

Ronald A Bradley, Volunteer with Afghans4tomorrow

Summary of trip to Kabul, from November 1 to November 12th, 2013

My first trip to the Afghan4Tomorrow #1 School in Kabul was in late April of 2011. Since I had such a wonderful experience as a volunteer counselor, I was fortunate to be able to return to the school now an independent private school called: *Tomorrow's Afghans Private School*, in November, 2013. I was not prepared for the early winter in Kabul. The temperature was at least 10 degrees lower than expected. The school was very cold with minimal heat. I knew that I could tolerate the cold for a couple of weeks, but I also was very much aware that the young students and their teachers had to cope with the cold weather on a daily basis.

My goal was the same as in the previous trip, to assess the children and the teachers that I counseled with and to share the primary observations and concerns that I had with the principal and the faculty. In spite of the fact that the room that I counseled the students and teachers had no heat, my translator and I worked together well to listen and to provide feedback to over 30 students and teachers.

After a week of hearing mostly stress related concerns, I asked the principal if I could do an in-service for the faculty to share with them the stress factors that I observed. The principal was very accommodating and felt that the in-service on stress management was an excellent idea. I met with approximately 25 teachers, the principal, and assistant principal all together in an hour in-service presentation. After sharing my observations, I provided some coping ideas and suggestions for the faculty to implement.

I felt that the counseling and in-service were well received by the students and teachers. My next goal was to visit the Sultan Razia High School, as invited by one of our former Afghan4tomorrow school students, who is now a sophomore at the Sultan Razia High School. My plan was to spend two days at the school, however; upon arrival was informed that the principal was not there and that I was not permitted to visit the students. I returned to Tomorrow's Afghans School to counsel with a few more students.

Although the weather was cold and rainy, I did manage to take some photos of the children at recess. (see below) I was excited to meet new students and to visit with familiar faces that I met in 2011. I was so pleased to see familiar faces also at the A4T Guesthouse where I stayed. The staff there made all the guests feel comfortable.

After my work at the school, there was a suggestion from the staff that I do a similar workshop for the teachers of the A4T Girls Home Schools in Wardak Prov. Since the area is unsafe for international volunteers, then the Wardak teachers can come to Kabul for an in-service. Perhaps this could be scheduled in the near future.

Ronald A Bradley

Photos taken by Dr. Ron Bradley of the students during recess at Tomorrow's Afghans Private School in Kabul, Afghanistan on 11-9-13.



Afghans 4 Tomorrow School, which opened in 2004, became an independent for-profit school, with an all-Afghan teacher board of directors, on June 1, 2012! The school name was changed to "**Farda-e-Afghanan**" private school or "Tomorrow's Afghans". A4T pledged to continue support with grants to fund the tuition of the poor female students, science fair development, capacity building and continued friendship. Dr. Ron Bradley's counseling of the students and in-service with the staff during his November 2013 trip to volunteer in the school, are examples of A4T continuing its support and friendship with its former school. There are more than 295 students enrolled in grades 1 to 11 in the year-round school . afghans4tomorrow.org