

## Zambia IDEALS Project Weekly Group Diary

### Date

From: 03/06/2013

To: 07/06/2013

### Members of the group

Josh Skinner	Giulia Melchiorre
Stephanie Staples	Callum Murray
Kayleigh MacGillivray	Rebecca Napier
Joe Dale (Team Leader)	Kate McGinley
Ashlea Smith (Team Leader)	Sarah Stephenson (Staff Member)
Daniel Caw	Hannah Marshall

### Location where activities took place

SIA Office
Edusport Office
Chipata
Fountain of Hope
Kalingalinga
Ngombe

### Overview of Group Activity

Since the students' arrival on Monday morning they have spent time learning to adapt to Zambian culture.

This has included learning to use the bus systems and how to use local currency etc.

The induction process started on Monday in the SIA office with contributions from both Edusport and SIA.

Wednesday was the newly added Tackle Africa workshop and Thursday was the truck tour of the sites.

### Individual report and reflections

#### Name: Josh Skinner, Bath

Over the first few days we have taken part in many inductions regarding coaching methods and raising our personal knowledge around HIV/AIDS by taking the Tackle Africa course.

We have also visited each community we will be liaising with and taken a cultural awareness shock which has helped in how we can deliver activities and how to interact with the Zambian people.



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**Name: Stephanie Staples**

The first few days have been quite surreal. From landing in Lusaka to having our first visit to the Sport In Action office, the culture shock was something that even with all of our preparation, none of us could have completely expected.

Our house seems like the perfect setup for the next six weeks, especially with most of the group expecting a large room with a toilet outside.

The introduction day was a good refresher course from the Durham weekend for our first day back, and the Tackle Africa day definitely gave us a lot of information that will be useful for any kids or adults that have questions for us about HIV/AIDS.

In addition to this, it gave the group a bit more confidence knowing that we already have information to provide for our placements. Seeing all of the placements has finally made this experience start to feel real.

Although a few difficulties have already arisen - such as losing my tooth the second day, and not having power in the house the third, I cannot wait for the upcoming weeks.

**Name: Kayleigh MacGillivray**

With all the preparation we received, nothing can quite prepare you for adapting to the Zambian culture.

It has shocked me, mostly in a positive way, as in the first four days I have received the biggest welcome and the warmest smiles. I couldn't ask for anything better with regard to the house, the group and staff member.

Ashlea and Joe have been brilliant and have helped us to settle in as quickly as possible.

The induction and Tackle Africa session were both very useful and I now feel a lot more comfortable if a child were to ask me a question about HIV/AIDS.

Visiting Fountain of Hope and the other placement locations today was very overwhelming and I had a lump in my throat when the children were so pleased to see us.

I cannot wait to start my placement and get to know the children and peer leaders. Bring it on!

**Name: Joe Dale (Student Team Leader)**

My mind hasn't rested since I heard my luggage had been taken off my train to Heathrow and wasn't going to be on the flight. Not the greatest start but since then it has been a treat to be back.

A realisation of the length of time I will be here was slightly distracting in the first few days before the students arrived but it was a good few days to 're-induct' myself and Ashlea.



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Since the students and staff members have arrived they have been a pleasure to lead, highly interested in learning for their own benefit for their time here. As well as this they have gelled well in the house.

The induction has been extremely valuable for both the students and me.

A great addition was the Tackle Africa workshop which, knowing the sort of questions that are posed in the communities, has provided the students with a great approach to dealing with such scenarios.

So far, planning logistics has been a focal point for me and I feel this is necessary in the students early days. I'm looking forward to being able to follow up Media and Netball tasks in the coming weeks when the students' independence has grown.

**Name: Ashlea Smith**

Being here the past week has been extremely exciting, being reunited with friends made in my previous summer on placement.

Despite the excitement, the realisation as to how long I'm going to be spending here in Zambia started kicking in which can be hard to get to grips with at times.

However saying that, the students in Group 1 have been very calming, and enthusiastic which has made both mine and Joe's job a lot easier.

The induction and the Tackle Africa training were both extremely successful, and I feel that the Tackle Africa training especially is a very beneficial addition to the students' induction.

