

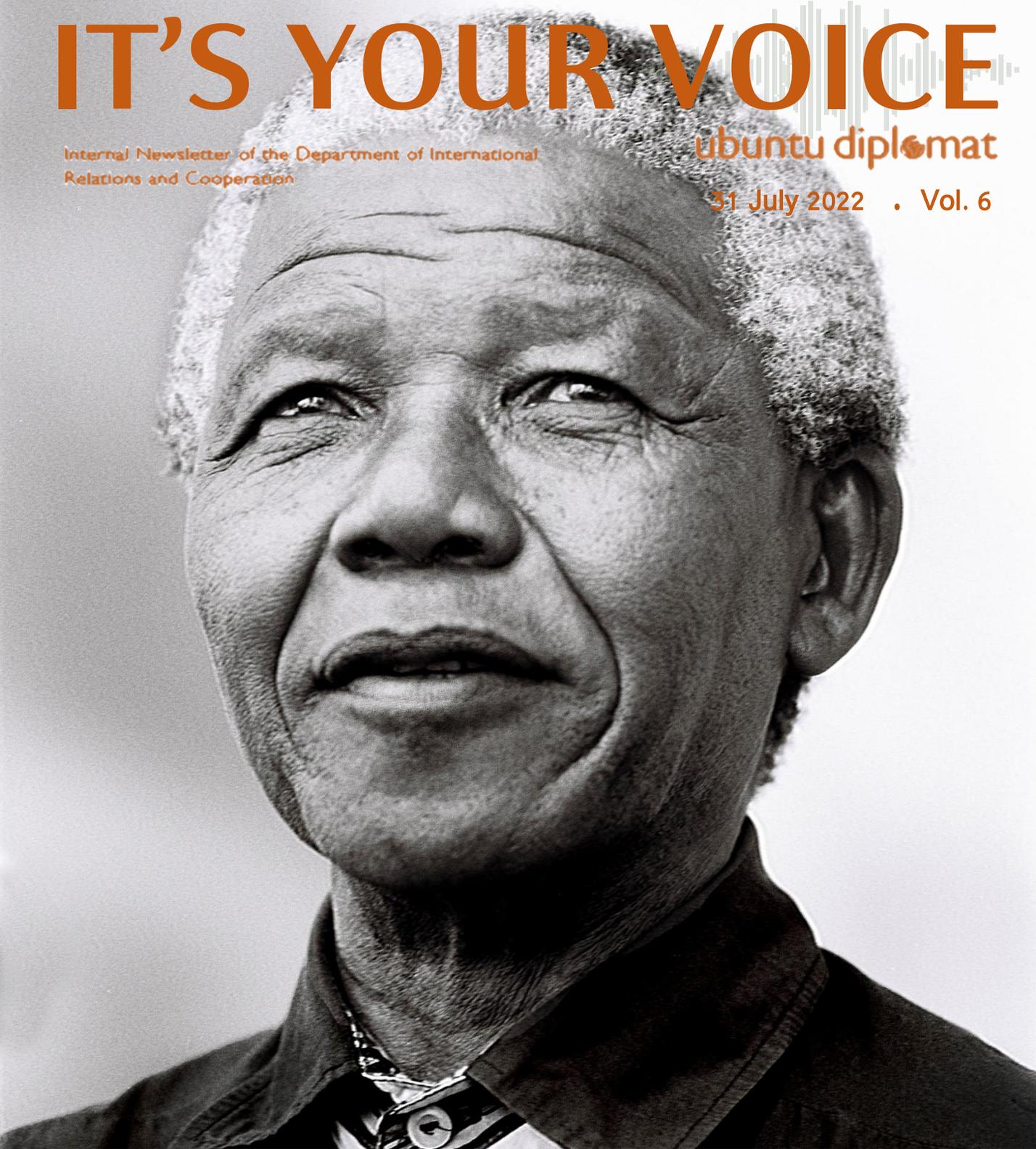


IT'S YOUR VOICE

Internal Newsletter of the Department of International Relations and Cooperation

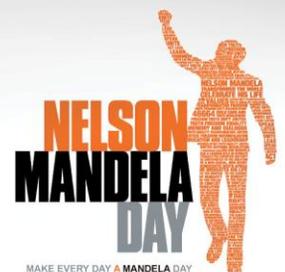
ubuntu diplomat

31 July 2022 . Vol. 6



**THIS YEAR WE ENCOURAGE YOU TO
DO WHAT YOU CAN
WITH WHAT YOU HAVE
WHERE YOU ARE.**

#MANDELADAY2022



MAKE EVERY DAY A MANDELA DAY

IT'S YOUR VOICE

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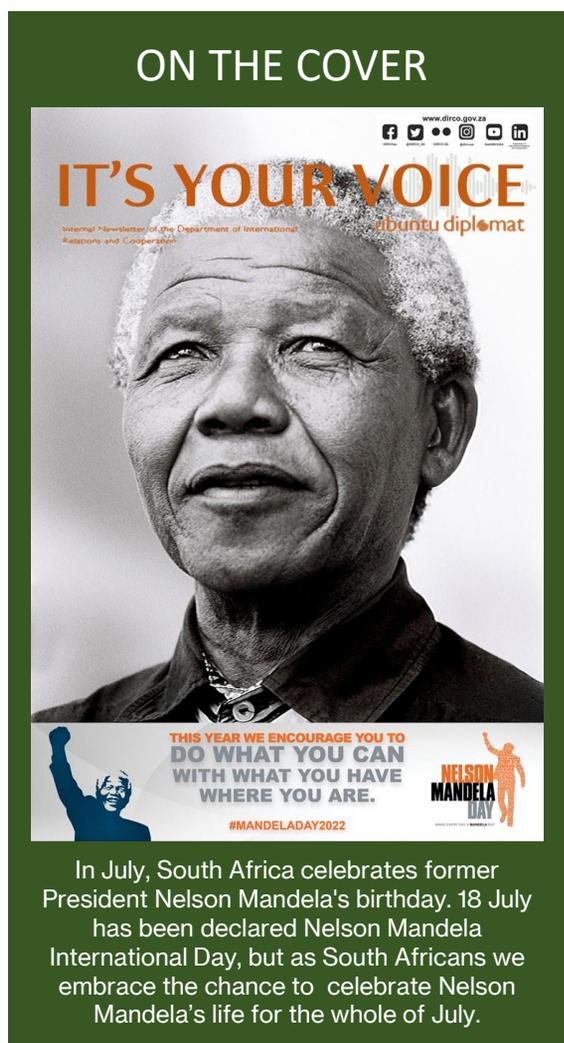
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international relations
& cooperation

Department:
International Relations and Cooperation
REPUBLIC OF SOUTH AFRICA



In July, South Africa celebrates former President Nelson Mandela's birthday. 18 July has been declared Nelson Mandela International Day, but as South Africans we embrace the chance to celebrate Nelson Mandela's life for the whole of July.



IT'S YOUR VOICE

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Editor's Desk

Dear Colleagues,

This year's Nelson Mandela International Day on 18 July was celebrated under the global theme: "Do What You Can, With What You Have, Wherever You Are". It is a clarion call for people to support and participate in the campaign by bringing about sustainable interventions with lasting impact.

In particular, this year's focus was to encourage people to promote community and backyard gardens, supporting fruit and indigenous tree planting and creating awareness of the intersections between food security and climate change.

The Nelson Mandela Foundation calls on communities to start community gardens to help alleviate food insecurity and ensure that the needy are provided with basic necessities.

Read all about the activities that the South African missions across the world did for 67 Minutes for Mandela Day.



"In a world that so often decries the apathy of its youth, we can open our arms for the millions of adolescents eager to contribute their new ideas and bounding enthusiasm."



NELSON MANDELA



NELSON MANDELA
FOUNDATION

Living the legacy

Minister Pandor hosts 67 Minutes for Mandela Day in Atteridgeville

Mathapelo Monaisa
Director, Public Diplomacy



This year's Nelson Mandela International Day encouraged people to participate in sustainable interventions with lasting impact, such as creating gardens, thereby ensuring food security. Food security is a basic human need and sustainable production is a vital element in supporting it. Communities across the world were encouraged to start gardens and make one in their own backyards by planting fruit and indigenous trees. If every person sets up a small garden in their home, it can snowball into communities across the country and can also provide fresh nutritious produce for those who could not otherwise afford it. It is therefore fitting that the global theme for 2022 is: "Do What You Can, With What You Have, Wherever You Are". As is the case annually, DIRCO observed this important day by hosting an event that continued the legacy of South Africa's first democratically elected president, the late Nelson Mandela. The 18th of July is an annual celebration of Nelson Mandela's life and a global call to action for people to recognise their individual power to make an impact and change the world around them. It is a day when everyone has the opportunity to make a difference in their communities and change the world for the better.

On Monday, 18 July 2022, Dr Naledi Pandor joined South Africans and the international community in marking the annual Nelson Mandela International

Day at Leratong Hospice in Atteridgeville, Tshwane. Leratong Hospice is a palliative care centre of excellence, providing holistic care for patients who have serious illnesses and support for their families.

Minister Pandor, accompanied by 47 foreign embassies and five private-sector organisations, as well as DIRCO staff, participated in 67 minutes of activities that will continue to make a lasting difference in the lives of the people at Leratong Hospice. The delegates made a garden for the home, and planted various vegetables and trees that will sustain the care centre for years to come.

