

IT'S
YOUR

VOICE

Internal Newsletter of the Department of International Relations and Cooperation

ubuntu diplomat



**BUILDING A BETTER
AFRICA
AND A BETTER
WORLD**

“Building a Better Africa and a Better World”

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Editor's Letter

Dear Diplomats,



I open my letter and greet the readers with the following words of the African Union (AU) anthem: "O Sons and Daughters of Africa; Flesh of the Sun and Flesh of the Sky; Let us make

Africa the Tree of Life", as we celebrated Africa Month and commemorated 25 May. On this day, we as South Africans joined Africa's 1,2 billion citizens across 54 countries in observing Africa Day on a continent on which many blessings have flowed since the Organisation of African Unity (OAU) was established in 1963.

The theme for Africa Month 2016 was: "Building a Better Africa and a Better World".

South Africa recognises itself as an integral part of the African continent. Therefore, the country understands its national interest to be intrinsically linked to continental stability, unity and prosperity. Our national interest is thus defined by the development and upliftment of all African people.

This edition's articles focus on the Department of International Relations and Cooperation's (DIRCO) efforts to continually invest in our continent and opening the doors for international interest through promoting tourism into the continent of Africa.

Read about the annual Indaba, held in May in Durban, which is one of the largest tourism

marketing events on the African calendar.

Another all-important event to showcase our country's distinct arts, culture and people was the Open House event at the South African Embassy in Washington on 7 May, which drew more than 6 000 visitors.

I will leave you with a teaser of a beautifully written poem on Africa also featured in this month's edition, written by MighTy African: "Africa lives in me and I can, that's why I love Africa".

I hope and it is my opinion that you will enjoy this edition as much as I have and will find inspiration and pride in the long way the OAU has come to be the AU – an organisation which is building a better Africa in a better world.

André Kotze

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SA Embassy in Washington DC draws potential tourists through Open House



The South African Embassy in Washington DC opened its doors to thousands of residents in America during its Open House event on 7 May 2016. The Embassy's participation in the event was in partnership with an organisation called, Cultural Tourism DC, which through its Passport DC Programme, makes it possible for thousands of people to experience the cultural diversity of Washington DC.

The Embassy's participation through having an Open House in the Around the World Tour, which is one of the programmes of Passport DC, was driven by the potential that this opportunity presents to showcase South Africa to potential tourists. The Embassy used its participation in this event to present South African products and services, arts and culture as well as authentic food, drinks and wine.

To achieve this, the Mission invited its partners in the United States of America (USA) such as South African Airways, South African Tourism, Brand South Africa, Sasol, Nandos, Ceres, Wines of South Africa and South African Crafters and Dancers to provide a preview of what South Africa has to offer as a tourist destination.

South Africa has experienced a slight decline in US visitors in recent years. The Mission's participation was geared at projecting a positive image of the country to attract more US visitors. The USA accounts for the second-largest number of tourists to South Africa in countries outside of the continent, which is a considerable contribution to our economy.

The Open House event at the South African Embassy was held from 10 am to 4 pm, but as early as 9 am, people had already started queuing outside, taking pictures with the iconic Nelson Mandela Statue, which has become one of the tourist attractions of Washington DC since its unveiling in 2013. The guests were also excited about experiencing the recently renovated Embassy, the opportunity to interact with the Ambassador and all that the Embassy had on display, including South African entertainment.

As part of measuring the impact, Cultural Tourism DC appoints volunteers to count the number of visitors in each Embassy and the South African Embassy this year welcomed 6 104 visitors through its doors, which was record-breaking in terms of its previous participation! 🌱



Know our Heads of Mission

Tell us about yourself

My name is Gabriel Phemelo Setlhoke, Ambassador Extraordinary and Plenipotentiary of the Republic of South Africa to the Republic of South Sudan. My accreditation to this newest country in the world has been from 2010. The initial posting was as Consul-General for two years. Upon establishment of official diplomatic relations between the two countries in 2011, after declaration of independence from the Sudan, the Consulate was upgraded to a fully established Embassy. The Consul-General was then appointed Ambassador Extraordinary and Plenipotentiary and I have served in the position for more than two years. The challenges that South Sudan is faced with have been opportunities of political interaction; continuity with the leadership of the ruling party, the Sudan People's Liberation Movement (SPLM); and harnessing the fraternal political relations that South Africa accorded South Sudan even prior to the signing of the 2005 Comprehensive Peace Agreement between the Sudan and South Sudan.

What do you like about your current assignment?

My current assignment has its own intricacies – both challenging and interesting. The challenges are also opportunities. Initially being posted to South Sudan was a continuity of engagements that I was responsible for while I was still at Head Office before declaration of independence on 9 July 2011.

These engagements were also complemented during my posting to Kenya with robust interaction with the top leadership of the SPLM/Army. After completing my tour of duty in Kenya, I continued managing the then Southern Sudan, today South Sudan.

What humbled me most was the facilitation of capacity- and institution-building for the SPLM leadership and officials from different departments. Cooperation and support from the South African Government were and are still unmeasurable to the Government of South Sudan and its people. Our government's contribution must be attributed to our ministers of the then Foreign Affairs and now International Relations and Cooperation,

Dr Nkosazana Dlamini Zuma and Minister Maite Nkoana-Mashabane, who also chaired and still chairs the South Sudan Post-Conflict and Reconstruction and Development with the support of their former directors-general, Dr Ayanda Ntsaluba, and Ambassador Jerry Mathew Matjila, respectively.

