



The AlumNet

2018/19

Scholars Magazine



"Educate and Empower the next generation of African leaders"



Scholars
Program

MAKERERE



UNIVERSITY



Scholars Program

About Mastercard Foundation:

The Mastercard Foundation works with visionary organizations to provide greater access to education, skills training and financial services for people living in poverty, primarily in Africa. As one of the largest private foundations, its work is guided by its mission to advance learning and promote financial inclusion to create an inclusive and equitable world. Based in Toronto, Canada, its independence was established by Mastercard when the Foundation was created in 2006. For more information and to sign up for the Foundation's newsletter, please visit www.mastercardfdn.org. Follow the Foundation at @MastercardFdn on Twitter.

About Mastercard Foundation Scholars Program:

The Scholars Program provides academically talented yet financially disadvantaged young people, particularly from Africa, with access to quality and relevant secondary and university education. The goal of Mastercard Foundation Scholars Program is to create a cohort of next-generation leaders who are committed to creating positive social and economic growth in their countries. The program is designed to foster transformative leadership by equipping scholars with the knowledge, tools, capacity and motivation to make a difference. Students selected for the Program receive a holistic set of financial, social and academic supports throughout their education and during their post-graduate transitions. The Program consists of a global network of education institutions and non-profit organizations, who together believe that education is a catalyst for social and economic betterment. The Program aims to educate 35,000 young people, and enable them to contribute to the economic growth and social development in their countries of origin.

For more details, please visit www.mastercardfdnscholars.org.

About Mastercard Foundation Scholars Program at Makerere University:

Makerere University is in a partnership with Mastercard Foundation to offer scholarships to 1,000 academically bright but economically disadvantaged youth from Africa to study at Makerere University. The project worth US \$ 21million is in its fourth year of implementation at Makerere University, under Planning and Development Department, with the goal of educating and empowering the next generation of leaders at Makerere University. For more details, please visit <http://mcfsp.mak.ac.ug> The Scholars community is disciplined and a place where individuals accept their obligations to others and where well-defined governance procedures guide behavior for the common good. At Mastercard Foundation Scholars community at Makerere University,

we expect; Freedom balanced with duty, Integrity and honest, as well as consideration for the needs and rights of others.

The Goal:

To educate and empower the next generation of African leaders at Makerere University.

The mission:

To enable academically talented but economically disadvantaged youth in Africa access university education and transform into enterprising leaders meaningfully contributing to development.

Objectives of the Scholars Program.

- To enable qualified yet economically disadvantaged students from Africa to complete their undergraduate education.
- To provide mentoring, career counseling and internships to Scholars
- To support transitions to higher education or employment
- Create a network of next-generation achievers and leaders committed to service and giving back
- Integrate a give back component in the program to transition Scholars from beneficiaries to benefactors;
- Expand a network of renowned partner organizations committed to working together to achieve Mastercard Foundation Scholars Program vision of education as a catalyst for social transformation
- Ensure efficient and effective operational and strategic management of the project.

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MASTERCARD FOUNDATION SCHOLARS PROGRAM AT MAKERERE UNIVERSITY © 2018

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The Chancellor Prof. Ezra Suruma together with the Chairperson University council, Eng Dr. Charles Wana-Etyemu and the Vice Chancellor Prof. Barnabas Nawangwe handing over a plaque to Ms Claire Akinyi the best performing Mastercard Foundation scholar during the graduation ceremony in January 2018



A word from the Vice Chancellor

On behalf of the University Management, and indeed on my own behalf, it gives me great pleasure to congratulate the Second Cohort Scholars of Mastercard Foundation who have completed their academic Programs, and are awaiting their graduation in January 2019.

You will recall that in 2013, Makerere University partnered with Mastercard Foundation to offer scholarships to 1,000 academically bright but economically disadvantaged youth from Africa to study at Makerere University. Today, it gives me great joy to witness two Cohorts of the Scholars graduating! This is a big milestone for both Mastercard Foundation and Makerere University. I congratulate each one of the Second Cohort Scholars who have completed their respective academic disciplines and will soon graduate. Well done! I sincerely thank Mastercard Foundation for offering scholarships worth USD 21 million to enable young people to access quality higher education at Makerere University over the next 10 years. Now that we are at half way mark, I would like to sincerely thank the Advisory Board, the University Management, the Steering and Selection Committees of the Scholars Program, as well as the Project Implementation Team for overseeing and ensuring that this great Program is running effectively and efficiently in the University.

As you all know, Makerere University is one of the oldest and most prestigious institutions in Africa and the Premier University in East Africa, therefore it was no surprise when Mastercard Foundation chose to Partner with us, because they partner with only the best institutions in the world. It is important for us to keep strengthening the brand of Makerere University, so that we can attract more partnerships such as Mastercard Foundation. It is also equally important to strive and uphold the vision of Makerere University, which is "**to be the leading institution for academic excellence and innovation in Africa**" and its mission that is "**to provide innovative teaching, learning, research and services responsive to national and global needs**". The clarity of the vision and mission places us in a unique position, in the world.

Makerere University has also distinguished herself as a leader in research and innovation as well as strategically positioned herself to claim competitive advantage in the education industry in Africa. I am confident that if these young people who have been supported by Mastercard Foundation to acquire quality university education, carry the skills of research and innovation in the job market and work hard, they will inevitably be graduates who are not only marketable but also job creators.

I would like to call upon everybody to support such programs and initiatives like Mastercard Foundation Scholars Program, so that more opportunities can be available to help educate our young people. Mastercard Foundation Scholarships are only a drop in the ocean, given the great need we have in our communities. Therefore, we need to create a conducive environment within Makerere University and other universities in order to attract more partnerships and funding.

The University Management is committed and will continue to support Mastercard Foundation Scholars Program at Makerere University, in order to realise the vision and mission of Makerere University and that of Mastercard Foundation. The Program Implementation Team under the stewardship of Dr. Florence Nakayiwa has done and continues to do a wonderful job of ensuring that the flag of the Mastercard Foundation Scholars Program at Makerere University flies even higher. I sincerely thank you for the great work you are doing in empowering the next generation of African leaders. Once again, I thank Mastercard Foundation for offering scholarships to help young people to access university education, here at Makerere University for the next 10 years.

We Build for the Future.

**Prof. Barnabas Nawangwe
Vice Chancellor, Makerere University**

EDITORIAL



Hello There,

Greetings from Mastercard Foundation Scholars Program at Makerere University. It has been a while, but thank goodness, the AlumNet is back! The AlumNet is your one stop centre for all the information, news and events that took place in the past year, here at the Scholars Program.

The year 2018, was like no other, there was just so much that happened, which we cannot enumerate in these few pages of this magazine. From the vibrant Summer Leadership Camp 2018, to Africa Careers Network Baraza, the Baobab Summit in Kigali, the Summer School in Edinburgh, the Resolution Social Venture awards, and a host of other activities that took place at the University, we cannot tell it all. The year saw our Scholars continue to soar higher and higher in their academic and career aspirations. In here, you will find inspiring stories from Sandra Kamikazi and her internship in South Korea, Marion Apio and her interesting stories from her internship in Arizona- United States, Benjamin, Hilda and Mercy share their stories from Edinburgh Summer School. Many other Scholars have shared their stories of inspiration and hope. We have an array of topical issues, which we believe will captivate your mind.

Are you struggling with anger, we have a great piece about anger management, which you should not miss. We bring you Charles Katulamu, our 2nd cohort Scholar who excelled with a first class in BSc. Population Studies. Would you like to know how he did, enjoy the interview. These and more topical issues, just go on flip through the pages, believe you me, you will learn a lot from The AlumNet.

I would like thank all the Scholars who wrote articles, and especially the editorial team led by Ms. Barbara Adiamah for putting together this magazine, a job well done! The Scholars who haven't written anything in this your platform think again.

I wish to extend our sincere gratitude to Mastercard Foundation, for the holistic support they have continuously offered to the Scholars, which has resulted in all these achievements you are reading about. Great thanks go to Makerere University for teaching and imparting all the skills the Scholars are using to soar higher and higher in their academic and career aspirations.

Till we meet again in the next edition, enjoy your reading.

Bernard Buteera
Communication & Web officer/
Editor-in-chief



Babra Akeelo
Chief Editor



Gloria Kinene
Editor



Hasifa Nakanwagi
Editor



Sharon Munaaba
Editor



Moureen Aol
Editor



A word from the Project Coordinator

The years have gone by, and we have enjoyed a lot of successes, but also faced a few challenges, which culminated into great lessons for us all as the Scholars Community at Makerere University. This year, we are once again delighted to celebrate the Second Cohort of our Scholars, who completed their academic Programs, and will be graduating from the University, come January 2019.

It is exciting to see how the Scholars Program at Makerere University is transforming the lives of these young people. When we look back to when Scholars joined the Scholars Program up to the time when they leave University, we see a huge transformation both physically and academically. Mastercard Foundation Scholars Program at Makerere University is more than just a Scholarship. It offers holistic support to young people to achieve their dreams.

We have witnessed Scholars come up with social venture

projects that have transformed their lives and that of their communities. You may have heard about Social venture projects like Dash 4 Girls, birthed last year by Ms. Frances Aanyu and her colleagues, which is doing great work in Karamoja Sub-region, where they teach young Karamojong girls who hitherto had dropped out of School, how to manage their menstrual hygiene. You may have read in the papers about the Sparky Thermal dehydrator, another innovation by our Scholars led by Isma Kayiza and his team. The Thermal dehydrator helps farmers to dry their produce at any time of the day. Currently, Isma and his team are traversing the country teaching farmers on how to use this wonder machine, which dries farmers' produce ten times faster than the sun.

This year we were delighted to see another three groups of our Scholars come up with unique social venture projects that won funding from Resolution fellowship. We would like to

congratulate Marion Apio, Susan Lokolimoe and Susan Mutoni and their Girls Alive Uganda Project, for winning the resolution fund. Girls Alive Uganda project just like Dash 4 Girls, intends to change lives of young girls in Eastern Uganda, by imparting them with skills of how to make reusable sanitary towels. In the same spirit, we congratulate Myers Ndyabawwe and Shirah Narinda and their 'Rabbits for Education' Project, which also won funding from Resolution Fellowship. The project intends to transform lives of widows in Kamwenge District, where many widows and single mothers will be trained to rear rabbits, which they could sell and educate their children. We also warmly congratulate David Gai and Akot Arkanjelo (two international Scholars from the Republic of South Sudan) who came up with a project 'Youth Empowerment Uganda' which also won funding from Resolution fellowship. The project intends to offer entrepreneurial skills to young people who are in refugee camps in Kiryandongo refugee

camp, in North-west of Uganda. This is what the Scholars Program is all about, touching lives, and transforming societies. We are so proud of what these Scholars have been able to achieve as individuals, and also for what they are doing in their societies.

Mastercard Foundation and Makerere University believe that a quality education offers the best opportunity for youth to achieve decent and productive work. Education is the only effective pathway out of poverty. Research shows that an additional year of schooling correlates to a 12% increase in average income. At Mastercard Foundation Scholars Program, we believe that all young people, no matter their starting point in

life, should have an equal chance to obtain a quality education and pursue their aspirations. I therefore call upon other organisations and people of good will, to emulate Mastercard Foundation in giving an opportunity to our young people who come from disadvantaged backgrounds to obtain tertiary and University education as a means of eradicating poverty in Africa. The Scholars Program at Makerere University is committed to educating and supporting bright, young students with a deep, personal commitment to changing the world around them. We believe that our Scholars will go on to become leaders in their communities and

improve the lives of others. We are very grateful to Mastercard Foundation for the support it continues to offer to the young people in Africa to attain University Education. As Makerere University we shall continue to do our part of imparting them with the necessary skills that will make them competitive in the job market, the world of entrepreneurship or even academia.

We Build for the Future.

Dr. Florence Nakayiwa
Director Planning and Development Department/ Coordinator Mastercard Foundation Scholars Program at Makerere University.





President Mastercard Foundation Scholars and Alumni Association

A word from the President

On behalf of Mastercard Foundation Scholars and Alumni Association at Makerere University, I wish to congratulate our colleagues who have completed their studies and are into the world of work, further studies or enterprising ventures.

I also wish to congratulate all Scholars whose brilliant social venture projects and innovations excelled at the 2018 Baobab Summit in Kigali. In particular, I congratulate Marion Apio, Susan Hilda Lokolimoe and Susan Mutoni (Girls Alive Uganda), David Gai and Akot Arkanjelo (Youth Empowerment Initiative) and my teammate Narinda Shirah (Rabbits For Education) for representing us and winning the Social Venture Challenge awards.

We have had numerous successes, but the most important one, was giving back to our communities, which we carried out in Makerere University, Makerere College School and Makerere University Primary School. We successfully participated in the Waste Management Awareness Week, and carried out a number of activities throughout the week, to promote sustainable waste management as an action towards combating Climate Change. We also provided waste bins to the three Communities to improve waste management through plastic collection, disposal, reusing, reducing and recycling.

I thank the Project Implementation Team for providing the necessary guidance and leadership that has made it conducive for us to study well. I am also grateful for Mastercard Foundation's continued support that has enabled us to access quality education at Makerere University. The decision to support our transition from University through the Seed Funding is highly appreciated too. Most importantly, I thank God who has given us life and an opportunity to share this.

I wish you all the best in your endeavors.

Ndyabawe Myres

President MCF Scholars and Alumni Association

The Promise of Entrepreneurship Seed Fund by Mastercard Foundation

By John Osuna, Coordinator, Scholars Transition



Over the last five years of implementing the Mastercard Foundation Scholars Program in the partner tertiary institutions in Africa and other continents, the Mastercard Foundation promised to look into the prospects of setting aside a seed fund for Scholars transitioning into the world of work. This promise came to fruition on 11th August 2018 at the Baobab Summit in Kigali, Rwanda, where the Mastercard Foundation announced a seed funding of USD 2,000,000 over the next two years (2018 to 2020) to support Scholars' leadership in creating economic opportunities within their communities through social ventures or entrepreneurial projects.

Out of the USD 2,000,000, Makerere University was allocated USD 200,000 which

translates into 10% of the total amount of the seed funds. This is a sign of commitment by the Foundation to its partners and specifically to the Scholars. At Makerere University, the seed funding is ring fenced for the Mastercard Foundation Scholars as Principal Investigators, but the Scholars are encouraged to work with other non-Scholars (other students in the University) on projects that should be profitable and yet have a social impact in the communities they will be operating in.

To ensure success of the scholar led project startups, a framework has been designed by both the Scholars and the Program Implementation Team of the Scholars Program. One of the key components in the framework is the provision of a project development support that will

commence with attending a Social Design Course accessible to all Scholars – prior to the release of funding. The Social Design Course will last six weeks and we will have only two.

It is envisaged that Scholars will apply as venture or project teams of (2-4 people, at least 50% being Scholars). Only the committed and resilient Scholars will be part of the fellows receiving financial support and mentoring for their projects.

Makerere University is grateful to Mastercard Foundation for this partnership. We believe this is yet another platform for Scholars to deepen their social entrepreneurship skills and creating systemic changes in their communities.





Baobab internship at Arizona State University, was truly an experience!

Experience is the best teacher is an old saying, but in my case it still holds meaning. My internship experience at Arizona State University, was an opportunity like no other. I learnt quite a number of things which included, the functionality of the Baobab platform, the digital online solution to bring the Scholars 'community together to collaborate and learn.

The Baobab Scholars community platform, is a social learning network that links Mastercard Foundation Scholars with tools, resources and relationships that will support and equip them with the necessary skillset, to build upon their scholarship experiences and achieve impact across Sub-Saharan Africa.

To do internship in the United States was in itself overwhelming. Never in my wildest of dreams could I have thought that such an opportunity would be a possibility. While I was up in the sky, heading to Arizona, it felt like the beginning of everything, so beautiful and magical just like the stars and the moon I was looking at, so closely at that moment. This internship opportunity was, in no simpler words, a dream come true. To be able to have a professional experience in the land of opportunities, develop new skills like User Research and Design Thinking, get essential professional experience in a business environment and learn how Baobab works, gave me goosebumps before I even travelled.

Interning with Baobab, is a life-changing opportunity and an eye opener that has modeled me into the best version of myself. It is quite fulfilling to work with passionate, positive and selfless people, just like the colleagues I found at Arizona. They mentored and gave me useful personal and professional advice. I was so motivated and inspired by the love people at Ed-Plus have towards the youth not only in Africa but globally.

