

# **THE HUNGER PROJECT - MALAWI**

## **WORKSHOP ON CHANGE OF MINDSET, LEADERSHIP, VISION, COMMITMENT AND STRATEGY TO END HUNGER AND POVERTY**

## **FACILITATOR KNOW THE FOLLOWING POINTS**

This workshop is very important because:

- it provides an opportunity for people to meet and discuss matters. This consolidates their commitment.
- it enables people to understand the importance of being visionary and it also provides an opportunity for people to set up their vision for what they want to achieve in their lives and their communities.
- it enables people to understand that people are supposed to be self-reliant and work towards developing their own lives.

## **AS A FACILITATOR MAKE SURE THAT THE FOLLOWING HAVE BEEN ACHIEVED BY THE END OF THIS WORKSHOP.**

- People should change their way of thinking and should start believing that hunger and poverty can be combated and that as people who are affected by hunger and poverty, they are the ones with the power to end these challenges.
- People should understand the importance of good leadership for the activities that end hunger and poverty.
- People should have a vision of how they are going to end hunger and poverty and they should have a timeline of when they are going to achieve their vision.
- People should be self-reliant and proud to be Malawian and also for being able to assist the whole world.
- Participants should explain the activities they are going to be doing in their communities in order to realize their vision.

### **In brief, there are three ways to combat hunger:**

- Changing of mindset and believing that hunger can be ended.
- Having a good leadership
- Having a vision for our future
- Commitment
- Hard work

## **GREETINGS**

Firstly greet the participants attending the workshop and introduce yourself to them. Tell them the objectives and the importance of this workshop.

## **WHAT IS THE HUNGER PROJECT?**

Hunger project is not:

- An organization that distributes food for free
- A government organisation
- A representative of any political party.

Hunger project:

is an organization which wants to ensure that people have a better future. A future where people are self-reliant in their country and in the whole world so that they have healthy and profitable lives. In brief, the hunger project's objective is to end hunger and poverty and we believe that the answer to them lies in the wisdom that every person possesses.

Other organizations view poor people as poor but the Hunger project views poor people as solutions to their own problems. There is no person without the wisdom and dignity of humanity. All of us were created with dignity and freedom and being poor is not a punishment from God but it is an outcome of what we are doing. When we distribute things for free, it means we are destroying our self-reliance in life. Furthermore, free things do not have dignity.

## PART ONE

### CHANGING OUR MINDSET

In Malawi, many of us black people believe that we were born in hunger and poverty and we will die like that. This is an absolute lie. There is nothing impossible on the face of this earth. As long as we have commitment, everything on this earth is possible.

As such, the first thing we are supposed to do is to believe that hunger and poverty is not a punishment from God and that hunger and poverty can be a thing of the past if we believe and became self-reliant and hardworking.

## PART TWO

### HAVING A GOOD LEADERSHIP

Without good leadership, this work cannot be effective. As such, we are supposed to have leadership that is supposed to guide us in developmental work. Leadership groups or individuals such as the Epicenter committee, chiefs and other committees which can lead us in this fight against hunger and poverty.

## PART THREE

### HAVING A VISION FOR OUR FUTURE

Most of us we don't realize the importance of having a vision for our future. We see it as a dream that cannot happen at all in their lifetime. Maybe you know this, maybe you do not, but the truth is that everybody has a vision and it is this vision that guides us to do what we do in our everyday lives.

Some visions waste our time for instance deciding to drink beer and not work. Some people's visions indicate that they will have a future full of problems.

We at Hunger project say it is important for us to have a unified vision in Malawi. **For example** = Our vision can be something like this – We the people of ..... (indicate the name of your community) we want to end hunger and poverty in ..... years (indicate the years it will take)

We have to have a vision that will give us a future just as how Nelson Mandela's vision brought freedom for South Africa.

**Where there is no vision people are confused and they become failures.**

## WHAT IS A VISION?

A vision is a promise of how we want our future to be.

We all need to know the following:

- It is possible to fulfill our vision.
- It is important for us to fulfill our vision.
- Having a vision improves our quality of life. Masomphenya amatifikitsa kapena kutipezetsa moyo wapamwamba.
- Having a vision helps us remove fear and helps us to work hard.
- Having a vision removes hatred and disagreements that separates people and it unites us to find what we want.

Our visions are supposed to be based on the following points:

1. Firstly – Our vision should not be representing any political party.
2. Secondly- Our vision is for the future of our country Malawi and not for a small number of people, but for every child, woman and man of this nation.
3. Thirdly – Our vision is for the future that will be made by us the people of .....(indicate the name of your community/village)
4. Fourthly- Our vision is the future that will be realized because of working together and not leaving things to government, organizations, banks and companies alone.

### ACTIVITIES

Now let us imagine (with our eyes closed) a changed future for Malawi, a beautiful future without hunger and poverty. When we close our eyes we should be able to see in our vision that our community here ..... (indicate the name of your community) has no hunger or poverty.

### TELL PEOPLE TO CLOSE THEIR EYES AND IMAGINE THEIR VILLAGE LIKE THIS

They should see a woman or a man as a farmer of sorts of crops and that person should be selling the crops at the market. In the afternoon, they go to the epicenter library to read books and newspapers and also to meet friends in order to talk about development. The woman also has a business and when she is done with household work, she starts doing her business.

