

Afrik Project

MAGAZINE



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ISSUE 01

LUMINARY OF THE MONTH

DR. SIZWE NZIMA

The hero who delivered medicine to
2,000 patients on bicycle

Lagos Fashion Week Shines at the
Earthshot Prize

Kenyan Inventors Turn
Trash Into Hope

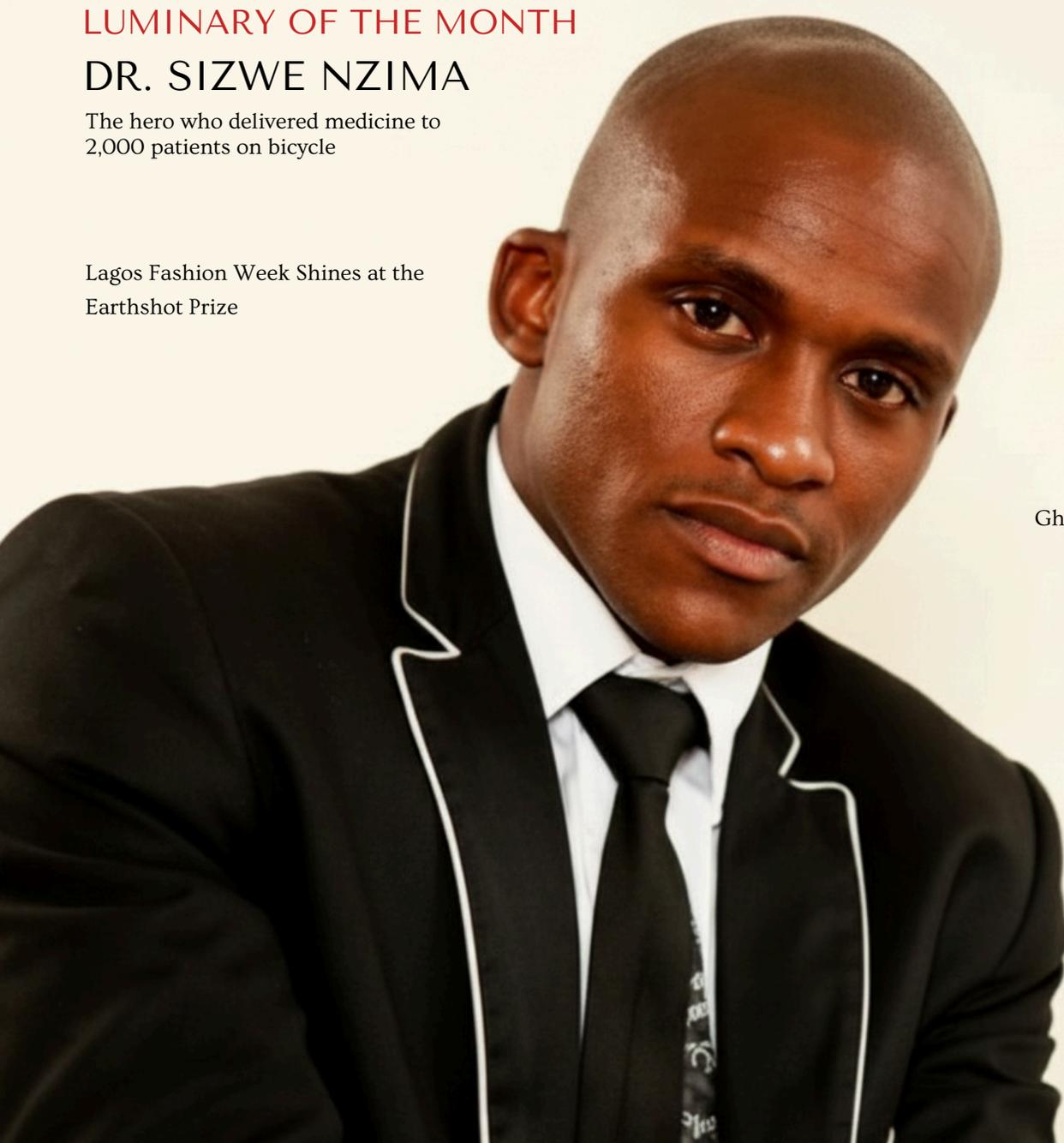
South Africa Steps Into
G20 Leadership

Naomi Ohene Oti Wins
Global Nursing Award

Ghanaian Superstar, Moliy,
Tops Billboard Charts

Icon of the month

Richard Maponya,
the grandfather of
black business



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Afrik Project

Meet our Team

ADEDAYO AYOOLA

Creative Strategist

Adedayo is a creative thinker and aspiring entrepreneur with a passion for technology, education, and social impact.

