
Workshops Summary – Angola 2006

AIDS Education

Content:

This workshop will provide basic information about HIV/AIDS with an emphasis on prevention.

Objectives:

1. To provide basic understanding of HIV/AIDS
2. To help participants know how to protect themselves and their families from HIV/AIDS
3. To equip participants to teach others and be motivated to help stop the spread of HIV/AIDS in Angola

Participants: Teachers, community leaders, young people, open to all

Presenters: Stephanie Cole and Lora Pirzynski

Basics of Health and Nutrition

Content:

Participants will gain a basic understanding of daily nutritional needs including the six nutrients (three energy and three essential nutrients), needed for proper growth and development and disease prevention.

Participants will also understand the importance of personal hygiene and proper food handling in disease prevention.

Objectives:

- Recognize participants for being interested in this important topic
- Reinforce the importance of eating a variety of foods whenever possible
- Discuss the connection between proper nutrition, disease prevention and improved learning
- Introduce the three components of the health triangle (physical, mental/emotional and social health)
- Emphasize importance of boiling water to eliminate bacteria and microorganisms that cause disease
- Explain human needs for hydration
- Share information regarding hand washing and food handling techniques using clean, boiled water
- Discuss six basic nutrients with worksheet
- Encourage exercise in the form of play, games and creativity for proper development in all three health areas
- Integrate visual aids to improve retention of content covered in workshop
- Make connection between proper nutrition and a healthy pregnancy--including iron, vitamin A, and folic acid (green leafy vegetables and cereal) in the diet
- Discuss the symptoms and prevention of malaria and cholera
- List recommended food and drinks for those suffering from diarrhea

Participants: Teachers, parents and students who are interested in sharing information about nutrition as it pertains to learning and better physical, emotional/spiritual, and mental health.

Presenters: Lucy Martin, Harry Ross, Susie Thorngren

Bible Study: Living Like Jesus

Content:

A five day bible study, each day with a different theme or subject matter addressing a certain characteristic or behavior of Jesus in one main passage and how we can try to model our lives after him

Objectives:

To provide an environment of encouragement and support based from biblical teachings. Giving students a place to learn, question, share and grow

Participants: Open to all, regardless of age or gender; attend all five days

Presenters: Jessy and John Williamson

Building Community in Your Classroom

Part 1 – Empowering your Students to have a Voice

Content:

- Team building
- Communication and listening
- Steps to active listening
- Practice active listening

Objectives:

- For teachers to better understand their students
- For teachers to develop active listening skills
- For teachers to be able to teach their students to become active listeners
- For teachers to help students better understand themselves and as a result feel more empowered

Building Community in Your Classroom**Part 2 –Telling your Story****Content:**

- Why is it important to tell your story?
- Issues and topics to consider as you tell your story
- Process

Objectives:

- Understand importance of telling one's story
- Building community
- Show how this can be used in the classroom
- Empowerment

Participants: Teachers, administrators, leaders

Presenters: Carolyn Muir, Marla Tracy

Community Planning and Resource Management: Designing for Angola's Future**Content:**

- Defining and introducing the concepts of planning and management and what these ideas mean for Angola;
- Presenting tools such as drawing communities in "plan view" to guide future decisions about the physical community environment.
"Where should we build our (churches/houses/schools) to facilitate the people and allow our community to grow stronger? Where should our agricultural fields go in relation to the rest of our village?"
- Discussion on the resources available to Angolans and how best to preserve/conservate these resources as the country grows and develops.
"What materials are available to us as we build our communities? If we cut a tree down to build a hut, how does that impact the landscape, environment and resources available in Angola? How can we place our structures in the landscape to benefit from and utilize the physical and environmental conditions that surround them? (i.e. Sunlight for heat, shade trees for cooling, etc...)"

Objectives:

- To provoke thought and actions based on future needs and goals; introducing the idea that all decisions affect and contribute to the future infrastructure, sustainability and resource availability in Angola.
- To create a dialogue and discussion (between RISE and the Angolans and between the Angolans themselves) that will address the future of Angolan communities.
- To provide tools and processes for future decision making and planning techniques.
- Upon return to America, create a guide or book of our project to discuss what we discovered in regards to this topic. The book can later serve as a template to other villages as they explore these ideas.

