

## Zambia IDEALS Project Weekly Group Diary

### Date

From: 07/06/2013

To: 13/06/2013

Week 2

### 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

In the last week the students have been settling into their placements, working closely with peer leaders and their sports teams.

Inevitably there have been some minor issues to iron out but the group have been incredibly patient and now they all have a weekly timetable and know exactly how to get to where they need to be.

The weekend saw a team outing to watch Zambia beat Lesotho in their World Cup Qualifier, followed by welcoming fun and games hosted by the team leaders to encourage placement partner cohesion.

On Sunday a relaxed day was finished with a trip to Arcades Traditional Market. After what had been a busy first week the team had started to appreciate the need to relax when free weekend time was available.

Today marks the visit of Liz Nicholls and Rob Morini. The students are excited to meet them personally and share their enthusiasm for the project.

### Individual report and reflections

#### Name: Josh Skinner, Bath

The first week of placement is close to ending and has lived up to all expectations and greater. I have been welcomed with open arms by all at Chipata, which has made my experience a lot easier regarding my confidence around a community covered in poverty.

Coaching football to young kids who struggle to understand me has been a massive learning curve for my personal ability and has taught me how to adapt with certain differences between myself and a different culture.

I also have been taking workshops in classrooms talking about drugs/alcohol where I have had the chance to interact with young children all with separate lives, and knowing that my influence is helping them towards a positive future is a massive factor. I have also helped around the community in other schools hoping to leave an inspirational image.

Overall, the experience of my first week has changed my view on life, to a massive extent both in ways of living, to transportation and interaction and I cannot wait for my next week to begin, where more and more new experiences will occur.

**Name: Stephanie Staples**

Coaching in Ngombe has definitely evolved already from Monday to Thursday, now that the kids know that I'll be showing up every day to coach from 14:00 to 16:00.

My first day there we had about ten kids in the beginning which was a bit of a disappointment in comparison to the thirty I had seen on the Friday before, however by the time I had to leave there were at least twenty boys playing. This has become pretty common for most trainings, so although it is somewhat difficult arranging drills to do with varying amounts of players, it's been working out quite well in the end.

What has been extremely fulfilling is going to the schools with Susan and the peer leaders to do PE classes, all the kids love watching the Muzungus attempt to dance in the middle of the circles. Playing with them and making them laugh is definitely one of the highlights of my week.

Overall I think just getting used to Zambia Time and the lax attitudes of both the peer leaders and kids, it'll be easier to adapt trainings accordingly.

I'm also looking forward to building relationships with the boys on my football team- which will hopefully lead to a more developed commitment to the trainings, and potentially success in the final Wallace tournament!

**Name: Kayleigh MacGillivray**

We are coming to the end of our first full week of placement and I am feeling exhausted but extremely happy.

This week has been very rewarding and challenging in many ways. We now have a structured timetable which has allowed me to organise and plan my sessions, although I haven't yet stuck to a single plan as the coaching environment is always changing in terms of numbers and language barriers.

This week has opened up a few exciting prospects. In addition to the coaching I have had the chance to visit a mother and baby clinic, assist in a science lesson and speak with the outreach team who bring in the children from the street.

All have been very exciting and eye opening experiences which I will remember for a very long time. I wake up every morning and can't wait to see the children and peer leaders again and wonder what excitement the day will bring. Roll on next week!

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

After facilitating the student's trips to placement over the first couple of days, I have had a sense of achievement in the latter stages of the week now they have all successfully made their own way to and from their sites.

As a team leader the best and worst part of the day can be sat at home hearing about the students' days. The best times have been when students come back full of success stories, but naturally there are frustrations and annoyances that are discussed in the house.

It's these that frustrate me also as I immediately think if there was a way in my role it could have been avoided. The patience of the students has been extremely admirable and by the end of Tuesday all the student's had complete timetables.

Personally I need to maintain communications with all the peer leaders and minimise the chances for placements to break down, but likewise I also need to remember that we are in Zambia and there are a lot of unforeseeable reasons beyond my control as to why these things happen.

