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ECONOMIC COMMISSION FOR AFRICA  
Second Sub-Regional Training Course in Aided  
Self-Help Housing, Kenya Institute of Adminis-  
tration, Kabete, Nairobi, Kenya, April 3 - 29,  
1967.

## REPORT ON THE SECOND SUB-REGIONAL TRAINING COURSE IN AIDED SELF-HELP HOUSING

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## INTRODUCTION

### Place and Date

1. The Second Sub-Regional Training Course on Aided Self-Help Housing techniques was officially opened at 11 a.m. at the Kenya Institute of Administration, Lower Kabete, Nairobi, Kenya, on Monday, April 3, 1967, by the Hon. Paul Ngei, M.P., Minister for Housing.

2. The course, which forms part of the regular housing programme of the Economic Commission for Africa in the field of housing, building and planning, was specially designed for a number of East African countries having, or about to introduce, Self-Help Housing programmes.

3. The following countries were invited to send participants: Ethiopia, Kenya, Botswana, Uganda, Zambia, Malawi, Somalia, Lesotho and Tanzania. The first five countries responded and sent sixteen participants; Kenya, the host country providing five, Uganda and Zambia four each, Ethiopia two and Botswana one.

### Formal Opening

#### 4. Principal's speech

The Minister for Housing was introduced by Mr. J. E. Kariuki, Principal of the Kenya Institute of Administration. In his introductory remarks Mr. Kariuki said "The emphasis on aided self-help and community development approach in this connection is a realization that the material well-being of a people can only be achieved with the active participation of the people themselves. That is why this course is designed so as to give the participants not only various practical skills required in the field of setting up low-cost housing schemes, but also an approach to the methods by which people can be brought together to organize themselves democratically in order to achieve practical ends through their own efforts, and by knowing how they can obtain help from government agencies.

It is clear that whereas the immediate objective of such a course may be, as it should be, quite specific, in this case to train in the particular field of aided self-help housing, the end results are likely to be far-reaching and more general, for if people can learn to organize themselves in one area, it should be possible to transfer this experience to other spheres of development as well". (The full text of the speech is set out in Appendix I).

5. Minister for Housing

The Minister, in welcoming the participants, expressed the pleasure of his Government at the fact that Nairobi had been chosen as the venue for this important course. Said he, "The countries of Africa are very much closer together than is, perhaps, generally realized. We have many common ties and common problems - for instance, we all experience a general shortage of development capital, the need to train increased manpower to cope with the demands of the public service, or the private sector and, in particular, for the purposes of this course, the need to share knowledge and even personnel in the provision of housing for the rising populations of our countries. We are happy that E.C.A. provides a forum and opportunity where the Governments in this region can discuss these matters together and work out possible solutions. My Government is so impressed with the idea of aided self-help housing and its benefits to the people, that we have decided that, subject to sufficient safeguards being taken against wasteful use of resources and paid skills, this programme, based on the 'Harambee' spirit, should be extended throughout Kenya. I have no doubt that our representatives at this course will be able to explain in greater detail the concept and scope of our aided self-help housing programme. We also, on our part will, I am sure, benefit a great deal from the experience of participants from other countries represented at the Seminar". (For full text speech see Appendix II).

6. Message from the Executive Secretary of the E.C.A.

The Director of the Course, Mr. A. A. Carney, of E.C.A., read a message from Mr. R.K.A. Gardiner, the Executive Secretary. Mr. Gardiner, in his message, pointed out that "Housing is one of the essential human needs and, in Africa, as in many other developing areas, we are desperately short of this commodity in both qualitative and quantitative terms. Until this situation is remedied, it will not be possible for our people to enjoy reasonable standards of living.

E.C.A., along with individual member governments, is deeply concerned with this problem, and through training courses and seminars organized under its auspices, endeavours to promote action in the national sphere to find solutions as rapidly as possible. This is the second aided self-help training course held in the Eastern sub-region within the past two years, and it is intended that a similar course should be held next year for the West African sub-region.

Along with paid labour and modern mechanized methods, aided self-help is said to be one of three basic methods of resolving the world's housing problems. It readily lends itself to developing countries since it provides an easy, economic and effective formula for marshalling the resources of the people and combining these with that of the government, thus providing the means for the masses of the people to secure satisfactory housing accommodation at costs well within their reach". (For full text of Mr. Gardiner's speech, see Appendix III).

7. Mr. J. N. Oluoch, Permanent Secretary of the Ministry of Housing, and Co-Director of the Training Course, formally brought the function to a close.

Purpose and Objectives

8. The training programme for the course was designed to provide such assistance to Government personnel in the East African Sub-region who are engaged in housing or a related field as will enable

them to:

- (a) Teach or train individuals in the Principles and Practice of Aided Self-Help Housing, and
- (b) successfully plan and execute Self-Help Housing Programmes.

9. The present course was divided into two phases and covered the fundamental aspects of Community Development, Co-operative and Aided Self-Help Housing at the theoretical and practical levels.

The organization of the course was as follows:

- (a) First Phase: Ten days: Lectures, Seminars, etc.
- (b) Second Phase: Eighteen days: Field work, Group Organization, Building construction.

(a) First Phase - Lectures and Seminars

During this period the trainees attended Lectures and Discussion Groups in order to get a working knowledge of the Principles and Practice of Co-operative and Aided Self-Help Housing.

(b) Second Phase - Building Construction

The trainees were directly involved in the construction of a traditional house using Aided Self-Help methods. Within this phase, they also had the opportunity of observing and working along with Kenyan families in the construction of ten pre-fabricated low-cost units.