I was able to realise my goal of creating long-life professional networks in such a unique work environment. I was surrounded by a supportive team that was open-minded, hardworking and generously cooperative. There is a popular phrase that sums up the importance of networking – “It’s not what you know but who you know that will help you find you a job.”

My internship enabled me create professional networks that I hope to connect with and get nurtured throughout my life. I had the honor to experience the power of getting to know people as well as practice the Baobab lessons on how to create a professional network.

I was able to learn from my supervisor, that it is very important to think about what I want, where I want to be and how I want to get there. Having identified my goals, I am aware of my strengths and weaknesses and I hope to take the initiative to use my strengths and be a better person. The internees' forum was an opportunity to experience hard work, commitment, passion, personal and professional

growth of professionals at EdPlus- whose words of wisdom will have a great meaning and impact to my life forever.

I was also privileged to visit Arizona State University Journalism School and the Cronkite Nation. My desire to apply what I have learnt in the classroom practically became a reality. It was awesome watching the live broadcast of Cronkite News by some of the brilliant students and professional journalists at the news station.

I was able to appreciate the idea that communication bridges the gap between people near and far, and through communication tools like social media and online platforms, it is easier to connect and socialize with people around the World. One's ability to communicate, is the starting point to learning, development and creating change around you, and in the world.

Receiving news that our project 'Girls Alive' Uganda had been selected to participate in the Social Venture Challenge, was a sweet icing on this internship cake. It was gratifying when we won the Resolution Fellowship and a seed Fund of (USD 6,000) to help break the major barrier to girl child education, teach menstrual hygiene and train girls how to make reusable sanitary towels. The opportunity to participate in the 2018 Scholars' Baobab Summit in Rwanda was as exciting as my internship experience. It was an honor to join the rest of the Scholars as we put collaboration at the forefront of Africa's innovation and transformation.

Indeed, what a summer! My advice to my fellow Scholars, is never to give up on anything and while doing something, do your best and with love. A great thank you to Mastercard Foundation, The Scholars Program at Makerere University, EdPlus and the Baobab Team that has contributed greatly to my personal and professional development.

**Marion Apio, Year 3,
Journalism & Communication
Mastercard Foundation
Scholar**



My Summer School experience at the University of Edinburgh



As I share with you my experience of the Summer School at the University of Edinburgh, I still reminisce the good memories of the events. I was privileged to be among few lucky winners of the prestigious transformative leadership Scholarship that took place at the University of Edinburgh in Scotland in UK. As I went through the departure lounge at Entebbe International Airport, I kept wondering what exactly awaited me in Edinburgh. Being my first international travel, I was so excited, but at the same time nervous.

First things first, the entire journey was fantastic, despite few challenges like the new food on the plane, which I had never tasted, the experience in the air and a whole range of other new things. On arrival at Edinburgh Airport, we were received by Mr. Steven Kaye, this guy was so amazing and from the look of things at the airport I knew everything would be well. Before long, we were checked in at Pollock halls of residence, which was going to be our home for the next couple of weeks. We were taken for dinner, it's from there that we were introduced to our colleagues from different universities. The following day, we were taken around the city of Edinburgh, and I got to see a lot of historical and magnificent buildings.

I learnt a lot of new things that from the Scottish, I was able to see and to interact with different people from different

backgrounds, this helped to blend into the new environment easily. I got to taste different dishes from town, this was so awesome but challenging at the same time, I used various means of transport starting from trams, different kinds of trains, buses and all, that were not so common in Uganda. The one thing that I realized every time, was that every place was made up by their people and not the authorities. The entire city was extremely clean and organized, nobody litters around. This reminded me of how back home in Uganda, we degrade our environment by littering it with all sorts of polythene bags and other plastic materials, which should stop immediately.

Before we started our sessions, we were introduced to a motivational speaker (Tom Ilube), I must say that I was thrilled to drink from his cup of knowledge. This session we were encouraged to always be persistent and never to give up on anything we intend to do. It further reinforced my understanding of what social enterprises entail, and how best we as young leaders can be agents of change from our home countries.

The sessions we had were so interactive and participatory in nature, I was introduced to the idea of transformative leadership, and to be honest I had not understood what transformative leadership was before. I thought that may be it operates in abstract, it's from that session that I fully

understood what transformative leadership was all about. I learnt that transformative leadership was about doing something whether small or big, that will be impactful to the society. It was the theory of turning an idea into a solution. I was meant to discover my personality, this helped me a lot during my stay at the summer school and cooperating with my fellow scholars, the next sessions were to reinforce our transformative leadership skills, i.e. what a leader of a 21st century should have, these were so helpful to me, in the sense that my confidence and interpersonal skills were enhanced I must admit.

I had a privilege of speaking to most distinguished social entrepreneurs from UK through networking, I am so proud that I have friends in most corners of the world something, that I had never envisioned. All in all, the summer school was a life changing experience, I can admit that my life will never be the same again. What is more important is that the skills I learnt from the summer school have helped me in many ways ever since I came back to Makerere.

I'm very grateful to God and the Mastercard Foundation for these amazing opportunities, there is nothing better I can pay back apart from being transformative leader and change the world to a better place than found it.

**By Benjamin Ayongyera,
Bachelor of Law, Year 3.**



Simple student Practices that promote a fruitful learning experience

1. Take time to understand the guidelines and policies of the University as relates to academic standing/poor progress
 2. Invest time and effort in your studies; set academic goals
 3. Have continuous interaction with faculty (course instructors, mentors) and peers about academic matters
 4. Explore diversity of learning. A student may explore a variety of learning methods such as lectures, personal reading, educational videos, demonstrations-discussion groups
 5. Respond to more frequent feedback through academic advising, mentors, PIT and course instructors etc.
 6. Reflect on your own learning; why you are doing what you are doing. Knowing the usefulness of a course may arouse interest in learning and motivate you to work harder
 7. Plan when to do your retakes within the allotted academic Program period
 8. Take note of where all units related to your study are found. This includes academic registrar's offices, central teaching facilities, exam rooms, financial verification offices etc.
 9. Be sure to pay attention to changes in the system as relates with your registration status, exam permits etc. These will reduce anxiety, wasting valuable time as well as reduce chances of missing exams.
- It is the student's responsibility to take charge of their own learning experience; and the practices outlined above though not exhaustive, but if taken seriously could potentially move a student from confusion to confidence.**



The story of my life as a Mastercard Foundation Scholar

Sylas Ruhweza Atwooki,
Year 4, BSC. Petroleum Geosciences and production.



Dear readers, with great pleasure and joy, allow me share with you my story as a Mastercard Foundation Scholar at Makerere University from August 2015 to date. My Journey with Mastercard Foundation began with the Mastercard Foundation scholarship at Brac- Uganda. When I completed my secondary education under Brac-Uganda, I was worried about transitioning to University, but luck struck my way, and I was awarded another scholarship still under Mastercard Foundation Scholars Program at Makerere University. I got admitted to Makerere University to study a Bachelor of Petroleum Geoscience and Production.

As a young leader, I joined Makerere University with a lot of enthusiasm and ambition to create tremendous change in my community. This was hinged on upholding the values of Mastercard Foundation Scholars Program. I took my first step towards leadership, when I was elected as the Representative of Cohort two Scholars in the Scholars and Alumni Association. I was glad to join the leaders of the Association and be able to hone my leadership skills. It was a great opportunity to coordinate my fellow Scholars, some of whom have now completed their academic programs and are awaiting graduation in January 2019.



Scholars Program

As a transformative leader, I helped in organizing and participated in a number of community give back activities. These community service activities exposed me to just how much a little helping hand can do to a disadvantaged person. I still recall vividly one of the community service we rendered to Kireka School of children with special needs. Looking at the disabled children in that home smiling because of the little helping hand we gave in cleaning their school, and playing with them, changed my life forever. As Scholars of Mastercard Foundation, community service, or giving back to the community, is one way of impacting many people, especially those that are marginalized in our communities. We have planted fruit trees, painted classrooms, donated beddings, scholastic materials among other things to children, in a number of schools in Uganda, and this satisfies my heart.

In June 2016, I got an opportunity to represent my fellow Scholars at the Baobab Summit in Accra Ghana. This was yet another eye opener in the journey of my life. At the summit, I participated and won the Networking challenge. When I returned, I spread the news about the networking

platform to all Scholars at Makerere University and those at Brac Uganda. This is how I later came to be nicknamed Mr. Baobab. I'm glad that most Scholars are on the platform.

Mastercard Foundation has surely equipped me with a wealth skills, experiences and opportunities. I have had the opportunity to carry out peer mentorship sessions, from which I have learnt a lot. I realized that education is not only about reading and passing exams, but also inspiring others. I would like to thank Mastercard Foundation Scholars Program for giving me a chance to extend my abilities through the power of the pen.

I would like to thank all those who shared this amazing journey with me, especially the Scholars. Many thanks to the Program Implementation Team for the guidance and support throughout the years. I would like to keep giving back and impacting souls.

I would like to thank the Mastercard Foundation for the generosity towards Africa, especially nurturing the next generation of African Leaders, through providing holistic support to Scholars so as to attain education in great universities like Makerere University.

**Long live Makerere University,
Long live Mastercard Foundation**



why education

Education is the process of facilitating learning or the acquisition of knowledge, skills, values, beliefs and habits. Majority of the teachers in Uganda both in primary and secondary schools, end up in the teaching profession, not because they had passion for it, but because there was no other option. Many teachers will tell you, they took up education as a course, because it's their last resort. In many cases they do not score the required grades to qualify them for what they want to study. For others, it is because their parents push them to do the education course.

In Uganda, 8 out of 10 teachers make it to the profession by chance, not by choice. The major cause for this disinterest in the

teaching profession is because, the community regards teaching as a profession for the poor, that does not require a lot of qualification and that it does not pay enough. This makes it very unpopular, especially in Uganda.

On the contrary, I have always wanted to be a teacher. The exposure that I got towards the profession at an early age by talented teachers inspired me to become one. To me, it has always been a dream. My passion has taken me an extra mile to identify and link up with outstanding teachers in secondary schools. I have made them my role models. From their experiences, I have developed soft skills such as communication skills, writing skills, team work, and time management and self-

drive, which will enable me to be an outstanding teacher. I am confident enough that using my innovative approach to teaching, I will be 'a mover and a shaker' in the next generation. I will change the lives of many learners that I will encounter on my journey. I would like therefore to appeal to my senior colleagues in the profession, and my fellow teacher trainees, let us make education attractive through being the best teachers that we can be. I strongly believe that, even as teachers, we can use our profession to earn a decent living as well as respect in the community.

**Namakula Irene Jackie,
Cohort three, B.A
Education**



Ever heard of 'Pecha Kucha'

"It always seems impossible until it's done" is a famous quotation by Nelson Mandela that I have recently started believing in. When a photo voice trainer entered the room and told us we were presenting 20 photo voice pictures in 400 seconds each taking only 20 seconds, we all laughed at him and shouted 'impossible' in unison. Ladies and gentlemen, welcome to Pecha kucha!

Pecha kucha is a presentation style that was developed in Tokyo-Japan, by a couple of architects who thought other architects talked too much. This style is employed to deliver a live message in form of slides, that auto advance to a live audience in just 400 seconds. They limited speakers to 20

slides that auto advance every 20 seconds. People in cities all over the world have adopted it. I too, had the privilege to try it. I found it stunning, hilarious and very thought provoking.

I participated in photo voice training for four months, where I went to my community and gathered pictures using a digital camera. These pictures were meant to answer a research question, "How do female Mastercard Foundation Scholars influence their communities?"

I chose 20 pictures first, then three and finally one, that better answered the research question and could enable me do presentation in just 400 seconds. What I once thought was impossible later turned out to be possible.

Pecha Kucha has been around since 2003, and this alone shows that it actually works, much as it seems so impossible. However, it is important that the person

intending to use it first familiarizes themselves with the style. For example short speeches can be used for practice. 20 seconds is a very short time, but with this particular style it is possible for a person doing the presentation to say everything in less than the anticipated time. Remember slides auto advance so the presenter has no control over them. I highly recommend that everyone adopts the Pecha Kucha style in their day-to-day presentations, because it provides a solution for the "can we go to the next slide" habit, which is time consuming.

**Ankunda Milia,
Year Two, B.A Social work
and social administration**

Do you believe in 'Good' or 'Bad luck'?

By: Enoch Muwanguzi,
Founder of EMK Engineering Solutions.



In life, we experience good and bad moments, which some people refer to as 'good' or 'bad luck'. Does good or bad luck exist? If so, what influences the other? This is a question I have failed to find an answer for in my life.

In 2007, I had to sit for my Primary Living Examination (PLE) after paying school fees of 16000 Uganda shillings. All my classmates cleared the fees apart from me. One month to the deadline for registration for exams, I decided to look for scrap from streets, which I could sell at a fee of fifty shillings per kg. This meant that I had to collect about 320 Kgs of metal scrap in order to pay for registration. As if that was not bad enough, in the second week of collecting the metal scrap, I got an accident that almost cut off one of my fingers. Was this bad or good luck? Was it fortune or misfortune? Only God knows. Two days to the registration deadline, one of my teachers got to know of my predicament, and felt sympathetic. He decided to pay for my registration and promised me a job in my P.7 vacation. Indeed, he gave me a job and when results came back, I was the best in my class.

In 2008, I was supposed to enrol into a secondary school for senior one, unfortunately this was not be, I had to drop out of school, and become the breadwinner of my family. My colleagues and family members consoled me saying "It is sad that you are out of school. Perhaps you are just

'unlucky'". Two years later, I made a decision to go back to school. I negotiated with the teachers and signed commitment forms to study with my colleagues (class of 2007) who were then in senior three (3rd class of high school). The fact that I had missed the first two classes of high school in my mind, compelled me to read day and night just to catch-up with my classmates. In senior four (4th class of high school), I sat for Uganda Certificate of Education (UCE) from which I scored a first grade. Friends and relatives congratulated me saying that "You are so 'lucky' to have scored a first grade yet you missed the first two years".

In 2013, I sat for the Uganda Advanced Certificate of Education, (UACE) where I scored 16 out of 20 points from Physics, Mathematics, Economics, Subsidiary computer and General paper. These points were good, but not good enough to get me a government scholarship. This time round, my relatives and friends consoled me saying "It is so sad". However, some were discouraging saying that "Your efforts were just wasted". Being a determined person, I never gave up. I applied for Japanese scholarship, where we were screened through various interviews. I emerged in the top four, from whom only three were taken to Japan. The three were chosen and my name was left out. My friends still consoled me saying "too bad, you were so 'unlucky'. Perhaps you are not meant to join university".

Four weeks later, I won a Mastercard Foundation Scholarship at Makerere University to study a Bachelor's degree in Agricultural Engineering. The friends who were consoling me, this time they came congratulating me upon winning the best scholarship in Uganda saying "Congratulations Enoch. You are so 'lucky'. How did you make it?" Here I am now. I have just completed my Bachelor's degree in Agricultural engineering. Personally, I don't consider this as luck. It is persistent hard work, priority setting, passion, networking and God's guidance. There is nothing like good or bad luck.

We are just deceived by our minds every day; they twist reality to make it whatever we want or need it to be. Fine, sad and happy moments do happen daily but who decides what is good or bad? Comrade, irrespective of either bad or good basing on your perception, always remember that sad moments can lead to happy moments and equally happy moments can lead to sad moments. From experience; your situation is just the perspective through which you judge it. Your priority at a moment, how determined you are to achieve your goal and how patient you are in every moment will lead to change in that situation. Don't forget that friends will always be there to either console or congratulate you.



VS



Intelligence vs. Wisdom

Intelligence leads to arguments while Wisdom leads to settlement.

Intelligence is power of will while Wisdom is power over will.

Intelligence is heat, it burns while Wisdom is warmth, it comforts.

Intelligence is pursuit of knowledge, it tires the seeker while Wisdom is pursuit of truth, and it inspires the seeker.

Intelligence is holding on while Wisdom letting go.

Intelligence leads you while Wisdom guides you.

An intelligent person thinks he knows everything, while a wise person knows there is still something to learn.

An intelligent person always tries to prove his point, while a wise person knows there is really no point.

An Intelligent person freely gives unsolicited advice, while a wise person keeps his counsel until all options are considered.

