

An experiential event for teens designed to bring  
Africa to life while demonstrating the challenges of  
poverty and disease

# AFRICA EXPERIMENT 101

Created by  
American Foundation for Children with AIDS  
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# WELCOME

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**Welcome to Africa Experiment 101**, an experiential event for teens designed to bring Africa to life while demonstrating the challenges of poverty and disease. Africa Experiment 101 is an overnight event with high energy games and activities that can be tailored to fit your group, whether it is large or small, junior high or senior high.

**Why AIDS and why Africa?** HIV/AIDS continues to have a devastating impact on millions of children who suffer from the disease, watch loved ones die from AIDS and related illnesses or live as orphans because of HIV/AIDS. In fact, worldwide, 15 million children have been orphaned by AIDS. Too many of these children are now head-of-household because all the adults in their family have perished. According to a report from UNAIDS, in 2009 approximately 15% of the world's population lived in Africa, and 68% of the world's population infected with AIDS also lived in Africa. This makes Africa the top priority when considering the elimination of HIV/AIDS.

## **What is the objective of Africa Experiment 101?**

1. *Create experiences that simulate the African culture as well as the challenges of treating pediatric HIV/AIDS and other diseases*

Games will simulate those played in Africa or will introduce cultural elements that demonstrate life in Africa. Students will report to a "medical clinic" simulating medicine administration for children with HIV/AIDS. And, snacks will consist of the food served to children in AFCA's programs.

2. *Educate students about the AIDS pandemic in Africa*

AFCA will provide current statistics and facts about AIDS in Africa, especially in the countries where we work – Democratic Republic of Congo, Kenya, Uganda, Zimbabwe

3. *Provide opportunity for students to respond emotionally, intellectually and with action*

The event will conclude with a debrief time where students will be encouraged to talk about their experience and the impact on their emotions and thoughts. This time will conclude with an invitation to take action by partnering with the American Foundation for Children with AIDS.

**Let's get started!**

# NOTES ABOUT AFRICA EXPERIMENT 101

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- This is an experiential event and we encourage participants to actively engage in every activity.
- The schedules provided are intended to be guides. You will need to adjust the schedule as the event progresses, which means a game/activity may need to be cut or added.
- Games and activities are specified on the schedule based upon what we believe will work well for most groups. Feel free to make adjustments to fit your group. We do ask that you do not remove the medical clinic, cholera outbreak or PROJECT ONE MILLION, as these activities are key to understanding the realities of HIV/AIDS treatment, disease in third-world countries and our ability to respond and to make a difference.
- If this event creates a teachable moment with the students, TAKE IT!!!! Also, be prepared and have leaders available to talk with students privately throughout the event as it is designed to touch emotions. Students who have experienced the death or illness of a loved one may struggle and look for counsel.
- EXPERIENCE BOOSTERS – Throughout the kit you will see an “EXPERIENCE BOOSTER.” This is an idea that can be implemented to make the experience a bit closer to the realities in Africa. All Experience Boosters are optional.
- Africa Experiment 101 may be used for religious and non-religious groups. Throughout the kit, sections that are specific to a religious group will be noted.

## **BONUS EXPERIENCE BOOSTERS:**

1. Give all the leaders raffle tickets. If a leader observes a student doing something impressive (exceptional sportsmanship, servant leadership, politeness, etc.), the leader may give the student a raffle ticket. Students must keep all their raffle tickets until the end of the event and they shouldn't be told why they are receiving tickets. At the end of the evening the person with the most tickets wins a prize and a few random tickets can be drawn and prizes given. You may want to give every student a ticket at key points during the event (e.g. registration, snack time).
2. At registration, ask each participant if they would like to take the hard path or the easy path during the event. If they choose the hard path, they should be given a special nametag, bracelet or something that will identify them to the leaders as someone who took the hard path. During the event, students who choose the hard path may be given extra challenges. For example, they may be told they are crippled and must use crutches for the remainder of the event. Or, their parents died and they are now responsible for 2-3 other children. Assign 2-3 other students to their care. This student must now help to ensure that his/her siblings get to the clinic and have enough food, water, etc.

3. Remove all the clocks and don't allow students to wear watches. This will make it more difficult for them to get to the clinic at the specified times, but enhances the understanding that medicine management is very difficult in Africa, especially for children.
4. Add a service element. For example, ask your group to collect personal hygiene kit or school kit items for the American Foundation for Children with AIDS. During the event, have all students spend some time assembling the kits for AFCA to send to its partners in Africa.

## **SCHEDULE**

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8:30 p.m.	Registration and African Safari Hunt Game
9:30 p.m.	Welcome and Introduction to Africa Experiment 101
10:00 p.m.	Game 1 (Mixers - Barnyard, Bean Blitz)
10:20 p.m.	Game 2 (Group - Banana Race, Inversion)
10:40 p.m.	Game 3 (Group – Blind Beggar)
11:00 p.m.	Game 4 (Team - Soccer)
	CHOLERA OUTBREAK
11:40 p.m.	Break and Snacks
12:00 a.m.	Game 5 (Relay - Heavy Loads)
12:20 a.m.	Game 6 (Relay – Hoop Rolling Relay)
12:40 a.m.	Milk Carton Derby
1:20 a.m.	Game 7 (Group – Wink)
1:40 a.m.	PROJECT ONE MILLION – video and skits
2:20 a.m.	Game 8 (Group – Tapeworm Tag, Shuffle Your Buns)
2:40 a.m.	Break and Snacks
3:00 a.m.	Game 9 (Group – School Yard Scramble, Upset the Fruit Basket)
3:20 a.m.	Game 10 (Group – Tiny Hut, Back-to-Back)
3:40 a.m.	Game 11 (Teams – Math Scramble)
4:00 a.m.	Game 12 (Group – Killer Wink)
4:20 a.m.	Game 13 (Teams – Electric Fence)
5:40 a.m.	Announce winners and award prizes
6:00 a.m.	Breakfast and debrief
7:00 a.m.	Cleanup
7:30 a.m.	End of Event