Participants: Community leaders, teachers, builders, agriculturalists, all interested in the future of Angola

Presenters: Brett Kahren, Justin Weidl

Developing a Teacher Training Program**Content:**

- Steps to setting up teacher training programs
- Teacher survey

Objectives:

The need for teacher training is great and the goal of this workshop is to help administrators develop, organize and expand teacher-training programs.

Participants: Administrators

Presenters: Tom Tebbe, Marla Tracy

English Classes

Content:

- Give students access to the very basics of language skills. (Elementary vocabulary, personal pronouns and the basics of verb conjugation.)
- Learn the basics for conducting yourself in an English-speaking setting. (for example: Do you speak English? Can you help me?)

Objectives:

Provide students with a basic level of English training. Students should walk away with confidence to conduct themselves with English basics or ability to ask for help in English.

Participants: Anyone with a desire to learn the very basics of English.

Presenters: Jessy and John Williamson

Enriching the Student-Teacher Relationship

Content:

How a teacher can go above and beyond the content to change a student's life on a deeper, more personal level. How a teacher can create an environment that fosters comfortable growth and learning.

Objectives:

The teacher should take away a sense of empowerment and feel better about their role in the community and their role in the lives of their students. We would like to give the teachers a sense that they have more to offer a student than just the class's content.

Participants: Teachers, administrators

Presenters: Cara Harshman, Lucy Martin, Harry Ross

Leadership Development

Content:

- Working in a Team Environment
 - Understanding teamwork and characteristics of effective teams
 - Tactics for influencing in a team environment
 - Problem solving styles
 - Dysfunctional teams and conflict, keeping conflict constructive
- Negotiation and Conflict Resolution
 - Keys to effective negotiations
 - How to gather information and build agreements
 - 5 Conflict resolution styles
- Motivation
 - Positive reinforcement and punishment
 - Self-Fulfilling prophecy
- Decision Making
 - Types of decision making

Objectives:

The goal of the workshop is to enhance leadership skills through a survey of 4 elements of leadership (teams, negotiation, motivation and decision making). The workshop will couple discussion with interactive exercises.

Participants: All

Presenters: Jackie Herron and Kristen Strahorn

The Importance of Educating Girls

Content:

The material will cover the causes/effects of gender discrimination and how that affects society as a whole, how it factors into education and its subsequent consequences.

Objectives:

- Assessment – Help participants understand discrimination, equality and justice and how it plays out in social issues and education.
- Awareness – Why Girls? Raise awareness of the “Gender Gap” and how it influences community development.
- Action – What next steps can teachers and community leaders take to lessen the gap?

Participants: Teachers, parents, students, pastors, all interested

Presenters: Jackie Herron, Kristen Strahorn

The Outdoor Playground — A Learning Environment

Content:

- Discussion of information regarding the benefit of outdoor play and learning for children
- Interactive work session--how Angolan children play and visions for a children's play area
What resources are available to build these playgrounds? What type of play structures can be produced with what we have in Angola locally?

Objectives:

- To raise an awareness of the benefits of socialization and outdoor play between children. Outdoor play/imagination promotes physical health and provides a way for children to learn about each other and their environment.
- To provide ideas for the creative outlets of the children
- To give the children a safe environment to grow and learn about each other and their world.
- To provide an outlet for children to express themselves.
- Upon return to US, create a guide or book of our project to discuss what we discovered. The book can later serve as a template to other villages as they explore this topic.

Participants: Teachers, school administrators, children over the age of 10, teenagers and parents

Presenters: Brett Kahren, Justin Weidl

Peacemaker Principles

Part 1 – Biblically Based Tools for Conflict Resolution

Content:

When faced with conflict, we tend to focus on what our opponent has done wrong or what they should do to make things right. But God always calls us to first examine what is going on in our own hearts. As we do this, we become free to respond to conflict in a way that is gracious and constructive, and models for others the way of peace. A true peacemaker is guided, motivated, and empowered by the gospel. Through discussion, role-playing and the application of key passages of Scripture, causes of conflict and biblical principles of peacemaking (from **Peacemaker Ministries**) will be explored.