What I like about South Sudan is the fact that I worked on the country before cessation and independence from the Sudan. Being part of such a transition, accords one a unique opportunity to continue with already existing developmental projects. Because of the long-established relations with the leadership of the SPLM and Government, bilateral relations between the two countries could be consolidated. Witnessing a country's development from nothing to become one of the fastest-growing cities in the world, until the events of 15 December 2013, which catapulted it back on its development was quite an experience.

Representing one's country abroad and the lack of accessibility to government functionaries could have a negative impact on one's performance. The same could not be said about South Sudan. Accessibility to government ministers and officials for South African diplomats accredited to the Republic of South Sudan is unbelievable.

Currently, the country is faced with a protracted political crisis that started on 15 December 2013. It needed an immediate political intervention to prevent it from returning to a full-scale civil war. Intervention from the Inter-Governmental Authority for Development (IGAD), which later became IGAD-Plus, managed to tailor an agreement between the Government and the opposition.

South Africa played an important role to find a political solution for South Sudan and the Embassy fully coordinated interventions and closely worked with the Special Envoy's Task Team based in South Sudan. Championing the Arusha Reunification of the SPLM was a milestone. Deputy President Cyril Ramaphosa's and Secretary-General of the Chama Cha Mapinduzi (CCM), Amb Abdulrahman Kinana's, political interventions cannot be overemphasised. Experiencing, coordinating and participating in

some of the deliberations contribute to what I like about my current assignment.

I should also recognise the privilege of having worked and continue to work with colleagues who have overlooked the hard conditions in South Sudan and come to serve their country. The level of social cohesion among colleagues also makes our work easy.

How does your typical day look like?

The fluid and dynamic political situation and its manifestations dictate activities. South Africa's involvement in assisting South Sudan to find itself and have peace, necessitates that every morning line-function officials consult to discuss political, security and economic developments. During that collective, the day's agenda would then be worked



Ambassador Gabriel Phemelo Setlhoke



Aerial view of Juba

out as to which meetings, invitations and political consultations with United Nations (UN) agencies, political parties and embassies are to be attended to and which responses from Head Office should be addressed as a matter of urgency and importance.

The Embassy and the Special Envoy's Task Team are on a daily basis in contact with government officials and the SPLM office bearers to discuss issues pertaining to the SPLM Arusha Reunification Agreement, led by the Tripartite Committee consisting of South Africa, Tanzania, SPLM/Juba, SPLM In Opposition and Former Political Detainees. The team is seized with engaging other political role players across the political divide, the UN Mission in South Sudan (UNMISS) and TROIKA (Norway, United Kingdom and the United States of America) ambassadors accredited to South Sudan to explain the Arusha Agreement and its complementarity to the IGAD-led mediation.

Much as it is repetitive, it is also interesting to make people understand that the Arusha is only engaged to reunify the party while governance issues are left to the IGAD process.

Now that peace is on the horizon for South Sudan, one is looking forward to now engage the authority on developmental projects.

Are there achievements that you wish to highlight?

Earlier, I mentioned the developmental projects that South Africa has offered to South Sudan dating back to 2003. Through the interdepartmental

coordination committees, departments had bilateral capacity and institution-building projects that to date have capacitated more than 1 600 government officials. The Department of International Relations and Cooperation's intervention trained South Sudanese diplomats who most of them have been ambassadors across the world. Many other departments have also been involved with South Sudan on a range of projects.

The outstanding milestone is the well-mediated Arusha Reunification Agreement that allayed fears of the unknown while South Africa's participation in the IGAD-Plus mediation process was another achievement.

What do you like about your country of accreditation?

South Sudan is unique. It is the newest country in the world. The country is equidistant between Cape Town and Cairo. Though South Sudan has not as yet officially become a member of the Liberation Movement, in principle it qualifies and it is expected to become a member very soon.

The country is still on a scale of least developed regardless of the minerals it is endowed with.

Collaboration between DIRCO, the Department of Trade and Industry and Johannesburg Chamber of Commerce and Industry has seen trade and investment visits to South Sudan. Investment opportunities are available in the country and the Government's interest and confidence it has in South African investments and eagerness to do business with South Africa say a lot. 🌍



People celebrating South Sudan's independence in 2011

AU TELEPHONE

Pour se présenter

Allo !
Ici...
Service comptable, Martin Dupont (à l'appareil).

C'est moi-même.

Pour connaître le nom de l'appelant

C'est de la part de qui, s'il vous plaît ?
Vous êtes monsieur/madame... ?

Pour connaître le motif de l'appel

Que puis-je faire pour vous ?
C'est à quel sujet, je vous prie ?

Pour faire patienter l'interlocuteur

Ne quittez pas./Rester en ligne.
Un instant, s'il vous plaît.

Pour acheminer un appel

Je vous le(masculine) / la(feminine) passe.
Je vous mets en communication avec...

Pour justifier l'absence de la personne appelée

Il/Elle est absent(e).
Il/Elle n'est pas au bureau en ce moment.

Pour laisser un message

Désirez-vous laisser un message ?

Expressions utiles

Puis-je vous rappeler dans quelques minutes ?
Pouvez-vous rappeler plus tard ?
Pouvez-vous épeler votre nom, s'il vous plaît ?
Pouvez-vous répéter, s'il vous plaît ?
Pourrais-je parler à... ?

