



ST ANDREW'S INTERNATIONAL HIGH SCHOOL

INFORMATION GUIDE FOR NEW TEACHERS 2009/2010

Welcome to SAIntS and Malawi

1. Introduction

Dear Colleague

We hope this booklet will give you some useful information about Malawi and our school. For those who have already decided to join us, it outlines some of the essential procedures involved in making your transition to Blantyre a smooth one. For those who are considering a position at SAIntS, we hope the information will help you come to an informed decision.

Malawi is a country still in transition from one-party rule to multi-party democracy. Democracy has brought its problems, including an increasingly erratic telephone service, electricity and water disruptions, while the incidence of burglary has risen. Even so, Blantyre is as safe a place to live as most European cities; the climate is close to ideal, much of the country is beautiful and we are within easy reach of major wildlife parks and other areas of interest. Most teachers enjoy the water sports and sandy beaches of magnificent Lake Malawi, where a few own or rent cottages.

SAIntS was founded as a mission school which catered for the children of British colonial officials, traders and planters just after the First World War. In 1938 it officially became St. Andrew's Preparatory (later Primary) school, and the High School was opened in 1958. We celebrated our 50th anniversary two years ago and plan to be around for at least another 50 years.

Currently, St. Andrew's International High School has 620 students from 40 nationalities in the 11-18+-age range. Approximately 80 students are boarders. There are usually over 100 Sixth Formers.

The largest ethnic groups are "Asian" (i.e. with family roots in the Indian sub-continent), 'African' and 'European' (including Zimbabwean and South African). We accept all students within the 'normal' range of ability and Learning Support is on offer for students in need of it, such as those with English as a second language.

Teachers joining SAIntS from other schools, especially state schools in Britain, are often impressed by the friendliness of the students. We have few disciplinary problems of the kind associated with the developed world. The vast majority of parents are extremely positive about and supportive of the school, which has a growing national and international reputation.

All SAIntS students sit for the IGCSE examination at 16+. In the past few years the A*-C pass rate has varied between 70% and 82% and the A Level rate is normally 95% + at A-level. Although these figures are respectable in a school in which the majority of students do not have English as their mother tongue, we are constantly seeking to improve our academic performance.

A Developing School

Our Vision is to be a leader in education in Africa in the next five years. Some would argue that we already are but to reach our vision amongst other things we have;

- Opened in June 2009 a purpose built IT centre for the school and community
- Worked with at least six national sports organisations for the benefit of school and the community

Should you accept an offer from SAIntS?

SAIntS has an exceptionally committed staff and we seek only teachers of outstanding ability and dedication, skilled classroom practitioners who are also prepared to make a significant contribution to developing and maintaining a high-quality programme of extra-curricular activities and community service.

We are interested in appointing colleagues who will help us ensure that all our students reach their potential, including the achievement of the best possible examination results. If you agree with us that

passing exams and learning to appreciate poetry are not mutually exclusive, you may well be happy at SAIntS.

Your ability to contribute to the professional development of colleagues will be an added recommendation as training for teachers is rarely offered in Sub-Saharan Africa.

We normally expect our teachers to have some experience before joining SAIntS. Applications are encouraged equally from young teachers, those in mid-career and from vigorous retirees.

2. Mission Statement

We provide:

- A broad, internationally recognised curriculum in which our students can achieve their full potential in all aspects of school life, whatever their ability, in a safe and tranquil environment. Commitment to academic excellence, accomplished by employing the most highly qualified and committed staff possible, who will reinforce high standards and a strong work ethic at all times.
- A strong, caring and supportive pastoral environment, enhanced by a traditional House system.
- A wide range of extra-curricular activities aimed at developing qualities of leadership and teamwork and helping students to develop into well-rounded young adults.
- A multicultural environment where the culture, religion and beliefs of each individual are respected.
- A commitment to managing and utilising our resources carefully to ensure that each student derives the maximum benefit from what we have.

3. About Malawi and Blantyre

General

Formerly the British colony of Nyasaland, Malawi is one of the Africa's smallest countries. Lying between 9° and 19° south, it measures 840 km from north to south and nowhere is it more than 160km wide. It is known locally as "The Warm Heart of Africa".

Malawi is dominated by its lake, reputedly the most picturesque of the African Rift Valley Lakes. Beyond the lake are many beautiful and often little-visited destinations, including the Mulanje Massif, Zomba Plateau, Elephant Marsh, Nyika and the better known National Parks of Liwonde and Lengwe. Malawi's small size, a total area of 118,484 km, means many of these areas are easily accessible from the main centres of Blantyre and Lilongwe.

Since independence in 1964, the Malawian population has more than trebled. Today its total population exceeds 10 million. It is largely rural in nature with approx. 80% of the population still engaged in subsistence agriculture. Rural-urban migration has accelerated since the multi-party elections of 1994 yet the main centres of urban population remain small by European standards.

History

The C19th saw turmoil in the region. This was caused by the Ngoni, who subjugated the Tumbuka, Tonga and Nkhonde people, and the Portuguese slave traders, who among them turned the area into a blood bath. Between 1859 and 1863 Dr. David Livingstone travelled extensively in the region and his accounts of the atrocities he witnessed heightened public awareness in Britain. The Scots missionaries who followed introduced education, new crops and farming methods and were instrumental in the abolition of the slave trade in what was to become Nyasaland.

In 1953 Nyasaland became part of the Federation which included Zimbabwe and Zambia. As it was the least developed of the three countries and the most densely populated, few settlers arrived, and so at this time 90% of the land was still in the hands of the native population, leaving them free to continue their traditional subsistence lifestyle.

In 1958 Dr. Hastings Kamuzu Banda returned to help in the fight for independence. He became the first Prime Minister on Feb. 1st 1963, and finally, in July 1964, Nyasaland became Malawi. In the next 30 years Dr. Banda ruled with increasing intolerance of criticism and in 1971 made himself Life President. He brought peace and stability to the area, with an economic growth of 5% p.a., but when in 1994 Malawi became a multi-party state, it remained one of the poorest countries on the continent.

Climate

There are three seasons in Malawi: November to April is hot and wet, May to August is moderate and dry and September to October is hot and dry. Temperatures in the highlands are moderated by altitude; Blantyre receives between 800 and 1500 mm of rain, depending on the reliability of the rainy season. Temperatures in October exceed 30°C and humidity is high. May and June are more moderate with temperatures of 15°C dropping occasionally to 8°C. Below 1000 m above sea level it remains hot and humid for most of the year.

Blantyre

While Lilongwe is the official capital, Blantyre is the commercial centre of the country. However, despite its title, Blantyre is more of a town than a city.

