

# LIVINGSTONE PROJECTS

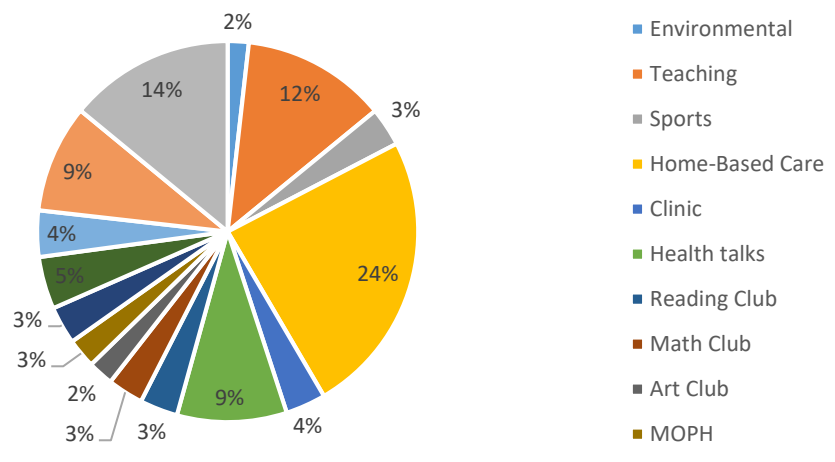
APRIL - JUNE 2019



118 VOLUNTEERS  
17 NATIONALITIES  
5007 HOURS VOLUNTEERED



HOURS SPENT VOLUNTEERING ON EACH ACTIVITY

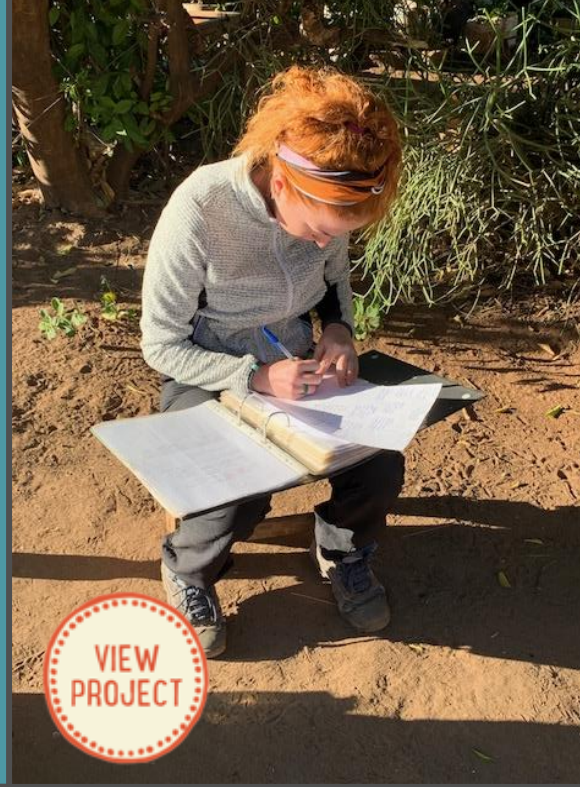


## GIRL EMPOWERMENT PROJECT HIGHLIGHTS

- We have expanded to our Girl Impact initiative to include another Women's Group! The new group consists of ten members who are really committed to furthering their knowledge concerning women's health. So far, the women have completed an HIV/AIDS workshop and, collectively, they improved their scores by 17% from the pre to post-test.
- Our Linda School Farming project has been moving from strength to strength these past few months. The girls are not only learning essential farming skills, but they are also learning the benefits of hard work and determination. Currently, we have several vegetables on the farm such as: Chinese cabbage, onion, sugarloaf, spinach and eggplant. Besides farming, these girls are improving their English writing and reading skills on Tuesday mornings during their Girl Impact lessons.
- During Menstrual Hygiene Day, our girls and boys created original speeches and plays in order to raise awareness for menstrual hygiene. The best part of the day was that two groups of girls we work with received reusable menstrual hygiene kits!
- Being our most busy and booming quarter, we had the opportunity to expand our Girl Impact initiative to include to the boys.
- We have also had the pleasure of working with HOPE Sanctuary this quarter. The lessons taught are constructed to engage young adults ranging from the age of 20-30. Our volunteers have truly enjoyed these sessions because instead of feeling like a classroom with students, each lesson feels like a conversation amongst friends!

# MEDICAL PROJECT HIGHLIGHTS

- Our Public Health Internship has started off with a bang, having 10 strong interns conducting several workshops covering topics such as: nutrition, basic wound care, budgeting, HIV/AIDS, pre and post-natal health as well as CPR. The workshops were presented to kids and young adults from the communities who loved learning about these new and interesting topics.
- We've completed 16 Mental Health Workshops these past few months, impacting almost 900 young girls from the community. The schools with which we work are incredibly happy about breaking the taboo around mental health here in Zambia.
- About 100 reusable menstruation kits were donated and handed out by a group of students who volunteered with us from Australia. All the girls were super excited to learn more about their periods and our volunteers did a great job teaching them in an interactive and safe environment.



## ENVIRONMENTAL

- In conjunction with the Ministry of Education Zambia, we held a three-week Waste Workshop for teachers at a local school, educating them on waste management and eco-bricking. It was tailored so that the teachers can then teach their students. They loved eco-bricking and its solution to waste management that they have all said that they will be teaching their own students how to do it.
- With all the hard work from our volunteers, we have completed an eco-brick bench at Cowboy School and are currently working on two eco-brick benches at Linda Community school.
- For World Environment Day, our volunteers participated in a cleanup with Zambia's National Park staff and local partners. Even animals like elephants, giraffe, impala and warthogs came out to say thank you for cleaning up!
- TAG Rugby and Travel for Youth came out with 34 volunteers to help farm, paint and eco-brick. You know what they say...there's power in numbers.

"My experience on this program was undeniably the greatest thing I have done in my life! The people I met were amazing, kind, helpful, and allowed me to have an unforgettable experience in Zambia. You immediately feel like part of the family when you start, and it only gets better the longer you stay!"

**Kelley Elise Costa, 26, USA**

# TEACHING PROJECT HIGHLIGHTS

- This quarter, our teaching program has been able to expand to Mwandu, Libuyu East and Dambwa Trust School.
- Our relationship with Mwandu Community School is going from strength to strength with ongoing teaching and after-school clubs. The students, some of which have never used a computer before, are given an opportunity to work in the computer labs each week to become more familiar with computers as well as Microsoft Word.
- Maths Club at Mwandu and Libuyu East School has had a boost in attendance as exam season creeps closer. Having had many volunteers on our teaching program allowed some one-on-one learning to take place which has seen a boost in confidence from the students when answering questions.
- In ALC we've seen two members looking to move up to the next level and our beginner has started reading her first book. We are so encouraged by their determination and improvement.



## SPORTS PROJECT HIGHLIGHTS

- Football and netball were the main focuses this quarter. We've seen an increase in the understanding of both sport disciplines and have seen an improvement in the necessary motor skills for both sports. Go team!
- African Impact provided some manpower (or volunteer power) and some netball posts for Libuyu East School's inter-school sports day.
- Thursday Tag Rugby with one of our Girl's Clubs consistently shows improvement in their ball handling skills which has translated into quality game time.
- We have introduced a weekly cultural exchange afternoon with Victoria Falls University (VFU) centred around sport. African Impact provides the resources for volunteers and VFU students to play volleyball and netball, with the opportunity to make conversation and create new connections.



Until next time... **THE LIVINGSTONE TEAM**

