



 **Lyceum Alpinum Zuoz**
SWISS INTERNATIONAL BOARDING SCHOOL

May 4 to 19, 2019

Malawi



Welcome! = Olandiridwa!

Thank you for your interest in the Service Learning Project Malawi.

This guide is designed to provide you with more information.

However if you have any questions that are not answered here please do not hesitate to contact Mrs. Bezzola.

2-3 Preparatory meetings before departure.

Driving by bus to Milan Malpensa



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Probable flights

04MAY	MILAN MALPENSA-ADDIS ABEBA	ET0703	20:25 05:50
05MAY	ADDIS ABEBA-BLANTYRE	ET0875	09:00 14:05
18MAY	BLANTYRE-ADDIS ABEBA	ET08775	14:55 20:05
19MAY	ADDIS ABEBA-MILANO MALPENSA	ET0702	23:45 07:25

A typical day in the life of Fisherman's Rest

- 7:00 Time to get up!
- 7:30 Breakfast
- 7:45 Leave. Journey times are from 15 minutes to 45 minutes
- 08:30 School starts

The school sessions are dependent on whether the school is involved in a "good food" programme. More than 50% of schools are involved in the programme, whereby a number of charities try to provide one essential meal a day to children. If the school you are visiting is involved in the "good food" you will need to work around it.



12:30 School ends

13:00- 13:30 Lunch at Fisherman's Rest



Afternoon working on building sites or social centres

Malawi

Programme

Day 1

Saturday 4th May 2019

Depart from Switzerland to Milan for Blantyre Malawi

Day 2

Sunday 5th May 2019

Arrive at Chileka Airport Via Ethiopian airways. Welcomed and collected by Fisherman's Rest team and vehicles. Head out to Fisherman's rest and prepare for Projects.



Day 3 – Day 4

Monday 6th May- Tuesday 7th May 2019

In the morning you will visit a library to help with teaching literacy/play sports/participate in crafts.

In the afternoons you will experience and help with other aspects of Fisherman's Rest Project

Changu Changu Moto – (fast fast fire), clay oven building. Work alongside a family building a clay oven, that will assist the family in using less firewood, saving the cost of matches and enabling families to cook two pots in tandem

Or

Head out with the Madzi Alipo team to Experience a borehole repair.

Or

Assist in building of the library at Nankhufi 1 Primary School (building or making bricks or painting).

Or



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An afternoon at Tilitonse Community Centre, helping with Adult Literacy, talking with the ladies and gentlemen learning English.

Help the young people with their Math's and English work, play football, netball, games, crafts with the children

Or

Malawi

Head to Bothwell's to see what subsistence farming is like, help him hoe/clear his fields and learn about the chick chick project.

Day 5

Wednesday 8th May 2019

In the morning you will visit a library to help with teaching literacy or you will play sports/participate in crafts.

In the afternoon head to Chazunda Market and buy some cloth for happy pants and then later a tailor will come by to get your measurements to make happy pants for you.



Day 9-Day 12

Monday 13th May – Wednesday 15th May 2019

In the morning you will visit a library to help with teaching literacy or you will play sports/ participate in crafts.

In the afternoon you will depart for Blue Zebra.

Day 13- Day 15

Thursday 16th-Friday 17th May 2019

You will spend the day at Blue Zebra

Day 16

Saturday 18th May 2019

Have an early breakfast. Depart for Chileka airport and catch your flight home.

Malawi

Packing List

Clothes:

- Sandals/flip flops
- Socks
- T-shirts/shirts
- Underwear
- Micro fleece jacket
- Smart casuals
- Sun hat & Sunglasses
- Comfortable trousers/long pants
- Trainers/walking style shoes
- Swim wear.
- Rain Poncho / Mac
- Shorts/skirts

Equipment

- Day pack
- Water bottle / Platypus
- Torch & batteries
- Money belt
- Diary/pens/pencils
- Camera /spare battery
- Plastic bags/containers
- Penknife
- Travel alarm clock

Toiletries

- Towel
- Shampoo
- Toothpaste & Toothbrush/cover
- Comb/brush
- Face cloth
- Soap/soap dish
- Mirror
- Razors/shaver
- Sun block 30+
- Lip salve

Documentation

- Passport and a photocopy (held by Mrs Bezzola)
- Flight tickets (held by Mrs Bezzola)
- Insurance document (held by Mrs Bezzola)
- Cash
- Credit cards, only VISA is accepted
- Vaccination certificate
- This Field Manual

First Aid

A comprehensive emergency first aid kit is carried on the bus but we advise carrying your own medication for minor ailments such as diarrhea, colds, blisters and personal medicaments.

