

**Chikumbuso Women's and
Orphans' Project**

**Materials for Volunteers and
Interns**

2010



Chikumbuso



“Remember those who have died, remember where we have come from, remember to do for others.”

Chikumbuso Women and Orphans Project ~
Post.net box 231 ~ P/Bag E10 ~ Lusaka, Zambia

Dear Friend,

Thank you for your interest in working with The Chikumbuso Women’s and Orphans’ Project. Chikumbuso, as it is affectionately known, is a non-profit organization in Ng’ombe Compound in Lusaka, Zambia that provides hope to the most vulnerable women and children in the township. The organization provides free schooling to orphans, training and capacity building for single mothers, and care for grandmothers through its widows’ income generation activities.

The project began in January 2005 with one widow and her seven children. Within the past three years it has grown to include over sixty widows, forty single mothers, twenty grandmothers and three hundred school children.

Our goal is to empower women and their families whose lives have been devastated by HIV/AIDS and the privations of poverty. By volunteering or interning with us, you too will be helping these women to provide for themselves and to continue to see a brighter future for their families. Please take some time to read the enclosed materials about Chikumbuso’s community projects and important information we think you should know. We are delighted to have you with us!

Sincerely,

Linda Wilkinson
Founder, Chikumbuso Project

Personal Information

Instructions: Please complete the following information and return via email to chikumbuso@yahoo.com. Please note that volunteers and interns must be at least 18 years old.

Name: _____

Date of Birth: __/__/____ **Age:** __

Sex: M ____ F ____

Permanent Address: _____

Nationality: _____

Length of Stay

Most interns stay for between two weeks and six months. Please indicate your anticipated dates of arrival and departure:

Arrival: __/__/____

Departure: __/__/____

Emergency Contact Information:

Name: _____

Telephone (including country code): _____

Email: _____

Interests:

Please describe what you are interested in working on while at Chikumbuso. Feel free to mention any skills or experiences that you think might be relevant to your work here.



Interning at Chikumbuso

Last update: 01/07/2010

What is Chikumbuso?

Chikumbuso Women and Orphans Project is a nonprofit organization located in Ng'ombe Compound in Lusaka, Zambia. It was started in 2005 by an American woman named Linda Wilkinson with a widow and her seven children and has now grown to touch the lives of hundreds of people in the community. The project now has several components: the widows' microenterprise project; the single mothers' life skills training and microenterprise; the school for orphans and vulnerable children; and the sponsorship program for children and for grandmothers.

- There are approximately 60 widows involved in the microenterprise. They crochet handbags and other merchandise using recycled plastic bags. These bags are sold locally at the store on Chikumbuso's premises and at markets around the city. The best are exported to the United States for sale in stores and at fundraisers.
- There are approximately 40 single mothers and 5 young men involved in the single mothers' project. They are first trained as tailors, during which time they produce merchandise to be sold in the store on Chikumbuso's premises, and when they complete their training they have the option to be employed in the sewing room or in the commercial kitchen, which produces such items as peanut butter, soymilk, and tofu to be sold in the community and around Lusaka.
- There are approximately 250 students at Chikumbuso Community School, a free Christian primary school that runs from kindergarten to grade 5. In addition to offering a high-quality education, the school provides a free meal for the children every day and has a variety of after-school activities in which the students can be involved.
- Chikumbuso is paying the school fees of more than 100 students in grades 6 through 12. All children graduating from Chikumbuso are guaranteed this school sponsorship through grade 12. Individuals can also choose to school-sponsor a child, which removes the burden of their expenses from Chikumbuso itself.
- Chikumbuso runs a full sponsorship program for the neediest of its children and for grandmothers in the community. There are approximately 70 children and several grandmothers who are fully sponsored, which means they have received a mattress and blanket (children also receive a basin) and are receiving food and soap (grandmothers also receive charcoal and candles; children also receive school sponsorship) every month.

This program relies on individual donors; fully sponsoring a child costs US\$450 per year and fully sponsoring a grandmother costs US\$320 per year.