Vocabulaire

un téléphone
un portable
une conférence téléphonique
un appel / un coup de fil (informel)
un message
un annuaire
la tonalité

une cabine téléphonique
un appel en P.C.V.
un répondeur téléphonique

Vocabulary

a telephone
a cell phone
a conference call
a call
a message
a phone book
the dialling tone

a phone booth
a collect call
an answering machine



Eteignez votre portable.

Switch off your cellphone.

Donner un numéro de téléphone

Mon numéro de téléphone est le....

- 1 un
- 2 deux
- 3 trois
- 4 quatre
- 5 cinq
- 6 six
- 7 sept
- 8 huit
- 9 neuf

To give a phone number

My phone number is....

Did you know?

French phone numbers have ten digits, often written as five pairs of numbers (with a space, period, or dash in between the pairs).
Most land lines in France start with 01 up to 05. Cell phones always start with 06.
Example: 06 55 55 55 55.

APPRENDRE LE FRANCAIS SUR SON TELEPHONE / LEARN FRENCH ON YOUR PHONE

Some smartphone applications are available on line for free.

- **7 jours sur la planète**
<http://apprendre.tv5monde.com/fr>
- **Pas à pas**,
www.leplaisirdapprendre.com/pas-a-pas/
- **Busuu**
<https://www.busuu.com/apprendre-francais-online>
- **Duolingo**
<https://fr.duolingo.com/>

JEU/GAME

Find 8 words associated with phone etiquette.

A L L O E A D T M E I B F Y
C K Y N V Y J Y Q I A Y O W
N U M É R O R X A E N E I Z
X Y E O O O H Y H P Y Q X W
I N E B O Q K T Y Y R A G O
B A E J X A P P E L O Z U G
P O R T A B L E L Q D K L E
L X D A E Y L O P O S P W E
A I G Y I Y A R V I K H A Y
Y C A N N U A I R E A S F A
T É L É P H O N E R Y U N P
G Q M E S S A G E E C G K I
Y T I X J X Z V U L V E G N
L I G N E C N E X F E O N K

ON THE PHONE

To introduce yourself

Hello!
This is the...
Accounts Section, Martin Dupont (on the line)

Speaking!

To ask who is calling

Who is speaking, please?
You are Mr or Mrs...?

To find out the reason for the call

How can I help you?
In connection with?

To ask the caller to stay on the line

Stay on the line./Please hold.
One moment, please.

To transfer a call

I am putting you through to...

To explain why the person is not available

He/She is not here.
He/She is not in the office at the moment.

To leave a message

Would you like to leave a message?

Useful expressions

May I/Could I please call you back in few minutes?
Could you call back later?
Could you spell your name, please?
Could you repeat that, please?
May I speak to...?

Why I love Africa

By MlghTy African



It takes a village to raise a child
It takes a male child to start a village
It takes a female child to educate them all
In Africa

One man's inactive car
Is many other men's community service
Because you will need others
When your own car breaks down in Africa

It doesn't fall into winter
And then spring into summer
People may be raining away
But life and warmth never run dry in Africa

Tangerine tree, football field, sugarcane seller
Very different but similar
Who needs Mapquest? In directing and navigating
All landmarks are on deck, in Africa

What if the peanut seller is sick with malaria?
There are a hundred and one people
Minding and carrying their own business on the streets
Of Africa who would give you some help

Cock-a-doodle-doo, hold up, kokrokoo ...
Meat that has been frozen for three weeks is not my kind
This particular bird has exhausted my piece of mind
And I'll have fresh cooked chicken at half-past two, in Africa

Tough love smoothens rough edges
Polishing an individual in responsibility
The rod has its place in Africa
And insubordination is not spared

Where the generation gap seems to grow
Day in day out, year in year out
An 84 year-old man finds a way
To start school, in Africa

Where else does a song, which talks about "down there"?
First get banned for its profanity
Then helps an opposition party
Win an election, in Africa

Chains were broken with the slave trade
But shackles remain within families
Every brother and sister from another mother
Is my sibling in Africa

Let everything that has breath
Smile for the camera
Because laughter triumphs over pain
Which is no stranger to Africa

The old man left me with something
Food that taught me maturity
Thoughts that fed me wisdom
To survive in Africa

Diverse yet so much the same
Many but this one name
Several "blanks" but still no shame
Boarder is no bother to Africa

Before corn was popped, it was roasted
Before democracy, there was order
Before makeup, there was beauty
Before you, you can still see Africa

Full of life in the midst of death
Full of strife in the midst of despair
Full of giving in the midst of nothing
The beauty of Africa will fill and fool you

Tradition has suffered various additions
Custom has embraced many storms
Culture has welcomed several mixtures
Africa has still lived Africa

Can you trust respect?
Can you judge hospitality?
Can you explain happiness?
Can you understand strength?

Africa lives in me and I can
That's why I love Africa.





1. DTRD and SACOIR hosting university students at DIRCO.
2. Denmark Ambassador, Trine Rask Thygesen, opening the photo exhibition "Our Arctic Future", hosted in DIRCO's Main Hall.
3. The Minister of International Relations and Cooperation, Maite Nkoana-Mashabane, meeting with her Burundian counterpart, Alain Aime Nyamitwe.
4. Minister Nkoana-Mashabane meeting with the Director-General (DG) of the International Atomic Energy Agency, Yukiya Amano.
5. The Deputy Minister of International Relations and Cooperation, Luwellyn Landers, with the First Deputy Minister of Cuba, Medina González.
6. DG Jerry Matjila's farewell function.
7. Ambassador Anil Sooklal hosting an Indian delegation.
8. Mr Soman, a teacher from the Eastern Cape, visiting DIRCO office. He was received by Public Diplomacy officials.





