

AFRICAN YOUTH EDUCATION -awards-

ENGLISH

A SUNDAY WALK WITH
OLAF SCHOLZ

AYE AWARDS SHOWCAS-
ING POSITIVE IMAGE OF
AFRICA DISPORA IN GER-
MAN

EDUCATION FOR YOUTH
EMPOWERMENT AND NA-
TION BUILDING

SET HIGHER GOALS IN
LIFE

DEUTSCH

INTEGRATIONSPOLITIK
AUF BUNDESEBENE

SIE KAMEN OHNE PAPIERE

UNSER GUTES RECHT BEI
RASSISMUS

BILDUNG ALS SCHLÜSSEL
ZUM INTEGRATIONSTOR
DER TEILHABE

**AYE AWARDS
THE PRIDE OF
HAMBURG**

BILDUNG RECHT & ORDNUNG GESUNDHEIT POLITIK



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Hamburg

Behörde für Arbeit,
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Honorarkonsul der Republik Ghana
Hamburg



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Honorarkonsul der Republik Mali
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Editorial



“The destiny of Africans home and abroad lies in their own hands! It is no longer a choice but an obligation to work with and for one another in pursuance of success”

The 2016 AYE was very successful with inspiring speeches blended with unique musical performances with over 300 people in attendance. The schedule for the program was keenly followed in accordance to the planned starting and closing time. Nonetheless, a lot more people participated in the 2016 event and that may call for bigger space in the near future as some stood due to unavailability of seats.

The AYE project has over the years concentrated on promoting and enhancing educational and skill acquisition awareness amongst Africans in Germany by motivating the youth to study or learn a vocational trade. The initiative goes further into encouraging African parents to support their children particularly at early stages of their schooling and had over the years succeeded in showcasing role models and connecting the youth to them. The event also provides an outstanding platform for celebrating success, networking, socialization and integration.

The award show started at exact

ly 5:50pm with Daniel Jeddman singing two gospel songs followed by some comedy by Koby Rock and then Theo from Voice kids Germany took the stage to entertain the in-coming crowd. There were amazing performances by Loretta French, Najaca and Marion Campbell.

This year's edition honoured five students. Four of them gained admission to German universities while one finished a vocational trade and was adjudged the best vocational student in Hamburg (AZUBI DES JAHRES). The awardees were Esther Powers, Sandra Sawyer, Precious Sabotcka, Osahenrunmwun Frieda Okunbor and Karin-Esther Ohenemaah. The Rhensius-Krohn-AYE Prize; a prize which rewards parents who are actively involved in their children's education went to the Nutsiako family of Hamburg. The prize came with a cash reward of 500€.

The event was graced by diverse guests of prominence with welcome address delivered by Mrs. Corrina Nienstedt, CEO of the Hamburg Chambers of Commerce –“IHK” on the theme Hamburg-African Economic Relations and Ambassador Johnny Muthahi Muhindo of the republic of Uganda spoke on the Education for Youth Empowerment and Nation Building whilst Mrs. Elizabeth Angwi Boehme gave an outstanding motivational speech. Another distinguished guest was the District Chief Executive Officer of Hamburg-Mitte, Mr. Falko Drossmann a member of the SPD who is seen by many as a friend of the African community in Hamburg and he spoke on “Togetherness”. Another great speaker was the first black Member of Parliament in Germany, Dr. Karamba Diaby followed by a powerful speech from the youth

led by Jeffrey Benjamite Bediako, Lyn Kaakyire and Martha Offeh.

Other celebrated members of the African community were Mrs. Alganesh who was recognized by the community for her dedication and social responsibility to the numerous refugees in Germany, especially those coming from Eritrea.

Pastor Bona Siriboe and Felix Boat were also recognized for their academic excellence. They took a theological course at the Hermannsburg University and this was to showcase to the youth the efforts elders in the community are making in the area of education.

The following community leaders were also recognized for their selfless services to the African Community, they are, Mrs. Sabina Werner of the consulate of Ghana in Hamburg, Marie Christine Hanne; president of Balimaya Ton Hamburg, Jude Ogunnaya; President of the Nigerian Community in Hamburg (NCG), Fofana Mamadou; President of the Ivorian Community in Hamburg and Nana Anane Kaakyire; President of Ghana Community Germany.

Also to be rewarded at the Event was Mr. Amine Gebreab, the gentleman who within two years turned from refugee to a renowned translator working for the ministries.

The hosts for this year were Dayan Kodua and Aissa Halidou and Miriam Osei Agyemang of TV3 of Ghana was the stage manager of the event.

Desmond John Beddy
TopAfrica Media Network
Wandsbeker Chaussee 15
22089 Hamburg
Tel: +49 176321 40550
Email: info@topafrik.com

Special Thanks

The African community and the AYEА organizers remain grateful to Hamburg-Mitte (district) for the yearly financial support, admittedly without their help the project will cease to exist. Then again a big applause to the Chamber of Commerce (IHK) Hamburg, for making available their noble premises for a gallant cause.

We also wish to thank the consuls of Mali, Hon Rhensius-Krohn, Hon Andreas Manfred Rohardt of Niger and Hon Prof. Dr. Manfred Dietrich of Uganda for gracing the occasion.

Our special thanks also goes to Mr. Kofi Amoatey, Member of Parliament from Ghana, Prof. Dr. Awudu Abdulai, Dr. Getie Galaye, Dr. Isaac Yaw Isaac Berbieye, Eng. Bribourne Iyamu, Mrs. Gloria Boateng, Mr. Alex Kofi Appiah (Essen), Mr. Klaus Lube and Mrs Irene both from the SPD, Mr. Huy-Tam Van and Mr. Clement Klutse both of CDU, Sylvaina Gerlich and Frank Heinrich; directors of (IMIC e.v.). Victus Blaggogee, Togbui Avanyo, Nana Basoah and Togbui Brown for honouring the community with their presence.

We also wish to thank Ben Craig & Lilian Kunu (TopAfric Radio), Landry Atakora & Carol Kay both of African Heritage Radio, Love Newkirk, La Toya Spain, Angelina Akpovo and Gerhard Heiland organizers of

the popular Alafia Festival in Hamburg, Pastors Frederick Wulff, Ackah and Prophet Samuel Wireko, Nana Owusuwaa Mprengo, Nana Gyamfi Okrah,, Teddy Danso, Nana Alfred Botsio, Afi Darrah, Omer Dotou; President Togo community in Hamburg, Sly Samrich Kwesi (Austria), Nana Mensah -Edinkafo Radio, DJ Ruffy, Emmanuel Asare (AGNA), Grace Evaly, Seth Boye, Dwamena Yeboah, Emmanuel Okpoti, Rosina Okpoti, Olivia Adai, Yanneck Sennah Beddy and Chief Joseph Enwena (Ikenga of Anaedo) for their love for the Africa community.

Special thanks also to the organizers of the award led by Lawyer Iyare Imasi, Ross Pen, Bettina Henning, Oilivia Adai, Isaac Junia; Lilian Kunu, Rosemary Appiah, Ama Kafui Beddy and Ama Dzifa Beddy for an excellent job and not forgetting YOUNG CRhyme aka MONEY MENDOZA and his T.H.U.G crew who were around to give massive support to the youth.

Major sponsors are the following: Bezirksamt Hamburg-Mitte, Bezirksamt Hamburg-Wan-dsbek, Behörde für Arbeit, Soziales, Family und Integration (BASFI), Dr. Armah-LAVOLTA, IHK (Chamber of Commerce Hamburg), Consulate of Mali and Consulate of Ghana, African Muslim Association Hamburg, Ak-

waaba Travels, MV Logistics, IMIC e.V., Alte Eilbeker Apotheke - Dr. Nils Bomholt, Akwaaba Tours, Norddeutsche Stiftung für Umwelt und Entwicklung, and LMnotion

Media Partners are: Tobotgraphy, GhanaTVAbroad, TopAfricMediaNetwork, 3FM, Edikanfo Radio, Riopap

We remain forever grateful to the former ambassador of Ghana to Germany, H.E. Paul King Aryene, until his departure supported the project with 1000€ each year.

TopAfric would like to thank all those who helped in making the event a success. We look forward to hosting another successful event on Saturday, the 21st of October 2017 at 6pm prompt.

Contributors or donors can use the account below, it could be 5€ or more per month.

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Purpose -/Zweck AYE AWARDS

God Bless Africa
God Bless Germany
AYEA TEAM



YOUTH MOTIVATION

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SOCIALIZING

**CELEBRATING YOUTH
SUCCESS**

SOCIALIZATION

INTEGRATION

**CELEBRATING EXEMPLARY
LEADERSHIP**

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unser Dank geht an





AYE AWARDS SHOWCASING POSITIVE IMAGE OF AFRICA DISPORA IN GERMANY

I had the privilege to attend the 2016 African Youth Education Awards (AYEA) in Hamburg which for me belongs to one of the well-organized events by the African Diaspora in Hamburg. In terms of event management, the African Diaspora has constantly been linked to a cliché of disregard for time, ill-prepared programs, less attention to detail and unprofessionalism.

Traditionally, one can also argue that most African communities in Germany have placed much focus on socio-cultural programs (Outdoorings, Funeral Celebrations, Cultural Shows, etc.) to highlight their existence in the public domain. I humbly want to proclaim that the AYE program is now one of the leading platforms to showcase a different image of the African Diaspora in Germany. My confidence in making such a proclamation thrives around my personal observations whilst attending the AYE awards. Essentially, I'd restrict my opinions to the following:

Professionalism: The organizers of the AYE program have clearly understood that the regard for punctuality directly translates into respect for participants and also lays the foundation for effectiveness.

The program started on time - which was the first surprise I took notice of- and it was executed within the allocated time. This brings to mind that I have to give a big credit to the 3 young African female moderators who combined glamour, professional expertise and resolute assertiveness to drive this event to the expected targets.

Attendance & Awards: The AYE program was patronized by significant personalities from the Hamburg Chamber of Commerce, representatives from the Hamburg Local Government, Embassy of Uganda, Notable Parliamentarians, Student Associations and many more distinguished individuals. For me, this platform delivered the ever so important avenue for vital engagements between the political divide in

Germany and the African Diaspora. The presentations stressed the need for the African Diaspora to consolidate its position within the society at large by taking advantage of all integration avenues.

At the same time, the awards to our young African brothers and sisters can be seen as powerful motivation factors, however, I am of the view that they clearly depicted an increasing trend of the African youth walking a different path in comparison to the older generation. Specifically, this is an indication that they have embraced the idea that achieving excellence in education is a core prerequisite for career development and social integration in Germany.

The event sequence combining formal presentations, entertainment acts and motivational speeches were driven in a manner which captured my attention from beginning to end. Boredom factor was zero and I believe this is achievable through experience which the organizers have gained in the last couple of years.

Writing your Story: Unfortunately, Africans (both on the continent and in the diaspora) have never had the joy, resources and the platform to write and communicate their own history (culture, religion, traditions, etc.) to the rest of the world. This role has often been occupied by foreign media, espe-

cially western media who, evidently, have always presented Africans in the light of their own expectations, imaginations and purposes.

Going forward, this situation has to change and the AYE Awards showcased that this is a viable avenue for the African Diaspora to tell its own story.

Logistics, Hospitality and Services: As a Professional Project Manager, I could see that a lot of planning, time, resources and engagements have been invested into this event or I'd say project.

The outcome was simply remarkable - participants neither noticed any technical issues nor logistical challenges. On the other hand, I thought the representation and involvement of the African Diaspora in Hamburg leaves much to be desired. Yes, more hands on deck! Hamburg has the largest number of Africans in Germany and I am convinced they could put more resources together to expand the dimensions of this event. I'd also expect to see more African businesses in Hamburg taking up the role of sponsors for this event.

By Alex Kofi Appiah PMP
Senior IT Project Manager
Essen, Germany



Unser gutes Recht bei Rassismus

Es ist gut, wenn man weiß, welche Rechte und Möglichkeiten man hat, wenn es um Diskriminierung geht. Manchmal ist man einfach dünnhäutig. Es nervt, wenn man mitten auf der Straße angestarrt wird und ganz genau weiß, dass das an der Schwarzen Haut liegt. Es geht gar nicht, wenn man seine Haare „natural“ trägt und wildfremde Menschen oder Arbeitskollegen einen fragen, ob man die mal anfassen darf. Irgendwie will man ja auch nicht unhöflich sein, sagt widerwillig „ja“ und darf sich dann die Kommentare dazu anhören. Oder der Klassiker: „Sie sprechen aber gut deutsch!“.

Es gibt aber auch Situationen, in denen wir benachteiligt werden. Sei es im Job, beim Türsteher vor dem beliebten Club oder bei der Wohnungssuche. In diesen Bereichen hört der Spaß endgültig auf. Werden wir wegen unserer Schwarzen Haut ernsthaft diskriminiert und schlechter behandelt als die anderen oder auch gemobbt, müssen wir uns angemessen wehren. Dabei helfen uns das Gesetz und die Gerichte.