Schedule

10. Because of the rather limited period finally agreed on for the course - four weeks as opposed to six - it was decided that the programme should be undertaken on an accelerated and intensive basis. As a consequence, the number of lectures in the theoretical part of the course was drastically reduced and more emphasis placed on seminars and field work.

11. Unfortunately, the course coincided with the coming of the

seasonal rains which, however, while adding to the necessity for adjustments in the order of the syllabus, failed to dampen the ardour of the participants, who continued to work with enthusiasm throughout the period and despite the many upsets caused by the weather.

12. The course was divided into two phases. In keeping with the accelerated arrangements the first ten days were given over to lectures and seminars, while the remainder were devoted to building construction during the day and seminars at night.

13. 1. FIRST PHASE: Lectures and Seminars

This covered the theoretical aspects of the course. Lectures and seminars were held during the first ten days. These were attended by participants during the day and arrangements made for night sessions, where practicable.

14. 2. SECOND PHASE: Practical Work: Building Construction

The second phase was devoted to practical work during the day. Participants were engaged in constructing a traditional house of concrete blocks and, despite the inclemency of the weather, put in as much time in construction as conditions allowed. Seminars on housing and related subjects were also held at night.

Curriculum

15. The curriculum of the course was divided into four sections, as follows:

A. COMMUNITY DEVELOPMENT METHODS ... 6 lectures

The study of techniques used in Community Development and social work in order to change the attitudes and outlook of the people, secure their interest, increase their participation in community affairs and develop local leadership. How this approach may be applied to the solution of housing problems.

The subjects covered were:

- (a) Definitions and Content.
- (b) Community Development Methods.
- (c) Needs and Motives for Action.
- (d) Methods of Communication.
- (e) Providing Community Facilities through Self-Help.

B. CO-OPERATIVE HOUSING TECHNIQUES ... 6 lectures

A study of the Principles and Practice of the Co-operative Movement with special reference to the techniques used in establishing Co-operative Housing Programmes and Projects in developing countries.

The subjects covered were:

- (a) Definitions and Principles.
- (b) Organization Methods.
- (c) Essential Requirements.
- (d) Legislation: Model Rules.

C. AIDED SELF-HELP HOUSING ... 18 lectures

METHODS AND TECHNIQUES:

A study of the techniques to be applied in the planning, organizing and implementing of Aided Self-Help Housing Programmes, with special reference to the approaches to be used, the design and construction methods to be applied, and the methods of execution.

I. APPROACHES:

- Definition and content.
- Announcing the Programme.
- Social Surveys and Selection of Families.
- Organizing Family Groups.
- Work of a) Self-Help Organizer
  - b) Construction Foreman
- Arranging Construction Groups.

II. HOUSING DESIGN AND METHODS OF CONSTRUCTION:

Basic Standards: Space, Health and other requirements.  
House Plans.  
Designing for Specific Groups.  
Expansion Possibilities.  
Simplicity and Suitability of Construction  
Problems.

III. EXECUTION STAGE:

Land and Legal Documents.  
Financing: Savings Associations.  
Site Plans, etc.  
Mass Construction Methods.  
Group Work in Mass Construction.  
On the Job Training.  
Evaluation.

IV. A PILOT PROJECT: THE LANGATA AIDED SELF-HELP  
HOUSING PROJECT:

D. HOUSING IN AFRICA ... 6 lectures

a) The problem of housing in Africa with special reference to housing conditions obtaining in Kenya, and the approaches being taken by Government to introduce remedial measures.

b) Rural Housing: Approaches and Solutions.

E. SEMINARS: A series of guided discussions based on the various subjects given in the course and designed to provide fuller and better information on points brought out in the lectures was undertaken. Topics for the seminars were suggested by the Conference Committee and took in discussion of the Country Statements. Participants were provided with every opportunity to participate fully in the discussions.

16. List of Participants

KENYA

1. Andrew A. Musumba  
Community Development Officer (A-V-A)  
Ministry of Co-operative and Social Services,  
Nairobi
2. Eliud Paul Nakitare  
Lecturer (Community Development)  
Kenya Institute of Administration  
P. O. Lower Kabete
3. Josephat K. Nguta  
Rural Housing Officer  
Central Housing Board  
P.O. Box 20380,  
Nairobi
4. Nugi Ngati  
Rural Housing Officer  
Central Housing Board  
P. O. Box 20380  
Nairobi
5. Alfred Harold Taylor  
Rural and Self-Help Housing Officer  
Central Housing Board  
P. O. Box 20380  
Nairobi

UGANDA

6. John Livingston Erongot  
Youth Assistant  
Ministry of Culture and Community Development  
P. O. Box 3136  
Kampala
7. Samuel John Budugu Tumwesigye  
Youth Assistant  
Ministry of Culture and Community Development  
P. O. Box 3136  
Kampala
8. Andrew O. Adakun  
Senior Community Development Assistant  
Ministry of Culture and Community Development  
P. O. Box 3136  
Kampala

9. Jowett Louis Aritua  
Assistant Rehabilitation Officer  
Ministry of Culture and Community Development  
P. O. Box 3136  
Kampala

ZAMBIA

10. Paul Killian Mwale  
Assistant Community Development Officer  
Community Development  
P. O. Box 1992  
Kitwe
11. Jimmy Richard Mulenga  
Assistant Community Development Officer  
Department of Community Development  
P. O. Box 1958  
Lusaka
12. Zabulon Jobe Richardson Sibande  
Assistant Community Development Officer  
Department of Community Development  
P. O. Box 1958  
Lusaka
13. Mark Abel Kayenga  
Community Development Officer  
Department of Community Development  
P. O. Box 1958  
Lusaka