Being placed in a completely different house in a different area has been a bit off putting simply as it's out of both mine and Joe's comfort zone in terms of knowing routes to get the students to and from placement, and simply having familiar surroundings.

Although it has been a bit challenging, the new house has been much more facilitating, due to the increase in number of lavatories, showers etc. Not only is the house more accommodating, I feel as though we are much more secure, as the area it is situated in is a much more safe and secluded.

The next upcoming weeks for me will be focusing on making sure the students have settled into placement, whilst also beginning my work on the basketball development side of things.

**Name: Daniel Caw**

Our first four days have been spent largely getting to know the area and getting used to using the local transport.

We have completed several inductions including the introduction to Zambian culture and the Tackle Africa courses.



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The induction process has helped me to adapt quickly to the new surroundings. I now feel comfortable using Zambian currency and conversing on a basic level with some of the locals.

Today we completed the bus tour of the placement sites which gave us a good introduction to the type of environment we'll be working in.

**Name: Giulia Melchiorre**

The first four days that we have been here have been used to introduce us to the Zambian culture and the Zambian way of life.

On our first day we moved into the house and started the process of getting to know each other.

The next day was the induction, which was really helpful as I had not known all details about Zambian culture and learned about what was acceptable and what was not. It has allowed me to gain a first understanding of the major differences that exist between European and Zambian culture and how important it is to respect these.

We met the peer leaders that we will be working with and during the Tackle Africa training got a much more detailed overview of what our coaching sessions would be like. It was really useful as the manual that we were given has loads of ideas for how to incorporate messages about HIV and AIDS in the coaching sessions.

It has made me much more comfortable with the idea of coaching and I have gained a better idea of what to expect.

Today we visited five of the communities, which included Munali and our placement sites. It was a fantastic experience and has given me first insights into what the placements will be like.

I am very much looking forward to working with the children at Chipata now and I have got an idea of the challenges that I will be facing, but thanks to the last few days I feel like I will be able to deal with them successfully.

**Name: Callum Murray**

Learning the Zambian culture first hand has been quite eye opening, All the research that I done into before leaving did not in honesty give a true reflection of the real Zambia.

The way of life appears to be relaxed and enjoyable for most. Seeing the faces of the kids in the poorest areas smiling away really gives you a sense of understanding into their thoughts and beliefs.

Through the workshops in the first couple of days I learned to be prepared for all situations and be open to anything.



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The Kicking Aids Out workshop was particularly interesting and useful to be a part of as I in honesty was not entirely understanding of HIV/Aids, the workshop allowed for us to learn the facts that we can use if/when we are asked questions on placement.

The games and practices they used to educate are particularly effective as the children will have an enjoyable learning experience that will provide them with education and hopefully empowerment without them realising they are learning the hard facts.

On our site visits I met a young boy who instantly made an impact for me, how appreciative he was of me being there and having fun with them really hit hard.

As a PE teacher in training I have come across a lot of situations in Scotland's most hard up areas with pupils that can make you think deeply, but there was something different about this group of kids in Chipata that really did not have much in life at all yet were possibly the happiest I have/will ever meet.

Really wish I could come up with my own imaginative phrase to finish and describe the changes in my attitudes already but the only thing that can be said is, seeing those kids really do make you think what is important in life...

**Name: Rebecca Napier**

So when we arrived in Lusaka it already changed my mind on what I expected of Zambia. The amount of perceptions people have on Africa is totally wrong.

Although it has some areas in which are in poverty some of the houses here are amazing. One of which is the one we are staying in!

So we got to the house and had a lie in the garden and played volleyball which was awesome. The day seemed to drag for so long.

The next day we had an induction day which allowed us to meet all if not some of our peer leaders as well as learning about what SIA and Edusport do and the culture within Zambia for example what is acceptable and what is deemed wrong.

Wednesday seen us doing HIV/Aids awareness training which was very interesting as I learnt a lot.

Today we went on a truck around all the sites in which the team will be working within. They all were amazing and the children were so happy. To see their faces when they see us and especially when someone pulled a camera out, there were poses all over the place!

For something which is so normal for us it is amazing how happy it makes them. It makes you appreciate the little things in life more. Cannot wait to do more!



