



YOUTH ACTIVISTS INITIATIVE ORGANISATION

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End of Project Report Called to Care Training Workshops -Lesson for Life Project

Date: 6 th October,2014 to 28 th February, 2015
Project No: 143-001-1056
Funded By: MISEREOR

Organization Name: Youth Activists Initiative Organization (YAIO)					
Detail of the training activities as per location, venue, date and hand book used:					
Location	Venue	Date	Handbook	Date	Handbook
Ndirande	Salvation Army Hall	06 th -07 th Oct 2014	No 8	17 th -18 th Oct 2014	No 10
Mbayani	Mbayani Primary School	28 th -29 th Oct 2014	No 8	07 th -08 th Nov2014	No 10
Mpemba	Chadzunda TDC	18 th -19 th Nov 2014	No 8	29 th -30 th Nov2014	No 10
Zingwangwa	Zingwangwa Primary Sch	09 th -10 th Dec 2014	No 8	19 th -20 th Dec 2014	No 10
Chileka	Chikuli CBO Hall	09 th -10 th Jan 2015	No 8	19 th -20 th Jan 2015	No 10
Chilomoni	Chilomoni LEA school	30 th -31 st Jan 2015	No 8	09 th -10 th Feb 2015	No 10
Bangwe	Bangwe Youth Centre	20 th -21 st Feb 2015	No 8	27 th -28 th Feb 2015	No 10

DESCRIPTION

Project Name: Called to Care Training Workshops -Lesson for Life Project
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CONTENT OF THE WORKSHOP

Project Background:

“Called to Care Training Workshops -Lesson for Life” is a project designed to help in and out of school youth regardless of their gender, race or ethnic grouping by offering them an enjoyable way to learn about improving their self-esteem, building good relationships, making smart decisions, living a healthy lifestyle and resisting peer pressure. Additional attention is given to good communication skills, equal rights of girls and boys, avoiding bad habits such as substance abuse and sexual behaviors that lead to HIV infection. On the other hand, the project also targets leaders of different care groups, churches, parents, guardians and other people playing a parenting role.

“Lesson For Life project” uses **Called to Care Handbook No. 8- “My Life – Starting Now”** which is user-friendly designed for use with churches, youth groups and communities at different levels of awareness and experience in relation to Life planning and development of skills as well as knowledge of HIV/ AIDS prevention and care and also **Called to Care Handbook No. 10 – “Parenting – a Journey of Love”** which is designed for biological parents, guardians and other people playing a parenting role with children and adolescents- including orphans who are themselves household heads.

Summary of Project Activity Report :

From 6th October,2014 to 28th February,2015 Youth Activists Initiative Organization (YIAO), a Blantyre Based youth organization, in partnership with Strategies for Hope Trust (SfH) with financial support from MISEREOR conducted **14** training workshops (**7** sessions using handbook **No. 8: My Life- Starting Now** and **7** sessions using hand book **No.10 – Parenting – a Journey of Love**). The trainings have been conducted in the following locations: Ndirande Township , Mbayani Township , Mpemba Blantyre-Rural , Zingwangwa Township, Chileka- Blantyre Rural, Chilomoni Township , Bangwe Township , in Blantyre Urban, Malawi, targeting a total of **140** participants (**85** females and **55** males).

(1) C to C hand book No. 8 Training Workshop Objectives, among others, included:

- To understand the challenges young people face and how to deal with them
- To improve young people’s self-esteem, which will help them feel confident and able to overcome obstacles and challenges in their lives
- To help young people make good decisions, like saying “NO” to sex or to the misuse of drugs and alcohol

(2) C to C hand book No. 10 Training Workshop Objectives, among others, included:

- To foster child-parent relationships based on love and a positive, stable, emotional bond between parents and children.
- To help parents develop an informed, sensitive and effective approach to regulating, supervising and monitoring the behavior of their children
- To help parents develop parenting styles which respect their children's individuality and promote their healthy self-esteem
- To help participants understand the links between their attitudes and behavior and their children's attitudes, behavior, health and development.
- To identify the kinds of role models they would want their children to follow

C to C Hand book No. 8 and 10 Training Methods:

- Reading Verses
- Group Discussion and report back
- Discussion and Demonstration
- Role plays
- Songs
- Ice-breaker/Energizers
- Games

1) C to C No. 8: Topics Covered :