Das Allgemeine, Gleichbehandlungsgesetz, abgekürzt AGG, wurde geschaffen, um die Rechte von diskriminierten Menschen zu stärken. Dabei geht es neben dem Schutz ethnischer Minderheiten in diesem Land z.B. auch um Altersdiskriminierung oder Diskriminierung wegen des Geschlechts. In Fällen, in denen wir eine Benachteiligung wegen unserer Hautfarbe erleiden, sollten wir über einen Gang zum Rechtsanwalt bzw zu einer Beratungsstelle nachdenken. Einige haben bereits Gerichtsverfahren gewonnen Zum Beispiel wurde in Köln Anfang 2010 ein Vermieter gerichtlich dazu verurteilt, einem Schwarzen

Paar insgesamt 5.056 Euro zu zahlen. Ihnen wurde bei einer Wohnungsbesichtigung der Zutritt zur Wohnung verweigert, weil nicht an „N****“, äh, Schwarzafrikaner und Türken vermietet werden sollte. Dabei hatte das Paar telefonisch einen Termin für die Besichtigung vereinbart. Der Geldbetrag setzt sich zusammen aus 1. den Fahrtkosten zur



Wohnungsbesichtigung, denn die waren ja nun umsonst, 2. den Fahrtkosten zur Beratung im Antidiskriminierungsbüro, die das Paar hatte, um sich rechtlich beraten zu lassen, 3. 2.500 Euro Schmerzensgeld für die Verletzung ihrer Persönlichkeit durch das Verhalten des Vermieters und 4. alle Anwaltskosten des Schwarzen Paares, die ihnen entstanden sind. In Bremen und Hannover ging es in den Jahren 2011, 2013 und 2015 in 3 verschiedenen Gerichtsverfahren darum, dass die Türsteher vor den verschiedenen Diskotheken

Männern, die nicht weiß waren, den Zutritt verweigert hatten. Zwar haben die Türsteher versucht, sich vor Gericht raus zu reden, indem sie vorgaben, es hätte ganz andere

Gründe gegeben, diesen Männern den Zutritt zu verweigern. Das konnte die Gerichte aber in allen 3 Verfahren nicht überzeugen. Hauptpunkt war, dass alle anderen weißen Männer ohne Probleme hereingelassen worden waren. Die Verantwortlichen der Diskotheken wurden in 2 Verfahren zur Zahlung von Schmerzensgeld in Höhe von 1.000 Euro und einmal in Höhe von 300 Euro verurteilt.

Diese Beispiele sollen Mut machen. Niemand muss sich rassistisch beschimpfen lassen. Niemand muss es hinnehmen, wenn er diskriminiert wird. Der erste Schritt sollte immer sein, sich rechtlich beraten zu lassen. Dann kann man abschätzen, ob man vor Gericht gehen sollte oder ob es andere Möglichkeiten gibt, um sich zu wehren.

Anlaufstellen in Hamburg, z.B.:
Öffentliche Rechtsauskunft „ÖRA“ (für Geringverdiener), Dammtorstraße 14 (3/10 Euro kostet die Beratung), www.hamburg.de/oera.
amira@verikom.de, 040 – 39842671 oder 040 – 39842647, www.verikom.de und www.basisundwoege.de



Dipl.-Jur.
Ivon Wandtke – Ossei - Poku
-Hamburg-

Elbphilharmonie

Hamburg! schönste Stadt der Welt



Health Science

What Is Stroke ?

A stroke occurs when blood flow to the brain is interrupted by a blocked or burst blood vessel.

In this Article

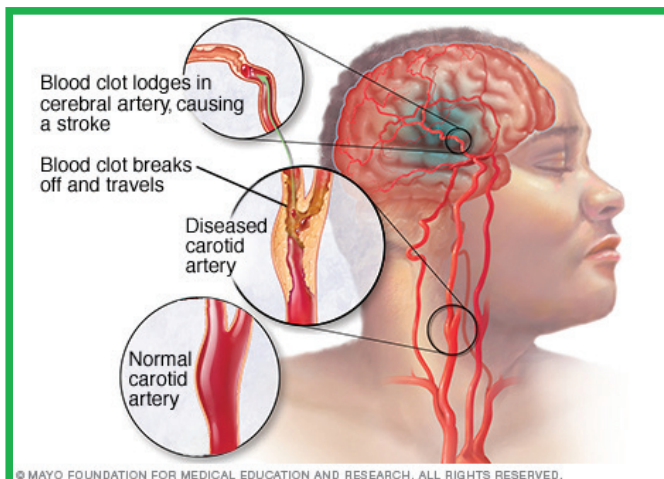
- How Does a Stroke Occur?
- What Are the Symptoms of Stroke?
- What Should I Do If I Experience Stroke Symptoms?
- Is it Possible to Prevent a Stroke?

Knowing the signs of a stroke is the first step in stroke prevention. A stroke, sometimes called a „brain attack,“ occurs when blood flow to an area in the brain is cut off. The brain cells, deprived of the oxygen and glucose needed to survive, die. If a stroke is not caught early, permanent brain damage or death can result.

How Does a Stroke Occur?

There are two types of stroke.

Ischemic stroke is similar to a heart attack, except it occurs in the blood vessels of the brain. Clots can form in the brain's blood vessels, in blood vessels leading to the brain, or even in blood vessels elsewhere in the body and then travel to the brain. These clots



block blood flow to the brain's cells. Ischemic stroke can also occur when too much plaque (fatty deposits and cholesterol) clogs the brain's blood vessels. About 80% of all strokes are ischemic.

Hemorrhagic

(heh-more-raj-ik) strokes occur when a blood vessel

in the brain breaks or ruptures. The result is blood seeping into the brain tissue, causing damage to brain cells. The most common causes of hemorrhagic stroke are high blood pressure and brain aneurysms. An aneurysm is a weakness or thinness in the blood vessel wall.

What Are the Symptoms of Stroke?

Strokes occur quickly and, as such, symptoms of stroke often appear suddenly without warning.

The most common symptoms of a stroke are:

Weakness or numbness of the face, arm, or leg on one side of the body

Loss of vision or dimming (like a curtain falling) in one or both eyes

Loss of speech, difficulty talking, or understanding what others are saying

Sudden, severe headache with no known cause

Confusion, including trouble with speaking and understanding

Headache, possibly with altered consciousness or vomiting

Numbness of the face, arm or leg, particularly on one side of the body

Trouble with seeing, in one or both eyes

Trouble with walking, including dizziness and lack of co-ordination.

Loss of balance or unstable walking, usually combined with another symptom

The main symptoms of stroke are as follows:

Strokes can lead to long-term problems. Depending on how quickly it is diagnosed and treated, the patient can experience temporary or permanent disabilities in the aftermath of a stroke. In addition to the persistence of the problems listed above, patients may also experience the following:

- Bladder or bowel control problems
- Depression
- Pain in the hands and feet that gets worse with movement and temperature changes
- Paralysis or weakness on one or both sides of the body
- Trouble controlling or expressing emotions.

How to diagnose a stroke

Strokes happen fast and will often occur before an individual can be seen by a doctor for a proper diagnosis.

The acronym F.A.S.T. is a way to remember the signs of stroke, and can help identify the onset of stroke more quickly:

Face drooping: if the person tries to smile does one side of the face droop?

Arm weakness: if the person tries to raise both their arms does one arm drift downward?

Speech difficulty: if the person tries to repeat a simple phrase is their speech slurred or strange?

Time to call 112: if any of these signs are observed, contact the emergency services.

What Should I Do If I Experience Stroke Symptoms?

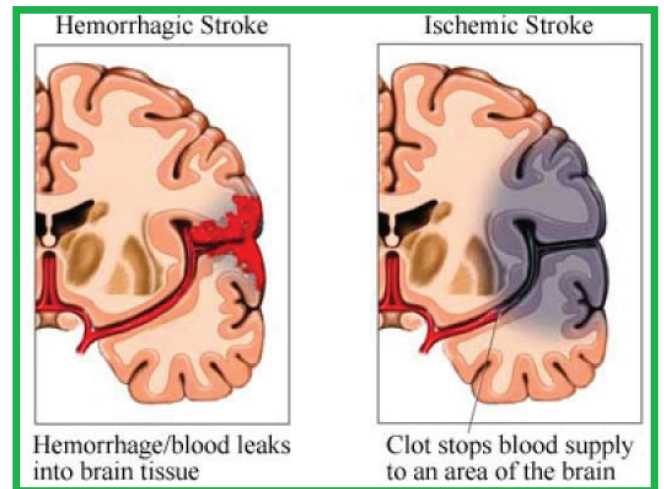
Immediately call 112 if you or someone you know has symptoms of a stroke. Stroke is a medical emergency. Immediate treatment can save your life or increase your chances of a full recovery.

Is it Possible to Prevent a Stroke?

Up to 50% of all strokes are preventable. Many risk factors can be controlled before they cause problems.

Controllable Risk Factors for Stroke:

- High blood pressure
- Atrial fibrillation



- Uncontrolled diabetes
- High cholesterol
- Smoking
- Excessive alcohol intake
- Obesity
- Carotid or coronary artery disease

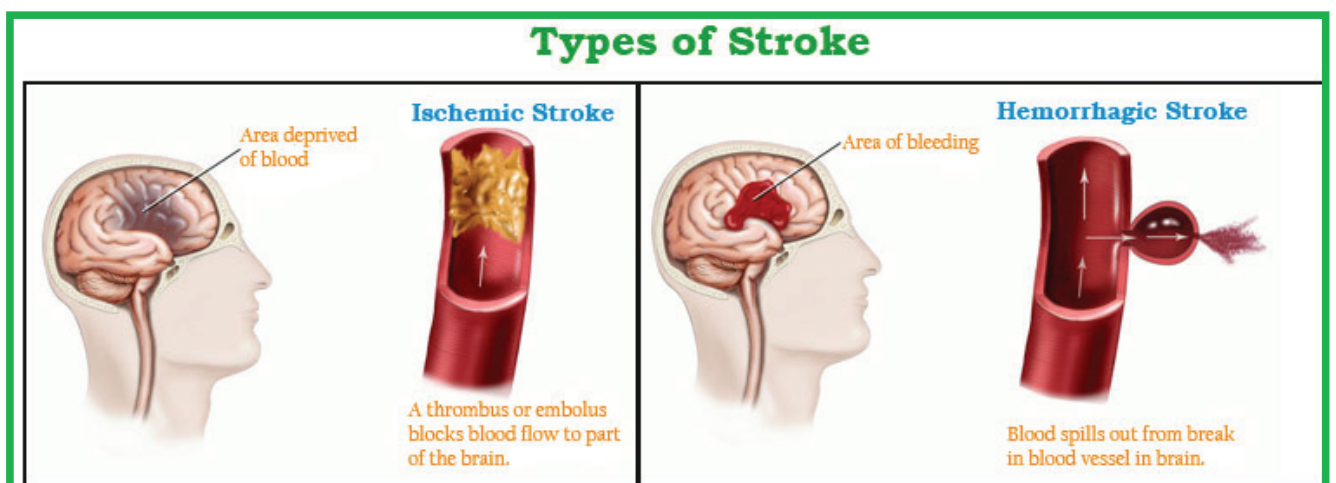
Uncontrollable Risk Factors for Stroke:

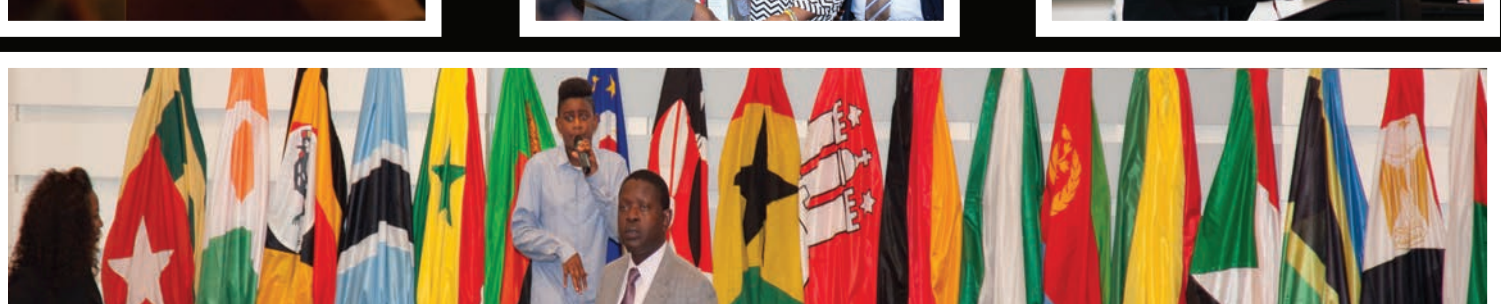
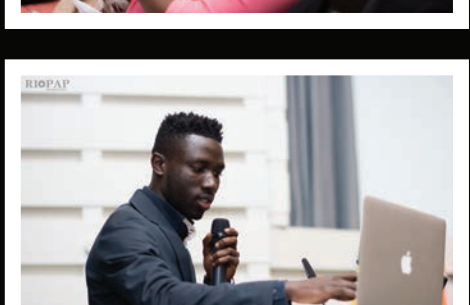
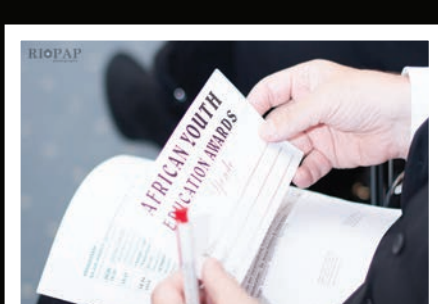
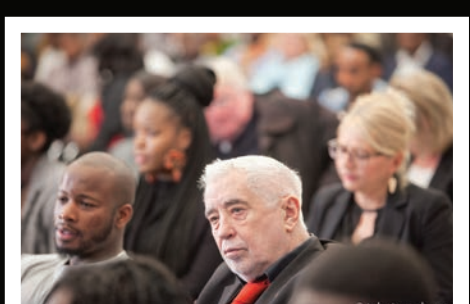
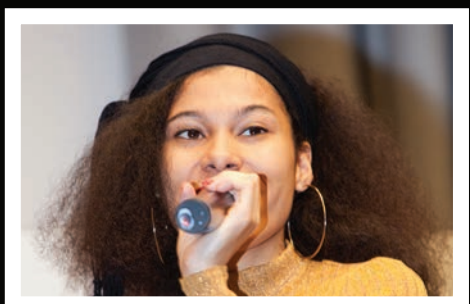
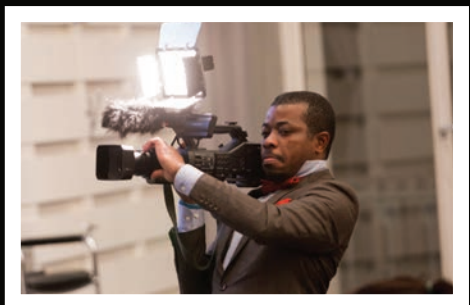
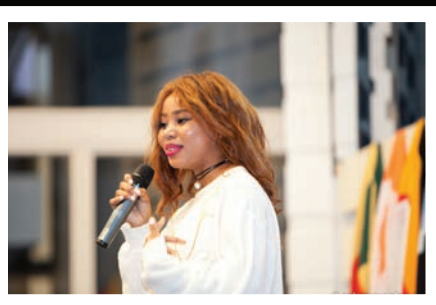
- Age (>65)
- Gender (Men have more strokes, but women have deadlier strokes)
- Race (African-Americans are at increased risk)
- Family history of stroke

Your doctor can evaluate your risk for stroke and help you control your risk factors. Sometimes, people experience warning signs before a stroke occurs.