In her remarks to the delegates during the event, Minister Pandor spoke about how the day came to be declared Mandela Day. In November 2009, the United Nations General Assembly (UNGA) paid tribute to Nelson Mandela by adopting a resolution to make the international community aware of his humanitarian work. The resolution declared the birthday of South Africa's first democratically elected President, 18 July, Nelson Mandela International Day. It was also on that day that Madiba called on the people of the world to honour him by helping their communities.

The Minister also welcomed the foreign representatives accredited to South Africa, who were

in attendance at the care centre. Dr Pandor further explained that the members of the Diplomatic Corps not only came to deliver the much-needed gifts that Leratong Hospice required to ensure the patients received optimal care and sustainable support. The dignitaries, together with Minister Pandor and DIRCO staff members, pulled up their sleeves and did their part to make not only the day special for the hospice, but to ensure that they have a sense of comfort going forward. Minister Pandor read to the children at the home, while other dignitaries worked in the garden along with some DIRCO staff and others assisted with cooking.

“Former President Nelson Mandela did not say only members of Parliament must do their part for communities, Madiba called on every single person across the world to do their bit wherever they are, to support those in need”. The event was well attended and the Minister of State and Foreign Affairs of the Republic of Côte d'Ivoire, Kandia Camara, joined Minister Pandor in saying a few words to the guests and people of Leratong Hospice.

During Mandela Day, and throughout the year, we remember former President Mandela’s words about selflessness: “A fundamental concern for others in our individual and community lives would go a long way in making the world the better place we so passionately dreamt of”.



Minister Naledi Pandor and Minister Kandia Camara arriving at Leratong Hospice flanked by the Diplomatic Corps and DIRCO staff members



Minister Pandor welcomed by Chief of State Protocol, Amb Nonceba Losi, and DDG for Public Diplomacy, Mr Clayton Monyela



The children at the care centre perform for the guests



Minister Pandor reads to the children during her visit



Members of the Diplomatic Corps and DIRCO staff work in the garden



DIRCO staff sorting the donated items to Leratong Hospice

DIRCO and the Embassy of the State of Qatar visit Limpopo as part of Mandela Month activities

On 22 July 2022, the Deputy Minister of International Relations and Cooperation, Ms Candith Mashego-Dlamini, joined by the Ambassador of the State of Qatar, HE Tariq Ali Faraj Al-Ansari, paid a visit to the town of Mookgopong in Limpopo, at an old-age home and spent 67 minutes of community work as part of Nelson Mandela International Day.

Mandela's birth month of July presents an opportunity for all around the world to raise awareness and expand the reach of Madiba's values – fighting injustice, practising reconciliation and helping people in need. Accordingly, Deputy Minister Mashego-Dlamini and Ambassador Al-Ansari donated a number of items to the old-age home.

Listen to the speech here: <https://bit.ly/3p5Pjhe>



Deputy Minister Candith Mashego-Dlamini and Ambassador Tariq Ali Faraj Al-Ansari presenting donations to the elderly who are resident at the Mookgopong Old-Age Home



Deputy Minister Mashego-Dlamini and Ambassador Tariq Ali Faraj Al-Ansari cut the cake with the elderly in Mokgoopong



The donations to the old-age home



Ambassador Tariq Ali Faraj Al-Ansari works in the garden

Cuba and South Africa strengthen bilateral relations

Kgopotso Rapakuana
Deputy Director: Media Liaison



The Deputy Minister of International Relations and Cooperation, Mr Alvin Botes, recently returned from the Republic of Cuba to co-chair the 16th South Africa-Cuba Joint Consultative Mechanism (JCM) with his Cuban counterpart, Mr Gerardo Peñalver Portal, in Havana on 21 July 2022. The two leaders exchanged views on matters of bilateral relations and on regional, multilateral and international issues of common interest. The meeting also reaffirmed the sound and excellent bilateral relations between South Africa and Cuba.

During the fraternal and friendly meeting, the South African side reiterated the support to the Cuban resolution on the necessity of ending the economic, commercial and financial embargo imposed by the United States against Cuba that is submitted every year at the United Nations (UN) General Assembly. South Africa reaffirmed its rejection of this policy that is contrary to the UN Charter and International Law, and which causes huge economic and material losses to the people of Cuba.

The two countries acknowledged the need to expand their mutually beneficial economic and commercial relations to match the level of the existing political and diplomatic relations. In this regard, the contribution of economic and cooperation agreements and joint mechanisms was highlighted. Both countries also agreed to ex-

change information on trade and investment opportunities within their respective jurisdictions. South Africa and Cuba also agreed to exchange business delegations and to facilitate the participation of the delegations in major trade fairs and exhibitions being held in both countries.

The deputy ministers noted with satisfaction the progress made since the 15th Meeting of the JCM, held in September 2019 in Pretoria on issues related to the implementation of bilateral cooperation agreements in the fields of health, human settlements, infrastructure, water management, sanitation and basic education. They also agreed to promote collaboration through new agreements in the fields of agriculture, sports, culture, higher education, information and communications technologies and transport.

On the margins of the JCM, the Deputy Minister paid courtesy calls on the Cuban Deputy Prime Minister, Mr Ricardo Cabrisas, and the Cuban Foreign Affairs Minister, Mr Bruno Rodriguez Parilla. He also had meetings with the Cuban Deputy Minister of Agriculture, Mr Maury Hechavarria Bermudez, the Cuban Deputy Minister of Foreign Trade and Investment, Ms Debora Rivas, and the Cuban Deputy Minister of Culture, Mr Fernando Rojas.



Deputy Minister Alvin Botes meets the Cuban Foreign Minister, Mr Bruno Rodriguez Parilla, in Cuba



Deputy Minister Botes and Ambassador Yvonne Phosa lay a wreath at the Che Guevara Memorial



Deputy Minister Botes meeting with the Cuban Vice Minister of Agriculture, Mr Mauri Hechavarria Bermudes, in Cuba



Deputy Minister Botes meets staff at the South African Embassy in Havana



The 16th South Africa-Cuba Joint Consultative Mechanism

South African Embassy in Kuwait and the Lulu Hypermarket co-hosted the South African Food Products Promotion Festival on 24 July 2022

Manelisi Genge

Ambassador, Kuwait City, Kuwait



Lulu Hypermarket is the largest hypermarket chain in the Gulf Cooperation Council region. Lulu sources a wide range of food and non-food products from countries all over of the world, including South Africa. By doing so, Lulu has always contributed to addressing the food security challenge in Kuwait. Lulu Hypermarket has established its buying office in Cape Town to facilitate sourcing and importation of the South African food products to Kuwait.

During the South African Embassy's several meetings with the Lulu management, the latter has always expressed keenness to increase the volume of their food product imports from South Africa. Lulu Hypermarket, in collaboration with the South African Embassy co-hosted the South African Food Products Promotion Festival on 24 July 2022 in Kuwait, with the theme "Proudly South African 2022". The Mission's staff, led by Ambassador Dr Manelisi Genge, and the ambassadors from the Southern African Development Community, as well as other invited guests participated in this event.

This South African Food Promotion Festival lasted until 1 August 2022, and during this period the Lulu Hypermarket offered special promotional prices on

a variety of high-quality South Africa food products such as groceries, fresh foods and meat, among others, giving the Kuwaiti and expatriat shoppers the opportunity to buy South African food products at competitive prices.

The strategic partnership between the Mission in Kuwait and the Lulu Hypermarket has substantively contributed to South Africa's export economy, as well as to promoting South Africa as a reliable source of high-quality food products. It hoped that this year's food festival would culminate in Lulu Hypermarket's increase volume of imports of food products from South Africa, thereby leading to further job creation in South Africa, with the consequence of contributing to addressing one of the triple challenges faced by the South African government, namely, unemployment.



Ambassador Manelisi Genge with Mr K.S. Sreejith, Regional Director, Lulu Group Regional Office based in Kuwait



The cutting of the cake



The South African section at Lulu Hypermarket



South African aisle



Nelson Mandela Mural in the Mall

18 JULY 2022 MANDELA DAY

THIS YEAR WE ENCOURAGE YOU TO
DO WHAT YOU CAN
WITH WHAT YOU HAVE
WHERE YOU ARE.

NELSON MANDELA DAY

A NELSON MANDELA FOUNDATION INITIATIVE

UNITE
SPEAK
ACT
LEAD
LISTEN
LEARN
REMEMBER
TRUTH
FREEDOM
JUSTICE
UNITY
EQUALITY
RECONCILIATION
EDUCATION
AND LEADERSHIP
NELSON MANDELA
TRANSFORMED THE WORLD
CELEBRATE HIS LIFE
AND VALUES
TRUTH
FREEDOM
JUSTICE
UNITY
EQUALITY
RECONCILIATION
EDUCATION
AND LEADERSHIP
CHILDREN
YOUTH DEVELOPMENT
FREEDOM
TRUTH
UNITY
JUSTICE
TRUTH
FREEDOM
EQUALITY
MEMORY AND DIALOGUE
TRUTH
EQUALITY
TRANSFORMATION
JUSTICE
JUSTICE
FREEDOM
RECONCILIATION
EDUCATION
AND LEADERSHIP
RECONCILIATION
TRUTH
EQUALITY
JUSTICE
UNITED NATIONS
RESOLUTION
A NON-RACIAL, NON-SEXIST
DEMOCRATIC SOUTH AFRICA
HE DEDICATED HIS LIFE
TO THE SERVICE
OF HUMANITY
IN THE FIELDS
OF CONFLICT
RESOLUTION
AND PEACE
BUILDING
THE PROMOTION
OF HUMAN RIGHTS
RECONCILIATION
CHILDREN
AND OTHER
VULNERABLE
COMMUNITIES
HE CONTRIBUTED
TO THE ECONOMIC
AND SOCIO-CULTURAL
DEVELOPMENT
OF THE WORLD
AND THE
PEACE
AND STABILITY
OF THE WORLD
AND THE
UNITED NATIONS
RESOLUTION
CELEBRATE
HIS LIFE
AND VALUES



For more information, visit www.gov.za

#MandelaDay2022 @GovernmentZA on



REPUBLIC OF SOUTH AFRICA



**STAY
SAFE**

VACCINATE TO SAVE SOUTH AFRICA

TOGETHER WE CAN BEAT CORONAVIRUS

2022 Nelson Mandela International Day: South African Embassy in Brasilia

Denisha Reddy

First Secretary Political, Brasilia

“Do what you can, with what you have, wherever you are”



The next chapter in Africa’s story will undoubtedly be written on the back of the success of creating a truly united continent through the creation of a single African market envisaged in the Africa Continental Free Trade Area (AfCFTA). The potential gains for the African single market is an economic force multiplier for the continent. It has the ability to create wealth and employment, especially for women and the youth, and it can lift our peoples out of abject poverty. The Mission in Brasilia commemorated Nelson Mandela International Day (NMID) on 18 July 2022 through a community service activity at the Larzinho Chico Xavier Shelter in Brasilia.