He values values authenticity and empowering young Africans to innovate and lead.

OLUYEMI ITULOLA

Project Lead

With a sharp focus on growth and impact, he oversees the platform's development and strategic direction – ensuring that each story is not only told but seen, shared, and celebrated across Africa and beyond.

TOMISIN SANYA

Content Curator

Tomisin is a brilliant storyteller and writer, driven by curiosity and a love for exploring new experiences. She brings Africa's brightest lights to life, using simple words and striking visuals to celebrate innovation, culture, and everyday heroes.

To Our Readers

Welcome to this issue of Afrik, where we shine a light on the people, ideas, and innovations shaping Africa today. From entrepreneurs turning challenges into solutions to artists and athletes taking the continent to global stages, our pages are filled with stories that inspire, inform, and celebrate African ingenuity.

In this edition, you'll meet trailblazers like Sizwe Nzima, who reimagined healthcare delivery in Cape Town, and the Kenyan cousins revolutionizing prosthetics with scrap materials. We explore milestones in business, sustainability, fashion, music, and sport, showing how African creativity and resilience are making waves worldwide.

We hope this issue sparks your curiosity, encourages conversations, and reminds you that Africa's story is being written every day by bold, visionary people. Thank you for joining us on this journey.

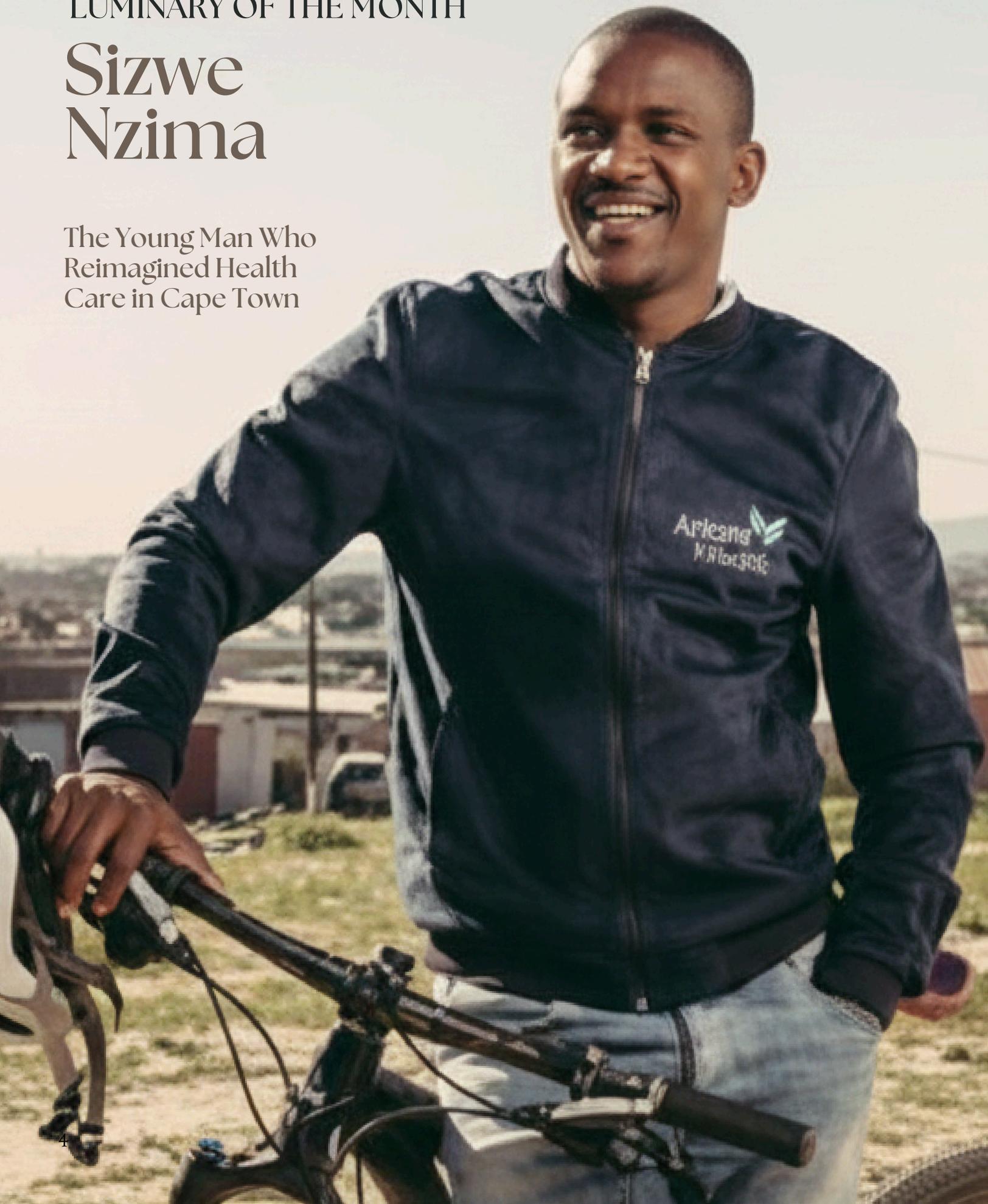
Daniel Owa-George

EDITOR-IN-CHIEF

LUMINARY OF THE MONTH

Sizwe Nzima

The Young Man Who
Reimagined Health
Care in Cape Town





“I started by helping my grandparents. Then their neighbours. Then their friends.”

In Khayelitsha, a sprawling township on the edge of Cape Town, long clinic queues are common. People leave home before sunrise with folders of prescriptions pressed to their chests, hoping they will return before the day gets away from them. That was the world Sizwe Nzima grew up in. He was raised by his grandparents and watched them struggle through those lines month after month. Somewhere in the middle of all that waiting, he began to imagine that there had to be a better way.

Launching Iyeza Express

Years later, while studying at the Raymond Ackerman Academy of Entrepreneurial Development, that early frustration finally found direction. Sizwe began shaping a simple concept. What if someone could collect chronic medication from public clinics and deliver it straight to people’s homes?

