

GIRLS CAMP 2018



GIRLS EMPOWERMENT, CHANGING THE NATION

ACKNOWLEDGEMENT

1. Tsogolo la Ana Organization would like to acknowledge the following who made this camp a success through various contributions.
2. Open Hearts Germany, who provided financial support for all the activities of the camp.
3. Early Childhood Development center (ECD) who provided support in the organization of this camp as well as provision of accommodation and meals services to the campers and the venue for the workshop.
4. Evangelical College of Malawi (ECOM) for allowing the girls to visit their school as part of education visit, provision of motivation talk and allowing the girls to play a friendly netball game with their students.
5. Head masters and teachers of Namadidi, Muhasuwa and Tsogolo Community Day Secondary schools for providing support during the preparatory activities of this camp and through out the camping period.
6. Parents/Guardians of the girls for allowing their children/Wards to take part in the girls camp activity.
7. Three parents (one from Namadidi, one from Muhasuwa and one from Tsogolo schools). These parents accompanied the girls to the camp and provided support through out the camp.
8. The following facilitators who made this camp a success through presentations in various topics:
9. Lalia Simwaka, she took them through Real Life Experiences.
10. Anthali Munthani, she took the through Career Guidance.
11. Wezi Mkandawire, he took them through Child Rights and Responsibilities, Child abuse, Self Esteem and Self Confidence.
12. Kareen Khumbanyiwa, she took them through Role modelling.
13. Maureen Katola, she took them through Coping Mechanisms.

AIM

The aim of the camp was to empower the girls with skills that can help them overcome their everyday challenges and be able to achieve their education goals.

EXPECTED OUTPUT

1. A reduction in the incidences of drop outs among the girls due to early pregnancies and early marriages.
2. Retain the girl child in school despite the challenges which they face.
3. An improvement in the performance of girls in class, hence stand a better chance of competing with the male counterparts in education.
4. Development of high self esteem among the girls which can lead them be successful in their education.
5. To instill the spirit of abstinence among the girls that can reduce incidences of early pregnancies and HIV/AIDS infections.
6. An increase in the number of educated people in the female fraternity who can take part in the decision making positions in both government and private sector.
7. Educating a girl child can lead to the education of the multitude; hence develop Malawi as a Nation.

TOPICS COVERED

1. Life experiences
2. Coping mechanisms
3. Career guidance
4. Child rights and responsibilities
5. Types of abuses
6. Self esteem and confidence

OTHER ACTIVITIES

1. Children's displays
2. An education visit to Evangelical College of Malawi

PARTICIPATION

10 girls from Tsogolo secondary school, 5 from Namadidi secondary school and 5 from Muhasuwa secondary school were the participants of the 2018 girls' camp. These girls were accompanied by 2 female teachers Tsogolo and Muhasuwa. 3 mothers, one from each school representing their parents/guardians.

PROGRAM OF ACTIVITIES

Below was the program of activities for the three days camp which the girls had at ECD.

Date	Time	Activity	Responsible
Day 1	07.00	Students depart Namadidi, Muhasuwa and Tsogolo Schools for ECD centre in Blantyre	TAO Officers
	10.00-10.30	CHECK IN AND REFRESHMENTS	AECDC Centre
	10.30-11.00	1. Introductions 2. Expectations 3. Fears 4. Aim of the camp	TAO Officers
	11.00-12.30	Real Life Experiences	Laria Simwaka
	12.30	LUNCH	AECDC Centre
	13.30-15.00	Coping Mechanisms	Maureen Katola
	15.00-15.30	TEA BREAK	AECDC Centre
	15.30-17.00	Displays and Activities from schools	TAO Officers
	18.00	DINNER	AECDC Centre
Day 2	07.00	BREAKFAST	AECDC Centre
	08.00-10.00	Career Guidance	Anthali Munthali
	10.00-10.30	TEA BREAK	AECDC Centre

	10.30-12.00	Role Model	Karen Khumbanyiwa
	12.00	LUNCH	AECDC Centre
	12.30	Visit ECAM College	TAO Officers
	13.30	Activities at ECAM College	ECAM
	16.30	Depart ECAM	TAO Officers
	18.00	SUPPER	AECDC Centre
Day 3	07.00	BREAKFAST	AECDC Centre
	08.00-08.15	Review ECAM Visit	
	08.15-10.00	Child Rights and Responsibilities	Wezi Mkandawire
	10.00-10.30	TEA BREAK	AECDC Centre
	10.30-12.00	Self Esteem and Confidence	Wezi Mkandawire
	12.00-12.30	Evaluation	TAO Officers
	12.30	LUNCH	AECDC Centre
	13.00	DEPARTURE	TAO Officers

