



# BUILDING FUTURES IN MALAWI

THE OFFICIAL NEWSLETTER FOR BUILDING FUTURES IN MALAWI

FIRST TERM, 2023

GO FOR GIRLS

## GO FOR GIRLS IMPART SCHOOL GIRLS WITH SEWING LESSONS

**B**uilding Futures in Malawi continues to support the provision of quality education in Malawi through the Go for Girls project. This term, Go for Girls Project Officer Teresa Masale conducted reusable sanitary pads sewing training with a total of 101 school girls in SAS AROMA, Chiwamba, Mseche and Chipasula Secondary School. This means we met our target which was 100 for the term.

Regardless of the sewing lessons, Go for Girls went on with Girl talk sessions to empower the girls to take control of their lives. During the sessions, girls were advised on menstrual hygiene practices, carrier guidance, sexual relationships and early marriage issues. In each session, girls were given a chance to ask questions on general matters that bother



them so that they get the necessary help. 101 school girls benefited from the sessions.

On the next steps, Teresa narrated that she plans to train 200 school girls in reusable sanitary pads sewing next term. The goal is to train as many girls as

possible thereby imparting them with lifetime skills and to be self-reliant as they grow. In addition to this, the project plans to introduce sewing clubs in the schools after observing during the trainings that some girls needed more basic lessons in sewing.



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Building Futures in Malawi

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## CEO'S NOTE

### Hello, mulibwanji?

It has been quite busy for us here at Building Futures in Malawi and we are glad that through your support we are able to achieve more. This term, our country faced multiple challenges including cholera disease and Cyclone Freddy which has claimed many lives and dispersed a lot of families. Through it all we continued to support schools in order to achieve our mission of improving the quality of education in Malawi.

I would like to thank all individuals and churches from USA, UK and across the globe for generously supporting our projects during these difficult times. Our organization truly appreciates the support that you have been rendering. Please stay with us, we always need your support. It is our prayer that God will continue to bless you.

I hope you will enjoy reading our first term newsletter and see the impact our organization has on the people of Malawi.

I wish you all the best, God bless you!  
Zikomo

**Lameck Mbiriyaza Chirwa**  
CEO



## UK TEAM VISITS MALAWI

Building Futures in Malawi received visitors from Building Futures in Malawi (UK chapter) from 6th to 13th April, 2023. The team explored all projects and donated syllabus books to Kaps satellite library to continue providing good services to people. The library is located in area 36 and serves over 400 people in each day from schools and surrounding communities.

During the presentation of the books by Mark and Sandy Broughton Taylor, available was the National Librarian and Kaps library Supervisor. In an interview with BFM, the national librarian appreciated the sacrifices made to afford the donation. She further stated that the library lacked syllabus books which are of great importance to every student hence the donation has met the students need.

Mark and Sandy also showed a good gesture by attending the BFM CEO'S wedding ceremony that was held in Lilongwe. BFM is thankful for the UK team visit to Malawi.



to our CEO Lameck Mbiriyaza Chirwa and wife on your wedding. We wish you a blessed marriage with lifetime love and happiness



## STUDENT SUPPORT

# HEAVY WIND BLOWS OFF MKANTHAMA SCHOOL ROOF



Located in a rural remote area of Lilongwe east in Chiwamba, Traditional Authority Chimutu Mkanthama school saves a lot of school children from walking in a

distance of 20 kilometres to attend the only nearest school available.

The school was first opened in a temporary block that was used for social welfare services in the area. The number of enrolments was higher than expected therefore the need for a proper school was overwhelming. Following this, Building Futures in Malawi with help from well wishers started the construction project of Mkanthama school and managed to construct one school block consisting of three classrooms.

Sadly, the school block which was constructed had its roof blown away following a heavy downpour on 7th March 2023. The school headteacher John Banda articulated that it is very difficult to accommodate learners thus disrupting classes whenever it rains as a result risking lives of the school children by exposing them to unsafe environment for learning.

Building Futures in Malawi would like to appeal to well wishers for financial assistance to renovate the damaged roof and create a safe and comfortable environment for learning.

# STUDENT SUPPORT BENEFICIARY SET HIS BAR UP



**A**rnold is one of the students that benefited from our bursary programme called “student support”. The student support programme offers support to the less privileged students with school fees and school materials. We do this to give education opportunity to the best performing students who

cannot afford school fees.

