

Week 1

What went well?

The progress I made; what was achieved and done

I have immersed myself in Nepali culture and way of life, integrating with locals and learning some basics of Nepali language.

I have researched the history of Nepal, particularly the Anglo-Nepalese war (1814-1816) and the Nepalese Civil War (1996-2006). I have discussed some of my findings with members of the local area to gauge knowledge, experience, and sensitivities that I should be aware of. I have made a first draft of the workshop series, divided it into three sections: conflict, peace, and the two interconnected. I have thought carefully how to make the workshop content relevant and relatable for a Nepali audience. I have arranged to meet with peace education researcher Dr Raj Kumar Dhungana next week to discuss my workshop draft.

What could have been done differently?

Things that did not get done and/or could be changed

I contacted schools about the workshop series but haven't yet heard back from them. My workshop draft is not finalised, and the third session is not well-defined, e.g., 'finish up leftover items'.

What did I learn about myself when working with others?

Contributions, behaviours and values I exhibited

I am curious and eager to learn about another country and its history and culture. I have innovated a Nepal-focused peace education workshop series.

What did I learn about leadership?

Leadership attributes and insights I developed

I have developed my cultural intelligence by learning about the culture and history of Nepal, both from online research and from meeting and discussing with locals. I am building a network within a foreign environment. I have been thinking and working independently, actualising my vision for my project.

What do I want to develop or focus on next?

What I still need to develop

Putting together a succinct proposal of my workshop series to present to the schools.

Week 2

What went well?

The progress I made; what was achieved and done

I met with Dr Raj Kumar Dhungana and discussed my workshop draft. I researched the history and culture of Nepal further, as well as peace education resources such as the US Institute of Peace's "Peacebuilding Toolkit for Educators", considering how I could most effectively integrate peace education aims in my workshop series. I redrafted my workshop content. I clearly defined the third workshop session, finding a balance between keeping it open-ended so that the students have flexibility and creative freedom, while also maintaining a clear focus and task for the session.

I finalised my workshop series proposal and presented it to two school principals, clearly communicating the aims and content, and how it will benefit the students; both agreed for me to deliver the workshops with 10th grade students. I greeted the teachers with the customary 'namaste'. I then redrafted my workshop content to meet the time allowed by the schools, condensing the content. I also designed participation certificates for the students.

What could have been done differently?

Things that did not get done and/or could be changed

Couldn't arrange to meet with the third school principal – will have to try again next week.

What did I learn about myself when working with others?

Contributions, behaviours and values I exhibited

I have been open-minded to learning about a new culture, recognising my position as an outsider. I have been respectful of sensitivities when discussing conflict and peace.

What did I learn about leadership?

Leadership attributes and insights I developed

I have built relationships with Dr Dhungana and two schools. I communicated effectively both with Dr Dhungana and the school principals. I clearly conveyed the purpose and benefits of the workshop series to the schools, and absorbed feedback from Dr Dhungana. I have adapted my plans to fit the new time constraints; my planned content was for three 1 ½ hour workshops, but I have only been allotted 55 minutes per workshop.

What do I want to develop or focus on next?

What I still need to develop

Get the certificates printed. Confirm times and dates with two schools and meet with the third.

Week 3

What went well?

The progress I made; what was achieved and done

Printed out the certificates. Modified the workshop draft to fit new knowledge that the school did not have an electronic whiteboard or projector. Delivered the three-day workshop series at the first school. Redrafted and changed plans for the second and third days of the workshop according to the pace and preferences of the students that I learned from the first session; the students were over-faced by abstract questions about peace and conflict, so I adapted the content to be more activity-based; the students were subsequently more engaged. I arranged to meet next week with the school principal at the third school.

What could have been done differently?

Things that did not get done and/or could be changed

In the first session, I was running behind schedule for the workshop plan and had to condense the last section of the workshop. I need to redraft the first workshop for the following schools.

What did I learn about myself when working with others?

Contributions, behaviours and values I exhibited

I am socially and culturally aware, and keen to communicate most effectively; anticipating that some students may have difficulties understanding or speaking in English, I brought a translator with me. Therefore, the activities could be clarified in Nepali, and the students could speak in Nepali if they found this more comfortable. I wanted the focus to be on the workshop content without the stress or distraction of a language barrier.

What did I learn about leadership?

Leadership attributes and insights I developed

I have been quick to learn from failure, successfully improving my workshop draft to suit the students following what I garnered from the first day. I have also adapted to new information, such as that the classroom did not have a projector – my plans centred on using a PowerPoint to show pictures and activities. I tailored the workshop to fit the available equipment, printing out photos and handouts.