Objectives:

- Learn and apply the powerful conflict resolution principles God has given to us through Scripture
- Encourage and assist in responding to conflict in a way that pleases and honors God
- Participants will learn to identify their own feelings and responsibilities in conflict situations
- Learn about the 12 ways people tend to respond to conflict
- Learn specific steps that lead toward peaceful and constructive conflict resolution
- Equipped to immediately begin applying Peacemaker Principles in their own relationships
- Become a model from whom others can learn.

Participants: Teachers, administrators, community leaders, parents, and any adult who wishes to learn and teach others biblical principles of peacemaking.

Presenter: Janis Kahren

Peacemaker Principles

Part 2 – Young Peacemakers – Teaching Peacemaker Principles to Children

Content:

The future of society is in our children and teaching them from a very early age, how to respond to conflict in ways that promote peace and reconciliation is critical. The **Young Peacemakers** program teaches children to respond to conflict God's way and can be incorporated into classroom lesson plans, school life, Sunday School, in the home and in everyday situations. We will learn how to teach peacemaking principles to students through specific lessons in the classroom, through modeling, role-playing, stories, pictures, and by guiding children as they experience their own real-life conflicts.

Objectives:

- Help children understand the dynamics of conflict and peacemaking
- Discover how to put the principles into practice
- Develop life-long tools for being a peacemaker
- Overview of 12 lessons that teach children Peacemaker Principles
- Explore ideas for presenting lessons in the classroom

Participants: Teachers, administrators, Sunday School teachers, community leaders, parents

Presenter: Janis Kahren

Basic Quilting with Bible Study on the 23rd Psalm

Content:

- To teach the craft of quilting with the ultimate goal of enabling those who take the class to potentially subsidize their family income with the sale of future blankets made.
- Provide each participant with fabric, a needle, thread and access to scissors.
- Discuss the objectives, explain the method to be used in sewing the blanket and provide each member with the 23rd Psalm in Portuguese.

Objectives:

- To sew one quilt at each location to bring back to America to auction at the RISE Fall Benefit.
- Leave behind materials for the participants to use to continue making quilts to sell locally after we have gone.
- To reflect and embrace the deep love of God through the study of the 23rd Psalm.

Participants: 40 Women, meeting daily to sew and study Psalm 23.

Presenter: Betsy Peterson

Stress and Trauma

Content/Objectives:

Understanding stress and trauma—the signs, causes, fears, reactions, responses

Learn skills to help understand, manage and support those experiencing stress and trauma

Participants: All interested

Presenter: Tom Tebbe, Marla Tracy

Teaching Techniques and Practical Application

Part 1 – Demonstrating Teaching Methods

Content:

- Brainstorming—group problem solving
- Small groups
- Peer teaching
- Role play
- Think—Pair—Share

Objectives:

- To model multiple methods of instruction in the classroom
- Provide the Angolan teachers with new ideas for presenting material to their students by having them participate in activities that model instruction

Part 2 – Application Workshop

Content:

- Break the teachers into groups, given topic, discuss and process what they learned.
- Opportunity to help each other apply what has been learned to a context that they know
- Sample lesson to the group

Objectives:

- To allow the Angolan teachers a chance to discuss how they might teach some of the material they have learned
- Practice by teaching each other
- Encourage teachers to teach others
- Review and process together what has been learned

Part 3 – Planning a Curriculum Workshop

Content:

- Learn steps to developing curriculum, lesson plans
- What are the topics that you want the students to have mastered at the end of this unit/year?
- Are any of those topics/units related? Should one come before another? Choose a sequence for the topics/units.
- How will you know that the students understand what you have taught at the end of each unit?
- How many days do you have to teach this topic/unit? How long will each part take? Make a calendar.

Objectives:

- To show the Angolan teachers a process for planning a unit or year-long curriculum
- Encourage confidence in organization, planning, setting up and implementing curriculum

Participants: Educators**Presenters:** Marty Laffey, Carolyn Muir**Team Building and Group Dynamics****Content:**

- Team building games that emphasize group cooperation, getting to know one another and group dynamics
- Focus on problem solving activities to both large and small groups
- Group discussion of process and benefits

Objectives:

- Allow Angolans and Americans to participate together and break down barriers
- Focus on what it takes to solve a simple problem
- Learn to process and use activities
- Understand and improve group process and communication

Participants: Educators**Presenter:** Jim Reardon