## **SCHEDULE (RELIGIOUS)**

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8:30 p.m.	Registration and African Safari Hunt Game
9:30 p.m.	Welcome and Introduction to Africa Experiment 101
10:00 p.m.	Game 1 (Mixers - Barnyard, Bean Blitz)
10:20 p.m.	Game 2 (Group cooperation - Banana Race, Inversion)
10:40 p.m.	Game 3 (Team - Soccer)
	CHOLERA OUTBREAK
11:00 p.m.	Worship and Prayer
11:40 p.m.	Break and Snacks
12:00 a.m.	Game 4 (Relay - Heavy Loads)
12:20 a.m.	Game 5 (Relay – Hoop Rolling Relay)
12:40 a.m.	Milk Carton Derby
1:20 a.m.	Game 6 (Group – Wink)
1:40 a.m.	PROJECT ONE MILLION – video and skits
2:20 a.m.	Game 7 (Group – Tapeworm Tag, Shuffle Your Buns)
2:40 a.m.	Break and Snacks
3:00 a.m.	Game 8 (Group – School Yard Scramble, Upset the Fruit Basket)
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3:40 a.m.	Game 10 (Teams – Math Scramble)
4:00 a.m.	Game 11 (Group – Killer Wink)
4:20 a.m.	Game 12 (Teams – Electric Fence)
5:40 a.m.	Announce winners and award prizes
6:00 a.m.	Breakfast and debrief
7:00 a.m.	Cleanup
7:30 a.m.	End of Event



# PRE-REGISTRATION FOR AFRICA EXPERIMENT 101

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## COST: \$5 donation to AFCA

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Relationship:    Parent            Guardian            Other \_\_\_\_\_

During the course of Africa Experiment 101, photos and video may be taken. This media may be used by the American Foundation for Children with AIDS and the church or organization hosting Africa Experiment 101 for promotional purposes. My signature below gives permission for this use. I do not expect, nor will I pursue financial compensation for the use of my image.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

As the parent/guardian of the participant, I consent to the use of his/her image as obtained during the Africa Experiment 101 event and will not pursue financial compensation for the use of his/her image.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

### Students should bring the following items to the Africa Experiment 101.

\_\_\_\_ Small Flashlight

\_\_\_\_ One blanket (not a sleeping bag)

\_\_\_\_ One mug labeled with the student's name

\_\_\_\_ Wear flip flops or sandals

### Students may NOT bring the following items to the Africa Experiment 101.

- Electronic devices (cell phone, MP3, tablet, laptop, iTouch, etc.)
- Food

## LIGHTS, BLANKETS, MUGS, FLIP FLOPS

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A key goal of Africa Experiment 101 is to simulate the living conditions of children in Africa who have HIV/AIDS. Obviously this is impossible to replicate, but there are a few things that will help participants think about conditions, especially as they feel their own discomfort.

**Lights:** Electricity is extremely limited in Africa and definitely inconsistent. Participants in Africa Experiment 101 are asked to bring one small flashlight. We encourage you to extinguish all the lights in the building for the event, forcing participants to use their flashlights as their exclusive light source. We realize that this may prove difficult and even unsafe, especially when games are being played, so use your judgement, but attempt to keep use of electricity at a minimum.

**EXPERIENCE BOOSTER:** Encourage students to be creative with their flashlights. Provide string and scissors and see if they can create a light source to illuminate the game area. If lights remain illuminated for the event, periodically simulate a power outage by turning off the lights for a few minutes or cause them to flicker periodically.

**Blankets:** Many children in Africa have one lightweight blanket. It may be extremely worn or they may need to share it with others. Limiting participants to one blanket will help them experience this reality.

**EXPERIENCE BOOSTER:** As soon as students register, put all coats and jackets in a secure room and don't allow students access until the conclusion of the event.

**Mugs:** Plates, silverware, cups, napkins – these are luxuries for the rich in Africa. Most children may have one plate or cup or even share their plate or cup with another family member. This is used for every meal and may not be in good condition. Participants should use their mug for snacks and for drinking water.

**EXPERIENCE BOOSTER:** If a student forgets to bring a mug, have them share with another student.

**Flip Flops:** Many Africans do not own shoes. If they own shoes, they are typically very worn and are not sized to fit the wearers foot. Socks, too, are a luxury and are scarcely seen on children's feet. Having participants wear flip flops will give them a sense of life without proper shoes.

**EXPERIENCE BOOSTER:** Students who arrive without flip flops or sandals must either remove their socks and shoes and go barefoot or remove their socks and wear only shoes.

## MEDICAL CLINIC

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To simulate the experience of children with HIV/AIDS who must take their HIV/AIDS medicine at regular intervals each day, all participants in the Africa Experiment 101 will be required to visit the “medical clinic” throughout the event. At registration each student will be assigned timeslots for their clinic visits. At each visit they will be given “medicine” and the student must complete his/her medical log to document what s/he took and at what time.

Visit 1	Medicine in liquid form (vinegar)
Visit 2	Take 2 whole pills and cut 1 pill in half and only take $\frac{1}{2}$ (Tic Tacs work well for the pill that is to be cut in half. For the whole pills, you may want to use Smarties or another candy that is shaped similar to a pill.)
Visit 3	Medicine in liquid form
Visit 4	Take 2 whole pills and take $\frac{1}{2}$ pill
Visit 5	Medicine in liquid form
Visit 6	Take 2 whole pills and cut 1 pill in half and only take $\frac{1}{2}$

At the end of the event, a leader(s) will review the logs and determine which students took their medicine correctly and are still alive, which students under-medicated and died, and which students over-medicated and are quite sick. The leader should write alive, dead or sick on the Medical Log of each student on the Results line.

A prize should be awarded to every student who took their medicine correctly and, therefore, are still alive.

NOTE: When the cholera outbreak occurs, a student will be told to run to the clinic to get cholera medicine to stop the outbreak. Give the student the “Africa Experiment 101: Cholera Facts” and tell them that you don’t have any medicine for cholera. The student should take the Cholera Facts back to the group.

# MEDICAL LOG

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Name \_\_\_\_\_

Clinic Visit Times:      Top of every hour

$\frac{1}{4}$  past every hour

$\frac{1}{2}$  past every hour

$\frac{3}{4}$  past every hour

Each student must complete their own log when they visit the clinic.

Time In	Medicine Taken

Results: \_\_\_\_\_

## **CHOLERA OUTBREAK**

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Cholera is a food and water borne illness that strikes quickly and can be deadly. To demonstrate the effects of cholera, during the designated game time cholera will strike. A leader will inform a participant every 20 seconds that s/he just died from cholera. That individual will need to sit-out of the game until all the participants have died from cholera. When all the participants are dead\*, a leader will briefly talk about cholera and how a simple low-cost water filter (approximately \$60) can prevent cholera. Then the game will resume.

\*EXPERIENCE BOOSTER: Have a leader (not the one spreading cholera) quietly go to a student and tell them to run to the clinic for medicine. At the clinic, the student will be told there is no medicine for cholera and s/he will be given “Cholera Facts” and told to return to the group. When all the participants are dead, this student should be asked to read the fact sheet. A leader should then explain that a simple low-cost water filter (approximately \$60) can prevent cholera.

