

Child Development Support Organization (CHIDESO)

2024/5



-  Massa Comunity, Mzuzu, Malawi
-  Community & Family Support
-  Educational Programs
-  Children's rights and development
-  Youth development and sports





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I. What is the program about?

The Child Development Support Organization (CHIDESO) is a community based organization in the Masasa community in Mzuzu city in the north of Malawi. The organization was established in 2007 and is registered with the Ministry of Gender, Women, Children and Community Development Services.

Chideso is a development support organization and focuses on children's rights and development by running a variety of support projects. It is run by volunteer staff from the surrounding community putting in their time and effort for the benefits of their community.

Their involvement with early development of children, training vocational skills to adults, skills development and HIV/AIDS education and prevention are an essential need in this community with many challenges such as income generating challenges, extreme poverty, low life expectancy, child neglect and more. Their work brings the opportunity for this community to get help and support in creating better lives for themselves.

The Masasa community in Mzuzu has mixed ethnic groups just as many semi-urban settlements in Malawi, with a population estimated at 16,000. The commonly used languages are English, Chichewa, Tubular and Tonga.

The people of this community mainly depend on income from small scale businesses (second hand clothes, agricultural and natural resources). Some people who do find employment have low income positions such as security guards, cleaners and domestic workers.

This community has ongoing challenges in surviving on a daily basis due to the low-income levels and the ever rising cost of living; most of the households are living on less than \$1 a day.

Mission

The mission of this project is to enhance sustainable development of children through supporting families, the community, and other stakeholders into becoming self-reliant, productive, and responsible citizens to generations beyond.





2. What do they do?

Early childhood development (pre-school)

Chideso has 3 early childhood development centres (pre-schools) of children between ages of 2-5 years, with the current enrolment of 138 (boys-64 and girls 74). Most of the children attend the pre-schools from 08:00am until 10:00am.

Child rights and child protection advocacy

The rights of children are at the centre point of Chideso programs in such a way, that we make every effort to teach awareness to the community about the rights of children and duties of the households, in upholding these rights. Chideso advocates for the rights of children with different stakeholders and duty bearers, such as educators, churches, community groups and others. Some of the biggest challenges in the abuse of the rights of children are sexual abuse, child labour (mostly for girls) and early marriage, where girls as young as 14 are married off.

Basic and secondary education support to orphans and other vulnerable children

The project supports education in the following ways.

- Paying school fees for orphans and other vulnerable children.
- Providing them with school uniforms and other learning materials like notebooks, pens and mathematical instruments.
- Conducting debates and interschool quizzes.
- Working with school authorities in improving sanitation through construction of latrines and providing sanitary pads for girls.

HIV and AIDS prevention care and support

HIV and AIDS being a profoundly serious problem in most parts of Malawi, the Masasa community is not spared from this. Chideso is working with the community in prevention, care, and support through 2 HIV/AIDS support groups for people living with HIV/AIDS.

Youth development and sports

Chideso also offers a range of youth programs activities, such as.

- Youth leadership skills and life skills
- Career guidance for youth
- HIV/AIDS education and prevention of other sexual transmitted infections.
- Youth community charity work programs.
- Sports and recreation activities.



Village savings and Loans associations (VSLA)

Chideso coordinates the village savings groups in the Masasa community; we currently have 38 groups of an average of 20 members each.

The membership is almost 80% women; this initiative is aimed at encouraging the community to embrace the saving culture.

Early childhood development (pre-school)

3. How can I help?

Join us!

Join the program and help support this community.

Daily Activities

This project is truly diverse and challenging since you'll be dealing with the local community and a diversity of projects. You will get acquainted with the circumstances in which most Malawians live today and experience their culture and situation. Be prepared to face poverty and challenging circumstances but participating as a volunteer will contribute to the growth and opportunities for this organization.

Volunteers can be involved in a variety of tasks and activities such as:

- Assisting with developing new projects and making proposals.
- Monitoring and evaluation of existing projects.
- Assisting in one of the pre- schools, crèches, and primary school.
- Developing play activities, educational programmes, and sports activities.
- Offering computer classes to youth and adults.
- HIV/AIDS and life skills education among secondary school youth.

It is of absolute importance that volunteers are independent and mature individuals. You will be able to create your own programme together with the project coordinator and combine different activities, to offer you a unique experience, but you will have to be able to work more or less independently and take your own initiative.



Working Hours

Normally we work all weekdays from 8h30 until 16h00 and weekends are off. Some projects however might start earlier and in summertime, due to the heat, hours can change.

Daily guidance & supervision

Guidance will be offered in multiple ways as different people are involved in your stay in Mzuzu.

First of all, we have our Khaya Volunteer Coordinator Justin Banda, who will pick you up either from the airport (see Transport) or when arriving at the bus terminal in Mzuzu. Justin will welcome you and take you to your host family to settle in after arriving.

