

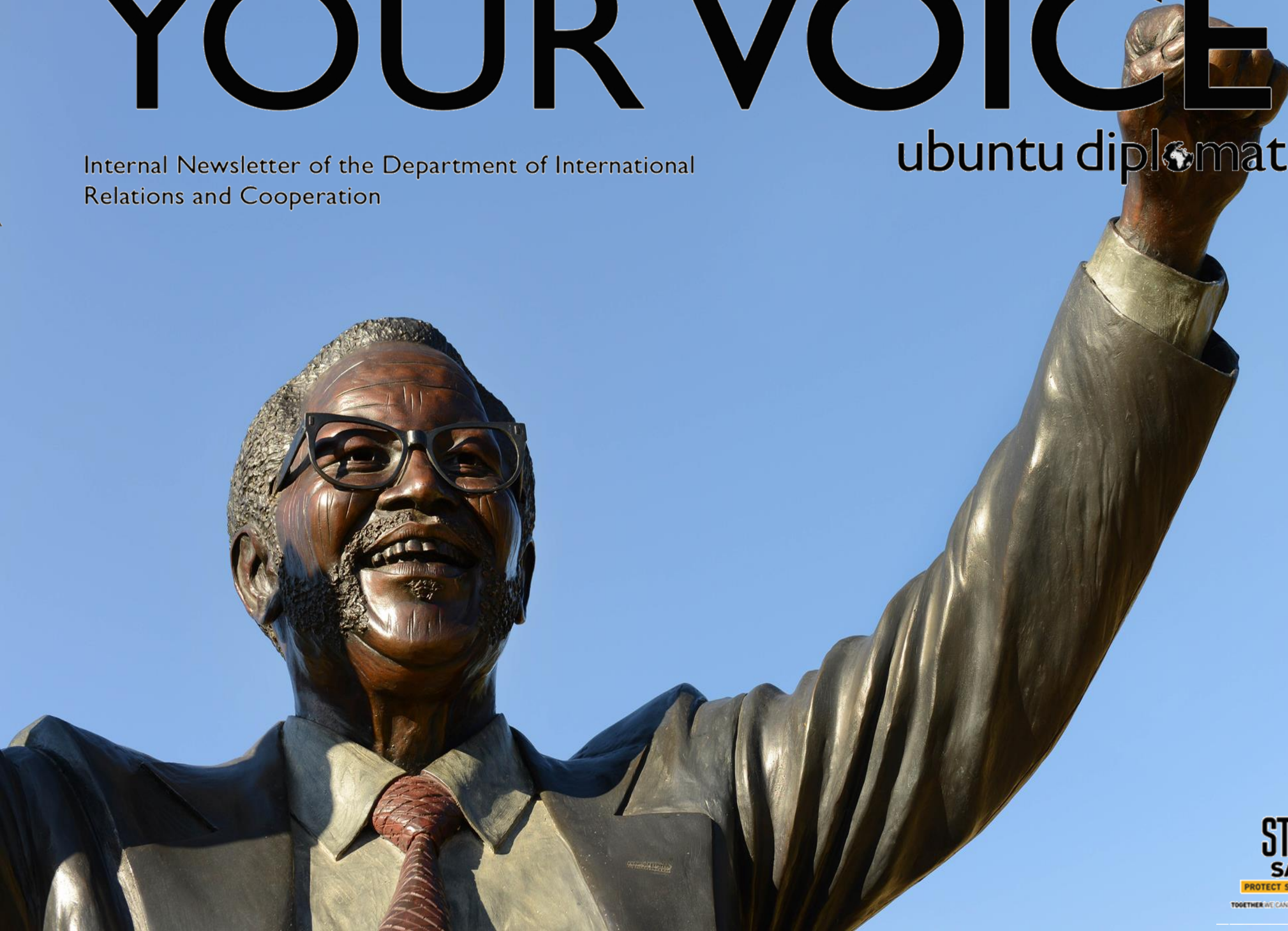
# IT'S YOUR VOICE



Internal Newsletter of the Department of International Relations and Cooperation

ubuntu diplomat

31 October Vol. 09





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## EDITOR'S

## LETTER

## Happy OR Tambo Month!!!!

This month was declared OR Tambo Month in memory of Mr Oliver Reginald Kaizana Tambo (OR), born on 27 October 1917 at the City of Ekurhuleni. The city hosted various activities throughout the month in honour of the life and legacy of this struggle icon who was also a resident.

The city is home to the iconic OR Tambo International Airport, which was named after him in 2006. A nine-metre statue was unveiled by President Cyril Ramaphosa on 27 October 2020 in celebration of his posthumous 103 birthday. The theme for this year's commemoration was "Drawing on OR Tambo's Legacy to Help Fight the Global Pandemics of COVID-19 and Social Injustices".

As the country is faced with the COVID-19 pandemic, we recall the values embraced by OR Tambo – passion, patriotism, integrity and humility and that as a man of integrity and a disciplined cadre, he would have encouraged us to stand together as a nation during this challenging time and fight the Coronavirus to save South Africa as per President Ramaphosa's call.