Larzinho Xavier is a non-profit institution that provides temporary shelter for children and adolescents in vulnerable social situations. The initiative was undertaken with the support of the Office of the Governor of Brasilia.

Over 850kg of food, cleaning materials and shoes were donated with the support of the diplomatic community (Belgium, Cameroon, Congo Brazzaville, Ghana, Russia, Mali, Namibia and the State of Palestine) and embassy officials and staff.

The day was spent expanding the shelter’s vegetable garden as well as cooking and serving a hot meal for the children and employees of the home.

Ambassador Vusi Mavimbela: Head of International Relations in the Office of the Governor of Brasilia, Ms Renata Zuquim, and Assistant Secretary for Social Policies in Brasilia, Ms Ana Paula Soares Marra, as well as the shelter’s President, Mr Sylvio Pétrus Júnior, delivered remarks at the handover ceremony.

This community service project was an inspirational and enriching experience, imbued with fantastic team spirit – a manifestation of the true meaning of NMID and Ubuntu. The event also further solidified the Mission’s excellent collaboration and coordination with the Office of the Governor of Brasilia.

Furthermore, the Mission in Brasilia also facilitated participation by the CEO of the Desmond and Leah Tutu Legacy Foundation, Ms Janet Jobson, in the Eighth Nelson Mandela Annual Lecture, which was hosted virtually by Palas Athena on 12 July 2022.

Following the opening remarks by Ambassador Mavimbela, the lecture provided a special opportunity to pay homage to two of South Africa's illustrious sons who went on to become revered globally. Ms Jobson provided unique insights on the extraordinary friendship between these two icons, and how their lives intersected at a critical time in South Africa's history.

Finally, the Mission collaborated with The African Pride, a Rio de Janeiro-based organisation promoting tourism, cultural activities and economic ties between the Africa and Brazil, on several projects, to develop a NMID video message, which was broadcast nationally on Band TV on 18 July 2022. In his message, Ambassador Mavimbela provided background on the fight against racial discrimination in South Africa, the significance of NMID and the importance of commemorating this important day in Brazil.

The Mission's annual NMID activities are aimed at contributing to the global movement in honour of the life and legacy of Nelson Mandela, while at the same time, leveraging this international event to promote South Africa's national interests, values and principles in Brazil. These social activities are a critical aspect of the Mission's public diplomacy and cultural diplomacy initiatives.



From l to r: Captain Takalani Maemu, Ms Denisha Reddy, Ms Jessica Maemu, Lt Col Gaven Du Preez, Ms Cynthia Thamaga, Mr Benny Pretorius, Ms Matodzi Aphane, Ms Emily Mazibuko Tshabalala and WO Susanna Pretorius



From l to r: Ms Renata Zuquim, Amb Mavimbela, Ms Ana Paula Soares Marra and Mr Sylvio Pétrus Júnior



Mr Bingo Thamaga and Admiral Philliswa Mboyise working in the garden



Mr Jorge Neto ploughs in the vegetable garden

A walk in the City of Amsterdam for Nelson Mandela Day

Olitha Lebelo

Counsellor, Bilateral, The Hague



To celebrate International Nelson Mandela Day, the South African Mission in The Hague, Netherlands, undertook to participate in the day by hosting a walk in the City of Amsterdam. The 2022 Mandela Day was hosted on 18 July 2022 in collaboration with the Zuid Afrikahuis, Wandelen met Frank and the CBK Stichting. The objective of the walk was to trace South Africa's history in the City of Amsterdam as well as to follow the footsteps of freedom fighters within the city.

The walk started at Zuid Afrikahuis, which is the information point on the historical linkages between South Africa and the Netherlands and contains the largest library on South Africa in the Netherlands. The institution organises literary evenings with writers and poets and holds cultural events, which promote the Afrikaans language. It is home to a number of organisations including: the foundation ZASM, the Nederlands-Zuid-Afrikaanse Vereniging (NZAV) and the foundation Stichting Studiefonds (Foundation Study Fund for South African Students). The institution also houses a rich archive of magazines, books, photos and maps. It is an important primary historical source of research on the relationship between Netherlands and South Africa from 1880 to present. Furthermore, it serves as an important cultural nodal point in the relations between the Netherlands and South Africa and provides access to Dutch citizens who may have family emigrating to South Africa, as well as for the South Africans who may have historical Dutch family ties following emigration to South Africa throughout the 20th century.

The event registered participants from different sectors, including media, sports, think tanks, students, some NGOs and civil society. In his remarks, Ambassador Vusi Madonsela reflected on the current situation in the global arena wherein the existence of humanity is confronted with myriad challenges that include, among others, division, conflict, injustice and global volatility, which are dominating headlines and the public discourse. These challenges can leave people feeling powerless and anxious about the future, and question what all of it is for? Where are the change-makers and leaders the world needs at this moment? However, as concerning as these difficulties are, there is so much kindness, generosity and the will to make the world a better place. The important legacy of Tata Madiba encourages us to care for our fellow humans, to build bridges across those aspects that divide us and to settle our differences through dialogue and negotiation. Ambassador Madonsela concluded by reflecting on the 2022 theme for Nelson Mandela Day: "Do What You Can, With What You Have, Wherever You Are". This means it is possible for us to do what we can, wherever we are. By undertaking the walk, we carried forward Mandela's legacy and interacted with each other, from different nationalities and backgrounds. Our mission is to foster mutual understanding and to advance peace and justice.



Participants at the Mandela Monument

But also, to exchange views on how we can contribute to: education and literacy; food and nutrition; shelter; sanitation and active citizenship.”, added the Ambassador.

The walk proceeded through the Transvaalbuurt or Afrikaanderbuurt in the east of Amsterdam where the Paul Kruger-Plein (square) is situated, where Mr Jack Mangalie, the well-known Suriname-Dutch former Ajax soccer player, addressed participants. Mr Mangalie shared that Paul Kruger was once celebrated in the Netherlands, as the fifth President of South Africa during the apartheid government, but later seen locally as a coloniser and an oppressor. The streets that are connecting the Paul Kruger square are named after the generals who worked together with the President of the then Transvaal, Mr Paul Kruger and include Pretorius, Schalk, Maritz, Botha etc. In 1987, the Netherlands witnessed the rise of the anti-apartheid movement, particularly in the City of Amsterdam, where the City Mayor supported the movement by renaming some of the streets in the Transvaalbuurt that lead to the Kruger square, and, among others, Louis Botha Street was renamed Albert Luthuli. This is the same street where Mr Ed van Thijn, who was the Mayor of Amsterdam in 1987, unveiled a monument against apartheid; and the sculptor reflects human unity in diversity by means of an arm and leg. Mr Mangalie added that in the same year, the Mayor of Amsterdam also provided an office space for the African National Congress that was later opened in Staal Street. In 2014, in memory of Nelson Mandela, the residents of the Transvaalbuurt, together with Mr Steffen Maas, made a mosaic portrait of the late Nelson Mandela for the corner building of Kruger Square and Pretorius Street, believed to be the symbol of unity and diversity in the community.

The walk ended at the Nelson Mandela Park in the neighbourhood of Bijlmer, commonly known as Bimmer in the southeast of Amsterdam. In the early 1990s, the Amsterdam City Council decided to rebuild the neighbourhood of Bijlmer by building family homes and other community amenities like parks, museums, schools and theatres. In restoring the culture of humanity among the residents of the neighbourhood, Bijlmer Park was renamed Nelson Mandela Park, as part of the City of Amsterdam’s transformation of the Bijlmermeer district. It occupies 6 hectares of sports facilities and 700 residences that wind along the park perimeter. Streets in the same neighbourhood reflect the names of South African freedom fighters. On Sunday, 5 September 2021, the Nelson Mandela Monument was unveiled in this neighbourhood with over 170 nationalities in attendance, which reflected the most multicultural neighbourhood in the City of Amsterdam. The creator of the work is South African artist Mohau Modisakeng and the monument differs from all other Mandela monuments in the world as it features seven fractured faces, created from the faces of community members of the same neighbourhood that come from all walks of life.

The participants were rewarded with medals and the Centrum voor Beeldende Kunst Zuidoost (Centre for Visual Arts Southeast), known as CBK, offered refreshments. CBK is the centre that acted as a curator for the implementation of the project to build the Mandela Memorial. The day brought together young and old across racial and social lines, and rallied people around a common theme.