ETHIOPIA

14. Seyoum Aradoun  
Building Engineer  
Ministry of National Community Development  
P. O. Box 185  
Addis Ababa
15. Tessema Assefa  
Chief Town Planner of the Municipality of  
Addis Ababa  
P. O. Box 35  
Addis Ababa

BOTSWANA

16. Serara Tsholofelo Ketlogetswe  
Ministry of Finance - Private Bag 8  
Gaberones

17. Syllabus

Monday, April 3

9.00 - 9.45 a.m. - Registration of Participants

10.45 a.m. - Official Opening of Course

Programme

1. Introduction of Minister for Housing, the Hon. Paul Ngei,  
Mr. J. E. Kariuki, Principal,  
Kenya Institute of Administration
2. Address of Welcome:  
Hon. Paul Ngei,  
Minister for Housing
3. Message from Executive Secretary, E.C.A.  
Mr. A. A. Carney, Director of  
Course
4. Closing Remarks:  
Mr. J. N. Oluoch,  
Permanent Secretary,  
Ministry of Housing,  
Co-Director of Course

- T E A -

3.00 p.m. - Visits to Housing Projects, Nairobi

Tuesday, April 4

- 9.00 - 9.45 a.m. Lecture  
"National Housing Policy" - Objects"  
Mr. Joseph Brown
- 9.45 - 10.30 a.m. Lecture  
"Housing in Africa with special reference  
to Kenya"  
Mr. Harold Taylor
- 10.45 - 11.30 a.m. Lecture  
"Introduction to Community Development"  
Miss Grace Langley
- 11.45 - 12.30 p.m. Lecture  
"Basic assumptions of Community Development;  
Motivations, Approaches"  
Miss Grace Langley
- 3.00 - 4.30 p.m. Lecture  
"Housing Problems in relation to planning  
Site & Service - Harambee"  
Mr. S. C. Lock

Wednesday, April 5

- 9.00 - 10.30 a.m. Lecture  
"National Housing Policy, Institutional Framework"  
Mr. Joseph Brown
- 10.45 - 12.30 a.m. Lecture  
"Training people in planning Sustaining Groups.  
Leadership development"  
Miss Grace Langley
- 3.00 - 4.30 p.m. Lecture  
"Introduction to Aided Self-Help in Housing - Definitions, Philosophy"  
Mr. A. A. Carney

Thursday, April 6

- 9.00 - 10.30 a.m. Lecture  
"National Housing Policy - Programmes"  
Mr. Joseph Brown
- 10.45 - 12.30 p.m. Lecture  
"Problems in Community Development - sustaining enthusiasm, communication, etc."  
Miss Grace Langley }  
Mr. Joseph Karanja }
- 3.00 - 4.30 p.m. Lecture  
"Rural Housing in Africa"  
Professor D. J. Oakley
- 8.00 p.m. Seminar  
"Prefabricated Timber Housing"  
Members of Forestry Department

Friday, April 7

- 9.00 - 10.30 a.m. Lecture  
"Aided Self-Help Housing"  
Mr. A. A. Carney
- 10.45 - 12.30 p.m. Lecture  
"Introduction to Co-operative Housing"  
Mr. W. M. Craw
- 3.00 - 4.30 p.m. Lecture  
"The Langata Housing Scheme"  
Mr. Harold Taylor

Saturday, April 8

- 8.30 a.m. Visits  
City Council Uhuru Estate and Christian Industrial Council of Kenya
- 2.30 p.m. Game Park

Sunday, April 9

- F r e e -

Monday, April 10

9.00 - 10.30 a.m. Lecture  
"Ways of Building Mass Construction"  
Professor D. J. Oakley

10.45 - 12.30 p.m. Lecture  
"House Design - The Site"  
Mr. Hans Mammen  
  
Lecture  
"House Design - The House"  
Mr. L. Van Essche

3.00 - 4.30 p.m. Lecture  
"Co-operative Housing - Organizing,  
Financing, Regulations, etc."  
Mr. W. M. Craw

7.45 p.m. Visit  
Cinema, Nairobi

Tuesday, April 11

9.00 - 10.30 a.m. Lecture  
"Housing Design in detail and Layout of  
Housing Schemes"  
Mr. K. J. Ball

10.45 - 12.30 p.m. Lecture  
"Organization of Group Labour  
Construction"  
Mr. E. R. Davies

3.00 - 4.30 p.m. Lecture  
"Land & Financing, Completion of  
Project & Allocation of Units"  
Mr. Harold Taylor

8.00 p.m. Seminar  
"Finance and Land - Langata"  
Mr. Harold Taylor

Wednesday - April 12

9.00 - 10.30 a.m. Field Work Starts  
Selection of Group Leader for Working Group  
and commencement of construction on Aided-  
Self-Help Basis

8.00 p.m. Seminar  
"Building Materials"  
Dalgety (E.A.) Limited & Universal Asbestos  
Mfg. Co.Ltd.

Thursday, April 13

8.00 p.m. Seminar  
"Framed Housing"  
Booth Trading Company

Saturday, April 15

9.00 a.m. Visit  
Zimmermann. Kamiti & Tannery at Kahawa.

