

# #VoiceandChoice GENDER DRIVER OF CHANGE APPLICATION

Response ID:873 Data

## 2. (untitled)

---

### 1. Date of Application

06/29/2019

---

### 2. Name

Prof K

---

### 3. Surname

Muvangua

---

### 4. Sex

Male

---

### Name of organisation

---

### 5. Designation

Emerging Entrepreneurs

---

### 6. Country

Namibia

---

### 7. Province

Erongo Region

---

### 8. City/ Town/ Village

Arandis, Namibia

---

### 9. Email address

prof.k.muvangua@gmail.com

---

### 10. Telephone number e.g. 00 27 11 622 2877

264857019397

---

### 11. Cell phone number e.g. 00 27 82 622 2877

264813500682

---

### 12. Age Group

31- 40

---

### 13. Education level

Tertiary

---

### 14. Are you living with a disability

No

---

### Type of disability

### 15. Type of organisation

Community Based Organisation

### Are you a GL Centre of Excellence (COE) for Gender in Local Government?

### Name of COE council

### 16. Self-nomination?

No

### 17. If third party nomination

#### First name

Patrick

#### Surname

Haushona

#### Designation

Arandis Town Council

#### Email address

customer@atc.com.na

### 3. (untitled)

### 18. Quotable quotes

**Provide one quote from your story that demonstrates what has changed in your life/ the life of the leader since you/the leader became gender aware.**

Since the first time I attended GL workshops/training, it really changed me completely to the person I have become. As a person who didn't care much about others or do things for others even help victims/survivors of GBV. Today I'm proudly saying that my voice is heard, all thanks to Gender Links. I can be able to speak publicly, interact with others properly in a conducive manner.

### 19. Most memorable experience in your work as a leader (300 words)

**Please share a short story that may be inspirational; emotional or significant in other ways that demonstrates the essence of your/the leader's work. In what way do you/or does the leader qualify to be a Driver of Change? Please make this clear at the outset of the piece.**

Firstly as I highlight on the above a lot has been happening, my most memorable experience was in 2019 when I used to write letters to different various companies for sponsorship, and out of so many years of request it happened that Erongo Red came to my rescue, whereby I received a call and an email that my request has been approved for an amount of N\$30,000.00. I was so overjoyed that I could not limit the expression of joy as it was one of the highest amounts of sponsorship.

### 20. Give a short history of the leader (300 words)

**Please give information on your/the leader's background, where he/she/you started, how you got involved in gender work. Please capture any light bulb moments, through anecdotes and examples.**

I used to be training on myself from time to time, when I started utilizing the gym facility where I'm currently running my business as an entrepreneur, I noticed that the facility was not taken care of since its establishment from 1982, equipment/s/apparatus used to get lost on a daily basis, almost everyone had had access key to gym facility and there was no control at all. So I saw a niche for business opportunity and I approached the local authority and presented my proposal to lease the gym facility in order to run a community fitness centre under the umbrella of Kavetu Arandis Community Gymnasium as a

trading name from the ministry of trade, I then register with ministry of finance, local authority social security. It was not easy though, but for me it's an initiative I took today I have become a the owners manager, fitness trainer, body building, weightlifting/loss, Erongo Women Soccer League Vice Chairperson, coach of Kavetu FC under the umbrella of my Organization and I m now planning to Kick - off with Karate club for boys/girls starting from age of 5 years and upwards.

---

### 21. Objectives (100 words)

**What is his/her/your personal mission statement?**

To lead as a technical trainer, produce good looking man/women and school/Nimt students, mine workers and the entire community members of our town Arandis

To create an awareness of a healthy nation.

To put Kavetu Arandis community gymnasium on the map and it's respective town.

To be the coach of the town and to reach out to people who need my technicality

To help and advice all sports lovers man and women to follow their dreams

To keep the youth busy, obstruct them from alcohol, drug abuse and use their time wisely and positively.