These are called transient ischemic attacks (also called TIA or „mini-stroke“) and are short, brief episodes of the stroke symptoms listed above. Some people have no symptoms warning them prior to a stroke or symptoms are so mild they are not noticeable. Regular check-ups are important in catching problems before they become serious. Report any symptoms or risk factors to your doctor.

Source <https://www.stroke.org.uk>









EDUCATION FOR YOUTH EMPOWERMENT AND NATION BUILDING

Ambassador J.M. Muhindo, Embassy of the Republic of Uganda – Berlin

6th African Youth Education Awards "AYEA" 2016.
15th October 2016 at 18:00pm. Chamber of Commerce - Hamburg

First Mayor of Hamburg, Mr. Olaf Scholz
Honorary Consuls_
Desmond John Beddy
Distinguished Invited Guests
Dear Students
Ladies and Gentleman:

It is my pleasure to be here today on this very special occasion, as we celebrate and honor the achievements of young African scholars.

It is also my great personal pleasure and privilege to be here with you as I commend you on your tremendous educational accomplishments here in Germany.

Ladies and Gentleman,

We are here today to celebrate, for the 6th time, the African Youth Education Awards. Like in previous years, we are honoring those students who have successfully completed their chosen fields of studies.



Education is the foundation of any strong society. In the case of Uganda, despite numerous challenges, the Nation has come a long way from the educational philosophy of colonial times, which emphasized job seeking rather than job creation. Development studies have shown that the pillar to sustainable development of any country is education of its population.

In Uganda, steady improvements have been made in this area. For example, in 1997 Government introduced Universal Primary Education (UPE) – the policy program in which all children should be able to attend primary school for free - and in 2007, Universal Secondary Education (USE) as a continuation of the said UPE.

Also, an integral part of Uganda's education system are tertiary and vocational training courses as a viable option for students who are more practical based learners or keen on entering a specific trade. Among the many courses on offer, popular courses include hair-dressing, carpentry or mechanical apprentices. It is clear to see the link between a vocational course and a job at the end – and the financial security that comes with it.

Ladies and Gentleman,

The key for a prosperous future for the people of Africa, and young Africans in Germany alike, is and will remain education. Just think that as Africa, we are 54 different countries with a billion people collectively. We are physically as a continent larger than North America, Western Europe, India and China put together. Another factor is that 85 % of this combined population is under the age of 35. And when you think about where is the engine of growth for the



economies and who drives it – you will see that it is an empowered generation of educated young people. It is the role of society and also of government to nurture small and medium enterprises and to enable and inspire young entrepreneurs. I believe that they are going to be the engine of growth and job creation that is so badly needed on this continent.

Ladies and Gentleman,

I would like to briefly share with you one African success story that is truly inspirational. I was deeply touched by the story of Antoinette Furaha. She was only a child when she was forced to leave a native home of DRC and live in a refugee Settlement in western Uganda. The family was faced with severe economic hardship, so it fell on Antoinette to help sustain her siblings. Despite being a gifted student, her education was stalled at times, but she was adamant that she would continue her education. At age 8, she resumed her schooling at a primary school two kilometers from camp – and encouraged her siblings to enroll in school as well.

As the sole breadwinner of the family, she did menial jobs, and earn a mere Shs 200. She would use that money to buy a 32-page notebook and a pencil, tear pages out of the book and cut the pencil in four pieces to distribute amongst her siblings. Being a smart girl, she very quickly realized that menial jobs were not sustainable and the budding entrepreneur started to emerge. A 1-Dollar investment in a sugarcane vending business enabled her to save 10 Dollars which she reinvested in her small business. Within a year, she had saved 170 Dollars and expanded her business to include trading maize and beans. This system enabled her to continue her education steadily while her mother looked after the growing business. Before long, Antonietta was selling a variety of items from foodstuff to livestock and even employed salespersons! Soon, she was training other girls to achieve their academic ambitions and encouraged them to continue their education.

Through her Kyangwali Women’s Micro Credit initiative, she was able to provide small loans to girls and women, to help them further their education and start their own enterprises. In less than two decades, the child from the refugee settlement had matured into an entrepreneur and philanthropist and was awarded second place in the Anzisha Prize for young African entrepreneurs. By the way, in the next ten years, she hopes to own a bank – we should be looking out for her!

Ladies and Gentleman,

There are many more such examples to show why education is a good investment – not only in nation building but also in personal empowerment. Through such capacity building, it is also possible to come-up with a core team of trainers of trainees; which benefits more people at the grass roots level in Africa.

Ladies and Gentleman,

I would like to thank you for being here today. It is my belief that in the spirit of youth empowerment and education, the generation of young Africans will seize the opportunity to make a difference and to realize their goals to become open-minded, educated and productive human beings - especially when they get back to their home countries. Once again, I thank you all for your commitment and dedication to this worthy cause.



COMMUNITY PRIZE 2016



Pastor Felix Boat



Frau Alganesh Tefera



Left: Mrs Irene Appiah
Right: Mr. Fofana Mamadou



Apostle Bona Siriboe Boateng

Mrs. Sabina Werner



Left: Dr Karamba Diaby
Right: Mr. Amine Gebreab



Mr. Anane Kaakyire

Today's Decisions Determine
Who We'll Be Tomorrow

TOP 20

Wintersemester 2013: Quelle Statistisches Bundesamt

	Länder	Gesamt -Bevölkerung	Studienanfänger	%Anteil
1	Gabun	374	195	52.1%
2	Kamerun	17023	6016	35.3%
3	Mauretanien	572	121	21.1%
4	Simbabwe	976	160	16.3%
5	Ruanda	852	132	16%
6	Tansania	1227	183	14.9%
7	Namibia	572	77	13.4%
8	Sambia	373	43	11.5%
9	Madagaskar	1023	110	10.7%
10	Ägypten	17346	1778	10.2%
11	Tunesien	26030	2575	9.8%
12	Uganda	1605	158	9.8%
13	Dschibuti	73	7	9.5%
14	Komoren	42	4	9.5%
15	Malawi	190	17	8.9%
16	Benin	2071	176	8.4%
17	Sudan & Süd Sudan	2847	238	8.3%
18	Marokko	65440	5169	7.8%
19	Botuana	97	7	7.2%
20	Lesotho	43	3	6.9%

HELP MAKE A CHANGE?

Education is a never ending process. The African Youth Education Project aims at encouraging African youths into enrolling into schools of higher education as well as staying throughout the entire course.

But simply awarding the kids is not enough to keep them in school. We sincerely ask everybody and anybody to come forward and help fund this noble cause. By funding the program, we are able to accomplish the following:

A: Keep track of each enrolled students' progress in school

B: Tackle any difficulties that might be hindering them from attending or finishing school

C: Communicate with them on an individual basis so as to encourage them

D: Help them to make the right decisions as to what they truly want to study

E: Keep records of all enrolled students in the higher education system in Germany

F: Help them with petty hindrances which might develop into bigger problems

G: Help them with petty cash issues

H: Helping them with difficult classes/courses by appointing knowledgeable tutors and mentors

I: Create recreational activities (such as sports, arts, dancing, singing, music etc...) for all the students to get involved with so as to ease stress from school activities.

J: Most importantly we shall connect these students with community leaders, political leaders, religious leaders, and their educational mentors so that they can have a one on one face to face meeting with such individuals for advice.

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Purpose -/Zweck AYEА



DER RHENSIUS-KROHN/AYE – PREIS

making positive impact on society

Frau Honorarkonsulin der Republik Mali in Hamburg Bettina Rhensius-Krohn

Rede zur Preisverleihung des 2. Rhensius-Krohn/AYE-Preises

Begrüßung der Gäste Nun ist es schon wieder fast ein Jahr her, dass ich an dieser Stelle stand, um den neu gegründeten Familienpreis zu übergeben. Ich habe den Moment noch sehr gut vor Augen und freue mich sehr, heute wieder hier zu sein.

Vorab möchte ich mich aber, ich denke auch im Namen aller Anwesenden, bei Desmond John Beddy und seinem Team für die Organisation dieser Veranstaltung bedanken. Auch im sechsten Jahr ist die Vorbereitung wieder sehr aufwendig gewesen und wir können froh und stolz sein in Desmond einen so engagierten Verfechter der Bildung zu haben. Den Sonderpreis in diesem Jahr schon zum zweiten Mal zu

verleihen, ist für mich etwas ganz Besonderes. Er wird auch in diesem Jahr wieder einer Familie verliehen, die sich besonders für die Belange der schulischen Bildung ihrer Kinder eingesetzt hat.

Auch auf die Gefahr hin, dass ich mich wiederhole und einige vielleicht meine Worte vom letzten Jahr erinnern: Bildung ist der Schlüssel für ein unabhängiges Leben. Nur wer einen Schulabschluss und eine Ausbildung hat, kann in ein erfolgreiches und zufriedenstellendes Berufsleben starten. Die heutigen Herausforderungen für Kinder, Jugendliche und Auszubildende sind groß. Sie sind einer Flut von Informationen ausgesetzt, die sie filtern und gleichzeitig ihren Schulalltag strukturieren müssen. Dafür ist es wichtig, dass die Eltern sie nachhaltig unterstützen und ein Interesse an den schulischen Belangen zeigen. Wir Eltern sind immer das erste Vorbild! Wenn

Ihnen als Eltern die Schulbildung wichtig ist und Sie dies auch Ihren Kindern vermitteln, ist ein guter Grundstein gelegt.

Das mag Ihnen vielleicht schwerfallen, weil Sie z.B. die deutsche Sprache nicht so gut beherrschen oder wenig Zeit haben; nehmen Sie sich die Zeit und bringen Sie sich ein! Es ist Ihren Einsatz immer wert. Vielleicht lernen Sie ja so auch etwas von Ihren Kindern!

Das deutsche Bildungssystem bietet viele Möglichkeiten und das überwiegend kostenlos für die Familien! Ich kann nur an alle appellieren: Nutzen Sie es, nutzt es aus, lernt! Alles, was ihr im Kopf habt, kann euch keiner wieder nehmen! Jetzt komme ich zu der diesjährigen Gewinnerbewerbung! Es geht auch in diesem Jahr um eine Familie mit drei Kindern. Ein Mädchen und zwei Jungs, 13,12, und 7 Jahre alt. Sie werden von ihrer Mutter sehr unterstützt,

obwohl sie in einer schwierigen Jobsituation ist und noch (!!!) nicht so gut Deutsch spricht. Sie sorgt dafür, dass ihre Kinder dort Unterstützung bekommen, wo sie nicht mehr helfen kann. Sei es durch Mentoren oder sogar Nachhilfe.

So schreibt die Tochter: „Meine Mutter hat nicht so gute Deutschkenntnisse, aber sie hilft uns mit Mentoren, damit wir besser lernen können.“

Das, finden wir, ist ein sehr guter Ansatz: Sich Hilfe zu holen, wenn man nicht mehr weiterkommt. Es ist einfach zu den Kindern zu sagen: Ich kann das nicht, ihr müsst euch selbst helfen! Aber es erfordert Einsatz, Kraft und auch eben manchmal Geld den Kindern die Hilfe zu geben, die sie brauchen.

Die Tochter schreibt dann auch weiter: „Es wäre gut, wenn wir diesen Preis gewinnen, damit unsere Mutter uns noch mehr helfen kann!“

Dieser Meinung sind Desmond und ich auch!! Daher bitte ich jetzt Anita, Josephine, Emmanuel und Enoch Ntsiakoh auf die Bühne! Sie sind die Gewinner des 2. Familienpreises!!



Herzlichen Glückwunsch!

Abschließend möchte ich sagen, dass ich hoffe, dass dieser Preis auch Motivation für weitere Familien ist, sich noch mehr zu engagieren und sich ebenfalls im nächsten Jahr zu bewerben. Ich freue mich schon sehr darauf. Danke für Ihre Aufmerksamkeit.

15. Oktober 2016/BRK



BEWERBEN SIE SICH FÜR 500€

Dieser Preis soll einen Anreiz geben, sich für die Bildung und schulischen Belange der Kinder einzusetzen. Dies vorausgeschickt, schreiben wir jährlich einen Bildungspreis für eine afrikanische Familie aus.

Die Voraussetzungen sind:

1. Schulpflichtige/s Kinder/Kind
2. Bewerbungsschreiben auf Deutsch mit Vorstellung der Familie, Begründung, warum die Familie den Preis gewinnen sollte, Familienfoto oder kurzes Video
3. Empfehlungsschreiben des/der Kindes/Kinder (Was machen die Eltern besonders gut!)
4. Mitarbeit im Elternrat der Schule, Elternvertreter, sonstige freiwillige/soziale Mitarbeit an der Schule (z.B. Mitorganisation von Veranstaltungen/Ausflügen etc.)

Bewerbungsschluss: Jährlich Ende September -/Oktober. Der Preis ist mit 500 Euro in bar dotiert. Ihre Bewerbungen richten Sie bitte an: Honorarkonsulat der Republik Mali, An der Alster 85, 20099 Hamburg oder info@hkmali-hamburg.de

Viel Erfolg und Spaß bei der Bewerbung!

Frau Bettina Rhensius-Krohn
Honorarkonsulin der Republik Mali in Hamburg
An der Alster 85, 20099 Hamburg

Desmond John Beddy
African Youth Education Award
TopAfric Media Network
Wandsbeker Chaussee 15
22089 Hamburg

Tel: 017632140550
040 88307599
djbeddy@gmail.com

SAVE THE DATE -/AYE AWARDS

Sa. 21.10.2017 Zeit: 18.00 bis 21.00 Uhr
Handelskammer -/Albert-Schäfer-Saal
Adolphsplatz 1
20457 Hamburg
Contact: Desmond
TEL: 0176 32140550

PRECIOUS SABOTTKA



Wohnort:	Hamburg
Ausbildungsort:	Gerd Henning
Ausbildung:	Maler und Lackierer
Heimatland:	Ghana



WESHALB WIR ALLE VORBILDER SEIN KÖNNEN!