There are modern offices, but it is definitely not a modern town. Blantyre cannot be called beautiful but it has a certain charm: the streets teem with vendors, businessmen and mini-bus callers. The town is, during the daytime very busy, noisy and dusty – however, at night it is very quiet!

Blantyre has a population of around 500,000. Residential areas vary from the low-density neighbourhoods to some shanty areas, which ring the city. The CBD is small by European standards and in a state of transition as many of the small colonial style buildings are being replaced by modern three or four storey development. Since Multi-party Democracy street vendors have become a regular feature of the everyday hustle and bustle of the CBD. There is also a large Asian business community.

Language - Chichewa

Although the majority of people you will meet speak English, there are many that do not. The lingua franca of this part of Malawi is Chichewa and for those who want to get to know the people of Malawi, it is worth making an effort to try to learn it. Having said that, many teachers who have been here a long time speak little or no Chichewa.

Courses in Chichewa are available at the French Cultural Centre and at school if you would like to get to know the language.

Communications

You can get mail from overseas within 10 days or months. Sending a letter to UK can take 1 – 2 weeks, and the cost for a letter of max. 10 gr. is K40.

You can also send mail by DHL or Skynet, and the cost depends on the package, but it is much more expensive than normal post.

- **Internet**

Staff can use the Internet free for educational purposes.

- **E-mail**

The cheapest way to send e-mail is via the Internet. You will be given an address when you arrive at the school.

- **Telephoning and faxing**

The school fax is fine for educational purposes, but it may be worth having your own. The only problems are the cost and the electricity supply. The cost for telephoning or faxing to UK is approx. \$1.20 per minute. Local calls: MK1.50 per min.

Shopping In Town

Goods are surprisingly varied. Staple commodities are available at the supermarkets Shoprite, People's Supermarket, and Kwiksave. More expensive choices can be found at Chris & Sons, Savers Choice and Buy-Rite. These supermarkets import from South African and Zimbabwe.

We also have Game Stores for House hold equipment and necessities.

Vegetables and fruit are plentiful and cheap and can be found in the supermarkets, at the local markets and around town. See appendix A for a list of food prices.

There are international newspapers and books available at Times Bookshop and Central Bookshop – but books are expensive.

Local newspapers can be bought on numerous street-corners. Electrical and hardware shops are available, but can be very expensive.

Shopping for clothes is possible, but very limited and it is better to employ a tailor than to buy clothes, although an extensive second-hand clothes market thrives.

Recreation

There is cine cinema behind Game Stores - Price: K1000 Monday – Thursday K1200 Friday-Sunday. Children half price. and there are good video stores. There are rumours though that two smaller cinemas are opening this year! There is a local television station and satellite is available.

There is no professional theatre, but there is a local art scene, and the French Cultural Centre provides a varied programme of exhibitions and French films. Discos exist in town, but can be a little “lively” at times.

There are some friendly bars, where occasionally a band may be playing. Doogles, TJ's, The Block, Maky's and Mustang Sally Night Club.

Blantyre Sports Club is the centre of life for many expatriates. It has good facilities for all sports, especially golf (bring your clubs), cricket, football, tennis, swimming and squash.

The Club also caters for special interest groups like The Caledonian Society, Mountain Club, Music Society, and Wildlife Society.

Teaching staff can use the sports facilities at school. The facilities includes a large outdoor swimming pool, squash courts, a large in-door sports hall, tennis courts, football and hockey fields, running track and a basketball court.

The French Cultural Centre and other groups offer Yoga during the week.

There is a choice of European, Chinese, Indian, Mexican and Italian restaurants in Blantyre.

Security.

Compared to other African countries, Malawi has less crime. However, there are times when crime can increase, especially when it is the end of the maize season.

We advise you to “store” your TV, stereo and other more expensive items if you are going on holiday.

Exchange rate.

At the moment you pay (Malawi Kwacha) MK240 to 1 GBP and MK148 to 1USD.

Tax rate

In Malawi, Pay As You Earn (P.A.Y.E) tax is 30%

At SAIntS, your salary is paid in Malawi Kwacha but this is easily converted to other international currencies for remittance purposes. The salary is reviewed on an annual basis and when there is any

substantial movement of the kwacha, either up or down. The salary is linked to the consumer price index (urban rates) and a basket of currencies is taken into account when setting salary increases. Staff also move up the teachers' scale one notch (about 3-4%) each year until the ceiling is reached.

As an expatriate, and once your Temporary Employment Permit (TEP) has been approved, you are allowed to remit 2/3 of your net salary to your home country. This can be organised through the bank.

Holidays

A British-style curriculum means British-style vacations.

Malawi is small and the roads are fine (although not up to British standards).

It has to be said that Malawi is a magnificently scenic country. The main attractions are

- Lake Malawi dominates Malawi with a range of hotels and self-catering cottages. The Lake is about 2.5 – 3 hours drive from the school and excellent for weekend breaks.
- Zomba Plateau is an hour's drive away and is a beautiful mountain retreat with a hotel at the summit. There are several places ideal for picnics and a pleasant day out.
- Mulanje is a dream come true for hikers. Forget Kilimanjaro – Mount Mulanje is just magnificent and has world class views.
- The tea plantations at Mulanje are also worth visiting and are quite close to Blantyre.
- Zambia, Zimbabwe, Mozambique, Tanzania, Zanzibar and South Africa are all possible holiday locations by car or aeroplane.

4. Before you leave for Malawi

Visa Procedures.

The school will contact you soon after you have signed your contract to organise a visa.

Temporary Employment Permits.(TEPs)

Two forms will be sent to you as soon as you are recruited which you will be required to fill in and post back to us (photocopies not accepted) for submission to the Immigration Department. It is therefore very important that you fill in the TEP forms and return them to the school by the fastest route possible. Because you will need a work permit before you travel to Malawi. You will also be required to include two passport-sized photographs, copies of academic and professional certificates, Police Clearance Reports. The latter is your responsibility and please make sure you organize one and send together with your TEP Forms.

Any partners who are not married to the person recruited by the school can **not** be added on to the Temporary Employment Permit of the staff member. The Immigration Department can only give a visitor's permit for one month which can later be extended to six months (with a fee of K5, 000) after which you will be required to leave the country. This is **not** the responsibility of the school.

How to get hold of the school?

If you need to get in contact with the school, please be aware that letters to us can take a few weeks to arrive, and sometimes months. The replies are better, but basically if you are in a rush it is much more reliable to phone, fax or use e-mail. The school address is Private Bag 211, Blantyre, Malawi.

