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Subscribe to the 100 Humanitarians YouTube channel for inspiring videos, project highlights, and stories of hope as we work to empower families and create lasting change in Kenya.

🎙 **Podcast**
Tune in to the 100 Humanitarians podcast to hear inspiring stories, project updates, and conversations about how we're transforming lives and building self-reliance in Kenya.

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Join the 100 Humanitarians Facebook Group to connect with a community of changemakers, get project updates, and share in the stories of impact and transformation in Kenya.

📷 **Instagram**
Follow 100 Humanitarians on Instagram for powerful visuals, inspiring stories, and updates on how we're empowering families and creating sustainable change in Kenya.

Maasai Culture

[Overview](#)[Maasai Traditional Dress](#)[Maasai Beadwork](#)[Maasai Warriors](#)[Maasai Land & Livestock Management](#)[Maasai Influence](#)[Maasai Rites of Passage](#)[Maasai Language](#)[Maasai Diet](#)[Maasai Music & Dance](#)[Living in Harmony with Nature](#)[Roles of Elders](#)[Maasai Homes](#)[Maasai Naming Ceremonies](#)[Maasai Medicine & Healing](#)[Maasai Education](#)[Maasai Arts & Crafts](#)[Maasai Festivals](#)[Maasai Marriage](#)[Maasai Legends & Folktales](#)[Maasai Clothing Evolution](#)[Maasai Women](#)[Cultural Preservation Efforts](#)[Impact of Tourism on the Maasai Maasai Spiritual Beliefs](#)

Water

Trips

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Blog

Discover stories of impact and transformation by visiting the 100 Humanitarians blog, where we share updates on our projects and the lives being changed in Kenya.

LinkedIn

Connect with 100 Humanitarians on LinkedIn to learn about our initiatives, impact stories, and opportunities to collaborate in creating sustainable solutions for families in Kenya.

Emparnat Cultural Centre

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families can collect and store every drop of rainwater or transported water, reducing the need for these perilous trips. This empowerment through water security frees up time for education, farming, and other productive activities, helping women and girls build brighter, safer futures for themselves and their families.

Get Updated with 100 Humanitarians

Each week we send project updates to your inbox, so that you know exactly where your donations go.

We also keep you updated on volunteer opportunities and expeditions to Kenya.



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Last Name

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100 Humanitarians International is a 501(c)(3) nonprofit recognized by the IRS, and all donations to 100 Humanitarians International are tax-deductible in accordance with IRS regulations.

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Cryptocurrency donations are accepted using [Every.org](#), a 501(c)(3) nonprofit who processes and sells the cryptocurrency, sends the tax receipt, and disburses the full realized gain to 100 Humanitarians International.

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