UNKLESA to take part in a course I didn't previously know existed, meant I could indulge this whim, and begin the process of writing a novel. Leave behind all the normal paraphernalia of life around the UN and disappear to somewhere altogether more exotic...!

How was your experience with the EDX online learning platform?

Just an interface which, like any other, you just learn. It isn't so complicated, and anyway in my case was only a means of communicating. Send ideas, receive comments, ask questions, and so forth. The course produced a video every week addressing the next phase of the course, and addressing questions asked. It is quite nice hearing "Kevin from Falmouth has asked..."!

Do you feel that the course will be useful to you in the future in a professional or personal way and if so, how?

Certainly, in a personal way. And who knows, if it becomes something bigger it could be a professional start. It has given me both the basic tools and the confidence to move into a realm with which I had no previous encounter, but within which I think is eminently possible to flourish.

Would you recommend it to others?

Oh yes! But do look out for whether or not you need to pay for the course. Many are free. To this day I remain convinced I had not handed over the code number I was given by UNKLESA, and that the course was free. But because it was more than a month since receiving the code that I raised the possibility of using it for the second level in the series, which certainly was a paid-for course, my code number had expired and was assumed used (Sigh!!).



/ Christina Christoforou /



What is the title of the course you took, and what was the duration?

Video for Content Creators, by Berkley Advanced Institute of Journalism. Duration was 4 weeks.

What made you decide to take this course?

Two reasons: I had started looking for consultancies within the UN and I had realised that the requirements for graphic designers almost always included video editing. This is something that i had already started learning myself using Premier Pro, a software that is quite elaborate and requires a lot of work to learn it well. This course seemed interesting because it teaches you how to quickly edit videos professionally using only your smartphone. The other reason was that I had time in my hands and I was really looking forward to learning something new. I want to look back to the COVID years and think that it wasn't a complete waste.

How was your experience with the EDX online learning platform?

It was unexpectedly fun. The course was a series of prerecorded videos that one follows as the instructor explains how the various applications work. After each session there was an assignment, so the course is very hands on. I did have to spend a little money to buy some equipment so i can do the assignments properly, but it was not compulsory (just advised) and there

are cheap options so it was fine.

Do you feel that the course will be useful to you in the future in a professional or personal way and if so, how?

It is already useful to me; I have added it to my CV, and I can now apply for projects that I couldn't have applied for before.

Would you recommend it to others?

I would recommend it to people in any Communications related discipline. However, you don't need to be a pro to take this course because the software that is taught is quite simple and some of these apps come with your smartphone anyway. So, if you want to learn how to edit your home videos for example, or if you need to create content that is social media friendly, this course is for you as well.

/ Oscar Delgado /



What is the title of the course you took, and what was the duration?

How to write a novel, structure and outline. 4 weeks

What made you decide to take this course?

A need to improve my creative writing skills, and how to compose fiction or nonfiction more efficiently and creatively.

How was your experience with the EDX online learning platform?

One word is enough: great. The course was very professional, and the feedback I received from the tutors and fellow students, very helpful. The feedback forum was also very helpful. The questions and responses from other students were very illuminating.

Do you feel that the course will be useful to you in the future in a professional or personal way and if so how?

I am a professional translator, and this course will be very helpful not only for my field of work, but it will also allow me to expand into other fields of writing.

Would you recommend it to others?

Anyone who is interested in creative writing.

I need to express my gratitude to UNKLESA for the chance and economic support to take a University of British Columbia Course in

creative writing structure and outline. It has been very helpful. I particularly appreciate that thanks to their encouragement, I was able to turn the pandemic into an opportunity for professional and personal development.



/ Sara Nanci Gimsay /



What is the title of the course you took, and what was the duration?

Managerial Accounting and Corporate Control. It was an intense 12week course, but it was worth it.

What made you decide to take this course?

My choice was a result of my passion for my discipline of accounting. Secondly, I felt the need to upgrade myself to modern Accounting and be abreast, to broaden my knowledge and to make use of it when job opportunities present themselves.

How was your experience with the EDX online learning platform?

Online learning, I must say is not easy as you don't get to relate with your lecturers and classmates, especially with courses like Accounting that deal mostly with calculations and one may need instant help. Indiana University through EdX made online learning easy and interesting. Though we couldn't meet physically, we had recorded lectures introducing each topic before being referred to textbook. We communicated through a platform called 'Community,' where answers to exercises were posted, where we asked questions and got instant responses. I for one posted a question and was amazed to get a response from our professor, though not instant due to time difference but within a short period of time. He kept messaging me to find out if my questions were answered and was willing to assist even more.

