

Kwathu

Children's
Home

FREE HAVEN
COMMUNITY SCHOOL



Volunteer Handbook

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1. About Kwathu

- A. **Start:** Kwathu Ministry started in October 2005 and it is a registered organization under the Ministry of Community Development Mother and Child Health. This ministry is a charitable project under registration number

RNGO 101/1284/14 and it has been in existence for many years. We give all glory to God for making it possible for us to be able to see our dream and vision come to pass.

B. Mission:

- ❖ To empower children to sustain themselves in the future
- ❖ To provide education and practical skills training
- ❖ To promote and strengthen children's' talents
- ❖ To develop a child's potential through guidance and life skills training
- ❖ To care for children who otherwise might not have a chance to be sheltered
- ❖ To provide a place for orphaned and vulnerable children to call "home"

C. Vision and Objectives:

- ❖ To model and promote a socially just community
- ❖ To provide children with equal access to education and healthcare
- ❖ To cultivate reciprocal relationships with the surrounding communities
- ❖ To value spiritual, physical, mental, and emotional development
- ❖ To foster self-sustaining projects such as: gardens, farming, and raising animals
- ❖ To generate income for the mission by providing modest accommodation for visitors and volunteers
- ❖ To provide economic opportunities such as the Kwathu Shop

D. Ministries: Kwathu Children's Home is a faith-based home in Livingstone that provides shelter, education, psychosocial support, life skills to vulnerable children, and care for orphans as well as HIV infected and affected children. This is all accomplished in a healthy, safe, and stable environment. Reaching out to the community in order to spread the love of God through the Bible is Kwathu Children's Home main aim. We have found ways of reaching out to the community according to how God has spoken to us and we support the community through the following ways:

- ❖ **Kwathu Free Haven Community School:** Kwathu Free Haven Community School is private primary(kindergarten- grade 6) non-profit, learning center geared towards providing education, spiritual foundation, nourishment, love, emotional support, and individualized attention free of charge to 220 local vulnerable children in the Community.
- ❖ **Feeding Program:** In December 2015 the feeding program began and it has been running every Monday since. Nearly 250 vulnerable

children and their mamas gather at Kwathu Children's Home on Monday evenings to receive dinner.

Beginning in 2017 the feeding program will take place Monday – Friday and up to 2,100 meals will be served per week.

Some families struggle daily to buy food so we wanted to feed as many families as possible. The other vision includes feeding the homeless and the children who have no shelter and are forced to beg on the streets.

- ❖ **Arts Club:** Arts Club is a program for the community children. The children come to Kwathu Children's Home to draw, paint, and color. We also use this time to teach the children more about God. During Arts Club the children have the opportunity to play on the play ground at the children's home.
- ❖ **Tailoring Project**
The tailoring workshop for women in Livingstone started in 2017. The aim is to let the women work independently, and enable them to earn an income by tailoring and designing products for local shops.

2. About Zambia

Zambia, the thirty-ninth largest country in the world, is a landlocked country with a tropical climate. Eight countries surround Zambia, they are: Angola, Botswana, Democratic Republic of the Congo, Namibia, Tanzania, Malawi, Mozambique, and Zimbabwe. Zambia is comprised of ten provinces: Lusaka, Southern, Northern, Eastern, Western, North Western, Central, Copperbelt, Luapula, and Muchinga.