Lyn Birago Kakyire

Wenn ich an meine Kindheit zurückdenke, erinnere ich mich vor allem daran, dass mir Vorbilder mit einem ähnlichen soziokulturellen Hintergrund gefehlt haben. Vorbilder, die wie ich einen afrikanischen Background haben, mit zwei oder mehr Kulturen aufgewachsen sind, mehrsprachig erzogen wurden und meist doch die Minderheit ergaben.

Wie oft habe ich mir gewünscht, dass während Schulthemen zu Afrika, Sklaverei und Kolonialismus aufgekommen sind, mir jemand zur Seite steht, der das ganze schon erlebt hat und mir zeigt, dass es Helden

auch aus meinem Kulturkreis gibt. Heute weiß ich es besser. Deshalb bin ich auch schon seit einigen Jahren in ehrenamtlicher Arbeit mit Kindern aktiv. Vor allem freut mich es mit afrikanischen Kindern zu arbeiten

wie auch Gewaltprävention. Eine einschlägige Situation an einer Stadtteilschule in Hamburg Billstedt hat dazu geführt, dass das Projekt ‚Vorbilder‘ ins Leben gerufen wurde, welches sich das Ziel setzt nachhaltiges Mentoring für Schüler mit westafrikanischem Hintergrund anzubieten. In der Stadtteilschule in Wilhelmsburg hat es bereits begonnen. Und ein jeder ist willkommen ein Teil dieser Vision zu werden. Denn ein Vorbild kann jeder sein!



und das zurückzugeben, was mir damals gefehlt hat. Dies war meine Grundmotivation einen Schritt weiterzugehen und das Lehren und Begleiten von jungen Erwachsenen zu meinem Beruf zu machen. Nun studiere ich seit 2015 auf Lehramt und setze meinen Fokus vor allem auf Interventions- & Fördermöglichkeiten,



FUTURE OF GHANA GERMANY we encourage the youth to join



ESTHER LADY POWERS



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Studienbereich:	Medientechnologies
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Studienbereich:	Duale Pflege
Heimatland:	Nigeria



Sie kamen ohne Sprache! Sie kamen ohne Papiere!

Eine schicke Location, viele renommierte Sprecher, Vertreter der Wirtschaft, Politik und des Bildungswesens. Der African Youth Education Award (AYEA) ist eine Plattform, welche insbesondere die junge afrikanische Diaspora begrüßt.

Wenn man sich kurz mit der Terminologie ‚Diaspora‘ auseinandersetzt, spricht man hier von einer ‚Zerstreuung‘. Diese Zerstreuung hat unsere Elterngeneration damals, in Form der Emigration nach Deutschland, auf sich genommen, so dass wir als neue Generation Möglichkeiten haben, die sie nicht hatten. Warum sage ich das?

Sie kamen ohne Sprache. Und konnten demnach nicht kommunizieren, welches eine erfolgreiche Integration von Beginn an erschwert hat. Sie kamen ohne Papiere. Und lebten mit dem Status als Illegale in einem Land, welches ihnen klimatisch, kulturell und sprachlich fremd war. Und es für viele bis heute noch ist. Sie kamen mit Druck. Denn sie

kamen mit der Vorstellung aus einem durch Armut geprägten Leben entkommen und nicht nur für sich, aber auch für ihre Familien zu Hause sorgen zu können. Und dies war nicht nur ein Voratz, sondern die Erwartung, mit der sie in die große weite Welt geschickt wurden.

Unter diesen Bedingungen einen erfolgreichen Bildungsweg einschlagen zu können, ist damals wie auch heute leider doch eine Ausnahme. Das war die Grundlage, auf der unsere Eltern ihr Leben bauen mussten. Ihr Opfer, damit wir nicht denselben Bedingungen begegnen? entgegen müssen.

Nun ist die Frage für uns als junge Diaspora, wie gehen wir mit diesem Opfer um? Wie nutzen wir die Chance, die uns gegeben ist? AYE Award ist eine Plattform, auf der junge Menschen ausgezeichnet werden, die ihren Bildungsweg erfolgreich bestreiten möchten. Nur geht es auch hier nicht primär darum, wie wir be-

ginnen, sondern vielmehr wie wir die Dinge zu Ende bringen!

Unsere Eltern sind als ‚Arbeitergeneration‘ bekannt. Wofür wollen wir irgendwann bekannt sein und was wollen wir als Jugend hinterlassen, wenn wir einmal dieses Land oder gar diese Welt verlassen?



Martina Offeh

KENOU CHRISTIAN-RUSSEL



Wohnort:	Hamburg
Universität:	Hochschule Macromedia
Studienbereich:	Media Management
Heimatland:	Togo

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Kanzlei Kiel
Sophienblatt 1
24103 Kiel -Germany
t: +49 431-530 32 98, m: +49 157-7781 4581
f: +49 431-935 99
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Wandsbeker Chaussee 15
22089 Hamburg -Germany
t: +49 40-254 950 38 t: +49 157-7781 4581
f: +49 431-935 99
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SANDRA SAWYERR



Wohnort:	Hamburg
Universität:	Universität zu Lübeck
Studienbereich:	Medizinische Informatik
Heimatland:	Ghana



MRS. ELIZABETH ANGWI BOEHME
AYE AWARDS 2016

SET HIGHER GOALS IN LIFE

It is a great privilege for me to be with you today and I thank you Desmond for giving me this opportunity.

I am very grateful for this students who are receiving a price today and are participating with great excitement. My congratulations to all of you.

Education is very important to us because we are unique. One of the unique things about us is our brain. Our thoughts affect our realities, and the ability to choose how you construct meaning from experience will determine the way you see the world and how you react in return. You must not let certain situation take control over you. You have to be in control.

Set goals in your life and try to achieve them. If

you fall, stand up and try again. Be persistent and patient. At times it can be really complicated and you will face some unhappy things, hindrances and obstacles in life, but stay focus. It is important to have determination, optimism and patience. If you lack patience, even when you face some small obstacle, you lose courage. Use the possibilities you have here in Germany to succeed.

On the other hand parents should assist their children to succeed in their education and the school system here in Germany should be in a way that every child has the possibility of getting into a higher institution. They should be able to achieve higher levels of education instead of determining their intelligence at a very early stage of life.



KARIN-ESTHER OHENEMAAH



Wohnort:	Hamburg
Universität:	Euro-Business-College Hamburg
Studienbereich:	International Business Management
Heimatland:	Ghana

Bildung als Schlüssel zum Integrationstor der Teilhabe – Ein kleines Motivationsschreiben

Sonja Collison



Education = Bildung, doch was bedeutet Bildung eigentlich? Gibt es dafür nur eine Definition und wie kann sie mir und ich gleichzeitig anderen damit helfen?

Der ganzheitliche Bildungsbegriff umfasst mehr als es auf den ersten Blick scheinen mag. Eingeschlossen sind unter anderem die geistigen Fähigkeiten, welche die lebenspraktischen mit einschließt, denn um zu überleben, muss man auch wissen wie.

Teile davon lernt man in der Schule, Universität, von den Eltern und von seinen Mitmenschen. Kurz gesagt: Miteinander und voneinander, also gemeinsam. Ein hoher schulischer Bildungsstand impliziert für die meisten auch eine hohe Qualifikation und wer diese erreicht, dieser Person stehen mehr Chancen im



Alltag zur Verfügung. Diese Annahme wirkt sich zu großen Teilen auf den Ar

beitsmarkt aus, so die allgemeine Auffassung. Bildung ist somit eine Möglichkeit der Chancengleichheit ein Stück näher zu kommen. Sie ist jedoch auch die Gelegenheit seine persönlichen und sozialen Kompetenzen zu erweitern. Jeder Mensch



hat die Möglichkeit sich zu bilden und somit sich und die Welt die ihn umgibt etwas besser zu verstehen. Wissen ist nicht alles, doch „Wissen ist Macht“ (Francis Bacon). Seinen Geist zu bilden, fordert den Willen offen gegenüber Neuem zu sein und zu lernen. Und es ist fast so einfach, wie es klingt. Die Fähigkeit sich zu bilden, bringt gleichzeitig die Aussicht mit sich Erlerntes weiterzugeben. Es hilft jedoch, auch die Welt, die einen umgibt, besser zu verstehen, seinen eigenen Standpunkt klar zu stellen, sich zu positionieren und zu sagen, was man möchte. Dies alles geht nur, wenn man weiß wie. Wer das gelernt hat, kann sich Ver-

ständigen und durch die Teilhabe anderen nicht nur den Weg ebnet, sondern auch Vorbild sein.

Niemand gibt jemandem vor, was und wie er werden und sein soll, doch eine erfolgreiche schulische oder universitäre Bildung, also die geistige, lebenspraktische Bildung gepaart mit sozialer Kompetenz, dem Willen und der eigenen Persönlichkeit, hilft bei dem Wunsch zu werden, was jede individuelle Person für sich anstrebt. Und Du kannst wie gesagt alles werden! Nutze diese Macht. Nutze die Bildung, denn sie macht stark. Bildung öffnet den Geist, Türen und Herzen. Bildung ist der Schlüssel zur Welt. Verschließe Dich nicht



davor und sei ein Teil Deiner Welt. Es ist Deine Welt. Mach was draus und entscheide für Dich wie.

Nimm Teil!

In die Gesellschaft integriert zu sein, umfasst alle als ein Ganzes. Sei Teil des Ganzen und höre nie auf Dich weiter zu bilden. Denn Bildung hat keine Grenzen.

Bildung ist der Schlüssel zu allem und Du kannst alles werden.

Hat Dir das schon einmal jemand gesagt? Nein? Dann sage ich es Dir:







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A SUNDAY WALK WITH OLAF SCHOLZ

MAYOR OF HAMBURG

I took a Sunday walk with Olaf Scholz, the number one citizen of Hamburg, the mayor of Hamburg and a former minister of Labor and Social Welfare of Germany. Yes I had him all to myself without the usual bodyguards. Olaf prefers to call me Burger since he got to know that Ghanaians outside are referred to as burgers. We set off after usual greetings. I asked, do you still reside in this house? He laughed and said why not, I still buy bread from the same bakery all these years. Trust me if this guy were to be an African politician, you need to pass through several Jerusalem gates to get to his house.

It first occurred to me in the S-Bahn how overdressed I was. The well paid and powerful Olaf was in a T-shirt and me in my suit. I quickly removed my jacket and folded my sleeves.

Lampadusa Refugees: In the main train station I felt like a star walking and chatting freely with Olaf, waving people who knew me, suddenly we got to the Lampadusa TENT. I asked our mayor how he feels having this tent in the center of Hamburg; don't you think it is an eye sore? He said, "Ja" we have been trying all these years without any significant breakthrough and I said politely Olaf stop that... If your leadership can cater for over 40,000 refugees from Syria, Iraq, Afghanistan, why can't you solve this tiny problem.

Anytime I pass by with my kids they asked "Papa was machen deine Leute hier, das ist aber peinlich" which literally means "what are your people doing in here that is embarrassing"

This tent can easily turn into a dealing point for drug barons in the city. Olaf please we want our city clean and we don't want others seeing Africans in a different light, please resettle the people and clear the camp!!!

Civil Servants: We walked past the Deutsche Bahn office, in the main Hamburg train station, I pointed to Olaf, there is none of my people around why? Desmond this is a free market and the companies are allowed to employ whom they wish to, we can't force them. Olaf what of the ministries? I asked. I can count



the number of blacks working in all the ministries in Hamburg. Can't Hamburg enact a law saying 2% of all vacant positions be reserved for Black or Africans. Where there is a political will there is always away!

Bitte sag was? Our mayor is a very clever politician and refuses to answer questions that might put him in a tight corner.

Lack of Motivation: Everyone is advising we go to school, but no one is ready to provide us with deserving jobs. I finished as "Informatikkaufmann" and then as Microsoft Certified System Engineer but got no jobs related to my training, whilst my biological -/native Germans who even failed their exams got jobs. Been a native German speaker doesn't make one more

intelligent than others or more suitable for a job. As we speak we have two of our African scholars with PhD titles from Hamburg University, without jobs, why? How can our children be encouraged to further their education, when their mentors are without jobs? It is therefore humiliating and sad when you are told in the face that you are lazy... For not finding work. Olaf this cannot continue in modern Hamburg.



Olaf Scholz
Erster Bürgermeister von Hamburg

Lunch Time: We visited JIM BLOCK for lunch, Olaf took his food and paid for his only, I had to pay for mine as well. He wasn't treated differently and had to join the queue like I did. As an African I was wondering why this man who earns so much should look on whilst I pay for my food. This is a cultural challenge to most Africans in Germany, you invite them for outing and they expect you to pay for them. Beside, because our politician has to pay for all outings and social gathering, they turn to corrupt ways to withstand the high expenditure.

Africans in Politics: I regretted asking about Africans in politics, Olaf said "Desmond stop it...

We gave your community several opportunities during the past elections. I remember Clement Klutse, Irene Appiah, Adeyemi Ademuyiwa, Mary Oduro and Maxwell Nkrumah among others, what did you people do? Instead of mobilizing the masses behind the candidates, you were working against one another and forming exclusively smaller groups".

I advise you learn from the Turks, they support one another despite their differences. Let me tell a secret with my party we fight a lot, we disagree and disagree all the time. But most often we come together and work as a team when it matters most. I also advice the youth to enter into politics at very tender ages, if you can learn to serve people at early stages, it is much easier to serve when you are elected by the people. You understand you are not doing favors to your people but working for them and to be paid on top. Desmond! Teach your youth to learn how to do voluntary work before attempting entering into politics.

Olaf then said to me in German, Ich hab doch Recht! Oder? I felt defeated...

Hamburg Integration Council "Integrationsbeirat" Olaf, don't you think the council is gradually failing to attain its main objectives in this form. All the main stake holders, like the police, the senate and other ministries are no longer involved. It has become a group of foreigners and the voting system is not the best. Members of most associations are not aware of the people they vote for to represent their interest. We see what we can do to improve the system, he said.