An Intelligent person understands what is being said, while a wise person understands what is left unsaid.

An Intelligent person speaks when he has to say something, while a wise person speaks when he has something to say.

An Intelligent person sees everything as relative, while a wise person sees everything as related.

Intelligence is necessary and good but wisdom achieves better results.

Choose wisely!

By Lydia AUMA, Cohort 4, B.A. (Education) English, Literature

The Summer School @ University of Edinburgh

My name is Mercy Precious Khakasa, a Cohort Four Scholar of Mastercard Foundation, pursuing a Bachelor's degree in Arts with Education. It was a great pleasure and opportunity for me to be part of the twenty five Scholars who were selected on merit, to attend a three week's immersive training in leadership at the University of Edinburgh in Scotland, UK.

The Summer School was a time of self-discovery and improvement. A period of learning, relearning and unlearning. I was able to network with Scholars, facilitators, coaches, and the Mastercard Foundation Scholars Program Team. It was great connecting with Scholars from Kenya, Ethiopia, DRC, Ghana, Rwanda, Zambia, Zimbabwe and Mauritius along with other three



students who joined the Summer School from India, Hong Kong, Pakistan and Scotland. I learnt about their cultures, interests and aspirations which was amazing. I was privileged to work on the same project with Billy Byiringiro, a computer science student from Rwanda and Jamila Osman from Ghana, studying Chemical Engineering at the University of Edinburgh.

I learnt about communication skills and how to pitch a project, Networking and how to effectively work in teams. I really thank God almighty for the opportunity to attend the Summer School. It was a life changing moment for me. I was able fly for the very first time, in my entire life and



in my first year, which was really awesome. I extend my heartfelt appreciation to the Scholars who encouraged me throughout the entire application process plus the Program Implementation Team for their support.

My advice to my fellow Scholars is that, we should embrace the opportunities which Mastercard Foundation has created for us. Let us uplift each other and let us continuously boost our self-esteem, because certain things require assertiveness and the confidence that you have in yourself.

By: Mercy Precious Khakasa, Participant in the 2018, Edinburgh Summer School.

THE UNTOLD STORY OF ANIMAL LOVE,

BY RWOT OMARA ANDREW.

Bachelor of Veterinary Medicine, Animal Resources and Biosecurity (4th Year)

Animals can be some of our best of friends. They can be loyal to us, love us, and serve us. Moreover, they can also defend and die for us. Hence, they have been used as metaphors and examples to teach us positive values, behaviors and aspirations. And show us many positive ways to live and love our lives. For example, dogs can better welcome us and be more excited about seeing us than many humans. They can show more love and affection than many of our friends. When we go through a setback, our dogs will never laugh at and look down on us. They can share our pain and sorrow. They may do all kinds of funny tricks and even make a fool of themselves to console us, and make us laugh and become happy. Animals don't plan to hurt or destroy us. They don't invent and deploy weapons of mass destruction and go to war with us. I cannot imagine a world without animals. They not only have every right to co-exist with us, they should also be treated with love, compassion, and care. Without animals, we may slip into an abyss of loneliness and our very existence may even be threatened. That's why our value system and standards of ethos and morality should also include how we live with and treat animals.

As Mahatma Gandhi would say, "The greatness of a nation and

its moral progress can be judged by the way its animals are treated. "We can't have nobility and dignity if we do not extend it to the animal kingdom. Neither can we claim to have love in our heart if we have no love for animals. We can never be truly be in touch with our soul if we do not realize that animals can suffer pain and sorrow like us. Is this what we do in Uganda our motherland?

Hence, we should be sensitive on how we treat animals and we should defend them when they are being badly treated. When they are abused, we should never stand by and do nothing about it.

Perhaps, the golden rule should also apply here. Don't do to others what you don't want others to do to you. A quote from Immanuel Kant comes to mind: 'We can judge the heart of a man by his treatment of animals. 'For all the virtues and strengths that we have, we make ourselves less than human when we abuse animals. We lower ourselves to one of the lowest denominators when we do all kinds of barbaric and wicked acts on them.

In the words of William Penn: "I expect to pass through this world but once. Any good therefore that I can do, or any kindness or abilities that I can show to any fellow creature, let me do it now. Let me not defer it or neglect it, for I shall not pass this way again."

When we save an animal and learn to live with and love the animal, we are not just keeping another animal alive. We demonstrate an act of compassion, kindness and inspiration to our children and our children's children.

Did you know?

- Animals don't understand politics and mind games. All that they offer you is pure, unadulterated love.
- They don't comment on your skin being too dark/ too white, weight too high/ too low, and dress too short/long.
- They don't wake up one fine day and decide they're not in love with you anymore. They don't breakup over a text!!
- They don't ask for nudes nor leave comments like "nice pic dear" or "show boobs".
- They don't get you pregnant.
- They don't love you for your bikes, multistoried bungalows or multiple-digit salary. Like I said, they just...Love! We Can Also leave behind a Wonderful Legacy of Working towards a better World!





Compiled by: Timothy Khabusi,
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Health Sciences
4th Cohort Scholar.
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BILL GATES VS STEVE JOBS

Leadership styles from the 80s: Steve Jobs vs Bill Gates

By watching the great leaders of our century, we can take valuable lessons of different leadership styles, which can make our business and ourselves grow and develop. Let us learn from Steve Jobs and Bill Gates, the greatest technology titans.

Look ahead: Both the founder of Microsoft and the CEO of Apple, had something in common; they always looked ahead, searching for the best tactic to achieve their goals, which they never lost sight of. Their actions, when leading their companies, were always intended to taking the next steps that would get them closer to their goals.

Do as they did; Focus your energies on ensuring that every move you make, takes you closer to the goal, instead of away from it.

Define immediate steps: What truly differentiates great leaders like Bill Gates or Steve Jobs from other CEOs, is their ability to know what really needs to be done, beyond all the theories and intangible ideals, which many managers have in mind for their performance as leaders. The important thing, and what makes the difference, is to adopt the appropriate leadership strategy: knowing what must be done today to achieve results tomorrow.

Visualize your great goal: Bill Gates has devoted all his efforts to making a dream come true. The founder of Microsoft envisioned a world in which every person had access to a computer at a time when that was something not even remotely common. Years later, virtually every office for any job in the world has a PC. Meanwhile, Steve Jobs visualized the big accomplishment of his iPod; he fantasized about the idea all the time. Having all conceivable music stored in a pocket-sized device. Do as both leaders did and visualize what you want to achieve.

Create added value: Both Apple and Microsoft, thanks to their strategies carried out by their charismatic leaders, go way beyond their mere products. In the case of Gates' company, the advantage is clear: the Windows operating system is very much widespread, thanks in part to its continuous ability to update and launch new products to increase its value (for example, the entire Office package, the Internet Explorer browser, or Windows Media Player).

As for the mighty Apple, it is also much more than their mobile devices. The iOS operating system used by Macintosh computers and other extremely well-known hardware products, as well as its

business culture, have generated an undisputed technical leadership in the industry. Follow the example of Apple and Microsoft, and always try to create added value in your company so that creativity and upgrading will be a core idea in your business and your leadership.

Count on the people: Talking about Bill Gates and not mentioning his philanthropic and humanitarian face would be painting an incomplete picture of Microsoft's leader. Despite his great fortune, Bill and his wife Melinda Gates started the Gates Foundation to help fight against inequalities. An empathetic gesture that helps people see in Bill Gates not only a tycoon, but a good leader who also works to help others grow, a quality that every successful leader must have. Steve Jobs also had confidence in people, but in a different way. He was the author of many company motivational speeches of the 21 century, a skill – the ability to motivate – essential to maintain a good team atmosphere and a positive attitude that will lead us to success. The CEO of Apple also showed that he had confidence in his team when, back in 2011, he proposed to Tim Cook, current CEO of the company, to replace him as head of Apple. Jobs knew then how to rely on his people, yet another one of the qualities of good leadership.



MY EDINBURGH SUMMER SCHOOL EXPERIENCE

**Hilda Adur, MasterCard Foundation
Alumnus at Makerere University**

It was sheer delight to be chosen to attend an innovative and life changing four-week Transformative Leadership Summer School with other outstanding Scholars and change-makers at the University of Edinburgh. To enhance my leadership skills, learn how to design sustainable solutions to local problems while positively impacting the lives of Edinburgh communities. My team and I had a very smooth process applying for the tickets and visas to the United Kingdom, preparing and ensuring a proper transition into another country/culture for the summer school courtesy of the amazing and supportive team of Mastercard Foundation at the University of Edinburgh and Makerere University respectively. I can attest to the fact that we were warmly welcomed and that we perfectly settled in.



Summer School attendees with Thomas Segun Ilube, a British entrepreneur listed among UK's 100 most powerful people with African and Afro-Caribbean heritage



While at the summer school, we were matched to different community projects with different challenges in the first weeks ensuring that no schoolmates work on the same project. We also travelled an hour away from our residences to go to our community projects. We had enough time to mingle and bond with other mates when we were split into different teams. I worked in a team of three matched to BroomHouse Center and Enterprises located in South West Edinburgh. BroomHouse Center and Enterprises runs various projects/activities such as taking care of old people with dementia, provides companionship that

tackles isolation and loneliness with the old people(over 60 years), provide support to young people affected by parental alcohol and drug abuse. They also have a café business that generates revenue to run their projects. They had challenges of increasing awareness about their café business and their various community engagement projects. During particular sessions like Design Thinking and Prototyping that involved brainstorming ideas, possible solutions to the challenges, we did it as a team. I also discovered how vital it is to use evidenced data to come up with sustainable solutions.



The BroomHouse team (Hilda, Mellisa & Ann) receiving guidance from Steve (Former Student Development Co-ordinator, MasterCard Foundation at University of Edinburgh)

We had extensive pitch and presentation sessions that helped us communicate effectively on our weekly community project progress. I have always communicated and spoken confidently before masses but had never known how to overcome nervousness that was mostly evident in my voice. Personally, I learnt that taking three deep breaths, speaking out tongue twisters, positioning the shoulders straight-up and standing at-ease curbs nervousness while portraying confidence. I also learnt how to create compelling Power Point presentations. We had amazing pitches at the end of the Summer School with over 70 invited guests. My passion for communications grew fonder.



Mellisa, Hilda and Ann pitching their solutions to the marketing challenges of their community project, BroomHouse Center and Enterprises



At the summer school, our personal goals were captured from day one and an effort to ensure that at the end of the day, week or month we accomplished it. In order to help us achieve our personal or leadership or project goals, we were matched with University of Edinburgh scholars who helped us settle in the country, personal leadership coaches whom we met at least twice a week as well as project mentors who tracked the progress of our project activities. We measured these through mindfulness thinking every morning and the reflections at the end of the day.



**Hilda (Makerere University), Manisha (University of Edinburgh)
with leadership mentor, Karen (middle)**

I made good use of the weekends to tour the beautiful, historical-but-small Edinburgh city. I and my colleagues drew timetables of the places to visit. I visited Calton Hill, Botanical Gardens, Cramond Island, viewed the Edinburgh Castle. Luckily, we had a bus tour ticket for the first weekend. For our transportation to the sessions, community projects, we had bus cards so we would jump onto and hop off the bus whenever desired even though on some days, we boarded buses moving to the wrong destination. My technology skills came in handy because we entirely used Google Maps to track the location and the next bus to catch.

At the Royal Botanical Gardens



Take-away:

Extensively use mindfulness to refresh, have an open mind and be present in mind and body while working on a task each day.

The culture of reflection helps one to evaluate what they did that day, how one behaved to the others and leave room for improvement. This taught me honesty because if I could plainly write it on paper then I could ultimately walk up to a person who wronged me or whom I wronged and plainly tell them about the situation. Problem resolved. Peaceful living and reconciliation.

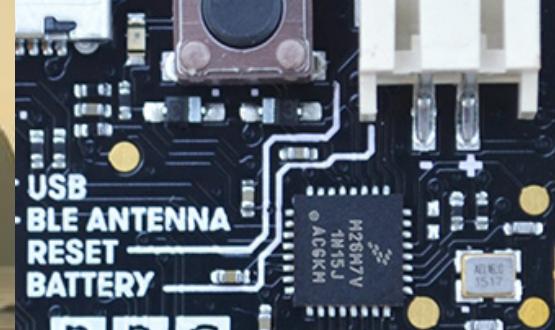
Always do research! Whether about an idea for our projects, future innovations, graduate school, job.

"You can be anything. Invest in yourself and never stop pushing for the best."



Guest Writer

The micro makes you



Author: Ambrose Kibuuka Mukibi

Extracted from the book, After University, What Next? (pg.67)

The Author is a Careers and Education Consultant and book author

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I have also learned that you need only a small aspect (micro) of the course you study to build a successful career. Most likely, you will spend the biggest part of your career practicing one small aspect of the entire course. However, this does not mean that the rest is irrelevant, because the big picture is crucial in providing support to the micro. You cannot perfect and fully utilize the micro without understanding the macro.

The implication of this insight is that, at the end of it all, you need to identify and focus on the micro component of your course around which you want to build your career. However, please note; I am not talking about the traditional "specialization". You need to look at the micro through the lenses of 'inter-disciplinarily' and 'multi-disciplinarily' as discussed in the foregoing Att #4,

The Fusion of Disciplines.

Let's use our already familiar examples to understand this point. Edward Kazire, once shared with me that he has built his multi-billion foods and health products processing empire, largely from one topic of O' level chemistry: the separation of mixtures. Hence, in his case, we can argue that "separation of mixtures" is the "micro" that has made Kazire. We shall see in greater detail in Att #7,

he has had to consolidate the value of the micro, by teaching himself many other complementary subjects from human anatomy, human physiology, biochemistry, microbiology, pharmacology, ethnobotany, psychology, spirituality, culture, history, computer applications, statistics, agriculture, accounting to human medicine. Arguably, all of these extras are only playing a complementary role to that one micro. In fact, even in each of those complementary extras, he only focused on some specific aspects he needed. He did not, because in any case he cannot, study each of them comprehensively.

This insight alone is enough reason why we should not be having graduates who are career failures. It cannot be possible that out of the entire spectrum of an academic program (course) someone fails to find at least one micro aspect they can build a successful career around. This is the point at which personalization of the course becomes a defining factor. Each person's context is so unique, ranging from one's personality, their family background and social connections, the geographical area of operation, personal aspirations, intellectual abilities and biases, passion, talents, and a lot more personal considerations.



When I was asked for an article by the editors of this magazine, I thought I would offer something more than an ordinary article. I decided to offer a crucial part of the recently released 3rd edition of my book, After University, What Next? The chapter, Understanding 21st Century Careers, is defining feature that distinguishes the 3rd edition from the previous editions. In this chapter I have identified and extensively discussed ten (10) unique attributes that characterize careers of the 21st century. Mastery and compliance of these attributes is vital for young professionals who desire to strategically position themselves. The content of this article is a direct excerpt of Attribute No. 5, The Micro Makes You. It is intended to help the Scholars and their mentors in understanding the practical career implications of any micro-element they learn, whether formal, non-formal or informal. Of course, being an extract from a book chapter, the article is not entirely a stand-alone. Some parts in it are discussed in relation to preceding and subsequent sections of the chapter. Here below is the direct excerpt.



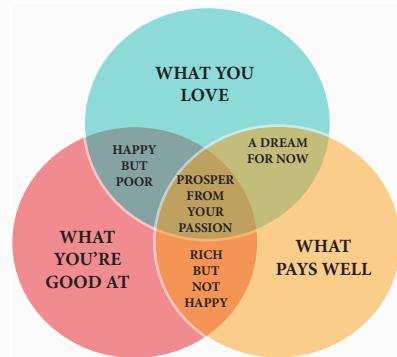
For this reason, the curriculum developers do not know what each one's micro will be. So, they subject you to the entire course. But also, they understand that your brain's ability to create and innovate is proportional to the breadth and depth of your exposure in knowledge and experiences. So by exposing you to broad content and experiences the course increases your capacity to relate and apply concepts, leading to an informed choice of the micro. When you succeed at identifying your micro, you have indeed succeeded at discovering what I call your Value Addition Quotient (VAQ). In other words, you have managed to define what society will need you for and therefore, what you will be paid for. Here is your assignment; Look around you locally and globally. Identify your role models or any other high fliers that you admire. Find out what their micro is. Even those serial entrepreneurs who are apparently spread across sectors and industries you will discover they have a certain small spectrum of micros which they customize and replicate into different fields of practice. For example, one may have mastered financial engineering and they keep applying that by investing in agriculture, then in pharmaceuticals, then education, and other different fields.