Mrs Bezzola will also bring medicaments for diarrhea and most of the others diseases. Also the Fisherman's Rest staff is well equipped.

Here some more information about Malawi:

Education

Malawi is the 13th poorest country in the world with an average literacy rate of 63%. Primary education is free but resources are in short supply and it's an on-going struggle to raise education standards. Huge class sizes and the lack of printed material hinder teacher and pupil alike. Malawian schools average less than 1 textbook per student. The level of poverty that you will see will be a shock.

What to expect at school

There are some important things to bear in mind which are very different from what we are used to at home. Classes can be huge with between 40 and 100 some with even more than 100 pupils per teacher. Children aren't accustomed to being asked for their own opinion, education in Malawi tends to be learning by rote, so be patient when asking questions.

- Camera is disruptive. The children ALL want their pictures taken. The best solution is only to get your cameras out in the last 5 minutes of the session or between lessons. Your leader will take some photos for you whilst you are teaching but remember that disrupting your own lesson also disturbs those around you! Please offer the children the respect they deserve when taking photos.
- Take plenty of water, and make sure you have some hand wipes/sanitizer and toilet paper! Needless to say some of the toilet facilities at the schools are pretty basic!

Remember that you are in Africa and a key to getting the most out of your time here is to remain flexible! Sometimes we may arrive at school and there is a strike or at a funeral or the children having exams, sometimes the bus might break down, other times a road might be impassable or it might be a national holiday! Teachers are not used to keeping to tight timetables so you may find yourself waiting longer than expected for your next class but there will always be children around to entertain!

Please have patience and bear with your leader whilst they find the best possible solution to whatever the issue is! Remaining positive, flexible, smiling and going with the flow will help you really enjoy your time in Malawi! It's an amazing country but always remember T.I.A (This is Africa!!) as Leonardo Di Caprio says in "Blood Diamonds".

Classes may have a wide range of ages: some children do not start school until they're older; sometimes they have to miss a year or two if their family needs them to work and sometimes they are required to re-sit a grade.

Do not expect more than a very basic level of English. Remember that English is not their first language, most children speak 3 or 4 African languages: but they ALL want to learn English! We are always working with the support of a local translator.

The most important thing is not to equate Malawian children's ages with those of children at home. In Malawi it is perfectly acceptable to have a group of teenage boys reading a fairy story and drawing pictures, in fact they love it!! Access to picture books and art materials is rare and a real

treat. Books, themes and projects need to be pitched at a lower level than for the equivalent aged child in Europe.

The Partner Schools

A couple of “school rules!”

The pupils and teachers will welcome you with open arms but there are a few things to be aware of to keep the sessions popular and to avoid conflict!

- Please do not eat in front of the kids. Some children will have restricted access to food at home.

- Please do not give out gifts. If you want to donate items you have brought ask your leader for the best way to do it.

- Cameras are fine at school but please use your discretion when using them; the sight of a

Handy Hints

1. Talk to your leader and translators: they are a great source of information.
2. Familiarize yourself with all the art material and books on the bus.
3. If you have a particular skill you might like to organise a small project.

A guaranteed “winner” is to have some songs up your sleeve. Primary schools in the UK have a portfolio of songs that the kids love to sing. If you can learn a couple of simple ones before you go, it works really well to write the lyrics out and run through the tune a couple of times, and you will be amazed at the natural harmonies Malawian kids will come up with; spontaneously and naturally.

Bring pictures and photos from home. The kids LOVE to see them.