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**Name: Kate McGinley – Bath**

Having previously been to Ethiopia, I arrived in Zambia with a strong idea of what I thought it would be like. It turns out it was very different. I assumed the whole of Africa was the same but I was definitely wrong.

Our first day of activities included the induction at the SIA office. This was really helpful as we covered areas around Zambian culture which I had no idea about and therefore I now feel a lot more comfortable to go into the community and behave in the correct way.

Wednesday we went to a Tackle Africa Workshop. This workshop was hugely enlightening as I thought I knew a lot about HIV/AIDS, however it turns out there was a lot more information which I found out which was very helpful to find out. I now feel a lot more confident in answering questions about HIV/AIDS.

Today we had the truck tour of all the placements. I was always very excited about this day as I had heard a lot about it. It lived up to expectations.

The children were all so happy and enthusiastic it really just made me appreciate that I had the chance to come to Zambia. Seeing Ngombe has made me really want to get stuck in and I can't wait for my first day of placement tomorrow.

**Name: Sarah Stephenson (Staff Member)**

I have never done anything like this ever before and as staff member I did feel a certain level of pressure/apprehension given that many of the students have far more travelling experience than myself. I actually think this has been a positive as I had no preconceptions and was able to just take everything as it came and just enjoy taking it all in.

As soon as we arrived, were collected from the airport and were taken to the house I knew this was going to be an experience never to be forgotten! We drove such a short distance but saw so many different settings (some of which were expected and some that weren't)

All of the students seem to be settling in extremely well and are all getting on which is real sign for me of the type of students that have been selected for the project!

The first few days have been used to give the students and myself additional training and inductions including presentations from the teams at SIA and EduSport and workshops from the Tackle Africa Team. I feel it has been really beneficial for both myself and the students particularly having the opportunity to be introduced to the peer leaders they will be working with.

Today was the highly anticipated 'truck tour' something that I am pretty sure will remain heavily in all of our minds. It was great to meet the peer leaders again in their working environments and it gave the students a chance to meet some of the young people that they will be working with.

For me as staff member it was so amazing watching the students' reactions and seeing them interacting with peer leaders and young people and I could see straight away what an impact this project will have on them all.



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From a personal perspective it was such a surreal but fantastic feeling to be able to speak to all the young people and play with them and take photos with them. Their friendliness and happiness was inspiring and I couldn't help but be moved by this. I can't wait for the rest of my time here!!!!

**Name: Hannah Marshall**

Sitting on the plane on the way here there was a mutual feeling that none of us really knew what we were in for and it felt really surreal that we were actually on our way to Zambia!

It took me until we were followed down the main road by a large group of school children for it to hit me that we were actually here!

Since then we have been trying to fit into Zambian culture, in particular get used to 'Zambia time' and the crazy bus service. It has been a real eye opener as I have never really stepped outside of my own culture and been so heavily involved in another.

The first two days included an induction which was really useful to kind of discuss the things that were acceptable in Zambian culture and the things that weren't and what to expect on the streets and in our placements! It was also really nice to share with them our own culture, obviously incorporating a rendition of the hokey cokey!

The constant singing and dancing has helped everyone come out of their shell and we have already bonded well as a group, with being a relatively small group it has been easy to get to know everyone and it has been a really comfortable environment where everyone can be themselves!

I found the Tackle Africa workshop really useful, we had already had quite an extensive introduction to HIV/AIDS at University prior to travelling out here but only in the context of the UK. So it was really useful hearing the kinds of myths that are common in Zambia and the kinds of questions we might be asked on placement. It was particularly useful looking at how we can incorporate messages around HIV/AIDS into our practical sessions.

Today we ventured out to all of the placements on the back of a truck! Which was an experience in itself! The truck was silent at times as we took it all in.

The most memorable moment for me was when we got off the truck at Chipata and hundreds of children ran at us and wanted to hold our hands and sing with us, it was totally overwhelming and for a second I was a bit lost for words before I joined in with the fun!

Seeing my placement, Fountain of Hope has also made me really excited for the next six weeks and I can't wait to get stuck in tomorrow!

All in all the first few days have been brilliant and it has been a really relaxed atmosphere which has made it easy to get settled.