Do you feel that the course will be useful to you in the future in a professional or personal way and if so, how?

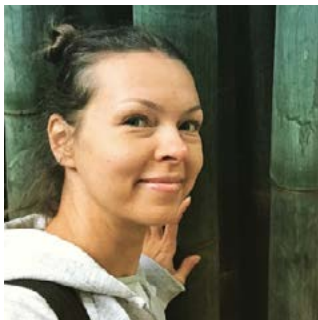
Whenever I have the opportunity to attend a training, I learn with the mindset of how to use it in all aspects of my life. Therefore, Managerial Accounting and corporate control will definitely be useful to me on a Professional level if given the chance or in my personal business. During my study, I got motivated to start a small scale manufacturing business because the study broadened my view that I can be a manager of a small-scale business and then grow or be a Manager in an organization.

Would you recommend it to others?

Managerial Accounting and corporate control is a course I will recommend others to take as it deals with aspects beyond finance. It emphasizes on Decision Making leading to better goal setting, planning and controlling though finance related but everyone needs to make good decisions in every aspect of his life, hence my recommendation. As I recommend Managerial Accounting and Corporate control, am starting another course TAXES AND DECISION MAKING at Indiana University through EdX in Two weeks' time and am so looking forward to it.

Thank You UNKLESA for this great opportunity.

/ Anna Saksagon /



What is the title of the course you took, and what was the duration?

Adaptive Leadership in Development, by the University of Queensland Australia. Duration 4 months.

What made you decide to take this course?

I was looking for a course that would be interesting for me and also relevant to my professional background. As I am working in the field of development this course sounded very interesting, as it covers different aspect of the work in development.

How was your experience with the EDX online learning platform?

My experience with EDX was interesting and I learnt a lot. Starting from proctored exams, which I never took before, to submission of questions and written tasks online. I did feel lack of communication with the real professor, like you would have in an actual face to face study, but cannot complain, as the platform had put in place really good feedback mechanisms and it was easy to get in touch with the professor or peer colleagues in case I had questions.

Do you feel that the course will be useful to you in the future in a professional or personal way and if so how?

I surely hope it will be useful, I learnt a lot in terms of program design, management, stakeholder

engagement and monitoring and evaluation. All these are very important aspect in the development. The course also made me think critically, think out of box, read a lot and practice my writing skills. I am very happy that I took it and really grateful to UNKLESA for such an amazing opportunity!

Would you recommend it to others?

Yes, but only to those whose interest is in the area of development and sustainability, especially program management.



/ Dioulde Kane /



What is the title of the course you took, and what was the duration?
Introduction to Project Management. It was a six weeks course.

What made you decide to take this course?
It's an interesting topic that is useful professionally and also in everyday life.

How was your experience with the EDX online learning platform?
The EDX online learning is very friendly and easy because it allows you to choose your own schedule and also the type of tools that suites you the best. Example : videos, written presentations etc.

Do you feel that the course will be useful to you in the future in a professional or personal way and if so how?
Yes definitely. That's the biggest advantage of this course. Project Management by definition is a technique that teaches all the steps that are required to realize and execute a project. It can be a personal project like changing tiles in the house or professional like a company project.

Would you recommend it to others?
Yes.