Arnold comes from a very poor family and he lost hope in school knowing that his family cannot afford 45 pounds a year for his secondary school education. Fortunately, he got enrolled to the student support programme where Building Futures in Malawi fully supported his secondary education during the 4 years of

his study.

He worked tooth and nail and performed well in the Malawi School Certificate Examinations. He banged 16 points which means that he is eligible to enrol into public universities. Arnold plans to study Law.

In each year, we support a total of 30 students with school fees



# TOP 7 STUDY TIPS

**S**tudying is not just for the night before an assignment's due or the night before an exam. It's never too early – or too late – to develop good study habits. The sooner you get into a good study groove, the easier everything will be and the more your chances of getting good marks will improve.

Here are our top tips for getting the most out of study:

## 1. Pick a place and time

Everyone has their own idea about the best place and time to study. Whether it's your bedroom at night or the library after school, find a study space and a regular study time that works for you and stick with it.

### • Set up your study space

– Your study space should be quiet, comfortable and distraction-free. It should make you feel happy and inspired.

### • Find your best time

– Some people work better in the morning. Others work better at night. Work out which time suits you and plan to study then. Don't study much later than your usual bedtime – pushing yourself late at night can make you too tired to study properly.

## 2. Study every day

If you study a little bit every day, you'll be continually reviewing

things in your mind. This helps you understand things. It also helps you avoid the stress of last-minute cramming.

Early in the year an hour or two a night might be enough to stay on top of things. Later in the year you might need to study more each day.

## 3. Plan your time

It helps to have some plans in motion so you can make the most of your study time.

### • Set alarms

– Set alarms to remind you about your study plans. A regular reminder keeps you honest and your plans on track.

### • Use a wall planner

– Stick a calendar or wall planner up so you can see it whenever you're studying. Mark it up with important dates, like exams and assignment due dates. Use it to block out your regular study timetable too.

### • Set time limits

– Before you start your study session, have a look at your to-do list and give yourself a set time to spend on each task. If you don't get something done in the set time, consider whether it's the best use of your time to keep going with it, or to start working on something else.

## 4. Review and revise

At least once a week you should go back over the things

you've studied in class. Thinking things over can help you to understand the concepts and help you remember when you need them the most.

## 5. Take breaks

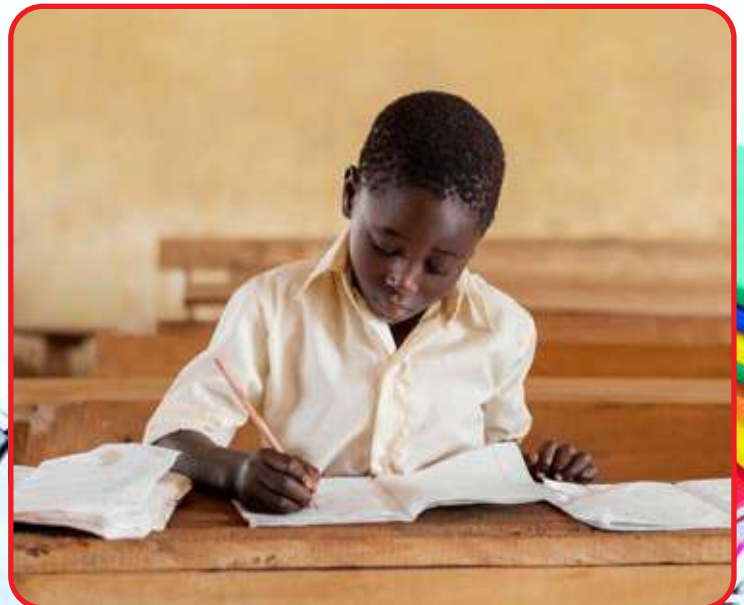
It's important to take breaks while you're studying, especially if you're feeling tired or frustrated. Working too long on a task can actually decrease your performance. When you take a break, make sure you get away from your desk or study space. A bit of physical – even just a walk around the block – can sometimes help you to look at a problem in a different way and could even help you to solve it.

## 6. Ask for help

If you're stuck on something, or something just doesn't seem to make sense, you can always ask for help. Talk to your teachers about the things you don't understand. Talk to your friends and fellow students too.

## 7. Look after yourself

You will study better if you take care of yourself. Make sure you eat well and get enough sleep and physical exercise. Don't reward yourself with too many sugary or fatty snacks or push yourself to study late into the night. It's also a good idea to make sure you drink lots of water when you're studying.



