



NOVEMBER 2021 - JUNE 2022

HEALING, COURAGE & HOPE EAST AFRICA ONLINE

A 7-PART ONLINE INTERACTIVE WORKSHOP SERIES DEVELOPING RESILIENCE IN COVID TIMES

Janet Kimandi (Coordinator, Waldorf Teacher Training in East Africa)

WSIF East Africa Forum Manager



After our planned in-person Conference in October 2021 was postponed due to the Covid-19 pandemic, we opted to offer Online Workshops instead. This idea was the best we could ever think of because at this point, ***when everyone in the world was feeling lost and trying hard to adjust to a new lifestyle, East Africa was no exception.***

We held seven Online Interactive Workshop Series that happened each month starting from November 2021 to June 2022. The theme for these workshops was one that was timely: Healing, Courage and Hope. It drew a big number of over hundred participants from East Africa and beyond. Kenya, Uganda, Tanzania, Cote d'Ivoire, Madagascar, Zimbabwe and Egypt are the main countries where our participants came from.

Our greatest challenge was finances - since most of the participants did not have network connection. These people had to be supported with network bundles to be part of the cycle. Some participants didn't have proper gadgets as well but because of the interest, sharing worked well (some people participated in groups!). Thanks to our generous funders. We can't thank you enough.

The workshops brought the participants together to learn, share ideas and experiences. This played a big role in giving hope, bestowing courage, and feeling of healing to realize we were in this together.

What was first a crowd meeting later felt like a family - as people socialized in the sessions. The Workshop Contributors were ***a beautiful blend of locals and internationals*** which made the ***presentations rich with the vastness of Cultures and experiences.*** There was a lot to take into our lives from Social, Finances, Health, Agriculture just to mention but a few.

After these Workshops, it was evident that the connection was strong and we could do much together in reaching the bigger community. The East Africa Association desired to partner again with WSIF in planning an Anthroposophical Conference which would have taken place in April 2023 but because of unavoidable circumstances the plan is on hold until further notice. We all look forward to our next connection but meanwhile we put all that we have gained so far into use.

Joan Sleigh (Project Leader, World Social Initiative Forum)

WSIF East Africa Forum Manager

As mentioned in Janet's review, the planned in-person Forum of the World Social Initiative Forum (WSIF) in partnership with Rudolf Steiner Mbagathi and the East African Association, scheduled for October 2021, had to be transformed into a series of online workshops due to the Covid pandemic restrictions. The suspension of in-person gatherings in Kenya forced the planning team to rethink and in mutual agreement the presenters of the planned conference gave their contributions online instead.

Given the situation that the teachers were faced with a huge social and human dilemma, to meet, teach and nurture their pupils with limited resources from their homes, while caring for the well-being and education of their own children, the immediate need for inspiration and support became glaringly evident. This gave rise to the change of title from "Living to Learn – a Forum on the Art of Learning and Teaching in the Digital Age", to "Healing, Courage and Hope, Developing Resilience in Covid Time".

The seven monthly online workshops were co-presented by East African and international practitioners, who shared their experiences and expertise to inspire and strengthen the participants in their daily work. The Online Forum Series was announced as seven interactive conversations which intended to focus on and enhance the three vital qualities needed to develop individual and community resilience to face the unpredictability of the global pandemic situation:

1. ***Healing the past***- How can we strengthen ourselves to face the work ahead through a salutogenic approach to health in all areas of life (physical, social, mental, and environmental health)?
2. ***Courage in the present*** - How can we nurture our spiritual and soul life to foster courage in what we bring to the world through our work and trust in what will arise out of our collective efforts despite the challenges we face during the Covid pandemic?
3. ***Hope for the future*** - How can we ensure a holistic education which nurtures a healthy development of our children by fostering hope and purpose within us as individuals and the community as a whole, as we step into an unpredictable future?

These qualities were thematically embedded within the ***four key areas of the WSIF: cultural development, social transformation, associative economy and regenerative ecology.***

The regular attendance of and appreciative participation in the workshops affirmed that the themes were relevant and the presentations to the point, even though the workshops were held on Saturday mornings! It was wonderful to meet each other again and again throughout the months - to hear about and share the challenges in the various schools and institutions, and to recognize the resilience which can be built by gradually getting to know one another and establishing friendships across national, cultural and language boundaries. ***The unquestioning dedication to managing digital teaching as the only option during lockdown, and the determination to find creative ways of working with its limitations, was deeply inspiring and admirable.***

As the WSIF project leader, I feel honoured to have had the opportunity to meet, listen to and work with so many amazing teachers, and I look forward to further collaboration with the East African Association as well as all the teachers and practitioners in Africa and beyond.