/ Idzai Muchabaiwa /



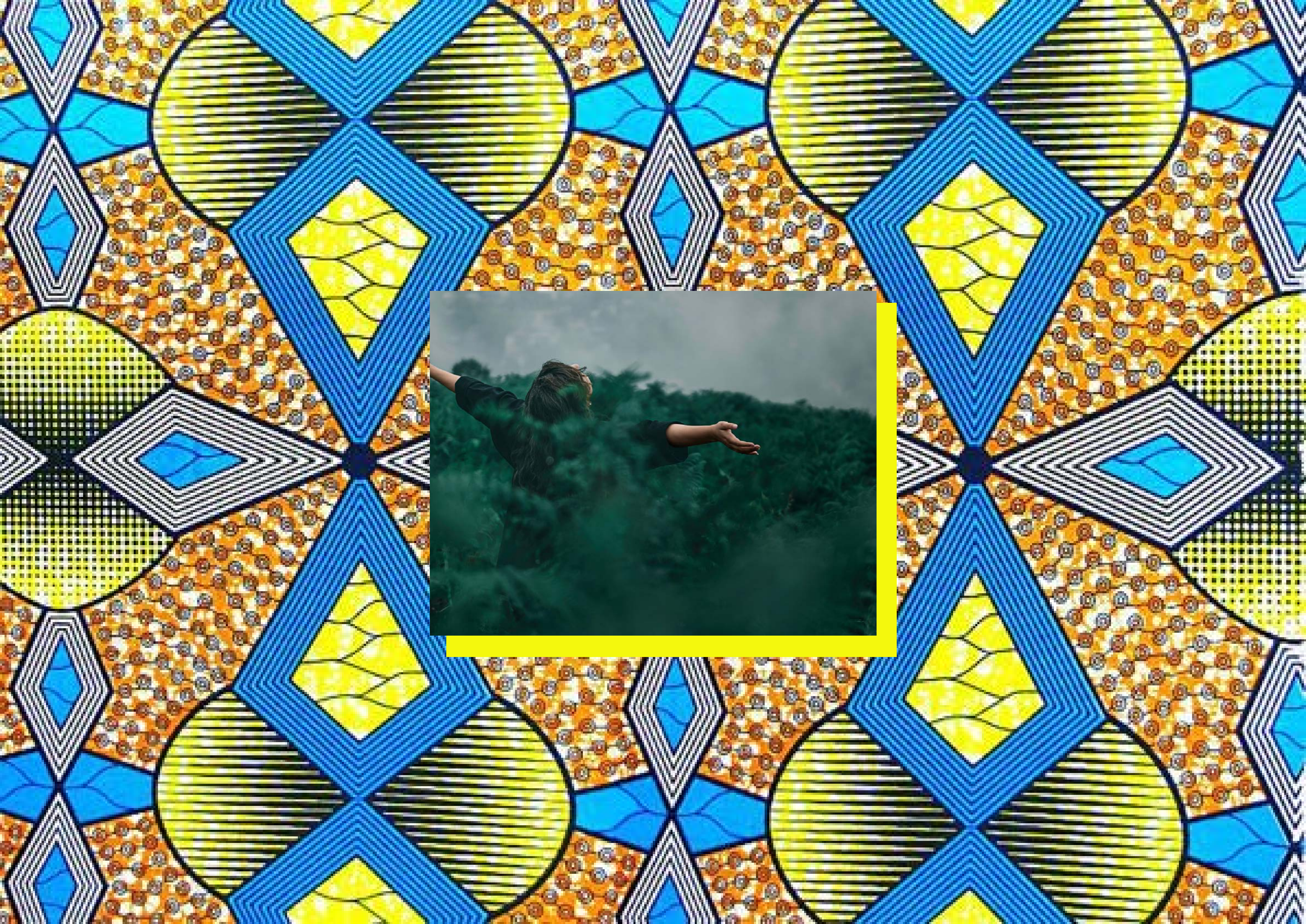
What is the title of the course you took, and what was the duration?
Introduction to Clinical Psychology.
Duration was 6 months (though i finished it in 3).

What made you decide to take this course?
I wanted to enhance my knowledge in mental health.

How was your experience with the EDX online learning platform?
My experience was good because I was able to study at my own pace and get the necessary support from the lecturers and peers. Every time I contributed my thoughts, some of my classmates would comment and we were able to further discuss online as well. Additionally, since it is an online course, I gained some experience in learning from on-site students, while at the same time i had the opportunity to network with people in this line of work from other continents. The financial support that I got from UNKLESA made this easy for me, since I was just focusing on my studies. Overall, the conditions in which i studied, enabled me to finish the course and get the certificate before the time scheduled.

Do you feel that the course will be useful to you in the future in a professional or personal way and if so, how?
Yes, it already is because i wanted to refresh my knowledge in psycholo-

gy with current theories and modules which is what i started doing.
Would you recommend it to others?
Yes.