---

### 22. Key activities (300 words)

**Describe the nature of your work: *please include any negative experiences.***

The work is about training people in the are of health & fitness, powerlifting, bodybuilding and weight loss/gaining. Well in any given time and place there's no way where everything will go write or wrong. Firstly it was about having out dated gym equipment/apparatus, that's the complain I receive. Back the my main aim was to lock people, to market myself and we started as low as N\$50.00 per month then we increase to N\$100.00 and as time past by we continue to increase in order to meet the market related price, which is quiet affordable to everyone including learners, students and unemployed members. Secondly it was a thing of only guys used to attend the gym on a regular base while the ladies are either at home or they where told not to go for work. Some guys used to say that when girlfriend go to the gym is because they see interest to guys at the gym, some guys start gymming because the girlfriend is at the gym. Some people got into fights and even go to the extend of breaking up because there's know trust anymore. But now one could see that really things has improve. Click to open the blue button and see the difference between the gender group back then and now.

---

### 23. Key challenges (300 words)

**Describe challenges faced in pushing for gender equality in your organisation.**

The key challenge is lack of support, sponsorship/donation from both parents, private and public entities. In terms of capital/financial, transport as we most of the time travel more especially when the league start, if you don't have a home game then you might have an away game, for a home game one need to organize for the soccer field needs to be paid. But most of the time I m not much worried about the a home game cause the girl are at home, so that means no meals only refreshment, but it an away games the players need meals and refreshments, maybe we sometimes overnight then we need to gaiter for accommodation. The girls need soccer kids, boots, training verbs and safety kit. On the side of the Gym there's a need of modern gym equipment/apparatus, with this in line it will boots the business more more girls/women will increase and more sports lover will be born, this will benefit the community directly or indirectly as they will be sending the message across to their loved once in regards to whatever sports code she/he is doing. Thirdly it's peer pressure, if a person is too fat, obese, then some are saying oh this one is apparently exercising but do not change or see any difference but not knowing the importance why the person is exercising or may thin or having a slender body then again, Ag why is this one exercising... he/she is thin what what are they working out if there's nothing or maybe working but no change...? Then they are being demoralized and end up quitting.

---

### 24. Change at the individual level (100 words)

**Please state how championing gender has changed your life? Why has it changed? What other factors/people have been responsible for this change?**

Since the first gender links workshop in 2015, I had no understanding on gender relate issue. I learn about equal rights, GBV and the impact it has on partner s/couples and the society at large. I came to understand what GBV stands for. I thought being an entrepreneur is all I ever needed, but didn't know that gender link/gender is more than commitment, understanding, loving, caring, team work, equal right opportunity. I started practicing equal gender at my

organization/institute, at home cause I felt that something was lacking. And now almost second workshop/training it ring a bell and things has improve emerncelly at an individual level.

---

**25. Evidence of change at the individual level**

**Please provide evidence and at least one quote from other people to support your statements on change at personal level. Please ensure that you provide name, surname, organisation and designation if applicable.**

Every year I used to held this Family fun day with only the athlete and the gym committee, but now since I started doing it with my wife as the supervisor, this has been going well. I just didn't consider her to be part and parcel of this, maybe because she is not a sport orientated type of person, but yes we now planing our things together.

---

**26. Change at the household level**

**Please state how championing gender equality has led to changes within your family and close circle?**

I took care of my three lovely dolls for 5 months when my wife was staying in Swakopmund and had been there for my kids she only used to come for weekends, I play the roll at home and at business, I only had to keep the elder boy and girl busy with exercise if they had homework I took it along with them to the gym so i can be able to assist them and they can do it in my presence. I help to clean the house, cook sometimes, bath the kids and teach them the word of god.

---

**27. Evidence of change at the household level (100 words)**

**Please provide evidence and at least one quote from other people to support your statements on change at household level. Please ensure that you provide name, surname, organisation and designation if applicable.**

Change has commerce, it's just that I could not provide any evidence at the moment, because sometimes you don't come across such questions for once to be aware of any situation happening or going to transpired.

---

**28. Change at institutional level (200 words)**

**Please state how the change in your life has brought positive change in your institution. What innovation have you brought to the institution in light of the Post 2015 goals.**

In 2017 through emailing request for sponsorship, I receive a brand new home gym Trojan and 230V Treadmill, Ez- Bar, armor bars and some weight plates worth N\$12.000.00, from Tukondjeni Investment cc of Mr. Mathew lyambo through the referral of the Major of Arandis Mr. Risto Kapenda.