In addition to these primary components of Chikumbuso, we are involved in other projects, such as leveling and improving the playing grounds located a few blocks from the school.

What you can do

Interns have plenty of freedom in their role at Chikumbuso. The duties you take on will largely depend on your interests and skills and on the needs of the organization during your stay. To give you an idea of the sorts of things you might do, here are a few things that interns have done in the past:

- Made flash cards and helped teach the students in grade 3 multiplication
- Took over the art program in the absence of a permanent art teacher, rotating through the entire school so that each class had a chance to do an art project once a week
- Taught the children a new sport after school over the course of several weeks
- Helped start an after school program or assisted with an existing extracurricular activity
- Reorganized the Chikumbuso store to make it more user-friendly and efficient
- Created and updated the Chikumbuso website
- Interviewed children connected with Chikumbuso about their living conditions and entered this information into the database of students, which facilitates the assessment of levels of need for full sponsorship
- Compiled this FAQ sheet and similar resources
- Any good interaction with kids to relieve the teacher from having very big groups during class

Teachers are always more than welcome to come to help in the classrooms. The average class size is between 30 and 50 students, so skilled assistance is appreciated. If you are an experienced teacher, you might like to share with our teachers some of the teaching methods that have worked for you in subjects like math, science, or English.

Lodging

Staying in Lusaka is not cheap, but past interns have found some affordable living arrangements.

- Zebra Guesthouse is a nice, safe guesthouse located in Kalundu, a suburb of Lusaka adjacent to Ng'ombe. It is an approximately 30-minute walk from Chikumbuso and a 40-minute walk from Arcades, a shopping mall that has a grocery store and other conveniences. The posted nightly rate is US\$40, but past interns have negotiated prices as low as \$17 per night. A complimentary breakfast of toast and tea is provided and dinner (Zambian food) is available for purchase at around K30,000, which is equivalent to

approximately US\$6. Each room is equipped with a private restroom, bed, table, closet, nightstand, and television. Maid service is included in the price of the room.

- CIDRZ Guesthouse: +260-1-291-629 email: info@cidrz.org
- Juls Guesthouse: 5507 Libala Rd, Kalundu, Postnet 79, P Bag E891, Lusaka; tel: 01 292979/293972
- Endesha Guesthouse: Parirenyatwa Rd, PO Box 32372; tel: 225780/1

Food

Interns are welcome to eat a complimentary lunch at Chikumbuso each day. This meal consists of nshima and various relishes. Nshima is the staple food of Zambia; it is a malleable paste that is made by boiling mealie meal (ground corn) in water. Relishes are the assorted vegetables that accompany nshima; usually we have rape or cabbage, and occasionally other greens, eggs, or chicken. For those who do not plan to eat local food on a daily basis, other food options are available at grocery stores and restaurants.

- Local food can be obtained at some restaurants for as little as K5,000, which is equivalent to approximately US\$1. There is one such restaurant just down the street from Chikumbuso, but you should keep in mind that this is local food prepared by local people, so you should test the strength of your stomach before you commit to eating at these types of places.
- Arcades is a local shopping mall not too far from Chikumbuso – approximately an hour walk or a 10-minute drive. The grocery store there is called Super Spar and offers a variety of foods, but Spar is particularly expensive because its groceries are imported from South Africa. One should plan on spending as much money on groceries in Zambia as you would in the United States or Europe. There are also a variety of restaurants at Arcades with food ranging from \$6 to \$30.
- Manda Hill is another shopping mall located a bit farther from Chikumbuso; it is a fifteen minute walk past Arcades or five minute drive. Shoprite, the grocery store at Manda Hill, is less expensive than Super Spar and has a similarly wide variety of food. There are also a range of restaurants there.

Transportation

Most interns do not drive while they are here, instead using public transportation or making arrangements with people associated with Chikumbuso. If you stay nearby, walking is the best means of transportation.

- Depending on where you stay, you might be able to arrange a carpool with someone who works at Chikumbuso.
- Taxis are numerous; you should expect to spend US\$5-7 going across the city or US\$4-5 USD for shorter trips.