Nothing high tech. Just bicycles, a system committed to making life a little easier for people whose lives were already difficult.

When he won a R10,000 prize at the academy, he used it to buy two bicycles and basic equipment and launched Iyeza Express in 2012. The name, drawn from isiXhosa, carries a double meaning: “iyeza” can mean both “it is coming” and “medicine”, neatly capturing his promise to clients. In those early days, he charged about R10 per delivery. It was not much, but for an elderly patient or someone too sick to stand in line, it meant everything.

“I started by helping my grandparents. Then their neighbours. Then their friends,” he once explained in an interview. What he did not realise at the time was that those two bicycles would eventually set off an entire

movement.

Navigating the Health System
The idea sounded straightforward. The reality was not. On one of his first attempts to pick up several prescriptions at once, clinic staff could not understand why a young man was walking in with a bundle of scripts. They suspected he was collecting medication to resell illegally and called the police to intervene.

Sizwe suddenly found himself explaining, right there inside the clinic, what he was trying to build. He described how the service would reduce long queues by handling collections for people who could not come in themselves.

That conversation changed everything. Once clinic managers understood the model, they began working with him more formally. “It helped the clinic too,” he later



said. “Decongesting meant they could serve others faster.” What began with suspicion turned into collaboration.

Scaling on Two Wheels

Word travelled fast through Khayelitsha. Within a few months he had more than 40 clients. In the years that followed, the number grew into the hundreds. Soon he was serving more than two thousand chronic-care patients. The queues at the clinics did not disappear, but for many elderly, working, or ill individuals, Sizwe’s bicycle became the bridge connecting them to consistent healthcare.

He kept detailed records of every patient and every medication schedule. Soon, clinic pharmacies prepared pre-packed parcels for easier delivery. As the demand grew, he hired young riders from the community who needed work. The model created jobs while solving a public health problem. Before long, support started

pouring in. A seed grant from the SAB Foundation Social Innovation Awards helped him buy more bicycles and strengthen his operations. Partnerships followed, including one with Metropolitan Health that allowed him to scale beyond the capacity of a small courier service.