Know your African Union (AU)

A better South Africa, a better Africa, a better World



History

South Africa held the mid-year AU Summit from 7 to 15 June 2015 at the Sandton Convention Centre, Johannesburg, under the theme: "2015 Year of Women's Empowerment and Development towards Africa's Agenda 2063".

The summit was held after the World Economic Forum on Africa's meeting (3 – 5 June) in Cape Town and the South African celebrations of Africa Month (May) and Africa Day (25 May).

The last time that South Africa hosted the AU was during its inaugural summit in Durban in July 2002, when it replaced the Organisation of African Unity (OAU), which was established on 25 May 1963 in Addis Ababa, Ethiopia, on signature of the OAU Charter by representatives of 32 governments. A further 21 states have joined gradually over the years, with South Africa becoming the 53rd member on 23 May 1994.

To this day, Africa Day on 25 May is the annual commemoration of the 1963 founding of the OAU.

The advent of the AU was of great significance for the institutional evolution of the continent. On 9 September 1999, heads of state and government of the OAU issued the Sirte Declaration, calling for the establishment of an AU to, among other things:

- accelerate the process of integration in the continent
- enable it to play its rightful role in the global economy while addressing multifaceted social, economic and political problems compounded as they are by certain negative aspects of globalisation.

African countries, in their quest for unity, economic and social development under the banner of the OAU, took various initiatives and made substantial progress in many areas which paved the way for the establishment of the AU.

In July 1999, the Assembly decided to convene an extraordinary session to expedite the process of economic and political integration in the continent. Four Summits were held, leading to the official launch of the AU:

- the Sirte Extraordinary Session (1999) decided to establish an AU
- the Lomé Summit (2000) adopted the Constitutive Act of the AU
- the Lusaka Summit (2001) drew the road map for the implementation of the AU
- the Durban Summit (2002) launched the AU and convened the First Assembly of the heads of states of the AU.

The AU was officially launched in Durban in July 2002. It has brought together the African continent to address its challenges collectively, such as armed conflict, social upheaval, climate change and poverty.

Vision

The vision of the AU is that of: "An integrated, prosperous and peaceful Africa, driven by its own citizens and representing a dynamic force in the global arena".

Agenda 2063

"A global strategy to optimise use of Africa's resources for the benefits of all Africans". Aiming to encourage discussion among all

stakeholders, "Agenda 2063" is an approach to how the continent should effectively learn from the lessons of the past, build on the progress now underway and strategically exploit all possible opportunities available in the short, medium and long term, so as to ensure positive socioeconomic transformation within the next 50 years.

"Our aspirations and the concrete programmes in Agenda 2063 are very clear: to diversify our economies and industrialise; to have a skills and entrepreneurial revolution, unleashing the creativity and energy of our young people, and to effect an agricultural and agroprocessing transformation, so we can feed ourselves and contribute to feeding the world." –

Chairperson of the AU Commission, Dr Nkosazana Dlamini Zuma to the 24th Ordinary Session of the African Union Assembly of Heads of State and Government, 30 January 2015, Addis Ababa, Ethiopia

South Africa and the AU

South Africa joined the OAU in 1994 and chaired the AU from June 2002 to June 2003.

As the Chair, South Africa played an integral part in the formation of the AU's institutions, policies and procedures, including the creation of the Pan-African Parliament (PAP) and the AU Peace and Security Council (AUPSC).

Pursuing the African Agenda required establishing and strengthening bilateral relations with almost all African countries. South Africa's involvement with the AU has primarily focused on the following:

- promoting the AU as a continental institution of governance and development
- helping to establish and strengthen the AU Commission (AUC) to implement decisions by the AU Assembly and the AU Council
- hosting the PAP since 2005, New Partnership for Africa's Development Agency and African Peer Review Mechanism Secretariat since 2001, and the African Commission on Nuclear Energy
- contributing to the establishment of the AUPSC, which deploys peacekeeping missions, among other activities
- contributing to the establishment of the Economic, Social and Cultural Council, which has become a vehicle for civil society to present its position on major issues
- contributing to capacity-building by training diplomats as well as other civil servants from the continent.

In July 2012, Dr Nkosazana Dlamini Zuma was elected Chairperson of the AUC. This was a major achievement as it was first time that a woman and a candidate of the southern region was successfully elected to this high post. Key priorities for her term include greater internal efficiency and effectiveness within the AUC as an executing agency of the AU collective.

The importance of Africa in South Africa's foreign policy is reflected in the growth of South African representation in Africa which increased from 17 in 1994 to the current total of 47 missions.

AU Emblem



1. The palm leaves shooting up on either side of the outer circle stand for peace.
2. The gold circle symbolises Africa's wealth and bright future.
3. The green circle stands for African hopes and aspirations.
4. The plain map of Africa without boundaries in the inner circle signifies African unity.
5. The small interlocking red rings at the base of the emblem stand for African solidarity and the bloodshed for the liberation of Africa.

AU Flag



The current AU flag was adopted in June 2010 at the Assembly of Heads of State and Government 12th Ordinary Session. The design is a dark-green map of the African continent on a white sun, surrounded by a circle of five-pointed gold (yellow) stars, on a dark-green field. The green background symbolises the hope of Africa, and the stars represent member states.

