

Shrewsbury Town in the Community
Shrewsbury Town Football Club,
Montgomery Waters Meadow,
Oteley Road,
Shrewsbury,
SY2 6ST



Shrewsbury Town IN THE
COMMUNITY

Shrewsbury Town Does African Adventures 2018

On Wednesday 10th January 6pm 2018 at Shrewsbury Town in the Community Education Hub we shall be presenting to any interested young people and their parent/guardians about this once in a life time out of this world experience! Come along and find out what it's all about, you have nothing to lose!

African Adventures organises meaningful volunteer experiences for motivated and passionate individuals at educational projects in developing areas of Ghana, Kenya and Zanzibar. With varying roles, volunteers can contribute to improving the lives of the children at these projects, many of whom come from extremely deprived backgrounds. African Adventures works in partnership with the projects, providing the humanitarian and financial support that is required to enable them to develop and grow. Volunteering in Africa can bring substantial two-way benefits, to the children and the projects that they attend, but also to the volunteers, who have their eyes opened to the world and the impact they can have.

4,170 volunteers have travelled with African Adventures since 2009. **20,000** children in Africa have access to an education with the support from the African Adventures volunteers. **£358,953** has been raised by African Adventures foundation and **100%** goes to the projects.

Shrewsbury Town in the Community are planning to take their interested NCS graduates, BTEC students and Foundation Degree students on this once in a life time experience to Ghana in Africa.

Ghana is a vibrant, beautiful country with friendly people, stunning landscapes and unspoilt beaches. Dancing and drumming are central to the way of life, and you are never far away from a beating drum. The area African Adventure work in is very rural – if you want to get away from it all and immerse yourself in a new culture and way of life, you can't go wrong with Ghana.

African Adventures works with several schools in the coastal Volta region of Ghana. Whilst they are government-run schools, they are severely underfunded. In some classrooms, there are not enough desks for the number of students, meaning that children must take lessons sat on the floor. There is also a significant lack of resource material, particularly text books, which can present challenges in terms of teaching. The schools are in desperate need of funding and volunteer support.

We aim to depart on **Friday 26th October 2018** from Heathrow airport and travel by plane to Ghana for **ten nights**. All accommodation, travel and 3 meals a day are included in the price. The total amount that needs to be raised by social action and charity fundraisers by the young person is **£1,695**, every single penny raised will go to helping the under privileged children in Ghana.

African Adventures have advised us that each young person only needs to bring £100 maximum with them for their 10 night stay. We will need £195 from each interested young person by the 10th February 2018 and then the young person will be required to make 3 further installments before

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he/she departs. Young people will have monthly targets to work towards to meet their target. The full payment is needed 6 weeks before the departure date.

Your volunteering day (example)

You will wake up and meet for breakfast at around 7:30am and will then be taken to your allocated project at around 8:30am to start your day's volunteering. Remember to take plenty of water with you as it will be very hot and humid. A typical morning session at your school project will involve assisting in the classroom with English and Maths. This will involve you using books, writing out activities on the chalkboard and engaging students in interactive learning by asking them to join you at the front of class and address their peers. Learning English phrases and numbers through singing songs is often very popular. At around 10:30, it is likely that classes will stop for morning break where there will be time for the children to have a snack and play games. This will be followed by another lesson up until around 12:30pm when lunchtime will commence. You will break for lunch and be served a delicious hot meal that is brought to you by your Trip Host.

After lunch, you may like to take your learning outside the classroom and get the children participating in a PE lesson. Activities may include bean bag racing, co-ordination exercises and counting games. These activities will depend on the resources available so we recommend bringing some sports equipment with you if you have specific sessions planned. Afternoon activities will finish at around 3pm, at which point you will be picked up and taken back to your accommodation to relax after a hard day's work. You may have the chance to visit the market or take a trip to the beach during the afternoon. Dinner will be served at your accommodation at around 7pm, following which you can relax with a book, play some games or reflect on your day's volunteering with other travellers. You may also like to get involved in some drumming or practise your Ewe!

School Life in Ghana:

Teaching styles

In Ghana, students learn by rote (rote is a learning technique based on repetition) and, therefore, do not always have underpinning knowledge. This means that lesson delivery is often less interactive than in the UK. Each classroom has a blackboard but there is generally very little other decoration. The majority of classrooms have desks for each student and each school has a uniform that students are expected to wear. Teachers are either fully or partly qualified and a syllabus is followed using a text book.

Sport

Sport is hugely popular in Ghana and an important part of daily life in many areas. Because of the heat in Ghana, most PE lessons take place early in the morning and after school. As a multi-sports coach, you could typically expect to start with two hour-long morning sessions at 8am. Lessons

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inside the classroom will then take place, some of which are based around health, the body and the theoretical elements of sport. There will be times when lessons are not sports focused and instead concentrate on other areas of the curriculum. If you elect to assist with coaching an adult football team, they will train in the late afternoons or early evenings.

Your teaching and coaching role:

Teaching assistance

When teaching, you will be working alongside teachers and other volunteers to help manage the demands of educating large classes of mixed students, aged between 5-16. As you gain confidence, it may be that you start helping with lesson delivery and then progress to delivering lessons independently. There are typically 50 children and only one teacher in each class, which can be challenging because of the difference in academic ability across the student body. High-achieving students can be held back and struggling students can often get left behind. Teaching assistants can help bridge that gap because the class can be divided into smaller groups to work on more relevant topics.

Multi-sports coaching

When coaching, it may be that you support a teacher with delivering a PE lesson or, if you are comfortable, you could deliver a sports session yourself. Don't worry if you don't have qualifications; all you need for this role is motivation and a can-do attitude. Football and volleyball are very popular and widely practised in Ghana. You could also introduce new sports that the children are not as familiar with and teach them new skills. The children love physical activity and are always willing to try new games and sessions – there will be no shortage of enthusiasm and energy