

LIVINGSTONE COMMUNITY PROJECTS

January - March 2017

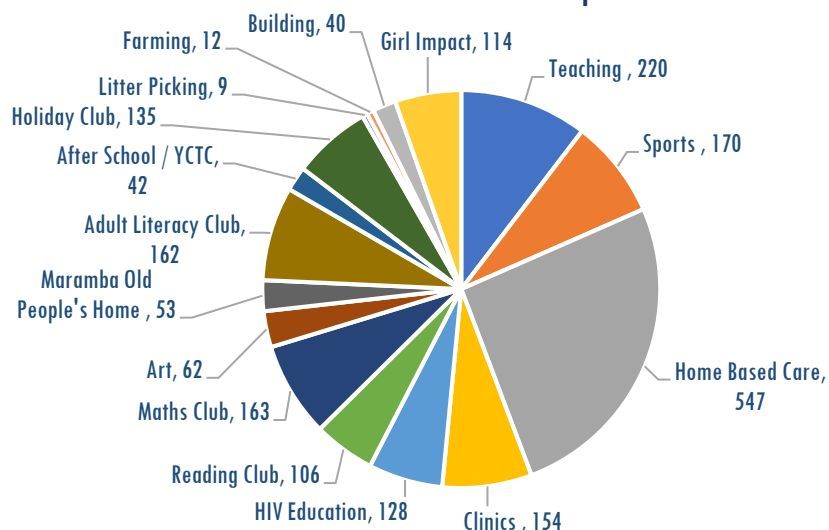
48 Volunteers

12 Nationalities

2117 hours volunteered



Hours on Each Project



AVG TEMP:

23 C



NYANJA LESSON:

Tazaonana!

English translation:

Goodbye!

WHAT'S NEW ON THE GROUND?

- We got our first Build It volunteers and began work at Linda Farm Community
- We gave lessons on eco bricking and collected over 1,000 Eco Bricks from community members!
- We began our Classroom to Classroom afternoon project, pairing American students with Zambian students for letter writing and exchanging!

GIRL IMPACT: ACHIEVEMENTS

- Our **Women's Group** Completed a two part income generation workshop! The women worked on financial goal setting and created detailed business plans using their existing resources! Whether they are selling mangos from their backyard or using their talents as seamstresses, we are certain that great things will come from these business ventures!
- We began **Tag Rugby** sessions every Thursday afternoon with our Grade 5 girls group! The sessions help teach the girls valuable lessons about health and fitness while building up their confidence and cooperation skills! The 5th graders had so much fun that our grade 6 asked to join the fun as well! The more the merrier!
- We harvested the corn grown in our **Girl Impact garden** last quarter and planted the first crops of the year for our feeding program! Tomatoes, rape, cabbage, and onions coming soon!



TEACHING: ACHIEVEMENTS

- **READING CLUB:** We tested ALL of the 72 children in Linda Community School's grade 4 Class and have been teaching remedial classes to the lower scoring students! We've found that a little extra one on one attention goes a long way and it shows in the MASSIVE improvements the students have made!
- **ADULT LITERACY CLUB:** Our ALC students have made huge strides this quarter! Our advanced students have even applied their lessons to their everyday lives by writing business letters and job applications. Mwaka, a star ALC pupil, even made a sign for her fish shop with the help of our volunteers!
- **MATHS CLUB:** Students at Linda Community School and Mwandi Community School have been excelling in their Maths Club lessons, which follow the school's mathematics curriculum and provide additional practice for students looking to improve their maths skills! We've seen great attendance this quarter and can already see great improvements from our students!
- **CLASSROOM TO CLASSROOM:** This quarter, we sent off our first ever Classroom to Classroom letters! Having received letters from Three Trails Elementary, St Louis: Grade 6 from Zambezi Sawmills School wrote letters to their Pen Pals from the USA which have been sent over to their US classrooms along with pictures of all the children and an adorable video of their take on the Zambian national anthem! Zambezi Sawmills School Grade 5 have also written letters this quarter! Theirs are addressed to their Grade 5 Pen Pals from Kennerly Elementary School, Kansas City! Combining these two Zambezi classes, we have over 100 students set up with Pen Pals from America this quarter! We hope that, as well as being good fun and prompting a healthy interest in Geography and letter writing, this partnership might eventually help contribute to our fundraising efforts for a new classroom block at Zambezi Sawmills School for these very children to work in!



MEDICAL: ACHIEVEMENTS

- We were joined by 32 medical volunteers from the University of Delaware! On top of working in clinics, providing Home Based Care, and touring a local hospital, the volunteers also gave an HIV education session at St. Mary's School that was attended by over 500 people!
- We impacted over 2,000 people with our medical project through Health Talks, clinic work, and home based care in various communities around Livingstone! In total, 876 hours of volunteer service were put toward this project!
- Many of our wonderful volunteers brought us generous donations including eye drops, bandages, and medication that make such a difference in the lives our patients! Thank you all!



**"IT'S LIKE THIS EXPERIENCE BROUGHT OUT A POSITIVE ENERGY
THAT I'M STILL SPREADING AROUND ☺"**

FRANSCESCA, VOLUNTEER JANUARY 2017



SPORTS: ACHIEVEMENTS

- Early in Term 1, we hosted the 'Olympic Games' in P.E with students from Linda Community School and Mwandi Community School. As well as being a fun sports session, it allowed us to collect performance data on 124 students for things such as their sprint times, long jump distances and more. Having coached on how to improve these results and generated much enthusiasm and desire to practice and improve, we look forward to a post-test later this year that will reflect their efforts!
- In February Sports Volunteers attended a Sports Day at Shungu Primary School! To make the day run smoother, the school used some of our sporting equipment also. It was great to see the students we had taught in Term 1 go out and compete in such a sporting, competitive and enthusiastic manner! The ideals of our own P.E lessons were on show for the entire school to observe!



KAMELIA, SPORTS VOLUNTEER:

I was a volunteer on the Physical Education (P.E.) and Sports program for two weeks in Livingstone, Zambia. I had the chance to work with a wide range of students: from 1st to 6th grade. For 10 days I met over 500 different children from both community and governmental schools. Together with the volunteer coordinator, Joe, we planned all aspects of the sports sessions prior to the actual classes. We always made sure to include new games but also to spend some time improving skills in all age groups. Of course, we could never predict the exact number of students we were expecting, so we had to be flexible and adapt the games whenever needed. Through games and drills we worked on developing team work skills and also put forward the concept of sportsmanship.

Being a nutrition student, I incorporated short talks about the importance of a balanced diet, proper hydration, and exercise for a healthy mind and body. Even though I had no experience in the field, using the right resources and a lot of creativity and thanks to the support from Joe, I managed to become a good Muzungu coach by the end of my stay.



BARBARA, GIRL IMPACT VOLUNTEER

On my second weekend in Livingstone I was White Water Rafting with another volunteer. I have done rafting before so I knew I had to try it out here as well. We were picked up very early and everything was managed for us. I was nervous at the beginning but all the guides were so nice and I felt safe the whole time. The rapids were INSANE and we flipped twice with our boat which was a lot of fun. We met so many cool people so we all decided to go on the boat cruise in the evening. While we were having a barbecue and a few drinks, we spotted some hippos and watched the sun going down.

UNTIL NEXT TIME, THE LIVINGSTONE TEAM