- **Telephone:**

Country-code for Malawi is 265, the school numbers are (0)1 823688, (0)1 822585, (0)1 823038, (0)1822470, (0)1 824628.

Malawi is two hours ahead of the UK (GMT) (If it is 1500GMT, it is 1700hrs in Malawi). The phones do work quite well, but there are power cuts at times when the power to the phone lines does go off.

- **Staff telephone numbers and e-mail addresses:**

A couple of useful home phone numbers:

Mr. G. Benbow	Headmaster, Deputy Headmaster- Curr. gbenbow@saints.mw	(265)1 821520(home) cell 0999333389
Mr D Thompson	Deputy Headmaster – Curriculum dthompson@saints.mw	(265) 1 824595(home)
Ms Maria Greaney	Deputy Head Pastoral mgreaney@saints.mw	0993678219
Ms. Maria Kaitano	Personnel Manager/PA to Headmaster mkaitano@saints.mw	(0)8 832 879 (mobile phone) Responsible for your flights and immigration papers.
Mrs. Sara Mukadam	Administrator smukadam@saints.mw Responsible for your accommodation and organising your freight.	(0)8 844 271 (mobile phone)

The school's general e-mail address: info@saints.mw.

- **Fax**

This is another way to get in touch with the school. Faxing is quick, usually efficient, and gets the attention it needs. The school fax number is +265 1 822 368.

Money Matters

You may want to consider setting up an offshore bank account, which exempts you from paying UK tax.

The Inland Revenue will rebate any tax you are owed due to your leaving UK before a completed tax year – get the relevant forms from your local office.

Look into keeping up National Insurance payments.

It is useful to have a current account in UK and a credit card and chequebook. Credit cards are not widely accepted in Malawi, but are useful whilst travelling.

Health Procedures

Visit your GP

- 5 months before departure you should visit your GP, so that any medical concerns, pending investigations or treatments can be arranged.
- If you require 'specific drugs' e.g. contraceptives, antihistamines, you should bring an adequate supply with you. Ask your GP to list an alternative drug in case your prescription drugs are not available. Malawi has a limited variety of drugs, so having a list of alternatives is useful.
- Start planning the vaccinations that you will require for Malawi and any other parts of Southern Africa you intend to visit.
- Ensure you have the following vaccinations and have a completed vaccination card. A Yellow Fever certificate is essential for travel to infected areas.

Vaccinations recommended:

- Hepatitis A: Havrix lasts 10 years. One initial injection, then a booster at 4 weeks and 6 – 12 months.
- Typhoid: Lasts 3 years.
- Diphtheria: Usually given in childhood
- Tetanus: Lasts 5 – 10 years
- Yellow Fever: Lasts 10 years
- Polio: Lasts 5 years
- Cholera: Ask latest advice

- Meningitis: Lasts 3 years. Not recommended for children under 3 years.
- Hepatitis B: Lasts 10 years. One initial injection, then a booster at 4 weeks and 6-12 months.

Vaccinations worth considering:

- Rabies: 2-3 injections. Expensive. Lasts 3 years.

Malarial prophylaxis

Drug treatment for malaria is a fast-changing subject and checking the latest advice is advisable. If you are in UK, you can contact the London School of Tropical Medicine, which has a help-line specifically to advise upon this very issue. You are advised to take precautions against malaria. Some teachers take tablets all year round, some just during the rainy season, and some not at all. A number of staff have had malaria.

Sight

Have your eyes tested before departure. If you have prescription lenses we would recommend that you buy or bring a spare pair to Malawi as well as your prescription. If you wear contact lenses ensure that you bring solutions; they are sometimes available locally, but are expensive. There are opticians in Blantyre, but the choice is limited.

Dental check-up

Arrange a dental visit well before departure. There are dentists in Blantyre, but the choice is limited.

5. Packing up

General

The school provides all new staff recruited overseas with a Relocation Allowance in order to freight goods up to 300kg from their country of origin to Malawi. Spouses are allocated 100 kg and any children (max. 2) are allowed 50 kg each.

Freight arrangements

Sara Mukadam will be organising freight and will let you know the arrangements closer to the time of travel. Freight will be sent in the school container.

You can expect to be asked to have your baggage ready end June / beginning of July for the container the beginning of the school year. It normally takes – everything going well – about 8 weeks for the container to arrive in Malawi.

The school will pay for your baggage to be collected, but will not pay for packing or insurance of your items.

What to bring?

There is a balance between bringing your entire house and not having anything ‘from home’ with you. Since you have an allowance for freight, it makes sense to bring what you can rather than pay inflated prices for goods here, although it is possible to buy most things you may need here.

If goods that you bring into Malawi on your arrival, or within 6 months of your being here, have been in your possession for at least twelve months, then they are allowed in duty free. Try to provide a receipt to prove this.

Keep a detailed list of what you have packed and have your goods insured.

Sea freight can take some months to arrive, so bring enough clothes and personal items to see you through.

We will however also provide you with some basic household items; see under **Housing**.

Do not freight anything that you cannot replace or is of major value. What you choose to bring will obviously depend on your own priorities and anticipated lifestyle.

Electrical equipment

- Many electrical appliances are available here, but are much more expensive than in the UK.
- Sockets are of square three-pin type, and power is 220/240V. Electricity supply is prone to voltage fluctuations and it is advisable to bring Voltage Stabilisers for your sensitive equipment. Multi-socket adapters and extension leads are also a good idea to bring with you. All electrical equipment has a good second-hand value, sometimes as much as the original purchase price.
- Washing machine. In order to save wear and tear on clothes you may **buy an automatic washing machine from Game Stores here**. If you have a machine built-in tumble dryer it may prove useful in the rainy season; most kitchens are not big enough to accommodate washing machine and separate tumble dryer.
- If you have a microwave, blender, grinder, percolator, food processor etc. it is a good idea to bring them since locally available equipment is very expensive.
- Miscellaneous electrical equipment like hairdryer, electric drill, Christmas lights and your favourite gadgets might be useful for you to bring.
- Music, TV and Video – **No need for a shortwave radio as you can catch BBC on FM**. The World Service shop in The Strand, London provides advice on suitable radios to bring. You might want to bring your music system with you. Compact discs are best in humid climates, as tapes tend to stretch. CDs and tapes are available here but are expensive. Most teachers bring TV and video machines. There are many video shops. The most common video format is PAL VHS, as used in the UK. A multi-system could prove useful for tapes of USA origin, but most video shops in Blantyre provide PAL VHS tapes.
- Computers – The school system is a standard system which you would expect to find in any school in the UK – IBM compatible, Windows environment. Most people find that having a computer at home is useful for preparing work on disk for use in school. Service facilities for PCs are available in Blantyre. Bring your own personal and professional software. You may also want to bring a modem for Internet and email communications.
- Sewing machine – Even if you do not sew a sewing machine is very useful. A local tailor will visit your house and copy your favourite clothes in locally available fabrics, which are comparatively cheap.
- Vacuum cleaner – As this is a very dusty environment, a vacuum cleaner is an asset, although not essential.
- Fax machine – International telephone communications can be difficult and costly. Post can also take a long time. You need a British Telecom compatible machine and plug-in socket plus additional cable and fax paper.
- Rechargeable torches and lamps – Power cuts are frequent so these are essential. Rechargeable batteries could prove useful.
- Fans – Although the accommodation here is built to keep cool, it is not air-conditioned, so a fan is useful in hot weather.
- Heater – Many of the flats and houses do not have built-in heating, so you may like to bring a small fan heater or free-standing heater of any kind for use during the winter months.
- Security lights – Whilst these are not essential many people choose to install them.