For example, my micro rotates around how human beings learn and how thinking shapes behavior. This is what I customize and apply to organizational

development consulting, writing books and articles, producing video and audio content, developing training curricula and conducting training for different audiences across sectors. Interestingly, it is not an aspect I can trace back in any of the formal courses I studied in school. But those formal courses formed a crucial foundation for my eventual discovery of my micro as I will elaborate in Att #6. What is your micro? This is an invitation for you to approach your course with such an outlook. And to invoke Steve Jobs golden wisdom, "it is easier to connect the dots by looking backwards than looking forward". That is to say, in most cases it is easier and more beneficial to analyze the course backwards (after) than forwards (in advance). However, for some people, depending on their personal contexts, midway the course, they are already clear about their micro.

Whichever way, find your micro.

Jim Collins in his monumental book Good to Great, advanced the hedgehog concept which we can borrow in this context to operationalize the idea of the micro. According to Jim Collins, the hedgehog concept is purposed to help you strategically position yourself at the point of intersection between three dimensions, each represented by a circle.



The first circle represents what you can be best at in the world (or what you are good at). The second circle represents what pays well (or what drives your economic engine). The third circle represents what you love to do (or what you are passionate about). The desirable ideal is if you can manage to find a micro that intersects these three circles (aspects). That is something that you are really good at technically while at the same time you are so passionate about it and it also pays well. If you can identify that micro, it is the ideal thing around which to build your career.

According to Jim Collin's model, the intersection between what you love and what pays well is just a dream, since you are not good at it. You are just dreaming because however much it is well paying, your passion alone can't deliver results. You can only stop at wishful thinking. On the other hand, if you settled for a career in something that you are both passionate about and good at, but does not pay, you would mere be settling for a career that will make you happy but poor. Unless it is a spiritually-oriented career, it will most likely not be sustainable. Similarly, settling for a career that only intersects between what you are good at and pays well but you don't love it, is likely to lead to being rich but not happy. Of course, what Jim Collins proposes here is the ideal, but in practice there are many circumstances that may lead one to deliberately make short-term or transitional career choices that fall short of the middle intersection. However, in all situations, it is important to make your career decision based on thorough awareness and analysis. Whatever, the case, I still believe that in any context you still need to identify your micro and capitalize on that.

The 2018 Baobab Summit- Kigali, Rwanda

Theme: Together For a Better World



Narinda Shirah,
Social Venture participant
at the 2018 Baobab Summit.



I had mixed feelings about the Baobab Summit; Firstly, I was excited, because I was going to visit Rwanda, after the famous campaigns of "Visit Rwanda". Secondly, it was an opportunity for networking and meeting new people. On the other hand, however, I was a bit scared, because I was a social venture participant, so I had a social venture project to show case, whose outcome I could not predict. The Social venture project scared me and my partner a lot, so much that we had to devote more of our time on our project, and less time on the sessions of the summit.

On the first day of the summit, I got up in high spirits, ready for the day's sessions, especially the country parade, which was mind blowing. It was interesting to

see various people dancing and representing their countries, I too danced, when it was Uganda's turn. With all the dancing and fanfare around me, I was still scared about showcasing our project "Rabbits for education" to the judges, Baobab attendees, and officials from Mastercard Foundation as well as the media.

Earlier in the day we had gone through the entire concept and tried to brain storm about the possible questions, which we thought were likely to be asked. What kept me going, was that we had prepared enough. Looking at the other Scholars' projects was quite intimidating, because all the projects looked great. Showcasing our rabbit cage prototype attracted a good number of people to our table, and I can testify that they went

away convinced and interested. I had never got to talk so much and to so many people in such a short while. Mostly importantly it gave us a chance to pitch a whole business Idea in very few minutes. Another important lesson was team work, I am my partner coordinated so well, that we would give each other time to explain before jumping in. We very excited when we made it to the semi-finals.

For the semi- finals, thirty groups made it, and this meant that we had to do our best to make it to the top. Lucky enough we made to the finals among the 20 groups. So for the finals, each group had only five minutes to present for the very last time. What seemed hard, was on how were to divide the five minutes for each of us to present and bring out the

whole idea. We decided to come up with something different from the previous presentation. We came up in a video of four minutes and a few seconds explaining our problem and the solution. The other few seconds were for our self-introductions. This trick really worked for us as after the video we were open to questions. What was asked most was about the sustainability of the project. The project involves sell of Rabbits which indicates cash inflow for sustainability. Well dressed in our navy blue t-shirts labelled "Rabbits for Education", we presented confidently and waited for the final results on the last dinner of the summit.

The last day of the summit, which was the long awaited day, was finally here. It was the day when the final pronouncement would made about which projects had won. I woke up very early in the morning, in a jovial mood, ready to participate in the day's session. First was the panel discussion, made up of very eminent personalities; Patrick Nsenga from AC group and Michaela Rwigangoga, CEO Volkswagen Mobility Solution Rwanda. The topic of discussion was even more intriguing; 'Creating the future work for Africa,' what was most outstanding, was the question, 'How can Africans be more prepared for the future work? 'This is a question we as young Africans we should keep asking ourselves, until we find answers for it. I guess, it through finding answers for this question, that we can solve the issue of poverty in Africa. Patrick Nsenga, strongly emphasized that Africans need to be equipped mostly with problem solving skills and innovation

"You see 15 years back, we never knew that we would have YouTube, but now it's there, so we cannot determine what jobs we will have, but we need skills to solve the problems." He



Shirah together with her colleague Myers during the vetting of their 'Rabbits for Education' project at the Baobab summit in Kigali

opined. He further shared that innovation was very good, but it as well leads to unemployment but still, how to go about this is having problem solving skills, so that you can be taken up in other sector if one fails.

This conversation gave me an opportunity to tweet about the session so that I share with the whole world. The day was fun filled from that panel, to painting, and visiting the Kigali cultural village. Mostly the lesson I drew from the entire venture process at the Baobab is to be confident and believe in yourself and to read extensively about the field in which your venture is in, not comparing your project to the other projects and most importantly as a team to work together and have one common mind about the project. The biggest call out to scholars is to write many proposals as possible because project resolution is willing to take on many good projects.

Finally the time came to announce the Resolution project fellows, however it brought along a lot of fear and anxiety as to whether we had made it or not. I had never been under pressure that much, my hands went cold every time they called a project, but thanks to God our project made, much exciting still is that we had all our three projects from Makerere university making it. What followed was the much media interviews, from many media houses which included the East African, New Times of Rwanda, Africa24 and many others. I didn't really face much challenges but rather learned a lot. With this experience I am much willing to help any other scholars who are hoping to apply for social venture challenge next year. Lastly I feel proud of myself and my partner Ndyabawe Myers for being the hope of the pupils of Kabuga primary school, Kamwenge district.

WHY SCHOLARS SHOULD JOIN AFRICA CAREERS NETWORK (ACN)



Allen Kyarikunda.

The Goodness of African Careers Network (ACN)

There are no mega solutions - only individuals making a small contribution to their fellows have; so, choose to be one of them by joining African Careers Network and be the young professionals that will live a happy life. African

Careers Network is a team that connects young leaders in the African Leadership Academy (ALA) to meaningful professional opportunities like internship and jobs. Because of ACNs nature of work, the team works closely with ALA Alumni, Mastercard Foundation Scholars at Makerere University and University of Pretoria (UP) to equip students with professional development skills that they need to set themselves up for meaningful career opportunities after college. To enable ACN attend to all students, it works closely with a select group of current students called Peer Coaches who act as a liaison between ACN and students board of different campuses. Peer Coaches are junior versions of ACN that help in organizing

career development events like campus Baraza, keep track of their peer's professional growth and help with ACN visibility and event planning.

How and why should I become a member of ACN?

The qualification for being part of ACN; one should be Mastercard Foundation Scholar, commitment to follow its vision and mission. For one to join ACN, visit the Facebook page and search for ACN- pilot group and later click on join. Follow like, comment and participate. Benefits for being on ACN include;

- Networking, Internships programs and jobs
- Recommendations and references for members
- Experience in Planning Monitoring, Implementation and Advocacy work
- Learning to write professional emails and cover letter, Resumes, CVs.

Allen, is a final year student and a Mastercard Foundation Scholar at Makerere University pursuing Bachelors of Arts in Social Sciences. She is a trainee in the Peer Coaching Program with African Careers Network. She developed interest in ACN after participating in 2018 Kampala Baraza. She has since actively followed up the Baraza with an online training with ACN team from South Africa, who did not only impress her but also inspired her to cause a change to the people surrounded by her in the professional journey.



Across section of Mastercard Foundation Scholars who attended the ACN Baraza in Kampala

MY EXPERIENCE AT THE BAOBAB SUMMIT AUGUST 2018, RWANDA:

By Beth Nanyama, 3rd Cohort Scholar, BSc. Education.



I was privileged to be part of the team that represented Mastercard Foundation Scholars at Makerere University during the 2018 Baobab Summit that took place from the 9th-11th of August 2018 in Kigali-Rwanda. The summit brought together 360 young leaders from various universities in Africa, North America, Costa Rica and Lebanon to learn, share experiences and ideas, collaborate through making meaningful networks to bring about innovation of Africa.

The summit was held from Kigali Convention Centre and it was officially opened on 9th at Exactly 9:00 am by Ashley collier who is the scholar's community manager Mastercard Foundation, after which we had country parade which was the first stage of networking. The 2018 baobab summit had the goal of nurturing the next generation of African innovators under the theme that comprised of the essence of collaboration and community, entrepreneurship, steam innovation, inclusion and collective action. I participated in all the sessions and the first session was about tracing the roots of Africa and understanding African innovation which was led by Youssef Travaly, vice president and chief scientific officer African institute for mathematical studies.

One of my major key take away from the summit was; learning to see people who are around you as assets not competitors despite the situation they are in because if you see them as assets, it means you can make good use of them, to bring about a positive social impact to

a particular community. As you struggle to become a champion in your area, help those around you to become champions in their fields which are one of the major important qualities of a transformative leader. I have learnt more on how to maintain a state of balance in life i.e. striking a balance between my academics and other activities more so through collaboration and inclusion with the people around me, I learnt about pitching, which means a purposeful self-introduction in less than a minute basically for networking. This was one of my best sessions at the summit as it was more interactive and I got to learn a lot from what different scholars were sharing since every individual was given a chance to share about whom they were and what they are passionate about.

Through my interaction with different speakers and scholars from different institutions and the ideas they had during the resolution project presentation and during breakout sessions, I have gained more knowledge and skills on how to give back to my community using the scarce resources I have around me. I have been able to improve on my communication skills especially public speaking through the presentations we had during the different sessions at the summit. I encourage my fellow young leaders to take up all the opportunities that come along the way because you will never remain the same. I give my sincere appreciation to the Mastercard Foundation Scholars Program for the great efforts they have put to transform the mindset of young people.

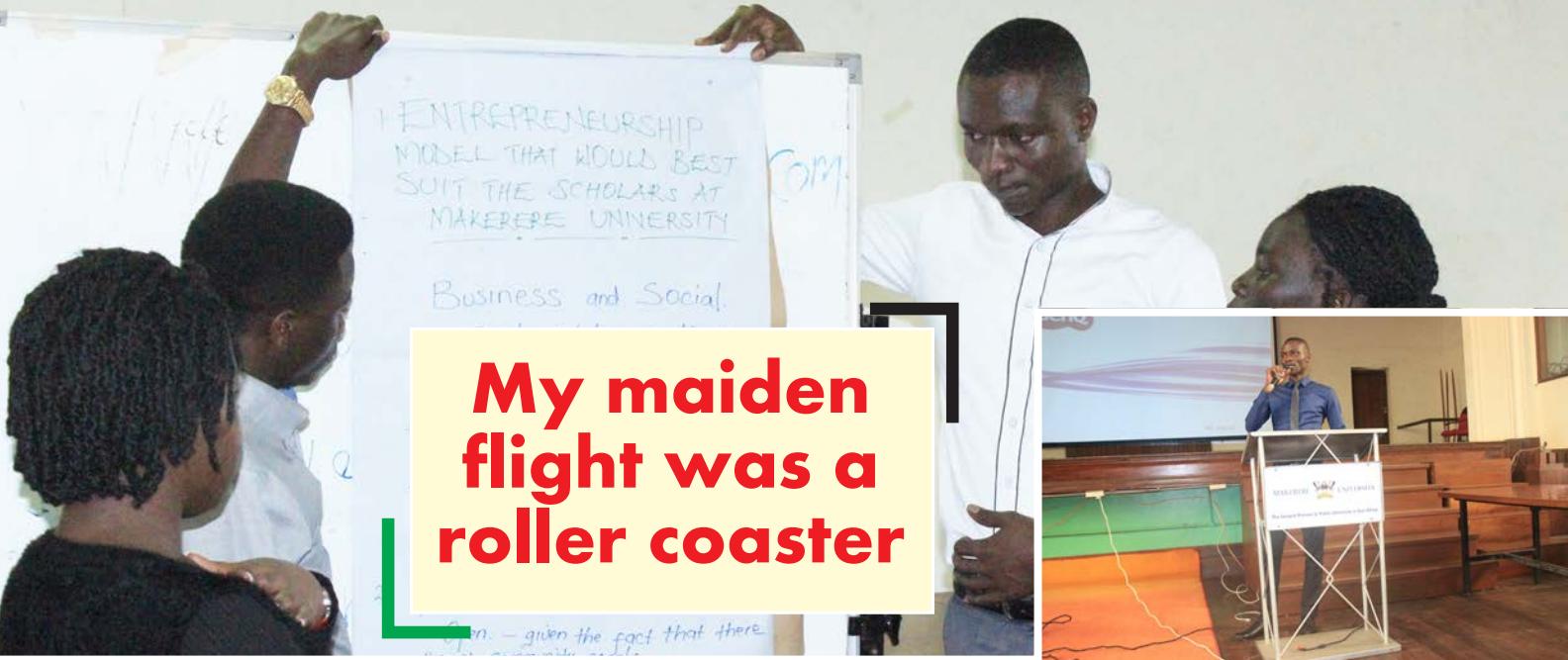
THE SCHOLARS PROGRAM ACTIVITIES THROUGH THE LENS











My maiden flight was a roller coaster

There is a first time for everything in life, so they say. Indeed I had my first time on an Aeroplane. The day was 8th August 2018, I found myself in the skys aboard Rwandair, heading to Kigali for Baobab Summit 2018, courtesy of Mastercard Foundation Scholars Program. I was excited and terrified at the same time. I remember packing my bags a week early, and every day I would add something more in my suitcase. As days drew nearer, I and my colleagues kept talking about the summit, we were so excited about the whole idea of meeting other Scholars from other universities.

Before I knew it, the D-day was upon us, I made sure, I acquaint myself with the security checks at Airports and Airplanes. I can't even remember how many times I read about Aeroplanes and Airports just so I wouldn't miss anything. The long awaited day finally arrived, guess what? I woke up at 5am by a phone alarm, to just prepare for a 3pm flight!

We drove to Entebbe International Airport with my colleagues, and got there earlier than necessary, just to be sure we are on the flight. After the routine security checks at the Airport, we were ushered into the waiting lounge. I sent WhatsApp messages to almost all my relatives and friends, posted selfies on my Facebook page,

showing how I was at the Airport waiting for a Flight. From where I sat, I could catch sight of Planes taking off, I was mesmerized. Of a sudden, I was gripped with fear. As I continued whatsappping, I couldn't help noticing people around me-they all seemed calm like it was another normal day. "Boom! Passengers Rwandair is now ready for boarding" the announcement ran. We all rushed to the departure gate. My legs started shaking, because I did not know what to expect while in the skys.

When we got into the plane, the air hostess began to say somethings, which I didn't pay much attention to, because at this point my mind was very far. I began looking through the window, because I wanted to see exactly what happens when the plane is going up in the skys. I heard the engines starting roar, before I could see anything, we were in the skys. I could see moving clouds just close to me, it was so fascinating. I started to relax, I even read a book and talked to friends, unfortunately it was a short flight, within a short time we were landing at Kanombe international Airport in Kigali.

Each day of the summit was very special, with unique programs and facilitators but all on the theme, 'Innovation and Collaboration.'