Centrum voor Beeldende Kunst Zuidoost (Centre for Visual Arts Southeast)



Ambassador Madonsela addressing the participants

Nelson Mandela Day 10km Fun Walk Hosted by the South African Embassy in Zimbabwe

Tshenolo Manamela
Embassy, Harare, Zimbabwe

The South African Embassy in Harare marked Nelson Mandela Day 2022 by heeding the call to work among communities. In line with the theme, “Do What You Can, With What You Have, Wherever You Are”, the Mission framed the event around promoting food and nutrition in communities.

The essence of Mandela Day is to take action and inspire change, which is now more critical than ever as we continue to work collectively to effect change and positively impact on lives, livelihoods and the well-being of all. In this context, the Embassy decided to support Women in Agriculture. Women-led businesses, particularly in the informal sector, continue to be among the most vulnerable while still recovering from the effects of the pandemic.

In the spirit of unity, the Embassy reached out to as many people as possible. Ambassador TR Mabudafhasi, supported by the Embassy staff, hosted a Fun Walk on Saturday, 16 July 2022. The distance for the race was 10km, with clearly demarcated routes. Participants included those from government ministries, the Diplomatic Corps, businesses and the media and the community at large lent support. Over 200 people participated in solidarity with the Embassy.



Each participant contributed a \$5 fee to participate. The money was used to purchase farming items like poultry, fertilizers, poultry medication and compost. The recipients, Mrs Rumbidai and Mrs Musona, have small-scale women-led businesses and they assist their communities at large as well. Their expertise extends to promoting and growing local herbal produce and vegetables, as well as the sale and breeding of poultry. This donation allowed for the recipients to expand and also maintain their businesses.



“There can be no greater gift than that of giving one’s time and energy to help others without expecting anything in return.”

- Nelson Mandela

2022 MANDELA DAY

**DO WHAT YOU CAN
WITH WHAT YOU HAVE
WHERE YOU ARE.**



Nelson Mandela Day Activities at the Mission in Nairobi

Ernest Kgopa
Counsellor: Political, Nairobi



On Monday, 18 July 2022, the South African High Commission in Nairobi, Kenya, embarked on two outreach programmes to commemorate Nelson Mandela International Day.

The one activity was a visit to the International Treasure House Ministries (ITHM), located 26 kilometres from Nairobi CBD. The ITHM was established to rescue and accommodate young women forced into childhood marriages and abused as well as orphaned children by focussing on breaking the cycle of poverty and equip them with life skills and education. The visit to the ITHM was attended by Mission staff, led by the Counsellor Political, Mr Ernest Kgopa. The Mission presented donations in the form of food, diapers, sanitary towels and second-hand clothing.

The Mission had an opportunity to spend the 67 minutes assembling the children’s bicycles which

were presented to the centre by visitors from the United States.

The other activity was a visit to Cheleta Primary School in Nairobi. The school is situated in Runda, an area very close to the United Nations (UN) Office in Kenya. The school caters for grade 1 – 8. Although the school is situated next to the affluent suburb of Runda, it caters for poor communities around the area. The visit to Cheleta Primary School was a collaboration between the South African High Commission and the UN Office in Kenya. His Excellency, High Commissioner MJ Mahlangu, accompanied by Mr Mzwandile Jiphethu, First Secretary Political working on multilateral issues in the Mission, attended the programme. Activities for this programme included school cleaning as well as monetary and in-kind donations.



Ambassador Mahlangu helps the schoolchildren to clean up



Ambassador Mahlangu speaks to media

Mandela Day at the Copenhagen Mission

Solomon Dude
First Secretary Political, Copenhagen, Denmark



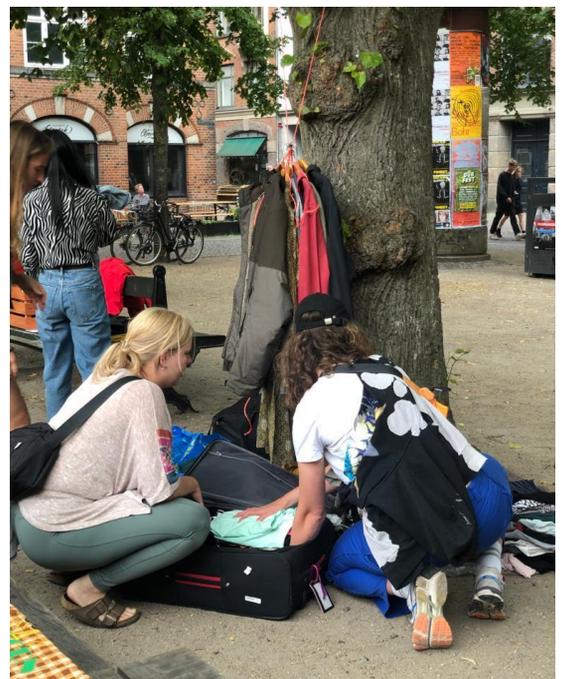
Ambassador Fikile Magubane with the Director of Crossing Borders, Mr Garba Diallo, during Mandela Day at Blaagaard Square

In line with the Mandela Day theme, “Do What You Can, With What You Have, Wherever You Are”, the South African Mission in Copenhagen had planned, as a target in our Mission’s Annual Plan, to honour Mandela Day. The mission is in full support of global efforts of highlighting the plight of food security, poverty and climate change.

Mission staff, driven by the spirit of Ubuntu and our ingrained South African tradition of giving to those who need assistance, identified the Missionaries of Charity, which is part of the Catholic Church and is run by rotating nuns from all over the world. Currently, the Nun-in-Charge is Sister Albertina from Tanzania. The Missionaries of Charity usually provides one warm meal per day to the homeless. All the food supplies, equipment, appliances, etc are donated to the Missionaries of Charity by well-givers.

Ahead of Mandela Day, Mission staff discussed and agreed to circulate an envelope among themselves for financial contributions. Each member contributed whatever amount of money they wished to give towards preparations for the visit to the Missionaries of Charity on Mandela Day. With the total amount of money collected, on 18 July 2022, staff went out to buy food items towards preparation of the meal for Mandela Day.

As planned, upon arrival at the Missionaries of Charity, Mission staff took over the kitchen duties and started with preparations of a South African menu. In this regard, the aroma of a delicious and fully balanced typical South African meal filled the kitchen halls within a short time. Soon, the homeless visitors began to line up to receive their normal daily meal. They were shown to tables for a formal sitting-down meal and were provided with cutlery to enjoy their meal, Furthermore, this time, they were very surprised to see a different set of people working in the kitchen. In the good spirit of Mandela Day, the Mission staff interacted with the large crowd who were very curious to know what was so special about the day.



Crossing Borders giving out donated clothing to the needy at Blaagaard Square

Ambassador Fikile Magubane explained in detail who the late former President Nelson Mandela was as well as the significance of Nelson Mandela International Day as declared by the United Nations, hence the celebration of the Mandela Day around the world. The homeless and the needy people were pleased to learn about Mandela Day and that it is celebrated annually. With radiant faces, they promised to return to the Missionaries of Charity again on 18 July 2023 to celebrate Mandela Day. After the meal, Mission staff joined some of the homeless and needy people to clean up for the next day. Also, in collaboration with Crossing Borders, Ambassador Magubane took time and participated in their activities where she assisted with serving meals and giving clothing to the needy. Crossing Borders is a prominent non-profit, civil-society organisation that educates and empowers young people to become active global citizens.

Mandela Day was well-received by the homeless and the nuns of Missionaries of Charity expressed their immense appreciation the SA Embassy for choosing to visit them. Furthermore, Crossing Borders was also very pleased about the collaborations with the South African Embassy. The impact of the event was so great that some of the Mission staff had committed to return to help prepare food for the homeless on a voluntary basis.

The Copenhagen Mission was satisfied with the outcome of the Mandela Day celebration.



Food served by a youth volunteer from Crossing Borders at Blaagaard Square



Food served by Crossing Borders at Blaagaard Square



Sister-in-Charge at the Missionaries of Charity with Ambassador Fikile Magubane during Mandela Day



Recipients at the home trying on donated clothing

Mandela Day Celebration, Brazzaville

Johnny Sexwale

Ambassador, Brazzaville, Congo



The Republic of Congo is one of the countries on the African continent where President Nelson Mandela was and is still adored and revered as the epitome of peace, freedom, justice, democracy, human rights and unity. One of the main CBD streets in the Capital Brazzaville has been named after him, as a symbol and token of appreciation for his life-time of selfless dedication to serving humanity. It is heartwarming to hear how Congolese people appreciate his legacy and view him as a symbol of the greatest leader that the continent has ever produced.

As the sun rose on 18 July 2022, the South African Embassy received reporters from two Congolese national television stations who requested to have an interview with the South Africa Ambassador in the Republic of Congo, HE Jonny Sexwale, regarding the International Mandela Day 2022 in the that country. One of the reporters amplified the fact that Mandela International Day was an important and quite a popular day throughout the world, and indeed that it also resonated with the aspirations of Congolese people, especially about its meaning and the impact it has to humanity.

Ambassador Sexwale explained that the Mandela International Day's genesis mirrored the image of a gallant icon who not only fought for freedom in South Africa but advocated for human rights for all in the world. He also echoed the sentiment expressed by the United Nations that "the world celebrates Mandela International Day every year to shine light on the legacy of a man who changed the 20th century and helped shape the 21st".

Furthermore, that this is a moment for all to renew with the values that inspired Nelson Mandela: absolute determination and a deep commitment to justice, human rights and fundamental freedoms.