Over time, Nzima secured a pharmaceutical licence. He opened his own pharmacy. The service expanded into additional community health initiatives, including the distribution of self-testing HIV kits. The bicycle deliveries that once covered a handful of streets turned into Iyeza Health, a township-born health logistics operation with national recognition.

Recognition and the Road Ahead

The accomplishments did not go unnoticed. Forbes Africa listed him among its “30 Under 30” young entrepreneurs. Mail and Guardian recognised him in its “200 Young South Africans.” Newspapers called him a social innovator.

Yet in Khayelitsha, he remained the same familiar figure who waved to children and greeted elders as he rode past. Today, Iyeza Health has grown far beyond two borrowed bicycles. The business now operates as a pharmacy and health logistics company that continues to serve thousands of chronic-care patients in Cape Town. It partners with health organisations, manages reliable delivery networks, and continues to employ young people from the area. Its mission is still rooted in accessibility and dignity.

And yet, beneath all the progress and recognition, the heart of the idea remains simple. A young man noticed a need in his community and decided to act on it.

Sometimes big problems shift because someone chooses a small, practical solution. Sometimes change begins with a person who cares enough to try.

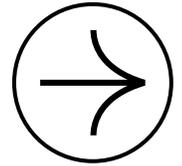
ICON OF THE MONTH

Richard Maponya

The grandfather of black business



“As Long As They Don't Put A Bullet On My Forehead I Won't Stop.”



Long before South Africa's streets glowed with neon mall signs and glass storefronts, Richard Maponya built something more than shops. He paved the way for possibility. Known as the “grandfather of black business” in South Africa, he spent more than six decades building a diverse business empire in and around Soweto. His crowning achievement, Maponya Mall, opened in 2007, stands as a testament to what vision paired with persistence can achieve.

Origins and the first hustle

Maponya was born on 24 December 1920 in what is now Limpopo Province. He trained as a teacher but took a job as a store assistant in Johannesburg. Despite his outstanding performance, apartheid-era racial restrictions blocked him from management. Instead of giving up, Maponya turned a challenge into an opportunity. He bought soiled and end-of-line garments from the store owner and resold them in townships for a profit. Using this early capital, he applied to open a clothing store in Soweto but was repeatedly denied a licence, even with legal support from lawyers associated with Nelson Mandela and Oliver Tambo. His persistence

laid the foundation for a lifetime of entrepreneurship.

Dube Hygienic Dairy and early enterprises

In the early 1950s, Maponya and his wife Marina, a cousin of Nelson Mandela, launched the Dube Hygienic Dairy. With most homes lacking refrigeration, they employed boys on bicycles to deliver fresh milk door-to-door. This small venture became one of the first visible black-owned businesses in the township and a symbol of how creativity and resourcefulness can turn obstacles into opportunities.

Over the following decades, Maponya expanded into butcheries, grocery stores, a restaurant licensed as a “native eating house”, petrol stations, bus services, a funeral parlour, and several motor dealerships, including a BMW franchise. By the 1970s, his network of businesses made him one of the most successful black businessmen in the country, proving that steady, thoughtful growth can break through systemic limitations.

Organising black business
Maponya's vision extended beyond his own enterprises. In the mid-

1950s, he joined the Johannesburg African Chamber of Commerce and rose to its presidency, advocating for small African traders. In 1964, he co-founded and became the first president of the National African Chamber of Commerce, later NAFCOC. When apartheid authorities tried to divide it along ethnic lines, Maponya and colleagues resisted, turning it into a national federation. Through leadership and collective action, he showed that individual success is amplified when paired with community empowerment.

The 28-year fight for Maponya Mall
Maponya's most famous achievement, Maponya Mall, reflects patience, determination, and unwavering faith in his vision. He first secured a 100-year lease in 1979, but apartheid authorities repeatedly blocked development.

Over the years, he raised finance and partnered with Zenprop Property Holdings. On 27 September 2007, at age 86, Maponya opened the 65,000-square-metre mall with over 200 stores and a cinema, with Nelson Mandela officiating. The mall became a beacon of opportunity and a reminder that steadfast commitment can transform communities.