RELIGIOUS: If you aren't afraid to face difficult questions from others and yourself, then have a leader, not the one spreading cholera, quietly tell a student to get on their knees and begin praying. This may prompt others to pray too, or not. Don't have the prayer stop the spread of cholera or the death. Allow all the students to die from the disease. This will create an opportunity to discuss prayer, the power of prayer, what happens when God doesn't answer our prayers in the way we think He should, etc.

## WORSHIP AND PRAYER (RELIGIOUS)

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After experiencing the cholera outbreak and the rapid devastation of disease and its impact on a community, this is an excellent time to pull the students together for a time of worship and prayer. Define this time in a manner that fits your group.

EXPERIENCE BOOSTER: Establish a prayer room for the event. This can be a room where students may go at any time during Africa Experiment 101 specifically to pray for Africa and the children impacted by HIV/AIDS. Below are some ideas that can be incorporated into the prayer room to make it more experiential and interactive.

1. In this kit, AFCA provides a list of names of children in AFCA's programs. Post this list in the prayer room and encourage students to pray for specific children.
2. Encourage students to make a duct tape bracelet as a prayer bracelet. They may use colors of the flags of Democratic Republic of Congo, Kenya, Uganda and Zimbabwe as a reminder to pray for a specific country. They may also write the name of a child on the bracelet and pray for that child. (Instructions for making duct tape bracelets can be found on the web by searching "duct tape bracelets.")
3. Place a prayer journal in the room and encourage students to write their prayers in the journal. As an alternative, provide small notebooks and encourage students to take one and make it their prayer journal for Africa.
4. Put a map of Africa on the wall and provide information about each country where AFCA works and encourage students to pray for one or more of these countries.
5. In this kit, AFCA provides a list of AFCA staff and volunteers and staff at AFCA partner facilities. Post this list in the prayer room and encourage students to pray for specific individuals.

## SNACKS

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For children with HIV/AIDS, it is extremely important that they eat enough good food to maintain a healthy Body Mass Index (BMI) for their height and weight. This can be extremely difficult in Africa where drought, war and civil unrest are common leaving many without food. In addition, millions of children are orphaned with no adult to take over the management of the home. This leaves children as head-of-household and many of them are struggling to learn how to provide adequate food for their families.

In an effort to demonstrate the challenge of obtaining and eating healthy food, AFCA provides ATMIT to malnourished children in our programs. To simulate this, although participants in Africa Experiment 101 will have regular snack times, but the only available food will be Cream of Rice, which is appropriate for all individuals, including those who are gluten intolerant. An alternative is to serve oatmeal or cream of wheat that is naturally flavored (for those who are not gluten intolerant). It is ok to add some sugar as the ATMIT is slightly sweetened.

In addition, the only drink available to the majority of the children served by AFCA and its partners is water. Too often, this water is dirty and contaminated. AFCA is able to provide water filters that make the water safe to drink. To simulate this reality, water will be the only available drink. AFCA will provide one 5 gallon bucket and a water filter. All water is served from this source.

Participants are asked to bring one mug to the Africa Experiment 101. This mug should be used for both the ATMIT and water. Again, to enhance the experience, do not provide water, except what's in the 5 gallon bucket, to clean the mugs and do not provide utensils, napkins, extra mugs, cups, plates, etc.

### EXPERIENCE BOOSTERS:

- To increase the effectiveness of this experience, you may choose to add particles (e.g. dirt, grass) to the water in the 5 gallon bucket so that it appears/is dirty. The water filter will catch all the particles and the students will see clear, clean water fill their mugs.
- Students must fill the 5 gallon bucket. Have them retrieve the water from a source far from where the water is served.
- If a student forgets to bring a mug, they must share with another student.

# PROJECT ONE MILLION

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PROJECT ONE MILLION started with a video (<http://youtu.be/jgWv3otKFJk>) that presents the problem of 15 million children worldwide orphaned by AIDS. It suggests a solution where each person who watches the video gives \$1 to AFCA to purchase medicine, medical supplies, food, humanitarian aid, seeds, and livestock. AFCA and friends of AFCA are spreading this video via social media with the goal of increasing awareness of the massive challenges caused by AIDS, as well the reality that each of us can engage and make a difference.

Participants in Africa Experiment 101 will see the PROJECT ONE MILLION video. Then they will be put into groups. Each group will be asked to create a one minute skit around the concept of PROJECT ONE MILLION. If possible, we ask that these skits be video-taped and forwarded to AFCA for possible promotional purposes.

EXPERIENCE BOOSTER: Ask all participants to watch the video before coming to Africa Experiment 101. Their admission to the event is \$5 for PROJECT ONE MILLION. (Also, encourage them to like the video on YouTube and to share it on Facebook and Tweet about it on Twitter.) If possible, have the video available for students to watch at registration. (AFCA can forward a copy of the video so that internet access is not required.)



## **PRIZES AND AWARDS**

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AFCA will provide one AFCA branded item (t-shirt, water bottle, etc.) for every 10 participants in your Africa Experiment 101. In addition, if your group participates in Change 4 Change, AFCA will provide an additional AFCA branded item for the individual who returns the most money in their medicine bottle.

The last medical clinic check-in will be at 4:45 a.m. At that time, the medical logs should be reviewed to determine which students took their medicine on-time every time, which students missed some of their medicine, and which students took too much medicine. Students who took too much medicine should be told they overdosed and are quite sick. Students who didn't take enough medicine should be told they missed their meds and are now near death because they are that ill. Students who took their medicine correctly should be acknowledged by name and given prizes. The prize may be left over Tic Tacs or something very simple or it can be one of the AFCA branded items provided.

You are encouraged to award additional prizes/awards, but be creative and think out-of-the-box. For example, Africans have little money to spare so an appropriate award might be a short speech praising the student and a hand-written certificate.

NOTE: Additional AFCA branded items are available for purchase. Contact AFCA for availability and prices.

## BREAKFAST AND DEBRIEF

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The host of Africa Experiment 101 will provide breakfast for the participants. This may be a typical American breakfast served on plates with utensils, cups, napkins, etc.

Participants of Africa Experiment 101 will have experienced lack of electricity, shoes, warm blankets, food, as well as the challenge of taking medicine regularly, and the devastation of disease. After breakfast, the debrief time is a time for the participants to talk about their experience and what they are thinking and feeling.

Here are some talking point ideas.

