



EL RIO INDIGENOUS COMMUNITY PROGRAMME 2023

EL RIO INDIGENOUS COMMUNITY PROGRAMME OVERVIEW:

1. AIMS OF PROGRAMME:

To involve the Indigenous Community at Quebrada del Sol and surrounding villages in our educational, sporting and environmental programmes

1) El Rio Games – Set up monthly sports club and/or art activities for 150+ children in Q.del Sol.

2) Community English programme – Improve the level of English in and around Q.Del Sol by providing a full-time member of staff to teach:

a) 10 hours a week - 120 students in 3 primary schools.

b) 7 hours a week - 90 students in Secondary school

c) 4+ hours a week - Intermediate English with 5+ local young adults and adults in the Community.

3) Environmental education – Support the community leaders in Q.del Sol to promote environmentally conscious ways of living to all school-aged children:

a) Set up recycling and waste management infrastructure in Q.Del Sol.

b) Teach children the practical do's and don't's of recycling and waste management with a particular emphasis on cutting plastic pollution through 10 x environmental education sessions.

4) Eco tourism – Boost the local economy by training local guides and helping attract tourists to activities in and around Quebrada del Sol.

a) Train up 4+ English speaking guides (see above)

b) Help to organise a tour of Q.del Sol for Rio Hostel/La Ponderosa Guests run by local guides.



INTRODUCTION TO THE EL RIO FOUNDATION

2. WHO ARE WE?

Rio Hostel, Buritaca is an award-winning hostel (voted 2nd best in Latin America and best in Colombia in 2018) with a large community outreach programme.

Our charity arm, the El Rio foundation, sponsors a jungle school 90 minutes walk from the hostel, provides sports club opportunities for every child in our local town and has also started a large recycling project and environmental education programme. We also run a 60+ hour a week Community English and Academic Tutoring programme for local children and adults and organise activities for 3 - 5 year olds, three mornings a week.

Our Indigenous Community Programme has been designed in response to a request by community leaders at Q.del Sol asking if they could take part in our programmes.

For the best introduction to the Foundation, please click [HERE](#) (short video) or [HERE](#) (longer video with information about our fundraiser for 2022).

For the latest foundation updates, please follow us [@elriofoundation](#) on Instagram.



3. CURRENT SITUATION:

- **There are really sporty kids at Q.del Sol but almost no sport** - Indigenous children are very active, often walking long distances to school, however there are very few opportunities for them to play sport either inside or outside of school. Through our pilot programme, the kids took part in a range of different sports and they absolutely loved them. I have worked in community sport for 15 years and I have never seen such joy or enthusiasm for children taking part in new sports for the first time.
- **Community Building Opportunities** – Campesino children and Indigenous children do get along very well, however they tend to live in separate communities and so regular opportunities to come together through sport are another huge positive of the El Rio Games programme that the local Community leaders have highlighted.
- **There are no English Speaking guides in Q.del Sol** – The town is fairly accessible from the Troncal and there is definite demand from foreign (and local) tourists to understand more about indigenous Kogi culture. Unfortunately, with no English-speaking guides, the current tour is fairly short, unstructured and underwhelming and as a result very few tourists come. There is however huge potential at and desire from Q.del Sol to embrace Eco-tourism opportunities and we are therefore very excited to help create a sustainable tour with local guides with opportunities to buy local indigenous artisanal goods.
- **There is a need for waste management infrastructure and environmental education** - The indigenous Kogi culture has very environmentally conscious principles of protecting and caring for the Sierra Nevada. Unfortunately, without education on waste management, many of their sacred sites as well as their school remain littered with plastic packaging.
- **Many of the older children have expressed interest in working in tourism** – From our pilot programme, we know that a lot of the teenagers are very excited about guiding visitors around their village. However, Indigenous children tend to be culturally quite shy hence developing English public speaking skills as well as building a high-quality tour itinerary are key aims of our initiative.



4. OVERVIEW OF EL RIO INDIGENOUS COMMUNITY PROGRAMME

In 2023, we are planning to include the Indigenous Community of Q.del Sol in our educational, sporting and environmental programmes.

1) The El Rio Games – provide sports and art club opportunities for all 150 children in the town.

- a. Monthly Inspirational sports and arts festivals
- b. Provide sports equipment for the schools and community
- c. Train 5+ local young adults on how to run fun, engaging, tailored sessions for children of all abilities
- d. Set up 2 x clubs per week for the sports they enjoy the most.

2) Community English lessons – provide a Community English teacher for '5 day a week' to improve the level of English of local children and adults

The Current Teacher Timetable for Pilot Project is:

- Monday:
 - 8.30 – 12pm – Q.Del Sol primary school (60 children)
 - 2 – 4pm – Intermediate English for potential English-speaking guides (5+)
- Tuesday – 9 – 11:30am – Casa Tabla primary school (17 children)
- Wednesday:
 - 8.30 – 12.30pm – Q.Del Sol Secondary school (45 children)
 - 2 – 4pm – Intermediate English for potential English-speaking guides (5+)
- Thursday – 9 – 11:30am – Maleizhi primary school (40 children)
- Friday - 9 – 1pm – Q.Del Sol Secondary school (45 children)

3) Environmental education – Support the community in Q.del Sol to promote environmentally conscious ways of living to all school-aged children:

- a. Set up recycling and waste management infrastructure in Q.Del Sol.
- b. Run 10 x Environmental education workshops for all school-aged children focusing, especially on plastic pollution.