What do I want to develop or focus on next?

What I still need to develop

Redrafting the workshop for the next school, re: time allowance, and the ‘culture’ of the school – the second school will likely be very different to the first as it is a private school, and not all students are Nepal born-and-raised, the audience for which I designed the workshops.

Week 4

What went well?

The progress I made; what was achieved and done

Integrated more into the culture by having kurtas (traditional Nepali clothing) made to my measurements at the tailor's and wearing them at the schools.

Redrafted the workshop content to include areas of the curriculum that the school requested (WW1 and WW2). Adjusted the workshop so that it can be delivered using an interactive electronic whiteboard. Customised the content to fit the demographic of the students, not all of whom have Nepali heritage or have lived in Nepal their whole lives. Delivered the workshop series at the second school.

Met with the school principal at the third school and arranged to deliver the workshops next week.

What could have been done differently?

Things that did not get done and/or could be changed

N/A

What did I learn about myself when working with others?

Contributions, behaviours and values I exhibited

I am an active listener, embracing requests and suggestions from the schools; my goal is to make the workshops as relevant and beneficial for the students as possible. I am also keen to lead each workshop without authority, radiating approachability to the students.

What did I learn about leadership?

Leadership attributes and insights I developed

Re-examining the workshops at the last school, reflecting and learning from the successes and failures, continually trying to improve and build the most effective workshop series. Discussing their experiences, perspectives – taking into account that not all students at this school are Nepali born and raised, increasing the scope so that everyone can engage and feel included. Developing context-dependent leadership, ensuring that the workshops are relevant to the students by listening to, learning about, and fully comprehending my audience.

What do I want to develop or focus on next?

What I still need to develop

Preparing the final changes to the workshop series for the third school.

Week 5

What went well?

The progress I made; what was achieved and done

Sadly, I couldn't make any real progress this week as I ended up very sick and prescribed antibiotics.

What could have been done differently?

Things that did not get done and/or could be changed

This week, I had arranged to deliver the workshop series at the third school. However, the school cancelled on me due to the Nepal government implementing a sudden mandatory holiday for government schools this week. Although I was disappointed at first, this actually turned out to be a blessing in disguise because I fell ill and would have been unable to deliver the workshops this week anyway!

What did I learn about myself when working with others?

Contributions, behaviours and values I exhibited

I had to navigate a foreign country's medical system in order to be diagnosed and receive treatment.

What did I learn about leadership?

Leadership attributes and insights I developed

Taking into account the importance of health and knowing when to take a step back to recover.

What do I want to develop or focus on next?

What I still need to develop

Try to reschedule the workshops at the third school – with next week being the only time I have left!

Week 6

What went well?

The progress I made; what was achieved and done

By now, I can say some basic things in Nepali, such as hello, thank you, my name, where I'm from, and phrases such as "I think x is pretty", or "x tastes really good".

Successfully rescheduled with the third school – although the school could only allow time for one rather than three days. Redrafted the workshop a final time, to fit the new timescale; maintaining the integrity of the workshop aims without overwhelming the students with too much material in one day.

What could have been done differently?

Things that did not get done and/or could be changed

I missed last week due to the school cancellation and being very sick, and felt sick until the middle of this week, too. This placed me behind schedule. I managed to reschedule and deliver the workshop at the third and final school, but did not manage to write up my findings for the Visualising War blog or St Andrews Peace Museum. I also have not yet written my leadership development essay or made the 3–5-minute Leadership-in-Action video.

What did I learn about myself when working with others?

Contributions, behaviours and values I exhibited

I anticipated that it may be more difficult to develop a rapport with the students since I only had one day to deliver the workshop; I made sure to engage with all students by giving them opportunities to present, and regularly circulating the classroom to interact with every student.

What did I learn about leadership?

Leadership attributes and insights I developed

I demonstrated resilience this week as I was determined to persevere with the third school, even though I had been very sick and time was running out to reschedule. I also had to do some quick problem-solving, as there was an impromptu decision from the school to have all the 10th grade students attend the workshop, meaning that I had to on-the-spot adapt materials for around 30 students to 80 students!

What do I want to develop or focus on next?

What I still need to develop

I need to develop the workshops into material for the Visualising War blog / St Andrews Peace Museum. I will ensure a lasting impact of the project: it will provide an example of workshop materials and outcomes for future practitioners to build on, consider generally how peace education is interacted with, and enhance our cross-cultural understanding of peace education.