



PROPEL
Health

A JOURNEY TO SUCCESS: TAKING ONE STEP AT A TIME



GALS/PYD INTERGARTED CHANGE

INTRODUCTION

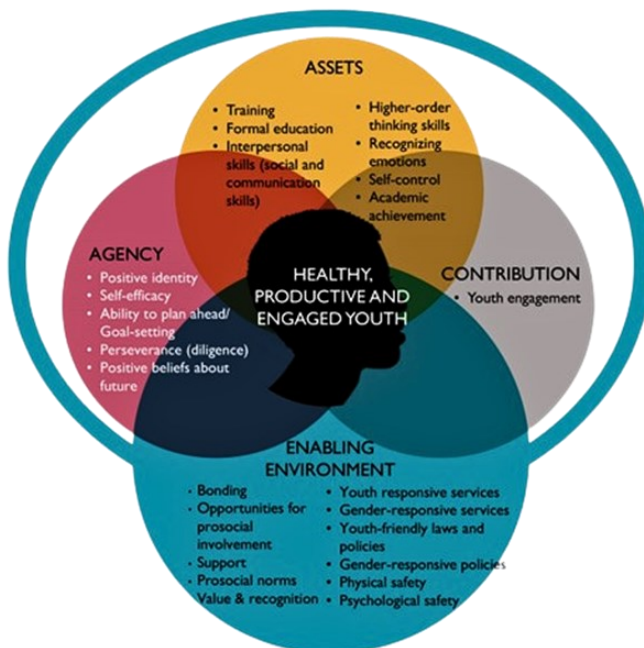
The integrated Gender Action Learning System (GALS) and Positive Youth Development (PYD) training is a PROPEL Health adaptation of the participatory, community-led empowerment methodology, processes, and visual tools to give youth more control over their lives as the basis for individual, household, community, and organizational development entrenched in the PYD framework.

The adaptation offers a gender-transformative approach to youth enterprise thinking promoting solutions to gender inequalities and affirming positions of social and political influence for young people in communities. The curriculum offers a blend of principles that cover gender justice and inclusion, leadership, action for change, and enterprise thinking for sustainability. The use of visual diagrams assists to work through the process, and acts as a catalyst for self-introspection, visioning, policy alignment, and overall positive change. Content for the training usually covers: Visioning and Vision Journey; Gender Balance Tree; Challenge Action Tree; Policy Alignment; Empowerment Leadership Map/ Social Empowerment Map; and Youth Cashflow Analysis. Additional modules may be included depending on the objectives and beneficiaries of the training.

The Positive Youth Development Framework (PYD) is interwoven within the GALS training allowing for youth to draw on their own repertoire of skills and aspirations; helping them plan out their goals whilst interacting with other young people and identify opportunities around them. The PYD approach cements the visioning through recognition of individual assets and sharpens competencies; foster healthy relationships; strengthens the

environment; and transforms lives! The mantra for this type of training is that "youth can transform inside and outward"-have greater economic prospects, be more civically engaged, and healthier in the long term.

This booklet outlines the journey of one of the youth leaders, Stanford Chidule, previously trained in the integrated GALs/PYD methodology under Health Policy Plus. Stanford is now a peer mentor under PROPEL Health. He works with Phalombe Youth Arm Organization (PYAO) and initiated a training targeting 20 young people deliberately identifying Cyclone Freddy survivors within the district to contribute to strengthening resilience. The training was conducted in October 2023 with technical and financial support from the USAID funded PROPEL Health project. The profiles highlighted herein are for select 8 youth leaders that have visible results directly attributed to the training.



SUCCESS STORIES



Successor Issac

30–years-old

Naliya Village, T/A Phweremwe

Early in 2023, Cyclone Freddy completely damaged Successor's home. Despite this devastating setback, he persevered. Successor's participation in the integrated GALS/PYD Training ignited a spark, and he recognized the potential to leverage his asset in tailoring skills for greater success. During the training, he envisioned owning a well-equipped tailoring shop with at least six machines to be completed within three years. Successor has already begun his vision journey and has invested in an additional sewing machine, allowing him to double his output. He has also taken a significant step towards empowering others by employing and training young women and adolescents, thus fostering entrepreneurship within the community.