A. Zambia Overview:

- ❖ Population – 16.2 million

- ❖ Life Expectancy – Male: 50.8 – Female: 54.1 – Total: 52.5 – World Rank: 217
- ❖ Capital – Lusaka
- ❖ GDP – 5%
- ❖ Religion – Christian
- ❖ Poverty – 60.5% of families live below the poverty line
- ❖ HIV/AIDS – The prevalence of HIV among adults 15-49 years is 14.3 percent Males 12.3% females 16.1% As of 2015, the estimated population who have HIV is 1,211,900
- ❖ Tribes – 73 tribes and 73 languages
- ❖ Climate – Altitude 1,000 – 1,600 above sea level
- ❖ Language – English official language / Nyanja and Bemba are locally spoken in urban areas
- ❖ President – Edgar Chagwa Lungu since 11 August 2016
- ❖ Currency – ZMW Zambian Kwacha

3. Applying to Become a Volunteer

There is so much to be done within and around Kwathu Ministry. If you would like to get involved or apply as a volunteer please contact us at

kwathuoffice@gmail.com

www.facebook.com/kwathuhome

www.kwathuhome.com

www.gracekleincommunity.org (U.S.)

www.tandeka.org (Germany)

A. In Country Costs

- ❖ Accommodation – Kwacha 100 per night
- ❖ Transportation – if you want to go to town or travel around Livingstone in your free time you will need money for transportation. The easiest way to get around is by taxi. Please be sure to bring extra money for transport if you plan on using taxis.
- ❖ Food- self catering
Livingstone has a variety of shops where you can buy food and groceries

B. Additional Costs

- A. Other costs to consider are costs for your flights business visa (\$80), travel insurance. **Insurance:** You will need to inform the Kwathu staff of your insurance details, emergency contact details and any medical issues you may have. Please make sure you have insurance in your country of origin before traveling to Zambia as there is no insurance policy offered.
 - ❖ Upon your arrival, a taxi from Kwathu will pick you up at the airport for Kwacha 50 fee.
 - ❖ Suggested Vaccinations
 - Tetanus
 - Hepatitis A&B
 - Typhoid
 - Polio (optional)
 - Meningitis (optional)
 - Measles, mumps, and Rubella (optional)
 - Rabies (optional)

❖ Malaria Medication

Your doctor can help you decide which medication is right for you and they can discuss other measures you can take to prevent malaria.

Note: All money should be exchanged at the bank. Please do not change money in the street to avoid being inconvenienced. The following are a list of recommended banks:

- ❖ Zanaco Bank
- ❖ Barclays Bank
- ❖ Stanbic Bank
- ❖ Standard Chartered Bank
- ❖ Invest Trust Bank
- ❖ Indo Zambia Bank
- ❖ Finance Bank
- ❖ FNB

5. Before You Go

- B. **Flights:** Several airlines fly into Livingstone Zambia. You will need to research for the best deal in regards to your choice of flights.

- C. **Visa:** You will pay for the visa at the airport when you arrive in Zambia. Short term business and tourist visas are good for 30 days and costs \$80 for multiple entry and \$50 for single entry. A work permit (for volunteers who will be staying longer than three months) costs \$250. Please tell the authorities which visa you are applying for and if you want single or multiple entry.

- D. **Vaccinations:** In order to ensure you are do not have any health complications while in Zambia you need to receive a series of vaccinations. All vaccinations need to be administered at least two

weeks before your arrival in order for you immune system to adapt to the immunization. Below is a list of recommended vaccinations:

- ❖ Tetanus
- ❖ Hepatitis A & B
- ❖ Typhoid
- ❖ Yellow Fever (optional however if you want to visit other countries while in Africa you need this shot)
- ❖ Polio (optional)
- ❖ Meningitis (optional)
- ❖ Measles, Mumps, and Rubella (optional)
- ❖ Rabies (optional)

- E. **Malaria Medication:** Malaria has been an ongoing crisis in Zambia but measures have been taken to reduce death caused by Malaria. By 75%. It is recommended but not required that volunteers take an antimalarial prescription before, during, and after your stay. Your doctor can help you decide which medication is right for you and they can discuss other measure you can take to prevent malaria. Malaria can be treated effectively early in the course of the disease, delay of the treatment can have serious or fatal consequences. If you think you have malaria seek medical attention as soon as possible. You should also go to your doctor for a check up when you return from your trip.
- F. **Insurance:** You will need to inform the Kwathu staff of your insurance details, emergency contact details and any medical issues you may have. Please make sure you have insurance in your country of origin before traveling to Zambia as there is no insurance policy offered.
- G. **Zambia for travelers coming from outside the country.** Note: Kwathu is not responsible for any potential medical bills.