Day One

Session 3: I have good values

Session 4: I can make good decisions/ Dealing with Peer Pressure

Session 5: I can prepare for my future

Session 7: Protecting Myself from Drugs and Alcohol

Day Two:

Session 8: My Body is Changing

Session 9: My sexual and Reproductive Health

Session 10: HIV/AIDs prevention and Care

Session 12 : I can deal with Peer Pressure

2) C to C No.10: Topics Covered:

Day One:

Session A: Connecting through Love

Session B: Behavior Control

Session C: Respect for Individuality

: Facilitation skills

Day Two:

Session D:Modelling of Appropriate Behavior

Session E : Provision and Protection

Training Outputs for C to C hand Book No. 8:

- All 8 topics were covered
- 70 participants (30 males and 40 females) from different youth groups were trained to train others
- 70 Called to Care No. 8 were distributed to youth (40 youth leaders, 15 youths from faith based organizations (churches & mosques) and 15 youth members from different organizations and communities
- 70 Certificates of attendance were issued to the trained participants

Training Outputs for C to C Hand Book No. 10 :

- All 5 topics were covered
- 70 participants (25 males and 45 females) were trained to train others (6 Sunday School teachers, 18 primary school teachers, 17 care-givers, 7 social welfare officer, 3 child protection officers and 19 mother group leaders) .
- 70 Called to Care No. 10 were distributed
- 70 Certificates of attendance were issued to the trained participants

General Outputs:

- Trainings were conducted in 7 locations
- 14 training sessions were conducted
- 140 participants were trained to train others
- 140 Called to Care handbooks were distributed

Comments from Participants (Workshop Assessment) based on C to C Book No.8 :

Caroline Kanyongoro , Youth Leader - Tiyanjane Youth Club,“The training was one of its kind because some of the information imparted on us was quite newas the youth the training has been an eye-opening especially on how we should approach issues which affect us in our daily life. The information content had more to do

with behavioral change among the youth which is quite useful given circumstances we go through in the process of our transitional period from childhood to adulthood.” “... I have also liked the mode of facilitation in which each one of us was given an opportunity to ask questions, to express opinions over a particular topic throughout the training session...and that made the sessions more interactive, exciting and hilarious!”

Bridget Maluwa, Youth member - Chikuli Youth Club,“ This is one of the special training I have ever attended ...it has been inspiring in the way the information was being delivered as it blended in well with Bible verses...this kind of version created more talking points rather than just the usual lecturing we had had in other training workshops. The facilitators were flexible and very industrious as they took the pain to translate the content and at the same time deliver it with a rare precision. These facilitators were doing what they know best – engaging and interacting while facilitating! ... We wish we had more of these trainings in the entire communities because we strongly believe this could change the way of thinking among the young people who are mostly indulged in alcohol and drugs. It is my prayer that those funding this programme must continue supporting this initiative as it will go a long way in changing young people’s lives tremendously.”

Gift Gwadani-Youth Leader: “The training was enlightenment. I never realized that talking about matters of life could be so excitingly informative and educative. I was especially interested on how the facilitation process was being interspaced with scriptural readings, role-plays and all sorts of games. It was so exciting, we were simultaneously having fun while attaining a treasure trove of knowledge for ourselves and others out there...Oops-daisy! Come next daybefore we know it the training is declared closed....this is so suspenseful ...it’s like reading a spellbinding novel, after which you crave for re-reading it, but it would also be much better if the publishers of this book My Life-Starting Now, could consider publishing the translation of the manual book in local languages as they would benefit as many Malawians as possible. Most of us Malawians do not understand English so translating could be the way to go.”

Munyaradzi Moffat- Mbayani CBO Network : ‘The content on the training was worth taking to our communities and the training is timely for the current situations facing the young people in our society...it is necessary for us as volunteers to disseminate this information to others. And the facilitation was wonderful...it seems facilitators had enough time to arrange for the lessons given us. However, I wish if the contents/books could be in our vernacular language and if resources were made available for this information to reach out to the remote communities’.