In this publication, we celebrate Ms Paballo Makhetha, a fellow DIRCO colleague, who is the author of a book, titled: "Mountains & Hills to Overcome". The book is her first fiction piece that attempts to address the social challenges that have infiltrated our communities which, when not properly dealt with, often affect and lead capable young people to hospice, jails and even suicidal ends. Her hope is for the book to be prescribed at middle to high schools to allow the youth to confront prevalent social challenges head-on, and make better decisions about their own future, and the future of their respective countries as prospective builders.



In other news, the Minister of International Relations and Cooperation, Dr Naledi Pandor handed over PPEs and delivered a message of support on 19 October 2020 during her visit to two schools in Stellenbosch, namely; Idasvallei Primary School and Klampmuts Primary School to hand over PPEs and convey a message of support. Donations came from the Al-Imdaad Foundation, which generously gave to the schools in an effort to make a difference in the lives of the learners.

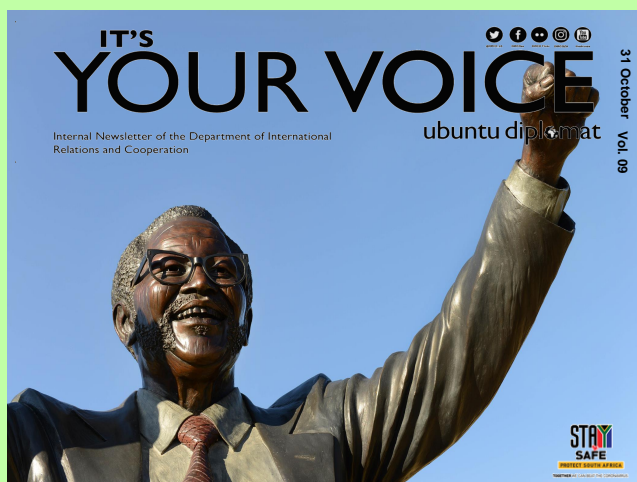
South Africa joined the international community in celebrating a significant anniversary of the founding of the United Nations (UN), 75 years ago. The UN Security Council hosted several activities in celebration of this wonderful day. Among others, there was the signing of the historic poster and South Africa's permanent representative Ambassador to the United Nations based in New York, Mr Jerry Matjila, was captured signing it in celebration of this wonderful day.

Minister Pandor also participated in a webinar to commemorate the UN's 75 years. The webinar's theme was: "The Importance of Multilateralism in Building Back Better for a Post-COVID-19 World". The webinar was used as a tool to help identify ways in which the world can move past COVID-19 and also to discuss South Africa's multilateral engagement.

Also not forgetting that President Ramaphosa, in his capacity as the Chairperson of the African Union (AU), chaired the Second Mid-Year Coordination Meeting between the AU, Regional economic communities (RECs), Regional mechanisms (RMs) and member states, which was held on 22 October 2020. Minister Pandor led the South African delegation at the meeting. The Second Mid-Year Coordination Meeting took place during the devastating impact caused by the COVID-19 pandemic. The meeting is the principal forum for the AU, RECs and RMs and its aim is to harmonise their work and coordinate their implementation of the continental integration agenda.

Happy Reading!!

*Mc*



October is observed as O.R Tambo Month in South Africa, celebrating and remembering South Africa's foremost diplomat throughout the month, annually.

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### Minister Naledi Pandor hands over PPE's to schools



On 19 October 2020, the Minister of International Relations and Cooperation, Dr. Naledi Pandor, handed over Personal Protective Equipment (PPEs) and conveyed a message of support while visiting two schools in Stellenbosch, Western Cape: Idasvallei Primary School and Klappmuts Primary School. Donations came from the Al-Imdaad Foundation, which generously gave to the schools in an effort to make a difference in the lives of learners.

The Minister spoke to the learners about the Coronavirus pandemic. The Minister donated, among others, school shoes and sanitary towels for learners who come from poor backgrounds and handed over sanitisers and masks in order to help curb the spread of the virus.

The Minister further addressed the learners about the impact of the Coronavirus on the economy of the country and requested the learners to also educate their fellow brothers and sisters at home about the seriousness of the disease, to avoid going back to level 5 and putting our country and economy at risk.

The Minister advised the learners to always wear their masks, wash their hands and practise good hygiene by sanitising regularly, to help the country to avoid the second wave envisaged to come should the COVID-19 rules and regulations not be adhered to.

In addition, Minister Pandor shared with the learners, the mandate of the department and the work the department does to help strengthen relations with other countries, especially during the pandemic. Meetings are now held virtually to avoid being in contact with each other and we have to adopt to the new normal of doing things differently.



Minister Pandor addressing the media at klappmuts primary





Minister Naledi Pandor at Idasvallei Primary



Donations handed over



Minister Pandor hands over donations at Idasvallei primary



Minister addressing teachers at Idasvallei Primary





# 2020

*living the life  
and legacy of*

## OR TAMBO

**During October we celebrate the life and legacy of  
OR and Adelaide Tambo**

The month of October is celebrated annually as the OR Tambo Month. The City of Ekurhuleni hosted various activities over the years throughout the month to honour the life and legacy of this struggle icon who was also a resident of the city.