9.00 a.m. - } Lecture (for Zambian arrivals)  
12.30 p.m. } "Aided Self-Help"  
Mr. A. A. Carney

Wednesday, April 19

8.00 p.m. Seminar  
"Loan Housing Finance"  
Housing Finance Company of Kenya

Thursday, April 20

8.00 p.m. Seminar  
"Youth Service Work in Kenya"  
Deputy Director - Youth Service

Saturday, April 22

9.00 a.m. Seminar  
"Country Statements"  
Participants - led by Mr. A. A. Carney

Sunday, April 23

9.00 a.m. Visit  
Hon. P. Ngei's farm, Machakos

Tuesday, April 25

8.00 p.m. Seminar  
"Human Problems in Relation to Aided Self-Help"  
Sociologist & Staff - University College

Thursday, April 27

9.30 a.m. Visits  
City Park - Allsopps Brewery, Ideal Casements,  
Walpamur Paint Factory

Friday, April 28

9.30 a.m. Visits  
Minister for Housing's Garden Estate, Gatundu,  
Aided Self-Help Hospital, Githunguri. Kiambu district

4.30 p.m. Presentation of Certificates

Field Activities

18. The practical work of constructing a traditional unit on the Aided Self-Help Housing basis by participants was arranged within the compound of the Central Housing Board's housing estate at Langata. This is an area located some fifteen miles from the Kenya Institute of Administration, and in which the Board had previously carried out two phases of an Aided Self-Help Housing programme.
19. A third phase, involving the construction of a number of pre-fabricated units was about to be started, and ten families had been selected to undertake the putting up of the first set of units of this type.
20. It was planned that in the lining-out and establishing the foundations of these buildings, the participants would assist the local allottees. Unfortunately, it was not possible to secure the building frames in time for work to be done on these units.
21. Arrangements had also been completed for members of the Training Course to build a traditional house on a plot 80 feet x 50 feet set aside in the compound for the purpose.
22. The Central Housing Board had delivered on the spot some building materials and preliminary plans ready for construction to commence. An account of the day to day construction by the participants follows:

First Week:

On Wednesday, April 12 the participants arrived at the Langata site to undertake construction of the demonstration house assigned as the practical work of the Seminar. (For plan of house see Appendix IV).

The house to be constructed followed the traditional pattern with outside dimensions of 22 feet x 27 feet, and having a total of 585 square feet of living space. It would be

built on a plot of 80 feet x 50 feet, and made provision for two bedrooms, a living room, kitchen, shower and toilet.

The plan provided for future extension of two rooms.

A demonstration on 'setting-out' the house was given by the team leader, Mr. N. Ngati, a Kenyan participant in the course, after which the group started to dig the foundations to an average depth of  $2\frac{1}{2}$  feet. Concreting in the mix of 1:3:6 was carried out. The foundation wall of the house was concreted to an average depth of 6 inches.

On Thursday, April 13 Mr. Ngati explained how a house was orientated to a plot by pointing out that a line parallel to the boundary line was determined, which became the building line, and which should not be removed until the setting out of the building was completed. After concrete foundations were completed the corners were set and groups of participants were assigned to build corners.

On Friday, April 14 block work was built to foundation level, the perimeter walls were checked, foundation block work was completed and the floor space levelled up and made ready for the filling with nine inches of hard core.

#### Second week:

On Monday, April 17 the team started to prepare for the casting of the raft. Six inches of hard core was filled in and rammed. On the completion of the ramming, half the floor was ready for concreting and concrete flooring three inches thick was poured.

On Tuesday, April 18 the concrete casting was poured for the incomplete portion of the house. With the completion of the raft the damp-prevention material was laid on and work started on the setting out of the corners. The required dimensions were again checked.

On Wednesday, April 19 the partition walls and door openings were marked before the blockwork was erected. The work on the damp-proofing course, which was laid around the foundation walls and under the area to be covered by the partition walls, but discontinued where there were door openings, was finalized. A six-inch toothing was left in every alternate course of the walling at the gable end of the building, to facilitate proper bonding to take care of future extension. The partition for the shower and water closet was built with three-inch blocks. Six courses were laid at the corners.

On Thursday, April 20 the building of the inside walls continued. Two door frames were positioned and dowels used to secure them firmly to the foundations. All the windows were adjusted to fit the gauge rod to maintain correct bonding.

On Friday, April 21 the fitting of door frames in the inside walls and steel casements was carried out. Treatment of timber by priming the frames was done and inside walls were brought to level with outer ones to six courses.

On Monday, April 24 building to partition walls continued. The outside wall was built to window level on two sides. The last course of block work was half an inch lower than the window or door head in order to make allowance for the concrete lintel. One door casement and two more window casements were set up.

On Tuesday, April 25 building of inside wall was carried on in order to build firmly the fixed frames in the walls. Recasing in the fireplace construction was carried out in readiness to receive the flue structure. All available window casements were fitted.

On Wednesday, April 26 all walls outside and inside were built to bring them up to wall plate level. All windows and outside doors were measured for lintel level.

The practical work on the house was terminated on this date.

#### Administrative Arrangements

23. The course was under the direction of Mr. A. A. Carney, Regional Adviser in Co-operative and Aided Self-Help Housing of the United Nations Economic Commission for Africa, and the Co-Director was Mr. J. N. Oluoch, Permanent Secretary in the Ministry of Housing and Chairman of the Central Housing Board.

#### 24. Lecturers

Lecturers were drawn from the Central Housing Board, the University of Nairobi, the United States Agency for International Development, various Ministries and departments of government, the City Council and the Economic Commission for Africa, as follows:-

Mr. Joseph Brown	...	Housing Economist, United States Agency for International Development, Lagos
Mr. Harold Taylor	...	Rural and Self-Help officer Central Housing Board
Professor D.J.Oakley	...	Dean, Faculty of Architecture, University College, Nairobi
Miss Grace Langley	...	Lecturer in Community Develop- ment, United States Agency for International Develop- ment
Mr. S. C. Lock	...	Head, Town Planning Department, Ministry of Lands and Settle- ments
Mr. W. M. Craw	...	Lecturer in Co-operatives, Kenya Institute of Adminis- tration

Mr. Joseph Karanja	... Lecturer in Community Development Kenya Institute of Administration
Mr. Hans Mammen	... Lecturer, Faculty of Architecture, University College, Nairobi
Mr. L. van Essche	... Lecturer in Architecture, University College, Nairobi
Mr. K. J. Ball	... Architect, Central Housing Board
Mr. E. R. Davies	... Engineer, Central Housing Board
Mr. A. A. Carney	... Regional Adviser on Co-Operative and Aided Self-Help Housing to the Economic Commission for Africa.

