

GLOBAL GOALS JOURNAL

HOW WE LIVE IN THE NETHERLANDS AND MALAWI. WHAT'S THE DIFFERENCE



The DOM tower in Utrecht

Project in Malawi and The Netherlands

ABOUT THE GLOBAL GOALS

Students of two schools worked together to make this journal: the 8th class of the primary school De Spits in Utrecht and the girls secondary School in Lilongwe. They got lessons about the global goals and wrote about their own situation.



Malawi, a country in East Africa

The population of our two countries are nearly the same: The Netherlands about 17 million people and Malawi about 18 million, Malawi is 4 x larger than The Netherlands. 85% of the people in Malawi are living in rural areas, in The Netherlands more than half of the people are living in towns and cities. The school environment is quite different: in Malawi the teachers work with a blackboard and chalk, in Utrecht they use a digital board. The students in



The Sustainable Development Goals (SDGs), are launched by the United Nations in 2015. They represent an action plan for the planet and society to thrive by 2030. They address poverty, hunger and climate change, among other issues central to human progress and sustainable development, such as gender equality, clean water and sanitation, and responsible consumption and production.

Malawi use paper and pencil, the Dutch have their laptops. However, the enthusiasm for the program was the same! In the Spits school they made wall papers with information about Malawi. In Lilongwe the students had intensive discussions about the global goals and the importance of these goals for their country. They wrote essays. Malawi is one of the poorest countries in the world, The Netherlands is one of the richest. In this Journal you can feel the differences.



The Dutch students wrote about where they are living. I live in Utrecht, one of the biggest cities in the Netherlands, with my little



brother, mother and father. My house is a terrace house and has a ground floor with 2 floors. Common things in Dutch houses are: TV, a sofa, bedroom(s), kitchen, and maybe an attic and/or a cellar. Dutch houses are usually made of concrete and/or brick. My parents are separated. I live in 2 houses. We have got 2 cars, but I go to school mostly by bicycle. I like to play football. I play 3 times a week, at home I play some Football Game. But when I saw images of Malawi, I was very stunned. I would be bored every day. And all those houses look very small to me. I think it is amazing how you can deal with that

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CLEAN WATER AND SANITATION

Needed for good health

**YANKHO MAONGA, SHIMWA
KEVINE, WAUWUNGU GONDWE,
GRACE CHILALA, TEREZA HASSA**

Clean water and sanitation are one of the factors affecting people worldwide. Clean water is the water that is hygienic, and sanitation is simply having clean environment. There are many factors affecting clean water and sanitation some of which are; improper waste disposal and rapid population growth.

These factors have negative effects which can be prevented and controlled in many ways. To begin with, improper waste disposal. As mentioned above, affects clean water and sanitation in many ways for example, wastes such as plastic bags, chemicals among others which come from different industries and homes, pollute water bodies heavily making the water unclean thereby also affecting the sanitation of the environment.

In addition, rapid population growth also affects clean water and sanitation. Due to a lot of early childhood marriages there is rapid population growth in most developing countries for instance Malawi. Children are getting married off by their parents due to poverty or traditions. Increased population growth because of early childhood marriage leads to increased water pollution from poor sanitation for example, open defecations among others.

Rapid pollution growth also leads to increased demand for water, so more water is used and needed, thus making water supplies drier leading to scarcity of water and increased poor sanitation. It also leads to high demand of products from industries and resources from the environment. High demand of industrial products and natural resources leads to increased rates of waste production and environmental degradation thereby contributing to unclean water and poor sanitation.

The above-mentioned factors affect the daily lives of living things in such a way that they lead to waterborne diseases which include dysentery, cholera P and diarrhea. Most developing countries are affected by diarrhea cases mainly among children below the age of two. This is proven by the demographic survey which indicates that 78% of children under the age of two experience at least one incident of diarrhea due to illiteracy, people believe that this is because the child is developing teeth which is just a misconception.



Upper: the girls who wrote the article about clean water

Under: the Spits school in Utrecht



Another effect of unclean environment is that it lowers the ecotourism of a country. Obviously, nobody would want to visit a country full of wastes that deplete the country's beauty. This discourages people from touring polluted countries.