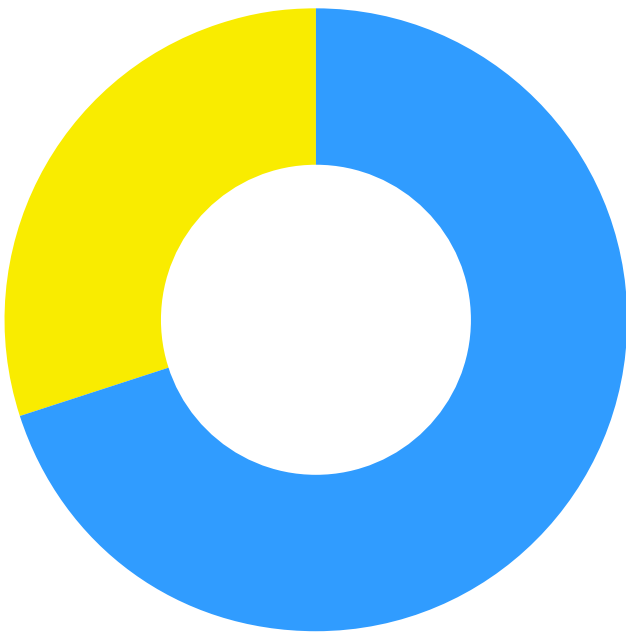




Budget 2021

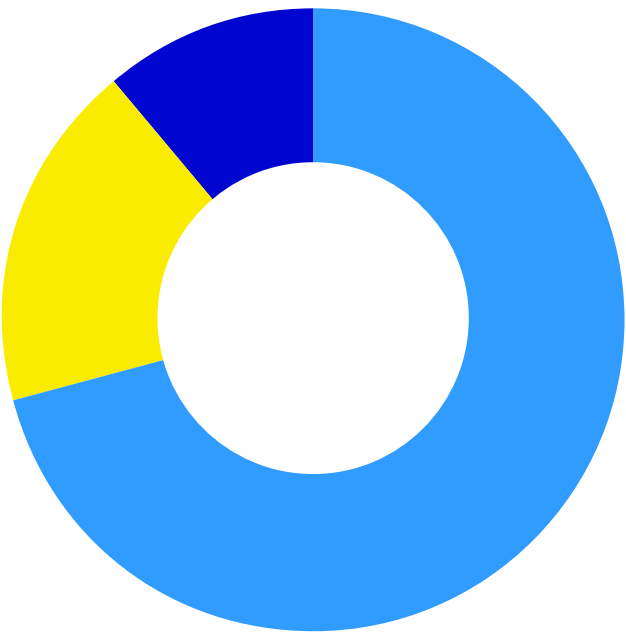
Closing balance:
\$58,236.55
250,675.50 KSH

USD: 82,286.54



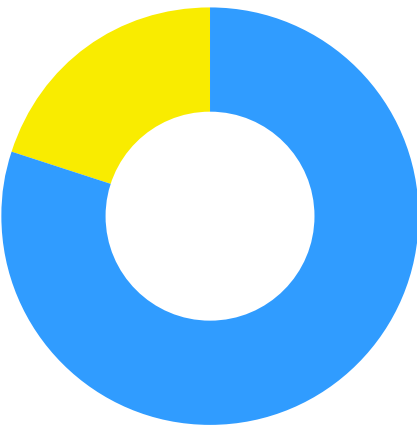
%	Revenue
70	Opening Balance: \$58,286.54
30	UNEP Contribution: \$24,000

USD: 24,049.99



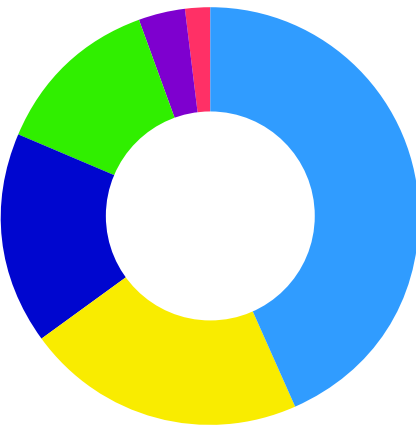
%	Expenses
70	Stipends: \$18,700
20	Training (EDX): \$5000
12	Communication: \$349.99

KSH: 530,222.50



80	Opening Balance 423,280.50 KSH
20	Membership fees 106,942 KSH

KSH: 279,546



70	Family & Peer Support 122,140 KSH
21.5	AGM: 60,000 KSH
16.5	Training & Development 45,891 KSH
13	Advocacy & Networking 36,000 KSH
3.5	Office Expenses 10,000 KSH
1.9	Board meetings 5,515 KSH





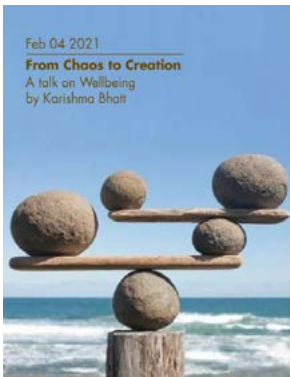
Advocacy and Networking report

ADVOCACY PLAN OBJECTIVES 2020-2021	ACHIEVEMENTS November 2020 – October 2021
Monthly Working Group meetings	Replaced by a Whatsapp group
Presentations at induction (52 weeks)	None has been completed since June 2020 due to the lockdown. Efforts were made to have UNKLESA join the induction presentations online via the UNON office. UNKLESA has written several emails to UNON but has not managed to join in the online presentation.
Plan advocacy activities including coordinating advocacy Working Group meetings and attendance	<p>Planned to have 14 advocacy activities for the year. However, 7 advocacy activities were held:</p> <ol style="list-style-type: none">1. From Chaos to Creation: A talk on Wellbeing2. Career talk: Chanda Ginsberg talks about becoming a UN volunteer3. Talk: Envisioning, Goal setting & the Manifestation formula4. Career talk: How I became a UN legal officer5. The Impact of Technology on Children Today6. Sanity Outing + Tree Planting Combo at Karura forest7. Welcome Back coffee social in September <p>July-August was a break for summer holidays</p>