Household items

- Under **Housing** you can see what we normally provide in each house. However, as it is a limited selection we can offer you, we would advise you to bring more yourself. While crockery, cutlery, glasses and cooking pans are available locally, they are expensive and the choices are limited; in addition, the quality may not be the same as those from your home country.
- Be sure to bring a cool box, ice packs and insulated bottles or thermos flasks. These are useful for everyday use as well as for camping and picnics, as are Tupperware and other airtight food storage containers.
- You will need to bring bed linen and a duvet or blankets (needed when it gets cold). Some people bring their own pillows. Most beds are double, even in single accommodation. Bring table linen, place mats, oven gloves, tea towels and towels; these are available locally at reasonable prices although perhaps of an inferior quality. Rugs or carpets are a necessity for concrete floors.
- Locally made table lamps and shades can be bought, but you may wish to bring your own.

- It will also be a good idea to bring some good umbrellas, as these are very much needed in the rainy season.
- Bring some good, strong padlocks.

Hobbies, Sport and Outdoor activities

- Whatever your interests and hobbies may be, bring all of your equipment and materials with you.
- Photographic film and processing are available, but getting a particular speed or type of film can be a problem. It is advisable to bring spare batteries, if your camera requires a particular type.
- Camping is an economical way of seeing Malawi's game parks, lake and mountains. If you wish to camp, bring all of your equipment. Useful items include a small backpack, good strong shoes, warm clothing, sleeping bags and rain gear.
- Water sports are available at Lake Malawi, but it is advisable to bring your own equipment.
- Some members of staff have bikes, but road conditions can be hazardous. If you own a good quality bike and think you will use it, bring it with you.
- Refillable cylinders for propane cooking stoves can be purchased and filled here. If you choose to bring your own cylinders, they must be empty to comply with shipping regulations. A two-ring gas stove is a real asset, not only for camping but also for use during power cuts at home. A camping stove of the 'Trangia' type is a useful alternative to the gas stoves.
- A pair of good binoculars and a telephoto lens for your camera are essential if you are interested in the game parks or birdlife.
- Books are comparatively expensive here, as are magazines and international newspapers. It is advisable to take out a subscription to any publications you wish to receive on a regular basis before you leave home. Delivery of the Guardian Weekly and The Economist has proved reliable. Newsweek and Time are regularly for sale as are copies of the Weekly Telegraph and the International Express. There are a number of local daily papers.
- Buy any travel guides, field guides or bird books before you come. Collins produces a set on both animals and birds. The recommended guide for bird watching is Newman's Birds of Southern Africa.
- **You can find tools locally that you may need e.g. battery chargers, jump leads, tow ropes, car tools, foot pumps, pliers, hammers, drills, screwdrivers etc.**

Teaching Aids

The school and its library are relatively well stocked with textbooks, reading and reference materials. You should bring with you your entire favourite teaching materials including any programmes of study for your own use. Videos related to your subject are useful. The school has a computer room with facilities for CD-ROM. If you are not a boarding tutor, you are required to contribute to the extra curriculum and House activities at least two afternoons per week (unless you are in boarding). You may wish to bring with you materials which are useful for this.

Personal Items and Health

You might like to consider bringing a Sterile Medical Equipment Pack available from MASTA, London School of Tropical Medicine, Keppel Street, London WC1E 7HT.

Toiletries and cosmetics are only available in a limited range and are expensive, so you may wish to bring a supply of your preferred brand especially if you have any special needs.

The following is a suggested list of medicines etc.:

Aspirin or paracetamol, antihistamine, rehydration mix, anti-diarrhoea, anti-constipation tablets, antiseptic, vitamins, calamine lotion, Mestranol for vaginal yeast infections, cold/flu tablets, throat lozenges, scissors, gauze, contraceptive, bandages, sunscreen/block, earplugs, chap stick, water purification tablets, syringes, plasters, thermometer, safety pins, steristrips for wounds, lavender oil, cleaning fluids for contact lenses, deodorant, Stereodent for dentures, tampons, hair care products, baby care products, king-size mosquito net, water purifier jug/filter. This is a suggested list and all these are not absolutely necessary.

Clothing

The climate in Malawi is mild for most of the year. However it can be very hot in October and quite cold in June/July. November/December/January can be very wet, so you will need a full range of clothes from very light cotton to jumpers.

Teachers are expected to dress in a professional manner, which includes ties for men. You will be required to wear white when acting as an official on sports' day and at the swimming gala. There are few formal school occasions where formal clothes are required.

You will need sports kit for supervising afternoon house activities; a track-suit is handy for the winter. School track suits may be bought here for K4,000.

Clothing in general tends to be casual; many people wear shorts, T-shirts and sandals when not working.

Bring shoes, sandals, and sports/dance footwear with you and any special clothing you need for sports and leisure activities, including swimming costumes and sun hats.

Household insurance

The school is not covering your household items; therefore we would strongly advise you to take out an insurance policy in UK to cover all your belonging. Some teachers are using Endsleigh Globetrotter.

Pets

Some people have successfully shipped the family cat/dog to Malawi. However, this is an expensive exercise. Pet food is available here and there are vets, who offer the usual range of services. Protection against rabies is a must. As pet products of all kinds are expensive, it is advisable to pack a good supply of flea collars, shampoo, spare lead and collar. Basic sleeping-baskets are available. There are kennels in Blantyre.

6. Babies and Children

Schools

Children of staff generally attend St. Andrew's Primary School or Phoenix International School but there are other good schools in Blantyre. It is advisable to obtain a uniform list prior to departure. It is advisable to bring good quality black school shoes, white ankle socks for girls, navy blue swimming suit/trunks for SAIPS and SAIntS, navy blue jumper/cardigan.