- This experience denied you light, shoes, warmth, great snacks, cell phones, music, etc. What did you miss the most?
- When you arrived, you were told that you needed to report to the medical clinic every hour to take your HIV/AIDS medicine. How often did you think about taking your medicine? How did it feel to always have medicine on your mind? How did you like the taste of the liquid medicine? Was it easy to cut the pill/Tic Tac in half?
  - Children with HIV/AIDS typically take medicine 1-2 times a day. Most HIV/AIDS medicine is not formulated for children so it doesn't come in bubble gum flavor and often the pills are at a dosage for adults so the children must cut their pills in  $\frac{1}{2}$ . At St. Therese's Orphanage in Kenya (one of AFCA's partners), 52 girls take their HIV/AIDS medicine daily. Some as young as 4, are able to tell you the name of each type of medicine they take, how often they take it, and how many pills they take. Additionally, even the 4 year olds cut their own pills in  $\frac{1}{2}$  as needed. The children must grow up quickly.
- What comes to mind first when I ask, what did you learn about Africa and/or AIDS through this event?
- What stirred you emotionally about this experience?

To conclude the debrief session, invite the students to respond to the needs of children with HIV/AIDS by taking the Change 4 Change Challenge with the American Foundation for Children with AIDS. Give every student an empty medicine bottle (provided by AFCA) and challenge them with:

"Africa Experiment 101 educated us about the children with HIV/AIDS in Africa and the challenges they face. We can choose to do nothing or do something to help these children. Each of you will be given an empty medicine bottle with the name of a child in one of AFCA's programs. Take the bottle home. If you choose to do something to help these children, then fill the bottle with coins, cash, checks, etc. And don't be shy. Ask others to contribute even if your bottle overflows. If you choose to do nothing, then bring the bottle back empty. We will collect the bottles [give a date and time]."

You may give students information about other ways they can help children with HIV/AIDS through AFCA. This includes:

1. Spreading the word about PROJECT ONE MILLION – participants post the P1M video on their Facebook and other social network sites and give at least \$1 to AFCA and ask others to do the same
2. Participating in the AFCA 5k Race on the second Saturday of June – runners ask others to sponsor them in the run or walk
3. Visiting Africa as part of Volunteer with a Purpose
4. Participating in other AFCA events. Go to [www.AFCAids.org](http://www.AFCAids.org) for a list of current AFCA events.

## **CHANGE 4 CHANGE**

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Change 4 Change is a fundraiser for the American Foundation for Children with AIDS. It is based on the concept that our loose change can make a change in the life of a child with HIV/AIDS. Implementing Change 4 Change at the end of Africa Experiment 101 gives your students an opportunity to do something positive and impactful about what they've just learned and experienced during Africa Experiment 101 and it's a very simple for you, the host. Just follow the three easy steps below:

1. Obtain empty medicine bottles from AFCA. The bottles will be labeled with the AFCA logo and the name of a child in an AFCA program.
2. Give each student an empty bottle. Upon request, AFCA can provide you will an instruction sheet that you may modify and place in the medicine bottle so students and parents understand the process and deadline.
3. Ask students to return the bottles on a designated day. Count the coins and forward a check for the total, along with the empty medicine bottles to AFCA.

**EXPERIENCE BOOSTER:** Add some fun competition – guys against girls, junior high against senior high, students against their parents. Changing lives can be fun!

## **PHOTO USE AGREEMENT**

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The American Foundation for Children with AIDS is committed to protecting the children and African agencies with whom we work. Therefore, photos we provide for Africa Experiment 101 are to be used only during the event and only for this event. If electronic photos are provided by AFCA, they may be printed for this event in their original format, but may not be reproduced or changed for any purpose including, but not limited to promotion of Africa Experiment 101.

## **AFCA CONTACT INFORMATION**

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The staff of American Foundation for Children with AIDS (AFCA) want to ensure that your event goes well, so please feel free to contact us if you have any questions or need assistance with Africa Experiment 101. We also appreciate your feedback!

Tanya Weaver  
717.489.0206  
[tweaver@AFCAids.org](mailto:tweaver@AFCAids.org)

To learn more about the American Foundation for Children with AIDS, go to [www.AFCAids.org](http://www.AFCAids.org) and follow us on Twitter, Facebook and LinkedIn.

## **CHOLERA FACTS (BASED ON INFORMATION FOUND AT WWW.WHO.INT)**

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### **What is cholera and how is it transmitted?**

Cholera is an acute diarrheal infection caused by ingestion of food or water contaminated with the bacterium *Vibrio cholerae*. The short incubation period of two hours to five days, enhances the potentially explosive pattern of outbreaks.

### **What are the symptoms of cholera?**

About 75% of people infected do not develop any symptoms, although the bacteria are present in their feces for 7–14 days after infection and are shed back into the environment, potentially infecting other people.

Among people who develop symptoms, 80% have mild or moderate symptoms, while around 20% develop acute watery diarrhea with severe dehydration. This can lead to death if untreated.

People with low immunity – such as malnourished children or people living with HIV – are at a greater risk of death if infected.

### **How is cholera treated?**

The prompt administration of oral rehydration salts to replace lost fluids nearly always results in cure. In especially severe cases, intravenous administration of fluids may be required to save the patient's life.

### **Why is cholera such a problem in Africa?**

When there is a cholera outbreak, it is imperative that the response is quick. Unfortunately, Africa's resources are limited which makes it difficult to administer rehydration salts let alone intravenous fluids. In addition, the contaminated water may be the only available water which makes treatment much more difficult and the spread of cholera much more likely.

### **What is AFCA doing to help prevent cholera outbreaks in Africa?**

AFCA is sending water filters to its partners to be used in their hospitals, clinics, orphanages and schools.

## SUPPLY LIST

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**\*AFCA may be able to provide this item. Contact Tanya Weaver for assistance.**

**\*\*AFCA will provide this item. Contact Tanya Weaver to make arrangements.**

### AFCA Provides

#### For Promotion:

- Electronic files for promoting Africa Experiment 101
- PROJECT ONE MILLION video

#### For Registration:

- Registration form (electronic master)
- Medicine tracking form (electronic master)

#### For Activities/Games

- Barnyard: Electronic list of Swahili animal names
- Math Scramble: Electronic list of Swahili numbers
- Upset the Fruit Basket: Electronic list of fruit in Swahili
- Cholera Fact Sheet (electronic)
- Empty Medicine Bottles
- Wipes for hospital supplies and to clean spoon

### Host Provides

#### For Promotion

- Announce the event and invite students to participate
- Fliers, posters, email blasts, text messages, etc.
- Pre-registration forms to potential attendees

#### For Registration

- Volunteers to greet students and process registration forms
- Volunteers to engage students in activities prior to the welcome and start of the event