We were urged to create a conducive atmosphere that positively greets all mankind. Thus we should bring others along and help them to cause a change in their lives. And that we were a family and a family does not give up on its own members, therefore we should work together, so that we uplift one another's status. Mastercard Foundation is a family that I could ever ask for! I could go on and on, I cannot tell it, but what remains true is that, the Baobab summit was a life changing experience for me.

I would like to thank most sincerely Mastercard Foundation for giving me an opportunity to be a part of the Scholars community. I also thank my fellow Scholars who entrusted me with the responsibility to serve them as their Council Representative. Last but not least, I would like to thank the Program Implementation Team at Makerere University for the tremendous support they render to us, which has enabled to get to where we are now.

Ngobi Peter
Scholars' Council
Representative
Makerere University



Finding Your Way to a Meaningful College Experience and Life

By: Harriet Tiko, Psychosocial & Support Services Officer



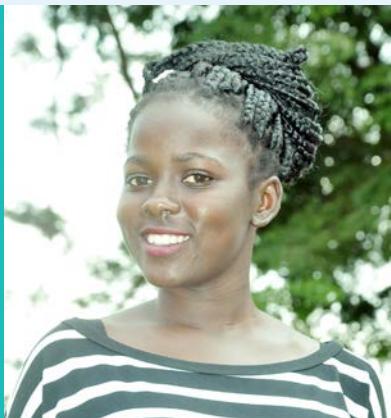
Many students at college are not so sure what they want to major in – even those in declared majors still struggle to make choice(s). Equally many students struggle to find their purpose. A good number of students realize mid-way that they are pursuing courses they don't really like or doubt what it leads them to. All of us are born for a reason, but all of us don't discover why. Success in life has nothing to do with what you gain in life or accomplish for yourself only but it's what you do for others.

– "Why it's important to find your why. Do you feel inspired getting out of bed every day? Do you create something more

significant than the services you provide? Do you care more about doing the job right or just getting the job done? Are you on a trajectory to be better tomorrow than you are today? Do you feel the same about your unit, department, or the college in general? Do you live your life based on a greater purpose – professionally and/or personally? We all need guidance in answering what I would call the fundamental questions of life, fundamental because they will set your pace in your studies, they will guide what you rise up every new morning, they will guide who and for what you associate with while at college

and finally they help you find support in good time and build what you will be tomorrow. These questions include the following; who do I want to be? What do I want to do? How do I want to live every day? Who do I want to serve? How do I want to help? How do I make a difference? The Mastercard Foundation Scholars Program at Makerere University Project Implementation Team is ready to help you find answers to the fundamental questions of life early in order to help you set your pace in life early enough.

– Good luck in your studies.



Biryamondi Hanifa (BJCO 4th cohort)

I have always been generous towards those needy people on the streets. I know that they lack what I have. They hold out their hands and ask for a coin, which is only enough to buy them a bottle of water to heal their grumbling stomachs.

What happened to humanity?

I see them sleeping along the streets on boxes. My mother has taught me to place a coin in their bony hands. This made my heart grow softer towards them. Because of the agony that showed through their pleading eyes.

I have always looked forward to helping a soul in order to get a blessing from God. My heart gets broken on realizing that some people use other people's misfortune to acquire more. I have come to discover that our neighbor has been pretending to be needy. She has always begged along the street without her husband's knowledge.

This makes me question the cases of theft that are on the increase in

Kampala. The blame is put on the street children who are looking for a day's meal. But it's actually these greedy people are using them to their advantage.

Why would someone be so heartless to do such a thing? Do they have any drop of humanity in them? Do they even think about what will happen when they meet their creator? Will they answer for their actions?

I always ponder over these possibilities. When I use these questions in comparison with my own life, it just dawns on me that they don't really think about all these and pretend not to care because of their greed. But why don't they have pity on our brothers and sisters?



Make a difference in your community...

By Bernard Buteera, Communication & Web Officer, Mastercard Foundation Scholars Program at Makerere University

One of the cherished values of Mastercard Foundation Scholars Program is to 'give back' to society. Unfortunately, it's not something that we talk about often. Too many of us are focused on the 'struggle' of our daily lives to even think of giving a helping hand (give back) to the less privileged in our communities.

What does 'giving back' mean? Simply put, the phrase 'give back' presupposes that one has been given something, and surely each one of us has been helped at some point in our lives, therefore it is only fair to return the favour. Giving back to your community through volunteering, non-profit organizations, charity or other means, does so much to help those in need and contribute to the common good. You can give back in different ways, by giving money or giving your time or skill or physical items like food and clothes.

Mastercard Foundation Scholars Program at Makerere University, planted a seed of giving back to society, the seed is germinating slowly but surely, will soon take root and spread throughout the University and Uganda as a whole. It is exciting that Mastercard Foundation Scholars understand the value of giving back to their communities. Every year, either as individuals or groups, Scholars go back to their communities and give the little they have in terms of time, skills, money, or even physical items, to the less privileged in their communities. Nelson Mandela, one of Africa's greatest men couldn't have put this notion of giving back to society better;

"In Africa there is a concept known as 'ubuntu' the profound sense that we are human only through the humanity of others; that if we are to accomplish anything in this world, it will in equal measure be due to the work and achievements of others."

If it has always been a thought for you to get around and start giving back and you needed a little push in the right direction, here are 10 reasons why giving back to the less privileged in our communities is important.

- 1. It creates a feeling of gratitude.** Feelings of compassion, humanity and a sense of appreciation awakens when we give to

other people, especially those in need. There is nothing greater to centre our focus in this world, than beginning to understand just how much we have to be grateful for. This comes from being in direct contact with the act of giving to people who are less fortunate than ourselves.

- 2. Giving back encourages a culture of giving.** Behaviour is contagious. If people see you or other people giving back to society in some shape or form, it is likely to be an idea that sticks with them. Many people who give back to society have been inspired by someone in their community or environment who had done so. The spirit of giving begins as early as baby class at school.



Scholars cleaning up one of the local markets during their Annual Community Service Day



3. Strengthens communities and nations.

Giving encourages dialogue between people, communities and nations in ways that people would not ordinarily have experienced before. When people choose to give, they unite from different sectors and communities in the name of a common cause. This is a key contributing factor in strengthening communities and nation-building.

4. Alleviates poverty, struggling and suffering.

On an absolutely practical level, when you find ways to give back to society, this helps to provide some instant relief from poverty, struggling and suffering. Even if a long-term, sustainable solution is needed, people still need food in their mouths, clothes on their back and access to medical care or basic sanitation in the immediate moment. This is where organisation like the Red Cross, come in handy during periods of emergencies. Can we get many Red Cross minded individuals in our communities? It is possible.

5. It helps you to accumulate and share resources.

If you know that you need to share your resources with somebody, it immediately makes you conscious about

what it is that you have to do to raise the resources. Besides the gratitude aspect, you suddenly are aware of the value of a bottle of water or a plate of warm home-cooked food. Once the value of those resources become abundant, so too does the realization to work hard to raise the resources, because they do not come easily. You will be more dedicated to accumulating and sharing those resources.

6. Creates a nation of emotionally aware people.

It is easy for us to fall into a sense of moral sleep, when we are not faced with the realities of people who are less fortunate than us. Once we make the conscious effort to get out there and give a helping hand to other people, we have greater emotional awareness and this helps us to become emotionally intelligent people.

7. Provides people with the building blocks for their future development.

If for instance, if you are giving back to society through education for the young people like Mastercard Foundation does, or feeding like World Food Program does, or housing scheme like Watoto church and other charity organisations do for orphans and refugees, you

will be providing essential building blocks for these young people's future development.

8. You will grow as a person.

When you are engaged in philanthropic and humanitarian activities, you somehow can't help, but be touched as a human being. Your emotional awareness increases, your care and consideration for others is awakened, and you are exposed to new and different people. You will grow as a person.

9. Enjoy the health benefits of giving back.

On a physical level, you are bound to experience an increase in your levels of wellbeing when you give back to society. Givers on a whole, experience a boost in morale, increased feelings of happiness, greater purpose in life and naturally lower stress levels.

10. It feels good to give.

Deep down inside, we all want to feel that we contributed, added value and had some kind of meaning and purpose in our lives. Giving to others helps to feel that we've made that difference and helped to alleviate the crisis in somebody else's life. Whichever way you look at it, giving back to society has profound benefits for both the giver and the recipient.

The potential for strengthening people and nations through giving back to society is huge and something that we all need to consider looking into. I hope that you are inspired to give and contribute to society in whichever shape or form in your life. If the above ten reasons cannot inspire you to get up and start giving back to your community, nothing will.

What is For God and My Country?



The streets that continuously give birth,
But cannot be taught family planning.
Fathers who sow the seed of manhood
But don't want to weed or prune the plant to bear fruit.
Are for God and my country.
The beautiful nature
Preserved on our bank notes
But will be no more by 2040.
And the highly favoured investors,
Who reclaim wetlands to strengthen the country's shaky economy.
Are for God and my country.
Meagre funds for girl child pads and cancer machines,
Stupendous proportions for military artillery and
Overseas medical treatment

For the people in power.
Are for God and my country.
Countrymen, educated from their motherland,
But are working overseas.
Lazy Millennials tweeting #people power,
As other people are being shot by stray bullets during demonstrations.
Are for God and my country.
A president who is 'not anyone's servant',
But works for his family and 'Bazukulu',
Ruthless security agencies that Respond to camera shots with gun shots
Are for God and my country.
By Luyima Kigongo, 3rd Cohort scholar.

GIFT OF LOVE AND HAPPINESS

People are of different character but it can all be attributed to their upbringing. Some people do not have the heart to help others or even consider that there are other people whose situations are worse. Before I joined MasterCard, I thought that I was facing the worst problems in life. To me, life was at a standstill. There was the probability of not joining university, fear of not fulfilling my dreams, worrying about missing meals. I thought God had forsaken me. Little did I know that He had a plan laid out for me. In MCF I have had a chance to participate in community service. Through this, I have gained exposure and got life changing experiences. I have discovered that there is more to life than what I perceived. Although there are still chances of missing meals, I know that I have a family that looks out for me.

There are people who do not have all these. Street children cry alone when in sorrow, children in orphanages have necessities like food, clothing and education but they lack the parental love and the siblings that we have.

You might be poor and occasionally struggle to get necessities but you might be living a happy life. Look at those who lack food, education, parents and shelter. They go to sleep praying that they don't have to face another day.

Therefore, I call upon my brothers and sisters to spread the love and happiness that they have within them to the rest of the world. This can be accomplished even without spending a penny.

By Biryamondi Hanifa, Year 2, Journalism and Communication





Munaba Sharon Gertrude
B.A Education, 2nd Year.



Ajambo Moses
4th Cohort Scholar

MY THOUGHTS...

Life is full of questions asked by ourselves and other people, sometimes we respond with right or wrong answers. We are not sure about tomorrow, but we are sure about today therefore we can determine our tomorrow by the things we do today.

When I was 5yrs old, I didn't know what I was going to be at 10yrs and 15yrs, at 15yrs, I didn't know how it felt like to be 18yrs old, and now I am 20yrs old, I have things that I want to be having by the age of 21. Therefore, I have to work hard and do things that can make my age at 20 great so that I be greater by the age of 21 because what I am today determines what I will be tomorrow and I only live today once and it won't come back again.

It's not all about what we want but what its best for us. Not everyone is doing his or her dream course program but we had to change our mindset towards it so as to achieve the best. Therefore whatever we are and have today, let's be best at it, and exhaust all the opportunities in it as we can, be it people or resources so that we contribute to the greatness and goodness of the next level or stage because tomorrow has to be different from today and its determined by what we do today.

Let's utilize what we are and have today when we have that chance because they won't come back again. At the end of the day, all our successes and failures in life come back to us.

In the Years

So young and blissful in those years
Only great memories cover my face with a grin.
When we told time using the sun or the cock's crow.
Nothing like sandals on our feet.
We were so happy with our culture
And we bestowed strides to represent the Africanism in us.

In those years

So full of grace and marvel.
My mother sent me to draw water from the stream
In a pot, purified water from kataizula
The millet bread we ground on stones with Sweet melodies to make work swifter.

Do you remember how Kisale's son was circumcised?

Oh the memories!
It was always a party so full of life
Dancing to the beats of drums
In those years when we sat on the ground to Share a meal with the family.
Who then can forget our toothbrushes made from tree branches...ah!
Skipping ropes and playing in the rains
We were distinctly African

On night fall,

Every one staggered back to their mother's hut to sit Beside a dim-wick lamp to watch the saucepan Of sweet potatoes and nvlugua cooking on the blazing fire. Sweet days we got medicine from roots- no headaches, back pain with Molokoni soup.

In the years

Gabiri shouting a greeting, kwoizeyo!
In my African language Lugwere.
Where is the Africaness now, the fire place stories?
What culture is this?
We move past a friend without saying a greeting
We take aspirins, coartem, and drip water just for minor illnesses.
We dress and leave our bodies open claiming it is stylish.

In the years

See yonder the minister's daughter greeting elders without bending a knee!
She speaks through the nose, a foreign language
Giving attention to a talking thing called a phone
Ignoring the neighbours.
Comrades we should go back To the years that bound us together in our Africaness.
We are true Africans and Africans we shall be.
Back to our culture of the great African race,
Distinctly African in the years



Juliet Kobusinge, Proud Teacher Trainee Bachelor of Arts with Education

TRAIN A WOMAN, TRAIN A NATION

Teachers believe that the nation is because they are, indeed I have come to believe that a great teacher is a great artist and that there are as few as they are. These sayings capture the priceless value of all educators and how their influence can touch lives.

We should all be able to meet a truly great teachers because they bring the best in students. A teacher's effect lasts for eternity. You can never tell where their influence stops since they are the only ones who get the most out of the lessons. A good teacher o his learners inspires hope and instills a love of learning.

Teaching is such a noble profession as it shapes the caliber and future of an individual.

Wherever you go in this world, education is considered to be one of the central roles of society and it teaches other respectable professions. A variety of education studies exist and Students are given an understanding of how people learn and develop throughout life. They not only have the confidence of standing up in front of a class full of students but also have to develop "KART"

- K - knowledge and understanding through the use of education literature
- A-application of your subject knowledge
- R-reflection on the concepts and theories
- T-transferable skills.

One may not necessarily study education to become a teacher but here are some other reasons why;

There are Inter disciplinary subjects where one can specialize in different areas such as, primary Education or adult learning, course mixture, further study and became teachers. One can also work as a curriculum designer, education psychologist and education officers in museums. Working as a teacher also helps to pioneer the future that will inspire the young generation to continue making the world a better place. Many teachers Say that the best aspect of their jobs is seeing a student overcome a struggle and understand something being taught. Indeed success is not a good teacher but failure makes you humble. Of all the hard jobs around, teaching is the hardest.

TRAIN A WOMAN TRAIN A NATION

START NOW WITH THE PEOPLE AROUND YOU...

**Kalema Ronald,
Bachelor of Science in Civil Engineering**



In life is important to recognize that success comes to those that have started something. It is normally very difficult to start, however, it starts with you, for you to start. One of the greatest scientists of all time, Prof. Isaac Newton, in his second law of motion states that; a body will continue in its state of rest unless an external force acts upon it. Having a dream without starting, it's like expecting a child without doing something. The destination we want to reach is possible if we start on the journey and time is now. However much we might be discouraged in one way or the other, at times as a result of our failures in the

previous attempts, failure simply means finding an alternative way to progress.

Being successful in life starts with our mind, the dreams we have in life and the friends we hang around with. God sends people in our lives to help us achieve our dreams, but we may not realize it, if you don't try to make your dream a reality. At times it can be very difficult to achieve our dreams alone, it is important to share your dream with other people like your mentors, they play an important role in our lives. I can compare this to a selfish bright student, who read for his final exam up to five o'clock in the

morning, and accidentally dosed off, but his friends did not wake him up as they were going for the exam. This was because of his selfishness and failure to discover the value of people that were around him .This reminds me the saying that goes that; if you want to move fast, move alone but if you want to go far move with friends. That's why I treasure my friends that keep me in motion. Success occurs when preparation meets an opportunity, however, it's a slow process that requires determination, persistence and patience. Quitting will never speed it up.



