



# Lake Malawi Teaching & Sports Project

ASSIST TEACHERS IN RURAL MALAWIAN  
SCHOOLS & LEAD SPORTS SESSIONS  
IN THE AFTERNOONS

Mangochi District, Malawi

VA32 working in Malawi with project partners



## Who Should Apply?

Enthusiastic and energetic volunteers eager to share their skill and passion for sports, fitness and physical education, with young people in rural Malawi. This project is ideal for teaching students looking for teaching practice and experience, people considering a career teaching in schools or coaching sports.

## Project Highlights

- ⇒ Help improve the education of children who are willing and eager to learn
- ⇒ Lead and assist in sports coaching sessions in sports such as football, volleyball, netball and rounders
- ⇒ Organise and play in local sports matches and mini-tournaments
- ⇒ Live in the volunteer house on the edge of Lake Malawi
- ⇒ Experience a real connection with the small local community, experience Malawian culture and hospitality first hand

**VOLUNTEER AFRICA 32° SOUTH**

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## Project Background

All children in Malawi are entitled to free primary school education. However, this is often of a low standard, particularly in rural areas, due to very large class sizes, which may exceed 100 students. Resources are extremely limited in some schools; children will sit on the floor and quite commonly do not have exercise books, pens, or pencils. There are frequently not even enough classrooms, so younger classes may be taught outside, under the shade of a tree, with children writing their answers in the dirt.

This also relates to sports and other extra-curricular activities, which are often simply overlooked at many under-resourced schools. Equipment is very lacking or non-existent and teachers often unmotivated, which means team sports may not take place at all. Children are also enthusiastic about playing sports, such as football and netball outside school, but again community teams struggle to train without even a proper ball to play with. This project is based in Mangochi District at the southern end of Lake Malawi and we need your help, as a teaching and sports volunteer.

English is an important subject that you can assist to teach effectively, as well as other core subjects, including maths and science. Marked improvements in the exam results have been observed at the schools in which volunteers have been assisting, so you can be sure that you will make a real difference to the education of the children. Afternoon sports sessions, both at school and for village teams, are really popular with the children. They help to involve the children in positive, enjoyable and healthy developmental activities.

## Your Role As A Volunteer

You will be able to get really involved with the project, helping to improve the education of children that are eager to learn and leading sports sessions and activities that are so widely omitted.

You will assist in one of the local primary schools, unless you have a lot of teaching experience, in which case we may ask you to assist at a secondary school. In the mornings you will assist with curriculum subjects, including English, maths, and sciences. In the afternoons you will organise and lead sports activities and coaching sessions, including football, netball, volleyball and rounders. If you are volunteering for a while, you may have the opportunity to arrange matches or mini-tournaments amongst the children, or even with neighbouring school or village teams.



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# Football & Netball

For boys football is the most popular sport in Malawi, as in most of Africa, and for girls it is netball. Teams usually meet every afternoon to train or play matches.

Your role will be to work alongside the local team coach or teacher (where there is one) to assist with:

- Warm ups
- Drills
- Ball Skills
- Game play
- Fitness – speed, stamina, balance and co-ordination
- Cool Down and Stretches
- Basic nutritional advice and hygiene

With your enthusiasm these new skills, drills and techniques will really benefit these budding future stars! The involvement of volunteers encourages more children to participate in sport and the training sessions. This is important in terms of their health and fitness, personal development, such as learning team skills, and involving them in a positive activity in their free time. Occasionally local tournaments can be organised between nearby villages or schools, which will provide your team an opportunity to show off their new skills and fitness.

Other sports that you may coach or get involved with include volleyball, cricket, or swimming and we encourage new sports. However, please be patient, as these sports are not played as commonly in Malawi, so skills, knowledge and equipment may be very lacking. If you have a particular sport that you would like to coach please let us know.

Sports sessions are great fun and can be very rewarding. Please note that only basic equipment is available for these sports and due to the climate, conditions and everyday use the teams are always in need of new items, especially balls. If you would like to and are able to bring a football or sports equipment with you it will be very much appreciated by us and your team!

## Volunteer Profile

A minimum age of 18 applies for all **VA32** placements. Depending on your previous experience you may be required to complete a basic weekend, or online TEFL (Teaching English as a Foreign Language) course. If you have limited teaching experience we would recommend this anyway, as your experience and the value you bring to the project will be improved by the teaching ideas and confidence that you will gain. There is no maximum age, as long as you are fit and healthy enough to participate in project activities.

Malawians believe that appearance is important and whilst teaching, females are expected to wear long skirts that come well below the knee and tops that cover your shoulders and cleavage. Males should wear smart trousers and a shirt with a collar.



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# Volunteer Life

## Accommodation & Meals

You will stay in a comfortable, shared house in a rural village in the Mangochi District. The house is located on the shores of the stunning Lake Malawi. The area in which volunteers are based (and Malawi in general) is very safe, but the house is fenced and gated for additional security and privacy.

The bedrooms in the volunteer house are large shared rooms, generally with single or bunk beds. Mosquito nets are provided and the rooms either have en-suite facilities, or an adjacent bathroom; all with western style flush toilets and showers.

The staff at the house includes a cook to prepare meals for you and a housekeeper to clean. Three meals a day are provided. Breakfast is on a self-service basis and usually consists of toast, or pancakes, and tea and coffee. Lunch usually consists of sandwiches, pasta, soups, salads, or similar; or a packed lunch can be provided if you are not returning to the house in the middle of the day. A hot dinner will be prepared for you in the evenings.



## Orientation & Support

Your orientation will typically take place the day after arrival. This will include:

- An introduction to Malawian culture
- Your health and safety whilst in Malawi
- Money and transportation in Malawi
- Workplace ethics
- Basic local greetings
- An introduction to some of the project staff
- An introduction and background to your project activities
- Weekend excursions and free time

In the afternoon of the orientation day, you will be taken on a familiarisation tour of the local area and nearest town, including the local market there. This will provide an opportunity to buy cheaply priced local material for wrap-around skirts if you need to. Throughout your stay in Malawi you will have the support and guidance of your project co-ordinator, as well as the other project staff who you will be working alongside. They will provide competent assistance, advice and be able to answer any questions that you may have on a daily basis.



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## Program Fees & Dates

There are start dates every second Monday throughout the year.

See our website under the [rates and dates](#) tab for current rates on this project.

### What's included in the program fee?

- Airport transfers upon arrival and departure (Monday arrivals only)
- Accommodation in shared volunteer house
- Three meals a day whilst on project
- All project related transport
- Support of our experienced on-site project co-ordinators
- On site orientation

### What's not included?

- Flights
- Snacks, drinks and meals outside of project
- Personal Insurance
- Extra excursions and trips

## Getting There

Arrange your flights to arrive at Lilongwe Airport in Malawi prior to 2pm on the date specified. Upon arrival, you will be met by a project representative and will be transferred to the accommodation; about three and a half hours drive from the airport.

## Booking Process

Contact us on [info@volunteerafrica.co.za](mailto:info@volunteerafrica.co.za) or +27 (0)43 738 5523. Our travel and bookings guru Karen will email an application form to you asap. This needs to be filled in and returned to us and upon receipt we will invoice you for a 35% deposit which is needed to confirm your placement on project. The remainder of the fee is due one month prior to arrival.



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