Oliver Reginald (OR) Kaizana Tambo was born on 27 October 1917. He was a South African anti-apartheid politician and revolutionary who served as president of the African National Congress (ANC) from 1967 until 1991. Sadly, he passed away on 24 April 1993 and was buried alongside his wife, Adelaide, at the Tamboville Cemetery, located in Wattville, Benoni.

The city is home to the iconic OR Tambo International Airport, which was named after this struggle icon in 2006. The theme for this year's commemoration is "Drawing on OR Tambo's Legacy to Help Fight the Global Pandemics of COVID-19 and Social Injustices". As the country continues to face the COVID-19 pandemic, OR Tambo, as a man of honour, would have told his people to always take care of themselves by following COVID-19 precautionary measures as per President Cyril Ramaphosa's request to always wear our masks, avoid being in contact with other people and social gatherings, practise social distancing and washing of our hands regularly to avoid being infected with the virus.

President Ramaphosa unveiled the nine-meter tall statue of this icon at the OR Tambo International Airport on the 27 October 2020. Several other activities were also hosted by the city as part of the celebration of this amazing leader. The city hosted several online activities to celebrate the life of their leader and also to comply with the new normal of the COVID-19 regulations and precautions to help avoid social gatherings and help curb the spread of COVID-19.

Several activities such as online debates were done virtually for the people of the city to commemorate the life and legacy of Oliver Reginald Tambo. Over the years, learners from various schools nationally participated in various activities, however, this year the focus was on the unemployed youth of the City of Ekurhuleni to allow them to have experience of public speaking as well as the exposure to online debates.

President Cyril Ramaphosa also officially opened the new Radisson Hotel and Convention Centre situated 10 kilometres away from the OR Tambo International Airport.





The Gender Equality and Women's Empowerment (GEWE) strategy focuses on 6 key pillars namely:

1. Women's Economic Empowerment and Sustainable Development - Women's empowerment is key to growth, prosperity and sustainability.
2. Social justice, protection and Women's Rights - women's rights are human rights; they span all spheres- social, political, legal and economic.
3. Leadership & Governance - good governance demands equal and effective participation by women.
4. Gender Management Systems – providing access and investing resources (financial and other technical resources) to support women.
5. Women, Peace and Security – Ensuring women's perspectives are included on issues of Peace - Prevention, Protection, Promotion Programmes.
6. Media and ICTs – Giving women a voice in African media and access to technology for knowledge.

# Agenda 2063

## The Africa we Want



**SILENCING THE GUNS:**  
Creating Conducive Conditions for Africa's Development

#SilencingTheGuns  
www.aau.int

Aspiration 6 of Agenda 2063 calls for:

*“An Africa, whose development is people-driven, relying on the potential of African people, especially its women and youth, and caring for children.”*



**Generation Equality:**  
Realising Women's Rights for an Equal Future  
#IAMGenerationEquality



## COVID ALERT SA APP

DOWNLOAD THE APP THAT PROTECTS LIVES

The COVID Alert SA app can notify you if you have been exposed to coronavirus. Download it now to protect yourself and others.



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sacoronavirus.co.za





# #ABOUTME



Ms Paballo Makhetha: author of Mountains & Hills to overcome

**Ms** Paballo Makhetha is the author of the book, titled: "Mountains & Hills to Overcome". She was born and raised in Soweto to parents who had emigrated from the Kingdom of Lesotho. She currently works at the Department of International Relations and Cooperation (DIRCO) as a Deputy Director. She holds a Secondary Education Diploma from Vista University, a Bachelor of Communication Science (BA Comm) degree from the University of South Africa (unisa) and a Master of Business Leadership postgraduate degree from UNISA, over and above several aviation and diplomacy-related qualifications from South African Airways (SAA), the South African Civil Aviation Authority (sacaa) and the DIRCO where she has worked in various positions.

"Mountains & Hills to Overcome" is her first fiction piece of writing that attempts to address the social challenges that have infiltrated our communities, which when not properly dealt with, often affect and lead capable young people to sanitariums, jails and even suicidal ends. Her wish is that the book can be prescribed at middle to high schools to allow the youth to confront prevalent social challenges head-on, and make better decisions about their own future, and the future of their respective countries as prospective builders.

## Mountains and hills to overcome

- by Paballo Makhetha

She believes that the future is in the hands of the youth, who constitute over 40% of the total African population. The future can therefore not be left in the hands of wounded souls, who continue to experience or witness many kinds of abuse and trauma in their immediate environments. There exists a need to create platforms to talk about these issues in our homes, classrooms and workplaces, to embrace them as part of our history, learn from them and recreate a better future.

Paballo is a patriotic leader, a well-travelled individual with a fervent passion for de-stigmatising "social ills" confronting and affecting most communities and organisations both in the public and private spheres; at whose ends women and girls suffer the most, and in most cases lack the basic capabilities to overcome their debilitating after-effects.

As a proud full-time government employee time allocation and detachment from her characters were the two main challenges during her writing period. She received sound advice from a colleague and Ambassador, who was studying towards his PhD at the time, to try reading and writing during early mornings, when everyone was still asleep and the household peaceful, jokingly calling themselves the "3am club."