- There are many minibuses in Lusaka, but it takes some skill to navigate the bus system and they are not always the safest means of transportation. It's best to travel with a Zambian who is familiar with the buses; otherwise you should ask the driver where he's going and see if he can advise you how to reach your destination. Short trips can cost as little as K1000, which is less than US\$0.25, and you will rarely if ever spend more than US\$2.

What to Pack

Your dress should be casual and modest. Please keep in mind that Lusaka can get pretty chilly; refer to the section on climate below for more information. Most interns wear jeans, t-shirts, and sneakers or flip flops. Women should be aware that there are different standards of modesty here; skirts and shorts should be at least knee length and shirts should not be too low-cut. Most women in Ng'ombe wear chitenge, colorful Zambian wrap skirts that are usually worn ankle-length, and some interns have chosen to wear chitenge over their jeans or long skirts for added modesty. Do not wear fancy or expensive jewelry. Although the Chikumbuso compound is very safe, it is in an extremely poor township and we are not responsible for lost or stolen goods.

Please remember that you are working in an environment of extreme poverty and ostentatious behavior can be offensive. To prevent offense or creating a culture of expectation, we ask that you do not bring gifts for the women and children other than those noted below unless you consult with Chikumbuso first.

List of accepted gifts:

- Plastic bags! If you have space, please bring some along for the women to crochet.
- School supplies (pencils, pens, art supplies, paper, scissors, calculators)
- Children's vitamins
- Pain reliever
- Antiseptic spray
- Crochet hooks
- Clothes

Climate

Zambia has three distinct seasons. December to April: warm and wet, May to August: cool and dry. September to November: hot and dry. Average temperatures in summer range from 25° C to 35° C and in winter from 6° C to 24° C.

Learning the Language

The official language of Zambia is English, so anyone who has been to school can speak at least some English, but many of the widows and young children and some of the single mothers cannot. Everyone appreciates it if you make an effort to learn at least a few words of the lingua franca in Ng'ombe, which is Nyanja. Here are a few basic phrases you can use:

English - Nyanja

How are you? – *Muli bwanji*

I am fine – *Ndili bwino* or just *bwino*

Good Morning – *Mwauka bwanji*

Good afternoon – *Machoma bwanji*

Yes – *Inde* or *ee*

No – *Ai* or *iyai*

Sorry - *Pepani*

Thank You – *Zikomo*

Thank you very much – *Zikomo kwambiri*

Minimum Budget

Airfare: plane tickets from the United States to Lusaka vary in price, but usually range between US\$1500 and US\$2500.

Visa: a tourist visa for an American costs US\$50.

Lodging: prices will of course vary widely and depend on the quality of your accommodation and the length of your stay, but you should expect to spend at least US\$20 per night unless you are staying for several months, in which case you might be able to negotiate lower prices. Most basic guesthouses ask for about \$40 per night.

Food: if you plan to eat local food on a daily basis, you can plan to spend between US\$2 and \$10 per day. If you do not intend to eat local food daily and will have access to a kitchen, you might spend between \$8 and \$15 per day. If you do not plan to eat local food daily and will not have access to a kitchen, you should allow \$15 to \$25 per day, if not more.

Cell phone: most interns find it convenient to have a pay-as-you-go cell phone during their stay. A basic cell phone costs K90,000, which is approximately US\$18, and the less expensive service provider costs between K10 and K50 (less than US\$0.01) per minute of talk time and between K150 and K300 (less than US\$0.06) per text message. For more details on the prices used by the most common phone companies, please check on www.zm.zain.com.

Besides Chikumbuso: Many interns want to make a trip to Livingstone to visit Victoria Falls, go on a safari, and partake in other tourist attractions. The following are some options that previous interns have used and enjoyed.