One on One with Charles Katulamu

Charles Katulamu is a second Cohort Scholar of Mastercard Foundation, who is soon graduating with a Bachelor of Science in Population Studies with a first class degree! The AlumNet sought him out and had a chat with him on a number of issues including how he scooped a first class degree. Hear it from the horse's mouth.

Who is Charles Katulamu?

Charles Katulamu is a prospective graduate at Makerere University, with a Bachelor of Science in Population Studies. He is graduating with a first-class degree and he will be a Masters' student at Michigan State University in 2019.

Tell me about your education journey.

I started school in early 2000's in Nakawa, scored 9 aggregates in my Primary Leaving Examinations (PLE).

I went to Namungoona High School for my O'level where I scored 18 aggregates in... (UCE).

I proceeded to Kibuli High School on Brac scholarship and there I did PCM/ICT as my combination in sciences. I scored 12 points in UACE.

I was then admitted to Makerere University in 2015, to study Bachelor of Sciences in Population Studies, which I completed in May 2018.

Did you encounter any hardships, if any how did you overcome them?

My basic challenge was raising school fees during my early studies in primary and Senior One. Luckily, in senior two, I was on top of my class. I got a bursary which I maintained till senior four.

During my Advanced level, I got a sponsorship from Brac Uganda. I didn't have to worry about school fees anymore. But I had something else to worry



about, my subject combination tended to be so hard. I had to put other responsibilities such as leadership and co-curricular activities aside, so I could concentrate on books.

At Kibuli, there was a system of self-study where teachers were like lecturers. This was far more different from other schools I had gone to. That however, prepared me for the life at campus, where I did not expect to be spoon-fed.

When I finally joined the university, things were easy for me. I had the option of enrolling for the Evening program so I could have enough time to balance studies and leadership responsibilities. I planned my schedule in a way that; from 6-9 Am I was reading, 9-11 Am I went to president's office since I was the president of my school. 11-1 Pm I engaged in discussions, 2-4 Pm was still office time, and

I went for lectures from 5-9 Pm. This schedule became part of me.

Leadership posts held

I contested for the post of vice president of my school, and later president. This was quite challenging but the way I managed my time was the best, I guess that why he is shining now.

Motivation

I was always willing to work and that was my motive for university. I worked with Mentor Coach Empower Uganda and this kept me moving.

Advice

I advise scholars to prioritize their books and manage their time very well. The ones who have first class degrees should work hard to maintain them and those with second class should work towards getting a first class. I urge them to always take up opportunities that come their way, they will go further. I utilized every opportunity I came across and that is why I am going to further my studies in Michigan. I also managed to get a research job in Makerere University. Scholars should self-discover, have good peers and should not engage in things that they are not ready for, especially relationships. I was determined to find a wife at campus and I achieved but this does not guarantee that everyone will get one.

Interviewed by Munaba Sharon Gertrude, BAED Year two.



Understanding Sexual Harassment and how to respond when it happens

What is sexual harassment?

Sexual harassment can be defined as unwelcome sexual advances, requests for sexual favours or unwanted physical, verbal or non-verbal conduct of a sexual nature.

What are some examples of Sexual Harassment?

These include but not limited to

- Inappropriate touching or suggestive staring
- Making offensive sexual jokes or remarks about women or men
- Sexting and cyber based harassment
- Exposure of body parts or forced sex

What is the difference between positive interaction and Sexual Harassment?

While positive interactions are based on mutual consent, pressure-free and pleasant for both parties involved, being on the receiving end of sexual harassment is often uncomfortable, unwanted, embarrassing and non-consensual.



Ms. Frances Nyachwo, Deputy Director (Teaching & Learning, Research & Innovations) Gender Mainstreaming Directorate Makerere University addressing students during the Sexual Harassment week at University

A hug between friends, mutual flirtation or a relationship of mutual consent does not constitute sexual harassment.

Many harassers will say that what they are doing is not sexual harassment. Harassers will use the excuse that their intentions are innocent, and that their sexual advances are welcome but "no" always means "no".

Persistent unwanted advances constitute harassment. Note:

Note: Be alert and look for subtle clues such as silence (when a person does not respond to another person's request), and negative body language (when a person pulls away or is upset). The presence of these clues indicates that an interaction is not positive, that the behaviour is unwelcomed, and that the behaviour should stop.



Who are the harassers and who are the targets?

Anyone can be a harasser and anyone can be a target, but studies show that generally, women are more harassed by men. Sexual harassment is not about sex and fulfilling sexual desires. It is, in fact, about abuse of power. Sexual harassment is used as a tool to gain power.

What are the different forms of sexual harassment?

- Traditional Sexual Harassment; when the harasser is in a position of organizational power over the target, e.g. professor/ student, employer/ employee
- Peer to Peer Sexual Harassment; When the harasser and target are peers who may share equal amounts of power in one area, (i.e. student to student) but not in other areas (e.g. gender, physical, or social)
- Contra-power Sexual Harassment; When a person who is not ordinarily in a position of power sexually harasses a person who is in a position of power, e.g. male student to female course instructor or administrative staff.

A conduct amounts to sexual harassment when:

- (a) Submission to such conduct is made either explicitly or implicitly a term or condition for employment or academic achievement or advancement.
- (b) Submission to, or rejection of such conduct is used or threatened, or insinuated to

be used as the basis for an individual's employment, or academic achievement, or enhancement.

- (c) Such conduct has the purpose or effect of unreasonably interfering with an individual's employment or academic performance or creating an intimidating, exploiting, hostile, offensive working or academic environment.

Where and when does sexual harassment take place?

Sexual harassment can happen anywhere, at any time. It can happen at the work place, while walking down the street or in a public setting. You need to be alert and on the lookout, at all times, the predators are all over the place and wearing innocent faces!

If you are a student at Makerere University, what should you do if you are being harassed?

Experiencing sexual harassment is never the victim's fault. There are actions that can be taken against it.

1. Do not ignore it. Most likely it will not end.
2. Say "no" to the harasser firmly and clearly.
3. Name 'it' as sexual harassment.
4. Keep a record of what happened and when it happened.
5. Write a message (Email, WhatsApp and Text) to the harasser asking them to stop if you do not feel safe or comfortable enough to speak to them directly.

6. Give a copy or copy in the Director, Gender Mainstreaming Directorate (GMD)

7. If the harassment persists, then seek advice from a trusted student leader or a trusted University staff on how to lodge a complaint as per the University Policy and Regulations against Sexual Harassment.

8. File a formal complaint through the Gender Mainstreaming Directorate.

Where to report when being sexually harassed

If you are a student at Makerere University, please visit the Gender Mainstreaming Directorate, Senate Building, Level 4 Rm 402. Or call following hotlines; +256 757445301, 0782800982, 0758540263, 0785594931 and 0757797130 or you can report anonymously using the SAFEPAL App from google store. The rest of Ugandans, wherever you are, report cases of sexual harassment to the nearest police station, or responsible offices at your respective work stations.

Note: Makerere University has a Policy and Regulations against Sexual Harassment. The University reaffirms its zero tolerance to sexual harassment in its bid to create an environment that respects and protects the rights of all its members, female and male. This policy applies to all students, academic staff, administrative staff and support staff of Makerere University as well as to others who participate in Makerere programmes, activities and employment in both on- and off-campus settings.

This article was adopted from the Gender Mainstreaming Directorate brochure as a way of addressing the vice against sexual harassment in Makerere University and Uganda as a whole.



Amazing Facts about Animals You Should Know:

By Tito Okumu

The other day I was travelling in a plane from South Africa and got a magazine about animals which amazed me. As I read the magazine, I was compelled to read more about the subject and get acquainted with a few basic things like, who is responsible for giving animals their names? According to The Holy Bible, the book of Genesis, 2:19–20 (NIV) and I quote:

"Now the LORD God had formed out of the ground all the wild animals and all the birds in the sky. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. 20 So the man gave names to all the livestock, the birds in the sky and all the wild animals".

Legally, animals are classified in two types, domestic and wild animals.

Domestic animals; are those which are naturally tame and gentle, or which by long association with man have become thoroughly domesticated and are now reduced to such a state of subjection to his will, that they no longer possess the disposition or inclination to escape.



Wild animals; are those which possess a wild nature or disposition and so require to be reclaimed and made tame by art, industry, or education or else must be kept in confinement to be brought within the immediate power of the owner.

It even gets better when you start appreciating what goes on in the animal world. Just as a clinch to knowing animals here is some food for thought.

Frogs Can Freeze Without Dying	Crocodiles Can Grow for More Than 30 Years
Cats Only Meow at Their Moms and Humans	A Group of Owls is Called a Parliament
Alligators Can Live to 100 year	A Group of Rhinos is Called a Crash
Rats Laugh when tickled	Cows Produce More Milk When Listening to Slow Music
Dolphins Have Names for One Another	Giraffe uses its tongue to reach around acacia thorns and grab the tasty leaves. The 18- to 20-inch-long tongue is also used for cleaning the ear and back of the neck
Ostriches are faster than horses	Elephants cannot jump and it is the only mammal that cannot jump

It is high time you got to know more about the animal kingdom. Make it a hobby and you will be able to appreciate some of the human habits around you. May be humans are not as sophisticated as they portray themselves.



Manage your anger and live longer

When was the last time you really lost it? Was it when you failed that test or exam you thought was very easy? Or when someone elbowed you out of the way to get on a taxi? Was it when you were rejected for a job you thought you deserved to get?

We all feel angry at times and it's a natural response to threats, attacks, injustice or disappointment. If you live in the capital Kampala, there a number of people and things you come across on a daily basis that can make one go mad. From the Bodaboda guys riding on the wrong lane, to the taxi touts who think they own the entire road, or people jumping queues in banks and other places or people throwing rubbish on the roads. There is just a lot that can make one get angry on a daily basis.

Anger is a powerful emotion and releasing the pressure that builds inside you is often essential to let you move on. If anger isn't dealt with in a healthy way, it can have a significant effect on your daily life, relationships, achievements and mental wellbeing.

What is anger?

Anger is one of the basic human emotions. It is a physical and mental response to a threat or harm. Anger takes many different forms from irritation to rage or resentment that festers over many years. At any point in

time, a combination of physical, mental and social factors interact to make us feel a certain way. It's different for everyone. Our feelings are influenced by our emotions, how we view the world, and our circumstances. Like other emotions, anger rarely acts alone.

Why do we get angry?

The situations that trigger anger today are much the same as those faced by our ancestors. These include but not limited to;

- Facing a threat to ourselves or our loved ones.
- Being verbally or physically assaulted.
- Low self-esteem or our place within a social group.
- Being interrupted when pursuing a goal.
- Someone going against a principle that we consider important.
- Being treated unfairly and feeling powerless to change it.
- Being disappointed by someone else or in ourselves.
- Having our property mistreated or destroyed.

Your recent experience can also influence your reactions. If

you're having a bad day and are in a state of constant tension, you're more likely to snap when something goes wrong. Even if it's something that doesn't usually bother you. We may feel angry immediately or only later as we recall a situation. Anger that comes to the surface years later sometimes has its roots in abuse or neglect long ago. Sometimes anger hangs around inside us for decades, because it wasn't dealt with sufficiently at the time.

How can anger be managed?

Managing your anger is the most important skill you can ever learn. Anger management doesn't mean not getting angry, or diffusing your anger. Anger management is about understanding the causes of your anger and how to deal with it in a healthy way.

Here are some practical ways to calm down;

Think about what has made you angry, think about the consequences of exploding in rage and then choose how to respond.

- Delaying your reaction can help to deal with the situation calmly and constructively. Even in the middle of an argument, it's not too late to take a deep breath and choose to express yourself differently.
- Give rational thinking time to kick in, by counting to ten before you act.
- Drop your shoulders and breathe deeply to help you relax.
- Instead of telling your body to get ready to fight, you can reverse this message by telling your body to chill.
- If you feel the urge to throw or destroy something, remove yourself from the

situation and try taking it out on something soft like a cushion that you won't damage and which won't hurt you.

- Try screaming if it won't disturb people near you or scream into a pillow to release your anger.
- Talk yourself down – imagine what your calmest friend would say to you and give yourself the same advice.
- Imagine yourself in a calm setting that you have previously enjoyed.
- Distract yourself or take yourself out of the situation that made you angry - read

a magazine, complete a puzzle, listen to soothing music, or go for a walk.

- Pour out how you feel in writing or redirect your energy into another creative activity.
- Offload to a friend who will help you get a good perspective on the situation.
- Finally, you can calm yourself down. This means not just controlling your outward behavior, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down and let the feelings subside.

The goal of anger management is to reduce both your emotional feelings and the physiological arousal that anger causes. You can't get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your reactions. If you manage to keep ourselves calm, and live to see the next edition, we shall share with you what uncontrolled anger can do, which can actually shorten your life. Till then, please keep calm, don't lose your head, nobody wants it!

**Compiled by the
Editorial team.**

The Mystery That Is Music

Music is an amazing thing. It can cheer us up or bring us down. Have you ever wondered why music taps our emotions or even what makes a tone stick in our heads? Why some people are more musically talented than others. Music can be a passion or a hobby. It is also a means of relaxing for some and a source of excitement to others. Can you imagine a party without music? But how exactly does music work its magic on the mind?

The ability to perceive and enjoy music is an in born human trait. While many animals use intricate sounds to recognize one another and attract mates, humans have developed the richest musical repertoires of species. The human brain has specialized circuits called feature detectors, for this purpose which can be used to decode aspects

of music. Music is a pattern and our brains releases dopamine, which in turn makes us happy. Dopamine release is strongest when a piece of music reaches an emotional peak and the listener gets "chills" (the spine-tingling sensation of excitement) As we listen to music, we anticipate what melodies, harmonies and rhythms will come next. Since our brains are also good at picking up emotions in speech, much of the information is contained in the tone of a person's speech. Higher pitched voices sound happier, more warbled voices are scared, music may then be an exaggerated version of speech. Just as higher pitched and speedier selections of music. We tend to mirror the emotions of music. If the music is mimicking happy speech, then the listener will become happy too. Music is a form of language



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or communication that directly access the emotions without the intermediation of words and rational thought.

So in case of any stress, put on your headphones and listen to some music.



My Experience in Mentoring

In mentorship one does not have to necessarily give direct resolution to the issue raised. A mentor should involve the mentee to reach the conclusion by showing the positive and negative part of the problem and then leave them to decide for themselves.

As peer mentors, let's show our mentees love and concern towards them, load airtime and know how they are doing, know where they reside, their friends and know what makes them happy and what puts them off. Pray for and with them.

We all need each other to live and fulfill our dreams. Stop crying and do something about your

**Compiled by
Nabakooza Allen
A peer mentor, group 12**

Mentoring can mean a reciprocal, interactive process in which both the mentor and mentee benefit.

Interacting with the mentees has been a great experience. Through this activity, I have been able to develop my communication skills since different mentees need different approaches depending on the gravity of the challenge.

Mentorship also requires sacrifice especially where a mentee needs immediate attention. You need to give them ample time to talk to you and also listen to them carefully. It's important to do away with your phone, reduce the music or even switch off your television as a mentee is seeking for your assistance.

Have You Heard About Photo Voice?



Nabatanzi Gloria Kinene
Bachelor of Arts in Social Sciences Yr3

I am glad to have a platform to share with you my knowledge from a photo voice training with the research department of Brac-Uganda. There are various ways of communication, for instance verbally through speaking, and non-verbal through use of gestures, such as nodding to mean 'no' or 'yes', and all these forms help us to pass on information to the receivers. Extraordinarily, you can have photo voice accompany your verbal and non-verbal communication. You simply

need to employ photography, in your speech or any time you're bringing your point home. There are a thousand stories that a photo can tell, right from what the photo is, to what it is communicating, to who and why.

Probably it is a more interesting way of communication. All you need to learn is a better way of taking good photos. So alongside your text, you just need a photo to make your work look more enticing. What makes a good photo? The clarity, colour, shape, mood, angle and the audience to which you are presenting the photo. It doesn't mean you have to take a photography course for you to use photo voice, you can simply try it at home. For example, in the course of updating our WhatsApp and Facebook Status, you judge to see which photo will look good for viewers or audience. You analyze the colour, the mood of the people (smiling or gloomy), the angles and position of the subjects and to be more detailed you even check the background to watch any destructions to your viewers. All that you do is photo voice. You are using a photo to pass on a story to your audience.