25. Secretariat

The secretary of the course was Mrs. M. Buckle; Liaison Officer, Mr. Harold Taylor, of the Central Housing Board; and the Deputy Liaison Officer, Miss S. Newall.

26. A Course Committee comprising the following members:

Mr. J. L. Aritua	... Uganda
Mr. S. Aradoun	... Ethiopia
Mr. E. R. Nakitare	... Kenya

was elected by the participants to undertake -

- a) Preparation of notes on the lectures given at the course, and submit such comments as were considered relevant.
- b) Take up any matter concerning the course or the participants with the Director, and make such suggestions as would be conducive to the better working of the course.
- c) Suggest topics for week-end seminars and arrange seminars on country programmes.

- d) Help in arranging work schedules for the construction aspects of the course.
- e) Generally, to make such notes and comments as could help in the evaluation of the course, along with suggestions and recommendations for the future.

27. A Evaluation Committee comprised of the same members as the Course Committee, was set up to assess and evaluate the course, and make such recommendations and comments as would be of use in the organizing of future courses.

#### Accommodation

28. All participants were housed at the Kenya Institute of Administration. Twelve participants were in occupation when the course commenced. Ten days later four participants from Zambia arrived. The accommodation at the Institute proved most satisfactory and participants expressed their pleasure at the high standard of catering.

#### Transport

29. With the coming of the seasonal rains and because of the distance of the Institute from the City (eight miles) and from the building site (fifteen miles), transport proved to be rather problematical. The Institute arranged for a bus service to take the participants on their visits to places outside the compound and on their regular trips to the building site. This aspect of the arrangements, in keeping with the high standard of assistance provided by the Institute, was carried out satisfactorily.

30. The lack of transport for the secretariat proved burdensome, especially as there was considerable movement between the office of the United Nations Development Programme in Nairobi, where the finances were kept, and the Training Office in Kabete. The Central Housing Board assisted with their transport during the course whenever this was practicable. A car from the Ministry was made available on a number of occasions. Despite this assis-

tance, however, the problem of transport, as it affected the secretariat, was not entirely solved.

#### Organization

31. The course was planned by the Housing Section of the Economic Commission for Africa in collaboration with the Social Development section. A good deal of the planning grew out of the experience gained in the first sub-regional training course in Aided Self-Help Housing which took place in Addis Ababa in January - April, 1965.
32. Following the preliminary plans laid at E.C.A., follow-up work was done by Mr. A. A. Carney, Regional Adviser in Co-operative and Aided Self-Help Housing and the Director of the Course, to secure the co-operation and agreement of the Kenya Government. Details of the arrangements were worked out with the Ministry of Housing in Nairobi, and it was decided that the Kenya Government would be host to the Training Course. It was also agreed that the practical aspects of the course should fall in line with the plans for extending Langata Aided Self-Help Housing Project and that the Central Housing Board, under whose aegis this project was administered, should give the necessary assistance to the course on behalf of the Ministry of Housing.
33. The Central Housing Board made the services of its Rural and Self-Help Housing officer available as liaison between the organizers of the Training Course and the Kenya Government. Plans were finalised to hold the Training Course at the Kenya Institute of Administration in Lower Kabete, Nairobi. The Institute would also provide accommodation and board for participants in the course.
34. A secretariat was provided at the Institute, and a local secretary engaged and the services of a Deputy Liaison Officer arranged for.

General

35. The course was given considerable publicity by the Kenyan authorities. Full press, radio and television coverage was received and all the important events related to the course covered by these media.

36. The Minister for Housing, the Hon. Paul Ngei, M.P., was host at an official cocktail party for course members. He very graciously arranged for visits to his country and town homes by the participants where every hospitality was shown them. A visit was paid by the participants to the home of the President, H.E. Jomo Kenyatta. Unfortunately, the President was away at the time and it was not possible for participants to meet him.

However, the opportunity was taken to inspect a nearby aided self-help hospital at Gatundu, which provides an excellent example of what can be accomplished when the people of a community have a desire to help themselves and are given proper leadership and assistance.

37. A number of commercial firms engaged in the building industry in Nairobi, including

Dalgety (East Africa) Limited  
Universal Asbestos Manufacturing Company Limited  
Booth Trading Company  
Housing Finance Company of Kenya

arranged for visits by the participants to their establishments and had their officers help in the seminars. The City authorities assisted by showing some of the low-income housing projects and visits were paid by course members to the city parks.

38. During a week-end of the course the Principal of the Kenya Institute of Administration, Mr. J. E. Kariuki, very generously made his home available to participants for recreational purposes and was host at several tea parties given on their behalf at the Institute.

39. At the conclusion of the course a winding up party was given for participants and their friends by Miss Grace Langley, lecturer in Community Development attached to the United States Agency for International Development.

40. Officers of the agencies who assisted in the training course gave unstintingly of their time and experience in helping to put the programme across. These included the Central Housing Board, the United States Agency for International Development, the Kenya Institute of Administration, the University College, Nairobi and the City Council.

41. All the persons associated with the course, officials, lecturers and participants alike, were unanimous in voting it an unqualified success. The participants had built up so much interest and enthusiasm in the practical aspects of the programme that a request was made through the Course Committee to extend the length of the course for three more days in order to enable them to complete the demonstration house. Unfortunately, it was not possible to grant this request.

