

WAIT Workshop in Poland (3-5 November 2017)

On the 3rd November, the WAIT team ventured into Poland as they were invited to host a workshop. The aim of the workshop was to educate young people about the importance abstaining emotionally and physically. The team boarded the plane around 5:30 and landed in Warsaw around 9pm, upon arrival Martha Kral took the responsibility in helping the team arrive at the Peace Embassy safely. The team where warmly welcomed by the STF (Special Task Force) leaders who were extremely kind in providing a dinner and introductions.

Day 1



WAIT and STF started the day at 6am with morning inspiration, followed by breakfast. A few hours before the workshop had begun, the staff took the time to arrange groups. At 10 am sharp, the WAIT team welcomed the participants with ice-breakers lead by Kieran Hoyte. This was the chance for everybody to get to know each other through active interaction. After the ice-breakers, Tracy, Carmel and Kieran gave a short talk about why they joined WAIT and how it has positively impacted their lives. Following that, Marshall De Souza the chairman of WAIT UK gave a lecture about the history of WAIT and what activities the team were up to in the previous years. This was a good insight into the many accomplishments of the team through their outreach programme. After the History of WAIT Shinjin, a leader from STF read out the names in each group, which then led onto a game of charades guided by Tracy. The purpose of the game was to introduce the WAIT Rules which each member should understand and abide by. One person from each team had to go to the front to receive a WAIT rule and act it out to the rest of their team. The team who got to their last rule first was the winner! To get the understanding of the rules more concretely Tracy and Kieran explained each rule to the participants, including the three development stages. At 12:30pm the workshop took a break for lunch. The team were really spoilt when it came to meal times as the cooks made extremely tasty meals for everyone.



After lunch, the WAIT UK wanted to give a small taster performance to showcase the different acts WAIT has to offer. Kieran started it off with a free-style session. He really lifted the spirit whereby everyone had the chance to show off their talents through some upbeat music. After the free-style session Carmel and Tracy presented a different aspect of the arts when they performed 'Don't kill my Vibe' by Sigrid. In the next session, the participants could choose to be in either a dance or music group where they would learn a new dance or song. This session lasted for a few hours. The session encouraged them to explore their confidence within the performing arts. Many of the participants in the dance group expressed that they had enjoyed their time learning the choreography because they were already involved in this art form!



Following dinner, the programme re-commenced with a lecture given by Carmel on "12 Reasons to Abstain". The aim of the lecture was to teach the youth why it is important to keep their purity until they are ready to commit to a relationship, and how vital it can be to their emotional, physical and social well-being. The participants listened very attentively to the lecture and took notes. After the presentation, we ended the day with an inspirational movie called "Spirit", and lights went out around 10pm.

Day 2



The group started the day at 7am with morning inspiration led by Mr Marshall about what it means to be a WAIT member. He shared about his 12 years of being chairman of WAIT which was a great insight into learning how members can be raised into leaders, and make a positive impact on society. The participants were inspired to hear about the amazing activities WAIT could organise; 2007 in particular was a very successful year as they were able to visit Uganda, Switzerland, Ireland (twice)! After breakfast, Kieran gave an important talk about the Biology of HIV and AIDS. As an organisation promoting awareness of sexually transmitted diseases, it is important that our members know the scientific factors that make a person HIV+ so that they become more aware of the choices they make. Following that, Kieran led a quiz about his presentation, so that the participants could better their understanding about HIV and AIDS. After lunch, we held practice sessions for the dance and music groups to finalise their pieces before the graduation ceremony.



Graduation

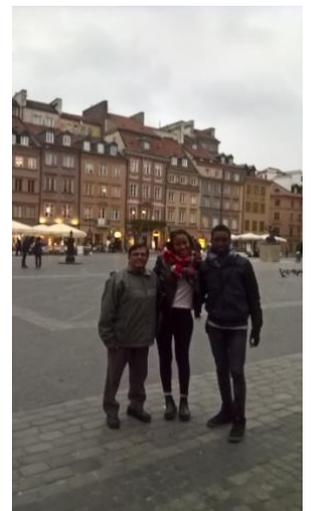


Prior to the graduation ceremony, there were testimonies from Carmel, Kieran and Tracy, about their most valuable memories in WAIT. Following that, the Graduation Ceremony began. The workshop welcomed the parents into the hall and Tracy began by explaining a little about the organisation. Then the music group performed. They sang two songs: first, the Polish/English song called “My whole Heart” which they composed together; secondly a traditional WAIT song, “Hero”. Both were extremely moving for the audience to listen to! Next followed, the chairman, Mr Marshall, who said some kind words about the UK team, and also briefly shared about the history of WAIT to the parents. Then, the dance group performed what they had learnt - a dance called ‘Machine’ which was previously learnt by the UK and Filipino teams. The Graduation ended with the handing out of certificates to all the participants; the UK team received gifts from Martha Kral, and one last group photo was taken!!



Sight-seeing

Departing after making friends is never easy! However, we had to say our goodbyes and return to London... Before departing from Warsaw on Monday, Martha Kral kindly took the team for a bit of sight-seeing so we were able to go through part of the city and then make it for the airport.



25 youth took part in this 2-day WAIT Workshop in Poland! Together with their new understanding and T-shirts, they are now empowered to promote WAIT elsewhere...

(Report by Tracy Omondi and Marshall de Souza)