INTRODUCTION

Tsogolo la Ana, a registered local organization in Malawi that works with orphans and vulnerable children towards promoting their rights and improving the livelihood of their families complement government efforts in different interventions. One of its programs is Education, whereby secondary school needy students from Namadidi and Muhasuwa Community Day Secondary Schools in Chiradzulu district and Tsogolo secondary school in Blantyre Rural are provided with full education bursary. The following are provided to each student: school fees, school uniform, school jersey, school shoes, school bag, note books, pens and instrument.

With funding from Open Hearts from Germany, 130 secondary school students have benefited from this bursary since its commencement in 2007. Some of these students managed to secure jobs in government and private sectors and are now independent and they are able to provide support to their families.

One of the challenges faced since the start of this bursary is high drop rate among girls from school due to early pregnancies and early marriages. It is against this background that Open Hearts from Germany funded a Girls Camp to empower the girls with skills that can help them to cope with challenges that they meet in their everyday life.

Tsogolo la Ana Organization brought together 20 girls from Namadidi, Muhasuwa and Tsogolo secondary schools for a three days camp at Early Childhood Development Centre in Ndirande, Blantyre. Different facilitators from various fields empowered the girls with various skills during their stay in the camp. Role models in the female fraternity gave them various motivational talks.

REAL LIFE EXPERIENCE

During this session the facilitator highlighted her real life experience when she got pregnant when she was just 14 and the challenges she faced during that time. Some of the challenges were lack of financial support, fear from anger of the parents, shame from the public and dropping out from school just to mention a few. She explained that she fell into this situation due to peer pressure.

Later girls were put in groups to share some of the real life experiences which they face in their everyday life. Some of the challenges which they face are as follows:

1. Peer pressure: Some girls are forced to have boy friend and indulge in premarital sex. This result into early pregnancy and eventually dropping out from school.
2. Intimidation: Girls are taken as weak compared to the boys in class with regards to class performance. Some say negative compliments and this discourage the girls from working hard and perform well in class because they develop a sense of fear and shame.
3. Making wrong choices to satisfy their needs. Some girls do not get satisfied with what they have as a result they tend to compete with others who come from well to do families. This makes some girls to indulge into love relationships in the expense of getting money to buy their basic needs. The result of this is failure in their performance and or get pregnant at an early stage, hence drop out from school.
4. Some parents/guardians do not give their children time for study and sometimes ask them to absent themselves from school to keep the home or do a certain type of piece work.
5. Failing to say sorry to the parents when something goes wrong and this enslave them since they fail to live in peace and harmony with their parents. If the issue is grave it leads into forcing the girl miserable life away from her home.

In response to these experiences the girls shared some solutions to these problems as follows:

1. Girls should choose friends who have good behaviour both at school and home.
2. Girls should not look down upon themselves. They have to realize that they too are capable of performing well in class and that they too can perform wonders.
3. Girls should get satisfied with what they have and shun away from having boyfriends in exchange of money.

4. Girls should make negotiate amicably with their parents to give them time for study without compromising the need for them to help with household chores in their homes. In fact they have to make a plan to do their studies everyday.
5. When ever they make a mistake they have to say sorry and avoid being rude to the parents/guardians.





COPING MECHANISMS

Bearing in mind the challenges which girls face in their everyday life a group discussion was made to highlight various mechanisms that the girls can apply when they meet those challenges. Some of these mechanisms were as follows:

Knowing who you are and ignore all the negative complements that boys in your class can make or people from your community can make with regards to your age, ability and being a female.

The girls were also asked to be firm and have self confidence in what they do. They should not look down upon themselves in order for them to achieve their goals in life.



Campers listening with all ears

CAREER GUIDANCE

Most of the girls fail to realize their career in life because of low self esteem and lack of motivation. During this session each of the girls was asked to mention her future career and below are some of the careers which the girls want to do when they finish their education: Doctor, nursing, police, teacher and engineer. Girls were told that in order for one to achieve in life she has to set a Goal and how she can achieve that Goal.