AU Anthem

Let us all unite and celebrate together
The victories won for our liberation
Let us dedicate ourselves to rise together
To defend our liberty and unity

O Sons and Daughters of Africa
Flesh of the Sun and Flesh of the Sky
Let us make Africa the Tree of Life

Let us all unite and sing together
To uphold the bonds that frame our destiny
Let us dedicate ourselves to fight together
For lasting peace and justice on earth

O Sons and Daughters of Africa
Flesh of the Sun and Flesh of the Sky
Let us make Africa the Tree of Life

Let us all unite and toil together
To give the best we have to Africa
The cradle of mankind and fount of culture
Our pride and hope at break of dawn.

O Sons and Daughters of Africa
Flesh of the Sun and Flesh of the Sky
Let us make Africa the Tree of Life

Languages

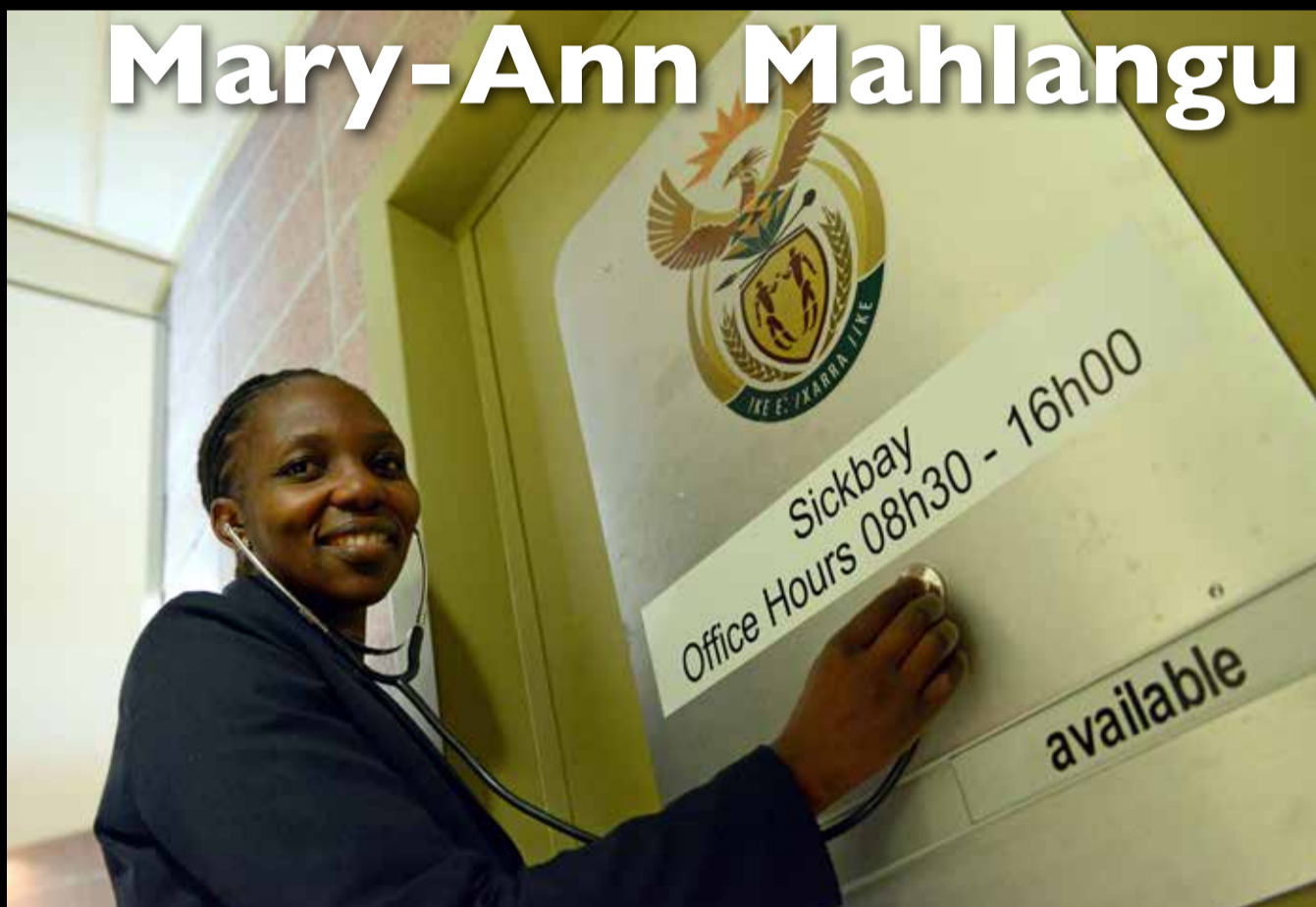
Under article 11 of the Protocol to the AU Constitutive Act, the official languages of the AU and all its institutions are Arabic, English, French, Portuguese, Spanish, Kiswahili and any other African language. The AU's working languages are Arabic, English, French and Portuguese.



Q&A

A day in the life of ...

Mary-Ann Mahlangu



“... I want to teach my kids: to grow with a giving heart and a loving heart.”

My daily routine

I wake up every day at 5 am and take a brisk walk with my husband. At first, I wasn't interested, but one morning my husband mentioned how he prayed the Rosary (our favourite prayer) while walking. I became interested in walking, because it was like killing two birds with one stone, i.e walking and praying. I have since joined him and it works wonders. We walk to the nearby game reserve every day and see wild animals – its like residing at the Kruger National Park.