Later recognition and legacy

Beyond retail, Maponya extended into beverages, banking initiatives linked to NAFCOC, and property holdings, while serving on bodies such as the Nelson Mandela Children's Fund and

the Urban Foundation. South Africa honoured him with the Order of the Baobab in Gold for his role in advancing black entrepreneurship under challenging conditions. When

he passed away on 6 January 2020 at age 99, tributes described him as a trailblazer and mentor whose persistence and vision continue to inspire generations of entrepreneurs.

FROM SCRAPS TO SUPERPOWERS: THE KENYAN COUSINS REINVENTING PROSTHETICS



David Gathu and Moses Kinyua in their workshop showcasing a prosthetic arm.

In a tiny workshop in Kiambu County, just north of Nairobi, cousins David Gathu and Moses Kinyua are doing something most people their age only dream about. At 29, working out of a shed made from rusted iron sheets next to a chicken coop, they built what many publications called the world's first bio-robotic prosthetic arm operated by brain signals.

The idea grew out of struggle. Both cousins had dropped out of college because they couldn't afford the fees, but they refused to let that be the end of their curiosity. They kept tinkering with discarded electronics. Old motherboards. Fans. USB devices. Heat sinks. Anything people threw away. As Gathu put it, "People throw away a lot of things that are harmful to

the environment. If one component is faulty, the rest can still be recycled."

Their breakthrough came during the pandemic. They were trying to build a machine that could help Kenya disinfect public spaces. That experiment sparked a bigger idea: an electronic limb that responded to the brain, not just muscle movement. Using a NeuroNode biopotential headset – a device originally designed to help people with paralysis – they created a prosthetic arm controlled through thought. The headset converts brain signals into electrical currents, allowing a user to open or close the hand or perform simple movements.

Kenya has thousands of amputees

who can't afford imported prosthetics, which often cost far more than most families can manage. By using junkyard components, the cousins slashed the costs and opened the possibility of a locally made, more affordable option. "We've recycled everything you see here. They throw it away, we pick it up and use it. This has saved us from spending a lot of money because we're not backed up financially," Gathu explained.

They're still perfecting the device, and funding remains a challenge. But what they've already proved is powerful. In a world where Africa is often positioned as the dumping ground for e-waste, these young innovators turned limited resources into endless possibilities.

WHEN AFRICA CHAIRED THE WORLD: INSIDE SOUTH AFRICA'S G20 MOMENT



World leaders pose for family picture at G20 Leaders' Summit in South Africa.

In November 2025, Johannesburg felt different. At the city's Expo Centre, motorcades arrived, security tightened, and familiar halls were transformed into meeting rooms where some of the world's most powerful economic decisions are made. South Africa was hosting the G20 Leaders' Summit. For the first time, that gathering was taking place on African soil.

As G20 president, South Africa set the tone early. The theme, "Solidarity, Equality, Sustainability," signalled that this summit was not meant to be business as usual. It was a chance to centre conversations that matter deeply to Africa and other parts of the Global South, from climate vulnerability to development finance, rather than treating them as side notes.

The summit itself took place on 22 and 23 November 2025 and brought together leaders and representatives from 42 countries and international organisations. One presence stood out. The African Union attended not as an invited observer, but as a permanent G20 member, following its admission at the 2023 New Delhi summit. It was a quiet but significant shift. Africa was no longer just being discussed. It was participating, institutionally and continuously.

Much of the work happened beyond the main stage. In Cape Town and Johannesburg, finance ministers, central bank governors and development banks met to wrestle with issues that have long constrained African economies. Disaster resilience was one. Debt sustainability was another. There

were also hard conversations about financing the energy transition and managing the continent's critical minerals in ways that create value locally. Proposals around grant-based climate finance and clearer debt restructuring mechanisms reflected concerns African policymakers have raised for years.

Observers noted that the Johannesburg summit marked the fourth consecutive G20 presidency held by a Global South country, after Indonesia, India and Brazil. Together, those years reshaped the forum's rhythm and priorities. The shift was not dramatic or confrontational. It was steady, practical and increasingly hard to ignore.