Despite all these, there are ways of enhancing clean water and sanitation. One of the ways is by enhancing better waste management through institutionalized practice of waste reduction, reuse and recycle. For example, we could reuse plastics and recycle papers thereby providing a sanitized environment and clean water. There could also be enforcement of proper waste disposal laws and practices for example cameras could be put on streets, road sides to capture anyone littering around and industries caught disposing wastes wrongly could be banned.

As for clean water, it can be maintained by civic educating people on water treatment technologies like applying chlorine, water guard or using local methods of boiling the water. Water availability can be improved by creating inter basin transfers or damming up rivers and lakes

To sum up, clean water and sanitation need to be enhanced in countries, communities and societies in order to enhance a health nation thereby more development since the healthier the people, the healthier the nation and the more development work done.

THE NETHERLANDS

School in Utrecht

**FABE, ANDO, MERIJN, ILIAS, ABEL,
JOENA, ROAN, MICK AND DANIEL
(AGE 11-12 YEARS)**

In the Netherlands everyone can go to school for free. You only pay for higher education when you choose to study. The name of our school is De Spits. It is a pretty big and nice school with a lot of children. We have many different play areas where you can hang out during the breaks (2 breaks per day). Our education system is good. We must go to school when we are 4. We learn a lot of stuff and make many friends. There are 8 different age groups at primary school. We now are in group 8, the last class of primary education. We have a class of 20 children (17 boys and 3 girls). We are at HB education, which is education for highly gifted children who often think differently than others. We have 2 teachers: one on Monday, Tuesday and Wednesday and one on Thursday and Friday; and sometime an English teacher. We are in school for five and a half hours on a school day. between 8:30 and 14:00.

Every Morning I go to school except on Saturday and Sunday. On the days I have to go to school, I am woken up by my alarm clock at 7:00. Then I quickly eat a few sandwiches, brush my teeth, dress up and do my hair properly. I cycle to school.

Our school is a large building with a roof and lots of rooms. In every room there are many chairs with tables. Everyone has their own Chromebook, a sort of a laptop. We work a lot on the Chromebooks. Often the teacher gives an explanation/ instruction first and then we go to work. Sometimes we have to make worksheets and sometimes we have to use our Chromebook. I like school because you learn a lot of things. The school subjects we learn are Maths, Dutch spelling, English language, P.E, geography, all sorts of projects, like this Malawi project, computer science and a lot of other stuff. In this class we go to a camp and we do a musical. We also organize a Got-Talent show.

When you are 12 years old, you go to the secondary school where you will learn about world orientation, religion, more complex mathematics and foreign languages. When secondary school is finished, you are about 18 old. In the Netherlands it is compulsory to stay in school until you are 18 years old. Then you can choose to go to another school where you will choose a profession. You can choose to study at university, if you have the required level of education. And if you are all done with that, you can get a job.



MALAWI



PROMOTING PEACE, JUSTICE AND STRONG INSTITUTIONS

Written by: Chioma, Hannah, Ketrissa, Alinafe and Triphonia

Peace has been observed as a measure of social justice, which provide among other things for trade union' rights which are bound to strengthen democratic regimes, which are more likely than authoritarian government to be peaceful.

According to our own experience we understand peace as a time when there is no war, violence or disorder; Justice as a fair treatment for all people, whereby strong institution as an important organization that has a particular purpose for ensuring peace and justice. This essay will critical explain about things that act as hindrances to peace, Justice and strong institution, their effects and solutions.

Firstly, corruption: In Malawi corruption is witnessed in many dimensions related to political, social and economic institutions, for example in most government boarding schools, where the government provide resources for it e.g Sugar, Cooking oil and even milk, school staff take advantage of taking the resources hence using them for their personal benefit. In most cases police institutions receive bribes from well to do people that have committed serous crimes in order to release them and instead of being punished for the crimes committed, while the poor are being tortured and arrested unfairly even though they have committed minor crimes.

Secondly, corruption leads to depletion of national wealth. This is so in a way that it is often responsible for increased costs of goods and services. The funneling of scarce public resources to uneconomic high-profile projects e.g. politically built schools, hospitals and portable water services. It also encourages systematic and increased interest of political participation, political instability and reduce the transparency of political decision making.

Thirdly, Gender based violence can be another act of injustice. This is mostly witnessed in rural areas. For example, women are usually beaten up by their husbands for simple mistakes they have made, sometimes for no proper reasons. These women who are usually abused are mostly forced into early marriages; this makes them vulnerable to torture by their husbands because their brains are mostly not developed so they are unable to handle these problems.