To this end, Ambassador Sexwale called on all Congolese individuals, communities and businesses to consider donating their time by supporting a charity or helping those less fortunate in the country. He echoed that the South African Embassy wished to work with all Congolese people in dedicating 67 minutes of selfless service to helping others and making a difference. Members of the Embassy staff rose to the occasion by dedicating their 67 minutes of selfless service. The Ambassador also made a call on the International Community to honour the man of peace and negotiations by dedicating this day to stop the wars and commit the funds used to purchase arms for the benefit of their citizens.

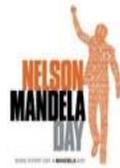


Amb. Sexwale interview with the Congolese TV station on Mandela Day



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“

A fundamental concern for others in our individual and community lives would go a long way in making the world the better place we so passionately dreamt of.”

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Mandela Day – South African Embassy in Berlin

Laura Joyce
Counsellor: Political, Berlin, Germany



Due to the COVID-19 increase in infections in Germany, organisations were not keen to receive large numbers of guests. The Embassy reached out to the Bolle Children and Youth Centre in Berlin. We asked them how the South African Embassy could support them on Mandela Day.

More than every fifth child in Germany grows up in poverty. Germany-wide, there are more than 6 500 minor street children.

Bolle supports socially disadvantaged children by offering warm meals, clothes, access to bathroom and shower facilities, safe educational space, societal participation and legal aid. The centre seeks to prevent these children from ending up on the streets of Berlin. Bolle in Berlin looks after up to 150 kids a day. What is striking is that 95% of the funding for Bolle comes from private donations!

The Embassy was provided with a list of currently needed donations in kind, which included a broad mixture of toys and learning material for the kids. The Embassy staff generously provided money to the amount of Euros 330,82.

The management and children of Bolle were over the moon about the donation from the South African Embassy.

Photo: From left to right: Ms Sabine Franzke, Marketing Officer, South African Embassy; Ms Isabelle Baumann, Media and Public Relations, Bolle; Ms Laura Joyce, Counsellor (Political); Mr Eckhard Baumann, Chairperson (Bolle); and Mr Justin Kemp, First Secretary (Political).

Nelson Mandela Day Celebration in Seoul

Ntombi Msibi

First Secretary: Political, Seoul, South Korea

The Embassy in Seoul celebrated Nelson Mandela Day on 18 July, with officials from the Embassy and the South African Chamber of Commerce volunteering at Boys Town, a welfare centre for children in Seoul.

The Samdong Boy's Town is home to 52 children. The facility was built in 1952 to accommodate the orphans who lost their families during the Korean War.

Teams were set up to clean three floors of the building, which consisted of the walls, windows and floors. Embassy officials and members of the South African Chamber of Commerce made personal donations to Samdong Boys Town.

Funding for the home is mainly from corporate donations, however, it also receives basic subsidies from government.

Through its commemoration of Nelson Mandela Day 2022, the Mission highlighted the significance of the day and showed its commitment to making a difference in its community.



Mission officials outside the home

The South African Embassy in Equatorial Guinea visited the Ana Costa Foundation in Malabo in celebration of International Mandela Day

Simon Moeketsi

First Secretary: Political, Malabo, Equatorial Guinea

The South African Embassy in Malabo, together with the Young African Leaders Initiative (YALI), celebrated International Nelson Mandela Day on 18 July 2022 by visiting the Ana Costa Foundation in Malabo.

The Ana Costa Foundation is a soup kitchen and wellness centre for the elderly. Every weekday, the foundation picks up elderly people and brings them to the centre during the day, providing them with basic amenities and meals.

These elderly individuals spend the day engaging in a variety of activities, games and much more. After such a lovely and refreshingly spent day, they are driven back to their homes. This has helped them form new friends, stay active, refreshed and engaged.

The visit afforded the Embassy the opportunity not only to donate food parcels but also support the important activities of the foundation, and to interact with the beneficiaries, strengthening people-to-people relations and including the elderly. At the end of the visit, each of them had words of advice, encouragement and love to share with young people.

The South African Chargé d' Affaires, Mr Simon Moeketsi, in his address mentioned that Nelson Mandela gave 67 years of his life fighting for social justice and human rights and today in marking the International Mandela Day, we together, give 67 minutes of our time to this noble campaign.

Mr Moeketsi also added that the South African Embassy in Equatorial Guinea had identified the Ana Costa Foundation to make a change in the lives of the elderly and the frail and that the Embassy had committed itself to make the Ana Costa Foundation the Embassy's community project for the 2023 Mandela Year.

Casilda Roku, coordinator of the Ana Costa Foundation, valued the initiative of the South African Embassy and noted "that the foundation thanks the people who come to the centre to collaborate for the reintegration of this elderly group of people, especially coming from a group of young people and that they have chosen us precisely on a day like today, which is the birthday of Nelson Mandela, means a lot to us".



Charge d' Affaires, Mr Simon Moeketsi, Coordinator of the Ana Costa Foundation, Casilda Roku and the Young African Leaders Initiative (YALI)



Beneficiaries of the Ana Costa Foundation

Nelson Mandela International Day celebrations in Santiago

Patrick Jacobs
Counsellor Political, Santiago, Chile

The South African Mission in Santiago celebrated the birthday of our beloved Madiba and Nelson Mandela International Day on the 18th of in partnership with the Santiago Metropolitan Municipality. To that end, 67 minutes were devoted to cleaning, adorning and sprucing up the Nelson Mandela Memorial and conjointly holding an exhibition with six large photographs of Madiba. The memorial was erected in 2019 to honour and celebrate the life and legacy of Madiba at the centric Portales Park in Santiago.

In Chile, the affection and commitment to the legacy of our beloved Madiba remains strong and is reflected, among others, by shared values and desires pertaining to democracy and human rights. In that respect, this is evinced in key programmes such as the Nelson Mandela Scholarship, which provides opportunities for South African youth (now expanded to a few other African countries) to undertake post-graduate studies at Chilean universities. People-to-people and knowledge exchanges form a core foundation, further manifesting sound and prosperous bilateral relations. In August 2014, the former Chilean President, HE Michelle Bachelet, delivered the Nelson Mandela Lecture and made a commitment to honour the legacy of former President Mandela with a memorial in Santiago, the capital city. The memorial was constructed and officially unveiled on 23 April 2019. The uniqueness of the memorial and its towering presence in downtown Santiago goes a long way in strengthening people-to-people relations. The constant presence of the structure transcends cyclical shifts in the political landscape of Chile, and embraced by all, it affirms the iconic global status of former President Mandela.

The work on the site included painting benches, scraping and cleaning the memorial's structure, and planting flowers in the surrounding grounds.



Left to right: Counsellor (Political) Mr Patrick Jacobs, Municipal Councillor Ms Dafne Concha, Ambassador George Monyemangene and Municipal Councillor Ms Virginia Palma



Planting flowers in the Memorial grounds

Aspen Chile celebrates 10 years of participation in International Mandela Day

In Santiago, Chile, pharmaceutical company Aspen, in partnership with the Mission, commemorated International Mandela Day for the 10th year in a row by supporting children with cancer. The company's team donated dental kits and TV sets to the inpatient ward of the Roberto del Rio Hospital in Santiago, spending quality time with the children and their families.



The Aspen Chile team with hospital staff members



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“

We were expected to destroy one another and ourselves collectively in the worst racial conflagration. Instead, we as a people chose the path of negotiation, compromise and peaceful settlement. Instead of hatred and revenge we chose reconciliation and nation-building.”

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Nelson Mandela International Day at the South African Embassy in Prague

Namhla Gigaba

Counsellor: Political and Trade, Prague, Czech Republic



From left to right, Ms N Gigaba, Ms B Mashiloane, Mr V Bartak, Ms P Kintlova, Ms M Karpisova and Ms L Starkova, Head of Fundraising and PR at the home

The South African Embassy in Prague, Czech Republic, spent its 67 minutes at the Domov Sue Ryder Home for the Elderly in Prague 4. Sue Ryder is an NGO providing social services to senior citizens in the Czech Republic. The Embassy staff was well received by the Director of the home and taken around the facility. The home was established in 1990 and to date it has provided the following services: consultancy to family caregivers, personal assistance and support to seniors in their homes, individual rehabilitations and host meetings. The home has a beautiful garden in the courtyard and a small park at the back with a variety of scents from the flowers planted, which the residents appreciate. The park is also accessible to the community in Prague 4. The officials from the SA Embassy tended to the garden in the park before planting some lavender bushes that they donated to the home in the courtyard.

After the hard work in the garden, the representatives from the Embassy shared with the elderly the significance of the day and why the South African Embassy visited their home, over tea. There was a lot of interest about South Africa. Some reminisced about their visit to the African continent (including South Africa); beautiful countries, people, food and animals. One recalled of the financial contributions made under the communist era towards the liberation struggle from their salaries. Others indicated that South Africa is far and that they cannot travel now at their age. A book with breathtaking views of South Africa was handed to the Director of the home as a gift for the elderly in their library.



The visit by the Embassy staff to the home for the elderly speaks to the essence and the values of the day as espoused by Tata Mandela:

- spent the 67 minutes helping others, especially the elderly as they are often marginalised in society
- as a small Embassy, we remained true to the global theme for 2022 of “Do What You Can, With What You Have, Wherever You Are”
- we embraced a home for the elderly and participated in community planting in Prague 4 as we strive to contribute to protecting the environment and mitigating the challenges of climate change that we currently face.



