

## Daily Routine for Volunteers of the Cornel Ngaleku Children Centre

### What is expected during your stay in the Centre?

After arrival take your time to adjust to the different environment and observe and give help wherever you can. Take this time to connect with the sisters, the other workers and the children and feel free to ask questions you may have. It is very important that you take your time to get used to all the different aspects of life in the Centre.

Below scheme has been made after the experiences of the first volunteers, in communication with the sister in charge.

### Daily scheme:

Between 6 and 8 a.m.	The children are waking up, so you can help the sisters to dress and feed the children
8.00 a.m.	Help the sisters with breakfast of the children and dressing the younger children or go with the schoolchildren to the founding stones, where they start the school day.  Play with the younger children and change wet nappies or wet clothes as necessary. If you are unsure of anything feel free to ask the sisters for advice.
9.00 a.m.	Take a break for coffee, tea.
±10.00 a.m. – ±1 p.m.	Interact with the children and help with feeding, changing, bathing and putting the younger children to bed.
± 1 – 3 p.m.	Break for lunch (or computer time)
3 p.m.	Help the older children walk to school. Take care of the younger children, with playing, changing and help out where required.
4.00 p.m.	Interact with the children and help where you think you can. Feel free to play with them in the way you have learned it or are used to it.
5.30 / 6 p.m.	Help with feeding the younger children and preparing them to go to bed. You may also help out with getting the older children ready for bed.
7 p.m.	Finish for the day.

**\*\*\* You should speak with the Sister in Charge about arrangements for the use of computer or going to the market and any other general questions you may have about staying at the Centre.**