Transportation: Mazandah Bus Company runs from Lusaka to Livingstone and back several times per day. K70,000 each way (approximately US\$15)

Lodging: Jolly Boy's Backpackers is conveniently located, provides free transportation to Victoria Falls every day, and helps guests arrange activities for their stay. \$12 per night

Food: at most inexpensive restaurants expect to spend about \$10 per meal

Victoria Falls: \$20 entry fee for non-Zambians; most people allow three hours to tour the falls

Safari: there are quite a few safari options near Livingstone. If you want to go on an all-day safari, Chobe National Park in Botswana offers a daytrip that includes a morning river cruise, three-course riverfront lunch, and nighttime game drive for \$130. If you do not purchase a multiple-entry visa at the beginning of your stay, you will also need to pay \$50 to renew your visa upon reentering Zambia.

White-water Rafting and Sunset River Cruise: Safari Par Excellence runs an all day (06:00-18:00, 6am-6pm) water adventure that includes three meals, white-water rafting in the morning, and a sunset river cruise in the evening. \$140

There are other activities ranging from \$60 to \$150 such as microlighting, bungee jumping, etc.

For more information, try searching the internet or consulting local travel agencies after you arrive in Zambia. The BRADT guide is a good resource for this type of information.

Immigration

For Americans, the simplest way to get a visa is at the airport, where you can pay US\$50 for a one-month tourist visa. The maximum stay for a tourist is 90 days, but only 30-day visas are issued at the port of entry. A couple days before your visa expires, someone from Chikumbuso can take you to the immigration office downtown to renew your visa for another month if necessary. You may renew a tourist visa twice per year, for a total of 90 days per 12 months.

Regardless of what kind of visa you are travelling with, make sure to bring a copy of your flight itinerary to prove that you have plans to leave the country.

Safety

Chikumbuso takes the safety of its interns very seriously. Lusaka has high rates of property crime and low rates of personal crime. That is, theft is common but violence is less so. As a foreigner, you should be mindful that you will most likely be identified as someone with money and possessions worth stealing, so you should take precautions to protect yourself and your property. You should never travel alone after dark; especially if you are travelling on foot, the absolute latest you should leave Chikumbuso is 17 hours (5:00 pm). Wherever you are staying, be sure to hide any valuables, especially money, ATM cards, and passports, especially if your room will be cleaned in your absence. Try to be discreet with your money and other valuables when in public.

Things to Keep in Mind

We appreciate your interest in working with us here at the Chikumbuso Project. Before you start, we would like to share a few important things to keep in mind during your stay:

- One of the primary components of the Chikumbuso Women and Orphans Project is the Chikumbuso Community School where grades K-5 are taught. As with any other school, the children are not to be taken off the grounds of Chikumbuso for any reason.
- We have two flush toilets available for interns, but we recommend that you bring your own toilet paper because we often run out.
- Thanks to our Play Pump, we have a private water tap on Chikumbuso property. However, the water is not treated and is therefore not safe to drink until it has been boiled and/or chlorinated. We therefore recommend that you bring a water bottle and fill it where you are staying. Lusaka tap water is safe to drink, but Ng'ombe tap water is not.

Useful Telephone Numbers

Emergency Numbers:

Emergency – 999

Police – 991

Ambulance - 991

Fire brigade – 993

Lusaka Numbers:

Central police station – 220006

Central Fire station - 220180

Ambulance service – 220180

Hospital (UTH – Lusaka)

- General Line: 251200
- Casualty Direct Line: 254115

National Numbers:

National telephone operator – 100

National directory – 102

International Numbers:

International operator - 090

Places and Things to Know

Grocery shopping

Melisa's

Super Spar – Arcades Shopping Center

Shoprite – Manda Hill

Black Knight

Bizzie Bee

Local markets

Tuesday: Vegetable Market

Sunday: Souvenir Market at Arcades

Banks

Operational hours are 0815 to 1430 hours Mondays through to Fridays and 0815 to 1030 hours on 1st and last Saturdays of the month. Most ATMs are open 24 hours.

Business hours

Government offices are open from 08h00 to 17h00, Monday to Friday, and closed from 13h00 to 14h00.

Shops are generally open from 08h00 to 17h00, Monday to Friday, although some stay open until 19h00 and on Saturdays from 08h00 to 13h00 although some stay open until 17h00.

Thank you for your interest and we look forward to working with you!