Lavender being planted on Mandela Day



Embassy staff gives a Mandela Day talk during the visit

18 JULY 2022
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Nelson Mandela: A symbol of South Africa-Algeria Relations

Sello Patrick Rankhumise
Counsellor: Political, Algeria



On 12 July 2022, a leading Algerian national newspaper, *El Moudjahid*, hosted a panel discussion paying tribute to Nelson Mandela, as part of the celebration of the Nelson Mandela Day and the 60th anniversary of Algerian Independence. The keynote presenter at the event was Ambassador Nouredine Djoudi, who served as an interpreter during Mandela's visit to Algeria in 1962. He subsequently served as Algeria's first Ambassador to post-apartheid South Africa and is also a recipient of the Order of OR Tambo in Silver.

Ambassador Djoudi recalled the role of Walter Sisulu, Olivier Tambo and Nelson Mandela in South Africa's liberation struggle. He further evoked the brutalities waged by the apartheid regime against the activists that fought for freedom in South Africa, with specific reference to developments leading to and in the aftermath of the Sharpeville massacre, and the 1976 Soweto students' protests. Most notably, Ambassador Djoudi explained in more detail the visit by the African National Congress (ANC) delegation, led by Nelson Mandela, in November 1962.

Mandela's visit took place at the invitation of President Ben Bella, and Ambassador Djoudi who was a junior officer in the Algerian army at that time, was tasked to serve as an interpreter as he was among the few officers who was competent in the official languages of Algeria, Arabic and French, including English. He outlined that President Bella supported the anti-apartheid struggle and the broader anti-colonial struggle in the rest of the African continent. As such, he wanted to maintain Algeria's solidarity and support to the liberation movements in Africa.

Ambassador Djoudi went on to highlight that during the visit, Mandela also met with the then Minister of Defence, Colonel Houari Boumedienne who offered Madiba military training afforded to the commander of an army. As a result, Mandela used the military experience and support from Algeria as part of the knowledge and resources needed to form the armed wing of the ANC, uMkhonto we Sizwe. In this regard, he argued that Mandela drew inspiration from the Algerian revolution. He concluded his presentation by indicating that Algeria did not support the struggle against apartheid, but formed part of that struggle, as demonstrated by its military and material contribution. He further recalled the contribution of Robert Resha, the first representative of the ANC in Algeria, Johnny Makhathini and OR Tambo during the earlier period of establishing diplomatic ties between Algeria and the South African liberation movements. That served as precursor for strong and strategic relations between the two countries in the post-apartheid period.



Ambassador Djoudi addresses the audience during the event



Panellists from left-right, Mr Mohamed Koursi, Ambassador Djoudi and Dr Sello Rankhumise

Mandela Day 2022: South African Embassy Dublin, Ireland

Willem Geerlings

Counsellor: Political. Dublin, Ireland

On 18 July 2022, Ambassador Yolisa Maya and staff members of the South African Embassy visited the Capuchin Day Centre and donated toiletries, including deodorant, soap, toothpaste, toothbrushes and undergarments to the value of €400.00 (approximately R6 980.00). The donation of these items came about after the Embassy had consulted the leadership of the Capuchin Day Centre and items purchased with donations collected from embassy staff members.

The Capuchin Day Centre feeds around 1 000 people daily, providing 300 breakfasts/brunches and 700 dinners, six days a week. This includes 30-40 children per mealtime. The centre also provides clothing, showers and medical attention for people in need in Dublin’s inner city. The centre costs €4.5 million per annum to run of which €475 000 is funded by the Irish government and the remainder from donations. The Order of Friars Minor Capuchin is an order of friars within the Catholic Church, among the chief offshoots of the Franciscans. The Capuchins are also active in South Africa.

In her speech, Ambassador Maya commended the Capuchins for the service they provide to people in need, which represents a fine example of what President Nelson Mandela stood for and in this regard highlighted the values of Ubuntu and human solidarity. She also expressed appreciation for the support of the people of Ireland during the struggle for freedom and democracy and against apartheid.

Brother Crowley, in his speech, said that there was great admiration for Nelson Mandela among the members of the centre and highlighted, as Ambassador Maya did in her speech, the importance of respect and dignity in our interactions with our fellow human beings.



Ambassador Maya with Brother Crowley



Donations for the Centre

Nelson Mandela Day Celebrations in Lisbon

Carl le Roux

Counsellor: Political, Lisbon, Portugal



Ambassador Gaoretelelwe and the head of Ajuda de Mãe, Ms Madalena Teixeira Duarte

In celebration of International Nelson Mandela Day, the South African Embassy in Lisbon engaged in an outreach activity on 21 July 2022, involving the “Ajuda de Mãe” (Mothers Support) Institution, headed by Ms Madalena Teixeira Duarte. This institution, which supports young mothers and their babies, was founded in 1991 and runs both shelters and education programmes for young mothers. The programmes run by the institution help to keep the young mothers in school and further their education, as well as to prepare them in caring for their babies and to enter the workplace. It also organises visits to museums, public institutions, etc, to broaden the mothers’ life experience. The Embassy organised a collection of items for the institution, which were most-needed, such as diapers, baby wipes, bath gel, skin lotion, saline solution, powdered baby milk, etc. Both staff and the public visiting the Consular Section contributed to the collection of these items.

On 21 July, the Ambassador, accompanied by five Embassy staff members, visited the institution where the Ambassador was given the opportunity to hand over the Embassy’s donation and give a talk to the young mothers about Nelson Mandela and the importance of education for their future as mothers and citizens. The Ambassador’s motivational talk was very well-received by the young mothers, who posed many probing questions and were very interested in the functions of an Ambassador and the work carried out by an Embassy. Ms Teixeira Duarte conveyed to the Ambassador how important it had been for the girls to witness her example and hear her stress the importance of education for their future.

The Ambassador and staff also had the opportunity to interact with the babies whom the young mothers were eager to present. On 29 July, a group of staff members visited the institution a second time, volunteering to sort out donated baby clothing. A trip for the young mothers to visit the Embassy, is being planned for later in the year as part of their mentoring programme.



Staff members volunteered to help sort donated baby clothes



Marline Ngwira and Cristina Rodrigues from the Embassy help take care of the babies while their moms attended some of the classes offered at Ajuda de Mãe

Celebration of Nelson Mandela Day 2022 in Kazakhstan

Nomzamo Ngoma

Corporate Services Manager, Nur-sultan, Kazakhstan

In line with the theme “Do What You Can, With What You Have, Wherever You Are” for this year, the South African Mission in Kazakhstan celebrated Nelson Mandela International Day with the staff, children and mothers at the Korgau-Astana Foundation Chance Centre for Women and Children, jointly with the Diplomatic Corps accredited to the Republic of Kazakhstan to mark the special day on the calendar when everyone honours the appeal of Tata Nelson Mandela to all people when he left the care of the world to us with these poignant words: “It is in your hands now”.

Ambassador Keitumetsi Matthews commenced her speech at the Korgau-Astana Foundation by saying that: “The Nelson Mandela International Day campaign remains rooted in the call Nelson Mandela made in 2009 to honour him by working in communities rather than by celebrating his birthday. Therefore, 18 July remains a focal point for the campaign”.

The staff at the Mission responded to the clarion call, proud to put their hands in their pockets by using part of their salaries to buy groceries, clothes, toys and books for women and children at the Korgau. The campaign was supported by several diplomatic missions accredited to Kazakhstan, which delivered necessary wants and money.

The Korgau Astana public foundation, headed by Ms Anna Ryl is the first shelter for victims of domestic and sexual violence in Nur-Sultan, providing free legal and psychological services for survivors. As many victims escape to save their lives, they arrive at the shelter with no documents; so, the team at Korgau has developed a system to reconstruct their documentation to support legal cases against their conciliation and access to social and other benefits, including education and work skills.



The Ambassador concluded with these words of encouragement: “...even if things are not going your way and everything seems difficult and you get lonely or sad, think of Nelson Mandela walking to school barefoot every day and how he ended up as the President of South Africa and icon of the world. Have hope, work hard, study hard, love music and dancing, both of which Mr Mandela loved, and your life will be of the best.”



The celebration was concluded with a dance programme by the South African staff, showcasing cheerfulness and cohesion in any situation.





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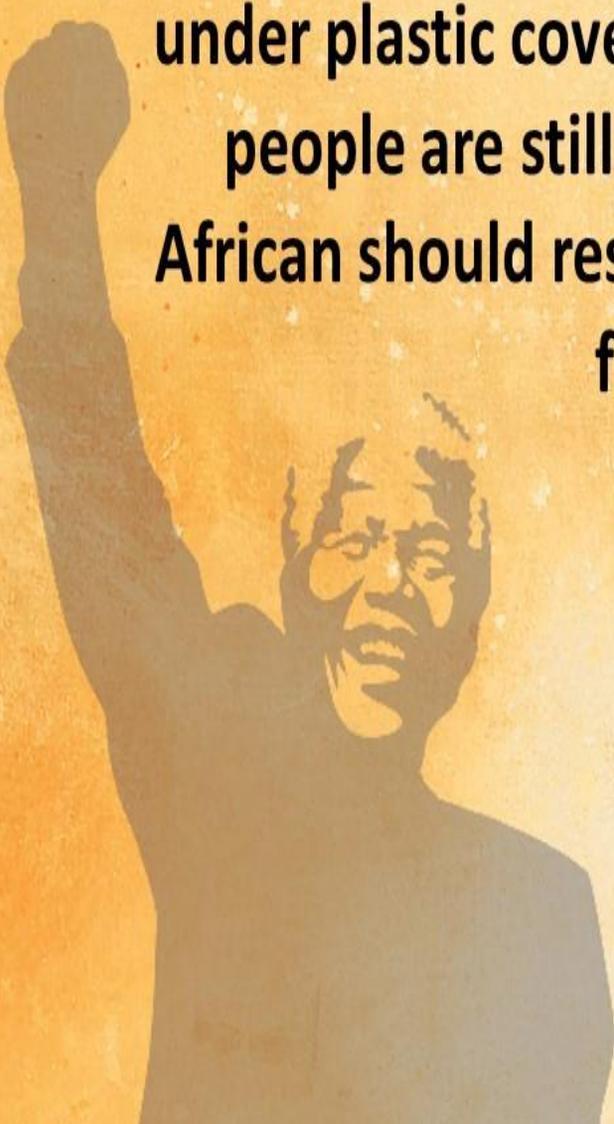
“

“As long as many of our people still live in utter poverty, as long as children still live under plastic covers, as long as many of our people are still without jobs, no South African should rest and wallow in the joy of freedom.”