#### For the Event

- Screen, projector and any other sound system to show the Project One Million video
- Room for “clinic” with table and chairs
- \*Crutches, bandages, and other medical supplies
- \*Large posters with statistics (electronic files available by request)
- \*Large photos of children in AFCA’s programs (electronic files available by request)
- Tic Tacs for medicine
- Vinegar, knife and spoon for medicine
- Large open room for games – folding chairs – 1 per participant
- Volunteers to oversee games and other activities



### **For Games**

- Heavy Load Relays: Burlap bags, baskets or large cloth for carrying wood, cloth for carrying “a baby”, bags of flour or something to simulate the weight of a baby, wood/sticks
- Hoop Rolling Relay: hoops, sticks
- Relays: Cones/chairs/masking tape on floor or some means to establish the start and end of the relay, newspaper to fill burlap bags
- Milk Carton Derby: 1 milk carton per team, 4 jar lids/bottle caps/ buttons of similar size for each team, 2 dowel rods or pencils for each team, 4' of cotton string for each team, scissors for each team
- Barnyard: Swahili animal names on stickers – 1 per participant
- Bling Beggars: 1 blindfold per person
- Banana Race: 4 bananas per group (you should have a few extra on-hand)
- Schoolyard Scramble: whistle or a kettle and spoon
- Soccer and/or Soccer ball Squat: old socks, strips of cloth, string, paper – enough for each team to make a soccer ball
- Tiny Hut/Inversion: Masking tape
- Math Scramble: write the Swahili numbers and English numbers on a poster or dry erase board
- Bean Blitz: beans, envelopes or bags
- Upset the Fruit Basket: Write the Swahili names of fruit on a poster or dry erase board
- Hot Towel: One hand towel per team
- Killer Wink: deck of cards
- Electric Fence: rope to tie between two poles or across a doorway, tape measure, duct tape
- Mancala Tournament: Egg cartons – 1 per every 2 participants and 24 stones/beans per person

### **For Snacks:**

- Cream of Rice can be used for snacks, as some individuals may be gluten intolerant
- \*\*Water filter
- \*\*5 gal bucket for water

### **For Breakfast**

- Breakfast for all participants

## GAME OPTIONS

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### NOTE ABOUT THE GAMES AND GROUP SIZE:

The team games and relays are designed to have teams of approximately 8-10 members and the large group games are designed for groups of approximately 25-50 students. If your group is larger than 50 students, we recommend that you divide the students into villages of 25-50 students per village. Each game is then played within each village.

\*Game description is from: Rice, Wayne, and Yaconelli, Mike, [Play It! Great Games for Groups](#), Zondervan, (1986). Minor changes have been made to fit AFCA's theme.

### African Safari Hunt Game

This is a game that is to be used after the students register and before the event officially begins. Students will be given a list of things they must find and/or do.

Supplies: African Safari Hunt Game Paper (electronic file provided by AFCA)  
Statistic Posters (provided by AFCA)  
Toy lion and zebra, giraffe or use printouts (provided in kit)

## Relays

### Heavy Loads

1. Divide the kids into even teams. Each team lines up single file behind a cone (or chair) and faces forward. A second cone (or chair) is placed approximately 20 feet away. Each team receives a burlap bag filled with tightly wadded newspaper. The first team member in the line must carry the burlap bag on their head from one cone (or chair) to the other and back. The burlap bag is passed to the next person in line and the first person goes to the end of the line. The second person carries the burlap bag to the far cone (or chair) and back and the process is repeated until everyone in the line carries the bag. If the bag is dropped, that person must start from the beginning. The first team to have all its members successfully carry the burlap bag wins.
2. Repeat this relay but in addition to carrying the burlap bag, each person must also carry a "baby" (sack of flour) on their back. The "baby" is carried in a sling made from a long piece of cloth.
3. Repeat the relay, but this time, add a "basket" of wood/sticks. Place an armful of sticks and twigs in a sling made from a large piece of cloth.

Supplies: burlap bags (1 per team)  
newspaper to fill burlap bags  
bag of flour (1 per team)

sling/cloth ~6' long x 2' wide (1 per team)  
basket/cloth ~4' long x 3' wide (1 per team)  
sticks approx. 2-4' long – enough for each team to have a bundle

### **Hoop Rolling Relay**

Each team is given a stick approximately 24-30" long and a hoop. The first team member must use the stick to roll the hoop to the cone (chair) placed approximately 20' from the starting line and back. The stick and hoop are handed off to the next person in line and this is repeated until the entire team completes the relay.

Supplies:        hoop and stick (1 per team)

### **Milk Carton Derby**

Each team is given one milk carton, some string, four jar lids and 2 dowel rods. They must make a car and be prepared to race it against the cars made by other teams. Each team has 15 minutes to make, test and improve their cars. A designated team member will race the car. The cars will be lined up on a starting line. When the referee says, "GO," the cars will be given one push. The car that goes the farthest wins.

Supplies:        quart or ½ gallon milk cartons (1 per team)  
Cotton string  
Jar lids, bottle caps (4 per team)  
Dowel rods 8" long (2 per team)

## **Large Group Games (18+ people)**

### **Barnyard\***

Give each person a folded piece of paper with the name of an animal written on it. The person is not to say a word or look at the paper. He is to sit down and wait for further instructions. After everyone is seated, the group is told to look at their team name (the animal), and when the lights are turned out, they are to stand immediately and make the sound of their animal. As soon as they find someone else who is making the same noise, they lock arms and try to find all their teammates. When the lights come back on, everyone sits down. The team most together wins. For added fun, give one guy in the crowd the word "donkey." He'll wander around looking for more donkeys without any luck.

Supplies:        Swahili Animal Names – Provided by AFCA

### **Blind Beggars\***

One person is appointed to be the sighted person. The sighted person may or may not wear a blindfold. All the other players wear blindfolds, and their objective is to come into contact with the sighted person. As the players mill around the floor, when one player touches or bumps into another, he grabs the other

player and asks, "Can you see?" The sighted person must answer, "Yes," if asked. Once a person finds the sighted person, he must hang onto the sighted person for the remainder of the game and becomes a sighted person. Eventually more and more players are bumping into the line of sighted persons and adding themselves to the chain. The game is over when everyone has become part of the chain.

Supplies:           Blindfold (1 for each participant)

### **Banana Race\***

Divide group into four equal teams and arrange chairs in a square with each team being one side of the square. There is a chair in the center, but no one sits in it. The first player at the left end of each team is given a banana. At the signal, the first player runs around the center chair without touching it and back to the right end of his own line. In the meantime, all of his team members have moved up one seat toward the head of the line leaving a vacant chair at the right end. After taking the vacant chair, the first player passes the banana along the line. When the end player receives it, he runs around the center chair and back to the vacant chair. This continues with each player doing this. Each team attempts to be the first to have all players back in their original position. The original first player must eat the banana when his team is finished and his team wins.

