



DAY OF SERVICE: Seeking Sustainable Solutions Together

OPTION 1: VISITING CHIKUMBUSO WOMEN AND ORPHANS HOME

- Participants: 20
Location: Chikumbuso Women and Orphans Home
Time: 10:00 AM – 2:00 PM
Coordinator: Jean Grendon (0978-770021); Kathy Chromicz
Organization: Chikumbuso Women and Orphans Project began in January 2005 with one widow and her seven children. In the past three years it has grown to include over sixty widows, forty single mothers, twenty grandmothers, and three hundred students. Through education and microenterprise, Chikumbuso creates opportunities and provides hope. Projects include a training program, a school for orphans, and microenterprise development.
www.chikumbuso.com
Action: Students will engage with Chikumbuso women and children in play activities, crocheting, tailoring, and cooking. They will have the opportunity to learn about Chikumbuso's program model, including its training curriculum and microenterprise development.

OPTION 2: GARDENING WITH THE ANTI-AIDS TEACHERS' ASSOCIATION OF ZAMBIA

- Participants: 15
Location: Anti-AIDS Teachers' Association of Zambia
Time: 10:00 AM – 2:00 PM
Coordinator: Monica Carriles (0975-495374); Natalie Coombs (0978-695292)
Organization: The Anti-AIDS Teachers' Association of Zambia (AATAZ) was founded in 2001 by a group of teachers with the aim of facilitating HIV/AIDS sensitization to teachers, young people, and communities. In 2008, AATAZ partnered with Project Concern International (PCI) Africa KIDSAFE to reach out to vulnerable children affected by HIV/AIDS and to reduce their transition time on the streets. Together, the organizations provide preventive psychosocial support activities, raise awareness among community caregivers of child protection information, and encourage community support for orphans and vulnerable children.
Action: AATAZ and its partners are currently renovating their grounds adjacent to the AATAZ offices. In addition to building a functional and active space for young people, AATAZ is in the process of expanding its gardens. Participants will work alongside the center's youth and peer educators to help make vegetable beds, plant seedlings, and transplant existing herbs into the new vegetable garden. The beds will become a part of the youth activities at AATAZ to allow the community to harvest the vegetables to take home as food or to sell as income. Some students may also engage outdoor sports or recreational activities with the youth that AATAZ serves.

OPTION 3: TEACHING THROUGH THE PERFORMING ARTS WITH NOMAKANJANI

- Participants: 15
Location: Jesus Army Community School
Time: 10:00 AM – 2:00 PM
Coordinator: Kay Smith (0978-958574)
Organization: Nomakanjani Arts are a fresh and vibrant group of talented young people with a vision to use the performing arts as a tool for creating positive change. The organization utilizes the arts to raise awareness about issues that affect their communities, believing that the message is always heard when it is delivered creatively through "edutainment," and that drama and music with an empowering message is a vital way to bring information and hope into the lives of their communities. Since its inception seven years ago, Nomakanjani's workshops have been featured at various events hosted by groups such as the Zambian Ministry of Youth Sport and Development, MTV, UNICEF, and the Swaziland Theater Festival, as well as on local radio and television programs.
Action: Students will join Nomakanjani to learn, create, and perform songs, dances, and plays that educate communities on the challenges facing today's youth. Nomakanjani will teach students strategies of effective communication of information in the form of drama and music, working alongside peer educators and children.

OPTION 4: VISITING VISION OF HOPE'S WOMEN'S SHELTER

- Participants: 10 (girls only)
Location: Vision of Hope Shelter
Time: 10:00 AM – 2:00 PM
Coordinator: Anna Sarty (0979-665796); Helen McBride

Organization: Vision of Hope is a Zambian organization that supports some of the most disadvantaged street children in the country: young girls. Due to extreme poverty and the deaths of family members due to HIV and AIDS, girls as young as 12 find themselves living on the streets of the capital, Lusaka. Without regular access to food, education, or shelter, these girls are susceptible to abuse on the streets. Vision of Hope runs a weekly drop-in center that offers these girls a rare safe space where they can socialize, eat regular meals, receive medical care, and get practical advice from skilled professionals on how to keep themselves safe and healthy on the streets.

<http://forhope.chipin.com/the-hope-foundation>

Action: Students will visit Vision of Hope's Women's Shelter to meet the young girls and discuss the challenges they face on the street, such as HIV, drug abuse, and prostitution. They will learn about the strategies that Vision of Hope uses to improve the girls' situations: workshops to teach hygiene and vocational skills training to provide alternative incomes. Participants will work the girls to make doormats/rugs, sing songs, and create crafts.