Casmir Msigwa (President, East Africa Association of Steiner/Waldorf Schools)

WSIF East Africa Speaker

In the time between November 2021 and June 2022, the East Africa Anthroposophical-based institutions experienced a wonderful moment of coming together through the seven online workshops. Thanks to the WSIF team and the East Africa Association of Waldorf Steiner Schools for making that happen!

The Covid-19 pandemic had created an unpredictable and an unhealthy future. **Due to the fear of the pandemic, the fear that was among people in different social settings. Everyone was becoming an island - losing the possibility of connecting with others through the usual ways.** The disconnection between teachers and pupils was apparently vivid due to the fact that schools had to be closed for a period that was not certain. **The disconnection among teachers themselves, teachers and parents was also a matter of experience.**

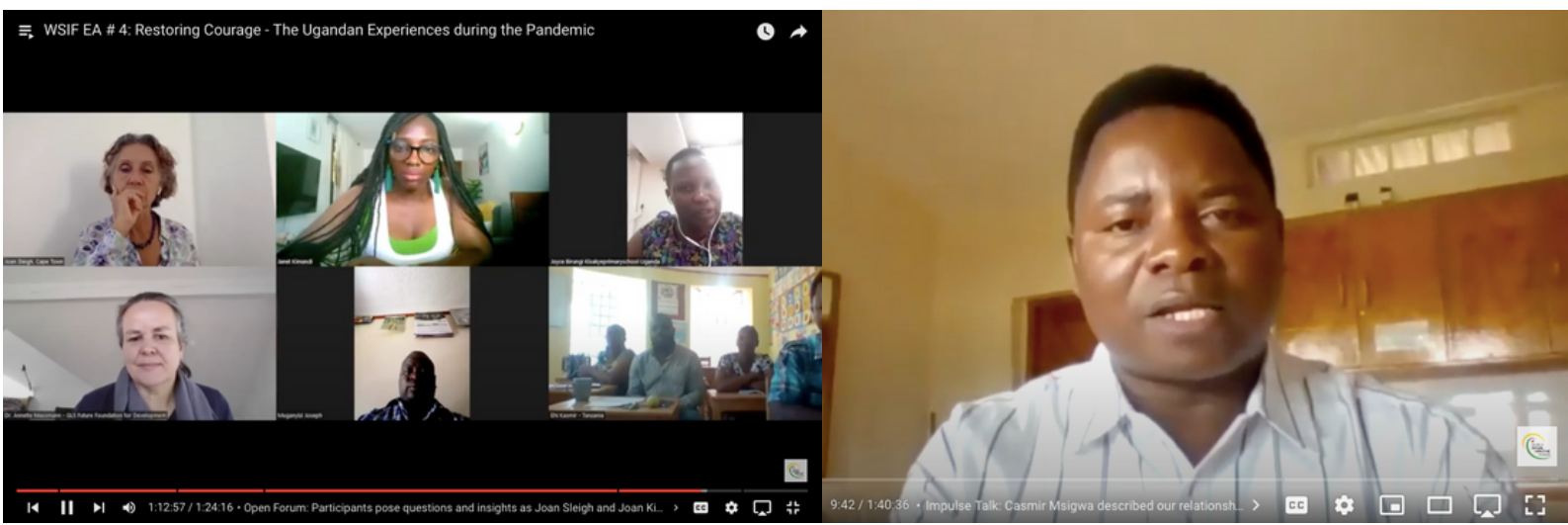
The need for resilience, courage and healing arose and led to the seven interactive workshop sessions whereby **the main objective was to see how in our different settings we can realize and LIVE the three aspects above (resilience, courage and healing) despite the escalating wind of the pandemic.**

It was very much encouraging to see the big scope of participation during the online sessions throughout the seven months. The active participation of individuals and groups from East Africa and outside East Africa brought a new feeling of working together as one community. **One could feel the sense of isolation and loneliness fading away through sharing experiences on how people became very creative and innovative in combating the Covid -19.** On the latter, **one could see how our Ugandan colleagues were so vibrant and practically focused on the coming back to nature as the healer of all human illnesses.** Listening to people from different parts of East Africa, one could realize that nature is everything to us human beings. **Our becoming is dependent on how we care about the nature around us.**

Thanks to the speakers who led the seven online sessions. **Through their rich and wonderful contributions on various topics, participants were able to realize their potentials and how they could utilize them at the right moment.**

The financial facilitation that took place was such vital as it enabled even those colleagues living in challenging geographical locations to attend and share their contributions during the sessions.