AYE AWARDS: We have the past years been inviting you to the African Youth Education Awards as our VVIP, you don't come, and does it mean our community is not relevant? Desmond, how can you say such a thing? Why not? your office is just around the corner! Our children want to see you and other parents have few questions for you to answer. Olaf, this is our right or not?

Olaf had a call from "Frau Merkel" and we parted. I then realised it was all a dream.



Desmond John Beddy

Dr. Karamba Diaby

Impuls: Integrationspolitik auf Bundesebene

Dr. Karamba Diaby - ursprünglich aus dem Senegal - ist der erste Bundestagsabgeordnete, der in Afrika geboren und aufgewachsen ist. Er ist Chemiker und zog 1986 nach Halle in die ehemalige DDR. 2001 wurde Herr Diaby eingebürgert. Eine Zeit, in der es nicht so einfach war deutscher Staatsbürger zu werden.

Unten finden Sie seine Rede bei dem 6. African Youth Education Award, der jährlich stattfindet.

Sehr geehrte/r Frau/Herr.....,

liebe Jugendliche,

sehr geehrte Damen und Herren, •vielen Dank für die Einladung. Der African Youth Education Award setzt ein starkes Zeichen:

- Bildung ist der Schlüssel für gesellschaftliche Teilhabe.
- Bildung ist ein wichtiger Baustein für eine erfolgreiche Zukunft.
- Warum ist dieser Award gerade auch für unsere afrikanische Community so wichtig?
- Knapp 1 % der in Deutschland lebenden Menschen hat einen afrikanischen Migrationshintergrund.
- Hinzukommen die Nachkommen der hier Geborenen – bis in die dritte Generation.
- Und nicht zuletzt: Die steigende Zahl Asylsuchender auch aus Afrika wird unsere Bevölkerungsgruppe noch vergrößern.
- Gleichzeitig gilt: Afrikanischstämmige Menschen zählen immer noch zu den am schlechtesten integrierten Einwanderern.
- Dies liegt vor allem an der ungünstigen Bildungs- und Arbeitssituation.
- Aber auch an den Verhaltensweisen der Mehrheitsbevölkerung, an Diskriminierung und Rassismus.
- Gerade Kinder und Jugendliche afrikanischer Herkunft sind Armutsrisiken ausgesetzt, ihre Bildungssituation ist prekär.
- Als Bildungspolitiker ist mir klar: Hier ist auch die Politik gefragt.
- Als Vater zweier schwarzer Kinder weiß ich zudem: Inspiration und Vorbilder sind für unsere Jugend wichtig.



- Wir müssen unsere Jugend empowern, sie über ihre Rechte aufklären und Chancen aufzeigen.
- Das führt mich zu einem wichtigen Punkt:
- Die politische Stimmung in Deutschland ist angespannt.
- Wir müssen uns deshalb unserer Verantwortung für Demokratie und gesellschaftlichen Zusammenhalt bewusst werden.
- Die Arbeit in Vereinen, Verbänden und Parteien ist unersetzlich.
- Parteien, Gewerkschaften, Behörden und auch die Medien sind auf unser Wissen und unsere Erfahrungen angewiesen.
- Wir müssen aufstehen und uns für unser Gemeinwesen einsetzen.
- Denn die Interessen von Menschen afrikanischer Abstammung müssen sichtbar werden.
- Für den sozialen Zusammenhalt unserer Ge-



sellschaft ist es wichtig, Gerechtigkeit zu schaffen und Konzepte zu entwickeln.

- Wir müssen allen Menschen die gleichen Chancen bieten. Denn wir sind ein wichtiger Teil dieser Gesellschaft.
- Dafür ist es notwendig, dass sich jede Einzelne und jeder Einzelne einbringt.
- Es ist unsere Aufgabe, unsere Zukunft mitzugestalten.
- Denn wenn wir es nicht selber machen, macht es niemand.
- Und ehrlich gesagt: Wer kann das besser als wir selbst?
- Erfolgreich in der Schule, der Ausbildung oder dem Studium zu sein, ist dafür eine wichtige Voraussetzung.
- Denn Bildung entscheidet maßgeblich über die berufliche Zukunft und die gesellschaftliche Teilhabe.
- Aber es muss noch viel getan werden, damit auch alle diese Chancen wahrnehmen und verwirklichen können.
- Denn nach wie vor ist der Bildungserfolg abhängig von der sozialen Herkunft.
- Damit sich das ändert, brauchen wir eine bildungspolitische Wende.
- Wir brauchen mehr Personal: Erzieher, Lehrkräfte, Schulsozialarbeiter.
- Diese brauchen bessere Qualifikationsangebote für die Pädagogen, um sie im Umgang mit Vielfalt zu schulen.
- Zudem müssen wir die Antidiskriminierungspolitik und die politische Bildung stärken.
- Mein Ziel als Bildungspolitiker ist, dass alle Menschen an unserer Gesellschaft teilhaben und ein selbstbestimmtes Leben führen können...
- ...unabhängig von Herkunft, Geschlecht, Religion.
- Dafür brauchen wir eine bessere demokratische Kultur, ein besseres demokratisches Miteinander.
- Dafür brauchen wir viele junge Menschen, die sich für unser demokratisches Gemeinwesen ein-

setzen.

- Junge Menschen wie Euch, die sich engagieren und für unsere Gesellschaft und Community stark machen!
 - Demokratie und Integration leben davon, dass sich die Menschen einbringen. Wer gestalten will, muss sich einbringen.
 - Das ist gelebte Demokratie. Das ist gelebte Integration. •Denn nur gemeinsam sind wir stark. •Ich bin überzeugt: Vielfalt ist eine Chance für uns und für unser Land.
- Vielen Dank!

Karamba Diaby
mit Eva Sudholt

Mit Karamba in den Bundestag

Mein Weg vom
Senegal ins
deutsche
Parlament

Hoffmann und Campe





Falko Drossmann

District Chief Executive Officer of Hamburg -Mitte
Giving the keynote address at VI AYE AWARDS

In the above caption, Knowledge is qualified by Power. It will therefore be ideal to start with knowing what Power is! Power literally is the ability to compel someone or something to do what such does not want to do. It goes then without saying that when one has Power, such has the capability and ability to move some other person or thing to do what they wouldn't have done ordinarily. Quite interesting!

It is based on this understanding or realization that today, many people leave no stone unturned in their quest for Power. Power is sweet someone is quoted to have said! It is the sweetness of Power that makes it a point of duty on the part of those who found it, not

KNOWLEDGE IS POWER: GO FOR IT!

By Pastor D.C. Jacobs



to be willing to have it relinquished. No thanks to greed and other evil vices which, champions the courses of this desire in the hearts of rulers in third world countries!

The sweetness of Power can never be equalled! This has fueled the urge for Power in various categories. There are FINANCIAL POWERS, LEGAL POWERS, SPIRITUAL POWERS, POLITICAL POWERS and lots of others. Man has burdened himself with the craving for the different forms of Power! He is prepared to go to any length to ensure that he is identified with any of the Powers that be. It is sad to note that most often, the most powerful source of all Powers has been left untapped.



Knowledge the saying goes is Power! Can knowledge be had without Education? The answer is a very big No! Hence knowledge is Power, the source of acquiring it should therefore be seen as the most powerful source. The more reason everyone therefore, especially the YOUTHS must go for it! The story is told of a Company whose machine suddenly went down. The Company sought the services of an Engineer. On arrival he requested that the engine be started. Upon hearing its sound, he quickly took a hammer and hit an object.

That done, he asked them to start it again and this time, it was back on track. He wasted no time in bringing out his invoice and prepared a bill of One thousand Dollars. The manager screamed and said for merely hitting with the hammer? The Engineer said no! He made further explanations to his bill saying: "The cost of hitting with the hammer, was just one Dollar and for knowing where to hit the hammer, Nine

hundred and ninety nine Dollars". As curious as it sounds, it remains the truth! Knowledge is Power. If anyone wants to be respected, honored, given preferential treatments, such must go and acquire knowledge. No other place is this gotten faster than to be educated!

Sure, there are those like BILL GATES (Microsoft) who could boast of having made it happen real big in life without, going through the four walls of Institutions of higher learning. The truth however is that they are only a handful few! It is better to borrow a leave from the multitude than to bank solely on a few. I mean to say that since there are more of those who made it having studied, it would be ideal to learn from them.

Have you tried to gain admission without success? There is just one thing to do! Try one more time and even try again. If need be, try again and again until you enter because there is no credit for: "I

have tried but to no avail". There is however reward for: "I have fought a good fight. I have finished the race. And I have kept the faith".

Most great people were not born genius! The secret of their successes is traced to hard work, diligence, commitment and devotion to the course they believed in. Guess what: your name is just about been added to the lists of such great and successful people if only you will strive and dare to study. Even the Almighty God wants His people to study. Hear the word of God: "Study to show yourselves approved" (2Timothy2:15). What are you waiting for? Press the next knob and study! It promises to bring you into your desired height of success.

DARLINGTON JACOBS is a Pastor, Teacher, Motivational Speaker, Counsellor and award winning Author and Writer. He lives in Hamburg with his wife and children.





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DAYAN KODUA

actress

It is cool to be a star!
However, it is cooler to give back to society!

Photo © Christoph Mannhardt 2016

www.myblackskin.de



THE TICK-TACK-STEP JOURNEY TO YOUR DESTINY

By Samuel Bawala

The inevitable or necessary fate to which a person is entitled would really give us the clear image for which the word destiny stands. If you do not know where you are going, any road will lead you there.

Destiny is an individual choice and if one does not ponder on the end, paint it's clear image and finally work for it, then the winds of the world are bound to blow you to any direction they wish. When God created Man, he gave him authority to rule over all on earth and for this reason it is definite that YOU can choose what you want to be, what you want to have and how you want to see your life. We all have God's blessing but where the difference comes between people, is that we choose quite differently.

Not in any way does it matter what your name is, to which family you were born, your general background or what that the people's perception about you is. But it is your mindset! Every successful person had hardships in early stages of life, many didn't even get a chance to see any of their parents but they had a motivation! They possessed that drive, chose their destiny and strived, thrived and finally flourished.

I am not any different! I was born to a not well-off family in a small village in Uganda. My father struggled to see us through school and in school I got a chance to learn the German language which I fully utilized. If you choose your destiny, such and

use any opportunity around you to lead you there. I won a scholarship to tour Germany for a full month and this seemed the starting point of my journey. Through this I came to learn a family which has helped me get many life opportunities. Volunteering with "Großstadt Mission Hamburg Altona e.V" and have high hopes of continuing studying with my studies next year here in Germany.

When I finished my high school in 2015 in Uganda, I contrived to do a volunteer year because I wanted to help somewhere and didn't have any financial support to immediately continue to university. That aside, I couldn't also study my dream course in my home country. Still taking steps to figure out how I can continue with my journey of education, the good thing is, I know what I am fighting for and through this my motivation is always reincarnated. Though I have nothing like financial support from home, I save the little I have and never stop looking for open doors around me. I never look at closed ones.

So, you can also try out these steps that helped choose my destiny.

1. Find out what you want in life. This is the hardest question.

We always have a choice; follow our parents' footsteps, or decide what we want for ourselves, it is hard and simple all at the same time, how? When we are young we say "I want to be a fireman, policeman, doctor" but as we grow older, the fate is changing already, paths are colliding, our minds are thinking to much on what is important, these days "happiness, money, commitments" but we never have time to plan our own paths, finding that one thing that will make us all eternally happy, sit down, read a paper, search the internet, find something that screams out to your personality, something that will make you cry



happy tears and plan that path, that fate, your new life.

2. Set your goals.

Every life has a plan, but our schedules are always so booked, even if you want to do a certain task of volunteering it messes up plans with friends or family. When you want to schedule the goals and set them out, you need to find a calming place to relax your own mind, in the park, in your bedroom, even with music that relaxes you will be beneficial for you to find a way to focus on what you want, then just write, type and plan, remember to add dates where you can find a set target to be able to knock down the goal and move forward down your path.

3. Don't let obstructions stand in your way.

We have many distractions in life. They could be time consuming work, homework, people literally standing in your way, family or friends dragging you down or not believing in you. All you need to do is improvise. How can you handle being put down and still move forward? How can you keep up with your work and still plan your path? Firstly, don't let anyone drag you down, those who aren't there for you do not deserve to be in your life.

You need people who stand beside you, not behind or in front, but by your side, ready to help you take on any more distractions, true friends, family will believe in you because you are a loved one, a son/daughter, no matter what, unless you are brought up in the torn family where love is not available, but you can easily find people to take their place, a teacher or group of believing friends. Second, work is easy, the planning is hard, easily find the time to do both, multi-task, hard to learn but if you put your mind to it, you can accomplish a lot, ask for help, friends, family, let them do a bit of work, gives you a break and time to relax the mind and open to new ideas.

4. Always believe in yourself.

These days people drag you down, but life is about enduring, do not let the negative take over your mind, you can be strong without them, you can stand in a circle alone and still know that there is someone believing in you, YOU, so long as you believe in yourself, you can go through any obstacle in your path just to gain what you need in life, our path is not a want but rather a need due to finding your internal and external happiness, imagine finally, your goal was to graduate as a biophysicist, and when you get given the document, you feel your heart and mind fulfilled, and then you plan some more known you can go further, the sky isn't the limit, you can go further, the galaxy is vast. You will find supporters and believers during your travels.

5. Accomplish greatness you need.

All steps can lead you to the path you choose, it isn't all straight through, it is narrow, curved, thick and heavy with a lot of obstacles in the way, emotional and physical, but as humans we have the capacity to push and break through anything that is thrown at us, make our mind, body and soul complete with the happiness we all rightfully deserve, and nobody can take it away, nobody can tell us what we are meant to be, we are our own person, our heart beats in our own chest, not those who do not believe, we are the only ones who believe in us when others don't. Go forward, break through the barriers and good luck as you exploit your greatness to reach your destiny!