I leave at 7:30 am for work till 16:00.

What do you like about your job?

The fact that I help prevent DIRCO staff from contracting diseases from other countries, makes me feel great. I also help staff in monitoring common chronic diseases like hypertension and diabetes.

I also encourage anyone who read this article to be careful of these silent killer diseases and do regular check-ups.

What attracted you to this field of nursing?

In 2002, while I was waiting for my results, I worked at a factory in Ekandastria next to Ekangala. I worked for a month there without proper personal protective clothing.

And that's when the passion for occupational health started. I left the factory after receiving my first pay and I won't reveal how much it was laughing... A month later, I started working at Kwa-Mhlanga Hospital's casualty department and killed another two birds with one stone: this time, a job and a husband. He taught me suturing skills and encouraged me to study further. He was a locum doctor at the time.

Anything you like to tell us about yourself

I'm a married farm girl with two beautiful kids – a girl aged 10 years and a boy aged three.

I like to spend my weekends at the farm with my family. The environment there is beautiful and very quiet. I like the fact that when we are visiting our farm, people like to come and ask for any medical help, especially the old people. That's what I want to teach my kids: to grow with a giving heart and a loving heart. I always encourage them to always celebrate their birthdays at the farm with the kids from the farm and give them their toys and clothes that they are not using any more. They need to see that from us – their parents. As we help the elderly with love, without expecting anything. 🌍

TEN THINGS I LIKE ABOUT

SÃO TOMÉ

BY MARGARET LANGA
SA MISSION, SÃO TOMÉ
AND PRÍNCIPE (STP)



1. WORKING AT THE MISSION



This is the best working environment of my diplomatic career. "Team work" is our motto. We have become a family. We share our South African products if one runs out. We go out for breakfast, lunch or dinner as per our mutual agreement. Our favourite outing is to Club Santana, a resort 15 km out of São Tomé town, to enjoy Sunday pool lunches and to have a feeling of a long drive as the island is very small. We have also become experts of spotting shipping containers being offloaded in the hope of our local version of "Spar" (CKdo Supermarket) receiving fresh produce.

2. THE COUNTRY



A market in the the CBD

STP is the second-smallest African country and the smallest Portuguese-speaking nation in the world. Everything is in close proximity. If it were not for the heat and humidity, one could walk to town and all government institutions. One can drive through the CBD in less than 10 minutes.

3. CLIMATE

STP has a tropical hot and humid climate with an average yearly temperature of about 27°C. The dry season is from June to September and the wet season from October to May. The humidity will make you appreciate the invention of air conditioners – personally, I love it.

4. PEOPLE



The people are friendly and live for the moment. Due to the size of the island, it is not uncommon for people to know each other, their family backgrounds and everything happening in the communities, including scandals. STP does not have many streets with names but houses that belong to prominent people in the community are used as landmarks, so going to meetings or venues without a driver can be quite interesting.

5. CUISINE



The jackfruit (jaca) is the national fruit

The local cuisine has been influenced and shaped by African and Portuguese settlers and is mouth-watering. It is based mostly on tropical root crops, plantains and bananas, with fish as the most common source of protein. Mission officials' favourite restaurant is called "FILOMAR", derived from the name of the owner of the restaurant, mama Filomena, and Mar from the fact that the restaurant is situated opposite the sea. STP will teach you patience; it is recommended that you don't go to restaurants very hungry as it typically takes about an hour to prepare the meals – fast food does not exist.

6. TRAFFIC

Traffic jams do not exist. However, caution has to be exercised



due to the potholes, haphazard overtaking and motorbike taxis "motoqueiros" that will emerge from nowhere and either overtake one without indicating and/or stop in front of one's vehicle without warning. I can now qualify as an advanced driving instructor as well as a minibus taxi driver back home.

7. TOURISM AND LEISURE

Bom Bom Resort in Príncipe (owned by Mark Shuttleworth) and Roca Bela Monte (managed by South Africans) are ideal for honeymoons and relaxation, offering world-class beautiful beaches. Bring a book and leave cellphones behind. People who love snorkelling and diving can enjoy pristine crystal clear waters. Heaven on earth is what you will feel in this place.

This picture below was taken by Roca Bela Monte staff on the Príncipe Island during the New Year's Eve celebration. Officials can be seen with family members on the beach at the table on the right-hand side.



Illhue das Rolas is a small island situated south of the São Tomé Island with very beautiful beaches and a monument marking the equator crossing the island. I can say that I have had my feet on both hemispheres simultaneously. What a privilege!

8. FAUNA AND FLORA

As a person who loves nature, STP has this in abundance. Of the



two islands, Príncipe is the one I love most; it is less developed with approximately 50% of the island still in its natural habitat. The view from the airplane is breathtaking

9. CULTURE

STP has a rich culture. There are street festivals throughout the



year in various districts. It's a tradition for cultural groups to welcome visiting presidents from other countries and on national public day events.

10. MORNING WALKS

I enjoy my morning and evening walks which are a rarity for me back home. I have made friends with the regulars; when one skips a day of walking it is easily noticeable.

I love witnessing the beautiful sunrise during my morning walks.





