

1. Good education

The majority of our children in WaaW only have a mother.

The mothers often work 6 or 7 days a week to be able to survive and most of them work from early in the morning till late in the evening. Therefore they don't have much time or energy left for their children's homework and education.

Classes in government schools are huge (sometimes up to 60 children per classroom), teachers receive little to no training or support, earn little money and don't care about individual students. Education is entirely based on memory. Kids have to copy what the teacher writes on the blackboard then have to copy that again as homework or copy information they have to find on the Internet from Internet cafes that have almost no parental control. We have kids at WaaW that are 10 years old and learn about cell biology but don't even know the alphabet correctly. We have kids that have to write all numbers between 100 and 500 for homework but they don't know how much $50 + 20$ is.

Between 2.00 en 2.45 p.m. the kids arrive and we help them with their homework. The kids that finish fast or have no homework continue with fun tasks that we prepare in line with their school and age level so they continue to learn in a playful way. After homework the children get a healthy snack of yogurt and fruits or smoothies.

Between 3.30 en 5.30 p.m. the 3 groups rotate between sports, activities and individual teaching. Each month has a theme where we broaden the kids' horizon by teaching them about things they usually don't learn about in school. Some of the themes we've used are "around the world", "me and my family", "the human body", "the environment and contamination", "English, etc. After school holidays we start with a series of exams to determine the current level of each kid. According to the results of these exams we develop a personal teaching program for each individual child. This way they can catch up and enforce parts they are weak at or insecure about.

We motivate our children by giving smileys each day for good behavior like helping others, eating their food, brushing their teeth, etc. Apart from the star of the day that gets to wear a crown and read a story at the end of the project, all kids that earn enough smileys from Monday to Thursday, can join our Friday Big Brother/Big Sister events. This is an outdoor activity like a visit to the park, a bread factory, the hospital, etc. that is usually related to the theme that month. On Monday we appoint a star of the last week that gets a certificate to take home.

2. Healthy and balanced nutrition

For the majority of our children their diet consists for 98% out of carbs. Rice, potatoes, bread and pasta are the cheapest and most common ingredients.

Children almost never eat meat or fish, dairy products, vegetables or fruits. This is not just a problem for the development of their brains and muscles but it also makes them receptive to bacteria and parasites.

Between 5.30 and 6.00 p.m. we end each day with washing hands, a healthy meal and brushing teeth. We have a 3 weekly rotation of recipes designed by a professional nutritionist that combined the rules for a healthy diet with the availability of local ingredients.

3. Health and hygiene

The majority of our kids at WaaW have never visited a doctor or a dentist. They have no running water or toilet in their home and they don't have a toothbrush or toothpaste. In WaaW we spend a lot of time in learning them basics like washing hands, brushing teeth and hygiene in general. We have regular lectures from dentists and medics.

We started with a yearly dental campaign and if funding allows us to, a medical campaign.

In 2012 we had all WaaW kids checked by our dentist. The result was a complete horror story! For 25 kids that are between 5 and 12 years old and of which most still have their milk teeth, we had a total score of 231 cavities, 15 teeth that had to be pulled because they were beyond repair. Most kids also had longterm infections and there was a huge list of more complex problems.

Our local dentist treats all the kids from that point on. The first year we spent about 6.000 Euros on dental care. FairServices pays for 90% of expenses, parents have to pay the remaining 10% so they stay involved and push the kids to brush their teeth at home also. When parents are not able to pay the 10% at once, we make a payment plan with them. The dentist explains to the parents and kids each year about the importance of brushing teeth, fluorization, check ups and he explains this again to each individual child and their mothers when they visit his practice.