

## Visiting teachers' Guide

Visits are an occasion to get learn more about your partner school and the work of the Jesuits overseas, to plan together about future joint work and school exchange, and, of course, to make new friends and enjoy your partner country. In order to help you to make the most of the visit, JM put together this little booklet with information and testimonies from previous visits. If you have any questions that this booklet cannot answer, please email us at [education@jesuitmissions.org.uk](mailto:education@jesuitmissions.org.uk).

**DISCLAIMER: Jesuit Missions is not responsible for your safety overseas. It is the visitor's responsibility to take care of vaccinations and travel insurance, to act responsibly while abroad. Please read this guide carefully before embarking in an international school visit.**

### Contents

Planning for a visit.....	1
A teacher's experience.....	3
Cultural adjustment abroad.....	3
A teacher's experience.....	4
Health information: Zimbabwe.....	5
Travel insurance.....	5
Vaccinations.....	5
Malaria prevention: Zimbabwe.....	6
Non-vaccine preventable health risks.....	6
Health Information & Guidance Water purification and hygiene .....	7
Recommended Supplies .....	7
Weather and what to wear.....	8
Other information.....	9
Useful Contacts.....	10

### Planning for a visit

Reflecting about your interests and learning goals before the visit is essential in order to make the most out of your time abroad. During school visits, Connecting Classrooms grants require teachers to spend at least four days working on curriculum and teaching practice, including class observation, workshops and joint planning. It is important to identify areas of the curriculum and of your teaching practice that you would

like to explore before the visit and agree on a series of topics to focus on with your partner school during your time abroad. Here is an exercise to get you started.

**Before the visit**

Think - Which areas do you find challenging in your school? What would you like to learn from your partner school?



These can be the areas to explore during the visit to your partner school.

Exercise – write down a series of example questions about your hosts’ educational approaches. Try to find out about the principles behind the actions.

**During the visit**

1. Ask your partners about successes in their school community. Are there areas in which your partners are particularly successful, and what are the methods and projects they use that are new to you?



2. Try to experiment and participate in the school’s life in different ways and use all senses.

3. Work with your partners through enquiries and develop ideas and projects together. Choose one or more questions or areas you are both interested in and work together to find solutions.

4. Develop an action plan to implement the ideas resulting from the visit. You may want to use the categories on the table on the right for this, on a blackboard, flipchart or notebook.

5. Plan follow-up sessions for after the visit.

**Tips**

- Be open minded;
- Try to find out why particular methods are effective;
- Focus the visit on key areas;
- Keep an individual journal in order to keep up the creative momentum later on.



**After the visit**

Contribute to the follow up sessions – how is the project going? What have you learnt? What would you like to explore more?

Sharing your experience, learning or projects with your colleagues at school through a presentation or a workshop is an enriching experience for all.



## **A teacher's experience**

### **'Children are accomplished sand writers, before moving on to pencils and paper'**

*'My personal interest was in Makumbi's handwriting. I noticed that their pupils had fantastic pencil control and beautiful handwriting. Three years of developing writing skills in the early years setting at Barlborough has produced mixed results and I've always felt that there was more to be done for the reluctant writer. Perhaps Makumbi could offer some answers?'*

*Here the children use their index fingers to mark in the sand; first lines and circles then more complex patterns. When they are competent at this they move on to marking letter shapes and their name with sticks about the length and thickness of a chunky pencil. Only when they are accomplished sand writers do they begin with pencils and paper. Any writing the children produced on paper is greatly valued. I witnessed no difference between the boys' and the girls' attitudes to writing. I reflected on what value we place on good handwriting as a skill.*

*As my time at Makumbi came to an end I was overwhelmed by the richness of what I had experienced in comparative poverty. The stories, the ideas for developing writing and the equality enjoyed in their homes and school was a breath of fresh air and gave me much food for thought on my return to Barlborough.'*

Maria Neal, early years co-ordinator at Barlborough Hall School in Derbyshire, visited her partner school Makumbi Primary in Zimbabwe in 2012 and wrote an article for Nursery World about her experience. For the whole article, please visit <http://tinyurl.com/mkyrwmg>.

