

LIVINGSTONE PROJECTS

JANUARY - MARCH 2019

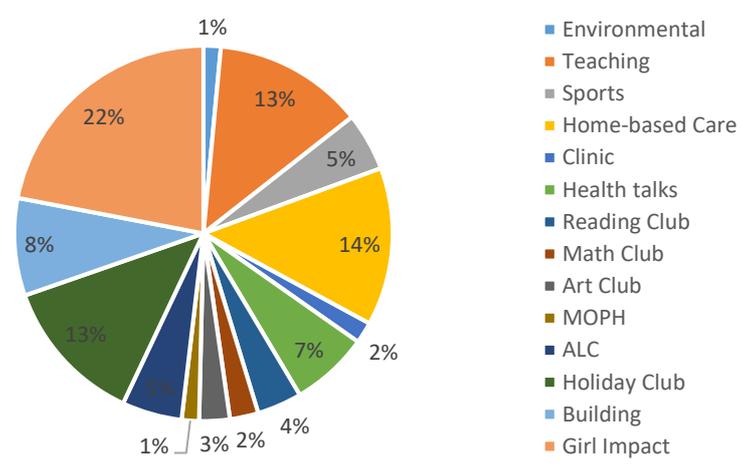


AfricanImpact

65 VOLUNTEERS
16 NATIONALITIES
2299 HOURS VOLUNTEERED



HOURS SPENT VOLUNTEERING ON EACH ACTIVITY



GIRL EMPOWERMENT PROJECT HIGHLIGHTS



- With the help of one of our interns, our women's group took their sewing club to the next level and sold 46 items worth 2190K. 40% of the profit goes towards the women so they are able to pay school fees for their children, or feed their families. The remaining 60% is used to purchase more material, thread and zippers.
- We've started a new farming project with the grade 5 girls from Linda South community. Every Friday, the girls come together to learn how to farm. As a reward for attendance, the girls get to take ripe farm produce home, which they helped cultivate! Besides farming, these girls are involved in our English writing and reading workshops held every Tuesday morning.
- Since the beginning of the year we started working with a training center called Luumuno. Here we hold workshops for 12 enthusiastic students where they learn about: cervical cancer, breast cancer, prostate cancer, HIV and Gender Based Violence. Between every pre and post-test we've seen at least an improvement of 20% in knowledge.
- One of our major lessons this quarter was role models. Our grade 6 girls told their peers (and our volunteers) about their role models and why they are their role models. The girls hope to be someone's role model when they grow up.
- On the 8th of March we celebrated International Women's day by marching through the streets of Livingstone, with our #BalanceForBetter t-shirts. We used this opportunity to raise funds for our much-needed Girl Impact Community Center.

MEDICAL PROJECT HIGHLIGHTS

- We've had 10 medical volunteers join us in Zambia this quarter! We focused on two major communities (namely, Linda and Sakubita) where severe burn wounds are prevalent. We visited these patients biweekly to clean their wounds.
- Our medical volunteers also visited the Maramba Old People's Home. During their visits, the volunteers taught the elderly about the importance of drinking water, helped to fill up water bottles and took some stretching classes.



"An incredible two weeks with a great balance of projects, exploring, adventure, being able to experience the local culture and connect with wonderful people. Something so special about this experience is being completely welcomed into, not only the community of volunteers we lived with, but with locals helping on project, the children we've worked with and the community we've been able to interact with. It truly is the people that have made this experience so enriching."

Kirsty Fleming, 25, Australia



ENVIRONMENTAL SUSTAINABILITY PROJECT ACHIEVEMENTS

- In the beginning of the year we finished a bench for the kids at Nalituwe School and we're currently working on another! These benches are made out of approximately 500-600 eco-bricks.
- Besides working on the bench at Nalituwe we've been visiting the six graders for waste management workshops to create more awareness about re-using and reducing their use of plastics.
- On the 18th of February we cleaned up the surroundings of the Mosi-oa-Tunya National Park together with 22 local organizations.
- Following a mass clean-up, Cowboys (a neighboring community) was identified as a community with the need, and the desire, for waste workshops. Since then we have been running workshops with the local community who are eager to learn about correct waste management, have learnt how to make eco bricks and are excited to create their own bench next month.

SPORTS PROJECT HIGHLIGHTS

- We held an Achievements and Recognition prize-giving where we awarded our hardest working sport stars medals!
- We have introduced new sports to the schools that we attend, including Ultimate Frisbee and Volleyball! This gives the children a chance to hone in on new skills.
- This quarter, we timed our runners. We'll use these times as a progress benchmark every quarter to see how they are progressing.
- With the help of our sports volunteers, we put together a stretching and aerobics routine that we will implement at the Maramba Old People's Home on a weekly basis.



TEACHING PROJECT HIGHLIGHTS

- Our interns and teaching volunteers have done a great job preparing the students at Mwandi for their first exams of the year. They helped with invigilating the exams and correcting them. The teachers at Mwandi are very grateful for their contribution which helped to make everything run a lot smoother.
- The Health Club curriculum for the first half of 2019 is complete. So far, the students have done several lessons on empathy and kindness towards others and towards animals as well. Since we began these lessons, there has been a notable difference in the behavior of students who attend Health Club. They have become more open to answering thought-provoking questions and they show support for each other when doing group activities.
- We've welcomed 5 new students to Adult Literacy Club. They have started phonics level and are quickly progressing towards beginner level.
- The new format for Math Club has been going very well. We focus on what each grade is covering in school and split the students into small groups.



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