Supplies:           4 bananas for each group of four equal teams

### **Tapeworm Tag\***

One person begins as IT, and his job is to catch/tag people. When he catches someone, then the two of them join hands and continue catching people as a unit. Once there are eight in the group, it breaks apart and becomes two groups of four. This continues with each group of four trying to catch the remaining people. Every time they catch four more, they break off and form a new group of four. The result is several groups of four chasing the free single players who have not been caught. Play continues until everyone is caught.

Supplies:           None

### **Schoolyard Scramble\***

People crowd to the center with their arms at their sides. They are instructed to keep moving and crowding toward the center. They must keep their arms at their sides. The leader blows a whistle to stop all movement and immediately shouts a number or bangs on a kettle a specific number of times. If the number is four, for example, everyone must get into groups of four, lock arms, and sit down. Referees then eliminate all those not in groups of four. This is repeated, with different numbers each time until all have been eliminated.

Supplies:           Whistle or a kettle and a spoon

## Large or Small Group Games

### Soccer\*

Arrange chairs in an oval, open at both ends. An equal number of kids sit on both sides. Each kid has a number, with the same numbers on each team, in other words, there would be a number one player on each team, a number two on each team, and so on. To begin, the number ones come to the center. A ball that the teams made out of socks/cloth/string/paper is dropped between the players and the game begins. The two players try to get the ball through the opponent's goal. Each team is assigned one of the two open ends of the oval as their goal. The referee can shout a new number anytime, and the two players in the center must return to their seats and the two new players continue the game. Play continues as long as the ball is in the oval. If it is knocked out, the referee returns it into play. Players in the chairs cannot touch the ball with their hands but may kick it if it is hit at their feet.

Supplies: Old socks, strips of cloth, string and paper – enough for each team to make a soccer ball

### Tiny Hut\*

Draw a square on the floor and see how many kids each team can get inside the square. Anything is legal, as long as no part of the body is touching the floor outside the square. Set a time limit.

Supplies: Masking tape to make square

### Math Scramble\* (Use Swahili Numbers)

Divide into teams. Each person wears a piece of paper with a number on it (0 to the number of kids on the team). The leader stands equidistant from each team and shouts a math problem. The team must send the person wearing the correct Swahili number answer to the leader. No team talking is allowed. The correct person must simply get up and run. The first correct answer to get to the leader wins one hundred points. The first team to reach one thousand points wins.

Supplies: Swahili and English numbers – AFCA provides info which can be written on a dry erase board or large cardboard

### Soccer Ball Squat\*

Divide your group into teams. Have the teams choose a captain for each group and line up in a straight line facing the captains (approximately 5-10 feet away from the captains). The captain throws the ball to the first person in the line who returns the throw and then squats down. The captain then throws the ball to the second person who does the same and on down the line to the last person. The captain then throws the ball a second time to the last person who throws it back and stands back up. Play continues until everyone has received another pass, working its way up to the first person in line. Any time the ball

is dropped, the team must start all over again. The first team to get everybody standing up again is the winner.

Supplies: Old socks, strips of cloth, string and paper – enough for each team to make a soccer ball

### **Bean Blitz\***

Each kid is given an envelope containing twenty beans. The kids wander around the room holding in their closed hands a few beans from the envelope. They approach other kids, one at a time, and ask, “odd or even?” referring to the beans in their hand. If the person they ask guesses correctly, he gets the beans. If he guesses wrong, he must give up the same number of beans. A time limit is set and whoever has the most beans at the end wins. When your beans are gone, you are out.

Supplies: beans  
Envelopes or bags

### **Upset the Fruit Basket\* (Use Swahili words for fruit)**

The entire group sits in an approximate circle with one less chair than there are people. The extra person stands in the middle. Everyone is secretly assigned the name of a fruit using Swahili names. The person in the middle begins by calling several of the fruits in Swahili. After naming several fruits, he yells, “Go,” and those people who were assigned the fruits called must change chairs. At the same time the person in the middle also tries to get one of the vacant chairs. The person who fails to get a chair is then the one in the middle. As an option, the person in the middle may call, “Upset the Fruit Basket,” then everyone must change chairs.

Supplies: list of fruits in Swahili – AFCA provides the info which can be written on a dry erase board or large cardboard

### **Hot Towel\***

Everyone sits in a circle and one person in the center of the circle is IT. IT tosses a towel to someone sitting in the circle, and then the towel is passed around the circle in any direction. The object of the game is for IT to tag whoever is holding the towel. When he catches somebody with the towel, they exchange positions. The towel keeps moving. If the towel is caught by IT in midair, the player who threw it becomes the new IT.

Supplies: hand towel (one for each circle)

### **Inversion\***

Draw two parallel lines on the floor about 18 inches apart. The team lines up inside those two lines and numbers off. At a signal, they must reverse their number order without stepping outside those two

parallel lines. If there is one team, they can do this several times and race against the clock. Otherwise, multiple teams compete against each other

Supplies: Masking tape

### **Shuffle Your Buns\***

Arrange chairs in a circle so everyone has a chair. There should be two extra chairs in the circle. Each person sits in a chair except for two people in the middle who try to sit in the two vacant chairs. The persons sitting in the chairs keep moving around from chair to chair to prevent the two in the middle from sitting down. If one or both of the two in the middle manage to sit in a chair, the person on their right replaces them in the middle of the circle and then tries to sit in an empty chair.

Supplies: none

### **Wink\***

Chairs are arranged in a circle facing inward. One person stands behind each chair with his hands behind his back. Another person sits in the chair. There is one chair left vacant. The person standing behind the vacant chair is IT. He must get a person sitting in a chair to fill his chair. He does this by winking at anyone sitting in a chair. The person winked at tries to get out of her chair without being tagged by the person behind her chair. If she is tagged, she must remain in her chair and IT tries again by winking at another person or the same person. If the person winked at can get out of her chair without being tagged, she takes the chair in front of IT and the person with the vacant chair is now IT.