## **Cultural adjustment abroad**

During your experience abroad, you may experience feelings of tension and anxiety because you have lost familiar cultural cues. Your actions may not always get you what you want, and your inability to communicate effectively with others is frustrating (Janet and Milton Bennett, 1999). These reactions are commonly defined as Culture shock, a healthy psychological reaction to the stress of living in a different culture.

### **What You Can Do to Help Fight Culture Shock**

1. Realize that culture shock is a natural part of adjusting to a new culture. Practically everyone who lives abroad experiences culture shock to some degree.
2. Share your feelings with others.
3. Become involved in activities at school or in the community.
4. Ask questions and learn from others.
5. Keep your sense of humour.
6. Set small goals for yourself.
7. Keep a positive attitude.
8. Contact JM or someone in the local Jesuit community. Jesuit missionaries are used to travel and adapt to new culture and can be very supportive.

Material adapted from Survival Kit for Overseas Living, Robert Kohls, Chicago: Intercultural Press, 1994.

### **A teacher's experience**

**'Before the visit, we'd assumed the partner from 'the north' was the strongest in a partnership, but when we got out there we realised it may be the other way around'**

*'During our visit, we had the chance to reflect about dependency and local leadership in the context of our school linking project. We soon realised that our expectations were very different from those of the local teachers. In fact, Zambian teachers seemed quite cautious at the beginning, and I felt they wanted to understand our aims clearly, before starting to work together. Once they understood that we were not there to tell them what to do, the contact became much easier and fruitful. They were very proud of their results at Canisius, which they viewed as one of the best schools in Zambia. Local teachers had a lot to teach to western schools about being proud of one's school, and having a clear vision and energy to take it forward. We were really struck by their sense of identity, and vision. For example, one of Canisius' missions is to 'Build a nation'. Before the visit, we'd assumed the partner from 'the north' was the strongest in a partnership, but when we got out there we realised it may be the other way around.*

*Now that we have been back in the UK for almost a year, we can say that the link with Canisius is the most exciting programme we are involved in at school. Our visit also prompted us to decide to take part into the London marathon in April 2013 – we got so inspired by the Jesuits' work that we decided to do our bit and run to raise funds for their work.'*

Mount St. Mary's visit to Canisius High School, Zambia, 2012 – some thoughts by Fr Simon Ellis.

## Health information: Zimbabwe

### Travel insurance

Please remember to purchase travel insurance before travelling, and to send a copy to the JM office. Insurance will cover you abroad in case of accidents, and it is compulsory if you are travelling with a Connecting Classrooms grant. Two websites where you can compare and contrast different travel insurances are:

<http://www.moneysupermarket.com/travel-insurance/>

<http://www.which.co.uk/money/insurance/reviews-ns/travel-insurance/>

### Vaccinations

It is essential to see your GP or the InterHealth offices (see [www.interhealthworldwide.org](http://www.interhealthworldwide.org)) to take all the vaccinations required before travelling. The vaccinations you may be advised to take when visiting Zambia or Zimbabwe include:

- **Tetanus/Polio/Diphtheria;**
- **Measles;**
- **Typhoid;**
- **Hepatitis A;**
- **Hepatitis B;**
- **Rabies;**
- **Meningitis ACWY** (InterHealth recommends for long-term, frequent, remote or high risk travel or activities, including close contact with children or outbreak situations);
- **Yellow fever** (the need for vaccination depends on areas to be visited; take guidance from a travel health professional);
- **Cholera.**

### Certificate requirements

Certificate of vaccination against Yellow fever is required in Zimbabwe if travelling from a risk country within 10 days.

The information above is provided by Interhealth. For more information about vaccines, please visit <http://tinyurl.com/ocne9us>.

## Malaria prevention: Zimbabwe

Avoiding mosquito bites is the most important thing you can do to avoid malaria:

- *Use mosquito nets. Holes and tears must be mended with adhesive tape or thread. Tuck the edge of the net under the mattress.*
- *Use insecticides in the bedroom.*
- *Apply insect repellent to all exposed areas of skin.*
- *From sunset onwards, wear long-sleeved shirts and long trousers.*

The risk of malaria varies across Tanzania, Zambia and Zimbabwe. Seek advice on if/what antimalarials are recommended for your particular destination. The most common are:

- Doxycycline
- Atovaquone & proguanil (Malarone)
- Mefloquine (Lariam)

Carry a treatment kit when you will be in situations where you cannot access medical care quickly or reliable medicines are not available.