Paballo would love to contribute towards the existing structures that support women and girls globally. She has come to believe that despite many countries' adoption of constitutional democracies that support gender equality, feminists judiciaries intended to bring fairness to matters concerning women and girls, plus a plethora of international organisations with similar mandates, the implementation process is always stifled. There is a lot of work still to be done to ensure the effectiveness of policies crafted to deal with the scourge of social and gender imbalances worldwide, and women are the ones who have to expeditiously do the advocacy work to correct the situation. Paballo and her children are global citizens, residing in different parts of the world for work and study purposes.





# Voices from DIRCO

## Gratitude is the best Attitude

*By: Lebo Mosupa (Section?)*

Life as we knew it has changed. The COVID-19 pandemic has created uncertainty in our work, social and family lives. With no clear end in sight, and with changes occurring daily, it can be difficult to adjust to this normal. From physical distancing to practising good consistent hand hygiene, these have become part of our daily routines and this rapidly changing environment has meant a greater need for everyone to be vigorous and adaptive. With having to adapt to the new normal and increased everyday statistics, it can get overwhelming, so much so that everyone forgets to find light at the end of this tunnel that 2020 has been.

The year 2020 has been an unprecedented year and because of that, many negative things have been said about it because of how it has affected everyone mentally, emotionally and financially. It is therefore important to find light in all the chaos by adopting and having an attitude of gratitude.

An attitude of gratitude means making it a habit to express thankfulness and appreciation in all parts of your life, on a regular basis, for both the big and small things alike. Something as simple as waking up in the morning to live to see another day, having food in the fridge, clothes on your back and being surrounded by loved ones on a daily basis are things to be thankful for in the midst of the chaos happening around.

Having a rough day at work? Process those emotions by being appreciative of the fact that you have employment, feeling frustrated because of all the uncertain turn of events relating to COVID-19? Be appreciative of the

resources you have to help combat the spread and infection of the virus, such as masks, having access to doctors and medication and immune boosters. In a nutshell, there is always something to be thankful for. Use gratitude to help deal with the challenges that 2020 has thrown your way, even if those challenges include a global pandemic.

Gratitude can be expressed in other ways such as saying "thank you" to someone who has helped you or given you a gift, however, gratitude is not just an action, it is also a positive emotion that serves to improve physical and mental health, enhances empathy, reduces aggression, improves self-esteem, helps people feel more positive emotions and relish good experiences

A study done by Robert Emmons and Michael McCullough of the University of California, has proven that writing down five things that you are grateful for once a week for 10 weeks, will have a measurable positive impact on your happiness and health levels. Another approach one can try is to highlight two or more things that one is grateful for at the end of each day, It can range from arriving safely at home, or being able to pick your children up from school or even a meeting or project that was successfully done. Take it upon yourself to find light at the end of the tunnel, not only for the year 2020 but for all the years to come. Challenge yourself each day to add a little bit of gratitude to your attitude.





## IBSA countries call for reform of the UN Security Council during the virtual ministerial meeting



Minister Naledi Pandor leading led the South African delegation

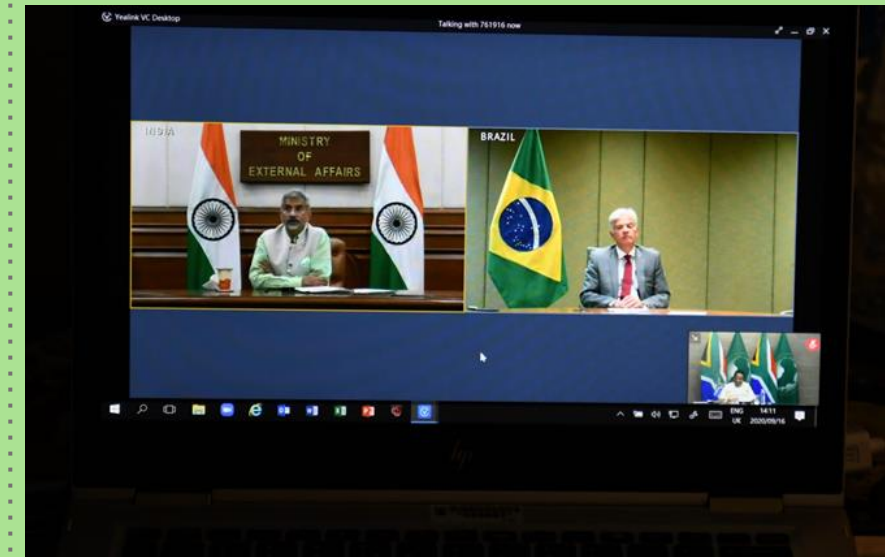
The Minister of External Affairs of India, Dr Subrahmanyam Jaishankar, hosted an India, Brazil, and South Africa (IBSA) Virtual Ministerial Meeting on 16 September 2020. Dr Naledi Pandor, Minister of International Relations and Cooperation, led the South African delegation. The ministers utilised the meeting, which coincided with the 75<sup>th</sup> founding anniversary of the United Nations (UN), to reaffirm their support for the role of multilateralism within the global governance architecture, with the UN at its core. The ministers also emphasised the continued relevance of the IBSA Dialogue Forum and its positive contributions to the international community, especially in advancing the interests and development of the Global South.

