

## Postcard from Zambia

Brook Hayes, MRDF's Communications Officer, recently visited Zambia to see the work of an MRDF partner that provides health education and equips young people with the skills they need to keep themselves safe.

*Hi everyone*

*At a youth empowerment project seeing Extraordinary gifts from Christmas being received! In a rural school we watched project staff run a workshop on HIV/AIDS; the school has just three classrooms for 480 children! But wet season rains held off until later and the outdoor session was great! With games and laughter these young people grasped serious information and learned to talk about things that could save their lives.*

*Class teacher Mr Ngalande explained that in rural communities HIV/AIDS is seen as a spirit problem, cured by a witch doctor or sex with a child. He said: 'In the future we want a generation that is free to discuss issues like HIV – this will reduce the infection rate.' Today we witnessed a small miracle that is part of making this vision a reality.*

*Brook*