A discussion was made regarding the aspects that determine ones career. It was discussed that a person's career can be determined by the following:

1. Skill or Talent

Just like people differ in what they do and like, they also differ in the skills and talents which they have. It is important for one to realize his or her skill or talent because this can help in the time of choosing your career. Once you realize your skill or talent and choose a career which is in line with your skill it helps you to do your career with ease and become a champion in that particular skill.

2. Strength or Abilities

Different types of career require different types of strength or abilities. Some jobs require much strength than others. So it is very difficult for a person who is lazy or has less strength to take up that job.

3. Interest and Motivation

Some people chose a career because they developed an interest in that particular interest. They can be motivated by the nature of the job. They can also be motivated by the type of uniform of the workers for example nurses uniform. They can be motivated by the remuneration package and benefits. Some can just have a passion for a particular job and this automatically result into growing of an interest in that particular job hence, do it with perfection ones if opportunities of doing that job come your way.

4. Consistency

Sometimes a person can choose a particular career today but after some time changes to a new career and keep on changing. This may result into failure in mastering a particular skill, hence fail to realize your talent or skill.

5. Remuneration package and benefits

Some choose a career because of good salary and benefits. This sometimes does not bring good result because a person can just look for money but fail to gain job satisfaction.

6. Hard working and determination

Girls were encouraged to work very hard in what they do with regard to education. They were told that everyone has the potential of performing highly in class regardless of where they come from, age or sex. They just have to put God first, hard working and be determined in their education.

Another thing which they were asked to do was to know which subjects are related to the type of career they want to do and ensure that they work very hard in those subject. They also have to know the pass rate for that particular career and make sure that they work hard toward achieving that grade. The following were some of the examples: Those wishing to study at College of Medicine should get not more than 11 point with science subjects as key. Similarly those doing Engineering should work hard in science subjects.

In conclusion each and every girl was asked to develop her Goal and come up with the ways on how to achieve that Goal.

CHILD RIGHTS AND RESPONSIBILITIES

The facilitator took them through a class discussion on the Child Rights which they know with reference to Organization of African Union on the Rights and Welfare of the Child. The following were some of the Child rights which they discussed:

1. The Name and Nationality: Every child has a right to a name from his birth.
2. Education: every child has the right to education.
3. Health and Healthy services: Every child has the right to access health services in times of need.
4. Every child has the right to be protected from economic exploitation and any work that is hazardous to the child's physical, mental, spiritual, moral or social development.

These rights go together with the responsibilities and it is the responsibility of the child to go to school, refrain from bad behavior and bad company.

TYPES OF ABUSES

Girls were then asked to discuss the abuses which girls face in their communities and the following were some of the abuses: Physical abuse, Psychological abuse and sexual abuse. Knowing that these days there are a lot of incidences of sexual abuse happening in their communities, the issue of sexual abuse was discussed at length as follows:

Sexual abuse is in different forms. It can be the real act of forcing a girl into doing sexual activities, touching the private parts of the girl or using complements which are related to sexual issues to a girl.

It was also discussed that most of the abuses are done by the people who are very close or relatives because girls have the confidence in them. By the time they realize that they are abusers it is too late for the girl to protect herself. These abusers can be cousins, fathers, brothers, friends and or even strangers.

WHAT CAN A GIRL DO WHEN SHE IS IN DANGER OF BEING ABUSED OR HAVE BEEN SEXUALLY ABUSED

1. She should shout for help to get assistance from the people in the surrounding.
2. She should report to the relevant authorities like parents, teachers, local leaders and police and be taken to hospital for medical care.

HOW TO PREVENT THEMSELVES FROM BEING SEXUALLY ABUSED

1. They should avoid using short cuts like paths that are not used by many people.
2. They should avoid being touched by male counter parts in their private parts.
3. They should dress properly to avoid seducing men.
4. They should prevent themselves from the traps of child trafficking which can put their lives in the verge of prostitution and or brothels.
5. They should deny pre-marital sex from any male person regardless of him been a relative or stranger.
6. They should refrain from NO! to lover boys or men because this can lead into pre- marital sex. Abstinence should be their mode of life.