He will prepare your stay at the project and will be assisting you where he can.

After a good night's rest he will show you around Mzuzu, make sure you have a local SIM card and explain to you more about the area and what you can expect from him and your project involvement.

He will take you to the project on your first day of work and show you how to get there.

At the centre, you will be supervised by one of the local staff who will focus on your daily work at the centre and supervise your activities.

Project needs

Being a volunteer driven initiative mainly depending on the contributions among the members, there is an ongoing challenge for financial support and materials to support the running of the different projects. If any volunteers can contribute with any of the following items, this would be highly appreciated.

- Teaching and learning materials (colouring pens, stationary, educational toys, etc).
- Any clothing, shoes etc. for children
- Financial support for electricity, internet costs and telephone bills.
- Sports equipment for after school recreation such as footballs, netballs, and sports uniforms.

Please take note that part of your fees includes a donation to Chideso to support them with their ongoing running costs and that additional donations are not expected but highly appreciated.



4. How to join the program

Step 1

Submit your application.

Step 2

Our booking office will send you the necessary forms to complete and request your supporting documents. Once we have received everything back from you, we will submit your application to the hospital in Zanzibar for approval.

Step 3

Our booking office will send you a confirmation email

Step 3

Check out our special discounts and offers & book your flights and/or travel arrangements.

Step 5

Finalise your payments.

Step 6

Wait in anticipation for your departure date!





5. Location

Malawi

Malawi is also known as the 'Warm Heart of Africa' and for a good reason. Malawi is extremely friendly and compared to other African countries relatively easy to travel through independently. Some might even give it the name 'Africa-light'.

One of the things that will leave a lasting impression on any visitors to this land locked country is the friendliness of its people and the smiles you will see everywhere. It is a landlocked country bordering Zambia to the west, Tanzania to the northeast, and Mozambique on the east, south and west. Malawi shared Lake Malawi with Tanzania and Mozambique. Its estimated population is 17 million with Lilongwe as its largest city and capital.

Malawi is among the world's least-developed countries. The economy is heavily relying on agriculture, with a largely rural population. The government depends heavily on outside aid to meet development needs, although this need (and the aid offered) has been decreasing since 2000. The Malawian government faces challenges in building and expanding the economy, improving education, health care, environmental protection, and becoming financially independent.

Malawi has a low life expectancy and high infant mortality. There is a high prevalence of HIV/AIDS, which is a drain on the labour force and government expenditures. There is a diverse population of native peoples, Asians and Europeans, with several languages spoken with English and Chichewa as the leading languages. Malawian cultural practices and Malawian cuisine are rich in local, southern African, and overseas influences.

Mzuzu and the area

Despite being the third biggest city in Malawi and being central to the north of the country, Mzuzu has a very laidback and village feel to it. The city is stretched out and links to rural farming communities in the immediate area.

Mzuzu has a central location connecting to Lake Malawi at Nkhata Bay, which is only 50 km away and travel routes up north to Tanzania and beyond.

The location of Mzuzu makes its temperatures and climate more enjoyable than at the lake, where it can be very hot and humid. It is easily reachable from Lilongwe in the south and is a great place to travel to some of the highlights of Malawi, such as Nkhata Bay and Kande Beach at Lake Malawi, Livingstonia further to the north, Nyika Plateau to the west and Viphya Forest to the south.



6. Safety

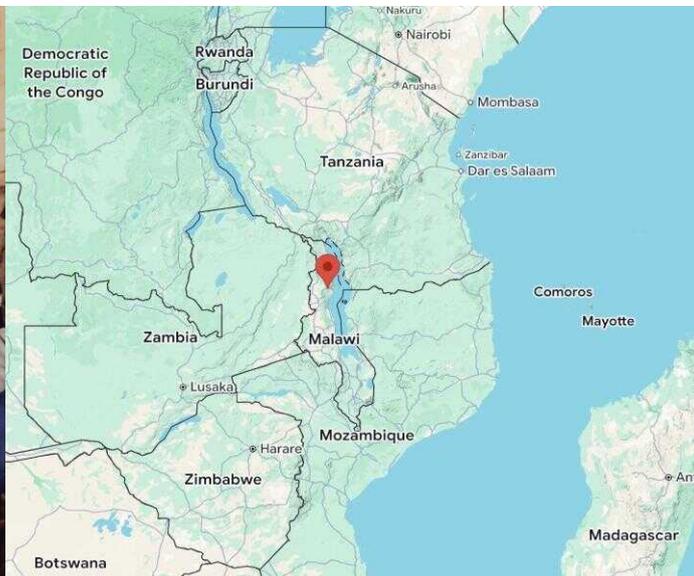
Your safety is very important to us and if you follow just a few guidelines your safety in Malawi can be increased incredibly. When you stay in Malawi the odds are that you will have a safe and incident-free volunteering period. However, crime as well as unexpected difficulties can happen.