My media role is starting to take shape after some very useful meetings including Dan, SIA and Edusport staff. Some extremely thoughtful ideas from everyone involved has provided lots to be getting on with.

Highlights of the week have included talking on Zambia's HOT FM '30 minutes of champions' breakfast show and sharing an afternoon in Ngombe with Liz and Rob from UK Sport. Two very humble people who were very interested in the work of the students on the ground and with some great insights into their careers in Sport for Development.

The working and social relationships of the students in the house goes from strength to strength and they've been a delight to manage in the house.

**Name: Ashlea Smith (Team Leader)**

This week has been extremely successful in terms of the students finding their feet and becoming more independent in their travels to placement.

It didn't take the students half as much time as I expected to learn the route to placement, and to make their way without any guidance, which took a lot of pressure off of me and Joe in facilitating they got there ok.

I think it was quite strange feeling as though we were leaving the students on their own, as we were used to getting them everywhere up to this point.

Over the week I feel that the group has really gelled and everyone seems to have found their "place" in the house, including myself and Joe.

For me, personally that has been the most challenging part for me, distinguishing my position in the house, creating balance between team leader and friend. I think this may be due to the fact that I came here as a student on the project only last year, as well as being of very similar age to most of the students.

Saying that, the students have reacted really well to me and Joe as team leaders and I feel as though we ourselves have found our feet and established our role fully.

It's been lovely hearing the groups' stories after their days at placement, and we encourage them to share their favourite moments of the day among the house.

Today we welcomed Liz and Rob from UK sport, meeting them in Gnombe whilst they watched the two students there coaching. This was a really good opportunity for us to speak to them, and get to know them, whilst exchanging our knowledge on the project and answer any questions they had.

Overall a great week and I look forward to another week with Group 1.

**Name: Daniel Caw**

As media student, it can be difficult to build up solid relationships with kids and peer leaders as you aren't assigned a placement of your own.

However, I've now managed to spend at least one full day at each of the placements and I have a lot of useful material.

I have several interviews with peer leaders, parents and pupils lined up for next week and I'm excited to build on everything I've learned in my first two weeks in Zambia.

**Name: Giulia Melchiorre**

The first five days on placement in Chipata have been extremely exhausting but also rewarding. Our day is quite structure with PE lessons starting at nine in the morning and then sport specific coaching in the afternoon.

I faced my first major challenge on Monday having to coach the U12 football team at Chipata never really having coached before. Being put in the spot was quite scary but having planned the session relatively well helped greatly.

I realised that the most important thing is being very flexible because often a drill might not work out due to language difficulties or simply because the players have a different way of thinking.

Furthermore, as a girl it is more difficult to gain the boys' respect as a coach.

However, already I have grown quite close to some of the U12 players and the peer leaders who have been a great help. I was worried at first that my lack of coaching experience would be a problem but I realised that everyone is willing to help and as long as I have the confidence I will keep improving and be able to coach them efficiently.

On Thursday I started a girl's football team in Chipata due to the high demand and I will now try to mainly coach the girls, which makes me very happy. I'm hoping that this girls' team will eventually be able to compete in the Wallace tournament. I will continue to work with the U12 boys as well.

We are planning to set up a girls' and a boys' forum to give some of the older children the opportunity to talk about their problems and introduce some life skills as well.

This idea has arisen as a result of our first 'clubs' session, in which we discussed alcohol and drugs with younger children, who are quite shy but keen to learn.

I feel that there are a lot of opportunities at Chipata and that it is up to us to take up opportunities to make the most of the coming four weeks at our placements.

**Name: Callum Murray**

Our first day placement saw us sat around a lot due to a lack of organisation in Kalingalinga, this continued on Monday which in honesty was frustrating.

Thankfully on Tuesday Moses appeared and helped us out a lot, we were finally able to organise our classes to do PE with at Kalingalinga Basic School which will start as of tomorrow (Friday).