By Samuel Bawala

www.ayeawards.de

SIMPLE WAYS TO SHOW COURTESY

We are never too wise to learn

1. In case you miss a call, drop a message as soon as possible if you're unable to call back.

2. Pay back borrowed money as soon as possible no matter the amount is. Do not opt to clear your personal needs first at the cost of your lender's personal needs. IT'S BAD MANNERS! and PURE MADNESS

Don't assume that they don't need it, and never make them ask you for it.

3. Do not ask for a lift and make the person wait for you. Instead, position yourself at a convenient place so that they do not have to divert from their route.

4. Turn the volume down when you're watching video, playing music or playing a game on your phone in a public place or, better yet, use headphones.

5. Don't press your phone or use headphones when someone is having a conversation with you.

Unplug the headsets from your ears even if nothing is playing and give them your undivided attention.

6. When using someone else's phone or computer, don't go through their stuff without permission.

7. Always leave the last piece of meat for the person who bought it unless they insist they won't eat it.

8. Don't use loudspeaker of the phone to have a two person conversation unless you are unable to hold the phone.

9. When someone else cooks for you, offer to help clean the kitchen.

10. If you stay the night at someone's house, make the bed or fold the blankets when you leave.

11. Don't let your arguments escalate in public. Find someplace else to continue arguing where others won't feel uncomfortable or interested.

12. If you ask your friends for help with some house work, feed them as payment.

13. When someone buys you food or coffee, try to return the favor within a week (if you can).

14. When you borrow someone's car, fill up the tank

when you return it. If you've had it for a prolonged period of time, service it as a way of saying 'thank you.'

15. Whatever you borrow, return it in its best condition as a sign of gratitude.

16. Don't pick up a call while you are engaged in conversation without excusing yourself.

17. Make sure you don't forget to return that book you borrowed.

18. Do not take up a house pet and neglect to feed and care for it.

19. When someone gives you a gift, no matter how small it is or the way it was presented, even if it isn't up to your expectation, just say 'Thank You.'

20. 'I'm sorry', 'forgive me', 'thank you', 'pardon', 'excuse me', 'I understand', are all courtesy phrases that should forever be in one's vocabulary. They display manners and manners breed 'favor'.

21. Do not always be on the receiving end of a relationship. Try to also give, no matter how small.

22. When you have someone older than you who is friendly and makes himself free with you, speak to them with respect.

23. Don't feel too big to be corrected or reject good advice because you feel it's your life... Life is a ring; the next blow can come anytime.

24. When you receive messages on social media, try and reply. Don't feel too proud, maybe because you are a celebrity. Remember, no one knows tomorrow.

25. Do not send someone a 'call me back' or 'pay forward' when you are the one in need of their assistance, or worse still, want to borrow from them. Show some courtesy and fund that message.

DON'T STOP LEARNING. We are never too wise to learn.

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By Elizabeth Angwi Boehme -/Motivational Speaker

Entrepreneurship and Governmental Role

Africa's blustery political history has resulted in extreme disparities between the wealth and stability of its countries. Despite its cultural and economic diversity, Africa is mostly seen as one instance. Political as well as economic development in Africa have to be mobilized in order to enhance economic growth in the African states.

The willingness of Africans in the diaspora to invest back home is increasing. There is a need to interact with each other both economically and politically, creating an atmosphere of trust. Where there is trust, there is reliance and willingness to invest. Entrepreneurs with innovative ideas are needed in Africa and the government should be able to support these entrepreneurs, since they mostly need Start-Up capital. Political leaders should take responsibility to create a political environment for businesses to succeed. Government should promote especially the Energy- and Agra-sector. These sectors will curb economic growth. The private sector also has an important role to play in the economic development of their states. They should not only wait for the government to provide them with resources. Innovation, hard work, personal and collective market initiative will change the state and governmental decisions. The commitment

to succeed is all about value and the vision necessary to drive sustainable growth around Africa.

Instead of political leaders following selfish ambitions that only lead to personal desire and benefits for their immediate family, they should rethink leadership and consider what true leaders ought to do. They should build up institutions and support entrepreneurs creating a basis for development by building up a good infrastructure. Rethink foreign aid and promote investment by creating an



environment that promotes development. Build an educational system that teaches the skills of good leadership, entrepreneurship, relationship building and self-esteem. Finally they should empower women and promote female education.





Ndujekwu Enwena Europe e.V.

Ndujekwu Enwena Foundation

The "Ndujekwu Enwena Europe e.V." was founded in 2015 in Hamburg, the organization is part of the "Ndujekwu Enwena Foundation", that was founded in 2014 in Nigeria. We offer computer education, health campaigns, teaching creative work among children. We also promote exchange programs among Africans living in Germany

PROJECTS IN DEUTSCHLAND



Create a platform 'Dialogue in Deutsch' where immigrants can interact and learn Deutsch. This takes place every Wednesdays from 4pm to 6pm. Creates Identity awareness among Nigerian youth and children born in Germany, teaching of Nigerian native languages to youths and children born in Deutschland. This takes place every Saturdays



from 2pm to 6pm.

PROJECTS IN NIGERIA

Computer training at our secretariat in Oraifite, Ekwusigo LGA in Anambra state. A two-day health sensitization program on hypertension / diabetes prevention and control was conducted in December 2014.

A two – day Eye screening workshop conducted in Ekwusigo LGA on 9th and 10th April 2014. Over 150 people received free medical eye checkup. Our medical personnel reported that refractive errors were detected, major problem being presbyopia, hypermetropia and conjunctivitis.

A day workshop was conducted in the Oraifite hospital premises for Mother - child health care with



particular focus on HIV/AIDS, malaria and cancer. Campaign on prevention of violence against women and girls

Workshop in schools on the control and prevention of Sexual Transmitted Diseases. Next project include: Mobile computer training programs in

13 secondary schools in 7 rural communities in Ekwusigo Local Government Area. Search for 'Doctors beyond Borders' for medical mission project in Nigeria. Building of 'Bildungszentrum' where youth can learn computer packages, music etc. Refurbishing and development of two of the schools in Ekwusigo Eye screening exercise in Ozubulu in Anambra state. Training of youth especially girls on skill acquisition



programs such as beads making, sewing and event planning.

Ndujekwu Enwena Europe e.V.

Joe Anaedo
Am Neumarkt 21a
22041 Hamburg

Tel: +49 15210127747
joeanaedo@gmail.com



Mr. Joe Anaedo
& Mrs. Maryrose Enwena
Executive members of Enwena Europe



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KIDS Radio

Das Kids Radio-Projekt wurde im Januar 2017 von TopAfric e.V ins Leben gerufen, mit dem Ziel Kinder und Jugendliche im Alter von 10 – 21 Jahren die theoretische und praktische Erfahrung in einer Radiostation näher zu bringen. Die Kurse fanden jeden Samstag in den Räumlichkeiten des TopAfric Radios statt.

Die Leitung des Projekts übernahmen die Redakteure Jesse Georgy (NDR) und Charity Asante (Bethel) die aufgrund ihrer redaktionellen Erfahrung, und der Tätigkeit als Moderatoren viel Wissen mitbrachten. Die Jugendlichen wurden in verschiedenen Themenbereichen geschult, wobei auch die Erarbeitung eines eigenen Profils ein Teil der Maßnahme war. Fragen nach der schulischen und beruflichen Zukunftsvorstellung, sowie die daran orientierte Programmgestaltung ergaben ein positives Ergebnis, welches für die Kids auch in der Zukunft bei der Jobauswahl hilfreich sein kann.

Neben der Sendungsvorbereitung

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wie Themenauswahl, Recherche, Interviewvorbereitung und –Führung, gehört um erfolgreich eine Sendung moderieren zu können auch ein starkes Selbstbewusstsein dazu. Das Kids Radio-Projekt sieht seine Aufgabe nicht nur alleine darin den Kindern und Jugendlichen die Gestaltung eines Radioprogramms näher zu bringen, sondern sie auch selbstbewusst aufzubauen, um am Mikrophon frei zu sprechen und mit dem Interviewpartner agieren zu können.

Nicht nur im Studio fanden die Interaktionen statt, auch auf offener Straße wurden Passanten zu diversen Themen von den Programmteilnehmer/innen interviewt, die Jugendliche heutzutage interessieren. Auch wenn am Anfang eine gewisse

Scheu vorhanden war, übernahmen die Kids bald selbst das Kommando, und überraschten die Projektleiter mit einem Eigenengagement.

Pro Woche nahmen an die 10 Kinder und Jugendliche an den Kursen teil, wobei der große Abschluss mit einer eigenen Livesendung gekrönt wurde.

Das Projekt ist sehr erfolgreich und die Kinder haben Lust nach mehr. Unser Dank an die Aktion Mensch für das Sponsoring des Pilotprojekts und Lukulule e.V. für die Unterstützung. Wir suchen nach potenziellen Sponsoren, damit wir das Projekt weiter führen können. Weitere Infos finden Sie auf unserer Website:

www.kids-radio.org/spenden







Health Science

What Is Sickle Cell Disease?

- What Causes Sickle Cell Disease?
- What Are the Symptoms of Sickle Cell Crisis?
- How Is Sickle Cell Disease Diagnosed?
- How Is Sickle Cell Disease Treated?
- What Is the Outlook for People With Sickle Cell Disease?

What Is Sickle Cell Disease?

The term sickle cell disease (SCD) describes a group of inherited red blood cell disorders. People with SCD have abnormal hemoglobin, called hemoglobin S or sickle hemoglobin, in their red blood cells. Hemoglobin is a protein in red blood cells that carries oxygen throughout the body. "Inherited" means that the disease is passed by genes from parents to their children. SCD is not contagious. A person cannot catch it, like a cold or infection, from someone else.

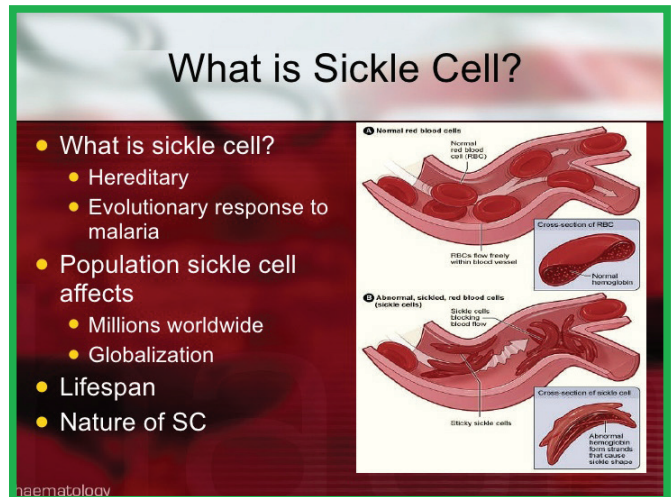
People who have SCD inherit two abnormal hemoglobin genes, one from each parent. In all forms of SCD, at least one of the two abnormal genes causes a person's body to make hemoglobin S. When a person has two hemoglobin S genes, Hemoglobin SS, the disease is called sickle cell anemia.

This is the most common and often most severe kind of SCD. Hemoglobin SC disease and hemoglobin S β thalassemia (thal-uh-SEE-me-uh) are two other common forms of SCD.

Some Forms of Sickle Cell Disease

- Hemoglobin SS
- Hemoglobin SC
- Hemoglobin S β 0 thalassemia
- Hemoglobin S β + thalassemia
- Hemoglobin SD
- Hemoglobin SE

•World-wide there are probably 2 million people who manifest the full symptoms of Sickle Cell. The suffering doesn't stop there though. For every one with sickle cell there are 3 siblings who carry some aspect of the sickle cell but who don't manifest the symptoms. This only becomes a problem when they choose to have a family – then they need to be aware that if their partner also is a carrier of the trait then they have a 1 in 4 risk of any child



- What is sickle cell?
 - Hereditary
 - Evolutionary response to malaria
- Population sickle cell affects
 - Millions worldwide
 - Globalization
- Lifespan
- Nature of SC

actually having the full blown symptoms. I'll put more up on this in a later entry with more detail.

•Red blood cells contain hemoglobin, a protein that carries oxygen in the blood. Normal red blood cells are round and flexible, which enables them to travel through small blood vessels to deliver oxygen to all parts of the body.

•Sickle cell disease causes red blood cells to form into a crescent shape, like a sickle. The sickle-shaped red blood cells break apart easily, causing anemia. Sickle red blood cells live only 10-20 days instead of the normal 120 days. The damaged sickle red blood cells also clump together and stick to the walls of blood vessels, blocking blood flow. This can cause severe pain and permanent damage to the brain, heart, lungs, kidneys, liver, bones, and spleen. Severe pain is an emergency called acute sickle cell crisis. A person may not know what brought on the pain, but infection and dehydration are common triggers.

Sickle cell disease is most common in Africans and African-Americans. It is also found in other ethnic and racial groups, including people from South and Central America, the Caribbean, Mediterranean countries, and India.

•What Causes Sickle Cell Disease?

•Sickle cell disease is caused by a genetic abnormality in the gene for hemoglobin, which results in the production of sickle hemoglobin. When oxygen is released

sed from sickle hemoglobin, it sticks together and forms long rods, which damage and change the shape of the red blood cell. The sickle red blood cells causes the symptoms of sickle cell disease.