Parents are responsible for taking their children to school. However, for the first month the school pickup will take the children to school while parents organise their transport.

Clothing

Clothes are available locally, but of a very limited range, and the clothes are not always of good quality or to your taste. It is advisable to bring a stock of shoes/trainers, underwear, T-shirts, sweatshirts and swim wear. Cotton dresses and shorts can be made locally by a tailor. For younger children raincoats and wellies are a good idea for the rainy season.

Toys/games/presents

Try to bring a selection of games and books, as the local supply is limited. Most recreation is out-door, so bicycles, swings etc. are a good idea. Local video shops do have a selection of children's videos, but you may want to supplement these with your own. Children are often invited to birthday parties, so a stock of presents is useful. Also presents for your own children's birthdays and holidays are good, if you want to give something special.

Babies

There are quite a lot of babies around and therefore there are baby groups to join. There are good paediatricians and gynaecologists. It is possible to have a baby here although aftercare is lacking. Any baby equipment is available at a price, so it is worth bringing most equipment with you. Vaccines are usually available. Disposable nappies are twice the price in the UK. Good nannies are readily available, but check references.

7. Ticketing and Departure

General

Ms M Kaitano, Personnel Officer/PA to the Headmaster will arrange all flights to Malawi. Prepaid tickets are arranged and these must be collected from the Information Desk at the airport on the day of departure. You will be required to check with the airline office in your area to confirm that your details are on their computers.

N.B. The school only pays for tickets for staff recruited and their spouses. No tickets are bought for 'partners' when staff are not married.

What you need on arrival

It may take several weeks for your freight to arrive. Check your baggage allowance with the airline, it is usually in the region of 21 kg.

You are advised to bring the following with you:

Swimsuit, tea towels, sufficient clothes (including teaching clothes), personal toiletries, suntan lotion, a hat, alarm clock, torch, guide book, reading book, some teaching resources.

8. Arrival

During your first week we will make plans for you to be shown around the school and the town. We will send you a detailed schedule before your departure or have it ready for you upon your arrival in Malawi.

Bank.

We normally recommend staff to use First Merchant Bank in Malawi, and upon your arrival we will try to organise all papers that you need to fill out, so it is just a matter of your submitting the papers to the bank. The bank also needs a copy of your passport.

Currently a savings account with First Merchant Bank is offering an interest of approx. 26%.

Temporary Employment Permits (TEPs) are necessary in order to remit money to UK, and you can remit up to 2/3 of your net salary each month.

Foreign exchange in cash or travellers' cheques can be purchased up to three times each year with proof that you are leaving the country. The maximum limit each time is \$3000.

Medical Matters

The emergency phone number for the police and ambulance service in Malawi is 199.

Upon your arrival you are offered an information package, which includes medical applications to MASM and International William Russell and life insurance or BUPA. These can take up to 6 weeks to process and it would be a good idea for you to organise - from your home-country - a medical insurance to cover you for the first couple of months.

SAIntS has two qualified nurses on site.

9. Housing

Your accommodation

For all staff hired overseas housing is rent-free.

We have in total 36 houses and flats; 18 are off campus and 18 are on campus.

Management and boarding staff mainly occupy the houses and flats on campus, and the outside houses/flats are either based just off campus or around town.

If you have certain requests for accommodation, we will of course try to accommodate these. However, as we only have a certain number of houses and flats available from teachers leaving, it might not be possible for us to fulfill your request.

What does the school provide?

We normally provide as a minimum in each house / flat:

- 1 x double bed
- 1 x single bed
- 1 x lounge suite (1 x sofa, 2 x chairs + coffee table)
- 1 x dinner table, 4-6 chairs
- 1 x chest of drawers
- 1 x sideboard
- 1 x shelves
- 1 x fridge / freezer
- 1 x cooker
- curtains

Last year we also provided new teachers with the following in each house, and we will try to provide the same for you when you come in September:

- Shower curtain
- Dinner set
- Cutlery set
- Glasses
- Kitchen knives
- Kitchen tool set
- Chopping board
- Can opener, peeler
- Pots and pans
- Electrical kettle
- Toaster
- Iron
- 2 x pillows
- Set of Towels
- Ironing board
- 1 x double bed blanket
- Complete duvet cover set (double bed)

These items can stay with you for your whole contract, or you can choose to only keep them until your own baggage has arrived. If you decide to keep these items to use during your stay here, you need to return them in good condition and working order.

We will therefore take a refundable deposit of K15, 000 of one of your first months' salary to cover any breakage, non-working items or loss of items. If there are breakages over K15, 000, you will be expected to pay for these before you leave the country.

We would like to mention that these items might not be of very high standard, and would advise you to bring your own as well.

The school does not provide the following:

- Washing machine or dish-washing machine, as the norm in Malawi is hiring a housemaid or house-man to do the house work, washing, ironing etc.
- TV, video and stereo
- Satellite system. The staff room, however, does have satellite TV.
- Other household items not included in the above.

Utilities

All houses have electricity and water, but not all houses at the moment have phone-lines. This is due to a slow service or lack of available lines at the Telephone Company.

It may, therefore, be advisable for you to bring a mobile phone.

Non-boarding staff pay for electricity, water and their telephone on a monthly basis; boarding staff receive free electricity and water.

Apart from your living expenses, you will have following expenses:

water bills	bills can be expected in the range of MK1500 - 7000 per month
electricity bills	bills can be expected in the range of MK1200 -7000 per month
phone bills	bills will be depending on your usage
fax bills	if you use the school fax machine

Employing your own staff

Most teachers employ someone to work in the house doing jobs such as cleaning, washing, ironing and cooking. Some staff employ a gardener. Staff living off site are also advised to employ a night security guard. Employers are expected to provide uniforms, which are available locally. Teachers currently working at the school are paying wages in the range of MK9,000 – 20,000 per month for a house-maid / -man / cook / nanny. Accommodation is generally provided for domestic staff and their family in a separate room/block nearby or a small housing allowance (10%) is given.

The teachers, who occupied the house/flat that you are going to take over, might ask you whether you want to take over their domestic staff. If you do not feel comfortable doing this, please refuse. There is normally not a problem finding your own servants when you come here, but references must be taken. Please make sure you give a letter of appointment to everyone you employ stating clearly, the terms and conditions under which they are employment. If you need help Maria Kaitano will be able to help.

