

Work experience trip to Malawi in Africa

Organised by:

Dr Patricia Lund (DASH)

I visit Malawi on field work:

Albinism in Africa project



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Where will we go?

Two lodges in central Malawi

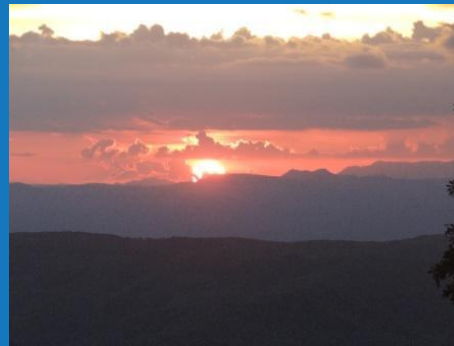
[Fisherman's Rest](#) is close to Blantyre in Malawi; it looks down onto the Great Rift Valley; above is the swimming pool (in the shape of Africa) with its stunning view. You will stay here for most of the trip.

How has this trip been researched?

- I have been travelling to Malawi since 2010 on my albinism projects and know the area well
- I visited both Fisherman's Rest and Nanchengwa Lodge (where you will stay on the Lake) in March 14 to plan your visit
- I have chosen these 2 lodges as both have community based projects

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Sunset at Fisherman's Rest



DASH to Malawi

How long will the trip be?

3 and a half weeks

When?

Last week of August & into September 2014

Cost?

£1600

Includes: accommodation, food, all activities & flight from UK to Malawi

Not included: transport to the airport in the UK; anti-malarial tablets; vaccinations, visas (not required if British);



[Fisherman's Rest](#) View from the car park

How do I afford £1600??

The department will pay a contribution:

£800 per student for 2014 trip

You are eligible to apply to IEMS:

£400

The rest?

That's up to you!

I will let you know of any additional sources of funds.



Early morning at Fisherman's Rest

How many places & who can apply?



- 12
- All students in DASH (including post graduate)

View from the pool side lawn at Fisherman's Rest

What will I do? Work & have fun!

Fisherman's Rest support 22 local primary schools & work with three local clinics.

All of you will be involved in supporting the **education** of primary school pupils in some way.

Work can be quite strenuous, especially if you are not used to the heat. You will each go out in small groups with a local member of staff, so you will not be alone when visiting a school.



This is one of the schools with new buildings; at some schools the pupils study outside

A typical day

In the morning you could:

Assist teachers in primary schools

Help with sporting activities at schools

Monitor borehole water quality using field kits

Use GPS to map the position of schools & boreholes

Help pupils with special educational needs (visually impaired; albinism)



At the school above the children are studying on the 'seats' made of mud under the shelter; Fisherman's Rest is helping the community to build classrooms



Fisherman's Rest help to fix and maintain the boreholes to ensure clean water to the communities

A typical day

In the afternoon:

Prepare lessons; play games with the children

Help in the community e.g. vegetable patch

Help with any building projects

Get to know the community; visit a family for a local meal; visit the local pottery

Join in singing, dancing and other activities

Swim in the pool at the lodge



Women and girls play netball in one village with an improvised ball made of plastic bags sewn together

How will I get to the schools?



Many are within walking distance

There are bicycles for the more intrepid & fit

Vehicle if necessary



Left: the staff toilet building;
Pit toilets at the schools



One of the vehicles from Fisherman's Rest crossing a bridge they helped build; below is the new bridge next to the old one

This sounds exhausting; is there time to relax?

Oh yes, you will be starting early (before 7 am) so there will be plenty of time for:

A refreshing dip in the swimming pool

Bird watching

Walking

Getting to know the community

Visiting Blantyre



Painting on the wall of the local community centre; you could also help with adult literacy

Images of Fisherman's Rest where you will spend most of your time



This is Wiktor who will be organising all your activities; there are impala (top left) at the lodge and a lush garden

Accommodation will be dorm-style (single sex!)



The communal lounge; a veranda outside for relaxing, rooms with mosquito nets; one of the cottages at Fisherman's Rest

Food will be cooked for you using local ingredients



When I visited in March it was pumpkin season (sold next to the road) & avocado pears; eggs, chicken & fish available all year

Will there be internet access at Fisherman's Rest?