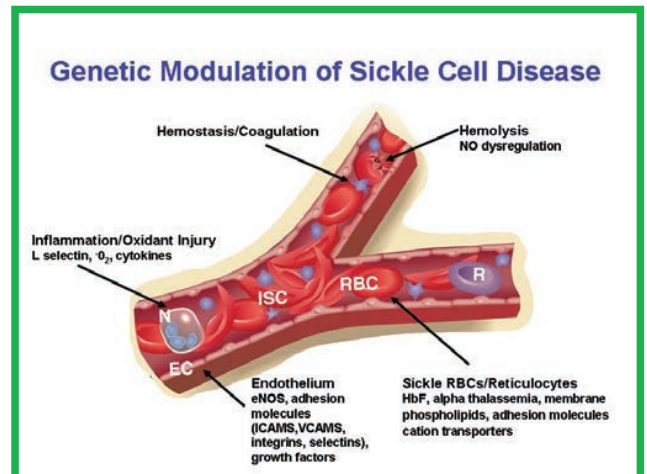
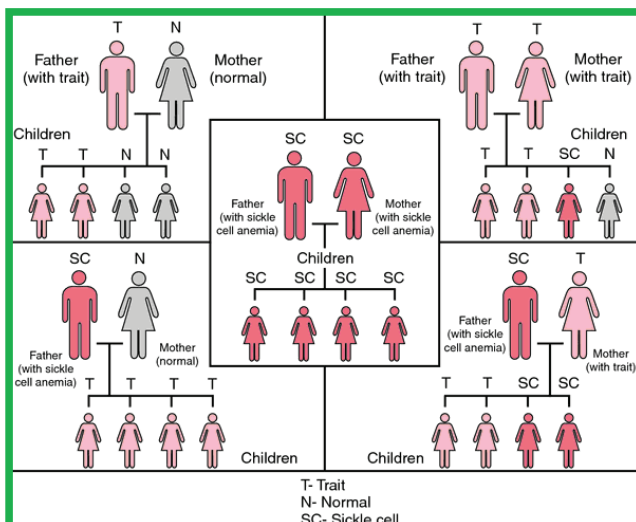
•Children are born with sickle cell disease; it is not contagious. It occurs when a child inherits two sickle hemoglobin genes, one from each parent. About 2,000 babies are born with sickle cell disease each year in the United States. People who inherit only one sickle hemoglobin gene are carriers (sickle cell trait) and do not have anemia or painful sickle cell crises. They may, though, have a slightly higher incidence of certain conditions such as blood in the urine or urinary tract infections. About 2 million Americans have sickle cell trait.

What Are the Symptoms of Sickle Cell Crisis?

Symptoms of sickle cell crisis include:

- Severe pain
- Anemia
- Chest pain and difficulty breathing
- Strokes
- Joint pain and arthritis and bone infarctions
- Blockage of blood flow in the spleen or liver
- Severe infections

Patients with sickle cell disease may develop severe pain in the chest, back, arms, legs, and abdomen. Pain can occur anywhere in the body. Sickle red blood cells in the lungs can cause severe illness with chest pain, fever, and difficulty breathing. Sickle cell disease can also cause permanent damage to the brain, heart, kidneys, liver, spleen, and bones. The severity and symptoms vary greatly from person to person, even within the same family.



How Is Sickle Cell Disease Diagnosed?

Sickle-shaped red blood cells can be seen when a blood sample is examined under a microscope. But sickle cell disease is diagnosed by a blood test called hemoglobin electrophoresis, which measures the amount of the abnormal sickle hemoglobin. The amount of sickle hemoglobin determines whether the person is a carrier (sickle cell trait) or has sickle cell disease.

There are also rapid screening tests that detect the formation of sickle red blood cells or clumps of abnormal sickle hemoglobin when oxygen is removed from the blood. These tests are less commonly used, because they cannot distinguish between sickle cell trait and sickle cell disease.

Prenatal testing for sickle cell disease is possible by examining the DNA of fetal cells obtained by chorionic villus sampling or amniocentesis.

Testing newborns for sickle cell disease is required by law in all 50 states. Early detection and treatment reduces the risk of serious infections and other complications.

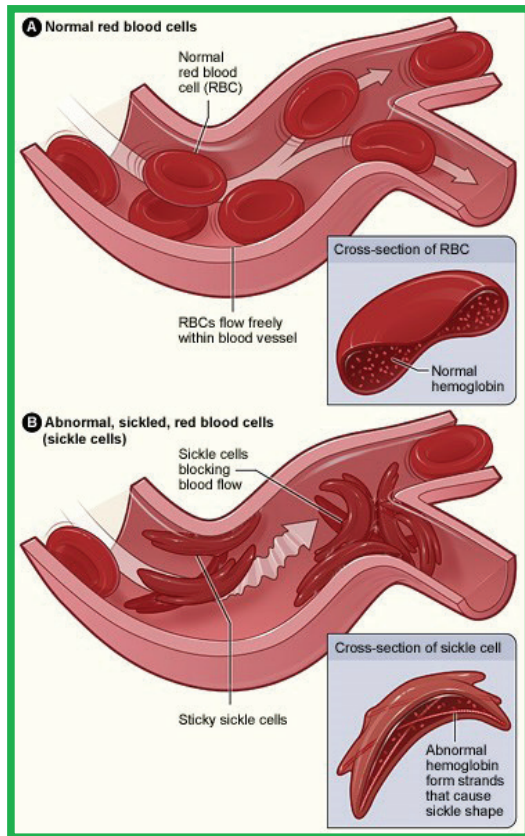
How Is Sickle Cell Disease Treated?

Treatment of sickle cell crisis includes:

- Opioid pain medications (for example, morphine)
- Anti-inflammatory medications (for example, ibuprofen)
- Antibiotics for infection
- Oxygen
- Intravenous or oral fluids

Transfusions of red blood cells are given for severe anemia, to prevent strokes, and before surgery. Sometimes an exchange transfusion is performed with a special machine that removes the abnormal sickle red blood cells and replaces them with normal

Health Science



red blood cells.

Hydroxyurea is the only FDA-approved medication that prevents painful episodes in sickle cell disease. Studies of patients with sickle cell disease show that the regular use of hydroxyurea decreases the frequency and severity of sickle cell crises and reduces the number of blood transfusions and hospitalizations.

Stem cell transplant is the only curative treatment for sickle cell disease. More than 200 patients with sickle cell disease have undergone stem cell transplants from a matched sibling donor. Stem cell transplant has a 5%-10% risk of death, but patients with successful transplants were completely cured of sickle cell disease, with no further episodes of pain.

Stem cell transplant is performed in young patients with severe sickle cell disease who have a matched sibling donor. Stem cell transplant using umbilical cord blood from a related donor has also been curative in a small number of patients.

Scientists are making progress in the development of new medications that prevent sickling of red blood cells and improve blood flow and delivery of oxygen to the body. Some of these new treatments are already being tested in patients with sickle cell disease.

What Is the Outlook for People With Sickle Cell Disease?

People who have sickle cell disease have a reduced life expectancy. But because of improvements in treatment, people with sickle cell disease now live longer and have a better quality of life. In 1973, the average life span was 14, but people with sickle cell disease now live into their 40s and 50s, and in some cases, beyond the age of 60. Long-term treatment with hydroxyurea may prolong survival.

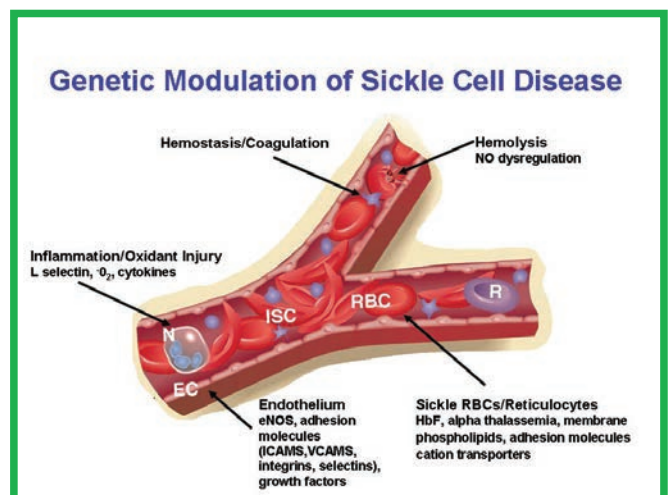
Data and Statistics

Sickle cell disease (SCD) affects millions of people throughout the world and is particularly common among those whose ancestors came from sub-Saharan Africa; Spanish-speaking regions in the Western Hemisphere (South America, the Caribbean, and Central America); Saudi Arabia; India; and Mediterranean countries such as Turkey, Greece, and Italy.

Did you know?

Sickle cell disease occurs more often among people from parts of the world where malaria is or was common. It is believed that people who carry the sickle cell trait are less likely to have severe forms of malaria.

Source: <http://www.webmd.com>





House of Resources Hamburg

Jasmine & Bahaa

What is the House of Resources?

The House of Resources is a project sponsored by the Paritätische Competence Center Migration (#KomMig). It provides resources to organisations that want to make their operations more professional.

Who benefits from the House of Resources?

Hamburg-based migrant organisations as well as associations and initiatives with the self-proclaimed objective of empowering refugees and people with a so-called "migration background".

What exactly does the House of Resources provide?

Facility

We offer free work stations, office and event space.

Funding

We provide funding for your projects without a lot of bureaucratic



hassle and help you develop your initiative, association or organisation.

Coaching

We help you implement your projects by offering workshops, which are included in the coaching services.

Expert consulting services

Weekly consultation services: Do you want to give your initiative or activities a legal structure and found an association or start a non-profit organisation or foundation? If so, then our consulting services are here to help.

Monthly legal consulting services: Do you have specific questions about becoming a non-profit, about liability and insurance issues

or media and trademark laws? A qualified legal expert is available once a month to answer any questions that arise from your work.

Contact:

Jasmine Rouamba
Tel: 040-5379783-19
jasmine.rouamba@paritaet-hamburg.de

Bahaa Alsayek (also Arabic)
Tel: 040-537 978 9-74
bahaa.alsayek@paritaet-hamburg.de
House of Resources Hamburg
c/o PARITÄTISCHES Kompetenzzentrum Migration (#KomMig)
Adenauerallee
10, 2nd floor,
20097 Hamburg



WAS SIE ÜBER DIE SCHULE IN HAMBURG WISSEN MÜSSEN

Die drei Schulformen in Hamburg

Grundschule:

Die Grundschule umfasst die ersten vier Schuljahre. Eine Vorschule kann zu einer Grundschule gehören. Viele Grundschulen bieten Ganztagsangebote.

Gymnasium:

Hamburgs Gymnasien bieten einen einheitlichen achtjährigen Bildungsgang zum Abitur. Leistungsfähige Schülerinnen und Schüler werden in Relativ homogenen Lerngruppen besonders gefördert.

Stadtteilschule:

Hier lernen Schülerinnen und Schüler mit und ohne Gymnasialberechtigung, mit besonderen und hohen Begabungen sowie Kinder und Jugendliche mit sonderpädagogischem Förderbedarf. Sie bietet die Möglichkeit aller Schulabschlüsse bis hin zum Abitur. Sie bereiten sowohl auf die Aufnahme eines Studiums als auch auf den Übergang in eine Berufsausbildung vor.

Abschlüsse:

nach Klasse 9: Erster Bildungsabschluss

nach Klasse 10: Mittlerer Bildungsabschluss

nach Klasse 12: Abitur auf dem Gymnasium

nach Klasse 13: Abitur auf der Stadtteilschule

Was Sie über die Schule in Hamburg wissen müssen.

Wissen Sie, was die Viereinhalbjährigen Untersuchung ist?

Wenn Ihr Kind 4 1/2 bis 5 1/2 Jahre

alt ist, gibt es einen sehr wichtigen Termin in der für Sie zuständigen Grundschule: die Vorstellung der Viereinhalbjährigen.

Wissen Sie, dass alle Kinder spätestens mit 6 Jahren zur Schule gehen?

Wenn Ihr Kind spätestens am 1. Juli eines Jahres 6 Jahre alt wird, muss es ab August dieses Jahres zur Schule gehen. Sie werden von einer Grundschule in dem Stadtteil, in dem Sie wohnen, Anfang des Jahres eingeladen. Dabei ist unwichtig, welche Staatsangehörigkeit oder welches Aufenthaltsrecht Sie haben: Alle 6-jährigen Kinder in Hamburg sind schulpflichtig. Die Schulpflicht endet mit dem 18. Lebensjahr.

Wissen Sie, dass jedes Bundesland in Deutschland ein eigenes Schulsystem hat?

In vielen Ländern der Welt spielt es keine Rolle, in welcher Region ein Kind zur Schule geht. Das Schulsystem ist überall gleich. In der Bundesrepublik Deutschland ist dies anders. Jedes der 16 deutschen Bundesländer hat sein eigenes Schulsystem. Ihr Kind besucht in dem Bundesland die Schule, in dem Sie wohnen. Wenn Sie zum Beispiel in Hamburg arbeiten in Norderstedt oder Wedel wohnen, ist die zuständige Schule in Schleswig-Holstein, in Niedersachsen, wenn Sie in Stade wohnen.

Wissen Sie, dass Eltern sich die Schule Ihres Kindes aussuchen können?

Bei der Einschulung haben Sie die Möglichkeit, im nahen Umkreis Ihrer

Wohnung zwischen mehreren Grundschulen zu wählen. Nähere Informationen erhalten Sie bei dem ersten Einschulungsgespräch, das die einladende Grundschule mit Ihnen führt. Am Ende der Grundschule, in der 4. Klasse, erhalten Sie von der Klassenlehrerin oder dem Klassenlehrer eine Empfehlung über die weitere Schullaufbahn. Sie aber entscheiden, an welcher Stadtteilschule oder an welchem Gymnasium Sie Ihr Kind anmelden wollen.

Wissen Sie, dass in Hamburg Kinder mit und ohne Behinderungen zusammen in einer Klasse lernen?

Wenn Sie ein Kind mit festgestelltem oder vermutetem sonderpädagogischen Förderbedarf haben, können Sie wählen, ob Ihr Kind eine allgemeinbildende Schule oder eine Sonderschule besuchen soll. Ihr Kind kann in allen Klassenstufen aller Schulformen die nötige sonderpädagogische Förderung erhalten. Die Regionalen Bildungs- und Beratungszentren (ReBBZ) und/ oder die Ombudsstelle Inklusive Bildung (Tel. 428 63 27 33) helfen Ihnen gerne weiter.

Wissen Sie, dass Sie für ein Gespräch in der Schule einen Dolmetscher bekommen können?

Es besteht die Möglichkeit, für ein Elterngespräch in der Schule über die Klassenlehrerin oder den Klassenlehrer Ihres Kindes eine Dolmetscherin oder einen Dolmetscher zu engagieren. Die Finanzierung übernimmt die Schule.

Quelle: Behörde für Schule und Berufsbildung (BSB) -Hamburg

AFRICA DAY

Hamburg 2017



musical
performances
cultural shows
speeches
intercultural
dialogues
workshops
african food
& market

imic
Interkulturelles Migranten Integrations Center

Support, Unterstützung & Zusammenhalt

Das braucht die Welt.

