

# DASH to Malawi: Work experience trip August- September 2015



UN HDI Ranking 174/187

Fisherman's Rest looks down onto the Great Rift Valley

# Team DASH 2014 n=12 (7 female; 5 male)



2 Physiotherapy  
2 Dietetics  
2 Exercise, Nutrition & Health

2 Biomedical Science  
2 Biological & Forensic Sciences  
1 Human Biosciences  
1 Medical & Pharmacological Sciences

# Community projects at Fisherman's Rest

Wiktor

Water  
Community Centre  
Schools  
Clinics  
Building; bridges  
Poultry



Researched on a field trip on **Albinism in Malawi** project



# DASH to Malawi



How long will the trip be?

**3 and a half weeks**

When?

**Late August into September 2015**

Cost?

**£1600 (final amount depends on cost of airfare)**

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

**Not included:** transport to the airport in the UK; anti-malarial tablets; jabs; additional activities; personal spending

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

# How do I find £1600??

The department will pay:

**£400 per student**

You are eligible to apply to

Centre for Global Engagement:

**£400**

The rest?

That's up to you!



Early morning at Fisherman's Rest

# How many places & who can apply?



- 12
- Open to all inDASH

View from the pool side lawn at Fisherman's Rest

# Accommodation- dorm-style



The communal lounge; rooms with mosquito nets; cottage 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 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



# Who will look after the group?

- Wiktor and his team at Fisherman's Rest; student facilitators from last year
- 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

Pat Lund ([p.lund@coventry.ac.uk](mailto:p.lund@coventry.ac.uk))  
JS132



Chichewa lessons after breakfast

# Education theme



Reading to children at Mpembe Library



# Education theme



Teaching in a rural school



# Preparing lessons/materials



# Refurbishing & cataloguing books in a newly built library



# Visiting clinics



Neonatal clinic  
Delivery room  
Dispensing medications  
Tests for malaria  
Albinism patients



# Playing sport





# Getting dirty making bricks



# Fixing boreholes



*Beth: the women all came to the bore hole and were singing and dancing with us*



# Climbing Mount Mulanje (Extra activity)



# Game viewing





# Kieron Breen

Exercise, Nutrition & Health



*I can honestly say it was the best experience of my life*

# Beth Doda

## Dietetics



*My time in Malawi was the experience of a lifetime....*

*In the rural clinic I was surprised by how well they coped with so few resources and such a high patient to staff ratio.*

# Danish Javed

## Biomedical Science



*I enjoyed every second of it*





Asha Malla, Human Biosciences

*This trip has truly changed my perspective of how I see the world*

Liz McCabe, Dietetics

*The experiences I gained have been life changing and character building*

Bryony Downes, Biological & Forensic Science

*It ...taught me so much about myself, life in Malawi and albinism.*

# End of trip at Lake Malawi



# Families with albinism in village







Jenni and Packson



Pupils and teachers at the  
nursery school

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



# Village food





# Nsima Relish Meatballs



# Fish, maize, rice, beans...





# Village walk; visit to mosque





# Masked Nyau dancers



## Boat trip on Lake Malawi



# Fund raise for development projects





# DASH to Africa

- Home
- Trips
- Student Experiences
- Fund Raising
- Projects

## Baking cakes for Malawi

▲ Patricia Lund | 08.12.2014 | Leave a Comment

Beth arranged a cake sale at her local church and raised £40 to support rural community projects in Malawi. She talks of her motivation to join the **DASH to Malawi 2014** work experience trip and a skill she hopes to share.

*This visit would allow me to learn from the people in Malawi and to appreciate their resourcefulness. I have achieved my black belt in Shotokan karate which may be interesting for the locals!*

Bethany Doda (Dietetics student)



Beth enjoys the summer of 2014

## Football for schoolchildren in Malawi

▲ Patricia Lund | 08.12.2014 | Leave a Comment

Rob Poole looks forward to teaching schoolchildren in rural Malawi and having fun playing football with them. He describes his aspirations for the **DASH to Malawi 2014 trip**

*Experiencing the Malawian culture and their daily challenges will be inspiring and personally educational. I hope that the experience will allow me to have a greater impact on the children I go on to teach in my future career, and have UK schoolchildren recognise the privilege and power that their education affords them.*

Robert Poole (Exercise, Nutrition & Health student)



# Fund raising

## Knitted elephants for nursery children in a fishing village in Malawi

▲ Patricia Lund | 07.31.2014 | Leave a Comment

This summer Dr Jan Coveney is busy knitting small elephants, many of them!

We will deliver them to the nursery when we visit this village on Lake Malawi in September 2014.



Jan is a star knitter! Here she sews up a knitted elephant.

# 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, by **Monday 19 January 2015**
- Your full name (as it appears in your passport), course, year, date of birth
- I will share your personal information with the organisers at Fisherman's Rest if you are selected to go on this trip
- The application should also include two sections:
  - 250 word account of **WHY** you want to go to Malawi on this trip i.e. what is your motivation?
  - 250 words on what **you have to offer**, especially in assisting in literacy/numeracy/IT. Include any past relevant experience as well as any special skills or interests you have
  - More information at the blog for DASH to Africa:  
<http://blogs.coventry.ac.uk/dash-to-africa/>

# When will I hear if I have a place?

- By end of Feb 2015 at the latest (there are 12 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 the Centre for Global Engagement

Pat Lund ([p.lund@coventry.ac.uk](mailto:p.lund@coventry.ac.uk))  
JS132



# 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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