Wednesday morning saw us at Mama Stellas School where the kids gave us the best welcoming imaginable. We were swarmed for a good 10 minutes until we were finally able to start some games where the enthusiasm was unbeatable.

That will be a morning I never will forget, it brought us all up and really got us into the Zambian mood.

Thursday was a great day as we were able to take one class from the Basic school in the morning then spent a good couple of hours playing on the pitch with the kids. As a diehard rugby man I loved the reaction from the children to the rugby ball, they smiles and cheers as they chased the ball with its unpredictable bounce.

As I am into my fourth day with the volleyball team I now have five great boys to play who are not only good players but great banter which allows for the training session to be fun and effective.

They told me they are already looking forward to the Wallace tournament where they are aiming for their fourth medal. I really do hope I can coach them to this success.

**Name: Rebecca Napier**

So the second week seen us at our placements which at first slow as the peer leader was absent therefore we did not have a timetable or any classes so we ended up playing games on the field and then doing sport specific activities at night which was netball for me.

When the peer leader came to Kalingalinga it took a while for the timetable to be made as we had to visit various schools.

Today (Thursday) we finalised our timetable so from now on it should be amazing. As now we not only coach but we teach at a local school which is what I wanted to do the most, teach young children.

The house has been quiet as everyone is so tired and just wants to sleep, many have been in bed by 8:30!

Bring on Week 3!

**Name: Kate McGinley – Bath**

The first proper week of placement has been better than I ever expected.

Although things are running through 'Zambia Time' there is still structure to our weekly programme which is great. I'm really happy that I get the chance to do PE and sport specific every day.

The group of girls I am coaching netball to every day are all amazing and I am already feeling sad about the day I have to leave them. They are all really keen to train and learn more.

I feel like I am learning to communicate with them more effectively and clearly and they are definitely understanding what I am saying which is a relief!

I thought I would struggle being out in the heat all day every day however although it is a long day I am kept busy throughout which means I don't feel tired during the day and therefore I stay motivated and keep the kids enthusiasts tic.

I have been welcomed into Susan's home and all her family are great and so kind and welcoming. I have learnt a lot about African culture thanks to spending a lot of time at Susan's home. I think that is a very important part of the trip and I hope to learn more.

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

We are coming to the close of the second week and it has been incredible. I have met so many amazing people in Zambia and just having simple conversations with people has made me look at a lot of things in a different light.

Given that some students have had a few issues with their placements I have been impressed by their ability to adapt and work with the situation they have been presented with.

On a personal level, unfortunately I have a tendency to doubt my ability to do things. Being out here though and finding myself in a variety of new situations whether that be getting the right bus or getting involved in coaching I have been able to decision make and throw myself in and actually really enjoyed it.

This has given me a certain level of confidence to just get on and do things. I also sometimes struggle with making conversation with people I am not familiar with and the friendly nature of people over here has really helped me.

All the young people are more than happy to come up to me as a 'muzungu' stranger and begin a conversation with me. I have realised that if they can do it then so can I and I have really enjoyed speaking with the peer leaders and site coordinators and finding out about their lives and also more detailed information about their project and community.

**Name: Hannah Marshall**

So the second week and our first full week of leading our own sessions is coming to a close and it has been amazing.

We were really thrown in this week and with about three sessions each day to deliver it has really challenged my planning skills to keep the sessions fresh and to meet the needs of the different groups that I have. It has also really challenged me to make all of my sessions adaptable as some days I might have eight players, other days I might have 30 players.

Everyone has been so friendly, the peer leaders and the children and it has helped me to open up and be really confident when I arrive at placement and they make sure our time is enjoyable and the atmosphere is just incredible which makes it a really comfortable environment to be involved in.

We have also met with the outreach team this week about the children that arrive at Fountain of Hope and how they find them and the work they do with them, this has really opened my eyes to the problems that street children face and the amazing opportunity that Fountain of Hope presents them with and has inspired my placement partner and I to get involved in a forum with the boys that live there and discuss issues with them around substance abuse etc.

It has been really challenging but hugely rewarding.