## Non-vaccine preventable health risks

### Bilharzia disease (Schistosomiasis)

An often symptomless infection caught by exposure to stagnant freshwater. Avoid swimming or washing in freshwater in affected countries and if exposed, have a blood test.

### Diarrhoea

Diarrhoea is extremely common amongst travellers, but can often be avoided by being careful about what you eat and drink while travelling. Avoid all food that has not been properly cooked and if you do get diarrhoea drink lots of fluids to stay hydrated.

### HIV and AIDS

The virus can be spread through any contact of bodily fluids but not through normal social contact.

### Malaria

Night biting mosquito borne parasite

### Sleeping sickness (African Trypanosomiasis)

Sleeping sickness is a disease caused by parasites from the trypanosoma genus and it is transmitted by the bite of a tsetse fly.

**Altitude sickness** (only in higher areas or during trekking)

Altitude sickness can affect anyone and can lead to breathlessness, exhaustion and nausea. Try to avoid rapid ascent once above 2,500m and allow time to acclimatise as you climb

## Health Information & Guidance Water purification and hygiene

Clean water and hygiene is essential to keep healthy. While in cities, safe bottled water is usually available, this may not be the case if you are staying in rural areas or travelling.

Boiling water for at least one whole minute is the most effective method of water purification. If you cannot boil water, you can use chlorine dioxide. Available as a tablet, liquid drops or as part of a water purifier, this will kill most germs.

Water filters containing an Activated Charcoal Cloth will remove organic or chemical contamination.

Wet wipes or alcohol gel 'dry wash' can both be extremely useful if on the move or if soap and running water is not available.

More information at <http://www.interhealth.org.uk/home/around-the-world/interhealth-world-map/?selectcountryregion=Zimbabwe>

Adapted from [www.InterHealth.org.uk](http://www.InterHealth.org.uk)

## Recommended Supplies

The following will help you stay healthy during your stay:

### Insect Protection

- DEET-based repellent OR Mosi-guard Natural Insect Repellent (for people with sensitive skin)
- Mosquito Nets

### Water Purification and Hygiene

Use boiled/bottled water if available. Otherwise, we recommend:

- Iodine tablets or iodine droplets
- Neutralising tablets
- Water purifier (we recommend the Pre-mac range, which contain an iodine resin)

Other useful products

- Dry Wash hand wash to cleanse hands without water
- Platypus water bottle

### Sun Protection

- Bring Suncare products with you, as they can be expensive to buy locally.

- Take a hat or cap to protect you from the sun.

### **Books & Resources**

- The Traveller's Good Health Guide or Travel Health Pocket Guide
- Snack bars

### **Individual Medicines**

- Anthisan cream - For relief of insect bites and stings
- Oral Rehydration Sachets
- Antimalarials (as recommended for each country)
- Imodium or other anti-diarrhoea medicine
- Plasters

If you take regular medication, make sure you obtain enough supplies from your GP for your trip overseas.

InterHealth also advises to take a First Aid Kit for the whole group.

More information can be found in: 'The Traveller's Good Health Guide', Ted Lankester; 3rd Edition 2006

Adapted from [www.InterHealth.org.uk](http://www.InterHealth.org.uk)

## **Weather and what to wear**

### **For all**

- We suggest taking a couple of smart items for visiting the school and especially for the first meeting, such as short-sleeved shirts and chinos.
- Neutral colours such as khaki or stone are advisable, especially in rural areas. We suggest to avoid white as it can get dirty quickly, and to not wear dark colours, which attract flies.
- A hat or cap is really useful at any time of year, for protection from the sun.

### **Kenya**

- Nairobi has a subtropical highland climate. Evenings may be cool, especially in June and July, when the temperature can drop to 10 °C. The warmest part of the year is from December to March, when the maximum temperature is 24 °C. There are two rainy seasons (in April, May and November), but the rainfall can be moderate.
- We suggest packing a warm fleece and long trousers, along with some lighter clothing.

### **Tanzania**

- The climate is tropical throughout the year. The rainy season runs from March through May. The short rains run from November through January.
- The coolest months are from June to October and the warmest months are from December to March.