Hoping to help you avoid serious difficulties during your visit to Malawi, you should keep the following in mind:

- Safety on the Street: Use the same common sense travelling that you would at home.
- Don't walk around with all your valuables visible.
- Use taxis at night and let somebody always know where you are going.
- Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. When possible, ask directions from individuals in authority.

Khaya looks after your safety in multiple ways during your stay:

- We offer safe and well equipped accommodation.
- Our coordinators are prepared for your stay and have been instructed to keep you as safe as possible.
- Our Code of Conduct which will be spoken about and signed has clear 'do's and don'ts' which we urge volunteers to stick to.
- All activities and visits into the communities are supervised by our coordinators who will walk with our volunteers and make sure they are safe.





7. How much does it cost?

Included in fees:

- Information and assistance before departure
- Pick up upon arrival (extra costs apply)
- Accommodation in host family
- Volunteer coordinator available 24/7
- 3 basic meals a day

Excluded from your fees:

- Air tickets
- Extra costs for airport transfer or bus tickets Private Luxuries (snacks, cool drinks, alcohol, etc.)
- Costs for weekend outings
- Laundry
- Insurance
- Visa costs

DURATION:	USD
1 Week	\$ 299
2 Weeks	\$ 499
3 Weeks	\$ 729
4 Weeks	\$ 915
Extra Weeks	\$ 215
<u>Local Payments:</u> Lilongwe airport transfer (one way per vehicle)	\$160

Arrival & Departure Transfers

We will gladly pick you up from the airport in Lilongwe for the additional cost of 160 USD. This is a local payment and needs to be paid directly to our coordinator. These costs can be shared if there are more volunteers arriving on the same day, so with 2 people it will be 75 USD per person, with 4 only 37.50 USD per person. Mzuzu is 340 km from the international airport in Lilongwe, making it quite a trip to pick you up, but we gladly arrange it for you.



Own transport Malawi

As Malawi is such a friendly and relatively easy country to travel in, public transport is another option to arrange your own airport pick up with accommodation in Lilongwe, and to stay over before taking a bus to Mzuzu. We gladly help you with planning this and giving you free advice.

Own transport via Tanzania

As the flights to Lilongwe can unfortunately be quite expensive, we suggest looking at the alternative to fly to Dar es Salaam or Kilimanjaro in Tanzania, offering cheaper flights and to take a bus to Mzuzu. Buses are available on a daily basis and can take 16-20 hours to get to Mzuzu.

Accommodation

Volunteers will stay with one of our selected host families within walking distance of Tennis Kids, making it very easy to come to work and get back home.

We offer a comfortable family home with 2 bedrooms with 2 and 3 beds respectively. There is a private bathroom for volunteers to use with a western toilet and shower with warm water. The home offers the use of a dining room, lounge with TV and large garden.

Depending on how busy it is, you will share a room with other volunteers. Male and female volunteers will have separate rooms.

We take couples and older volunteers into account and if possible, provide them with a private room, so please let us know if you have any questions regarding the accommodation.

Meals

Malawian meals are different from western meals, and we encourage you to eat what is prepared for you, otherwise you are free to buy and cook your own food. There are 3 meals a day, which will be local food mostly made up of rice, pastas, 'nsima' (porridge of maize meal), fish, vegetables, and meats. Breakfast is usually porridge or bread with coffee or tea. Lunch is toast or sandwiches and dinners are cooked meals.

We encourage you to assist with cooking and cleaning up and make some of your personal favourite dishes.

Transport

Your host family is within walking distance from the centre making it very easy to walk to and from work.

To reach any facilities such as the main street with banks, internet café, shopping centre with a modern supermarket it is only a 10-15-minute walk away, but we encourage you to use the local bicycle taxis that will transport you anywhere you need to go for a small fee.

At night we discourage you to walk alone to be as safe as possible and we will make sure you have a variety of numbers for local taxis who will offer door to door services for very reasonable rates.



8. When can I start?

Starting your volunteer work is preferably on Mondays but we are flexible. If you will be arriving before Monday, we gladly assist with your pick up and extra days will be charged accordingly.

Participation is per full week only.

9. What is expected of me?

It is important that volunteers of this project understand the importance of the following:

- To be enthusiastic and independent
- To show respect towards the people and culture of the local community. You might not agree with certain ways of conduct during your stay here, but don't forget you are a guest here, and you can't try to change everything in a period of just a few weeks.
- To show flexibility towards responsibilities, tasks and activities.