Therefore, to enhance your photo voice, you will need to

learn how to use a camera very well. It doesn't have to be a digital camera, it can be your smart phone. Find out when to use a flash or not because the lighting is key. Know when to take a portrait or landscape photo; the portrait may help you focus your subject better, whereas the landscape may be useful when you have a lot you want to involve. Watch your angle as it may influence the photo clarity. More so, you can enhance the quality of your photo with filters, for example a black and white filter can build on your message of the African People's colour or anything to do with past events.

Photo voice can be used as a tool to challenge the way your audience thinks or sees something as it may involve their head, heart and body through informing, emotion and action respectively. Have you ever looked at a picture that got your full attention? Right there is where the photographer earns your credit. Try it today; it starts small, right from something you love most; take a photo of your shoes, hair, books or even person, practice the qualities of a good photo and there you are on your journey to photo voice. "A voice from a Photo."



Physical Health and Fitness

By: Bayega Joan



If you really love yourself, appreciate being healthy and alive. It should be very important that you take care of your physical well-being. This does not necessarily mean taking regular visits to the hospital, checkups, or anything in that line. But rather, by taking good care of your physical well-being, I mean taking regular visits to the gym, to a health club, an aerobics class, or any other place where you get to exercise.

Where as many people don't embrace the idea of exercising, for some the reason being that they don't understand the benefits it has. To start

with, Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, jogging walking, and dancing, to name a few. Being active has been shown to have many health benefits, both physically and mentally, among which are;

It can make you feel happier. Exercising will improve your mood and decrease feelings of depression, anxiety and stress. Interestingly, it doesn't matter how intense your workout is. Exercise plays a vital role in building and maintaining strong muscles and bones. As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities. Practicing regular physical activity is essential in reducing muscle loss and maintaining strength as you age. It also helps build bone density when you're younger, in addition to helping prevent osteoporosis later in life.

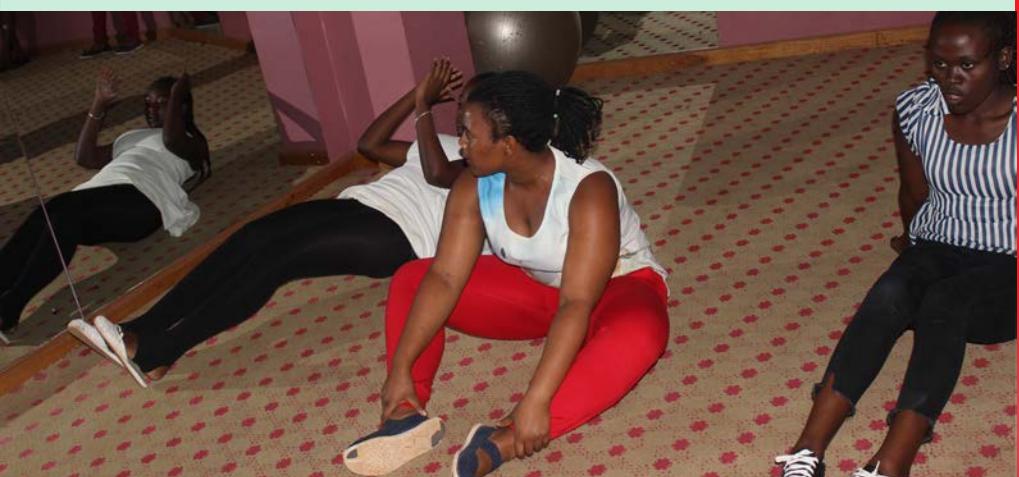
Lack of regular physical activity is a primary cause of chronic diseases, regular activity has been shown to improve insulin sensitivity, cardiovascular fitness and body composition, yet decrease blood pressure and blood fat levels. It is known that our skins can be affected by the amount of oxidative stress in our bodies. Regular moderate exercise can increase our bodies' production of natural anti-oxidants, which help protect the skin cells. In the same way, exercise can stimulate blood flow and induce skin cell adaptations that can help delay the skin ageing. Now, who doesn't want to look young forever?

Exercising can also help your brain health and memory. It can improve brain function and protect memory and thinking skills because it increases your heart rate, which promotes the flow of blood and oxygen to the brain. It can also stimulate the production of hormones that can enhance the growth of brain cells.

Regular exercise will help you relax and sleep better. The energy depletion that occurs during exercise stimulates recuperative processes during sleep. Moreover, the increase in body temperature that occurs during exercise is thought to improve sleep quality by helping it drop during sleep. It's high time we did away with the insomnia brethren.

Last but not least, exercise has been proven to boost sex drive. Engaging in regular exercise can strengthen the cardiovascular system, improve blood circulation, tone muscles, and enhance flexibility, all of which can improve your sex life.

The bottom line is, exercising offers incredible benefits that can improve nearly every aspect of our health. With all this said dear readers of the AlumNet magazine, I sincerely don't see why each one of us doesn't endeavor to engage in physical activity and exercising.



I Went! I Saw! And I Experienced It!

By: Sandra Kamikazi.

Doing an internship in South Korea this early in my career was an amazing experience. I was excited to have known about the 2018 Global Korea Scholarship (GKS) Program for African and Latin American Undergraduate Students- a science based program that equips students with the necessary skills and knowledge that will help them in their career. I was privileged to have a placement at the prestigious Chonbuk National University.

I always wanted to travel abroad and experience a different culture aside from the Rwandan and Ugandan culture I was already familiar with. I was so overwhelmed and couldn't believe that I had passed through the selection process and was finally going to travel on a plane for over 15 hours to a different continent.

I am so passionate about biotechnology, and having this opportunity where I would be exposed to animal biotechnology and animal science was worth exploring for me as an individual and as a professional. I was so eager to go and learn about the Korean culture, history, language as well as create lifetime networks.

Though I was excited to go to a new country, I was also a bit nervous of how life would be and whether I would be able to fit into the environment. As soon as my colleagues and I landed at Incheon airport, we were received with a lot of love from the volunteers and the

coordinator of the program that all my nervousness and fear suddenly went away.

My internship training involved major classes. I also had a chance of meeting very many different professors and graduate students who helped me in classes and also mentored me. From their guidance, I realized the importance of agriculture in the development of any country and therefore decided to pursue my graduate studies in Plant breeding and Pathology in future.

I got an in-depth exposure to artificial insemination and embryo transfer that I did on the Korean cow, Han woo in the school farm. The farm helps farmers in increasing production efficiency, DNA extraction and meat processing practice to ensure food safety as well formulation of animal feeds using different software programs. This was a very interesting and a totally new experience.

I had an invaluable experience from all the trips that we had starting from our visit to Hanok village where I learnt about Korean culture like the Hanbok - the traditional attire, making the traditional meal bibimbap, and of course the Korean martial arts Taekwondo. We also paid a visit to Seoul the capital city of South Korea which has always been my dream. Having sight of Lotte world, an amusement park blew my mind and I will always treasure the moments that I had there. The love, kindness and hospitality that I received from



all the people I came across was astonishing- from professors and to every other individual I met throughout this journey.

Life in Korea at the beginning was challenging because of a new environment which involved a difference in the time zone, the hot temperatures and the different foods. With time, I adapted and enjoyed the experience. From this experience, I learnt to be open minded, embrace new opportunities and appreciate the diversity of cultures. I got to learn to embrace people's ideas through teamwork and create networks that will last a long time.

The GKS Program exposed me to research through the presentations that we had and emerged as the best.

I would like to extend my sincere gratitude and appreciation to the MasterCard Foundation, Makerere University, Government of Korea, NIIED and Chonbuk National University for the life time opportunity and support.

THE JOURNEY TO BOABOB SUMMIT, 2018



On the 8th day of August 2018, I began my journey to Kigali Rwanda to attend the 2018 Baobab Summit with a lot enthusiasm. The experience of the flight as the plane set off was a dream of its kind that I was living then as the plane took off its way to the sky and within forty-five minutes, my feet kissed Kigali international airport and was warmly welcomed by the Mastercard staff on arrival. After registration and everything we set off in different shuttles to our residential areas and the driver safely drove off to Park inn where I and my fellow attendees had to sleep and my excitement shot higher as we sailed through the smooth roads in Kigali and I kept admiring and meditating upon the clean waste-free streets.

"Welcome to Park Inn by Radisson" read the word that was boldly written in beautiful blue, yellow and red colors. Quickly I checked in and the receptionist happily handed my room keys to me and rushed to my room to have a rest. While there I started going through my "WHOVA" app to check on the

appointments I had made with different people that we were to meet at the summit and also to go through my summit agenda to prepare adequately.

After reading all that I needed, I checked other areas out of curiosity I found a note that was encouraging us to take many photos. Thereafter, we were to upload them on both the WHOVA and the Baobab platform. That was to test our networking skills as we had to move around talking to different people and encourage them to like our uploaded photos and at the end of the summit the organizers would reward the person with the most liked photos. This encouraged me so much that I began on the move to network and also encourage different scholars and other attendees to like my photos. At the end of the summit I had managed to network with [113] Baobab attendees to like my photo and I emerged the most popular person and it was a success because I made long life friend who have already influenced me positively.

During the different sessions we had with the facilitators, I took away key lessons and these include;

While introducing myself to any one, my name and probably area of study are not enough. I should do a kind of introduction of who I am that will leave that person with a statement of "tell me more" an example is here

"I am Daphine Nakanda, my friends call me Baby Duke because of my flowing passion about young children that makes me behave like them at times. My communication skills won me an Award at Teens Uganda an organization that empowers youths as I managed to convince the speaker of the Parliament of Uganda to become its overseer and my socialization and networking skills won me a prize at the 2018 baobab summit. I envision a world where we all hold ourselves accountable for the solutions to our problems without overloading all issues to our governments. Acting is my passion and I would risk acting on my death bed."

The other key take away was that we should adapt to systemic thinking and stop zeroing to only our fields of study if we are to solve the challenges facing our countries. This can only be done through collaboration and this was under the theme "Together we can make a better world."

Therefor I pass a vote of thanks to Mastercard Foundation Scholars Program for giving me this opportunity and am looking forward to putting whatever I in practice and sharing with other scholars.



The story of Sparky Social Enterprise.



The passion to end hunger and starvation in rural communities around the country set four university students on a quest to change the way farmers handle food after harvest. The idea was to bring about food security through food preservation. We soon encountered a challenge of coming up with a method of preserving food efficiently in a place where there is no electricity, where roads are very poor and people earn less than a dollar a day. Of course using electric dryers or even refrigerators was impossible.

The solar dryer proved to be a promising technology but later, it couldn't work because it was very expensive to purchase by an ordinary farmer and just like the traditional sun drying, they proved suitable only to a few food types.

We had to think outside the box if we were to come up with an ultimate solution. The ideation process started with studying the lifestyle of the farmers in remote areas and put ourselves in their situation, then design a food preserving solution that best

suits their way of life and income status. This process is called design thinking. Smoking food was found to be the commonly used type of food preservation though it was restricted to a few food types such as tobacco and fish. We embarked on a challenge to create a mechanism that could mimic smoking technique but retain the ability to dry all food types yet portable and cost efficient. We came up with eight prototypes the latter being an improvement of the former until we were convinced that we had finally prototyped the ultimate design.

Through prototyping, a process that involved identifying the idea, defining the idea, designing the idea, testing and redesigning, we came up with the Spark Thermal Dehydrator. Though Sparky technology is very simple, it has become a game changer due to its outstanding efficiency compared only to that of an electric dryer. It thrills to learn that with Sparky 500 mg of Briquette can be used to dry up to 10kg of any food product of your choice in less than four hour at any time of the day in any season of the year. This level of efficiency could only be achieved by using electric dryers that are manufactured by renowned factories with more than fifty years of experience such as Sony, Samsung and LG.



The solar dryers have been in use for long but they are despised for their low efficiency, it takes a strong solar dryer three consecutive days to dry food in an uninterrupted sunny season and up to a week in a rainy season. This low efficiency makes them unsuitable for drying certain types of foods especially fruits which attract flies. The Electric dryers on the other hand have been the king of the drying industry but they are expensive to purchase and maintain thus are limited for industrial use and for a few fruit dealers who target foreign market. This leaves the Sparky Dryer as the ultimate drying machine accessible by all economic classes of people from urban dwellers to poor farmers in remote villages.

It's this outstanding story behind the efficiency of Sparky Dryer that has attracted global attention for it. Winning the Resolution Social Venture Challenge in South Africa 2017 was just the beginning of the Sparky's journey on an international scene. In the same year 2017, Sparky Social Enterprise was Short listed among the 16 startups in Africa for Africa Prize for Engineering Innovation, was selected among the top 10 innovators of the All Africa Postharvest Technologies and Innovations Challenge, made it to the top 10 finalists in the world in the Thought for Food Global Challenge 2017,

was shortlisted to participate in the Hello Tomorrow Summit among the top 500 deep tech in the world.

In 2018, it was interviewed by Africa 24 media from Kenya as one of the successfully social enterprise among the MasterCard Scholar's community and later appeared on BBC Documentary for Innovators transforming lives in their communities.

The exposure to global attention has linked us to new customers and has greatly increased the demand for our product. Sparky is currently being used by very many farmers and business people in Mbale, Soroti, Kampala, Arua, Jinja and Wakiso. Sparky Thermal Dehydrator was chosen to be the best over three types of solar dryers by Appropriate Energy Saving Technologies Limited (AEST) who later purchased many of our machines to enable them kick start their food drying business. The Bridge Calvary Chapel Jinja has also entered into a contract with us in order to support their farmers improve the handling of food after harvest.

We are currently finalizing clearances with Uganda Revenue Authority to enable us meet the demand of our product to refugee camps in Kenya, Tanzania and Cameroon by our European customers. Very many

people have placed orders from as far as India, Haiti, Colombia, Nigeria and Senegal.

Everyone has the potential to create a positive social impact in their community provided they have clear goals backed up with a strategic plan. There is no such a thing as the right time to do something great, you just have to create that time. For those with a burning desire to establish their social enterprise, understanding the following concept of social enterprise is vital for success.

All Social Enterprises aim at problem solving and improvement of the life of people in communities. Understanding the art of social enterprise will enable you discover yourself and what your contribution could be to your community. No one could ever put this concept any better than Thomas Segun Ilube, in his analogy of Dragon-Knight-Happiness after. Tom is a British entrepreneur and educational philanthropist who was ranked first in the Power list 2017, an annual listing of the UK's 100 most powerful people with African or Afro-Caribbean heritage. It was a privilege to be inspired by him in the 2018 Summer School at the University of Edinburgh.

"All Social Enterprises involve: The Dragon, The Knight and The Happiness after." Said Tom Ilube.

The Dragon represents that problem/ challenge in your community whose occurrence you have witness for so long that you have developed a

strong passion to put an end to it and improve the lives of the people involved. Problems may range from poverty, unemployment, diseases, poor sanitation, teenage pregnancy, hunger, pollution, environmental degradation to HIV/AIDs. It is important to be empathetic and understand how a particular problem is affecting the community, put yourself in the shoes of community members who are suffering of that problem and feel their grief and pain. This attachment to the people you want to help will develop in you not only the burning desire to solve a problem but also a strong resilience to push you through the challenges you may encounter in the process of developing your venture. The love for the people you are helping builds in you the resilience to keep you going even when giving up seems the easiest option. Lack of resilience and a strong will power explains why many ventures fail at an idea level. Remember that if your reason for solving a given social problem is not strong enough, your excuse for giving up will be.

The Knight refers to your game changing idea that is going to put an end to a particular problem. What new technology/ idea can people adapt to, to reduce or put an end to the challenge they are facing that you have identified. For Example providing farmers with dryers to preserve their

food and get rid of hunger and Starvation in their community is the Knight for Sparky Social Enterprise. Technically the Knight is your entire project whose whole purpose is to put an end or reduce on the problem that you have identified just as the Knight slays a Dragon in legends. Your idea should be Systematic/ Specific, Measurable, Achievable, Realistic/ Relevant and Time bound (S.M.A.R.T). It should be simple to explain and easy to be understood by the people you want to help. Remember, "It shouldn't be Rocket science."

The Happiness After refers to the positive change to the community brought about by your idea/ project. There should be significant changes to be experienced in the lives of people in your community as a result of your project and these changes should be self-event and non-fictional. Just as happiness is always realized in a village after the Knight slays a Dragon and save people from its wrath in the legends. It's this possible positive change that is to be created by your venture that you will have to pitch to receive all the necessary support you need to establish your project.