Support. Unterstützung. Zusammenhalt. Diese Worte suche ich verzweifelnd in meiner Generation. Denn ich sehe vor allem bei den Jugendlichen, dass der Zusammenhalt fehlt. Es scheint so, als hätte der Mensch eher den einfacheren Weg gewählt. Mein Leben, meine Interessen, mein Herz und meine Welt. Meine Wünsche und ich sind das einzige was zählt.

Versteht mich nicht falsch. Es ist natürlich wichtig, sich um das eigene Leben zu kümmern, seine Gaben zu entfalten und sich an seine Prioritäten zu halten. Doch was ich in letzter Zeit sehe, ist ein Kampfgebiet, in dem Menschen gegeneinander kämpfen, um den Wert des anderen zu bekämpfen. Sich zu beweisen und als Resultat von der Aufmerksamkeit der Menschen zu speisen.

Aber ich frage dich: Wo führt das hin? Muss es denn immer nur darum gehen zu gewinnen? Aber welchen

Preis gewinnen? Den Preis, der dir durch Achtung deiner selbst ein erfülltes Leben verspricht? Ein Preis, der dir Halt gibt und Sicherheit, weil du weißt nur du und deine Werke werden gehyped? Sich alleine durch das Leben bahnen birgt Gefahr. Die Gefahr die Gemeinschaft auszuschließen und die Selbstsucht zu genießen.

Das Leben ist eine Entdeckungsreise. Wie möchtest du deinem Charakter die Chance geben sich weiter zu entwickeln, wenn du Menschen keine Möglichkeit gibst innerhalb deines Herzens zu ermitteln. Damit meine ich, öffne dich. Öffne dich anderen Menschen. Und entdecke somit die Vielfalt der Liebe durch die Gemeinschaft ganz neu.

Du denkst dir jetzt bestimmt: „Petra so einfach ist das nicht. Ja, du vergisst wie schwer das Leben doch ist. Ich muss dafür sorgen, dass ich mein Haus

baue, bevor es zu spät ist.“ Ja, gewiss, dein Haus bauen solltest du, aber dich nicht darauf ausruhen. Sei nicht die Schnecke, die in ihrem kleinen Häuschen bleibt, sich versteckt und nur kleine Schritte nach vorne macht. Ich sage dir, um große Schritte nach vorne zu machen, brauchst du Menschen.

Menschen, die dich lehren und sich auch mal über dein Verhalten beschweren. Menschen, die auf deine Fehler zeigen und innere Wunden von dir aufreiben. Menschen, die dir helfen aufzustehen, wenn das Leben dir ab und zu mal befiehlt: „Auf die Knie gehen!“ Menschen, die deine Freude wiederbeleben und dir zusätzlich ihre Liebe und ihr Vertrauen geben. Menschen, die dich in die richtige

oder auch in die falsche Richtung bewegen, damit die Weisheit in dir größer wird. Das sind einzelne Bausteine, die du brauchst, um dein Haus bauen zu können. Denn nicht du baust dein Haus, sondern wir bauen alle zusammen.



Fangen wir doch jetzt schon mal alle damit an. Jeder mit seinen Gaben und Charakteren. Jeder mit seinen Fehlern, Macken und Narben. Denn wir sind alle einzigartig und wunderschön. Lasst uns einander unterstützen. Potenziale und Talente fördern. Für einander da sein. Denn hier auf dieser Welt ist niemand allein - sollte niemand alleine sein.

Support, Unterstützung & Zusammenhalt. Das braucht die Welt.

Petra Boateng Görner





Ghana Office

Hse No.: BAA 15/1, Comm 18

Baatsona

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Sylvaina Gerlich (Vorstand IMIC e.V.), Senator a.D. Ian Karan, Frank Heinrich (Beirat IMIC e.V.)

Der Africa Day

Eine inspirierende Begegnung mit der Vielfalt afrikanischer Kulturen

Der jährliche Africa Day ist für Hamburg zu einem etablierten Event geworden, bei dem seit 2012 die afrikanisch und die deutschen Mitbürger/innen ein farbenfrohes, mitreißendes und inspirierendes Fest der Kulturen Afrikas feiern. Über 10.000 Besucher kamen im vergangenen Jahr zu der zweitägigen interkulturellen Veranstaltung auf dem Wandsbeker Marktplatz. Damit konnten Veranstalterin Sylvaina Gerlich, Präsidentin des Integrationsvereins IMIC e.V., einen neuen Rekord verzeichnen.

Bei überwiegend sonnigem Wetter feierten Afrikaner, Afro-Deutsche, Hamburgerinnen und Hamburger umrahmt von einer Zeltstadt mit Open-Air-Bühne ein Fest mit vibrierender Musik, mitreißenden Tanzvorführungen, spannenden Dialogen und exotischen Speisen. Unter der Schirmherrschaft von Bezirksamtsleiter Thomas Ritzenhoff kamen viele prominente Gäste, u.a. die Staatsminister Hon. Rashid Pelpuo und Hon. Comfort Ghansah aus Ghana, der Erste Vizepräsident der Hamburgischen Bürgerschaft Dietrich Wersich, königliche Hoheiten aus Afrika sowie bekannte afrikanische Künstler wie Nana Achampong, René Tenenjou und Thendiva (König der Löwen).

Erstmals wurde der „Africa Day“
www.topafric.com

Day“ 2016 von einem „Africa Day Business Forum“ im Hamburger Grand Hotel Elysee unter Schirmherrschaft von Senator a.D. Ian Karan eröffnet. Rund 100 Unternehmer u.a. aus Nigeria, Ghana, Togo, Kamerun, Deutschland und der Schweiz diskutierten miteinander über Investments in Afrika und mittelständisches Engagement. „Das Networking war hervorragend und wir wissen von konkreten Partnerschaften, die in Vorbereitung sind“, so Sylvaina Gerlich. „Uns war dabei wichtig, Unternehmer und politische Entscheider zusammen zu bringen, die mit sinnvollen Projekten und Joint Ventures Arbeitsplätze

schaffen, in Afrika und für Migranten in Deutschland“, so Frank Heinrich, Beirat von IMIC e.V. Ein ebenfalls neues Angebot zum Africa Day war der Kino-Abend: Gezeigt wurde im Alambama-Kino (Kampnagel) der Film „The Cursed Ones“ („Die Verfluchten“) über das bedrückende Schicksal afrikanischer Kinder, die der Hexerei verdächtigt werden. Eine Podiumsdiskussion und afrikanische Rhythmen sorgten für einen inspirierenden Ausklang des Abends.

Veranstalter des „Africa Day“ ist IMIC e.V. (Interkulturelles Migranten Integrations Center e.V.), deren Präsidentin Sylvaina Gerlich

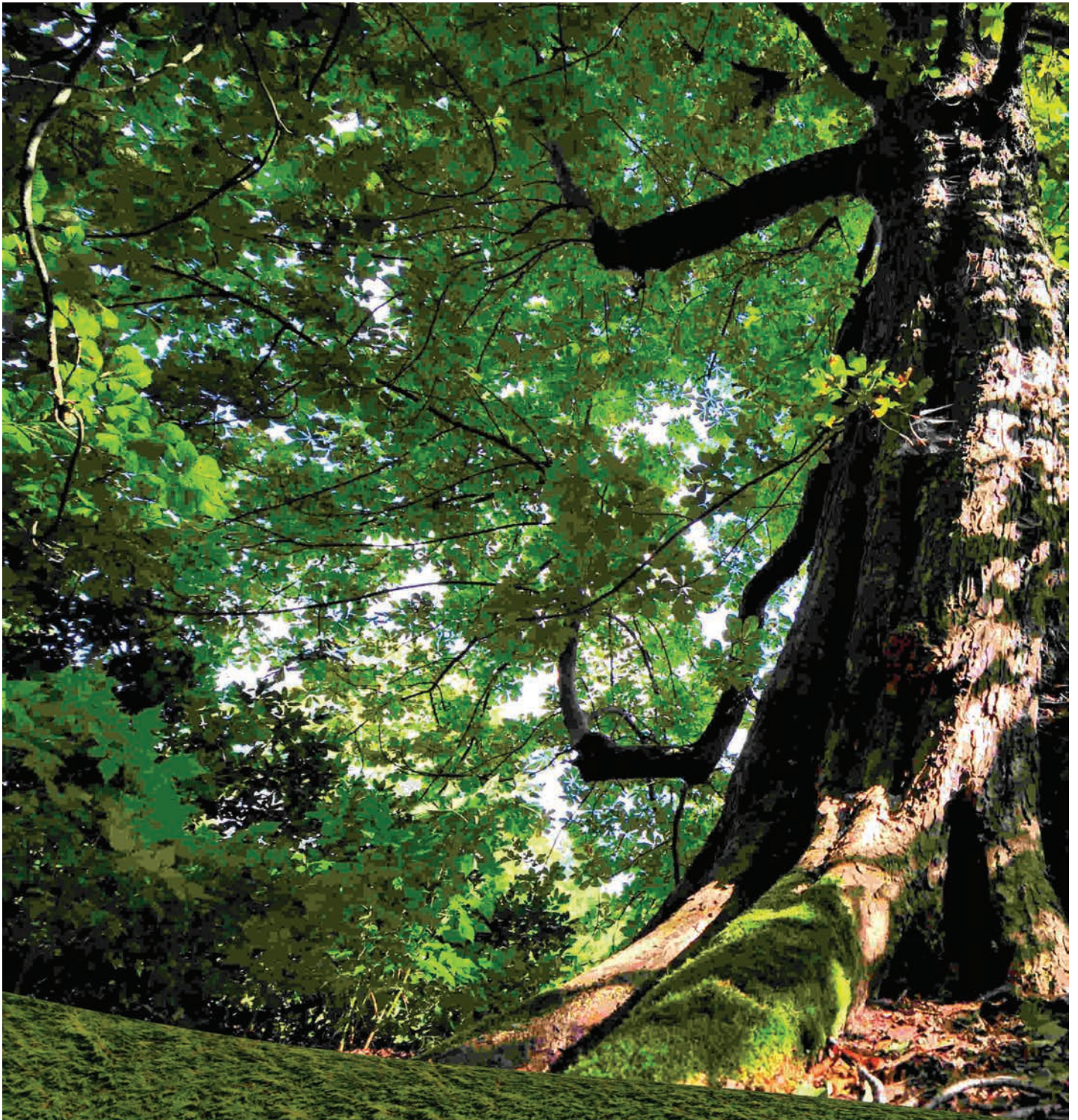
und mit ihrem Team zu diesem Fest einlädt. Der „Africa Day“ gehört zu dem kulturellen und integrativen Angebot des Migranten-Centers IMIC e.V. Sylvaina Gerlich, Mitglied des Hamburger Integrationsbeirates und stv. Vorsitzende des Integrationsbeirates Wandsbek: „Der Africa Day erinnert in jedem Jahr an den Gründungstag der Afrikanischen Union durch die Staats- und Regierungschefs von dreißig unabhängigen afrikanischen Staaten am 25. Mai 1963.“

Der gemeinnützige Verein IMIC e.V. berät und betreut Migranten in nahezu allen sozialen Bereichen und begleitet sie im Kontakt mit Behörden und Institutionen. Zur Integration tragen z.B. Nachhilfe-Angebote, Sprachangebote wie Deutsch- und landesprachliche Kurse, PC-Kurse, Seniorentreffs und Info-Veranstaltungen bei. Mit seiner Integrationsarbeit, vor allem in den afrikanischen Communities mit gesamt rund 65.000 Afrikanern und Afro-Deutschen in Hamburg, ist IMIC in der Gruppe der sozialen NGO's in Hamburg etabliert und erfährt eine ständig steigende Nachfrage.

Informationen zum Africa Day 2017 (25. bis 28. Mai 2017) erhalten Interessierte über www.imicenter.com.

TREEMAN FREEMAN

BAUMPFLEGE · FÄLLUNG · SANIERUNG



TREEMAN FREEMAN e.K.
Wellingsbütteler Landstraße 72
22337 Hamburg
Tel. 040-460 097 37 • Fax 040-460 097 47
Mobil 0179-524 42 48
info@baumklinik.de www.treefree.de

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Company Limited

Office: Science Museum Office Complex, Education Close, Adabraka, Accra Ghana
Address: P.O. Box CT 5084, Accra. Tel: 030 222 0479. email: agyakot@yahoo.com

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Health Science

Our Lifestyle and its effect on our Health

Lifestyle can be defined as "a set of attitudes, habits, or possessions associated with a particular person or group". In addition to these traits, other attributes such as diet, physical activities like exercise also form part of an overall lifestyle. Lifestyle is expressed in both work and leisure behaviour patterns".

In simple terms, Lifestyle is the totality of what we do on a day to day basis. Which implies our lifestyle includes what we eat, when we eat, what type of job we do and what we do in our leisure time.

Looking therefore at what lifestyle entails we could safely conclude that our lifestyle influences our health. If for example our daily activities involves us just sitting at a desk with not much movement, or if it involves us having not much time to cook healthy meals and relying on fast foods or if it involves overworking which leads to stress especially for migrants who have to work hard to cater for relatives back home, then the effects of these type of lifestyles would or could eventually lead to the development of non communicable diseases like hypertension, diabetes or even obesity. Although certain factors like age, sex, race, heredi-



tary and genetics play a role in the development of non communicable diseases, it is also proven that our lifestyle choices facilitate their development. If for example one is predisposed to developing diabetes because of hereditary factor and one is able to make healthy choices which allow him to maintain a normal weight the risks of developing diabetes would be lower for such an individual than for the person who does not care and makes unhealthy choices.

The good news is that it is never too late to change or modify a lifestyle. All it takes

is the will and determination to change something. So the next time you think of taking the elevator make a conscious effort to take the stairs. The next time you have the urge to eat something unhealthy make the healthy choice of taking some fruits or vegetables.

These changes may seem small but would have a positive effect on your general health and well-being. Let us decide to make healthy lifestyle choices. Our health is in our hands!

By Veronica d'Almeida (Pharmacist, MPH)
& Aileen Ashe (MPH)

TWS

Deutschland



unser besonderer Dank geht an



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