The role of the IBSA Fund for the Alleviation of Poverty and Hunger, as a concrete expression of solidarity and support for countries on the African continent and Least Developed Countries (LDCs), was lauded by the ministers. IBSA-funded projects in this regard have always been impact-driven and people-centred. A Joint IBSA ministerial Statement on the reform of the UN Security Council (UNSC) was adopted by the ministers as a key outcome of the meeting. The ministers expressed disappointment at the slow pace of the inter-governmental negotiations on SC reform within the UN General Assembly and called for the process to be accelerated and transformed to text-based negotiations.

IBSA member states supported Africa's call for two permanent seats on the UNSC for African countries, among other provisions of the African common position on UNSC reform. The continued presence of IBSA member states as non-permanent UNSC members following South Africa's departure in 2020, India's term during 2021 – 2022 and Brazil's nomination for 2022 – 2023 will ensure constructive and positive contributions to the maintenance of international peace and security. All three countries are major troop-contributors to UN peacekeeping missions. The ministers had previously adopted two consecutive IBSA statements in 2019 and 2018 on strengthening multilateralism and on South-South cooperation respectively.

The adoption of these statements is a clear manifestation and expression of the shared values, commonly-held views and mutual interests that IBSA member states advance in the pursuit of an equitable, just and democratic world order. The ministers deliberated on various multilateral issues such as peace and security, counter-terrorism, disarmament, non-proliferation, climate change, the multilateral trading system and South-South cooperation. Additionally, the ministers exchanged views on how the IBSA technical working groups could contribute to national recovery plans following the devastation caused by the COVID-19 pandemic. "as the lead on the Tourism and Human Settlements working groups,

South Africa will use this opportunity to press the reset button and act with urgency while also appealing to our respective experts to push harder. IBSA member states undertook to share experiences and mitigation strategies in preventing the spread of the virus. An IBSA webinar on COVID-19 was held in October 2020 among the health ministries of the IBSA countries. The ministers emphasised the critical importance of accessibility and affordability for countries of the Global South when a vaccine becomes available.







The IBSA member states are countries of the Global South that enjoy pluralistic, multicultural, multi-ethnic, and democratic societies. South Africa's foreign policy finds expression within IBSA by responding to the challenges of poverty, unemployment, hunger and inequality in South Africa, Africa, and the Global South.



# The outcomes for the 2<sup>nd</sup> Mid-Year Coordination Meeting between the African Union, Regional Economic Communities, Regional Mechanisms and Member States

By Mr Oyama Mgobozi



President Cyril Ramaphosa during the AU Mid-year Heads of states summit.

President Cyril Ramaphosa, in his capacity as the Chairperson of the African Union (AU), presided over the Second Mid-Year Coordination Meeting between the AU, regional economic Communities (RECs), regional mechanisms (RMs) and member states, which was held on 22 October 2020. The Minister of International Relations and Cooperation, Dr Naledi Pandor led the South African delegation at the meeting. The meeting took place amid the devastating impact caused by the COVID-19 pandemic. The Mid-Year Coordination Meeting is the principal forum for the AU, RECs and RMs and its aim is to harmonise their work and coordinate their implementation of the continental integration agenda.

The inaugural Mid-Year Coordination Meeting was held in Niamey in 2019 where the heads of state and government of the AU reaffirmed their commitment, to an effective division of labour between the AU, RECs, RMs and member states and to the speeding up of economic integration in the continent

The establishment of the format of the Mid-Year Coordination Meeting came out of the realisation by the African leaders of the urgent need for high-level coordination and streamlining of efforts between the continental organisation and RECs/RMs and member states if the economic integration of Africa as espoused in the Abuja Treaty as well as in Agenda 2063 is to be realised.

In his opening address, President Ramaphosa thanked the African leaders for [their] leadership during these difficult times caused by the devastating impact of the novel coronavirus (COVID-19) pandemic on our economies, livelihoods and lives in the Continent. The meeting received a briefing on the progress report on the COVID-19 pandemic in the Continent, as well as the efforts by the AU in fighting the scourge. The briefing was led by Ambassador Amira Mohamed Elfadil, AU Commissioner for Social Affairs. The Heads of State

and Government commended the excellent work of the AU Bureau, RECs, RMs, AUC and Africa CDC for their tireless efforts in fighting the pandemic.

The 2<sup>nd</sup> Mid-Year Coordination meeting also considered the reports on the Status of Regional Integration in Africa, wherein the respective Chairpersons of the RECs provided a detailed account on the progress made in speeding up regional integration in the Continent. The Heads of State and Government took note of the reports on the status of regional integration and welcomed the progress reported by the RECs. They noted however that while some RECs have made significant progress in key areas of integration, others have continued to struggle to reach the milestones set out in the Abuja Treaty of 1991 which established the African Economic Communities.

The Heads of State and Government of the AU reaffirmed their commitment to the successful implementation of the AfCFTA as a driving force towards socio-economic integration in Africa. To that end, the Heads of State and Government took note with appreciation the progress made in the establishment of the AU Financial Institutions and the impact they would make in accelerating intra-Africa trade through the AfCFTA.