Supplies: None

### **Killer Wink**

Participants sit in a circle. Pull from a deck of cards enough cards for everyone in the circle. Choose one of the cards as the “killer” (Ace of spades). Shuffle the cards then give each player a card. Whoever draws the “killer” card (Ace of spades) is the “killer” for this round. Start the game. The “killer” must try to kill everyone in the circle by winking at them without being caught. If a player is winked at, they must put their playing card in the center and say, “I’m dead.” If a player is not winked at but suspects they know who the killer is, they can say, “I think the killer is [name].” If they are correct the round is over and the cards are collected, redistributed and a new game begins. If they are incorrect, they must put their card in the center and they are “dead” until the next game. If the group is large enough, you can add a second “killer” which adds to the fun and suspense.

Supplies: deck of cards

### **Back to Back\***

Divide your group into pairs and have them sit on the floor back-to-back and link arms. Then tell them to stand up. Then combine two pairs into a foursome. Have the foursome sit on the floor back-to-back with

arms linked. Tell them to stand up. Keep adding more people to the group until the giant blob can't stand up any more.

Supplies:       None

### **Electric Fence\***

For this game, you need two poles and a piece of rope or string. The rope is tied between the two poles, about two feet off the floor to begin. Divide into teams. The object of the game is for the entire team to get over the electric fence without getting electrocuted. Each team takes a turn with team members going one-at-a-time. After each successful try, the rope is raised a little higher. Eventually, teams will be eliminated as they find the rope too high to get over. Even though one player goes over the rope at a time, the other team members can help any way they want. Once a person is over the fence, however, he must stay over the fence and not come back around to help anyone. So the last person each time must get over the fence without help on one side.

Supplies:       rope long enough to tie between two poles or across a large open doorway  
                  Tape measure  
                  Duct tape



# AFRICAN SAFARI HUNT GAME

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Welcome to Africa Experience 101. Below is a list of questions you must answer and objects you must find. All the answers and objects are around you. Good luck and have fun!

1. The American Foundation for Children with AIDS works in what four African Countries?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  - d. \_\_\_\_\_
2. How many children worldwide have been orphaned by AIDS?
3. How many children die each day from disease caused by unclean water?
4. Find the hidden lion and write down where you found the lion but don't move the lion.
5. What percentage of the world's AIDS population lives in Africa?
6. What percentage of the world's population lives in sub-Saharan Africa?
7. How many people in the world will go to bed hungry tonight?
8. In Africa millions live without electricity or dependable electricity. As a result they cook with what? Why does this cause 3000 children to die each day?
9. What does the American Foundation for Children with AIDS provide to children with HIV/AIDS?
10. Find the hidden zebra and write down where you found the zebra but don't move the zebra.

## AFRICAN SAFARI HUNT GAME – ANSWER KEY

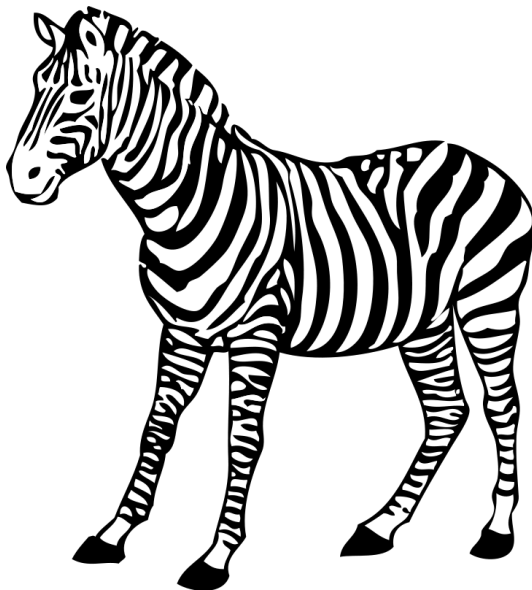
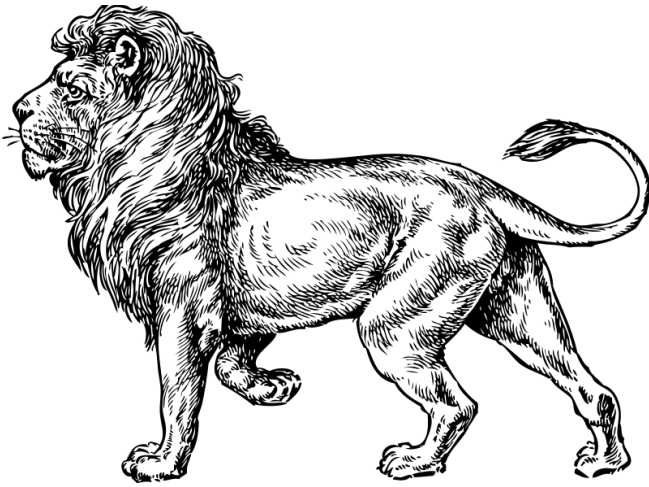
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1. Democratic Republic of Congo, Kenya, Uganda, Zimbabwe (AFCA brochures)
2. 15 million (PROJECT ONE MILLION VIDEO)
3. 4,000 children die each day or one every 20 seconds (Water statistics poster)
4. ☺ hide the lion well
5. 68% (AIDS statistics poster)
6. 10% (AIDS statistics poster)
7. 1 in 7 (Food statistics poster)
8. Biomass (plant, vegetation or agricultural waste that can be burned as fuel), indoor air pollution (Electricity statistics poster)
9. Medicine, food, humanitarian aid (medical supplies and medical training is given to our partners but not directly to the children)(AFCA brochures)
10. ☺ hide the zebra well

## AFRICAN SAFARI HUNT GAME – LION AND ZEBRA

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NOTE: You may prefer to purchase a Lion and Zebra toy to hide. Or, you may use the images here or print some from the internet.



## SWAHILI ANIMAL NAMES

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<b>Kima = Monkey</b>	<b>Paka = Cat</b>	<b>N'gombe = Cow</b>
<b>Mbwa = Dog</b>	<b>Punda = Donkey</b>	<b>Nyoka = Snake</b>
<b>Farasi = Horse</b>	<b>Simba = Lion</b>	<b>Bundi = Owl</b>
<b>Ngurue = Pig</b>	<b>Kondoo = Sheep</b>	<b>Kuku = Chicken</b>

**Bata = Duck**

**Nyuki = Bee**

**Chura = Frog**

## SWAHILI FRUIT

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<b>Fruit</b>	<b>Swahili</b>
Apple	Tufaha
Banana	Ndizi
Date	Tende
Grapefruit	Danzi
Grape	Pera
Lemon	Limau
Lime	Ndimu
Mango	Embe
Orange	Chungwa
Pear	Pea
Pineapple	Nanasi
Watermelon	Tikiti