42. Tribute must be paid here to the participants attending the course and who showed at all times unbounded interest and enthusiasm in all its aspects. Indeed, not even the frequent rains were able to dampen their enthusiasm. The close attention paid by these participants to the various subjects in the training course and their co-operation and willingness in putting the practical aspects across, provided ample evidence of their willingness to make a real contribution to the solution of the housing problem in Africa on their return to their homelands.

43. Visits to the Game Park and other places of interest in and outside the City were arranged by the Government Reception Officer for the benefit of participants.

44. Several participants experienced minor physical upsets during the period of the course and, as a result, had to visit the

doctor. One participant was hospitalized for three days; however, all were well at the end of the course, and returned home sound in wind and limb.

45. A large debt of gratitude is owed by the organizers of the course to the Government of Kenya, Local Government officials, the lecturers, officials of commercial firms in Nairobi, and other persons too numerous to mention, who helped in one way or another in making the Training Course the success it was.

#### Closing Exercises

46. On Friday, April 28 at 4.30 p.m., the closing ceremonies of the Training Course were held in the auditorium of the Institute. Mr. Kariuki, Principal of the Institute, chaired the function. He called on the Director, Mr. Carney, to read his interim report. An address of thanks on behalf of the participants was delivered by Mr. Musumba, one of the participants. The Hon. Paul Ngei, M.P., handed out the certificates to the participants and expressed his satisfaction, and that of the Government, on the successful conclusion of the Training Course.

#### PROGRAMME EVALUATION

47. The sixteen participants in the Training Course under review appointed a Committee of the following members:

Messrs. J. L. Aritua of Uganda, S. Aradoun of Ethiopia  
and E. P. Nakitare of Kenya

to evaluate the entire programme.

The Committee hereby sets out its evaluation under the following headings:

- (a) Theory of housing
- (b) Field Training
- (c) Recommendations

(a) Theory of Housing

The Committee thought that this aspect of the course was adequately covered because the section embraced the most important aspects of housing such as National Housing Policy, Housing in Africa with special reference to Kenya, Housing Problems in relation to Planning and Design, Site and Service, the philosophy and theory of Aided Self-Help Housing, etc. All these aspects were enhanced by the inclusion of lectures on Community Development and the co-operative approaches to Aided Self-Help Housing.

The seminars also high-lighted the sociological problems which, if overlooked, may upset a good design and general planning in the field of housing.

These seminars also provided an opportunity for discussion and the elucidation of points in lectures that were not quite clear.

(b) Field Training

This section of the course, which comprised the construction of a house of concrete blocks with two bedrooms, one living room, a kitchen, lavatory and bathroom with outside measurements of 26½ feet x 22 feet, was an exciting experience to the participants. The limitations which hampered the rapid progress of the building and its final completion were the incessant rains which dogged the efforts of the participants, and the fact that some materials were not available at the site when needed. Even so, the structure reached wall-plate level in only eleven days of work.

(c) Recommendations

In the light of the foregoing, the Committee recommend as follows:

- (1) Increasingly, lectures on theory and philosophy of housing should, in future, be based more on African experience. This approach, it is recognized, is only

possible when enough Aided Self-Help Housing schemes have been successfully carried out in Africa and, accordingly, we recommend that countries on the Continent give greater consideration to the implementing of such schemes as a major means of finding solutions to their housing problems.

- (2) The practical side of the course be made even more fruitful by having participants assist in the organizing of groups in the host country which were ready for, or planning to take part in, Aided Self-Help Housing projects. Every attempt should be made to keep the central idea of Aided Self-Help in focus, and lesser attention given to the more involved aspects of housing which, in most instances, would never reach the people engaged in the putting up of the house.
- (3) Wherever possible, countries engaged in Aided Self-Help programmes should attempt to arrive at a closer relationship between designers and planners of housing schemes, and the people for whom these projects are intended. Thus, architects, engineers and other technicians should be made to study a little closer the living patterns of the people for whom they are designing and planning houses. Very seldom this is found to be the case in low-income housing.

Further, the people should have an opportunity of passing on the type of house to be constructed for them before mass construction takes place.

A prototype house should be first constructed, and used for demonstration purposes. Thus, the constructive criticism of the people could be taken into consideration before the actual plans for the housing scheme were finalized.

- (4) Based on our experience in the present course, which was an accelerated and intensive one, we feel that the minimum time required for courses of this nature would be six weeks, rather than four. Accordingly, we strongly recommend that future courses use a six-week period as the minimum time. Two weeks could be devoted to theory and four to practice.
- (5) Finally, we wish to place on record our thanks to the United Nations, the Economic Commission for Africa, and to the Government of Kenya for making the course possible. We wish to stress, however, that in view of the urgent problem housing has become on this Continent, and the very useful information and experience to be gained from these courses, every attempt should be made to make them more frequent and/or increase the participation from countries in the region.

WELCOME BY PRINCIPAL of KENYA INSTITUTE OF ADMINISTRATION  
(Mr. J. E. Kariuki)

The Hon. Minister, The Director, Honourable Guests, Participants:

I feel greatly honoured to have this opportunity to welcome to the Kenya Institute of Administration this second Sub-regional Course in Aided Self-Help Housing. It is always a great pleasure to meet and get to know friends from other African countries, and to have the chance of discussing our common problems of development.

The recognition by the United Nations Economic Commission for Africa of the need for training in this area is another indication of the Commission's deep desire to promote the welfare of the peoples of the countries represented here. We must be grateful for those whose ideas are now being implemented in this and the previous course. Improvement of housing conditions is a necessity, for just as healthy bodies are necessary for healthy minds and souls - so healthy homes are needed for healthy families.