11. St. Andrew's

Term dates 2009/2010

To give you an idea of the school year:

TERM 1: 14 WEEKS

Inset Day: Monday 31st August
School starts: Tuesday 1st September
Half Term: Monday 19th October to Friday 23rd October
Public Holiday: Mother's Day, Thursday 15th October.
End of Term: Friday 4th December

TERM 2: 13 WEEKS

Inset Day: Monday 4th January
School starts: Tuesday 5th January
Public Holiday: Chilembwe Day, Friday 15th January, Martyrs Day Wed. 3rd March
Half Term: Monday 15th February – Friday 19th February
End of Term: Thursday 1st April

TERM 3: 11 WEEKS

Inset Day: Monday 19th April
School starts: Tuesday 20th April
Public Holidays: Monday 3rd May (Labour Day) Friday 14th May (Kamuzu Day)
Mid-Term Holiday: Monday 31st May, Tuesday 1st June
End of Term: Friday 2nd July

The Staff

The teaching staff, who number 48 come from a variety of countries. Many are British, a smaller percentage are Malawian, American, South African and Zimbabwean. A number of staff have settled in Malawi.

The School Week

The school day comprises eight 35-minute lessons. Teachers (not in Boarding) are involved in one afternoon of House Activities and one afternoon of Club Activities. All teachers attend Tuesday and Thursday staff briefings and one student Assembly per week; form tutors attend the relevant House Assembly. The teacher on duty for the week (teachers not in Boarding) supervises School detention.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6.55		Staff Briefing		Staff Briefing	
7.05	Registration	Registration	Registration	Registration	Registration
7.15-7.25	House Assembly	Tutor Time	Tutor time	School Assembly (Rotating)	Tutor time
7.25	1				
8.00	2				
8.35	3				
9.10	4				
Break 9.45					
10.10	5				
10.45	6				
11.20	7				
11.55	8				6 th form lessons or House/Subject Detention
Lunch 12.30					
1.30-3.30	C & M House activities	N & S House Activities	Club Activities	Club Activities	School Detention
3.30	HoD/PCC/Staff meeting on rotating basis	As Monday			

The House system

The school is divided into four Houses: Chiradzulu, Michiru, Ndirande and Soche. Their primary function is to oversee the pastoral care of the students. Most teachers who are not part of the boarding team will be allocated to a form group within a House. They meet their form class every day between 7.05 and 7.20 am. The House also meets for an assembly once a week on a Monday. The form tutors may also be responsible for the delivery of a PSE programme to their group once a week. The Head of House will also call meetings of the tutors in the House to discuss any students who may be causing concern and decide on what support structures and action might be implemented in each case.

Chiradzulu and Michiru have afternoon activities on Mondays and Ndirande and Soche on Tuesdays. The students train for, and take part in, a full programme of Inter-House sporting competitions which runs throughout the year. The emphasis is very much on participation and enjoyment. At the end of the year points are totalled, based on performances in the sports' competitions and taking into account the effort students have put into their academic studies.

Thanks to the tutor system, students and teachers at SAIntS come into regular contact in less formal environments than the classroom and this contributes to a genuine mutual respect, which pervades the whole atmosphere of the school.

Facilities

Sporting facilities comprise a large out-door swimming pool, gymnasium, squash, tennis, basketball, volleyball, cricket rugby and football.

There are two computer rooms and Internet and e-mail facilities are available to students and staff. There is a large hall/theatre which caters for the whole school, a studio which is used for dance and drama and a school library.

Academic information

St. Andrew's International High School broadly follows the English National Curriculum at Key Stage 3.(Yr7-9) and the IGCSE or GCSE courses at Key Stage 4 (Yr10-11). For post 16 students, the traditional 'A' Level courses are offered in a range of subjects. Numbers have increased over the years and we now have five form entry throughout the school. Class sizes vary between 15 and 26, depending on the ability level of the students. Many 'A' level classes are smaller.

The students in years 7 to 9 following a broad English National Curriculum, study the following subjects: English, Mathematics, Integrated Science (Yr7+8 only), Chemistry, Biology, Physics (Yr9 only) History, Geography, French, Music, Drama, Art, CDT, IT, Physical Education and PSHE.

The general policy is to set students for Mathematics and English and to stream for other subjects. This is always being reviewed. New students are allocated to classes using information supplied by the previous school, a Cognitive Ability Test set by the school, and in some cases, a specific mathematics and /or English placement test. Such placements are regularly reviewed and students can be moved from one group to another depending on their effort and development.

Students in Year 10 begin their two-year IGCSE/GCSE courses. Although there must inevitably be a certain amount of specialisation, the School is committed to providing a broad and balanced curriculum at this level. Compulsory core subjects include English Language and English Literature, Mathematics and Core PE. Students elect to study a maximum of six additional subjects from the following range: Art, Biology, Chemistry, Business Studies, Accounts, Economics, CDT, Drama, Food Science, French, Spanish, IT, Geography, History, Music, Physical Education and Physics. Student Support is provided through a Support Studies option. Students who are suitable for this are decided following a discussion with the Student Support Coordinator, the student, the parents and the Deputy Head Curriculum.

Most students in the sixth form currently follow an academic curriculum based on four AS and 3 A2 GCE subjects of their choice. The following subjects are available at AS and A2 Level: Art, Biology, Business Studies, Chemistry, Computer Science, Design Technology, Drama, Economics, English, Food Science, French, Spanish, Geography, History, Mathematics, Music and Physics. Students will also follow a non examination course in Life Skills which focuses on aspects of life not covered in the curriculum.

Throughout the school, there is a careful and consistent monitoring of the academic progress of each student. In addition, meaningful targets and value added analyses are used to ensure that every student works to his/her maximum capacity and reaches his/her full potential.

This monitoring is supported by a reporting and communication system with parents where the role of the tutor plays an ever increasing part.

12. Transport

Vehicles

SAIntS is approx. 2 miles from the city centre. Urban public transport is overcrowded and services stop early in the evening. Public transport outside of Blantyre serves all areas of the country. There are express bus services between main towns. Travelling to smaller towns or remote areas involves catching a bus, which moves slowly and stops frequently. Trains are slow and are used mostly for freight. It is, therefore, true to say that you will need a vehicle.

Because of the high import duty charged (up to 160% depending on engine capacity) on non-commercial vehicles, cars are fairly expensive in Malawi. Pick-ups, as commercial vehicles, are charged import duty at 21%. Twin-cab pick-ups are therefore a good buy.

Where to buy

- Noticeboards: Blantyre Sports Club, Limbe Sports Club, PTC, Premier Foods, Saver's Choice, Shoprite, Game, Peoples Supermarket
- Newspapers: 'The Nation' and 'The Daily Times' are the best.
- Dealers: Halls Cars, Duwe Motors and Fairwell Motors sell cars on behalf of customers. Obviously they charge for this service. Highway Automotive rebuilds damaged government Land Rovers and other 4WD vehicles. Their prices are attractive, but some staff have had bad experiences.
- Word of mouth: Probably the best way.