Finally, the Heads of State and Government of the AU adopted a Draft Declaration for the 2<sup>nd</sup> Mid-Year Coordination Meeting reaffirming the commitment of the AU Member States towards the Continental integration of Africa. The Third Mid-Year Coordination Meeting is expected to be held in June: 2021 in Ndjamena, Chad.





# MISSION ACCOMPLISHED





## United Nations Day message by Minister Naledi Pandor



On 24 October 2020, South Africa joined the international community in celebrating a significant anniversary of the founding of the United Nations (UN), 75 years ago. On this day, it was vital for all of us to reflect on all the efforts and achievements of this organisation in improving the lives of the people of the world in a range of sectors. As early as 1946, shortly after the creation of the UN, South Africa's discriminatory policies were placed firmly on the agenda of the first session of the UN General Assembly.

The contribution that the UN has made to the people of South Africa in their struggle to dismantle apartheid, which led to a free and democratic South Africa in 1994, will always be hailed and appreciated. The 75th anniversary of the UN comes at a time of great disruption for the world, compounded by an unprecedented global health crisis due to the COVID-19 pandemic, with severe economic and social impacts.

The UN system remains the best means by which we can address and overcome these many global challenges. I am certain that it will play a role in supporting the post COVID-19 recovery of the world. It is only through multilateralism and recommitting ourselves to the ideals of the UN Charter, that we can forge common strategies for the benefit and advancement of all. The UN, with its 193 member states, should lead the way in creating a transformative and inclusive future, ensuring that no one is left behind. South Africa and its people wish the UN well as it continues to serve as the world's moral compass and foremost guarantor of global peace and prosperity.

# THE POWER IS IN MY HANDS

Join our fight to defeat coronavirus.  
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REPUBLIC OF SOUTH AFRICA





# 75 years of the United Nations



South Africa's Permanent Representative to the United Nations (UN) in New York, United States of America, Ambassador Jerry Matjila, after the signing of the historic poster at the UN General Assembly, marking the 75th anniversary of the UN, which was established on 24 October 1945.



IT'S YOUR VOICE



## South Africa and the Netherlands co-hosted a virtual Global Cyber Policy Dialogue for Southern Africa



Minister Naledi Pandor and her Dutch counterpart, Minister Stef Blok

South Africa and the Netherlands, in partnership, with the EastWest Institute and Research ICT Africa, co-hosted a virtual Global Cyber Policy Dialogue for Southern Africa on Tuesday, 27 October 2020. The cyber dialogue was initiated on 3 February 2020 during the inaugural meeting of the Joint Commission for Cooperation between South Africa and the Netherlands.

Minister Naledi Pandor and her Dutch counterpart, Minister Stef Blok, discussed the international challenges related to cyber security and underscored the importance of close international cooperation in order to develop consensus at international level. The two countries, therefore, agreed to co-host a Southern Africa Global Cyber Policy Dialogue focussed on improving regional awareness and cooperation in cyber matters in Southern Africa.

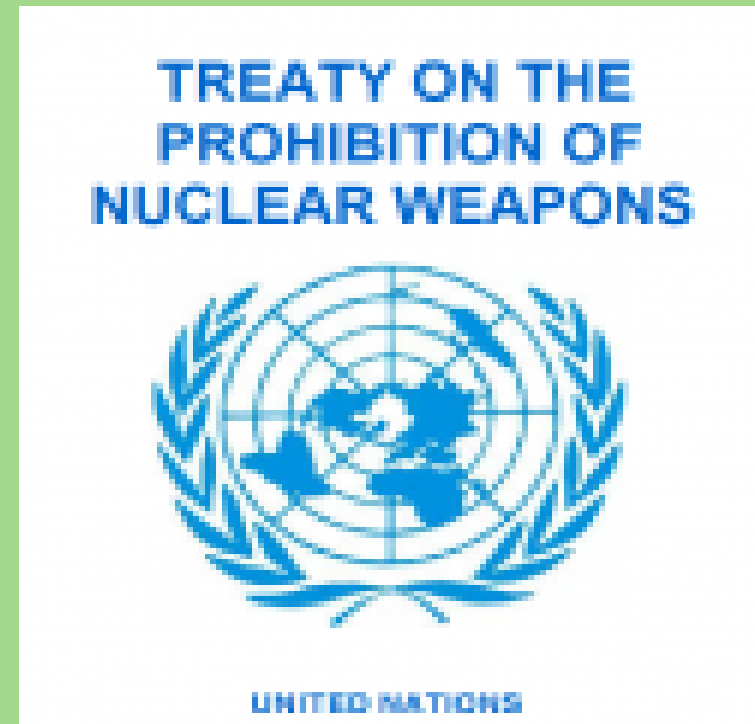
The online conference promoted awareness on cyber matters, focussing on governance, peace and security as well as capacity cyphen building. The conference also reflected on the benefits and

dangers of digitalisation and sensitise participants on human rights, peace and security-related matters. Furthermore, the conference discussed how the United Nations played an important role in shaping the use of cyberspace to create a better life for all in the global context.