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2022 International Nelson Mandela Day - Liaison Office of South Africa in Taipei

Cissy Chiu

Trade Information Assistant, Taipei, Taiwan



Beach Clean up

The Liaison Office of South Africa in Taipei co-hosted a beach clean-up with the Tzu Chi Foundation at Sha-lun Beach in Dan-Hai District, New Taipei City, on Monday, 18 July 2022.

The Tzu Chi Foundation is an organisation dedicated to environmental protection for more than 30 years. The Mission wanted to bring awareness of marine litter and plastic waste in the world's oceans and beaches to the attention of the public by cleaning this beach where plastic waste accumulates.

The Mission invited the Diplomatic Group in Taiwan, as well as officials from the Ministry of Foreign Affairs, the Ministry of Economic Affairs and local communities to participate in the beach clean-up in celebration of the 2022 International Mandela Day.

Ambassador Promise Msibi from the Embassy of the Kingdom of Eswatini and Chair of the Africa Group in Taiwan, Ambassador Roudy Penn from the Embassy of the Republic of Haiti, Mr Ahmed, Trade Commissioner of Nigeria's Trade Office, friends from the Embassy of the Republic of Paraguay and the Embassy of Saint Vincent and the Grenadines joined in the activity. Ambassador Msibi of Eswatini also closed the Embassy for the day and brought all his office staff to join in the beach clean-up. Four students from Saint Vincent and the Grenadines also participated in the clean-up. There were more than 80 participants, including 54 Brothers and Sisters from the Tzu Chi Foundation.

Mandela Day celebration at the Cuba-South Africa Friendship school

Feziwe Madikizela
Counsellor: Political



Cutting of the cake

The Embassy hosted the celebration of Nelson Mandela Day on 22 July 2022. The event was moved to 22 July 2022 to benefit from the presence of Deputy Minister Alvin Botes in the programme on the sidelines of the Deputy Minister's official visit of 17-24 July 2022 to co-chair the South Africa-Cuba Joint Consultative Meeting (JCM), held on 21 July 2022.

Deputy Minister Botes participated as a keynote speaker and also in the Embassy Painting Initiative and unveiling of the Mandela bust, which was organised by the Cuba-South African Friendship School. The Embassy worked in collaboration with the Cuban Institute for Friendship with the Peoples (ICAP).

Key role players who participated in the event included ICAP, Cuban Ministry of Education, Office of the United Nations in Cuba, Dean of the Diplomatic Community, inclusive of the Russia Diplomatic Corps, Dean of the Africa Group of Ambassadors, MINREX Director of Sub-Saharan, Cuban Communist Party and students



Ambassador Phosa and Deputy Minister Botes doing the gardening



Deputy Minister Botes paints the wall at the Cuba-South African Friendship School for 67 Minutes for Mandela Day

Mandela Day: South African Mission in Moscow supports fundraising efforts for the Dmitry Rogachev National Research Centre for Paediatric Haematology, Oncology and Immunology

Douw GJ Vermaak
Counsellor: Political, Moscow, Russia

The South African Mission in Moscow collaborated with the United Nations Information Centre (UNIC Moscow) to commemorate Mandela Day on 19 July 2022 by visiting the Dmitry Rogachev National Research Centre for Paediatric Haematology, Oncology and Immunology, a cancer treatment centre for children, which also focusses on blood diseases, malignant neoplasms, pathologies of the immune system and other similar serious ailments.

The centre was named after a young patient, Dmitry Rogachev, who had touched President Vladimir Putin's heart during his visit to the centre where he indicated that his greatest wish was to see sick children being cured and free of any disease. Unfortunately, he did not live long enough to realise this dream since he passed on in 2009 while the renovations at the centre were in progress. Hence, it was named after him, as an honour for a life short lived

The Mission was represented by Mr Douw Vermaak (Counsellor: Political) and Ms Nontobeko Duma (First Secretary: Political). During the remarks, Mr Vermaak emphasised President Nelson Mandela's love for children and that the Mission could not have chosen a better way to honour him than positively impact on the lives of the very special group of humans (the children) whom where also present during the celebration. He reminded the participants of some of Mandela's famous quotes, including that the true character of a society is revealed in how it treats its children

In its interaction with the children undergoing intensive treatment at the centre, the Mission officials discussed the relevance of Mandela Day during a very unprecedented time in our lives as the world is dealing with a global pandemic, where global poverty seems to be growing; and as nations, we are dealing with massive challenges to mankind such as climate change, among others. Mandela Day should be seen as an opportunity to remind us that, as the life of Nelson Mandela had shown us, all of these difficulties, like so many we have faced before, are not insurmountable. It can and will be overcome through joint collaborative efforts.

During discussions with the management of the centre, the latter expressed an interest to partner with similar centres in South Africa, particularly the Nelson Mandela Children's Hospital for skills exchange and to allow children from both centres to interact with each other as a means of emotional support. The Mission will maintain and strengthen its relationship with the centre and will continue to assist with the collection of educational devices for the children being treated there.



Mr Douw Vermaak during the delivery of remarks surrounded by children currently being treated for various conditions



Director-General of the centre, Dr Alexander Rummyantsev, during his speech



Mr Douw Vermaak receiving a picture drawing from the Director-General of the centre, Dr Alexander Rummyantsev, painted by one of the child patients

67 Minutes for Mandela Day: Mumbai

Monita Carolissen
 Consul Political, Mumbai, India

The South African Consulate General in Mumbai, India spent their 67 minutes at Vatsalya Trust Mumbai, maintaining and cleaning the premises, planting trees and cleaning up the library. The visit concluded with an interactive discussion on the meaning of Nelson Mandela Day. It was attended by the Board Members of the Trust, staff and care givers, community members as well as the children and learners at the Vatsalya Trust Learning Centre. The Mission donated a copy of "Long Walk to Freedom" to the Trust's library.

The Vatsalya Trust has the focus to create lasting solutions to improve quality of life for the destitute and deprived, Ms Sanjivani Raykar, Mr GA Damle (late) Dr Shivram Athavale, Mr Nijasure along with few other friends started a charitable organisation, Vatsalya Trust Mumbai in 1983. The Trust is dedicated to the care and rehabilitation of orphan, abandoned, and destitute children often receives new-borns within hours of delivery from maternity homes, infants abandoned in public places like temples, garbage bins and railway platforms. As the Trust is recognised by Central Adoption and Resource Agency (CARA), around 1201 children have so far found their adoptive homes.

To ensure literacy and enhance employability, the Trust through skill development initiative runs a project called Digital Literacy for Underprivileged Vatsalya Computer Training Centre for youth from economically weaker section of the society. After their training, these young adults are provided employment in companies.

Vatsalya also provides temporary shelter and counselling services for women in distress; and to empower them these women are given skills development and vocational training. As part of serving the community, Vatsalya Trust Mumbai engages in planting of saplings to help the environmental quality.



Interactive discussion on the meaning of Nelson Mandela Day with youth who receive IT & skills training at Vatsalya Trust



Consul General, Ms Andrea Kuhn and colleagues cleaning around the premises of the Vatsalya Trust

2022 United Nations Nelson Mandela International Day Event, 18 July

Masotsha Mnguni

Counsellor: Political, Permanent Mission, New York, USA

At the invitation of HE Mr Abdulla Shahid, President of the 67th Session of the United Nations (UN) General Assembly (PGA), South Africa participated in an informal meeting of the General Assembly that served as the annual observance of Nelson Mandela International Day.

HE Ms Amina Mohammed, Deputy-Secretary-General (DSG) of the UN represented the Secretary-General. The Minister in The Presidency, HE. Mr Mondli Gungubele, delivered a statement on behalf of the South African Government. The guest of honour to deliver the keynote address at this year's event was the Duke of Sussex, Prince Harry who was supported by the Duchess of Sussex, Ms Megan Markle.

Also present among the list of speakers were the UN Nelson Rolihlahla Mandela Prize to the 2020 Laureates, Dr Morissanda Kouyaté; Minister of Foreign Affairs of Guinea and Mrs Marianna Vardinoyannis of Greece. The Mayor of New York City, Mr Eric Adams, also delivered remarks at the event.

In his remarks, the PGA highlighted that "Madiba's fight against apartheid, was in fact a fight for a better world, in which the freedom, justice and dignity of all were respected. He called for peace, social justice, equality and human understanding throughout his life".

The DSG recalled that Nelson Mandela was a healer of communities and a mentor to generations and remained a moral compass and reference to all.