For many Africans, the meaning of the moment went beyond communiqués and closing statements. An African city hosted. An African country chaired. An African institution helped shape the agenda. The symbolism mattered, but so did the substance. It suggested a future in which Africa's place in global decision-making is not occasional or symbolic, but normal and expected.

NAOMI OHENE OTI, THE CANCER NURSE WHO WENT GLOBAL



Naomi Ohene Oti at Global Nursing Award.

“And as long as there’s breath in my lungs, I’ll keep fighting—not just cancer, but the systems, myths, and gaps that make it harder to survive it.”

When the 2025 Aster Guardians Global Nursing Award was announced, the winner was not from a gleaming hospital in Europe or North America, but from Korle-Bu Teaching Hospital in Accra. Ghanaian oncology nurse Naomi Oyoe Ohene Oti emerged from around 100,000 nominees across 199 countries to receive the 250,000-dollar prize, one of the world’s most valuable recognitions for nurses. The award cited her leadership in oncology nursing, her work in cancer-care delivery and her contribution to education and policy in low-resource settings.

Ohene Oti serves as head of nursing at the National Radiotherapy, Oncology and Nuclear Medicine Centre at Korle-Bu, Ghana’s main public referral centre for cancer. Over more than two decades, she has trained oncology nurses, championed psychosocial support for patients and pushed for better integration of nursing expertise into cancer-control planning. Her work extends into academia and guideline development, which has helped standardise oncology-nursing competencies in Ghana and influenced broader regional approaches.

Internationally, Ohene Oti has served on committees of the International Society of Nurses in Cancer Care and contributed to guidance on setting up comprehensive cancer centres in low- and middle-income countries, including initiatives linked to the International Atomic Energy Agency and the World Health Organization. In other words, her impact runs from bedside to boardroom: the same nurse who sits with patients during chemotherapy infusions is helping write the documents that shape how cancer services are built across continents.

LAGOS FASHION WEEK WINS EARTHSHOT PRIZE



Lagos Fashion Week founder, Omoyemi Akerele, during her acceptance speech.

In 2025, Lagos Fashion Week found itself in an unexpected spotlight. Known for bold runways and boundary-pushing design, the platform stepped onto a different stage when it won £1 million in the Earthshot Prize’s “Build a Waste-Free World” category. Created by Prince William, the Earthshot Prize has mostly celebrated breakthroughs in conservation, clean energy and environmental technology. That made the recognition of a fashion platform from West Africa especially notable.

The award was not about spectacle. Judges focused on the quieter work Lagos Fashion Week has been doing behind the scenes for years. Since its early days, the

platform has steadily pushed designers to think beyond seasonal trends and toward long-term responsibility. Sustainability has not been framed as a marketing angle, but as a condition of participation. Designers are encouraged to reduce fabric waste, use natural dyes, source ethically, repair garments and experiment with upcycling. Traditional techniques and local craftsmanship sit at the centre of this approach, not as nostalgia, but as practical solutions rooted in place.

Organisers went further by building these expectations into the structure of the event itself. Sustainability guidelines became part of the entry criteria.

Mentorship programmes and workshops helped emerging designers understand how to apply circular practices in real production settings, especially in an industry where resources are often limited and margins are tight. The Earthshot judges also took note of Lagos Fashion Week’s wider ambitions. Rather than keeping its model contained, the platform is working toward supporting similar initiatives across the continent. Plans are underway to back fashion hubs in cities such as Kigali, Dakar and Accra by around 2030, linking designers and markets into a broader African network built on responsible production.

The win signals something important. Climate innovation is not confined to laboratories, policy rooms or renewable energy plants. In Lagos, it is unfolding on runways and in workshops, where creativity, culture and low-waste design intersect in ways that feel both modern and deeply African.

GHANAIAN SUPERSTAR, MOLIIY, TOPS BILLBOARD CHARTS

Ghanaian singer Moliy has been named African Rookie of the Month by Billboard, a recognition that reflects her steady rise from breakout talent to global music force. The announcement was confirmed by Billboard Africa on its official platforms, marking a defining moment in a career that has been quietly building momentum for years.