The emphasis on aided self-help and community development approach in this connection is a realisation that the material well-being of a people can only be achieved with the active participation of the people themselves. This is why this course is designed so as to give the participants not only various practical skills required in the field of setting up low-cost housing schemes, but also an approach to the methods by which people can be brought together to organise themselves democratically in order to achieve practical ends through their own efforts, and by knowing how they can obtain help from government agencies.

It is clear that whereas the immediate objective of such a course may be, as it should be, quite specific, in this case to train in the particular field of aided self-help housing, the end results are likely to be far-reaching and more general, for if

people can learn to organise themselves in one area, it should be possible to transfer this experience to other spheres of development as well.

It seems to me then that the participants have in this course a possible source of knowledge which used effectively can lead on to other forms of useful growth in their various countries.

It is, therefore, a great honour for us that the organisers should have selected the Kenya Institute of Administration to be the venue for this international course. We hope that the facilities we are able to provide will prove adequate for your needs. I particularly hope that you will find the accommodation comfortable and the food satisfactory, so that your deliberations can proceed without little nagging worries. And now, Sir, I should like to invite you and our guests to join us for a cup of coffee so that you and they can meet the participants more personally.

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SPEECH BY THE MINISTER FOR HOUSING, THE HON. PAUL NG'ETI

Mr. Principal, Distinguished Guests, Ladies and Gentlemen:

I am very glad to be here this morning to open the second Sub-Regional Training Course on Aided Self-Help Housing, sponsored by the United Nations Economic Commission for Africa. I bring you greetings and good wishes from my Government and from the President of Kenya, H.E. Mzee Jomo Kenyatta. Kenya, as a member of the United Nations Organization, is pleased that Nairobi has been chosen as the venue for this important course. We welcome all the 16 participants here who represent five of our sister nations of Africa. We hope that during the one month's stay with us you will find time to see something of the wider aspects of the life of Kenya and to get to know our people more.

The countries of Africa are very much closer together than is perhaps generally realised. We have many common ties and common problems - for instance, we all experience a general shortage of development capital, the need to train increased manpower to cope with the demands of the public service, or the private sector, and, in particular, for the purposes of this course, the need to share knowledge and even personnel in the provision of housing for the rising populations of our countries. We are happy that E.C.A. provides a forum and opportunity where the governments in this Region can discuss these matters together and work out possible solutions.

In the days preceding independence, we as national leaders tended to concentrate a great deal on the actual fight for nationhood. We tended not to pay too close attention to the problems of City government. Now that we have won this sovereignty we find that the problems of urbanisation and of ensuring decent living environments for all our citizens in the towns have become one of the greatest challenges to the new Governments in Africa.

No longer is it easy to run two homes, one in the countryside, and the other in the town, and it seems that the times have come when we must encourage town dwellers to acquire permanent homes where they are. We know that this will not be possible with all people, and that there will always remain large numbers of persons in the towns who will not be able, or may not wish, to buy or build homes of their own. For such people increased rental housing must continue to be built.

It is the task of the Governments, local authorities and the private industries to work hard, and often hand in hand to ensure that good and adequate accommodation is available for such people to rent. At the same time, we realise that a great many of the people in the urban centres want to build and live in homes of their own. This is a trend which we in Kenya would like to encourage, as it helps create in the towns communities that are stable and responsible. We know the difficulties that we must overcome in implementing such a policy. We have the problem that as population increases, the space on which houses are to be built must of necessity be small. Indeed, many of the people will find it difficult to acquire land on which to build. In such cases the policy should be to provide sufficient land on which people can build their own homes if they wish, and have the means and capacity to do so. There will remain the difficulty, however, that many citizens will not be able to raise the 10% to 25% deposits normally demanded by lending institutions before advances can be made for home ownership. The problem is the more serious in the case of a person who does not happen to earn a high income.

In Kenya, we consider that this is the field where aided self-help can be of great help to the people. I am glad that during this course you will have an opportunity to see something of the project which the Government and our Central Housing Board is carrying out in this connection.

The essence of aided self-help housing as practised in Kenya is that the participants are not required to make any down-payment for the house. All we ask him or her to do is to join together with others to form a group, homogeneous group as far as possible, and to contribute his or her labour in the enterprise. We are aware that sometimes this method does not lead to quick completion of the houses, as would be the case if the work was let to a private contractor, but it has the merit of giving satisfaction to the participants and the knowledge that they themselves have physically built houses of their own, homes which in value would normally be beyond them financially.

My Government is so impressed with the idea of aided self-help housing and its benefits to the people, that we have decided that, subject to sufficient safeguards being taken against wasteful use of resources and paid skills, this programme, based on the 'Harambee' spirit, should be extended throughout Kenya. I have no doubt that our representatives at this course will be able to explain in greater detail the concept and scope of our aided self-help housing programme. We also, on our part, will, I am sure, benefit a great deal from the experience of participants from other countries represented at this seminar.

The solution of the housing problem needs to be tackled on many fronts. The need for adequate finance is obvious. Similarly, the numbers of technically qualified persons must be increased to help our nations to grapple successfully with these problems. There is also the whole range of technological and research experts connected with housing which must be looked into.

Energetic efforts must be made towards the reduction of costs and great emphasis must be laid on the use of conventional materials available in Africa.

I am sure these matters will feature prominently in your discussions. The problem before us all is a big and challenging one,

and must be tackled boldly and with vigour. We are grateful to the E.C.A. for providing you with this opportunity to share experiences and knowledge in this vital field. I note that the lecturers chosen for the course are persons with considerable experience, including some from the United States Agency for International Development. We are glad they are here.