- There was in March when I was there!
- Access can be erratic in Malawi
- Mobile phone contact is more reliable
- I buy a local Sim card and use scratch cards with Airtime from one of the local suppliers

Here I am working on the outside porch of the cottage where I was staying; on the left is Edgar Nyirenda- a member of my project team

Any trips away?

- Wiktor at Fisherman's Rest will organise at least one trip to see a park with animals (visit included in the cost)
- You will also visit a small fishing community on Lake Malawi for 4 nights (also included); this is a Yao community, mostly Muslim
- You will be able to walk around the village, visit the mosque and interact with villagers going about their daily activities, including weaving baskets
- I know this village well as there are 5 families with albinism here
- Packson and his wife Jenny run a local pre-school nursery for 143 under fives; they are an absolute delight and you will be able to play, sing and dance with them
- The primary school in the next village has 1000 pupils; you can visit to play sport and interact with the children

Packson outside his house at the lake-side village



Where will we stay on the lake?

- At Nanchengwa Lodge
- <https://www.facebook.com/NanchengwaLodge>



Left: view of the lake and the mountains from Nanchengwa Lodge:
Right: women collecting water from the lake in the early morning

The primary school near Nanchengwa Lodge



Left: the blackboard in the school library

Right: the deputy-head & the school's vision for the future

The nursery near Nanchengwa Lodge



The children line up for food at the nursery; one meal per day is provided



Pupils and teachers at the nursery school

The children sang *Twinkle Twinkle and I am a Crocodile for me-both* in English!



Left: A young woman and her baby (a boy with albinism) leave the nursery compound after I had interviewed her for the albinism project. Note her colourful *chitenje* skirt
Right: Jenni and Packson run the nursery; he took me around the village and introduced me to the imam and others

Village activities



Left: basket making
Right: the village mill



I asked permission before taking any photos; Packson introduced me to everyone on my walk through the village

Reciting verses from the Koran



Most of the inhabitants of the village where we will stay at the lake are Muslim; there is a beautiful mosque facing the lake

Fishing is the main male activity in the village



Fishing out on the lake (left) and in the lagoon (right)
We will organise a boat trip (in a bigger boat than these!)

Village power supply



Backyard of a house showing a solar panel in the sun charging up a battery (in the shade)

The rains were good this year, resulting in a good maize harvest

The beach at Nanchengwa Lodge



How do I apply?

- If you are interested in coming to Malawi you need to e.mail me (p.lund@coventry.ac.uk) the following, as soon as possible
- The cover page:
- Surname, first name, student ID number, level, your course and a photo of yourself; I will share this information with the organisers at Fisherman's Rest if you are selected to go on this trip
- The next page should have two sections: the first a 250 word account of **WHY** you want to go to Malawi on this trip i.e. what is your motivation? The second 250 words will be what **you have to offer**, especially in assisting in literacy/numeracy/IT. Include any past relevant experience as well as any special skills you have

When will I hear if I have a place?

- By end of May (there are 12-14 places)
- Once flights are booked I will confirm the exact dates
- Once you receive an e.mail to say you have a place you will need to confirm that you intend to come
- I will contact you by e.mail with the latest information e.g. When you have to pay a deposit!
- I will also let you know how to apply for funding from IEMS and of any other potential funding sources

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Who will look after the group?

- Wiktor and his team at Fisherman's Rest
- I will be with you for the first 4-5 days on arrival to help organise the activities & ensure you are all settling in
- Wiktor & I will organise a Workshop as soon as you arrive to brief you about local issues and behaviour (e.g. not wearing shorts when outside the lodges)
- We will have a few local guest speakers to brief you on the history, culture and music of the area
- I will then go off on field work to the north of Malawi (I will be in mobile phone contact when away)
- We will all meet up again at the lake when I will introduce you to the community around Nanchengwa Lodge

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The Warm Heart of Africa

I think you will find a visit to Malawi an inspiration. It is a low resource country full of friendly and welcoming people. It fully deserves the title *The Warm Heart of Africa*.



Bonnie, my project officer, talking to local children about albinism.

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