## BFM DONATES CHOLERA PREVENTION ITEMS TO SCHOOLS AND CHURCHES

**M**alawi has faced the worst cholera outbreak in decades. As of now, all the 29 districts have reported cholera cases since the confirmation of its first case in March 2022. On 23 January, 2023 the Ministry of Health reported the cumulative confirmed cases and deaths since the onset of the outbreak at 29,995 and 990 respectively, with the case fatality rate at 3.30%, which is above the acceptable threshold set by the WHO of less than 1%. The update also indicated that a total of 27,936 people has recovered while 1,069 are currently in treatment units. (WHO, 24 Jan 2023)

In order to support the Malawi government in creating a safe environment for learning, Building Futures in Malawi improved sanitation by distributing water treatment disinfectants such as chlorine in the schools that we work with and water guard to Mkanthama school and churches in Chiwamba. All those that benefited were very thankful for the donations.



## CYCLONE FREDDY LEAVES THOUSAND HOMELESS IN MALAWI

**O**n the 12th of March our country Malawi experienced one of the most devastating cyclones called the Cyclone Freddy in the Southern region of the country. It is reported that more than 400 people have been confirmed dead. Following this, the Malawi government declared a 'state of disaster' in the southern region. According to the Department of Disaster Management Affairs, the death toll may rise. There are hundreds of evacuation centres set up across the country for survivors. Approximately 345,00 people have been

affected by the heavy rains, floods and landslides. As part of the response, Building Futures in Malawi is planning to donate relief items such as clothes, food, reusable sanitary pads and blankets to the victims and we are appealing to people like you to help raise \$1000 so that we can be able to get the items mentioned to the camps where these people are currently staying. We are also seeking your prayers.

The link [www.buildingfuturesinmalawi](http://www.buildingfuturesinmalawi) will direct you to our webpage where you can make a donation.



# BFM ON A TREE PLANTING MISSION

The rain season is almost over, as a way of promoting green school environment we focused on planting trees in the schools. We purchased 100 tree seedlings which were planted in all the schools that we work with. Each school received 20 seedlings. During planting, students were briefed on the importance of environmental conservation as well as the benefits of proper garbage disposal in schools and communities.



VOLUNTEER WITH US

# Get to Know Malawi

**M**alawi is a land locked country located in **South Eastern Africa**, nicknamed the warm heart of Africa due to the friendliness of its people. It is defined by its beautiful topography of highlands – split by the Great Rift Valley and enormous **Lake Malawi**. It is bordered by **Zambia** to the West, **Tanzania** to the north and **Mozambique** to the east.

Malawi has a largely rural population of **20.4 million** people that is rapidly growing year on year. There are 28 districts in Malawi that include 4 cities – Mzuzu, Lilongwe, Zomba and Blantyre. Amongst these cities, Lilongwe is the capital.

The economy is heavily based on agriculture, with tobacco, tea, cotton, groundnuts, sugar and coffee being the main economic products.

## WHO WE ARE

**Building Futures in Malawi** is a charity that strives to deliver and improve the quality of education in Malawi. Malawi is amongst the poorest countries in the world whereby only **35%** of children complete their primary education. Unfortunately, only **6%** of students complete their secondary education. Primary school is free, however secondary is not.

It is our mission to ensure that everyone receives better quality education, regardless of their gender or background. We have so far implemented a range of different projects in schools and communities to help us move closer towards achieving this mission.

## VOLUNTEER WITH US

Are you passionate about helping to change lives? Volunteering with us is your opportunity to put that passion into action!

## WHO IS INVOLVED?

- 18+ year olds looking to experience what life and culture is like in a developing country
- 18+ year olds at university needing a placement (for example: those needing teaching, childcare, medical experience etc)
- Students through Enactus exchange programme.
- Volunteers



**BUILDING FUTURES IN MALAWI**

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# TRANSFORM A LIFE

**FOR AS LITTLE AS 10\$** As a non-profit, we rely on donations to support the provision of quality education in Malawi 100% of your donation will be spent on our projects

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For more visit [buildingfuturesinmalawi/globalgiving](http://buildingfuturesinmalawi/globalgiving)

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A great way to donate tax-effectively to charities. If you are a UK employee and would like to donate to BFM straight from your gross salary you can sign up on GOV.UK

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You can also leave a charitable legacy / will to BFM email [info@buildingfuturesinmalawi.org](mailto:info@buildingfuturesinmalawi.org) for more



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