The impact of Successor's vision is evident. With two sewing machines, his weekly earnings have significantly increased from K10,000-K15,000 to K25,000-K30,000. Successor has also expanded his rice and maize farming by renting additional plots. Profits from his thriving tailoring business are strategically reinvested into his farm, ensuring long-term financial security.

Successor's story exemplifies the power of visioning in fostering resilience and rallying other young people into entrepreneurial thinking.



Evans Pondani


27–years-old

Kaliati village, T/A Nazombe

Evance's life revolved around traditional maize, rice, and soybean farming until he participated in the integrated GALS/PYD Training. His personal vision and goal inspired him to embark on a three-year journey to establish himself as a successful farmer in piggery.

Immediately after the training, Evance constructed a pigsty. He then sold his rice crop to invest in six piglets, laying the foundation for his vision. Applying the GALS social empowerment map, Evance moved quickly to explore opportunities to learn more about pig farming. He eventually found an online pig farming training organized by Msope Farmstead which he actively participated in December, 2023.

Evance's vision is clear and divided into achievable milestones. By the end of the first year, he aims to have a drove of 25 pigs. This number will increase to 70 pigs by year two, and he projects owning over 100 pigs by year three. Evance's ability to utilize his assets and demonstrated agency has positioned him for remarkable success in the piggery.





Maureen Mulihe

22 years-old

Lolo Village TA Nazombe

After acquiring her diploma in Public Health in February 2022, Maureen only ever wanted to be employed. After attending the GALS/PYD training, Maureen was inspired to become an entrepreneur. She came up with a vision to establish a stationery and internet cafe. In pursuit of her vision, she used principles from the Social Empowerment Map to search for opportunities that would facilitate attainment of her vision.

In December 2023, she confidently applied for the district level MHub Digital Malawi program. She was among the top five to be awarded individual US\$2,500 seed grants for young entrepreneurs in Phalombe. Access to the grant aligned perfectly with Maureen's business plan, initially crafted using the using the three-year vision journey developed during the GALS/PYD training.

By March 2024, Maureen's dream materialized. She has opened the shop at Chiringa Trading Centre where she is currently offering printing, photocopying, lamination, and other services. Her ambition doesn't stop there; she envisions expanding and having branches across Phalombe district.

Maureen's story exemplifies the multifaceted use of the training materials that stimulates mindset change, builds self-efficacy, and enable young women to seize opportunities.



Ida Idah

23 -years-old

Mankhanamba Village, T/A Kaduya

The integrated GALS/ PYD training inspired and helped Ida plan for a future as a wholesale supplier of groceries across Phalombe district. This ambitious vision stands in stark con

By the end of the training Ida had saved K20,000 from her incidental allowance, and immediately opened a shop selling essential groceries from her house's veranda . This initial venture is allowing her to gain experience in business operations. In November 2023, she rented farmland and planted soybeans and sunflowers as another way of increasing her capital.

Idah's story highlights how by providing an enabling environment, individual assets and agency flourish to transform young people's lives.



Grevazio Mathoso

25 years-old

Namasoko Village, T/A Namasoko

Cyclone Freddy partially damaged Grevazios home and he immediately thought of selling his goats and use the funds for repairs. However, the GALs/PYD Training empowered him to realize that his existing skills in computers and selling stationery gained from a previous job, could be a springboard for a brighter future. He envisioned owning a stationery shop. He made a decision to sell his goats to open a printing and computer services shop instead of repairing the house.

He now earns around K5,000 daily and uses some of the profits to stock up on bricks for the repairs of the house. This twist and perseverance have enabled Grevazio business to secure a future for both him and his family.