Globe at a glimpse



INDABA 2016

The Indaba Tourism Fair 2016 was successfully held between 7 and 9 May 2016 at the Inkosi Albert Luthuli Convention Centre in Durban. A group of hosted buyers from Turkey, Zekeriya Şen, General Manager of Fest Travel; Burcu Özden, travel consultant of Far'n Away Travel; Samet Bilgen, Managing Director of Savana Tur & Safari; and Zafer Zengin, LRP of the South African Embassy; participated in the event.

Mr Zengin, who was visiting South Africa for the first time in his life, could not hide his excitement about the experience and the warm reception he received from the host city, Durban.

Zafer said: "I am over the moon to be part of this world event and thanks to the South African Government for giving me this opportunity that I will cherish for the rest of my life".

Indaba is one of the largest tourism marketing events on the African calendar and one of the top three "must visit" events of its kind on the global calendar. It showcases the widest variety of southern Africa's best tourism products and attracts international buyers and media from across the world.

The Minister of Tourism, Derek Hanekom; MEC for Economic Development, Tourism

and Environmental Affairs in KwaZulu-Natal, Michael Mabuyakhulu; and Mayor of Durban, James Nxumalo; made speeches during the opening ceremony. Minister Hanekom urged members of the tourism industry across the continent to harness the rich potential of the sector by working together. "We are united in our common aspiration Brand Africa," he said. "We are bound by our common past and our future is intertwined.

"Indaba gives us a sense of belonging. It is where we can come together to share knowledge and create partnerships," he said.

"The world's tourists want what we have: authentic meaningful experiences and a taste of local communities. This gives more indigenous people the opportunity to become part of our tourism industry.

"At the same time, the packaging of our diverse tourism products, which reflect Africa's travel experiences such as rich cultural and historical heritage as well as the continent's exceptional natural wealth, should be tailored to suite tourists who are keen to move from our country to the other within the region."

Cultural event for African women under the theme "African Night Celebration"

The International Woman's Group (IWG) in Kuwait hosted a cultural event for African women under the theme "African Night Celebration", during the evening of 16 April 2015 at the Radisson Blu Hotel.

They included Senegal, Somalia, Algeria, Tunisia, Chad, Liberia, Egypt, South Africa, Kenya, Nigeria, Djibouti, Swaziland and Benin. The guest of honour was Sheikha Mudhi Mubarak Al-Sabah, the wife of the Ahmadi Governor to the State of Kuwait. Spouses of African ambassadors accredited to the State of Kuwait who participated in the event, presented some traditional handicrafts from their respective countries.

The event consisted of exhibition booths where visitors obtained information on arts, culture and tourism. The tourism and marketing officer in the mission, Head of Mission spouse, and female

spouses of transferred staff in the mission manned the South African stand at the exhibition.

The South African stand was decorated in an attractive manner, with flyers and brochures with information on culture and tourism as well as banners showcasing South Africa's diversity, tradition and handicrafts.

South African fruit juice was served to the visitors at the stand to promote premium South African juices in Kuwait. A fashion show, with displays of some African traditions, customs and culture from each of the participating countries, was also staged.

Dishes from different African countries were also served during this special night. At the end of the function, the special guest of the evening, Sheikha Mudhi Mubarak Al-Sabah, handed out awards to the spouses of ambassadors.



From (L-R) Ms Fadilah (Benin Embassy), Narjes Al Shatti (PRO of IWG, Mrs Hazel Bona (Ambassador spouse) and Dlamini (Swaziland Ambassador Spouse)



From (L-R) Valerie Zarian (Political Secretary) and Christine Sebothoma (Counsellor Spouse)



World Gardening Fair

The year 2016 marked the 16th year of the World Gardening Fair at Okura Hotel, Japan. South Africa was one of the 10 countries chosen to participate.

Ambassador Beryl Sisulu was asked to design a garden for the Fair. Ambassador Sisulu and Ms Jabulile Msibi designed the garden, which had Table Mountain, as a backdrop, several South African flowers, including the national flower, the King Protea, the national tree, the Yellowwood Tree, and national bird, the Blue Crane.

On 3 May, Princess Takamado officially opened the fair and welcomed the 10 countries participating in the ribbon-cutting ceremony. The South African garden was very colourful and was well received by those visiting the fair.



Deputy Minister Landers visits Libreville to strengthen bilateral relations

The Republic of South Africa and the Republic of Gabon have enjoyed full diplomatic relations since 15 October 1992. There have been a number of high-level visits and approximately 13 agreements signed with a number of agreements under consideration.

South Africa hosted a successful Second Session of the South Africa-Gabon Senior Officials Meeting (SOM) from 29 to 31 January 2014 in Pretoria. The meeting provided an opportunity for a renewed commitment to consolidate bilateral relations following the time that had lapsed since the last SOM, held in 2007 in Gabon.