South Africa and the Netherlands enjoy cordial and multi-faceted bilateral relations. Since 1994, South Africa and the Netherlands have forged a solid partnership that transcends many fields, including economic, trade, science and technology, education, judicial, multilateral and culture.

South Africa welcomed the 50th ratification on 24 October 2020 of the TPNW, allowing it to enter into force. The seminal treaty was adopted by United Nation (UN) member states on 7 July 2017 and South Africa signed the treaty at a signing ceremony held on the margins of the 72nd Session of the UN General Assembly in September 2017 and ratified it on 25 February 2019

## South Africa welcomes the 50th ratification of the UN Treaty on the Prohibition of Nuclear Weapons (TPNW)



The treaty prohibits all signatory countries from developing, testing, producing, manufacturing, transferring, possessing, stockpiling, using or threatening to use nuclear weapons, or allowing nuclear weapons to be stationed on their territory. It also prohibits them from assisting, encouraging or inducing anyone to engage in any of these activities.

Welcoming the final step for the treaty to come into force, International Relations and Cooperation Minister, Dr Naledi Pandor, stated, "The 50th ratification of the treaty, on UN Day, 25 October, is a watershed moment in humanities' attempt to rid the world of nuclear weapons. It reminds us that nuclear energy should be solely used for peaceful purposes and not as a weapon of mass destruction. Minister Pandor noted: "South Africa is honoured, as the first country to have voluntarily eliminated all its nuclear weapons, to have played a leading role, together with several UN member states and members of civil society in ensuring that the treaty is agreed upon and now finally ratified. The treaty exemplifies the central goal of the UN, which according to the UN Charter is to "save succeeding generations from the scourge of war".

The Minister concluded: "Our collective goal must remain to achieve a world free of nuclear weapons. In this regard, South Africa, working with others who maintain the same goal, will continue our efforts to ensure the complete elimination of all weapons of mass destruction".

The treaty complements other international instruments by contributing towards fulfilling the nuclear disarmament obligations under the Nuclear Non-Proliferation Treaty, the objectives of the Comprehensive Nuclear Test-Ban Treaty and the various nuclear-weapon-free-zone treaties, such as the Pelindaba Treaty that already banned nuclear weapons in Africa.



## LOCKDOWN ALERT LEVELS REFLECTIONS ON LESSONS LEARNED FROM THE DIFFERENT

By: Ms Edwina Fradie



The COVID-19 pandemic has caused various emotions such as anxiety, stress, depression, feeling overwhelmed and loss of control. Sadly, many have lost their loved ones and are struggling to cope with the loss. As the lockdown regulations are being eased and economic and social activities are increasingly being reintroduced, we should always bear in mind that the virus is still with us.

Even though we see an increasing number of people who recover from COVID-19, the risk of infection is still very high. It is thus advisable to never lower our guard.

During the previous lockdown levels, we learned to adapt to new ways of doing things; we learned coping mechanisms and even started to enjoy them. The Directorate: Employee Health and Wellness (EHW) shared articles on coping during the lockdown, self-care and building resilience. So, as things return to a "new" normal, it would be a good time to reflect on these past experiences and assess which ones worked well, were beneficial to us and are worth being instituted. Every person was forced to find ways to deal with the changes that COVID-19 brought about, with no reference to past and similar experiences on how to cope with it.

During this time, we probably became aware of areas in our lives which needed attention, such as setting up a stress management plan or areas in your life that flourished, e.g. your level of resilience. This article will highlight some of the psycho-social areas which stood out during the lockdown period, which could be a tool to assist with reflection and lifestyle change.

### Trying different things

During the different levels of lockdown, our movement was restricted, which meant more time was spent inside the house. We were inspired by social media and boredom to discover and try out leisure time activities, to try new things to keep ourselves occupied. People explored activities like cooking, gardening, adult colouring, yoga, to name a few.

These new things evoked feelings of happiness, contentment and control, which is a central part of a good stress management plan. Be encouraged to continue with these leisure time activities, regularly, post lockdown to ensure feelings of joy and contentment. You've obviously tried out new things and know what exactly interests you and it.

### Benefits of using technology

The use of technology in our everyday life has increased during the lockdown, which assisted us to navigate our lifestyle. This is also a technique/method we used to give us a sense of feeling safe from contracting the virus and to lessen contact with other people, e.g. online shopping. The continuing use of technology in your busy lifestyle could assist with saving time, limiting stress and achieving

more work-life and human balance. Some digital platforms to explore are mobile applications.

### A time to get to know yourself

The lockdown and COVID-19 have ignited the need to reflect, urging us to get to know ourselves better as the challenges tested our levels of resilience, patience with others, levels of empathy and importantly, our ability to deal with change. To ensure that we continue to build on this self-awareness, we can ask ourselves questions related to things such as level of resilience, etc. Through self-knowledge and awareness, you are able to realise that you are unique and should not compare yourself to others. You are able to identify areas in your life that need some improvement, and by knowing your strengths, you will be able to set goals and maintain self-control at all times. Some questions you could ask yourself when doing self-discovery post pandemic/lockdown are:

- What has changed about myself between pre-lockdown and post-lockdown?
- What are the positive aspects that I can continue to build on?
- What energised me during lockdown?