Conclusively, I would like to say that it was such a great idea to initiate the online workshops and discuss such particular topics at that particular historical moment in our human history. It is my hope that the WSIF will continue working together with the East Africa Association of Waldorf Steiner Schools on other relevant topics as per the need of time in the process of our becoming as human beings.



Amin Abdallah (SEKEM School)

WSIF East Africa Speaker

I was so happy to participate in the online "WSIF East Africa forum: Healing, Courage & Hope". ***It gave us the opportunity to transfer our experience and expertise outside our borders, especially if I believe that civilizations do not arise without communication and integration among the different experiences of peoples.***

The workshop had a strong impact on me, especially since I felt that somebody cares about hearing what we have done with our students and the surrounding community during the Corona pandemic. Furthermore, the happiness that I have because of the great influence of what we have presented that could give a helping hand for other individuals in remote areas very far from us .

Likewise, ***the interest of the participants and their interaction and the exchange of questions was a very impressive thing for me. This Forum made me aware of something very important, which is that we do not live in an isolated world within SEKEM community, but we have to provide the opportunity for other experiences in order to have the benefit from each other and strengthen our human relations.***



270

participants



PURPOSE

18

countries

Kenya, Uganda,
Tanzania, Cote d'Ivoire,
Egypt, Madagascar,
Zimbabwe, Rwanda, UK,
Germany, Switzerland,
Philippines, US, South
Africa, Sweden, Nepal
and US

Due to the suspension of in-person gatherings in Kenya announced by the Ministry of Health in July 2020, as well as the strict lockdown experienced in Uganda and complex travel restrictions worldwide, the WSIF East Africa 2021 Organizing Team decided to postpone the in-Person.

However, the teachers from the East African Association of Steiner/Waldorf Schools feel it is important to find ways of supporting the health and well-being of teachers, parents, administrators and non-teaching staff for the benefit of the learners, especially during this challenging time.

With this need in mind, the World Social Initiative Forum (WSIF) and the East African Association of Steiner/Waldorf Schools will host a 7-part Online Interactive Workshop Series entitled "WSIF East Africa Online 21-22: Healing, Courage and Hope, Developing Resilience in Covid Times" from November 13, 2021 to June 11, 2022 via Zoom. It will focus on three qualities that we need to strengthen in order to develop individual and community resilience:

1. Healing the past- How can we strengthen ourselves to face the work ahead through a salutogenic approach to health in all areas of life (physical, social, mental, and environmental health)?
2. Courage in the present - How can we nurture our spiritual and soul life to foster courage in what we bring to the world through our work and trust in what will arise out of our collective efforts despite the challenges we face during the Covid pandemic?
3. Hope for the future - How can we ensure a holistic education which nurtures a healthy development of our children by fostering hope and purpose within us as individuals and the community as a whole, as we step into an unpredictable future?

SPEAKERS & THEMES



Budget

EAST AFRICA ONLINE	IN KSH	IN CHF
9 contributors (9 pax x 100 CHF)	105,300.00	900.00
WSIF East Africa Organizing Team <i>WSIF Team member (3-5 pax)</i> <i>East Africa Association (7 pax)</i>	819,000.00	7,000.00
Online Platform		
Zoom/Padlet for 150-200 pax	23,400.00	200.00
Bandwidth Support for EA schools	35,100.00	300.00
Tech Support/Customer Care	58,500.00	500.00
Marketing & Publicity	58,500.00	500.00
Indirect Costs	187,200.00	1,600.00
TOTAL EAST AFRICA ONLINE BUDGET	1,287,000.00	11,000.00

Expenses

RSSM SUMMARY	IN KSH	WSIF SUMMARY	IN CHF
Honoraria for Speakers	59,720.00	Transfer to RSSM for Organizing Team & EAA Speakers	5,792.42
Honoraria for Organizing Team	642,010.00	Honoraria for other Speakers	900.00
Internet Bandwidth Support	75,732.00	WSIF Organizing Team (3 members)	2,158.00
Scholarships	132,915.66	Zoom	90
Evaluation (Accounting, Reports)	263,744.82	Scholarships	1,574.49
Bank Transfer Charges	63,028.28	Evaluation (Accounting, Reports)	1,365.79
TOTAL RSSM EXPENSES	1,237,150.76	Bank Transfer Charges	73.57
		TOTAL WSIF EXPENSES	11,954.27