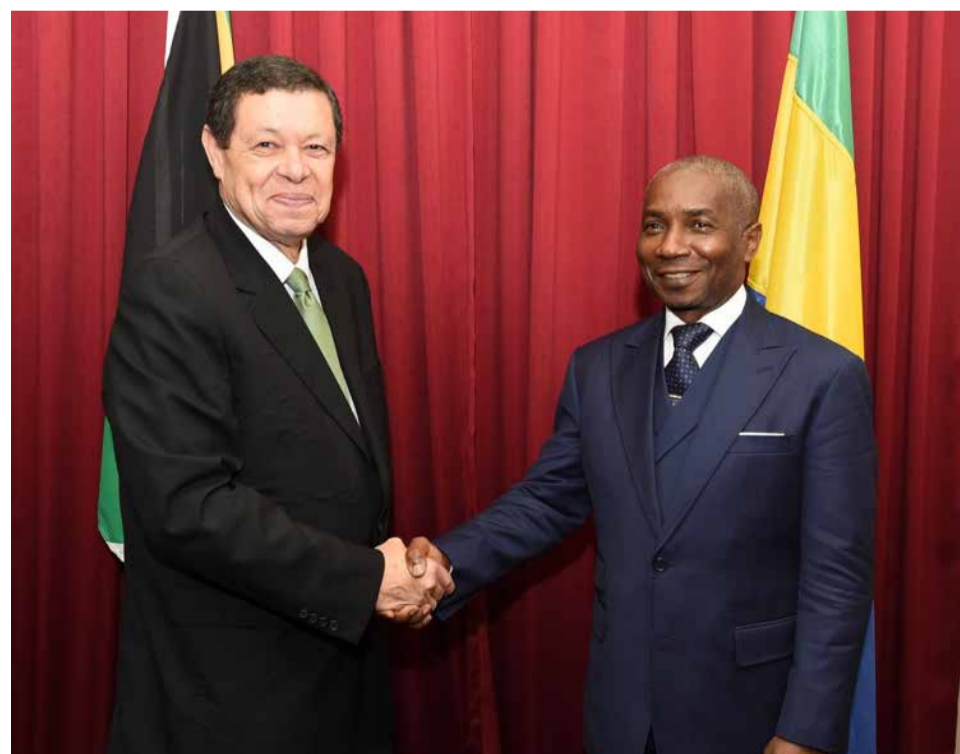
The visit by Deputy Minister Luwellyn Landers took place in May 2016 within the strategic framework of the 2003 Cooperation Agreement and the 2005 Protocol on Regular Diplomatic Consultations. The strategic objectives of the visit included, among others, to strengthen bilateral political and economic relations and to review the implementation of the outcomes of the SOM that was held in January 2014.

The fruitful visit of Deputy Minister Landers was able to address all the issues pertinent to the bilateral relations between the two nations as well as those issues of mutual concern on a regional, continental and global level. South Africa led the discussions around the Parties of the United Nations Framework Convention on Climate Change (COP21) and Brazil, Russia, India, China and South Africa (BRICS), with special focus on the New Development Bank.

Both Deputy Minister Landers and Deputy Minister Calixte Isidore Nsime Edang of the Republic of Gabon shared that they had a better appreciation of the significance and importance attached to our bilateral relationship. Gabon has committed to host the next SOM in 2017.

During the visit of Deputy Minister Landers to Gabon, it was described as imperative to strengthen relations between the nations through tourism, arts, culture and education.

It is envisaged that the visit provided the necessary impetus to elevate the already existing relations to a new level.





Before



After

Diary of a fitness fanatic

By Daisy Motsisi

He had just finished his degree, got a better paying job and then our lifestyle changed. We thought eating out almost three times a week, enjoying unhealthy desserts, chocolates, red meat and all the junk food you could think of was the good life. I indulged, the body got excited, I gained weight, and little did I realise how unhealthy I was.

After some time, back aches developed and I felt tired all the time. I was wearing size 42 by this time, and decided to consult my GP. He took blood tests and when the results came back, I was told I had high cholesterol with a risk of developing heart disease unless I took action. I felt like there was a heavy burden on my shoulders, as I started imagining what life would be like living with a heart disease, I thought about my kids, and I cried. The doctor told me to change my eating habits and start exercising. I looked at that heavy body and imagined how I'm going to lift it up. The doctor told me I still had hope and that would depend on my actions going forward.

I decided to take baby steps, took healthy lunches to work, and reduced the amount of sugar intake, red meat and unhealthy snacks. I was very careful about what went into my mouth and also joined the gym. A two-minute run on the treadmill was a mission, I felt like I was climbing Mount Kilimanjaro. I looked at other ladies at the gym, nicely trimmed and all I could think about was "if I can just get to that level". Gradually, I made progress; the more I lost weight, the more motivated I got. I signed up with a running club and started doing 10 to 15 kilometres every weekend.

The back pains disappeared, the cholesterol went down to a normal level, and I began spreading the good news. I am happy to say I'm now size 10/12 and happier than before. Ask me if it was easy, the answer is NO. Ask me if it was worth it, the answer is YES. Have I reached the right level? No, healthy living is addictive, gym is my mood changer.



Puzzle game solution from page 5

A	L	L	O	E	A	D	T	M	E	I	B	F	Y
C	K	Y	N	V	Y	J	Y	Q	I	A	Y	O	W
N	U	M	E	R	O	R	X	A	E	N	E	I	Z
X	Y	E	O	O	H	Y	H	P	Y	Q	X	W	
I	N	E	B	O	Q	K	T	Y	R	A	G	O	
B	A	E	J	X	A	P	P	E	L	O	Z	U	G
P	O	R	T	A	B	L	E	L	Q	D	K	L	E
L	X	D	A	E	Y	L	O	P	O	S	P	W	E
A	I	G	Y	I	Y	A	R	V	I	K	H	A	Y
Y	C	A	N	N	U	A	I	R	E	A	S	F	A
T	E	L	E	P	H	O	N	E	R	Y	U	N	P
G	Q	M	E	S	S	A	G	E	E	C	G	K	I
Y	T	I	X	J	X	Z	V	U	L	V	E	G	N
L	I	G	N	E	C	N	E	X	F	E	O	N	K



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