Therefore before you start pitching for your project, it is very important to clearly identify and define the problem/ challenge that you are going solving

(Dragon), what idea are you using to solve this problem (Knight) and how is the community going to be changed (Happiness after).

You should be able to clearly see the future of your project and also convenience others to see it even when it's not yet in existence. People can only trust in something they can clearly understand. Having a clear vision of how your ideas is going to transform the community will enable you pitch successfully to win funds that you will need to establish your project. Remember that the people you need to help you build your venture are already around you but you need to first sell to them your idea. Therefore talk to as many people as possible about your venture and your plans, each one of them has a contribution to the success of your venture but you can't know how until you share with them. Some will criticize you and others will say no, welcome all feedback but don't give up, "no" doesn't necessarily mean "I will join you later."

**By: Kayiza Isma and
Nsubuga Thomas**

**Founders of Sparky Social
Enterprise.**



The Magic of a Pineapple

After reading this article, you will never throw anything from a pineapple. A pineapple is a tropical plant native to South America, having thirty, or more, long, spine and pointed leaves surrounding a thick stem. It is an edible fruit of Bromeliaceous family. It has a blend of sweet and sour delicious taste. Pineapple has a Latin name Ananas cosmostus. Of all fruit's pineapples are medically important ranging from its leaves to the stem.

The leaves:

It turns out that pineapple leaves have a variety of health benefits that most people are not yet aware of. Every time you buy a pineapple, don't just toss away the leaves for the lucky animals to eat. Note that you will be throwing away a variety of nutrients in the bin. Pineapple leaves contain nutrients such as oxalate, bromelain enzyme, cellulose, and pentose.

When carefully boiled and its water extracted, it helps to curb nose bleeding. The water also assists



in stopping vomiting, cures flu and relieves cough symptoms. Some of the other illnesses cured by pineapple leaves are: dysentery, diarrhea, inflammation of the throat, hemorrhoids, fever, asthma. They can also act as a drug for vein dislocation, treating bruises, easing the digestive system, keeping bowel and stomach healthy. Mashed pineapple leaves are good for treating burns. With all these health benefits, will you throw away the magical leaves?

The peels:

Now, let's focus on the pineapple peels. We are even going to discover greater health greater health benefits that will help us stay healthy.

Pineapple leaves contain medicinal properties and have numerous benefits to our bodies.

Pineapple peels contain vitamins B, C, folate, thiamin, pantothenic, bromelain, niacin, and fiber. This very peel contains minerals such as; magnesium, potassium, copper, manganese, calcium, iron and other nutrients. It has anti-bacterial, anti-inflammatory, anti-aging, and anti-cancer properties. Look at what we ignorantly throw away.

In order to achieve a remarkable benefits from these peels, they have to be boiled and flavored with some sugar to taste.

Pineapple peels juice/water helps in relieving inflammation, boosts immune system, enhances libido, prevents cancer, relieves asthma, improves vision, prevents osteoarthritis, regulates blood sugar level, promotes healthy bones, improves gum health, reduces cholesterol levels, cures swelling and irritation, prevents heart diseases, enhances digestion, promotes healthy skin and hair, helps in weight loss, eases nausea, reduces acne and pimples as well as hydrates skin.

Look at that all these embedded in one fruit. Our health would be something out of this world if we learnt not to under estimate the benefits of all these.

Moureen AOL





When You Were True.

When I look at us nowadays, I just remember when you were true to me. You were you and nothing stopped you from being you. Darling am I still the one that makes your heart beat?

These little soft fingers of mine, I remember them touching you everywhere, I miss those moments. It was us walking in the sand at the beach holding hands. Those tender kisses, they make me remember when you were true.

Both of us, so naïve, I had not seen such a love but you unveiled it to me. I miss those days when you were true.

Am I still the one who rocks your world? Darling! Am I still the one you grew to love? Love songs often make me to shade a bucket of tears. I try so much to block my ears whenever I hear them but still they seem to look for me. And I wail to my destruction, my pillow is my witness.

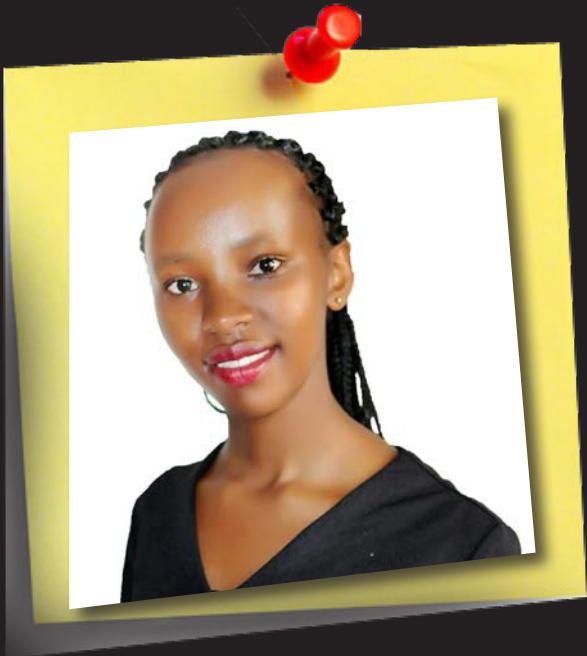
I miss those ages when I would wake up and the only thing to think about is our love. Now, it's like we are more than strangers but, with a strong memory of love.

Hopeless, I lay on my bed because I had only you, now, whenever I meet lover birds along the street, it looks like I am somewhere in a ditch alone, not sure if I will survive the next hour. I miss the days we were true lovers.

Our love! Should I imagine that it's over? Should I erase all those beautiful memories? Shall we ever do it again? Shall we ever find that particular love? Can it really be dissolved by my head that our love is no more!

We need to meet for a goodbye kiss.

**By Babirye Bridget, 4th Cohort (BA EDUC)
English and Literature.**



Why we need support in life

As we grow up, we need support from different categories of people. For example our parent/guardians, friends, lectures, spiritual leaders, government among others.

Our parents support us by providing basic needs and ensuring our safety. They even play a vital role in making sure that we choose the right friends.

Our friends are a great investment and we cannot underestimate the impact they have on our lives. They support us both socially and academically. We generally learn so much from them, that we can't learn from our parents, teachers and lecturers.

Teachers, at different levels of our academic lives have influenced us in one way or another,

such as through their conduct, dress code and even speech. Some teachers have in fact had a hand in the courses we choose to study, through their continuous guidance counselling.

The spiritual leaders, have not ceased to reassure us that we are wonderful creatures and that we are valuable to God. Through their inspirational talks some of us have been able to change our negative attitudes and become hopeful.

Lastly, our government has facilitated all the above to take place. This is through supporting our education, health care, providing job opportunities and ensuring there is prevailing peace and security that enables us to study well, do our businesses without interruption among others.

**By Nabakooza Allen, a
Proud Teacher Scholar**



SUCCESS THROUGH TEAMWORK



Nankya Elizabeth BAED
Cohort 4 Scholar

Whenever one reflects on themselves,
What comes in their mind is succeeding
But it doesn't come easy,
It has a basket full of 'must do's'.
Sacrificing a lot of pleasure,
Looking at your failures as lessons and not setbacks
Having maximum Integrity
Setting both long term and short term Goals
Staying focused on your goals

Having a source of motivation
Working hard like never before
Praying to God without ceasing
Making friends with the same goals as you
Doing something as soon as you remember it.
It does not come easy,
It is only for those who work towards it.
Yet it is everyone's desire.

If you missed the summer leadership camp 2018 here are some of the Topical issues to think through

THE LAW OF INTENTIONALITY

Growth Doesn't Just Happen

"Working hard doesn't guarantee success. And hope isn't a strategy."

The 10 Invaluable Laws of Growth

Do You Have A...



Growth is not natural...

The 10 Invaluable Laws of Growth

The Law of Intentionality

Do You Have a Plan To Grow?

Growth Gaps

The Assumption Gap: I will automatically grow

The Knowledge Gap: I don't know how to grow

The Timing Gap: It's not the right time to grow

The Mistake Gap: I am afraid of making mistakes



The Law of Intentionality

Do You Have a Plan To Grow?

Growth Gaps

The Perfection Gap: I have to find the best way before I start

The Inspiration Gap: I don't feel like growing

The Comparison Gap: Others are better than I

The Expectation Gap: I thought it would be easier than this

The 10 Invaluable Laws of Growth

The Law of Intentionality

Do You Have a Plan To Grow?

Do It Now...

Yes, really...

DO IT NOW!

Seriously... what are you waiting for?



The 10 Invaluable Laws of Growth

The Law of Intentionality

Do You Have a Plan To Grow?

FACE THE FEAR FACTOR...

Fear of failure

Fear of trading security for the unknown

Fear of being overextended on resources

Fear of what others think

Fear of pushing others away



The 10 Invaluable Laws of Growth

Everything worthwhile is uphill...

"If Rome wasn't built in a day, how long are you willing to give yourself?"

- John Maxwell

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The 15 Invaluable Laws of Growth

The Law of Intentionality

Do You Have a Plan To Grow?

Now ask yourself...

Which emotion is stronger; the desire to change and grow, or one of these fears...?

Fear of failure | Fear of trading security for the unknown | Fear of being overextended on resources | Fear of what others think | Fear of pushing others away

The 15 Invaluable Laws of Growth

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The 15 Invaluable Laws of Growth

The Law of Intentionality

Do You Have a Plan To Grow?

Ask The Big Questions Now

Where do you want to go in life?
What direction do you want to go?
What's the farthest you can imagine going?
How long will it take?

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THE LAW OF THE MIRROR

You Must See Value In Yourself And Add Value To Yourself

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The 15 Invaluable Laws of Growth

The Law of The Mirror

A Look In The Mirror

Positive Self-Esteem

Your view of yourself determines behavior
One will never outperform their self-image
The value we put on ourselves is the value others will put upon us

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The Law of The Mirror

Becoming Aware of Passion and Purpose

"If you place a small value on yourself, rest assured the world will not raise the price."

- John Maxwell

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The 15 Invaluable Laws of Growth

The Law of The Mirror

Positive Self-Esteem

Steps To Build Your Self-Esteem

Guard your self-talk
Add value to others
Move beyond your own self-limiting beliefs
Do the right thing even if it is the hard thing
Take responsibility for your life

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The Law of The Mirror

Becoming Aware of Passion and Purpose

"Whether you think you can, or think you can't, either way, you are right"

- Henry Ford

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The 15 Invaluable Laws of Growth

The Law of The Mirror

Positive Self-Esteem

Steps To Build Your Self-Esteem

Do the right thing even if it is the hard thing
Practice a small discipline: daily
Celebrate small victories
Embrace a positive image for your life
Take responsibility for your life

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The 15 Invaluable Laws of Growth

Transformative Leadership

What is Transformative Leadership?

- Transformative leadership is about making or influencing positive change and addressing inequity.
- Transformative leaders see a problem and ask themselves 'what can I do?' to solve it.

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What is Transformative Leadership?

- Transformative leadership is principled leadership: rooted in **ethics** and built on a foundation of **integrity**.
- It is driven by **self-awareness** and a deep sense of **purpose**. Often, a leader's focus for change is inspired by his or her personal experience.

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What is Transformative Leadership?

- Transformative leaders are **creative visionaries**, who care deeply about promoting a more equitable society and improving the lives of others.
- They exhibit qualities such as **courage**, **altruism**, **empathy** and **resilience**.
- Personal authenticity** is a key feature: transformative leaders are influential because of their character traits, even those not conventionally associated with leadership.

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The 9 Behaviours of a Servant Leader—Art Barter	Add Value to Others		
Serve First	Build Trust	Live Your Values	Demonstrate Courage
Increase Your Influence	Listen to Understand	Think About Your Thinking	Live Your Transformation

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Core Values—**Values-based leadership** increases employee engagement levels.

Law of the Picture—Leaders embody the values through personal example

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Listening Ladder to Increase Influence

- Look at speaker
- Ask questions
- Don't interrupt
- Don't change subject
- Emotion
- Responsive listening

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FREQUENTLY ASKED QUESTIONS ABOUT MASTERCARD FOUNDATION SCHOLARS PROGRAM AT MAKERERE UNIVERSITY



Qn: What is Mastercard Foundation Scholars Program at Makerere University all about?

Mastercard Foundation Scholars Program at Makerere University is a partnership between Mastercard Foundation and Makerere University to offer 1000 Scholarships to academically talented students from sub-Saharan Africa, to study at Makerere University. It is a 10-year global initiative to educate and develop the next generation leaders, who will contribute to social and economic progress, particularly in Africa. The Scholars Program enables young people from economically disadvantaged communities to complete quality secondary and tertiary education, and make successful transitions to further education or to the workforce in their home countries. With comprehensive support, Scholars are equipped with knowledge, skills and values needed for success in the economy and to make positive impacts in their communities.

Qn: Who can apply for Mastercard Foundation Scholars Program at Makerere University?

Mastercard Foundation Scholars specifically targets applicants who are academically talented but economically disadvantaged. The Scholars Program is open to all applicants from Sub-Saharan Africa, and is open only to new applicants who have not yet commenced a diploma or degree programme.

Qn: Who cannot apply for Mastercard Foundation Scholars Program at Makerere University?

The Scholars Program scholarship is not open to African refugees living outside Africa due to the desire for Scholars to return and give back to their home communities. Applicants undertaking their graduate, postgraduate or doctoral study are not eligible for this Scholars Program.

Qn: How do I apply for The MasterCard Foundation Scholars Program at Makerere University?

Applicants should obtain and complete the Scholarship Application Forms at no cost from Makerere University,

Senate Building Level 4, Room 402, or download the application forms from Mastercard Foundation Scholars Program website on <http://mcfsp.mak.ac.ug> or Visit Makerere University website at <http://mak.ac.ug>. Submit completed Application Forms to Makerere University, Senate Building P.O Box 7062 Kampala. If submitting by email as an attachment, ensure the scanned copy of the Scholarship application form is clearly legible and send to: info@mcfsp.mak.ac.ug.

Qn: What kind of support does Mastercard Foundation Scholars Program offer?

The Scholars will receive comprehensive support as listed below;

- i. Tuition and functional fees
- ii. Laptop, books and other learning materials
- iii. Accommodation, beddings and meals
- iv. Medical insurance
- v. Stipend
- vi. Transport to and from home.
- vii. Psychosocial and mentorship support
- viii. Capacity building training in; Leadership, Communication, Entrepreneurship, Financial literacy, Gender and Human rights.

Qn: Do I have to pay for the application forms in order to apply for the Scholarship?

Mastercard Foundation Scholarship applications forms are absolutely free of charge, and the entire application process is absolutely free, nobody should ask you for any money in exchange for a scholarship. Mastercard Foundation Scholars Program exercises merit principles and zero tolerance to dishonesty. Any form of influence pedaling by anybody will lead to automatic disqualification of the applicant.

Qn: What is the criteria used to select applicants to obtain Mastercard Foundation Scholarship?

The applicant;

- a. Should be admitted to study at Makerere University in a particular academic year

- b. Should be from an economically disadvantaged background, and a citizen of any country in Africa.
- c. Should exhibit academic excellence in either Sciences or Humanities.
- d. Should demonstrate leadership skills and commitment to social betterment.
- e. Should have an exceptional record of service and activity in his/her former school and/or community
- f. Should not be a holder of any other Scholarship.
- g. Should not have completed any Diploma or Undergraduate studies.

Qn: If I have a diploma and I would like to apply for a degree, am I eligible for the Mastercard Foundation scholarship?

If the applicant already holds any qualification of any kind, they are not eligible for Mastercard Foundation Scholarship. Mastercard Foundation Scholarships target young people who have just completed their high and are joining the university for the first time and on the basis of their high school results.

Qn: If I dropped out of university midway due to lack of tuition, and I would like to resume my studies, am I eligible for the Mastercard Foundation Scholarship?

If you dropped out of university, you are eligible to apply for the Mastercard Foundation Scholarship, but thorough investigations will be carried out to ascertain the circumstances under which you dropped out of the university.

After filling in the application form, what are the next steps I need to take?

After filling and submitting the application form at our offices, Senate Building level 4, Rm 402, then ensure that you apply for the program of study at Makerere University. After you have been admitted, we shall notify you when the selection process has commenced. Endeavor to include an active telephone number on your application form.



Scholars
Program

MAKERERE UNIVERSITY