Which manufacturer?

All the following are common in Malawi:

Toyota, Mazda, Subaru, Nissan, Mitsubishi, Datsun, Isuzu, Peugeot, Renault, Landrover, Volkswagen, BMW, Mercedes Benz, Opel, Ford.

Some Toyota or Ford models sold in Europe are not sold here. Spare parts are extremely expensive, about 300% higher than in Europe. They are available for models commonly found here. Finding a spare part for e.g. an Alfa Romeo is almost impossible. Because of the high cost of maintaining vehicles it is sensible to buy the best which you can afford.

4WD

Almost all of Malawi's major roads are tarmac. 4WD capability is not often required, but the size and durability of larger vehicles is desirable. Smaller cars tend to get damaged by the road conditions; steering racks, suspension components, drive shafts etc. do not easily withstand the punishment. Some minor roads become muddy and therefore impassable by 2WD vehicles in the rainy season. A 4WD vehicle aids access to some beautiful wilderness areas.

Motorcycles

Local dealers only stock small Japanese motorcycles and spare-parts. Some larger second-hand bikes are available occasionally. Motorcyclists are not highly respected by other road users and road surfaces can be hazardous. For these reasons urban motorcycling is fairly dangerous. On a rural road, in good weather, with a larger bike, motorcycling is a great way of travelling. It should be noted that between mid-November and April, rainstorms are often torrential.

Loans

The school offers staff car loans repayable over the duration of their contract. Interest is charged at half the bank rate (which makes about 25% per annum).

It is better though to sell your car in the UK and use the money to purchase a car here in Malawi. We strongly recommend this course of action.

Accidents

Accidents attract huge attention. Vehicles should remain in the accident position and police should be summoned. It is necessary to have a written Police Report before making an insurance claim. Insurance companies proceed quickly on receipt of the Police Report.

Accidents involving pedestrians can be volatile situations. If onlookers perceive that the motorist was at fault they may become very aggressive. Police have advised that motorists should not stop at the scene, but should proceed to the nearest police station to make a report. This is obviously against most people's instincts. Many motorists who have stopped immediately and taken the injured pedestrian to hospital have not experienced hostility. This booklet offers no advice on the subject. Those unfortunate enough to be involved in such an incident should attempt to gauge the mood of onlookers around them.

Servicing your car

The school has its own mechanic, who can service your car. He will charge K350 per hour. However, if you feel more comfortable going to an outside mechanic, then talk to some of the existing staff to find out who can best service your car.

Price of petrol

Petrol at the moment is K215. (about 95p).

Diesel K200 per ltr .

Insurance

Local insurance companies will accept statements of no-claim bonuses from your current insurance company.

Blackmore, based in London, will insure a vehicle for you. The premium, which is cheaper than that charged here, is paid in sterling, as is payment made in their settling a claim. You should ask them for quotes based on the sample prices here, take some of their forms and apply from here when you find a vehicle. **OR SEE STEPHEN WIMBUSH (IF HE'S HAPPY TO HAVE HIS NAME ON THIS !!)**

13. Health

Staying Healthy

Staying healthy in Malawi is mostly a case of common sense, good hygiene techniques, food cleaning and storage, use of a well-stocked first aid kit and a mosquito net. Booking in with a local doctor soon after arrival will ease your William Russell / MASM / insurance applications. You need to join a medical scheme within 2 weeks of arrival. The school can only cover any medical expenses for the 1st 4 weeks.

The school surgery holds a variety of drugs on site and medically trained personnel can prescribe courses of antibiotics and arrange tests for sick staff or appointments with a local doctor.

Medical plan

Staff are placed upon a Malawi Health scheme called MASM and William Russell (UK based) International cover. Make sure to have a medical insurance organised from UK for the first month in Malawi, as we can only start putting you on a medical scheme when you arrive.

Staff members and their spouses and families can join the William Russell scheme. The school pays 50% of the subscription fee of whichever medical scheme they join

There is a newly built, good hospital with admission facilities within 2 kilometres of the school.

• MASM

Medical Aid Society Malawi (MASM) cover is quite basic, covering patients for certain medicines, emergency dental treatment / Doctor / specialist consultations and hospital care etc. in Malawi. It takes approx. 1-2 months for MASM to process your papers and accept you onto their scheme. Joining the VIP group of MASM is K4,000.00 per month per person. You can also join MASM – Platinum VIP or Super VIP.

• William Russell

If staff need to be medically evacuated / flown out of Malawi (after recommendation of an approved doctor) or referred to outside Malawi specialists etc. This can be done by joining MASM Platinum VIP or Super VIP and obtaining pre-authorisation from the Health International Group Limited's Director. Additional William Russell care can also be taken as a safety top-up.

The school pays for half of the William Russell scheme and the remaining costs are taken out of salaries at source.

Following are currently quarterly subscription prices for William Russell:

<u>WILLIAM RUSSELL</u>	
AGE	PREMIUM
1 ST child	52.25
2 nd	39.25
3 rd child	26.25
18-24	79.25
25-29	85.50
30-34	100.75

35-39	106.75
40-44	134.75
45-49	162.75
50-54	209.25
55-59	257.00
60-64	321.50
65-69	409.50
70-74	525.75
75-79	665.00

Hospitals

1. Mwaiwathu Private Hospital: A new and up-to-date hospital on the mission grounds between the bus station and St. Michael's CCAP church. Reasonable costs.
2. Blantyre Seventh Day Adventist Private Hospital: Kabula Hill, Blantyre, near the Hong Kong Restaurant.
3. Queen Elizabeth Central Hospital: Chipeta Avenue (on Kamuzu Highway), P O Box 95. Phone: 01 630 633. This is a government-run hospital and the key hospital in Malawi. It has 3 private wards: two medical / surgical and one maternity. The QECH runs a malaria-project around the clock, and for a small fee anyone can get blood tested for Malaria and get the results immediately. QECH casualty department is free. The medical staff are connected to the University of Malawi Medical School and many foreign consultants are employed.

GPs

Ask staff for personal recommendations:

1. Dr. Dzinyemba, P O Box 5498, Limbe
2. Dr. Gatrad, Livingstone Avenue, P O Box 152, Blantyre, Tel: 01 623 904
3. Dr F O Kidy, Glyn Jones Rd, Blantyre, Tel: 01 624 279 /624 909
4. Dr. M I Molina, Chilembwe Rd, P O Box 564, Blantyre, Tel: 01 633 808
5. Dr. Mukadam (Mr. & Mrs.), P O Box 5465, Glyn Jones Rd, Tel: 01 621 120
6. Limbe surgery: Churchill Rd, Tel:01 640 901.
7. Dr. Rita Thejopal, Blantyre.

