



# FOUNDATION YEAR

 A Family Legacy Program for Higher Education

PREPARATION  
beyond High School

Finishing the 12th grade is a tremendous accomplishment in Zambia and something we celebrate and cherish for all of our graduates. A high school education is an important component of students' future success; however, other skills and abilities are also critical in enabling them to reach their full potential. To further invest in the growth and development of our students after high school, Family Legacy has developed the Foundation Year program to train, teach, and empower these young men and women.

The Foundation Year provides personal and professional development to our graduates through:

- Life Skills Seminars - Monthly workshops to teach critical skills such as time management, budgeting, interviewing, and resume writing
- Trades Program - A six-month program at a certified trade school that provides students with an introductory knowledge of a vocational skill
- Paid Internship - A three-month position at a local Lusaka business designed to give students valuable hands-on experience in the workplace



Financial literacy helped me so much to know how to spend money wisely and how to make a budget. I have improved in tithing, saving and spending wisely. I am very happy because I now know the real value of money. I have now bought a small home bank where I save 10% of my day to day income. I want to save as much as I can for my future use.

—WATSON on Financial Literacy

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## LIFE SKILLS SEMINARS

Sometimes the most important skills are not academic. In recognition of this, our staff and community partners have developed weekly workshops designed to properly prepare students for independent living and future endeavors in education and work. These seminars include:

### PROFESSIONAL DEVELOPMENT

- Office etiquette
- Leadership training
- Financial literacy and budgeting
- Business development
- Interview skills

### PERSONAL DEVELOPMENT

- Building and maintaining healthy relationships
- Conflict resolution and decision making
- Spiritual development—how to represent Christ well
- StrengthsFinder from Gallup assessments and self-awareness



Many are the times that people walk blindly without goals or plans for the future and we see them not succeeding. Goal setting requires one to have a desire, a dream, a plan, and be disciplined. One must be focused and also be confident. A person should be hard-working as you might have a dream and plan but without hard work one is bound to fail. As a result of this topic, I checked myself, looked into my future, my dreams and my plans. Now I am working on the things that I need for me to be what I want in the next 10 years.”

—SABETA on Confidence Building and Self-Awareness

## TRADES PROGRAM

Training in a marketable skill that can provide employment opportunities is an important step in helping our graduates become self-sufficient. Working with local trade schools in Lusaka, our staff enroll students in six-month vocational training programs based on their interests and abilities such as:

- Auto Mechanics
- Carpentry
- Electrical
- Fashion and Design
- Hospitality
- Etc.

At the end of the program, students receive an official certificate from an accredited school which they can share with prospective employers. They can also pursue more advanced levels of certification following the Foundation Year to build on this training.

## PAID INTERNSHIP

Often, the best training is on-the-job training. Through paid internships, our students gain real-life work experience by serving at a local business or a Family Legacy school to learn the daily responsibilities of the workplace. Through their experience, students learn how to work on a team, manage their time and resources, and put into practice what they are learning in the seminars. Supervisors and Family Legacy staff encourage the students in their work, and the stipend they receive provides support and an opportunity to learn money management.

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I learned that etiquette is good manners that affect our social behavior and guidelines that control the way a good and responsible individual should behave in society. I also learned that good etiquette means punctuality and being consistent with attendance, personal appearance, loyalty, being proactive and visible, giving prompt feedback and most important, respect.

—MARTHA on Office Etiquette and Time Management



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## FOUNDATION YEAR SPONSORSHIP

Sponsorship for a student in the Foundation Year is \$180 per month with a one-time enrollment fee of \$100. Sponsorships can be split between two sponsors at \$90 per month each, or between three sponsors at \$60 per month each. Sponsorships can also be paid on a quarterly, semi-monthly, or annual basis.

To sponsor a student in the Foundation Year, please email [sponsorships@familylegacy.com](mailto:sponsorships@familylegacy.com) or call the Sponsorships department at 972-620-2020 ext. 4.

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I have learned to run to the Bible for guidance whenever I feel weak. I also realized that the Word of God is a high tower and my refuge. Through Spiritual Development, the amazing touch of Scripture has pierced my soul and has brought harmony in my life. I will keep on reading the Bible as my life has been transformed in many ways.

—SIPHO on Spiritual Development



*An intelligent heart acquires knowledge,  
and the ear of the wise seeks knowledge.*

—PROVERBS 18:15



FAMILY LEGACY