



# Zambia Community Development

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## Placement/Project Information

- Funded by the Office of Global Studies
- Project arranged by non-profit volunteer organization, IVHQ
- Approximately three weeks from August 12, 2016-September 4, 2016
- Located in Livingstone, Zambia
- Volunteer house accommodated approximately 30 volunteers

## Adventure Therapy

- Implemented adventure therapy activities learned in a Social Work elective course
- Activities were evidence-based and appropriate for the population with whom I would be working
- Activities were effective in building trust as a classroom and teaching shapes



## Skills Developed

- Collaboration with community members
- Utilizing resources
- Cultural humility
- Boundary setting
- Knowledge surrounding mental health services



## Community Garden

- Began by teaching the community school parts of a plant and what they need to grow
- Discussed energy and process of photosynthesis
- Discussed harvesting and how it is possible to cook or sell the vegetables once they grow
- Children and I created a “Good Farmer Checklist” to review the tasks necessary for keeping our crops alive
- Children were able to help assist me in sowing the soil, planting the seeds, and watering the plants
- We were successfully able to plant cabbage, tomatoes, and carrots

## Kwathu Orphanage

- Volunteered at a local orphanage once a week every Monday and during the weekend
- Orphanage provided shelter, food, and education for children ages infant-17
- Children who reside in this orphanage are either placed on a temporary or long-term stay placement
- Orphanage is funded by a private investor and the money is dispersed between the staff members, food, clothing, electricity, transportation, and social outings
- Social worker on staff along with the owner of the orphanage, manage the budget and disperse the funds
- Orphanage arranged weekly Community Feeding Program

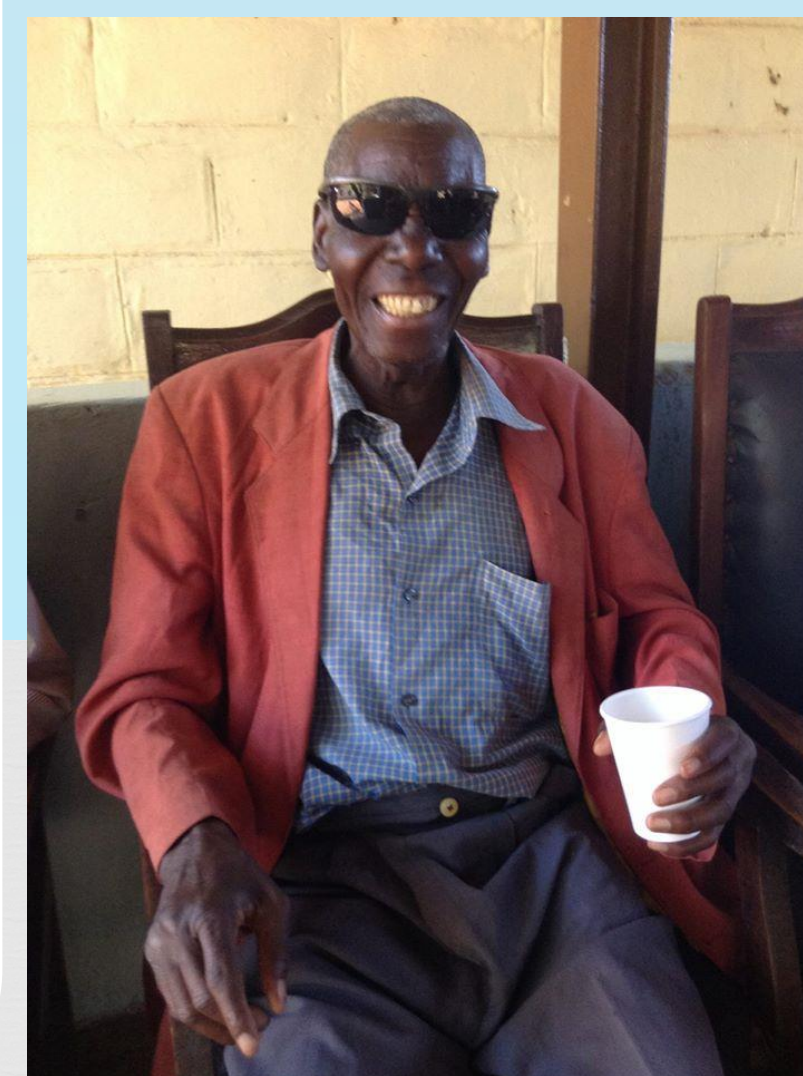


## Community Construction

- Goal of the construction site is to build a new school with better conditions
- Worked on the construction site Monday-Friday 2-5pm
- Duties were to paint the school, dig out roots, fill holes, and clear garbage/debris from the site
- Children living in the community were allowed to help with some of the safer, less physical construction duties

## Marumba Old People's Home

- Visited and met the residents
- Volunteered on weekends once a week to socialize and assist with serving meals
- Arranged a community tea party event for all the residents in collaboration with the nursing staff and other volunteers
- We held our tea party event in the dining hall and provided food/tea personally to residents who could not walk the distance to the dining hall



## Acknowledgements

I would not have been able to have these wonderful experiences without the following support:

- Office of Global Activities
- Timothy Colenback
- Katie Lopez
- Brandon Patterson
- Dr. Cristina Bares (Faculty Advisor)
- M. Antonio G. Alvarez (Adventure Therapy Advisor)
- My Family and Friends
- Kind volunteers and staff at IVHQ