10. Things to consider

Visa

Visas can be applied for in advance, but despite information on some embassy sites, most visitors to Malawi are obtaining visas on arrival still. They are being issued 30 days tourist/visitor visas on arrival for USD\$75.

Please ensure that you have USD\$75 cash with you to pay for this on arrival. The below items may help to ensure that this process is as quick as possible upon arrival:

- Completed application form. Please enter a holiday under reason for travel, as a volunteer visa does not exist currently and a visitor/tourist visa is the appropriate visa for your stay, as a paying tourist to the country, staying less than 90 days.
- Two passport photos
- Air ticket/itinerary
- Three months latest bank statements

Those staying longer than 30 days are still being issued 30 day visa renewals locally at MWK 5000 each time up to 90 days, as they were previously.

Please note that visas are the responsibility of the volunteer and that Khaya will not be held responsible for clients being denied entry should they not be in the possession of the relevant visas. All travellers must be in possession of a valid onward/return air ticket and your Yellow Vaccination Passport or entry to the country can be denied.

Passport

Your passport must have 2 pages free for every country to be visited. Please ensure that you take your own passport out from your hotel / backpackers safe the night before departure. It is absolutely necessary that you make a copy of your passport and give it to your supervisors; we strongly recommend that you also leave a copy at home or with some friends.

Please note that Malawi insists on people having 2-free pages available when you enter. Keep this in mind if you are going to visit other African countries. Please ensure that your passport is valid for at least six months after your date of departure from Africa. You are personally responsible for ensuring that passports, visas, vaccination certificates and other travel documents are in order and for all costs relating thereto.

Vaccinations

You will need to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria.

The government of Malawi requires proof of yellow fever vaccination only if you are arriving from a country with risk of yellow fever.



HIV / AIDS

Education and awareness are vital in preventing HIV spread and obviously avoidance of activities and behaviours that can transmit HIV. HIV can be transmitted by unprotected sexual intercourse and intravenous injection of infected blood.

HIV cannot be transmitted by saliva, sweat, urine or faeces. It cannot be transmitted by touching, hugging, kissing, shaking hands, sharing food utensils, towels, bedding, baths, swimming pools, telephones or toilet seats.

Typhoid

You can get typhoid through contaminated food or water in Malawi. It is recommended to be vaccinated, especially if you are visiting smaller cities or rural areas, or if you are an adventurous eater.

Please speak to your doctor or travel clinic to make sure you have all vaccination required and you are well informed about the health risks.

Insurance

Accidents can happen to anyone. Make sure to get a comprehensive travel and medical insurance.

Next to your international travel insurance, Khaya advises you to get the VOLUNTEER CARD; this will not only cover your volunteering activities but will also give you an incredible amount of discount options throughout the world! USA and Canada nationals can order the card online, other internationals can email us for the order form: www.volunteercard.com

Weather

The weather in this part of Africa can be diverse and due to the height difference in short distances can quickly change. Malawi has a hot summer rainfall season from November to April (yet, it's summer here in those months) and drier winter months - early May to late October. Winters can get chilly high up on the northern Nyika Plateau but down on the shore of Lake Malawi you can expect warm, sunny and dry days - great beach weather! January and February can be very hot and humid with rainfall at its highest.

Summer	(Dec, Jan and Feb)	20 - 43 ° Celsius
Autumn	(Mar, April and May)	19 -22 ° Celsius
Winter	(June, July and Aug)	17 - 18 ° Celsius
Spring	(Sep, Oct and Nov)	21- 24 ° Celsius

Clothing

Bring clothing for a variety of weather conditions. Even though it is Africa it is not always hot and especially in winter the nights can be cold. So bring a wind jacket and some long trousers, a hat is always handy on sunny days and good shoes for weekend outings and running around with the children.



Alcohol

We allow alcohol to be enjoyed at the Khaya Beach House but only for those of 18 years and older as per local law. Volunteers under the age of 18 are not allowed to drink alcohol as per South African Law.

We do not allow any parties or gatherings at the house where alcohol is consumed and advise you to go out to enjoy yourself and drink responsibly.

Drugs

Using or possessing drugs such as marijuana is illegal in South Africa as are the obvious hard drugs such as ecstasy etc.

We have a zero-tolerance policy for such usage and if we become aware of this you will unfortunately be no longer welcome at our premises.

DISCLAIMER

Go with Khaya commits itself to always offer accurate and correct information, but please keep in mind that information can change, and all projects can be subject to change regarding their programs and/or accommodation arrangements. Go with Khaya is a facilitating organization and does not run its own projects. Therefore, Go with Khaya cannot take responsibility whatsoever, for any changes concerning any program we offer. You will participate solely at your own risk.

II. Let's stay connected

We'd love to stay connected! Please follow & subscribe to our social media platforms below.



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