Meals

Meals are based on local produce and local seasons; we buy from local markets and supplement this fresh produce with a weekly trip to the supermarket. So meals will be recognisable! No grasshopper-and-wildebeest stew! But meals will have a local twist: lots of fresh fruit and veg. We can cater for specialist diets – so long as you tell us in advance. Being a vegetarian is no problem at all in Malawi!

Here’s what to expect:

Breakfast: cereals, toast, yoghurt and fruit.

Lunch: tends to be cold, e.g. sandwiches, salad, crisps, fruit.

Dinner: is the cooked meal of the day. Please be prepared to suggest ideas. We will always try to introduce you to local food as well as the more familiar western dishes.

Contact Details:

Fisherman's Rest Chikwawa Road Mirale
Blantyre District
Phone: 00 265 (0)888 836 753

Staying in touch with your family:

E-mail and social network: Fisherman's Rest has WiFi, but it is somewhat slow.

Mobile phones are widely used in Africa. The network coverage is fantastic on main roads not good in schools.

Geography

Malawi is a gem of a country in central southern Africa that offers a true African experience. The population is about 13 million and the capital is Lilongwe with Blantyre being the second largest town. Lake Malawi, the third largest water body Africa, takes up almost a third of this narrow country which covers an area of 118 480 square kilometres. Warm and welcoming, Malawi offers visitors wonderful beauty, fascinating parks and some of the friendliest people in Africa. is no wonder it is known as the "warm heart of Africa."

Climate

The weather in southern Africa is generally pleasant throughout the year – warm to hot days, and cool to warm nights. During our winter months, however (May to September), it can get chilly at night and in the early morning, particularly when so we would like to suggest that you pack accordingly – warm clothing including an anorak/winter jacket, a beanie, scarf and gloves are recommended.

There are a couple of anomalies that can occur. For example, the rains should stop in April and return in November, however, the north occasionally experiences summer rains and Zomba and Nyika, at a heightened altitude, can experience mist, drizzle and chilly evenings throughout the year. While it is always warmer at Lake Malawi, winds can brew up at any time. The following is a generic guideline of the weather pattern in Malawi:

January to March: Hot and wet. It is still possible to travel around particularly in the south.

April to May: Warm days and cool evenings. Generally the skies are clear and the lake should be calm. There is a possibility of light rains.

Temperatures vary from below freezing (at night on the high plateau in winter – July) to 38°C (in the Lower Shire Valley in summer – December). To generalise is difficult, however, through much of the year and in regions visited by travellers, temperatures during the day are usually in the mid-



20s°C. In the short hot season, November – December, maximum temperatures may rise to the lower 30s°C. Lake Malawi's surface temperatures vary from about 24°C to 28°C.

Rainfall varies greatly. Some years it has been exceptionally dry while others can be very wet. Parts of the Lakeshore can receive 1 270 to 1 525 millimetres a year, however, Lilongwe's and Blantyre's figures are less than half that. Much of the rain falls in short but heavy bursts.

Economy

Landlocked Malawi ranks among the world's most densely populated and least developed countries. The economy is predominately agricultural with about 80% of the population living in rural areas. Agriculture, which has benefited from fertilizer subsidies since 2006, accounts for more than one-third of GDP and 90% of export revenues. Products include tobacco, sugarcane, cotton, tea, corn, potatoes and macadamia nuts.

Time

Malawi shares the same time as all southern Africa, which is Greenwich Mean Time – (GMT) + 2 hours.

Language

Chichewa is the official language; however, English is widely spoken. Here are some basic words/sentences:

Hello	Moni (N.B. This greeting is generally not used in and around Blantyre, Malawi, where the normal way to greet people is with 'Muli Bwanji?')
How are you?	Muli bwanji?
Fine, thank you. (And you?)	Ndili bwino. (Kaya inu? [or] Kaya anzathu?)
What is your name?	Dzina lanu ndani? / Dzina lanu ndi yani?
My name is	Dzina langa ndi
Please	Chonde
Thank you	Zikomo (very common - ends most conversations)
Yes	Ee / Eya / Inde (can also mean "indeed")
No	Iyayi (used strongly) or ayi (more polite) pronounced as the letter e then I
Bad	Woipa (person), or choipa (thing)
Thanks	Zikomo
I'm sorry	Pepani
"See you later" / We shall meet.	Tionana
Goodbye (meaning: I'm going.)	Ndapita
Have a safe journey.	Yendani bwino / Muyende bwino
Stay well	Tsalani bwino. / Mutsale bwino
Do you speak English?	Mumalankhula chizungu/chingelesi?
Help me!	Mundithandize! Ndithadizeni
Good morning	Mwauka bwanji? / Mwadzuka bwanji? (greeting)
	Ndadzuka bwino (response)
Good afternoon	Mwaswela bwanji? (greeting) Ndaswela bwino (response)
Good evening	Mwachoma bwanji (greeting) Ndachoma bwino (response)
Good night	Usiku wabwino
Sleep well	Gonani bwino. or Mugone bwino
I don't understand	Sindimvetsa. or Sindikumvetsa. or sindikunvetsani
I know Ndimadziwa	
I don't know	Sindidziwa
I want Ndikufuna	
I don't want	Sindikufuna

Where is the toilet?
Ladies (toilet)
Gents (toilet)
White person
What? Ati? or chani? or cha?
What did you say?

Chimbudzi chili kuti? (Chimbuzi is a big goat :D)
Chimbudzi cha Akazi (Gentlemen - never ask for the Kazi...!!)
Chimbudzi cha Amuna
Mzungu / Azungu (plural)

Mwati cha? or Mwati chani?

Local Culture

Malawians typically live with their extended families in huts that are grouped together around a small plot of land to form a “shamba”. A spirit of cooperation prevails as family members share both work and resources.

90% of the population is rural. The Malawi people are of Bantu extraction with the ethnic groups including Chewa, Nyanja, Yao, Tumbuka, Lomwe, Sena, Tonga, Ngoni, Ngonde, Asian and European. The Chichewa (Chewa) people form the largest ethnic group and populate the central and southern parts of the country.

www.malawitourism.com is a good source of information

Shopping

European-style shops are almost exclusively found in Blantyre and Lilongwe. Shops and offices do open and close earlier in the day than is the custom in Europe or North America. Markets and roadside vendors are popular with travellers and souvenirs include excellent wood carvings and straw goods. The standard of craftwork varies; however, at its best it is quite outstanding. In the markets, bargaining is expected.

Money

The Malawi unit of currency is the Malawi Kwacha (abbreviated to MK internationally; K locally) which is divided into 100 Tambala. Practically speaking, only the Kwacha is used and is the only option for shopping in local shops and amenities.

US Dollars, Euro and South African Rands are widely accepted. There is no limit to the amount of foreign currency brought into Malawi, however, it must be declared and accounted for on departure. Visa credit card is accepted at the local supermarket Sure Right plus and Shoprite. There is no charge for Visa. However cards are not widely accepted and purchases must be settled in cash. Mastercard is not accepted in Malawi.

You won't need much money, since all daily costs are paid for by the application fee for the trip. Instead of everyone changing his money, Mrs Bezzola will provide you with Kwachas at your request. This will be charged to the school bill after the return.





Dress Code

Although no formal dress is required, the rural areas of Malawi are still conservative in outlook and ladies are advised to dress modestly. Outside of lodges or resorts, short skirts/shorts (i.e. above the knee) and swimsuits would be inappropriate. If you wish to visit the local villages, we recommend that you travel with a simple wraparound skirt (locally called a “chitenje” and available at any market in Malawi at a very reasonable price) to put on over your other attire.

Malawian emergency numbers

Police 997

Ambulance 998

Rules

This trip is a school trip and all Lyceum Alpinum school rules apply. There is absolutely no alcohol allowed, whether in the lodges or during the whole journey; the same for smoking and other drugs. Girls and boys are not allowed to visit each others rooms after sleeping time. Punctuality, respect and reliability are very much emphasised. If you do not follow these rules you will be sent back at your own cost.

Have a good time! and remember:

T.I.A.!

Malawi

Ruth Bezzola
Zuoz, November 2018