## SWAHILI NUMBERS

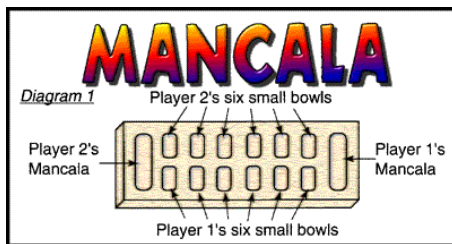
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Swahili	Number
Moja	One
Mbili	Two
Tatu	Three
Nne	Four
Tano	Five
Sita	Six
Saba	Seven
Nane	Eight
Tisa	Nine
Kumi	Ten
Kumi na moja	Eleven
Kumi na mbili	Twelve
Kumi na tatu	Thirteen
Kumi na nne	Fourteen
Kumi na tano	Fifteen
Kumi na sita	Sixteen
Kumi na saba	Seventeen
Kumi na nane	Eighteen
Kumi na tisa	Nineteen
Ishirini	Twenty

## MANCALA – RULES OF PLAY

**OBJECT:** Collect the most stones in your mancala (mancalas are the large bowls at each end of the board). **NOTE:** You can use an egg carton as the board and the mancala's can be a separate container or just place the stones/beans on the table at each end of the egg carton.

**SET UP:** Place 4 stones/beans in each small bowl. Do not place stones in the mancalas. Set aside any extra stones (you will not use these). Place the board between the players, with the mancalas on the left and right. To play, use the general rules plus one of the other sets of rules.



### GENERAL RULES

Each player "owns" the mancala on his right and the six small bowls closest to him (see Diagram 1). Player 1 starts by scooping up all the stones from one of his small bowls (players may never start from a mancala or from the opponent's six bowls). Player 1 drops one stone into the next bowl on the right, one stone into the second bowl on the right, continuing around the board (counterclockwise) until he has no more stones in his hand. If Player 1 reaches his own mancala, he drops a stone into it. Players do not drop stones into their opponents' mancalas, they skip them and continue dropping stones, one at a time, from their hand until they run out of stones. Players take turns moving. At the end of the game, players count the stones in their mancalas - the player with the most stones wins.

### EGYPTIAN RULES

Use all General Rules. If a player drops the last stone from his hand into his mancala, he gets to move again. If a player drops the last stone into one of the empty bowls on his side of the board, he takes that stone, plus all the stones in the opponent's bowl directly across from his bowl and places them in his mancala (see Diagram 2). The game ends when one player no longer has stones in his small bowls. The other player (who still has stones on his side) places all remaining stones into his own mancala (it is not necessarily an advantage to be the first player to empty the six bowls).

[Mancala Game Instructions](http://www.ugames.com/rules/university_games/Mancala.html), University Games, 1997,  
[http://www.ugames.com/rules/university\\_games/Mancala.html](http://www.ugames.com/rules/university_games/Mancala.html).



## NAMES OF CHILDREN IN AFCA'S PROGRAMS

Democratic Republic of Congo	Kenya	Uganda	Zimbabwe
Diamon	Elizabeth	Judith	Aizivaishe
Dani	Agnes	Emmanuel	Pepukayi
Nagbali	Washington	William	Vimbo
Mbisenge	Evan	Addionata	Zviedzo
Irene	Sango	Edward	Banga
Amita	Abraham	Kaikara	Kokay
Nwagisa	Ochieng	Wefula	Anele
Matondi	Lucky	Ochen	Johanna
Sambali	Tetos	Dahniel	Vezubuhle
Kotongo	Hamisi	Mary	Zvanaka
Experance	Malingi	Dembe	Petiri
Apenge	Gabriel	Masiche	Anesu
Dorcas	Kassim	Anna	Vimbainashe
Matondi	Margaret	Ofumbi	Zvionere
Benzamain	Annabel	Maria	Paradzanai
Israel	Khadija	Acanit	Maiba
Suzane	Mwanahamisi	Celeste	Jubalani
Mbandoma	Allan	Kamukama	Muchuneta
Ngofio	Benjamin	Gift	Japera
Baya	Hamisi	Abbo	Maidei
Mbandoma	Shallet	Ejao	Gamba
Ngofio	Hellen	Kamoga	Betsera
Baya	Mary	Kabiito	Mwanyisa
Ngose	Marycrin	Irunga	Mashama
Mombebe	Hagau	Kabonero	Chenzira
Dena	Peter	Kamya	Andile
Mbulu	Malvin	David	Peyisai
Judith	Caroline	Kato	Jaboline
Naomi	Adhiambo	Karwana	Rudo
Nande	Real	Bacia	Garai
David	Stephen	Kibuuka	Rufaro
Donation	Michael	Lutalo	Anotida
Albertine	Christine	Jendyoce	Jonathan
Demodongwi	Kaveswa	Ahmad	Atinzwa
Webina	Eugine	Bale	Runako
Idriss	Abmir	Jonathan	Mudada
Mokolo	Rhuni	Mpoza	Mudiwa
Moise	Angel	Therese	Jendayi
Jonnathan	Jesca	Madongo	Chinouyazue
NZagifi	Zainabu	Wilson	Dakarai
Ndo	Emmanuel	Nabulungi	Tichawonna
Galekwa	Salim	Kabonesa	Zothile

## **NAMES OF STAFF AT AFCA AND WITH AFCA'S PARTNERS**

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### **AFCA Staff/Volunteers**

Tanya

Michelle

Betsy

Jackie

### **Democratic Republic of Congo Staff:**

Dr. Bienvenu Motuta

Rachel Martin

Dr. Zacharie Lolema

Marc Deolo Tonga

Tony Ebengo

Bosokpale Langbe

### **Kenya Staff:**

Dr. Bill Fryda

Dr. William Konya

Veronica Wanjiru

Lucy Nyaga

Genofefa Mashao

### **Uganda Staff:**

Dr. Addy Kekitiinwa

William Mutabaazi

Edward Wefula

Emmanuel Ufumbi

### **Zimbabwe Staff:**

Jean Webster

Promise Manceda

Qobolwakhe Khumalo

## **AFCA HYGIENE KIT CONTENT LIST**

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**Personal Hygiene Kits** could have new items such as:

- 1 toothbrush (adult size; leave in wrapper)
- 1 squeeze-tube toothpaste (minimum 6oz; leave in box)
- 1 large bar of bath soap
- 1 shampoo
- 1 fingernail clipper
- 1 bath towel (dark color)

**School Supply Kits**

- 2 notebooks (70 pages or so)
- 2 pencils
- 1 pen (black or blue)
- Glue stick or glue bottle
- Scissors
- Ruler (metric and inch)
- 1 file folder (paper, with pockets)
- 1 box crayons (24) or 1 box colored pencils (12)