4) Eco tourism – Organise a regular tour for tourists run by local guides.

- a. Train up 4+ English speaking guides (see above)
- b. Support the creation of a tourist friendly itinerary
- c. Create Marketing content and liaise with El Rio, La Ponderosa and other local hostels to encourage guests to visit Q.del Sol.
- d. Provide year-round support to ensure the tour is a success and becomes completely independent of us within a year.

5. OVERVIEW OF FUNDING NEEDED:

1. El Rio Games

- a. Inspirational multi-sport festivals - $\pounds 200 \times 5 = \pounds 1,000$
- b. New sports equipment for community: $\pounds 250$
- c. Sports coaching training budget for 5+ local young adults: $\pounds 250$
- d. 2 x weekly multi-sports session in schools: $\pounds 18 \times 40 \text{ weeks} = \pounds 720$
- e. Transport to Quebrada del Sol = $\pounds 12 \text{ per trip} \times 8 \text{ visits} \times 10 \text{ staff} = \pounds 960$
- f. Programme Co-ordinator - $\pounds 400$
- g. **Total: $\pounds 3,580$**

2. Community English Lessons

- a. Teacher wages - $\pounds 250 \times 10 \text{ months} = \pounds 2,500$
- b. Food and accommodation for Community English teacher: $\pounds 120 \times 10 = \pounds 1,200$
- c. Monthly transport for Community English teacher:
 - i. $\pounds 4$ - return journey to Q.del Sol - $\times 3 \text{ a week} = \pounds 12$
 - ii. Return journey to Melezy - $\pounds 8$
 - iii. Return journey to Casa Tabla - $\pounds 10$
 - iv. Total = $\pounds 30 \text{ a week} \times 4 = \pounds 120 \text{ a month}$
 - v. $\pounds 12 \times 2 \text{ return journey to El Rio} = \pounds 24 \text{ a month}$
 - vi. $\pounds 144 \text{ per month} \times 10 = \pounds 1,440$
- d. Tailored Teaching materials for (including for those who cannot read and write):
 - i. School children - $\pounds 200$
- e. Programme Co-ordinator - $\pounds 500$
- f. **Grand Total: $\pounds 5,840$**

3. Environmental education programme

- a. Needs analysis of Waste management infrastructure Q.del Sol and surrounding villages: $\pounds 200$
- b. Provide basic recycling infrastructure in schools and in Community: $\pounds 400$
- c. 10 x Environmental education workshops
 - i. Lead teacher - $\pounds 10 \text{ per session} \times 10 = \pounds 100$
 - ii. Assistant teacher - $\pounds 8 \text{ per session} \times 10 = \pounds 80$
 - iii. Transport - $\pounds 24 \text{ per session} \times 10 = \pounds 240$
 - iv. Teaching materials - $\pounds 100$
- d. **Total: $\pounds 1,120$**

4. Eco-Tourism:

- a. Provide additional training for 5+ guides to run walking trips/tours around Q.del Sol: $\pounds 300$
- b. Help Set up, provide ongoing support and promote the opportunity to all El Rio, La Ponderosa and other local hostels guests: $\pounds 300$
- c. **Total: $\pounds 600$**

Overall Total: $\pounds 11,140$



6. ENGLISH TEACHER BIO - NAOMI

Our English teacher for our pilot project since January 2022 is Naomi Taylor. Having studied Kogi Culture in her degree at Bristol University, she is very passionate about making her classes culturally sensitive and is in the process of creating indigenous teaching material specific for Kogi culture.

She speaks English and French natively, Spanish fluently and is learning Kogi. She's been coming to the area regularly for the last 3 years and has been involved in numerous community projects here. She is the first native English teacher working in these communities and has absolutely loved building relationships with the children she's engaged with over the last few months.

She has been a fantastic addition to the staff at the Q.del Sol, now knows all the kids by name and is in our view the perfect candidate to lead the teaching moving forwards.



7. PROJECT LEAD BIO - FELIX SULLIVAN:

I am the project lead for this programme and Director of the El Rio Foundation. I have a first class history degree from Exeter University and worked for national award winning charity SportInspired for eight years developing community projects in the top 20% of deprived areas of the UK (www.sportinspired.org)

I moved to Colombia in January 2019 to run the El Rio Foundation and design and manage projects which will have the most impact in our local community. We are currently working very successfully in partnership with the Viva Air Foundation, Lata Foundation and La Vida. References are available on request.

[Felix Sullivan LinkedIn profile](#)

8. CONTACT INFORMATION:

If you would like any more information about the programme or any other El Rio Foundation Projects, please contact Felix Sullivan at foundation@elriohostel.com or call +447956863661 or +573105005412.