With these remarks, Ladies and Gentlemen, I once again wish to say that Kenya welcomes you all to Nairobi, and that we shall await the results of your deliberations with great interest, and look forward to receiving a good report.

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MESSAGE FROM MR. R.K.A. GARDINER  
EXECUTIVE SECRETARY of the ECONOMIC COMMISSION  
FOR AFRICA

Your Excellency, Ladies and Gentlemen:

On this the occasion of the official opening of the Second Sub-Regional Training Course in Aided Self-Help Housing, it is my great honour and pleasure to extend a welcome to you on behalf of the Executive Secretary of the Economic Commission for Africa, Mr. Robert Gardiner.

Mr. Gardiner, who by reason of pressing duties elsewhere, is unable to be present with us this morning, has asked me to express his deep regret and to wish you on behalf of himself and the ECA Secretariat, a very successful and meaningful course of activities. It is his wish also that I relay the following message to you:

"Housing is one of the essential human needs and, in Africa, as in many other developing areas, we are desperately short of this commodity in both qualitative and quantitative terms. Until this situation is remedied, it will not be possible for our people to enjoy reasonable standards of living.

ECA, along with individual member governments, has been deeply concerned with this problem, and through training courses and seminars organized under its auspices, endeavours to promote action in the national sphere to find solutions as rapidly as possible. This is the second aided self-help training course held in the Eastern sub-region within the past two years and it is intended that a similar course should be held next year for the West African sub-region.

Along with paid labour and modern mechanized methods, aided self-help is said to be one of three basic methods of resolving the world's housing problems. It readily lends itself to developing countries since it provides an easy, economic and effective

formula for marshalling the resources of the people and combining these with that of the government thus providing the means for the masses of the people to secure satisfactory housing accommodation at costs well within their reach.

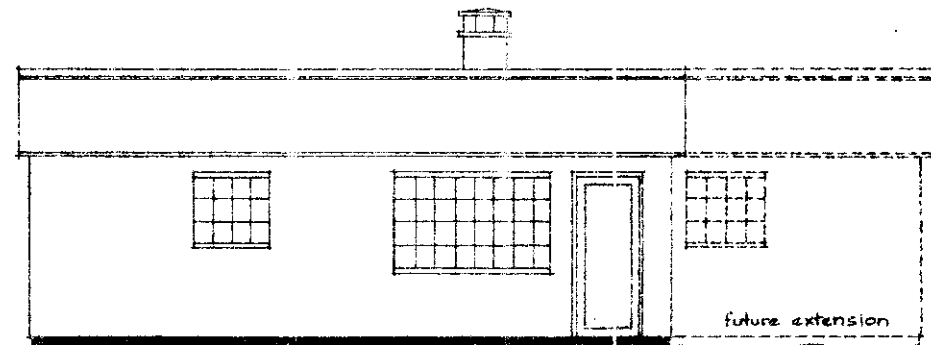
It is equally applicable to urban and rural areas and, while some of these methods are not necessarily new, since people have in the past been undertaking construction of their own shelters in the rural, peri-urban and urban areas, although often creating slums in the process. If the proper techniques and knowledge were made available to them, their great initiative and resourcefulness would not be wasted, but would be substantially increased in an economic as well as physical and social sense at minimum monetized cost. This is the real contribution of self-help methods and techniques when applied to the housing situation.

Thus, self-help in housing enables families to contribute positively to a country's development by lifting housing standards at the rural level and enables new urban migrants to adjust and participate more fully in constructive rather than disintegrating urbanization.

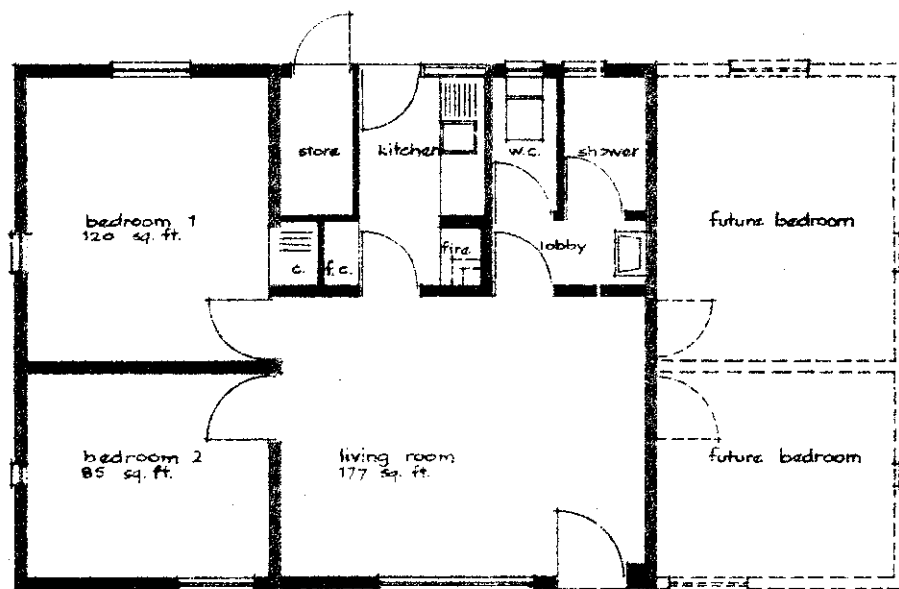
In closing, may I again express the thanks of ECA to the Government and people of Kenya for their graciousness in extending to us the full measure of their hospitality. As for the participants, I wish you every success in your undertaking and may you go from here with a new and enriched spirit ready to set your hands to the great tasks that lie ahead. Thank you".

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