Furthermore, this village has its own clinic which is being looked after by the people in that village. Everybody in that village pays K10 every month to assist that clinic. Close to the village or else in that same village, there is a primary school and an adult literacy school and the people there know how to read and write. The village also has clean water, all the people are healthy and every family has sufficient food.

Now think about this village for the second time and imagine if your community/village was like that.

**Now open your eyes.**

How many of you were able to imagine a village like this?  
Put your hands up.

How many of you had difficulties imagining such a village?

Is there anybody who would like to comment on what we have discussed and seen?

**Facilitator:** Do not comment quickly on what the participants are going to say but rather just thank them. Now tell me people that the training is continuing.

When some people hear about our future they think about problems such as war, hunger and poverty. Such thinking shouldn't find a place in our country.

We should only be thinking about good things.

We should think of a future that:

Child, mother and father will have

- a healthy life
- A productive life
- A happy life
- A respectable life
- A self-fulfilled life

This is the kind of vision that we are supposed to have and we should commit ourselves to having this vision as a reality.

As Malawians, if we have such a vision, there will be nobody who will doubt the beauty and prosperity of Malawi.

Let us now look at things we are supposed to have:-

**Sufficient food**

**Safe water**

**A healthy life**

**Education**

**Money.**

Tell one person to read out these things.

Explain every point. Ask people to say some of the challenges that would make these things difficult to attain.

Food – There are different food crops that are grown in Malawi. Although this is the case, many people are affected by hunger. Every year, people complain of hunger. Hunger is in different facets.

Some people die of hunger. Many people die although there is a lot of food in our country.

This type of hunger is called persistent hunger. It is different from the hunger seen in Ethiopia or Sudan which is called chronic hunger.

Sometimes even children die of hunger. Many people do not know that their child has died of hunger. They think that it was malaria or diarrhoea.

We examine hunger by looking at the number of children who have died before reaching age one. We do that by looking at every 1000 children. When there are more than 50 children below the age of one born in that year who have died, then we know that there is silent hunger.

We have now finished talking about vision.

A vision needs to be supplemented with commitment and action from all people. Now we will discuss commitment because without commitment we cannot realize our vision.

## **PART FOUR**

### **COMMITMENT**

Even though we might have a good vision but if we are not committed, we might not realize our vision. The development of our communities is propelled by our vision. Commitment changes a person from poverty to prosperity. Commitment makes us use our skills and the hidden wisdom in us. To have commitment one needs to be fearless. Our everyday life needs courageous people who can fight for freedom. As such we need to commit ourselves wholeheartedly to the fight against hunger and poverty. A committed person needs to openly show his or her commitment. **I therefore ask all those who say they are committed to fighting this war against hunger and poverty to stand up and show themselves to others.**

**Facilitator:** Tell people to clap hands for those who have openly shown their commitment. That is a sign of courage.

## **PART FIVE**

### **WORKING HARD WITH OUR OWN EFFORT**

Now we have reached the last part of our workshop of ending hunger and poverty. The last point is very important in this fight. When we have started working, it means we have started realizing our vision. The ones supposed to work towards eradicating hunger are we the people affected by it. Let us not leave this to anyone else but let us be committed and work hard together with other people.

Some people in Malawi have achieved a lot of things in their communities by doing developmental work in unity. Such developmental work includes building of clinics, schools, bridges, agriculture etc. Hence it is time to realize our vision.

### **FACILITATOR, EXPLAIN THE FOLLOWING POINTS CAREFULLY**

**THE IMPORTANCE OF BEING IN A GROUP-** Research which has been done has shown that people progress when they are in groups and discuss ideas.

**SELF-RELIANCE –** This is very important. People who have progressed are the ones that believe that they can develop with the things they have and not the things they do not have.

**HONESTY –** Being a person who tells the truth, does the right things and does not steal.

**PARTNERSHIP –** working together with others - rich, poor, men or women.

**SKILLS –** Having skills to do things. This is what differentiates us with animals. Being creative about things that can help us.

We should know the following things:

1. There are jobs/activities that we can do together as a family with or without money. This will help us build a better future.
2. There are activities that we can do together as a group. (Ask people to mention some of these activities)

3. When you form a group, you know that you will realize that what you discuss will be heard more. You have power to engage and partner with government, banks and others.

### **WHAT IS MISSING?**

One thing I would like to share with you is that we at Hunger Project, start our work by asking ourselves: What is it that we are lacking? This is a question that can inspire us to work hard.

*Discuss the development activities that have taken place in your community because of the unity and partnership of the people. Discuss the things people can do to develop their lives. Discuss this until you agree. Discuss how you can form partnerships and the people that can help you.*

Now we are ready to start working. We have found an activity that we can do to help change our lives.

Now let us answer a few questions concerning how we are going to work:

Who will lead us?

What should we do first?

When will we do this?

**Now we have reached the end of our workshop. I was happy to be with you.**

**God bless you and guide you as we work together.**

**Thank you.**