

ZAMBIA WEEK 2

Lusaka | Kafue National Park | Youth Programs

It's exercise day today!

Support Nelson Grans Team Challenge here: <https://sflf.akaraisin.com/ui/stridetoturnthetide2021/t/NelsonGrans>

Grandmothers across the African continent walk to every day out of necessity - to collect water and firewood, to make sure their grandchildren are delivered safely to school, to access healthcare at far-away clinics, and as home-based care workers who deliver succor and hope to so many living with HIV & AIDS.

Because of the support of community-based organizations the Stephen Lewis Foundation partners with, many grandmothers are now walking to income generating activities, to deliver home-based care, and to claim their rights.

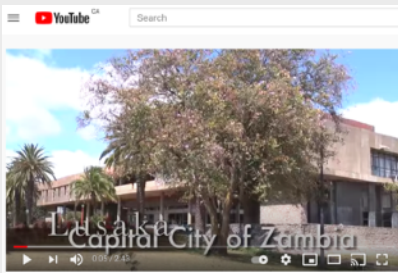
We exercise today in solidarity of all of their effort.



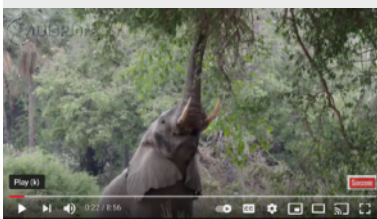
Lusaka - Capital of Zambia

Walking north from Monze we cross the great Kafue River and enter Lusaka, Zambia's capital and largest city with a population of about 3.3 million. This is a very cosmopolitan city, with Zambians from all nine major ethnic groups, as well as Europeans, Indians, Arabs and Chinese. With so many languages being spoken English becomes the shared language, spoken by most people. Many organizations from the developed countries of the world are involved in Zambian development. Zambians do not want to be dependant on "the West" and strive to teach youth the importance of independence in economics and development.

Sub-Saharan Africa is the world's youngest region on the planet with a fast increasing population. It becomes important to educate Zambians and help them achieve economic independence, which is all the more urgent now as most people consider that the major threat will be due to climate change.



[Video of Lusaka - Click Here](#)



[Video of 10 Best Places to visit in Zambia.](#)

The Common Market for Eastern and Southern Africa (COMESA) is headquartered in Lusaka. However, despite its economic growth, Zambia is still one of the poorest countries in the world with 60 percent of the population living below the poverty line and 40 percent of those people living in extreme poverty. The poverty rate in Lusaka is 25%, while in rural areas of Zambia it is 75%.

There are about 110,000 refugees in Zambia, mostly from the surrounding troubled countries of Democratic Republic of Congo, Angola, Zimbabwe and Rwanda. About 60,000 of these live in refugee camps while 50,000 approximately are within the population, many in Lusaka.

Kafue National Park

100 kms west of Lusaka is Kafue National Park is the largest national park in Zambia, covering an area of about 22,400 km² (similar in size to Wales). It is one of the largest parks in Africa and is home to 152 different species of mammals. The park is named for the Kafue River. It stretches over three provinces. It has a large range of antelopes and elephants are commonly seen. Since 2005, the protected area is considered a lion 'conservation unit', together with South Luangwa National Park. Cheetahs are not common anywhere, but they can be found throughout this park. Leopards are elusive but frequently seen in certain areas in certain times of the year. Other carnivores include Selous's mongoose, white-tailed mongoose, marsh mongoose, civet, honey badger, otters, serval, caracal and African wild cats. Other mammals include Cape buffalo, armadillos, pangolin, bushpig, warthogs, spring hare and bush babies. The Kafue River and its tributaries themselves are a hive of activity and home to pods of hippopotami and a few of the largest crocodiles in southern Africa. There are also monitor lizards in the park.



Twavwane Home Based Care

Twavwane Home Based Care

A Stephen Lewis Foundation grassroots partner in Zambia is Twavwane Home Based Care operating in Lusaka and in rural areas. It has educational programs focusing on life skills for young people, such as gender support programs which engage both girls and boys in clubs to learn about and understand gender issues.

"We ensure that the children who are our beneficiaries realize their potential, and don't allow what they cannot do to take away from what they can."



Stephen Lewis Foundation (SLF) Partners

SLF partners have multi-dimensional programmes (providing a wide range of services, from medical care, to income generation, to improving children's education, to combatting violence against women), and psychosocial support is woven into all of this work through the use of mutual support groups. These groups are the main source of psychological and emotional care for the clients of community-based organizations.



The expertise required to respond to the HIV and AIDS pandemic is found at the community level. Since the SLF was established in 2003, we've channelled resources directly, reliably and accountably to our exceptionally effective community-based partners.

Effective responses to #HIV require more than just access to medication. The World Health Organization (WHO) calls for the integration of psychosocial support in treatment and care for people living with and affected by HIV and AIDS. Partners of The Stephen Lewis Foundation across sub-Saharan Africa deliver age-appropriate support for children and youth to help them thrive.

For more on their impact in communities across sub-Saharan Africa, visit:

<https://stephenlewisfoundation.org/>