



## Not By Bread Alone - A Women's Empowerment Program



[Your Itinerary, maps and weather](#)



# Table of contents

- A New Kind of Holiday ..... 3
- The Not By Bread Alone Program ..... 4
- What To Expect From This Experience ..... 4
- Leveraging a Cultural Legacy ..... 4
- Small Business Opportunities for Egyptian Families ..... 5
- Additional Employment Opportunities for Egyptian Households ..... 5
- Our Excursions to Villages and Farms Are Inspiring ..... 5
- Contact Us ..... 6
- Inclusions ..... 7



## A New Kind of Holiday

At **One Horizon**, you will meet the **people** of Egypt. Spend time with them, learn about their lives, and be transformed in ways you never imagined. You'll hear about the hopes and dreams they have for themselves and their children. And you'll be helping them move closer toward that better life. Imagine how it will feel to share smiles with these welcoming people. And you'll share your dreams as well. Perhaps long-harboured wishes for connection, trust, and joy with others in our world. And the chance to share the lessons of your own life.

This is what you have been looking for - to do good by giving back. The villages in and around Cairo are where this will happen. By spending this precious time with the people of Egypt you will be transformed. We invite you to join us. As with so many of our guests, you'll be swept up in an emotional journey that will change you forever. So come on a most incredible journey. A journey into the heart of lightness.

### How We're Different

**One Horizon** provides more than 50 sustainable **programs** in Africa, aiding and assisting communities with nutrition, clean water, irrigation for farming, electricity, vocational training, and housing.

We are a non-profit, so your travel dollars go directly to improving the lives of the people you meet – the children, the young couples, and especially the seniors– who have an esteemed place in Egyptian life. By creating this model of “*travel with a purpose*”, we invite you, the visitor to make a hands-on, positive impact in the communities you visit and the people you meet, laugh with, and get to know.

For more information on the work of One Horizon please [click here](#)



### The Not By Bread Alone Program

One Horizon's Not by Bread Alone objective is the economic empowerment of women. And by harnessing a cultural legacy around the skills of bread making, **people** can deliver economic certainty for themselves and their families, reduce stress and anxiety and have a more stable life. It's a great practical program with immediate benefits and low startup costs. And the return of smiles to the women's faces and those of their families is a reward for everyone.



### What To Expect From This Experience

You will be involved in a travel with purpose experience that will link you to the people of Egypt. An experience that leaves a community better off than before.

This is a total cultural experience where you meet every day Egyptian village women and who can benefit by a reliable source of income that bread making generates. You can talk to the locals about their life experiences and gain penetrating insight into Egyptian culture



### Leveraging a Cultural Legacy

Egyptians are never far away from their cultural and historical ties with the past. For over 4000 years, bread has been the most important food in Egypt, and it is to this current day. And the evidence for the earliest bread making by Egyptians can be found in the ancient wall decorations of tombs. It is this cultural legacy which we are harnessing to help Egyptian families.

In Egypt today, the most popular bread in Egypt is 'baladi' bread which is baked in household and restaurant ovens across the country. Because it is the mainstay for most Egyptians, the government subsidizes its costs.





### Small Business Opportunities for Egyptian Families

Typically, the bread is sold at the oven to Egyptians walking by street vendors. It is transported to vendors on bicycles. And that is a sight to see as young men balance trays of hot bread on their heads as they navigate the chaotic traffic.

There is always great demand for 'baladi' bread and the women in villages have the culinary skills to make the bread. What has been missing is the capital and tools required to start up their bread making business. One Horizon identifies those women in villages and those with families that would benefit from making bread as their own small business.



### Additional Employment Opportunities for Egyptian Households

And our families can also enter our program that hosts travellers in their village and homes. By undertaking bread making classes with the guests, they earn income as well. This is a great grass roots opportunity to meet local families and to learn about life in Egyptian villages. It's great fun and typically a lot of singing and laughter all around.



### Our Excursions to Villages and Farms Are Inspiring

Our excursions to these farms bring people from all walks of life together to help each other. A genuine collaboration which enables everyone to get involved and to 'give back'. Our guests enjoy the excursions immensely. And our Egyptian families also earn an income from hosting guests. It's a win-win situation for all. In addition to including a farm excursion in your travels to Egypt, you may also like to consider providing funding to purchase a baking oven for an Egyptian family. Your help would facilitate this program and economic empowerment to its recipients.





## Contact Us

Web: [onehorizonafrica.com](http://onehorizonafrica.com)

Enquiry: [enquiry@onehorizonafrica.com](mailto:enquiry@onehorizonafrica.com)

Tel: +254 0701 568 565





## Inclusions

*This excursion can be combined with other tours for totally immersive activities. The other tours include Khan El Khalili Bazaar, Old Cairo (Coptic and Islamic History), the National Museum of Egyptian Civilisation, Stairways to Eternity (The Pyramids of Giza) and many others. Please enquire at One Horizon for your options.*

- Pick up at 9.30 am from your hotel and return around 4.00 pm (approx.)
- Water
- Lunch
- All entrance fees, service charge, current taxes, and vat.
- Services of an English-speaking guide
- (Optional) Membership of the Ancient Egyptian Research Association (AERA) which supports the training of young Egyptian archaeologists and field work excavations in Egypt

## Exclusions

- Personal expenditure of any kind
- Tips
- Alcoholic Drinks and extra meals (other than those stated in the itinerary)