



SENSEI CAMPS 2026

Guiding the Next Generation—Before They Lose Their Way. A Zola AllCare Initiative

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A Zola AllCare Initiative

For Teens (13–18yrs.) & Young Adults (19–22yrs.)

Two transformative camps every 12 weeks • 8 camps per year • 25,000 Ksh per camper

Dear Parent — And Dear Camper,

You know something's off.

Your teen scrolls endlessly but feels empty.

They laugh with friends but cry alone.

They say "I'm fine"—but their eyes tell another story.

And if you're the young one reading this:

You're not broken. You're disoriented.

Caught in a war you never signed up for—bombarded by media lies, pressured into premature intimacy, isolated by digital noise, and confused about who you really are.

At Sensei Camps, we don't offer quick fixes.

We offer awakening, armor, and courage—in nature, away from screens, surrounded by peers and mentors who've walked the same path.

This isn't just a camp.

It's a rite of passage for a generation fighting invisible wars.

The Crisis No One Names

Today's youth (13–22) face battles their parents never knew:

Social	Emotional	Behavioral
Toxic friendships that drain confidence	Overwhelming anxiety, hopelessness (“My brain feels heavy”)	Secret addictions (scrolling, gaming, substances)
Pressure to be sexual before they're ready	Identity confusion, trauma flashbacks	Lying, emotional shutdown, self-harm thoughts
Digital overload replacing real connection	Chronic guilt after private habits	School disengagement, anger outbursts

Parents feel helpless.

Teens feel alone.

But healing begins when truth is spoken—and practiced—in community.

Our Answer: Sensei Camps

Every 12 weeks, we gather 90+ teens and on a separate camp 90+ young adults for a 4-day residential immersion at Freedom Base Camp, Lukenya (April) and partner wilderness retreats across Kenya (July–January).

Each camp is a living classroom—where the lessons of *Real Talk* by Spira Kaveli come alive through adventure, silence, and guided reflection.

🌲 What Happens at Camp?

- **High Ropes Experience:** Face fear, build trust, learn to “fall safely”
- **Swimming & Hiking:** Reconnect with your body and nature's rhythm
- **Team Building Games:** Practice communication, accountability, and brotherhood/sisterhood
- **Night Fire Circles:** Share stories, break shame, renew purpose
- **Mentor-Led Dialogues:** Apply *Real Talk* tools like R.A.G.E., S.T.O.P., P.A.U.S.E., B.U.I.L.D. in real time

Trained Doulos Team Builders facilitate all physical activities.

Certified Sensei Mentors guide emotional and spiritual reflection.

Every moment is designed to turn insight into character.

The Journey: Three Camps, One Transformation

Camp #	Dates (2026)	Name & Theme	Who It's For	Core Focus
001	April 12–15 (Teens) April 19–22 (Youth)	AWAKEN <i>Seeing the War for What It Is</i>	New campers (Post 12W Pathway)	Awareness: depression, trauma, digital addiction, toxic friends, sexuality....
002	July 2026	ARM <i>Building Your Inner Defense System</i>	Returning campers (Post 24W Pathway)	Skill mastery: boundaries, family chaos, healthy intimacy, identity..
003	October 2026	STAND <i>Living with Courage in a Confused World</i>	Advanced campers (Post 48W Pathway)	Leadership: future design, moral courage, mentoring others...

✔ Camp 001 (April): Held at Freedom Base Camp, Lukenya (Daystar University Athi River Campus)

✔ Camps 002–008: Hosted at secure, partner wilderness retreats across Kenya—each chosen for safety, natural beauty, and experiential learning space

✔ Capacity grows by 90 each camp: 90 → 180 → 270... building a movement of resilient young leaders

What's Included

- ✔ 4 days / 3 nights of lodging in secure cabins or tents
- ✔ All meals (nutritious, balanced, served family-style)
- ✔ Guided activities: High/Low Ropes, swimming, hiking, team challenges
- ✔ Daily mentor sessions using *Real Talk* curriculum
- ✔ Trained facilitation: Doulos Team Builders (adventure) + Sensei Mentors (emotional/spiritual)
- ✔ Take-home toolkit: Mission cards, boundary scripts, journal

💰 Investment

- Ksh 25,000 per camper (covers full experience)
- +Ksh 1,500 optional round-trip transport from Daystar University Town Campus
- Payment: Made securely via Zola Paybill
- Scholarships: Available through our “1 paid = 1 free” model—your fee funds a rural teen’s spot

Safety & Consent

We take your child's well-being seriously:

- **Ages 13–18 (Teens):**
 - Parental Consent Form required
 - Indemnity Form for high ropes, swimming, and hiking
- **Ages 19–22 (Youth):**
 - Self-enrollment permitted
 - Personal Indemnity Form required

All staff are trained in first aid, trauma-informed care, and crisis response. Emergency protocols are in place at every venue.

Why This Works

"You can't heal what you can't name."

— *Real Talk*

At camp, your teen doesn't just hear about their battles—they face them on the ropes course, process them around the fire, and overcome them in trusted community.

By Sunday, they return home:

- Clearer about who they are
- Calmer in their mind
- Connected to peers and purpose
- Equipped with tools to navigate the next 12 weeks

And when they come back for ARM and STAND, they don't just grow—they lead.

Enroll Today — Before the Noise Wins

First Camps: April 2026

- Sensei Teens Camp 001: April 12–15
- Sensei Youth Camp 001: April 19–22
- ◆ Spaces limited to 90 per camp (90 teens + 90 youth)
- ◆ Enrollment closes March 28, 2026
- ◆ What to bring? Full packing list provided upon registration

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💳 Pay via Zola Paybill (details provided at enrollment)

Your child doesn't need more pressure. They need a compass.
Let us help them find it—in the wild, in community, and in truth.

Who We Are

Sensei Camps is a dedicated arm of Zola AllCare—Africa's emerging psychosocial infrastructure committed to ensuring no young person walks through hardship alone.

We partner with Doulos Team Builders, schools, churches, and communities to deliver sustainable, consent-based mentorship that builds resilience, restores vision, and equips the next generation to thrive—not just survive.

"I am because you are."



SENSEI
WALKING WITH YOU

Sensei Camps — Where lost vision is restored, and purpose is reborn.