Last but not least, gender-based violence, which results to low development since some men do not allow their wives to indulge in entrepreneurship activities such as selling farm produces which reduced revenue or tax collected by government. It can also lead to early death due to miscarriages among women forced into marriages at young ages.

In conclusion, the general solutions to the problems that contribute to injustice could include; advocating for legal and policy reforms conducting community education and mobilization training women to be economically reliable and independently and exposing all acts of injustice in the social media and lastly working at the community level to build knowledge, skills and advocacy expertise for those with the greatest vulnerability.

THE NETHERLANDS

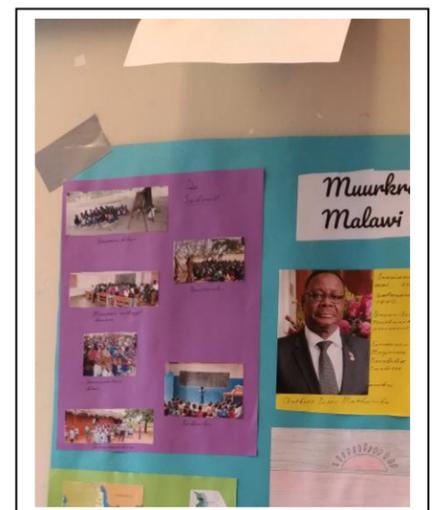
Poverty

Written by Abel, Joena, Mick, Brend, Fabe and Daniel

The Netherlands is a pretty rich country. There is little poverty. Almost everyone has a house and money for clothes and food and have enough extra money for a nice car and nice trips. My family can pay for some medicines, and go on vacation and we have enough food. My family is not considered to be rich in the Netherlands, but for the people of Malawi, we probably are very rich. We have enough supermarkets where you can get all the food supplies that you need. Meats, fish, milk, vegetables, but also sweets, cleaning and sanitary materials. So we have enough food and drinks. In the Netherlands almost everybody has a job. Maybe not the best job, but it is a job.

There are also people who are less fortunate. If you are single and have a payroll that's less than 1039 euros a month, you are at the poverty level and considered to be poor. About 5,7 % of the population in the Netherlands is poor. That is 939.000 people. If you don't have a lot of money, you get taken care off by special institutions. If it's hard for you to buy food, you can go to the food bank. This is a special organisation where food and items are donated and poor people can get free food. For the homeless people we have homeless shelter facilities. However, some people still live on the streets. If you go to a big city, there are also people who beg sitting on a carton begging for a Euro.

Sometimes I see people who are poor. I'm not poor myself because I think you're poor when you don't have a family, don't have friends or don't have a house. Money doesn't really matter to me because I think all you really need is friends and family. You can also be rich because you have a lot of fantasy/imagination. So being rich is not always about money, everyone is rich in their own way.



THE NETHERLANDS

Food and drinks

WRITTEN BY ILIAS, ABEL, JOENA, MICK, BREND AND ROAN

In The Netherlands, we have three meals a day: breakfast, lunch and dinner. At breakfast I often eat 2 pieces of rusk (with flakes, sprinkles etc as topping). Other kids like to eat sandwiches for breakfast.

When I have lunch, I eat most of the time sandwiches. I have many choices between things I can put on my sandwich: cheese, chocolate sprinkles, peanut butter and other things.

We eat warm food for dinner. I love to eat meat with potatoes and vegetables. My mother cooks in our house. She can cook very good. We cook with a furnace. Other kitchenware that we have,

are: blender, coffee machine and much other things. My family eat almost every week pasta or bami. I eat gluten-free. My favourite food is Mexican or Japanese food.

Sometimes I eat spaghetti, 4 cheeses sauce or pizza. But my favourite food is fish fingers with spinach with cream and potatoes.

I eat very differently, when I eat the same thing three days in a row, I don't like it anymore. My mom cooks a lot, I can cook myself. I eat a lot of meat, I like that very well. My mother is only vegetarian, who finds it pathetic for the animals that need to be slaughtered.

Typical Dutch food is Croquettes, 'bitterballen' (a kind of croquette, but in the shape of a little

ball), licorice, frikandellen, cheese, apple pie, mashed potatoes with onions and carrots, and many more. In Holland, most people are healthy. The life expectancy is 80 years.