Notes: By request of Vision of Hope, only girls may register for this event. The young girls at the center find themselves in extremely dire situations. Participants should be prepared to be extra sensitive to the girls' challenges.

OPTION 5: VISITING OPEN ARMS HOME AND COMMUNITY SCHOOL

Participants: 30

Location: Open Arms Community School

Time: 10:00 AM – 2:00 PM

Coordinator: Francois DeRyckel (0979-466835)

Organization: The Open Arms Community School, which educates 140 children from ages 3-12, was founded in order to help educate rural children who lived too far from the nearest school. While resources are very limited, the natural beauty of the property is rich. A small home for orphans is also housed on the grounds. The American International School of Lusaka has recently formed a partnership with Open Arms in an effort to build a sustainable fishing pond. Students are still working on digging the hole for the pond; however, there will be many teaching opportunities, as well as future protein, available for the Open Arms learning community.

Action: Students will have an opportunity to participate in three different projects at Open Arms: working on digging the fish pond, painting murals in the classrooms, and playing games with the children. This is a wonderful opportunity to make a difference in the early stages of a school community.

OPTION 6: SUPPORTING MUKWASHI TRUST PRIMARY SCHOOL

Participants: 50

Location: Mukwashi Trust Primary School

Time: 10:00 AM – 2:00 PM

Coordinator: Laura Manni (0976-859982)

Organization: Mukwashi Trust Primary School, located in Lusaka West, Zambia, opened in August 2006. It was conceived by the directors of the commercial farm at the time, with the purpose of providing quality primary education to the children of employees and the local community in an area where accessible quality education is limited. When it opened its doors there were two qualified Zambian teachers and 90 children in grades 1 to 5. The school is now in its fourth full year, with four qualified Zambian members of staff and approximately 200 children in kindergarten to grade 7. The school celebrates more than academic achievement, recognizing the benefits of a more well-balanced curriculum in promoting well-rounded and successful people. It has been fortunate to have the support of the local community, including a Zambian artist who for over a year taught children art techniques that they could apply across the curriculum and students from the American International School Lusaka who shared their musical talents with the children of Mukwashi. The staff and administrators are dedicated to providing holistic education and care, catering to children's social, emotional, physical and academic development.

<http://sites.google.com/site/mukwashi/>

Action: Participants will visit Mukwashi School to spend a day with its students. They will help the school with maintenance tasks such as furniture repair, painting, and planting, and with preparing for an upcoming clothing sale. Participants will also have the option of playing with children (some salsa dancing!) or reading to them to help with their fluency and comprehension. A small group will also have the opportunity to lead a presentation on global warming and sustainability for the school's seventh and eighth graders.

OPTION 7: TEACHING THROUGH THE PERFORMING ARTS WITH BAREFEET THEATER

Participants: 10

Location: Barefeet Theater

Time: 10:00 AM – 2:00 PM

Coordinator: Chris Muller (0979-093409); Michael Lees

Organization: Barefeet is a creative arts and performance project staged, rehearsed, and presented mainly by children on, or formerly on, the streets of Zambia. The project uses theater, art, dance, music, and creative writing as a tool to engage with and support the development of children most at risk of disengaging from their communities. With the goal of moving children from the streets to safe environments, Barefeet offers them an opportunity to have their voices heard and a channel through which

to express themselves. By giving children some encouragement, confidence, and self belief, and allowing them to “shine,” you can start to work together to find brighter opportunities. Barefeet’s programs enable children to be children and to discuss topics or issues they feel important and ultimately allow them to showcase their talent while giving them dignity and worth.

<http://www.barefeetheatre.org>

Action: Students will have the opportunity to experience the work of Barefeet as they use theater for development to work with some of the most vulnerable children in the city. Through drama, dance, storytelling and the arts, Barefeet’s workshop provide a lifeline for children who live or once lived on the streets. Each workshop teaches children vital information in a fun and playful manner, and as in all Barefeet activities, the end goal is to realize their potential in a performance.

OPTION 8: LEARNING ABOUT ENVIRONMENTAL SUSTAINABILITY TECHNIQUES AT PESTALOZZI

Participants: 20

Location: Pestalozzi

Time: 10:00 AM – 2:00 PM

Coordinator: Bob Stewart (0979-074893)

Organization: For many children, the alternative to schooling is often working, sometimes in foul conditions, to help their families survive. Pestalozzi seeks to tackle this problem by sponsoring the secondary education of particularly talented, but underprivileged, children in Asia and Africa. The Pestalozzi approach to education aims to develop children into well balanced and responsible adults by fostering their "Head, Heart and Hands" – that is, academic knowledge, moral and social awareness, and vocational skills. In keeping with this, schools chosen for the program have a track record not only of academic excellence, but also of demonstrating social commitment and providing practical and vocational skills training, so that graduates can pass these values and skills on to their communities. Currently, over 50 students attend the Pestalozzi School in Lusaka.