The visioning tool has enabled Grevazio to shift priorities for sustained income and resilience.



Maureen Kondwani

25 years-old

Lolo Village, T/A Nazombe, Chiringa

Despite holding a Diploma in Irrigation Engineering, Maureen primarily made money through selling thobwa (a local maize flour, sorghum, and millet drink) at the Chiringa market.

The GALS/PYD training ignited a new vision in Maureen and she now aspires to leverage her existing education and become a trader in legumes, maize, beans, soybeans, and rice within the coming 2 years. To achieve her vision, she set out a meticulous vision journey divided into two milestones. In the 2023/24 growing season, she rented land to cultivate groundnuts, sweet potatoes, and cassava and plans to plant beans after harvest. She will use the tubers to raise capital for the shop and the legumes as stock. Meanwhile, she continues making savings from her thobwa business, which has also expanded to include other non-alcoholic drinks manufactured by established companies. The profits from selling the drinks and crops will position her to reach the first milestone by June of this year of opening a shop from which she will be selling the produce. She plans to double production within 8 months from June 2024 to complement farming with buying of crops from other farmers.

By PYAO providing the enabling environment and mentorship, Maureen's zeal has spurred her to diligently plan for her future and exploit a male dominated trade.



Eunice Elias

24 years-old

Bwanaisa Village, T/A Mkhumba

Prior to the training, Eunice was contented with being a child protection volunteer. However, the GALS/PYD program ignited her entrepreneurial spirit and inspired her to envision opening a restaurant at Kokolo Trading Centre in the district. Demonstrating remarkable initiative, she begun laying the groundwork for her dream by venturing into maize, groundnut, potato, and pigeon pea farming. She has also purchased two goats using savings from another workshop she attended after the GALS/PYD training. The income generated from these endeavors will contribute to the capital for the establishment of her restaurant.

Eunice's story is a testament that the right training can spark entrepreneurial spirit of motivation and unlock the agency required to transform young peoples' livelihoods.



Richard Nantchengwa

28 years-old

Chikopa village T/A Jenala, Jenala

From June 2023, Richard used to trade in maize. However, he reckons that before the training he usually mismanaged proceeds from his business. The GALS/PYD training expanded Richard's vision to diversify beyond basic crop trading, and set a goal of establishing an agro-dealer shop, to provide farmers with access to high-quality crop seeds and other agricultural inputs.

To generate capital for the shop, he has increased number of his goats from 1 before the training to 7 goats after the training. He has also improved production of rice and maize by renting farmland. The income from the harvests and the goats will be invested to achieve the next milestone of setting up a shop. He has also bought land on which he intends to construct a mini-shop close to Chitekesa Rural Growth Centre. Adding to his assets, he has bought a motorcycle to cut on transportation costs.

The GALS/PYD training has enabled him to see value in bringing his wife at the center of the business. The case of Richard, illustrates how the GALS/PYD tools facilitates gender awareness and agency to trigger action to challenge negative cultural and gender norms.



Leo Mukwate

25 years-old

Namasoko Village, T/A Namasoko

The PROPEL Health adapted GALS/PYD equips participants to cascade the training to their peers. Leo is one of the young people who benefited from GALS/PYD training through his friend, Grevazio Mathoso who attended a GALS/PYD training facilitated by PYAO's GALS/PYD mentor in October, 2023. Before GALS, Leo was simply a regular member of a Village Savings and Loans (VSL) group for about three years. In the three years, Leo had been underutilizing his skills and earnings from the VSL.

After being oriented, he set up a vision of running at least three barbershops. He used his earnings from the VSL to buy necessary equipment for a barbershop from which he is now earning between K2,500 and K3,500 per day, an improvement from K1,500 he was earning before the orientation.

The story of Stanford, Grevazio, and Leo amplifies the power of mentorship and the multiplier effect that happens when young people are equipped with youth and gender responsive knowledge and skills for transforming their lives.



PROPEL Health

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