



Participants from Cameroon, Ivory Coast, Mali, Rwanda and Nigeria in a session

kanthari Quarterly Newsletter 2-2026

„By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.” - confucius

“Imagine you are seven years old, in the garden with your grandmother, when suddenly bullets start flying around you.”

“It was a Friday morning. I was the mother of three children, 15, 13 and 4 years old, a wife, a lawyer, and a psychology student, when suddenly all hell broke loose over my family.”

“Do you know how it feels to wear a T-shirt that is much too small for you? That’s how my life felt for twenty years.”

“On October 9, 2015, I started this peaceful movement. We had more T-shirts than people. We walked through the streets singing. When the police tried to stop us, there were already a hundred of us. We raised our hands to show that our only weapons were our shirts and our signs.”

These are four of the opening sentences from the dream speeches we have heard during the first month of this year’s kanthari course, where participants share their vision for the change they want to create.

22 participants from thirteen countries have arrived on campus, each bringing a story few of us could have ever imagined: stories of war and protest, discrimination and courage, personal loss and extraordinary determination. Yet these stories are not shared simply to look back; they are shared because they have become the driving force behind projects that aim to create lasting and meaningful social change.

Living, learning, working, and laughing together for seven months



Above: Guerschom from Congo, presenting his Dream Speech

Left: The new ‘arrivals’. Missing from the photo are Guerschom and Miraj.

Right: Teamwork in action. Cedric (Ivory Coast), Adbel (Zimbabwe), Lwando (Zambia), Patience (Uganda) and Leah (Kenya)



How to handle dogs, with Trainer Karthik



Adbel from Zimbabwe was fearful of dogs.. Until she took this session.

creates a dynamic unlike anything most people experience. Everyday challenges spark new ideas and build friendships across cultures and continents. Many alumni have asked what life on campus is like this year. Supporters expressed a wish to experience a bit of the journey. And many others are curious to know what happens inside the kanthari programme. And so, we decided to open our doors a little wider this year. We have re-started our blog and begun sharing short video clips with glimpses of campus life, learning experiences, successes, failures, and the many unexpected moments in between. We warmly invite you to join us on this journey. In the meantime our alumni have kept building, teaching, planting, questioning, and creating space for dignity in communities worldwide. Their work moves through classrooms, community halls, gardens, dialogue circles, and construction sites, proving once again that meaningful change often grows quietly, but powerfully.

Alumni Network knock

With over 300 graduates across the world, 19 more have now joined the kanthari alumni network. Together, they form a growing community that is rich in experience, practical knowledge, and global connections. The kanthari network of change and knowledge (knock), coordinated by Tyrone, a kanthari from Zimbabwe, plays an important role in bringing this community together. By facilitating regular exchanges and collaboration, knock creates opportunities for kantharis to learn from one another and strengthen the impact of their work worldwide.

Updates kanthari Alumni Rahel Mesewat – [Mesewat](#) (Lebanon / Ethiopia)

Over the past three months, Mese-

wat in Beirut supported 125 migrant domestic worker families through a survey and food distribution, helping meet basic needs for three weeks during a difficult financial period. Weekly activities also continued, including crafts, sewing machine training with design, basic computer skills, and English lessons in collaboration with Ethiopian students from the American University of Beirut. Although donor funding is currently unavailable and many centres face financial strain, participants continue to attend, learn, and build skills for better livelihoods. In May, Mesewat Ethiopia also strengthened its sustainability through office purchases, staff salaries, a board meeting, and conference participation in Addis Ababa.

Eltrud Okeyo – [RIEKO](#) (Kenya)

Over the past quarter, RIEKO has continued building connections between generations while promoting the dignity and rights of older persons. They connected more than 200 children with 26 elders through intergenerational learning activities focused on climate change, indigenous farming practices, and culture. These sessions created a space for children and elders to learn from one another while strengthening community knowledge and relationships. Over 100 older persons were provided information on ageism, with particular emphasis on land grabbing and witchcraft accusations. This engagement helped raise awareness on the challenges older people face and reinforced the importance of protecting their rights and dignity.

Archford Kiwiti – [ZABS](#) (Zimbabwe)

Over the past three months, ZABS has continued its anti-bullying outreach in and around Zvimba rural district, speaking with 150+ school children and 8 community leaders about safe and inclusive learning environments. ZABS also supported 12



knock meeting in Harare, Zimbabwe



Rieko: Eltrud works with the old and the young in Kenya

vulnerable families and started a small community garden growing vegetables such as tomatoes, onions, cucumbers, and potatoes for beneficiaries. Looking ahead, ZABS is preparing to launch technical skills training in clothing technology, entrepreneurship, and other self-help areas for youths with disabilities and young people from marginalized communities. The six-month program is expected to begin in August 2026.

Alick Mandandi – [HIMZ](#) (Zambia)

For the last three months, HIMZ has helped 21 elderly men reflect on how patriarchal norms have affected their health, mental wellbeing, relationships, and participation in community life. Through dialogue sessions and reflection circles, participants explored the pressure of rigid gender expectations and discussed healthier ways of expressing emotion and relating to others. A key theme was the importance of shared family and community responsibilities, including caregiving, household chores, and decision-making. These discussions encouraged the men to see care and responsibility as shared tasks rather than gendered ones. The initiative was positively received, showing strong interest in more open and equitable conversations.

Justus Muhwezi – [Jacana](#) (Uganda)

In Jan 2026, Jacana Africa secured land along the shoreline of Lake Bunyonyi in Kabale District and began building a skills training centre. Jacana is addressing challenges faced by rural communities, including child labour, early marriage, school dropout, limited access to education, and generational poverty. Its programs support vulnerable youth, school dropouts, teen mothers, orphans, indigenous groups, and children with disabilities through livelihood skills and community development. Construction of the training centre is underway, a

bamboo nursery bed is in progress for environmental conservation, and community volunteers together with young beneficiaries are making bricks for the training shed that will hold a future skill-training space.

Esther Oke – [Iwari](#) (Nigeria)

Every day, 15 to 20 youth in Esther's community spend thirty minutes reading, and that daily habit is at the heart of Iwari's work. Over the past three months, Esther partnered with [Akhin Africa](#) (of Israel Balogun, another kanthari) to bring AI into the centre's *digital equity programme*, helping learners design posters and create animated videos from scratch. The partnership also included a visit to Akhin Africa's office and a trip to a riverine community to observe local livelihoods firsthand. Esther and her team also spoke to 100 students at Adorables International School about learning in safe spaces. The centre continues to open three days a week for crafts, computers, art, life skills, and self-development.

kanthari in the media

- Article in the [Peel en Maas](#) (Dutch)
- Read our latest blog posts [here](#)
- Watch video updates on [kanthariTV](#)

Dear friends,

The 17th course, this year with 22 change makers from 13 countries is running in full speed.

We are very grateful for your ongoing support! THANK YOU for believing that change is not only necessary, but possible.

Sending warmest regards, sabriye and paul



To make a donation, please scan the QR code, or [click here](#). Thank you



Alick works with older/elderly men in Zam-



Justus (right) at Jacana Africa in Uganda



Participants of Esther's Iwari in Nigeria



New fishpond on the kanthari campus (see before before Photo)

Your support matters!

With your donation, you support the training of marginalized persons that enables them to run their own impact making organisations. Your donation has an impact over many years and reaches countless people in need worldwide.

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Thank you!