In Holland we have the 'Schijf van vijf' (Disc of five). If you stick to this Disc of five, you'll eat each day the following food:

1. Fruit and vegetables
2. Cereal products
3. Beverages (No soft drinks)
4. Dairy, nuts, fish, meat or egg
5. And a little bit of fat

The Dutch are also called 'cheese heads' if you want to bully them. This is because the Dutch make a lot of cheese and eat a lot of cheese.



Ingredients: 3 g gelling agent, 50 g sugar, 1 teaspoon of liquorice powder, 1 teaspoon salmiac powder, 100 ml liquorice syrup, 200 ml of water, fine granulated sugar

RECIPE FOR MAKING LIQUORICE (DROP)

A VERY SPECIFIC SWEET IN THE NETHERLANDS

Prepare

Bring the water with the liquorice syrup, ammonium powder, sugar and liquorice powder gently to the boil. Then add the Agar Agar and simmer for 30 seconds. Put the mixture in the baking tin and let it set slowly. After stiffening, remove the mixture (liquorice) from the mould and place it on a chopping board. Cut the liquorice into old-fashioned liquorice panes and roll them through the fine granulated sugar and your home-made liquorice is ready!

MALAWI

Short story: Climate Action

"It has been 3 years since we experienced sufficient rains in your village. Having thick heavy forests and enough food is a history to us the Dzalekaliti people". So said Ashiya a student of Vutolisintha secondary school, who is one of the victims of this incident

The cause of insufficient rains has been uncertain to the majority of our village. Some people are believing that this is due the anger of the gods which is as a result of not being given enough sacrifices. Therefore people are offering a lot of sacrifices to please the gods. But that's a lie because insufficient rains have occurred due to climate change Climate change is a significant transformation, alternation or modification of the existing state. Some of the reasons that cause climate change include:

- * deforestation: people cut down trees carelessly, resulting to low transformation leading to insufficient rains thereby making rivers to dry up and discourage plants growth,
- * bush fires of which its smoke goes to the atmosphere and destroy the ozone layer leading

to high temperature and heat waves

- * early marriages: young girls are involved in marriage and bear children which contribute to rapid population growth that put pressure on natural resources

- * resulting in little land for cultivation; and therefore making people to cut down trees to find land for cultivation leading to deforestation thereby resulting in little rains.

Though many people think offering sacrifices is the solution to the problem, I regard it is a misconception. I have learnt that to solve rapid population growth, people should practice family planning methods and that it is needed to enforce laws on early marriages and giving punishments to those who encourage it. Whereas for deforestation we can practice afforestation and reforestation of trees. While for bush fires, we can create fire breaks and avoid setting bush fires.

But all in all, I think I should realize civic education in my community to know more about climate change. I can do that by going to the

chief to call for a gathering so that I can educate my people on negative effects of climate change. After the gathering people changed their mindset and started doing what was needed to be done to replace the rain distribution. This has changed a lot of things in our village and now we are receiving enough rain.



Written by Anna Majamanda, Jane Major, Shingrai Mankhwazi, TiyaMike Palichina, Florence Tembenu

AFFORDABLE AND CLEAN ENERGY IN MALAWI

Written by: Loyce Manda, Patience Kuyenje, Esther Kamija, Maria Nyirenda, Mary Zinganyade.

We use energy in every aspect of our lives such as transport, manufacturing, cooking, lighting. This energy comes from resources in the natural environment. However, many of these energy resources are in limited supply and will deplete soon because they are being overused. In Malawi we have some clean sources but they are not affordable to all people such that people start using other sources of energy which pollute our environment, that is where affordable and clean energy comes in, the aim of this goal is to ensure access to affordable, reliable, sustainable and modern energy for all.



The major source of clean energy in Malawi is electricity generated through hydroelectric power. Over 50% of electricity needs in Malawi are provided by hydropower. Electric Supply Corporation of Malawi (ESCOM) which is responsible for supply of electricity, only supply about 282MW of electric energy which is not equivalent for the population of country and only an estimated 25% of urban households and about 1% of rural households have access to electricity supply and the rate of expansion of the system is declining. As such people start using generators and solar energy as other forms of energy which are expensive to install and maintain in long run.