H. **Packing:**

Suggested items to pack:

- ❖ Sun Screen/Sun glasses/Cap/Rain Jacket
- ❖ Medication
- ❖ Adapters for your electrical appliances
- ❖ Water bottle
- ❖ Camera/ Any Electronic devices
- ❖ Books, a journal, or other forms of entertainment

6. Arrival In Zambia

A. Airport Arrival: Below is a list of emergency numbers for the Kwathu Staff. When you arrive at the airport one of the staff members will meet you there to pick you up for a fee of Kwacha 50.

❖ Mr. Phiri	+260 97 7862642
❖ Mrs. Phiri	+ 260 95 4558989
❖ Gertrude Muchimba	+ 260 97 7792349
❖ Situmbeko Sitondo	+260 97 7806399

B. Orientation: There will be a day of orientation regarding the culture, ministry, and policies. For your safety and well being

B. Accommodations: Accommodations are available at Kwathu for a fee of 100,- Kwacha a night (see section 7).

Our volunteer base is fully equipped. All kitchen necessities are available as well as beddings and bathing towels.

C. Activities and Relaxation: There are many different activities you can participate in during your free time. For a full list of activities please ask the Kwathu staff. There are also a number of great restaurants in town as well as local markets you can visit to buy traditional African souvenirs

D. Alcohol, Drugs, and Smoking: Kwathu property is a smoke and alcohol free area. Any volunteer caught in possession of, or using illegal drugs on Kwathu property or at any time during their stay in Zambia will be escorted from the premises and may be reported to local authorities. As mentioned above drinking alcohol is prohibited on Kwathu property.

While drinking alcohol substance is prohibited on Kwathu property, there are several restaurants and bars in town where volunteers can consume alcoholic beverages.

E. Laundry: You can either do your laundry by hand or ask to use the washing machine at Kwathu for a 15 Kwacha fee. If you wash your laundry by hand you are free to use the water at Kwathu; however, please use the water wisely in order to avoid unnecessary water bills.

- F. **Personal Belongings:** Personal belongings should not be left scattered around your room. Please take care of your valuables and ensure to store them in a safe place. If you have a large quantity of cash or you have other valuable items you need to you can ask one of the Kwathu staff members to place it in a safe.
- G. **Internet:** You can go to MTN or Zamtel in town to purchase a Zambian SIM Card for your phone which will allow you to call, text, and have access to 3G internet.
- H. **Safety:** At night it is especially important that you travel in groups of two or more. To get to town from Kwathu you should take a taxi. Kwathu Staff can provide you with a list of phone number for local trustworthy taxi drivers. Please avoid carrying large quantities of cash and valuables with you.
- I. **Water:** The water at Kwathu comes from a borehole 100 meters deep and is therefore safe to use and drink. If you prefer you can also purchase mineral water from the Shoprite, the local grocery store.

7. Expectations of Volunteers

- A. **Communication Book:** Please make sure to sign in and out during each visit and to wear your name badge while you are working.
- B. **Attendance:** It is your responsibility to report to work on time. Absenteeism or tardiness may cause undue stress on other staff members who will have to fill in for the absent volunteer. If for some reason you will be absent or late to your placement please let one of the staff members know and arrange for someone to take over your duties.

C. Dress Code: The clothes you wear should reflect the requirements of the job and the working conditions. During your work hours both men and women should wear clothing that falls below their knees in order to be respectful of the Zambian culture. During your free time you can wear anything you like

We hope this information was helpful as you prepare for your stay at Kwathu and have the most memorable experience. Thank you and we look forward to welcoming you to Africa – the most beautiful place on earth.

From,
The Kwathu Team

“Zikimo - Thank You!”