SELF ESTEEM AND CONFIDENCE

Self esteem and confidence are some of the skills which the girls were taken through. A discussion was made on the reasons why girls lack self esteem and these are some of the points which were discussed:

1. Poverty

Some girls come from families that are subjected to abject poverty and as a result they lack basic needs like proper shelter, food and clothes. This makes the girls to have low self esteem and can also lead to dropout from school or poor performance in class.

The girls who come from poor families can also face problems of school fees and school uniform and this can lead to drop out from school. They discussed that some girls solved the problem of school fees and school uniform by having an opportunity of getting an school bursary from an organization or government.

2. Undermining yourself

Some girls undermine themselves by giving themselves limitations. They think that by being a girl they can not go further with their education. They also think that by coming from poor families and from the village they can not precede with their education and this reduce their self esteem and confidence.

In conclusion girls were encouraged to develop a high self esteem by accepting the situation in which they are, know their weaknesses, remember any of their success in life and think about their future by developing their goals. They were also asked to talk to others about their problems to be assisted and don't give up.

ROLE MODELLING

As one way of instilling self confidence, self awareness, self esteem and assertiveness skills in the girls, a role model who was a girl of similar to their age, brought up from a family that faced economic challenges but managed to achieve her goal was engaged to motivate the girls on the importance of education.

She expressed that despite the economic challenges which had affected her family she managed to attain pass good grades in her form four examinations and managed to secure a place at Malawi Polytechnic College which is one of the prominent universities in Malawi. Through out the time she was learning at a college she was a day scholar and helped the family with household chores and made sure that she was also finding her time to do her studies. She was walking a long distance to college every day. She met girls who had bad behaviour during her school time but chose to be herself. Despite all these challenges she worked hard till she got her degree, now she is working at ECD as an administrator and she is independent.

In conclusion she said that no matter where you come from, boy or girl, if you set your goals and work hard, you can achieve your goals.

EDEUCATION VISIT

An education visit to a Technical college called Evangelical College of Malawi that is located in Chilomoni, Blantyre was also made. This visit inspired the girls after seeing their friends studying technical courses like mechanical engineering, general fitting and painting and

decoration. They also had a motivation talk from a female lecturer who encouraged them to work hard in science subjects. This visit was an eye opener to the girls since they were exposed to a wide range of technical skills they can do after completion of their education, rather than only vying for white collar jobs which are very scares in the today's world.

The girls also participated in the friendly netball game against ECAM students in which Tsogolo girls won the game. This game on its own also motivated the girls since they realized that everything is possible through hard work. They worked hard to win the college girls. The game was also an exposure because they met and interacted with the college girls who are higher than them in terms of education. The game also refreshed their mind after going through various theoretical sessions in their camp. It also played a role of strengthening them since physical activities act as one way of improving the health status of a person in body and mind.

DISPLAYS

The girls displayed various activities ranging from drama, poems, dances and songs with messages of empowering girls' education.

RECOMMENDATION

At the end of this camp, an evaluation was made and the following recommendations were made:

1. Increase the number of days from three to five to cover more topics. This will depend on the availability of funds.
2. Add more role models with different profession to cover a wide range of motivational talks.
3. Include the students who benefited from Tsogolo education bursary with funding from Open Hearts Germany and they are now independent. These can give their real experiences and how they managed to achieve their goals as one way of motivating the girls.

LIST OF PARTICIPANTS

No	Name	School	Class
1	Mercy Fraction	Muhasuwa	4
2	Thoko Scort	Tsogolo	2

3	Mphatso Chikungwa	Muhasuwa	4
4	Delipher Masa	Muhasuwa	4
5	Enifer Ndanga	Tsogolo	1
6	Cecilia Samson	Namadidi	3
7	Dorcas Kachingwe	Tsogolo	2
8	Joyce Bamusi	Namadidi	3
9	Anne Tebulo	Namadidi	3
10	Shingilayi Kaunde	Tsogolo	2
11	Rachel Sitolo	Namadidi	3
12	Nitta Chimwala	Tsogolo	2
13	Tisenge Mkwambva	Namadidi	3
14	Ruth Born	Tsogolo	2
15	Evelyn William	Tsogolo	1
16	Alinafe Kachere	Muhasuwa	4
17	Fatsireni Kayitano	Tsogolo	1
18	Trezer Clever	Muhasuwa	4
19	Rabecca Kabambe	Tsogolo	1
20	Modester Chisala	Tsogolo	1