

## Kenya and Uganda 2017 Tour Report by Katrina Burt

Having heard about the Netball Development Trust through an appeal they had for used kit, I looked them up online and after reading the blogs and watching some videos I immediately contacted them for details about joining the 2017 tour to Uganda and Kenya. I was sent information and applied to join the team. The handbook was extremely helpful and after having a meeting with Julie (-who immediately settled any worries I had), I was ready to go.

After meeting at the airport and undertaking a very long flight we arrived in Uganda and made the trip over to Bungoma in Kenya. I must say that the various accommodations we stayed in throughout the three weeks were a lot better than I thought they would be, with comfy beds, warm showers and electricity (-most of the time!)

For me one of the main highlights of the trip was meeting so many amazing people. The Kenyan team were extremely welcoming and I felt to be in safe hands the whole time. The work that they, and all those involved with NDT, are doing out there is truly inspiring and I am thrilled to have been a part of it.

Coaching in both Uganda and Kenya was so very enjoyable, the children were eager to learn and willing to give anything a go and all the mentors and coaches were so helpful and enthusiastic. Being adaptable was key - especially when marking out courts with shoes, clothes and pretty much anything we could find - but this all added to the fun! We had a meeting every evening to plan and be organised for the following day and the coaching manual was very useful for this, as it contained loads of great practises/games.



Not only did we coach during the first week we also got the chance to go into local schools to hand out pads as part of the sanitary pad appeal. Getting the chance to talk to the girls first hand helped us to understand how something which we take for granted as being easily



accessible here could have such an impact on the lives of these pupils. Without the scheme they would often have to miss school and in any games or sports would be constantly worried about 'leaking' in front of their peers whilst using old rags.

For the last week we returned to Uganda to deliver the first ever 'Train the Trainer' week, teaching local volunteers how to advance

the coaching once we had left. Once again they were so eager to learn and I really felt that

we were leaving a legacy, as they all seemed so keen to try out these new practises on their players.

I would encourage anyone to try and participate in one of these tours as not only do you get to help make a massive impact on the lives of so many people, but you also get a taste of traditional African life. We tried local foods (I'm still craving chapatis!) and took part in local tourist activities (the white water rafting down the Nile was epic). My time travelling with NDT was such a fantastic eye opening experience and I will hopefully get the chance to go on another adventure with them soon!



**Katrina Burt**  
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