Opticians

1. A H Rivon & Sons Ltd, Chilembwe St. P O Box 463, Blantyre, Tel: 01 633 908
2. A C Optical Ltd, Henderson St. P O Box 151, Blantyre, Tel: 01 620 597
3. Penny Optical, Queen Elizabeth Hospital campus
4. Another centre is in the premises of Blantyre Adventist Dental surgery.

Dentists

1. Dr. B A Girach, Henderson St. P O Box 728, Blantyre, Tel: 620 774. She is now based in Harare, Zimbabwe, but comes occasionally to Blantyre to her clinic.
2. Dr. D K Makadia, Chayambe Building, Victoria Avenue, P O Box 948, Blantyre, Tel: 01 624 686
3. Dr. C K Makadia, Churchill Rd, P o Box 51555, Blantyre, Tel: 01 640 564
4. Blantyre Seventh Day Adventist (Malamulo): Kabula Hill, P O Box 51, Blantyre, Tel: 01 620 006 Has a clinic with 2 full time dentists and an occasional visiting orthodontist.
5. Dr. Chimimba, Hannover Street, Blantyre. Very good dentist.

Chemists

1. Mudi Pharmacy Ltd
2. Malawi Pharmacies Ltd, Limbe
3. Kabula Pharmacy
4. One-stop Pharmacy
5. Michiru Pharmacy

Pregnancy

GPs are well qualified in Blantyre to offer ante-natal and post-natal care in the form of check-ups and care. Basic tests are carried out here with more complex ones such as amniocentesis being analysed in

South Africa. Deliveries take place in hospital, as Malawi is not geared equipment-wise for advanced community deliveries. Child immunisations are available via your GP.

Grou Life Assurance

Provided through AON Malawi Limited.

14. A bit more about Chichewa

Chichewa is a very structured language with the addition of prefixes and infixes changing the meaning of basic words. For example: Kupita = To go, Ndikupita = I am going, Ndidzapita = I will go.

Many more modern words are just Chichewanised English: Bread is Buledi, Store is Sitolo, School is Sukulu etc.

There is only one book available on Chichewa. It is written by a missionary for missionaries, and it tends to assume that the reader is steeped in the language and is short on examples.

Some useful words and phrases:

Please	Chonde
Thank you	Zikomo
How are you?	Muli Bwanji
I'm fine	Ndili Bwino
OK	Chabwino
What is this?	Ichi ndi chiyani
...in Chichewa	Ichi ndi chiyani pa Chichewa

15. Bibliography

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Malawi, Mozambique and Zambia, Lonely Planet Guide
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The Tropical Traveller – The essential guide to travel in hot countries, John Hatt, Penguin
Collins Guide to Tropical Plants, Collins
Newman's Birds of Southern Africa, Southern Book Publishers
Birds of Malawi, Kenneth Newman, Southern Book Publishers
The Scramble for Africa 1876-1912, Thomas Paxenham, Abacus books
Travellers' Health Doctor, Richard Dawwood, Oxford University Press
Staying Healthy in Asia, Africa & Latin America, Dirk Schroeder, Moon Publications
Where there is no doctor (for Africa), David Werner, Macmillan Publishers
The birds of Malawi, Benson and Benson, Montfort Press, Limbe, Malawi
Mammals of Malawi, Ausell and Dowsett, Trendrine Press, Zennor, Cornwall

APPENDIX A: Cost of Living Schedule for the month of: March 2009

ITEM	BRAND	QUANTITY	PURCHASED	COST
Fillet Steak	Local	1kg	Shoprite	2289.99
Pork Sausages	Ori	500g	Shoprite	839.99
Fish Fillets	Local	Pack of 6	Peoples Supermarket	598.00
Tuna	John West	185g	Shoprite	429.99
Chicken	Local	1kg	Shoprite	619.99
Milk	Suncrest First choice	500ml	Shoprite	79.99
Tea	Rabs	250g	Shoprite	158.99
Coffee	Nescafe	100g	Shoprite	879.99
Coffee	Mzuzu	500g	Shoprite	1359.99
White Bread	Shoprite bakery	1 loaf	Shoprite	180.00
Cereal	Weetabix	450g	Shoprite	469.99
Butter	Moi River	500g	Shoprite	1089.99
Margarine	Buttercup	500g	Shoprite	499.99
Cooking Oil	Superstar	1 litre	Shoprite	519.99
Cheese	SA cheese	500g	Shoprite	1499.00
Eggs	Local	1 unit/10 eggs	Shoprite	779.99
Sugar	Local	1 kg	Shoprite	125.00
Baked Beans	Heinz	435g	Shoprite	219.99
Toothpaste	Colgate	100ml	Shoprite	239.99
Soap Powder	Surf	1kg	Shoprite	599.99
Soap Powder	Daisy	1kg	Shoprite	499.99
Washing Up Liquid	Daisy	750ml	Shoprite	299.99
Orange Squash	Sobo	2 litre	Shoprite	299.99
Beer	Carlsberg Green	1 bottle	Shoprite	89.99
Fizzy Mineral	Coke/Fanta	Bottle	Shoprite	45.00
Gin	Malawi Gin	750ml	Shoprite	899.99
Tomato Ketchup	Tomango Rite	375ml	Shoprite	239.99
Cake Flour	Snowflake	1kg	Shoprite	639.99
Rice	Tambala	1kg	Shoprite	639.99
Potatoes	Local	1 kg	Market	50.00
Tomatoes	Local	Heap of 5	Market	50.00
Carrots	Local	Bunch of 4	Market	50.00
Cauliflower	Local	Medium	Market	100.00
Green Peppers	Local	Heap of 4	Market	50.00
Apples	Imported	1kg	Shoprite	799.99
Bananas	Local	Medium bunch	Market	100.00
Maize	Gramil	20kg	Shoprite	1289.99
Toilet Rolls	Local	1 roll	Shoprite	779.99
Pasta	Fatti's	500g	Shoprite	450.99

Miscellaneous				
Meal in Restaurant	-	3 courses	Hostaria	K 2500.00
Golf	-	9 holes	BSC	K 2000.00
Petrol	-	1 litre	Oilcom	K 215.00
Haircut & Blow dry	-	-	Weedals	K 3700.00
DVD rental	-	-	Video Centre	K400.00
Photograph Developing	-	24 prints	Greens	K 800.00
Local Newspaper	Nation	1	TBS	K 90.00
Membership for Golf Club (single)				K40,000.00