### **Zambia**

- The general height of the land gives Zambia a generally pleasant climate. There are three seasons – cool and dry from May to August, hot and dry from September to November, and warm and wet from December to April.
- For most days all you will want is light, loose-fitting cotton clothing. Pure cotton, or at least a cotton-rich mix, is cooler and more absorbent than synthetic materials, making it more comfortable in the heat.
- Zambia's dress code is generally conservative. For men knee-long shorts are fine in the bush, but long trousers are more acceptable in towns and villages. For women a knee-length skirt or culottes are ideal.

### **Zimbabwe**

- Zimbabwe's generally high altitudes produce a moderate climate, with higher temperatures from November to April (summer) and lower temperatures from May to October (winter). Temperatures are never very extreme (from about 7°C in winter to 35°C in summer).
- Opt for cotton blends in summer time (November - February) - you will find them more comfortable as the days and nights are hot.
- May to August can be cool in the evenings so pack a lightweight jumper, cardigan or pashmina shawl.

Information extracted from Wikipedia.com and LonelyPlanet.com.

## **Other information**

**For all travellers**

Please remember to take something for the host community, or to give an offer towards the place where you will be staying.

### **Kenya**

- The Kenyan Shilling is the currency of Kenya.
- The cost of a single entry visa is 30 £. Your passport should be valid and at least 6 months before expiry.
- Kenya uses UK plug sockets.
- British unlocked phones work in Kenya. You may want to buy a local SIM after arrival.

### **Tanzania**

- The price currently advertised on the Tanzania High Commission website for a visa upon arrival is 40£.
- The Tanzanian Shilling is the currency of Tanzania.
- Tanzania uses UK plug sockets.
- British unlocked phones should work in Tanzania. You may want to buy a local SIM after arrival.

### **Zambia**

- If you plan to get a visa on arrival, make sure you have the correct amount of cash with you as change may not be available. The current price advertised for a British national is 70 £.
- The Zambian Kwacha is the currency of Zambia.
- On leaving Zambia, all air passengers must pay a departure tax of US\$25. This is normally included in the cost of air tickets, but you will be asked to pay in Zambian Kwacha if it is not.
- British unlocked phones work in Zambia. You may want to buy a local SIM after arrival.
- You will need a plug adaptor.

### **Zimbabwe**

- £55 per person will be charged for visa entry at Harare Airport. It is best to take pounds because the amount changes for US\$ dependent on rates.
- US\$ is the currency used.
- UK mobile phones work, but running costs are high. You may want to buy a local SIM after arrival.
- Zimbabwe uses square plugs, so you won't have to take any special plugs.

## **Useful Contacts**

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Mobile: +44 (0) 7775329027  
Skype: Jesuit Missions Companions

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UK

IN CASE OF EMERGENCY  
British High Commission Nairobi,  
**Kenya**

[Nairobi.Enquiries@fco.gov.uk](mailto:Nairobi.Enquiries@fco.gov.uk)  
Telephone +254 (0)20 287 3000 /  
+254 (0)20 2844 000

IN CASE OF EMERGENCY  
British High Commission Dar es  
Salaam, **Tanzania**

bhc.dar@fco.gov.uk  
Telephone +255 (0) 22 229 0000

IN CASE OF EMERGENCY  
British Embassy in **Lusaka, Zambia**

[LusakaGeneralEnquiries@fco.gov.uk](mailto:LusakaGeneralEnquiries@fco.gov.uk)  
Telephone +260 211 423 200

IN CASE OF EMERGENCY British High  
Commission of **Zimbabwe**

[ukinfo.harare@fco.gov.uk](mailto:ukinfo.harare@fco.gov.uk)  
Emergency - Outside Office Hours  
Telephone +263 4 85855200

### **Ignatian Prayer: Teach Me to Listen**

*Teach me to listen, O God, to those nearest me, my family, my friends, my co-workers.*

*Help me to be aware that no matter what words I hear, the message is,*

*'Accept the person I am. Listen to me.'*

*Teach me to listen, my caring God, to those far from me --*

*the whisper of the hopeless, the plea of the forgotten, the cry of the anguished.*

*Teach me to listen, O God my Mother, to myself.*

*Help me to be less afraid to trust the voice inside -- in the deepest part of me.*

*Teach me to listen, Holy Spirit, for your voice -- in busyness and in boredom,*

*in certainty and in doubt, in noise and in silence. Teach me, Lord, to listen. Amen.*

