

Aspirations+ Residential Workshop

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What is the Purpose of the Trip?

Through new experiences, the participants will gain exposure to life outside the Village, which will broaden their horizons and raise their aspirations. Through meeting successful Zambians, they will realise what is possible for beyond their current lifestyles, and the livelihoods of their ancestors.

What is the Aspirations+ Field Trip?

The Field Trip will bring Village students from their rural settings to sub-urban Choma and Pemba to meet inspirational and successful Zambian people. They will have the chance to experience new activities which are largely, if not, completely, unavailable to them.

Welcome

Purpose: To engage and introduce objectives of session, orientate the girls on what to expect.

- Ambitions+ Workshop as part of KickSis
- Aims of giving you experiences you may not have had the chance to do before
- Designed to help you think about your future and how you can help yourselves and communities out of poverty
- We will meet successful people who are happy to answer questions
- **SAFETY and COMFORT** – cellotape, staff, toilets

- Talk through itinerary

Trip Itinerary

Table 1 - Trip Itinerary

What	Location	Time
Thursday 14th July		
Welcome and Participants complete Self-Reflection Task 1	Twin Caves Lodge	13:00-13:20 (20 mins)
Lunch	Twin Caves Lodge	13:20 – 13:50 (30mins)
Poetice	Choma	14:00 – 17:00 (180 mins)
Reflective Activity 2	Twin Caves Lodge	17:00 – 18:00 (60 mins)
Dinner	Twin Caves Lodge	18:00-19:00 (unlimited)
Friday 15th July		
Deborah (Banker)	Natsave, Choma	09:00 – 09:45 (45 mins)
Reflective Activity 3	Choma Museum	09:45 – 10:30 (45 mins)
Choma Museum Visit	Choma Museum	10:30 – 12:00 (90 mins)
Lunch	Twin Caves Lodge	12:00 – 13:15 (75 mins)
Meet Mimi	Twin Caves Lodge	13:15-13:45 (30 mins)
Reflective Activity 4 and Farewell	Pemba, Mosa Campus	13:45 – 14:15 (45 mins)

Reflective Activities for Participants

Task 1 – Your Future (20 mins)

Purpose: To get a baseline for participants thoughts and feelings about the future.

Your Future – This is a critical stage in your life and thinking critically and ambitiously about your future now will determine your success in life. The state of the world is constantly in flux and new opportunities arise all the time. By knowing what you want to achieve and your talents and skills, you stand a good chance of being successful. When you define the meaning of “success”, only you stand in your way.

What is Success?

Objective: The key to your success, is defining your own success.

Groups of 5, answer the following questions:

- What makes you the happiest?
- What do you admire in people you look up to?
- In what areas do you want to be successful?
 - Academic, financially, career

Did you know the answers to all of these questions? If not, look for opportunities to learn about yourself. Could you help out at the clinic or ask to work alongside the teachers one day? Could you access computers to research your options?

What do you want to achieve?

- On a scale of 1-10, how much do you like school?
- What is your favourite/ least favourite subject at school?
- What are you good at?
- What do you want to do when you leave school?
- What skills will you need to do this?
- Do you have the skills to this?
- How will you acquire these skills?

What skills do you have?

Reading, writing, languages, maths, team work, self-reflection,

Task 3 - Video

Purpose: To inspire participants by example, to show them that girls from their backgrounds are capable of success.

[18 yo girl who made her own business](#) 6:44 – 8:34

Task 4 – Your Future Reimagined

Purpose: To see effectiveness and learning by participants over the course of the workshop.

- Have your goals changed?
- How will you achieve your goals?
- Which skills do you think you need to be successful?

Speakers

- Mimi Rudo, Zambian student with a degree from a Chinese university
- Deborah Mwase, Bank worker in Choma
- Abbie, Poetice leader

Questions for Speakers

- What do you do?
- Where did you grow up?
- How did you get to be where you are now? (School, university, extra training?)
- What do you hope to do in the future?
- Did you always want to be what you are today?
- What do your family think of your current position?