Malawi has been facing energy crisis dating back to 1990's, this has mainly been because of low supply of energy generated by the stated owned power generating company (Electricity Generation Corporation: EGENCO) compared to the ever-growing demand. Due to low supply of energy people result to the use of firewood and charcoal as the main sources of energy used in their homes and industries which in turn pollutes the environment and depletes the forests.

The boy who harnessed the wind movie about a real story in Malawi



On the other hand the energy supplied is not affordable to all people this is because most of the clean energy sources in Malawi are expensive and young people who got married early do not have reliable sources of income therefore they find difficulties to pay for electricity for instance hydroelectric power, solar energy and generators are expensive such that people start to use firewood and charcoal which pollutes the environment.

Some types of energy have negative impact on the environment, one of such types is firewood. Firewood needs trees for its availability and as the trees are cut and this leads to deforestation which result in low levels of transpiration hence contribute to the scarcity of rainfall. Due to this fact hydroelectricity is also affected as it depends on water which makes it difficult to access and expensive. Firewood energy also produce harmful gases which pollute the environment and destroy the ozone layer and also leads to global warming not forgetting acidic rains.

There is need for new reliable, affordable and clean energy sources, some of them are as follows: sound waves and this can be achieved by converting sound waves into energy, this involves trapping sound produced by industries, wind mills and other sound produced by machinery. In addition to that energy extracted from animals for example an electric eel produces electricity which can be converted into energy. On the same issue of animals, we can use termites which produce methane as their waste product and use it to produce electricity and in combination of methane from the toilet in that way also encouraging sanitation. We can also capture energy produced by conversion of air. Lastly radiation waves can be captured by oxygen three (O3) and produce strongest energy.

In conclusion the combination of all this innovation will make Malawians have a lot of energy sources which are clean, reliable and affordable to all people



THE NETHERLANDS

Health Care

Written by Abel, Joena, Mick, Fabe and Brend

In the Netherlands, if you are ill, you first go to your doctor. A general practitioner is a doctor in your neighbourhood. The doctor will then decide whether you will be referred to a specialist. But if something happens suddenly that is urgent, you need to call 112. 112 is the emergency number for the police, fire department or ambulance. We have many hospitals & clinics and well-educated doctors. We also have a vaccination program. If you are a baby, you get 4 vaccines. and if you are older you get another 4 vaccines. The vaccines will protect you from all kinds of serious diseases. You can refuse to get a vaccine. And now there are even anti-vax mothers! In the hospital, we have the GP, ER, IC, and pharmacies. You are in good care if you are sick or have a lot of pain.

My health is very good. But sometimes I fall from a high altitude. If I'm in a lot of pain, I go to the doctor. Sometimes the wounds have to be stitched up. But it usually goes well after a few weeks and we don't need the doctor. In the Netherlands we all have health insurance in case something happens to you.

I think I am very healthy. I have been in a hospital 4 times in my life. When I am ill, I just wait until it's over. When I am very ill, I go to the general practitioner. We have some medication at home. The only person who is ill in my family, is my grandfather. He has Alzheimer disease.

I often go to the dentist. In the Netherlands we have a regular check-up every six months.

BIKES IN THE NETHERLANDS AND MALAWI



In Malawi the bike also is very popular! As a taxi (see below) and for transportation of goods!



In the Netherlands we have a good infrastructure. You can travel by train through the whole country. The railway is used as a public transport but also for the transportation of goods. Railway facts: 400 stations, 7219 km railway, width of rail = 1435 mm

In The Netherlands it is normal that you have a bike. Bikes are the most popular vehicle for people transportation. Another name for a bike is bicycle. A bike is a vehicle with 2 wheels. You can go forward by moving your legs in a circle. You can also have an electric bike. Increasingly people are buying an electric bike because they think it is better for the world's environment. It is going bad with the environment. By bike you can get anywhere in the Netherlands. In the Netherlands, the bike is the most important vehicle. Bicycles are also regularly stolen even when it is locked. A new bike costs around 200 Euro's.

Where can you repair your bike when it is broken? Here we have some bike repair shops. If you have a punctured tire, or if you have a problem with your bike, you can go to them. Your average speed when riding a bicycle is about 15 kilometres per hour.



PRODUCTION

This Journal has been produced by the Quality Centre Malawi (www.qcnetwerk.nl) in cooperation with www.jewetwelTV.nl and the Window of Hope Foundation in Malawi. With a lot of support of the teachers of both schools! It is paid by the government of Utrecht.