



Aspect Africa wants to make sure every girl our partners work with has the best opportunity to reach their full potential they deserve in the classroom and on the playing field. Many girls aren't currently able to because of the lack of sanitary products and sports bras which can give them the confidence to attend school and to play on the field.

We ask that volunteers, if they can, to pack some sports bras and/or purchase a **mooncup** or similar reusable sanitary products which doesn't need to be thrown away.

Lots of the students you will be working with and interacting with lack shoes or flip-flops/sandals and most walk long distances to school, to fetch water or firewood over uneven rough ground where scorpions and other bugs can be active at night.

If you have some shoes or sandals tucked away at the back of the wardrobe somewhere or you know a friend who does then it would be great if you were able to squeeze them into your bags and bring them with you.



Our partner Friends of Mutale is running a campaign with One World Play Project who produce the best football for our area - an unpopable football! So far Friends of Mutale has raised 50 balls and still has 100 to go to each its target.

Volunteers or friends/family can donate a ball to our campaign for \$28 and add it to FOMs account or you can buy one for \$50 and bring it with you, though it might be hard to squeeze in to your bag since it can't be deflated.

Football is big in Africa not just where we operate, every village all over the continent will have a football field, balls made from plastic bags and players either playing barefoot or even sharing boots.

We ask volunteers to see if they or friends have any boots or any old kits stuffed at the back of a cupboard, sizes and age doesn't matter as there is always someone who will be happy to receive and play in.



Aspect Africa makes sure that the people who need and deserve all items brought over by volunteers go to the right people through working closely with our community organisations, sometimes items will be given out whilst volunteers are still on their placements and sometimes items will be saved up until there is enough for a certain amount of people.