The distinguished speakers at the formal Nelson Mandela International Day

The DSG acknowledged the laureates of the 2020 Nelson Mandela Prize: Marianna Vardinoyannis of Greece, for her decades-long fight against childhood cancer; and Morissana Kouyaté of Guinea, for his quest to end female genital mutilation.

Minister Gungubele recalled that Nelson Mandela dedicated 67 years of the best years of his life in service of others albeit in very difficult conditions, including 27 years of imprisonment. The Minister further emphasised that the unprecedented global challenges currently confronting humanity and the planet required that the international community acted in harmony through solidarity and common purpose.

In his keynote address, Prince Harry noted that the life and legacy of Mandela must be celebrated every day, particularly as younger generations might not be familiar with his leadership.

Following the end of the formal event at the UN General Assembly, the Nelson Mandela community service event was held at Thomas Jefferson Park in East Harlem, New York. This year's thematic areas of focus included food security and sustainability.



2022 Nelson Mandela Day Community Service event at Thomas Jefferson Park East Harlem

The South African Permanent Representative to the UN, Ambassador Mathu Joyini, participating in community service duties with fellow volunteers



South African Consulate General hosts the “Mandela in America” screening for Nelson Mandela International Day

Mzwanele Langa

Consul: Political, Consul General, New York, USA

In honour of this year’s Nelson Mandela International Day, the South African Consulate General in New York collaborated with the St Mark’s Church-in-the-Bowery in screening a documentary, titled “Mandela in America” on 17 July 2022. The event was attended by over 80 people who included members of the Diplomatic Corps, members of St Mark’s Church, members of the South African Diaspora and the general public.

The South African Minister of Public Works and Infrastructure, Ms Patricia De Lille, who was visiting New York to attend other official meetings also attended the event. Before the screening of the 90-minute documentary, the event followed a ceremonial programme where Minister De Lille delivered her keynote remarks. During her speech, Minister De Lille, who is also one of the trustees of the Nelson Mandela Children’s Trust, highlighted some of her memorable experiences about the leadership style of former President Mandela. In describing his leadership style, she said President Mandela embodied many virtues, such as Ubuntu, integrity, selflessness, upright leadership, fight for justice and human rights and tolerance for coexistence. In speaking about South Africa’s democracy and the contribution made by former President Mandela and other freedom fighters, Minister De Lille said South Africans should never “take for granted the democracy that we have because many people died for us to enjoy what we have today”.

She also highlighted the passion that former President Mandela had for children and youth because he believed strongly in their collective power to take forward the dreams of a “Better South Africa”. As such, and because of his strong beliefs about development, she shared a moment when President Mandela stood in Parliament in 1995 and challenged all Members of Parliament and said he was prepared to contribute R150,000 towards the Nelson Mandela Children’s Fund. In concluding her remarks, Minister De Lille challenged all present to continue honouring Tata Madiba by “doing whatever little we can to help those that are needy and vulnerable in our societies”. She also thanked the Saint Marks Church for its contribution towards South Africa’s freedom and democratic dispensation.



Consul General Motumisi Tawana addresses the audience during the Mandela Day event

The “Mandela in America” documentary chronicles President Mandela’s visit to the US in June 1990. The film features interviews with President Mandela and Mama Winnie Mandela, and provides highlights from their eight-city tour, including clips of performances by Stevie Wonder, Aretha Franklin and Tracy Chapman. The event concluded with a light reception where South African food and music were served. The event was live streamed on <https://youtu.be/xMZ8l6jOanA>



Minister Patricia De Lille delivers remarks during Mandela Day



Screening of the “Mandela In America” documentary

BIPOLAR MOOD DISORDER

Ncedisa Mayeko

Employee Health and Wellness



Bipolar Mood Disorder (BPMD) refers to a group of brain disorders that cause extreme fluctuation in an individual's mood, energy and ability to function. A large number of BPMD patients are diagnosed in adolescence and early adulthood, however, the disorder can be diagnosed at any age and usually lasts a lifetime.

Types of BPMD

Bipolar I

Bipolar I is characterised by severe mood disruptions that range from manic episodes to depressive episodes. The fluctuation between the two episodes occurs throughout an individual's lifetime, however, an individual may have periods with no symptoms.

- **Manic episode:** involves a distinct period of abnormally elevated, irritable and expansive mood with abnormally increased goal-directed energy that lasts for at least one week and is present most of the day.
- **Depressive episode:** involves an experience of persistent feelings of sadness, hopelessness, and a decreased in energy.

Bipolar II

Bipolar II is characterised by an experience of at least one major depressive episode and one hypomanic episode throughout an individual's lifetime.

- **Hypomanic episode:** involves a distinct period of abnormally elevated, irritable and expansive mood with abnormally increased goal-directed

energy that lasts for at least four consecutive days a week and is present most of the day.

Cyclothymic Disorder

Cyclothymic Disorder involves the experience of both hypomanic and depressive periods without ever meeting the criteria for a manic, hypomanic or depressive episodes. This means that some symptoms of both hypomanic and depressive episodes are present, however, the symptoms are minimal and cannot lead to a diagnosis of either hypomanic or depressive episodes.

It is characterised by an experience of at least one major depressive episode and one hypomanic episode throughout an individual's lifetime.

Causes of BPMD

The exact cause of BPMD is unknown, however, a number of abnormalities in neuroendocrine, neurotransmitters and intracellular transmitters that regulate mood tend to be present in individuals with BPMD.

Risk factors for the development of BPMD

The presence of the following factors may increase the risk of the developing BPMD.

Genetics

Individuals who have parents and siblings who suffer from BPMD are at a higher risk of developing BPMD. However, the genetic risk is not absolute. Some children in these families do not develop the disorder.

Environmental factors

Research has shown that some BPMD patients experienced childhood adversity in the form of abuse and neglect. However, some BPMD patients do not have any experience of childhood adversity. The misuse of dagga has also been shown to increase the likelihood of BPMD diagnosis.

Treatment of BPMD

Multidisciplinary approach: (Psychiatrist, Psychiatric Nurse, Clinical Psychologist, Clinical Social Worker & Occupational Therapist).

- Pharmacological treatment (medication)
- Electro-convulsive therapy
- Psychotherapy
- Family therapy and counselling
- Assessment of level of functioning and referral for employment.

Living with BPMD

“I have had BPMD since I was 18 years old. It is an illness that ensures that those who have it will experience a frightening, chaotic and emotional ride. It is not a gentle or easy disease”. - Kay Redfield Jamison

According to the World Health Organisation (June 2022), BPMD affected 14 million people globally in the year 2019.

The statistics may seem low in proportion to the global population, however, BPMD has severe long-lasting implications for the patients, their families, society and the governments affected.

Practical tips for BPMD patients

- Take your medication as instructed
- Know your triggers and warning signs
- Have an emergency plan
 - List of members of your multidisciplinary team
 - List of medications
 - Inform your loved ones
- Share any medication side-effect concerns with your mental healthcare provider
- Seek therapy, ask questions
- Keep and develop healthy relationships in order to avoid isolation
- Limit stress, and lead a healthy lifestyle (good sleep, diet and exercise).

What to do in case of a crisis?

Hospitalisation

Phone your mental healthcare provider. In the event that you are unable to get hold of the members of your team, go to the nearest Casualty. The patient will be observed and assessed. In the event that the patient is a danger to themselves and/or others or refuses to be taken to hospital, please phone the South African Police Service (10111).

Mental illness can be managed successfully!

Employee Health and Wellness is available to render counselling, therapy, care and support to employees who need assistance.

WORKPLACE SAFETY RULES

Section 8 (i) of the Occupational Health and Safety Act, 85 of 1993 stipulates that every employer shall provide and maintain, as far as is reasonably practicable, a working environment that is safe and without risk to the health of employees. The aim of the Act seeks to protect the safety and health of persons at work. It is the responsibility of employees to obey all lawful instructions or rules that are implemented for their benefit. We can all promote health and safety through the following actions:

1. REPORT UNSAFE ACTS AND CONDITIONS

When you see unsafe conditions, report it immediately to a health and safety representative or helpdesk, e.g. loose electrical cables, damaged carpets and open floor plugs. This will prevent the occurrence of accidents or incidents.

2. BE AWARE

Familiarise yourself where the on-site clinic is. Know who the SHE representatives, first aid and evacuation wardens are who are responsible for your branch.

3. READ WARNING SIGNS

Familiarise and comply with the safety signage, e.g. slippery surfaces, construction on site, exit and escape signs.

4. ADHERE TO ERGONOMIC STANDARDS

Identify the ergonomic hazards in your working environment that may cause musculoskeletal injuries, e.g. poor posture and back problems because of improperly adjusted workstations.

5. KNOW WHAT TO DO IN CASE OF FIRE OR ANOTHER EMERGENCY

Familiarise and comply immediately with all procedures in case of fire or another emergency. Know where the location is of all the fire escapes and assembly points and what procedures to follow during an emergency evacuation.

6. FOLLOW SAFE WORK PROCEDURES

Know and comply with all regulations, e.g. adhere to speeding limits in basements, keep to the recommended social distancing and comply with the instructions during an evacuation drill.

7. PARTICIPATE IN JOINT HEALTH AND SAFETY COMMITTEES OR AS THE REPRESENTATIVE

EHW, in collaboration with the OHS Committee, invites DIRCO employees to volunteer and serve as **SHE** reps. Interested colleagues shall undergo training to equip them with knowledge and skills to assist in the execution of their responsibilities.

For more information please call Ms Given Mashigo on x11691 or email mashigog@dirco.gov.za

OCCUPATIONAL HEALTH AND SAFETY IS EVERYONE'S RESPONSIBILITY.