Income

RSSM SUMMARY	IN KSH	WSIF SUMMARY	IN CHF
Transfer from GLS ZSE	73,710.00	Stiftung Evidenz	5,000.00
Participants / Tickets	54,201.12	World Goetheanum Association	4,000.00
RSSM INCOME (without WSIF Funds) 951.18 CHF	127,911.12	IONA Stichting	5,465.00
Transfer from WSIF (Fundraising)	712,739.16	Participants / Tickets	705.54
TOTAL RSSM INCOME (with WSIF Funds)	840,650.28	TOTAL WSIF INCOME	15,170.54
		RSSM INCOME (without WSIF Funds)	951.18
		TOTAL COMBINED INCOME	16,121.72

Legend: KSH = Kenyan Shillings / CHF = Swiss Francs

RSSM = Rudolf Steiner School Mbagathi/ EAA = East Africa Association of Steiner/Waldorf Schools

WSIF = World Social Initiative Forum

Certified True and Correct by: Neema Kahiga (Accountant, RSSM) and Nicole Asis (Fundraising & Finance, WSIF)

Detailed Expenses : Joint (in CHF)

	IN CHF
Organizational Costs	7,608.00
WSIF Team Members (2 pax at 872 CHF)	1,744.00
WSIF Team for Advertisin (1 pax)	414.00
EAA Team Members (5 pax at 872 CHF)	4,360.00
EAA Advisory Team Members (5 pax at 218 CHF)	1,090.00
Honoraria for Speakers	1,500.00
15 Speakers at 100 CHF	
Overtime (Evaluation, Accounting)	3,326.37
2 Team Members from RSSM	1,365.79
Additional Support for Scholarships to RSSM	594.79
2 Team members from WSIF	1,365.79
Bandwidth Charges (75,732.00 KSH)	566.03
Zoom	90.00
Bank Fees / Exchange Diff	468.55
Scholarships	2,562.75
RSSM 132,915.66 KSH	988.25
WSIF	1,574.50
TOTAL EXPENSES	16,121.72
TOTAL INCOME	16,121.72
Balance	0

"Where lie the sources of life? They lie in what kindles the moral ideals that inspire us. And so we can start to see that when we allow ourselves to be warmed through and illumined by moral ideals in this present life, these will bear life, tone and light out with us into the cosmos, and become world-creative powers. We bear world-creative powers out into the cosmos, and morality is the source of these creative powers. In this way, we discover a bridge, in a holistic view of the human being, between moral ideals and what enlivens the external physical world."

- Rudolf Steiner for Ita Wegman (Christmas 1920) The Bridge from the Physical to the Spiritual and Moral GA 202 p. 40
(Translated by Matthew Barton, 2020 ed, Ita Vegman Verlag)

PAYMENT OPTIONS

Non Member Price

- 140 EURO — Full Workshop Series Access
*Includes access to all 7 online workshops
- 30 EURO - Single Workshop Access

WSIF Network Member Price

- 70 EURO - Full Workshop Series Access
*Includes access to all 7 online workshops
- 20 EURO - Single Workshop Access

For East African Association Participants = 15 Euro

Organizing Team



Joan Sleight Forum Manager & Host / Project Leader, World Social Initiative Forum
Janet Kimandi Forum Manager & Host / Faculty, Rudolf Steiner School Mbagathi - Kenya
Neema Kahiga Accountant & Tech Team / Organizing Team, Rudolf Steiner School Mbagathi - Kenya
Casmir Ludwig Msigwa Organizing Team & Speaker / External Coordinator, Hekima Waldorf School - Tanzania
Patrick Karanja TechTeam & Organizing Team / Pedagogical Team Leader, Nairobi Waldorf School - Kenya
Violah Nkkazi Organizing Team / Vice-Chairperson, Federation for Free Education Initiatives-Uganda
Teresia Gachiri Organizing Team & Host / Faculty Chairperson, Waldorf Woodlands School - Kenya
Silvia Kagendo Njagi Organizing Team & Speaker / Founding Teacher, Nanyuki Waldorf Initiative - Kenya
Vincent Haraka Tech Team / Organizing Team, Rudolf Steiner School Mbagathi - Kenya
Ami Cochrane Social Media / Organizing Team, World Social Initiative Forum
Nicole Asis Fundraising, Tech Team & Evaluation / Organizing Team, World Social Initiative Forum
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GLS Zukunftsstiftung Entwicklung
and all individual donors
who wish to remain anonymous...

"A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living."

- Rudolf Steiner to Edith Maryon, 1919, Social Motto: Anthroposophy and the Social Question (GA 34)

WSIF East Africa:
HEALING, COURAGE & HOPE

Online Interactive Workshop Series Developing Resilience in Covid Time

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