Moliy first caught international attention with her debut EP *Wondergirl*, which introduced her distinctive sound and playful confidence to a wider audience. Her breakthrough moment, however, came through her feature on Amaarae’s “Sad Girlz Luv Money.” The track crossed borders with ease, entered the Billboard Hot 100, and evolved into a global cultural moment that placed Moliy firmly on the international map.

Her influence deepened in 2025 with the release of “Shake It to the Max (FLY).” The Afro-dancehall track proved to be a turning point. It spent more than six weeks at number one on the Billboard U.S. Afrobeats Songs Chart and climbed into the Top 10 of the Global 200. The song has since surpassed 350 million streams, becoming one of the year’s most successful African releases worldwide.



Moliy, Billboard Africa's Hitmaker of the year 2025

That success is also reflected in her growing audience. Moliy now records over 13 million monthly listeners on Spotify, a figure that underscores her expanding reach beyond West Africa and into global pop and dance spaces.

‘Shake It to the Max (Fly)’ was

named the No. 1 song on Billboard’s Year-End U.S. Afrobeats chart, cementing her status as the continent’s breakout hitmaker of the year. From Accra to international charts, Moliy’s journey shows how African artists are shaping global sound on their own terms, one release at a time.

LAFARGE AFRICA LAUNCHES NIGERIA'S FIRST LOW-CARBON READY-MIX CONCRETE



Lafarge cement mixer truck

Nigeria's building boom has long been powered by carbon-intensive cement, but Lafarge Africa is betting that the next wave of construction will be greener. In August 2025, the company launched EcoCrete, described as Nigeria's first low-carbon ready-mix concrete, at an event in Abuja. EcoCrete is engineered to cut at least 20 percent of the CO₂ emissions associated with standard CEM I concrete while maintaining the strength and durability required for structural work.

To back that ambition, Lafarge Africa converted its Abuja ready-mix plant to produce only

EcoCrete, signalling that the product is not a niche add-on but a core part of its future portfolio. The company says it achieved the emissions cuts by optimising its cement mix, incorporating supplementary cementitious materials and improving production efficiency in line with Holcim's global decarbonisation targets.

According to Derek Williamson, Head of Aggregates and ReadyMix at Lafarge Africa, EcoCrete is designed to work across a wide range of projects. These include residential housing, commercial developments, as well as infrastructure such as roads and

bridges. He explained that the product combines a lower carbon footprint with reliable strength, making it suitable for modern construction demands.

For developers, EcoCrete offers a way to cut the embodied carbon of projects - from housing estates to commercial buildings and infrastructure - without sacrificing performance or radically changing construction methods. For Nigeria, one of Africa's largest cement markets, it is a concrete example of how climate goals can be built into everyday materials, not just showcased in pilot projects.

BOTSWANA CLAIMS HISTORIC MEN'S 4X400M WORLD TITLE



From L-R: Lee Bhekempilo Eppie, Busang Collen Kebinatshipi, Letsile Tebogo and Bayapo Ndori celebrate winning the men's 4x400m for Botswana

Botswana has secured its first global men's 4x400m relay title, becoming the first African team to win the event. The victory came in dramatic fashion on 23rd September, as a rain-soaked track set the stage for a tense, blanket finish against the United States and South Africa. Botswana crossed the line in 2:57.76, with the United States taking silver and South Africa bronze, both recorded at 2:57.83.

The U.S. had scraped into the final after defeating Kenya in a run-off earlier in the day, and initially led at the final changeover. But Botswana's anchor, 21-year-old Collen Kebinatshipi, the individual 400m champion, ran a decisive leg in atrocious conditions to snatch

gold. "I had to run the most strategic leg because of the weather," Kebinatshipi said. "I knew I had to go strong but still I wanted to save my energy for the last 100 metres. At the last 80m I pushed and started running faster. I am really grateful to have come home with two gold medals."

Botswana's triumph was built on a series of standout performances. Letsile Tebogo delivered a blistering second leg, clocking 44.05 and pulling the team level with the United States. Bayapo Ndori maintained the momentum before handing over to Kebinatshipi for the final surge. His finish mirrored his individual victory, slipping past rivals despite heavy rain and mounting pressure.