Comments from Participants (Workshop Assessment) based on C to C Book No.10 :

Khama Kumwenda, Social Worker, Community Care and Support Trust (CAST), an organization which provide care and support to those living HIV: “The workshop was very useful, otherwise we would not

have known all the stuff we have so far learnt from the training. I wish YAIO had continuous trainings of this nature to ensure that a good number of people are reached out with this very important information. If YAIO had this kind of training all over the country I am sure a Malawian society could never be the same! More important to the rural areas where almost 90% of the population lives without accessing such information. But this would also require to have the handbook completely translated in the local language especially Chichewa as national language.” We can say since we have been trained it is our responsibility to take the information further, but the country is demographically huge to manage to get to the remotest areas.”

Emmanuel Francisco- Caregiver - “What we have discussed here was very useful and beneficial to us as parents and it will help us to see to it that our children live a meaningful life as they grow, so that they would someday become reliable and responsible citizens. The training was a revelation of some hidden knowledge ... it’s like a treasure trove that has just been discovered as we are now able to understand the complexity of parenting in context with the modernity....from now going forward I will be cautious on how children should be handles because doing so would reduce challenges we usually face when raising children”....”Again the mode of facilitation was set us jovial as the facilitators made friendly and interactive session more exciting ...it has always kept awake .”

Lovemore Mthunzi - Caregiver” We are thankful for this wonderful training ...we never expected it could be this exciting and more informative and educative session ...This is going to help us change our ways we treat children and deal with challenges facing them. We need to establish good relationship with our children so that there should be openness between us ...however, these Called to Care books must be in Chichewa so that many people can benefit from these trainings ...because most parents do not understand English.”

Catherine Makhaya-Teacher: “The Training workshop content was good enough to provide us with the required parenting skills. As parents if we had learnt these skills way back in time, the situation would not have been the way they are today, where we have disobedient and unruly children. But I would say it’s never too late to start applying this knowledge now. We have shared quite a great deal of the challenges facing us parents when raising children and how to deal with them as they come our way. Thus, what is left for us is to carry this information and pass it on to others who would not be able to come and participate in the training sessions. The two facilitators have always kept us alert unlike in some workshops where you get bored and start sleeping...but this training was extraordinary; always energizing and refreshing through various active games. ”

Reporting in Pictures:



Participants and facilitators pose for group-photo, as they show off their hand books & certificates of attendance



(Left) Participants are actively engaged in Group Discussions

(Right) participants reporting back after group discussions



(Left) Participants enjoying games

(Right) A participant reading verses from the Bible

Recommendation and Conclusion:

Called to Care training workshops have been successfully implemented in both Blantyre Urban and rural areas of Traditional Authorities (T/As) Kapeni, Somba and Kuntaja. During the project, in most of the training sessions, it has been observed that participants were enthusiastic and eager to learn as training materials such as Hand Book No.8 and No.10 enhanced the mode of facilitation which has been described as an extraordinary form of training. It is a departure from the ordinary mode of facilitation. The trainings thus far have had greater impact on the lives of both children/youth and parents having described the sessions as exciting, eye-opening, inspiring, and motivating. All participants have also expressed their pleasure for being part of the training and promised to take the message and share it with either friends, relatives or others who could not be as lucky as they were to attend these prestigious trainings.

However, several suggestions and views were made which included: the extension of training days and geographical area of project implementation, translation of Chewa Versions of both Called to Care handbook N0.8 and No.10 in order to break the communication barrier. As it has been indicated in the project activity reports, facilitators took time translating the English Version into the local Chewa language, as they continued making reference to the written notes from the flipcharts. Nevertheless, participants could not hold back their excitement and pleasure in the training sessions having described it as informative, educative and hilarious. In addition, active participation through deliberative interactions throughout the sessions impacted on parents' attitude and mindset for change of behavior. Openness through communication skills that facilitate establishment of close relationships between parents and children, and/or among the young people themselves enhance significant change in lifestyle on physical, spiritual, social and intellectual matters.

It has thus been realized by many parents that they are the causative agents of some challenges facing the young people today. They highlighted lack of appropriate modeling lifestyle, poor communication between parents and young people as some of the contributing factors to youth-related social immoralities such as theft, drugs and alcohol abuse. Parents have also realized their role in handling issues and challenges affecting young people through provision of basic needs, protection and appropriate information with openness, even on the issue of sex and sexuality.

The lesson for life program- Called to Care Training Workshop tried to address issues related to parenting and effective relationships between parents and children. Most of these participants despite some of them being experienced teachers and leaders of mother-groups (groupings that encourage school-dropout girls to get back to school), they found the content of the training new and were eager to learn and share it with peers.