<http://www.pestalozziworld.com>

Action: Participants will visit Pestalozzi’s school in Lusaka and have the opportunity to learn about its program and operations. Participants will engage with the school’s students through activities such as vocational skills training and group lessons. Participants will also have the opportunity to participate in demonstrations of several of Pestalozzi’s environmentally sustainable practices, including composting, the use of rocket stoves, and farming.

OPTION 9: VISTING THE JESUS CARES MINISTRIES

Participants: 10

Location: Jesus Cares Ministries, Mtendere

Time: 10:00 AM – 2:00 PM

Coordinator: Florence Lutale (0966-952122); Steve Luke

Organization: Jesus Cares Ministries (JCM) is a faith based non-governmental organization dedicated to working with and empowering the less privileged, especially children and women, through care and support, education, capacity building of HIV/AIDS incapacitated households, community mobilization and awareness raising, advocacy, and gospel outreach in order to contribute towards the realization of an equitable and empowered society. JCM’s programs include: the formulation of the policy and legal frameworks necessary to effectively combat child labor; the provision of a transit home for vulnerable children; psycho-social counseling; education and nutritional support; and the establishment of sustainable income-generating initiatives such as agricultural production.

<http://www.jcminternational.org>

Action: The International School of Lusaka has partnered with Jesus Cares Ministries and is currently engaged in a range of activities with its site in Mtendere. Participants will work alongside JCM’s vulnerable children to cook traditional Zambian foods, construct a new building (e.g., lay bricks, mix cement), or draw murals on the outside wall to enhance to site’s presence. The day will also include an exchange of games and music, including a street children’s band that will be using instruments made from local materials. A small group may also have the opportunity to observe counseling visits to the nearby homes of HIV affected youth.

OPTION 10: Observing Farming Practices with the Conservation Farming Unit

Participants: 12

Location: Conservation Farming Unit farm

Time: 10:00 AM – 2:00 PM

Coordinator: Jan Nijhoff (0977-111864)

Organization: The Conservation Farming Unit of the Zambia National Farmers Union was established in 1995 to develop and promote the adoption of Conservation Farming (CF) and Conservation Agriculture (CA) practices by Zambia’s small-scale farming community. In 1999, the Government of Zambia endorsed the promotion of CF as national extension policy. Today in Zambia, over 120,000 farmers have already benefited from the adoption of CF. By 2011, it is CFU’s aim to increase adoption to 250,000 families or about 30% of Zambia’s small-scale farming community. CFU believes its practices are simple, easy to adopt, and accessible to even the most resource poor families, and that they will benefit many thousands of farmers in the Southern African region and well beyond.

<http://www.conservationagriculture.org>

Action: Guided by agribusiness specialist, Jan Nijhoff, and staff members from the Conservation Farming Unit, participants will visit a farm that has adopted CFU's farming methods. Participants will learn about how these methods increase farmers' yields, sustain adequate production even in tough conditions, and liberate farmers from dependency on food aid. They will also see the ways in which CFU promotes sustainability by helping farmers to regenerate rather than exploit the environments in which they live.

OPTION 11: BUILDING HOMES AND LIVES WITH HABITAT FOR HUMANITY

Participants: 15

Location: Habitat for Humanity designated sites

Time: 10:00 AM – 2:00 PM

Coordinator: Clare Arcenas (0969-210242)

Organization: Habitat for Humanity (HFHI) envisions a world in which every person has a decent place to live. It is a non-profit international housing organization that seeks to provide simple, decent, and affordable housing to communities throughout the world. By working in partnership with families to provide safe affordable shelter, HFHI empowers them to break the cycle of poverty and build the foundation for a secure future. Homeowners pay for the materials, but not the labor, and take out no-interest loans to purchase their house. With the development of 'partnership housing,' those in need of adequate shelter work side by side with volunteers to build their home. HFHI has built over 300,000 houses since 1976, and, on average, every 16 minutes a family receives the keys to their new home. HFHI is currently building homes in more than 20 countries across Africa and the Middle East.

www.habitat.org

Action: Participants will work alongside a family and their community to build a new home in Kalingalinga. They will learn the dos and don'ts of a building site, including both short-term construction rules and longer-term considerations. Participants will also receive educational training on HIV/AIDS and malaria, which affects many of the families that Habitat for Humanity serves.