This process can also become part of your personal stress management plan.

### Finding your own personal equilibrium or work-life balance

The Operations Director of McDonalds (SA), Jo-Anne De Wet, made a profound statement during a Women's Month Webinar, saying she preferred to use work-life harmony instead of work-life balance, meaning we should have that balance between the two but most importantly have harmony in both. This will bring the necessary peace, happiness and contentment

The enormous task of working from home, managing the household, homeschooling and taking care of the family during the lockdown required time management and finding a balance between all of the activities.

Using the self-awareness skills discussed previously, you can go back and examine the skills or techniques you've used to reach the level of balance and make that part of your new lifestyle, especially if it shows any proof that it worked. There is no "one size fits all" and no "one size fits all the time", which means you can try out different methods and see which fits and works. Some tips on finding that work-life balance are:

- Begin your day with activities such as exercise, meditation and gratitude journaling to ensure it starts off with a positive mood.
- Be realistic when setting up tasks and expectations at home and work.

### In conclusion

Change can be uncomfortable and may make you feel out of control at times, and the COVID-19 pandemic is no exception to that. EHW is aware that it's been a stressful time for all and you may not always have the answers to cope with it. The practitioners are available to provide psychosocial support to officials at head office and missions. Colleagues are encouraged to utilise this service.



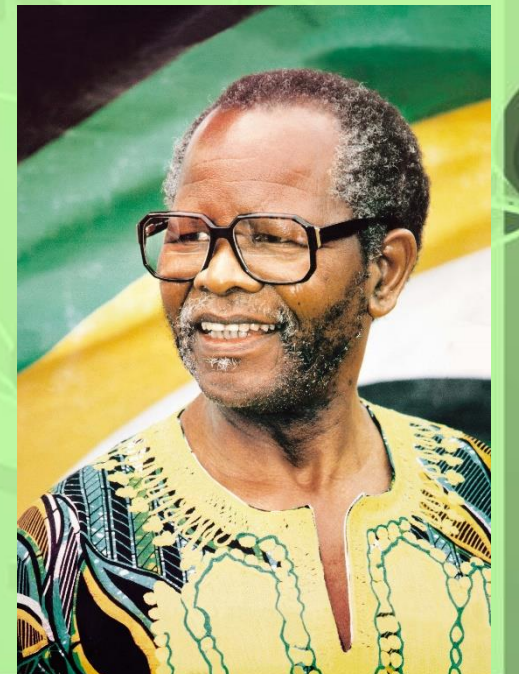
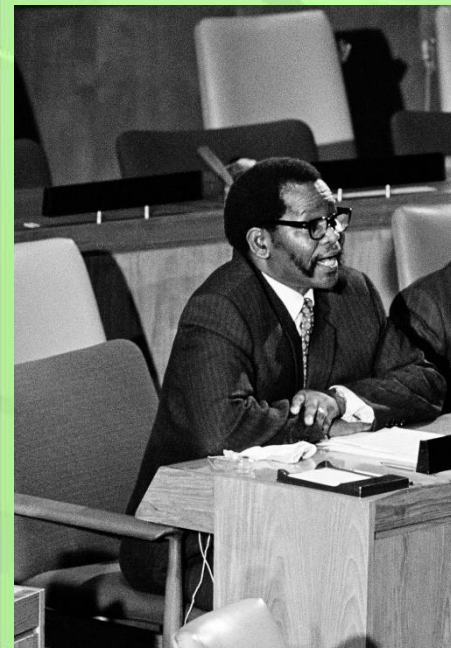
## Why must I use a cloth face mask when going out in public?



The main benefit of everyone wearing a face mask is to **reduce the amount of Coronavirus or Influenza virus droplets being coughed up by those with the infection**. Since some persons with the Coronavirus may not have symptoms or may not know they have it, everyone should wear a face mask.



# GLOBE AT A GLIMPSE







# INVITATION FOR APPLICATIONS

**NAME OF THE COURSE:**

Fundamental Economic Literacy (Level II)

**LEARNING OBJECTIVES:**

To provide and strengthen an understanding of the concept of Gross Domestic Policy and the application of Fiscal and Monetary Policy to stabilise economies.

**LEARNING OUTCOMES:**

Understanding of the concepts and approaches to the use of Fiscal and Monetary policy to stabilise economies and their effect on GDP.

**DATE:** 2 and 3 December 2020

**VENUE:** Videoconferencing Platform MTeams

**TIME:** 10:00 – 12:00

**TARGET AUDIENCE:** All DIRCO officials. *Preferably* to have completed the Fundamental Economic Literacy Level I or Basic Economic Indicators Course.

**INTERESTED OFFICIALS ARE KINDLY REQUESTED TO SUBMIT THEIR APPLICATION TO:**

Completed applications must be scanned in PDF format and emailed to [debeers@dirco.gov.za](mailto:debeers@dirco.gov.za) Ms S de Beer by the deadline

**APPLICATION FORMS ATTACHED:**

Application form attached.

**ON OR BEFORE:** Deadline: 25 November 2020



international relations  
& cooperation

Department:  
International Relations and Cooperation  
REPUBLIC OF SOUTH AFRICA

DIP-AC-034





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