ADVOCACY PLAN OBJECTIVES 2020-2021	ACHIEVEMENTS November 2020 – October 2021
Weekly presentation practice in English	Weekly presentation practice in English was stopped due to low attendance since 2020.
Explore ways to increase the scope of networking within the UN and update a contact list	Advocacy has written letters to UN Women, UNHCR and UNESCO for funding. The contact list are saved in the advocacy email folder.
Records of attendances at HRSC meetings	There has been 100% attendance at the HRSC meeting since Nov. 2020 to date by UNKLESA representatives.
Reach out to other LESAs	No interLESA meetings were held during the period between Nov. 2020 and Oct. 2021.
Prepare budget for each activity	Prepared a budget for activities for the year totalling 2,230 USD, however only circ 10% of the budget was utilised.
Maintain good relationships with existing partners and sponsors.	Prepared a report to be included in the annual report submitted to our sponsors.
Membership-percentage of people that have signed up versus the previous year	2020 Membership =153 members (Oct. 2020) 2021 Membership = 151 Members (Nov. 2021)

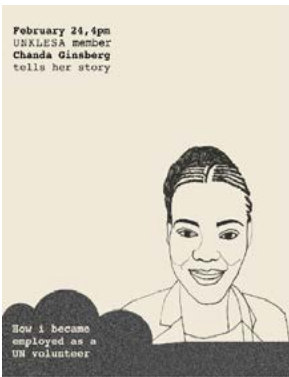


Advocacy and Networking events



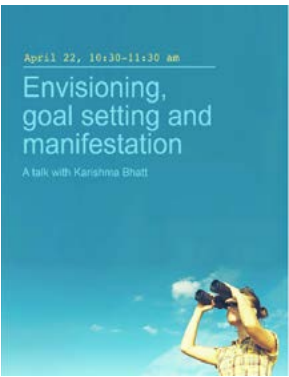
APR 22
Well-being and mental health talk: From Chaos to Creation

Karishma Shukla is looking at transforming our past experiences from a place of gratitude and calmness; creating new goals from a state of power. (via Zoom)



FEB 24
Career talk: How i became employed as a UN volunteer

Chanda Ginsberg, a UNKLESA member and a UNV who works as a Communications Officer for UNDP, shares the story of her journey to getting a job with the UN. (via Zoom)



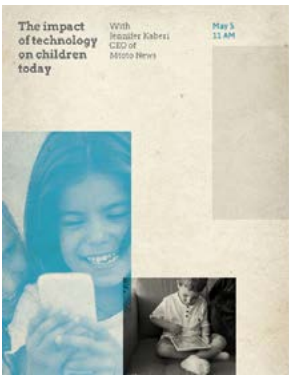
APR 22
Envisioning, goal setting & the manifestation formula

Karishma Shukla is taking a look at how to envision our goals, setting up actions to align with our goals and the manifestation techniques used by many companies today. (via Zoom)



APR 29
Career talk: How i became a UN legal officer

Jason Biafore, a UN Legal Officer for OSLA (Office of Staff Legal Assistance) shares the story of his arduous journey, from working as a lawyer in private practice to becoming a legal officer for the UN. (via Zoom)



MAY 05
The Impact of Technology on children today

Ms Jennifer Kaberi, Child Development specialist, shares her knowledge on the subject and advises parents on ways to keep their children engaged with technology but safe from overexposure. (via Zoom)



MAY 22
Sanity Outing & Tree Planting combo at Karura

UNKLESA is bringing you and your family an opportunity to take part in tree planting while your children can also have a playdate at Karura forest. UNKLESA will provide the seedlings and the equipment needed for planting.



SEP 16
Welcome back coffee social in New Muthaiga mall

Join us at Chic Restaurant in New Muthaiga Mall for a social event to welcome you all back to Nairobi. Drinks and snacks are on us.



UNITED NATIONS KENYA
LOCAL EXPATRIATE SPOUSE ASSOCIATION

www.unklesa.org

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