For Tebogo, the gold carried added significance. Having experienced both Olympic success and previous setbacks, the relay victory represents a defining moment for Botswana's generation of sprinters, proving that meticulous teamwork and resilience can translate into historic results. South Africa's challenge was strengthened by a strong third leg from Wayde van Niekerk, while Belgium, Qatar, and Great Britain completed the top six.

In the end, Botswana did not just contend; they converted promise into history, crossing the finish line first and delivering a landmark victory for African athletics.

AFRIK FUN CORNER

Recipe of the Month

Ethiopian Injera and Shiro



Shiro is a stewy dish made from ground chickpeas or broad beans (or lentils), simmered with spices. It is a staple comfort food across Ethiopia and often served with injera, a soft, spongy flatbread made from teff (a mix of flours).

INGREDIENTS (FOR A SERVING OF 4)

For Injera (approx. 4–6 pancakes):

- 2 cups teff flour (or 1 cup teff + 1 cup all-purpose flour if teff is unavailable)
- 2 ½ cups water (adjust to batter consistency)
- 1/2 teaspoon salt

For Shiro (serves 4):

- 1 cup ground chickpea flour (or split chickpeas / red lentils, ground)
- 4 cups water (or vegetable stock)
- 1 onion, finely chopped
- 2–3 cloves garlic, minced
- 2 tablespoons vegetable oil or niter kibbeh (Ethiopian spiced butter)

- 1 teaspoon ground berbere spice mix (or, if unavailable, ½ tsp cayenne + ½ tsp paprika + pinch of ground cloves + pinch of cinnamon)
- Salt & pepper to taste
- Optional: a handful of chopped tomatoes or tomato paste for a richer sauce

INSTRUCTIONS

Make the Injera:

1. In a bowl, mix teff flour (or flour mix) with water and salt until you get a smooth batter of pancake-batter consistency.
2. Let the batter rest at room temperature for about 12–24 hours (fermentation gives injera its slightly tangy taste). If you are in a hurry, you can proceed – though taste will be milder.
3. Heat a non-stick skillet or flat pan over medium heat. Lightly wipe with oil.
4. Pour a ladleful of batter, swirl to cover the pan thinly. Cover and let cook for about 2–3 minutes. The surface should bubble and set; edges may lift slightly.

Remove carefully; injera should be soft and porous. Set aside. Repeat for the rest of batter.

Make the Shiro:

1. In a pot or deep pan, heat oil (or spiced butter). Sauté onions and garlic until
2. Add the ground chickpea flour (or ground lentils/chickpeas) and stir gently for 1–2 minutes.
3. Slowly pour in water (or stock), stirring constantly to avoid lumps.
4. Add berbere spice (or substitute mix), salt, and pepper. If using tomatoes or tomato paste, stir them in now.
5. Lower heat and simmer gently for 10–15 minutes. The sauce should thicken and develop a rich aroma. Adjust seasoning to taste.
6. Once ready, ladle hot shiro onto a plate or large communal platter. Place injera underneath or beside it.
7. Tear off a piece of injera with your hand, scoop up some shiro, and enjoy.

Riddles

1. I rise without wings. I blind without remorse. Whenever I go, darkness dies. What am I?
2. I have cities but no houses, forests but no trees, and rivers but no water. What am I?
3. I am always spinning, but I have no clothes? What am I?
4. What is harder to catch the faster you run?

Did you know?

- The baobab tree can live for over 1,000 years and stores up to 120,000 liters of water in its trunk.
- Africa is home to up to 3,000 spoken languages. That rich diversity shapes music, stories, food, and traditions across the continent.
- Jollof Rice has a “friendly rivalry” across West African countries – each claims their version is the best.
- African art is the world's oldest art, with evidence of shell beads dated 72,000 years old.

African Proverbs

No doubt African culture is rich in deep and meaningful adages and proverbs. Here are some words of wisdom:

“When the roots are deep, there is no reason to fear the wind.”

Meaning: Strong cultural values protect individuals and communities from being shaken by external influence.

“What an elder can see while sitting down, the younger one can't see even if he climbs to the top of the iroko tree.”

Meaning: With age comes experience, and experience brings wisdom. So it pays to listen to the advice of older and more experienced people.

Riddle Answers

Turn the magazine upside down to read the answers to the riddles.

1. The sun
2. A map
3. A spider
4. Your breath

Advert





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