---

**29. Evidence of change at institutional level**

**Please provide testimonial evidence Please give examples and quote others. Ensure that you provide name, surname, organisation and designation if applicable.**

This month we the Erongo Women Soccer league had a combine effort of a Region To Region Cleaning up Campaign Cup Tournament mainly Erongo region, Otjiozondjupa and Khomas region came to meet in Swakopmund on the 20th to 24 June 2019. The aim objective was to bring more number of young girls together under one scope in order to interact with one another/migal, explore them and to teach them the value of hygienic or keeping our environment clean .As well as to remove them off the street, keep them busy and progressive in a way of promoting women soccer in Namibia as well across the whole SADC region. We requested the municipality of Swakopmund to provide us with cleaning material, zone area and transport was organizer by the Otjiozondjupa organize Coach Wilson Nguvauva from the ministry of sport throughout the region from and to their respected destination.

---

**30. Change at a policy level (200 words)**

**Please state how championing gender equality has led to changes in policy in your organisation, or at the national/regional/global level.**

I adopted 50/50 gender policy at my feet, in respect our patron Madam Sarry Xoagus, my her soul rest in peace. She stand standard without any fear and spoke the voice for the voiceless women. And is what I stand to practice at my organization, to make sure that the right of every member is not being violated and that man becomes handy during workout when help is needed, I always practice team work and capacity building

---

**31. Evidence of change at a policy level**

**Please provide testimonial evidence Please give examples and quote others. Ensure that you provide name, surname,**

**organisation and designation if applicable.**

Kavetu Arandis Community Gym/Gymnastic and Kavetu Women FC  
P.O. Box 445  
Arandis

February 25, 2019

TO WHO IT MAY CONCERN

I m hereby certify that Rosheda .R Schwartz is a member of Kavetu Arandis Community Gymnasium health and fitness centre as an umbrella of Kavetu FC, that is recognized by the ArandisTown Council.  
Duration in service: October 01,2 016 until now.

She is an energetic, trustworthy & hard working person.

-----  
Prof.K. Muvangua  
Manager Director  
Email:prof.k.muvangua@gmail.com

**32. Capacity building (200 words)**

**Please give an outline of any activity or training you undertook to build the capacity of others.**

I attend an entrepreneurship training in June 2017 which was initiated by the ministry of education which was an eye open for running a business or start up and business without any failure.We where taught by the professor Nana chief executive officer of the EMPRETEC of Ghana and his team,. Please see attached case study of our work;

**33. Lessons learned and shared (200 words)**

**What lessons have been learned in the process?**

The lessons learn, is that we need each other, we need to learn more and more and above all, we need to know that the act of evil spirit by abusing each other/others, committing suicide and yourself does not pay at all. We Need to promote a healthy you,healthy me and a healthy environment in our respective communities across all SADC Countries.We need to raise the young once in a healthy relation so it will not question or affect their up bring.

**34. Next Steps (200 words)**

**What are your future plans? Concluding thoughts.**

To make gender an amended subject at school as part of the curriculum vitae.  
To educate more man/women who are still not aware about the seriousness of GBV, those engaging in criminal activities, through out the SADC regions.  
To promote more sports activities that will engage young /old people to keep healthy and keep them busy into productive/positive thinking.  
Enhance in awareness campaign that speaks high volume of the of peace,stability and capacity building.This thus improve the mental and physical fitness in the life of our people,so increase positive thinking as it releases neurotoxin. Last but not least, to continue increase/grow my business and improve as well as promote a conducive environment for sport development from the grass root up to national level. And advocate for 50/50 gender equality

**4. (untitled)**

**35. Please attach supporting evidence here, such as media articles or programmes, in- house newsletters, policies, and testimonial evidence (letters, E Mails), that attest to the extent to which you have been promoting gender equality in your work. Emerging entrepreneurs should please attach their business plans and recommendations from mentors. Please note that files may not be more than 50 MB in total. You can attach up to 10 files.**

**36. We would like to record what types of individual level positive change have happened to you. Please tick which of these have increased or you have been involved in. Only select those most relevant to you. This should in some way correspond to your application above.**

Attitude change  
Skills  
Voice  
Agency  
Leadership  
Empowerment

**37. What types of positive attitude change have happened to you.**

Change in attitude towards gender  
Awareness of rights  
Awareness of the SADC Gender Protocol

**38. What types of positive skills change have happened to you.**

Conflict resolution skills  
IT skills  
Action planning skills

**39. What types of positive voice change have happened to you.**

Campaigning  
Media  
Public speaking  
Networking skills

**40. What types of positive agency change have happened to you.**

Confidence increased  
Legal and rights awareness  
Claiming rights  
Self- image, self esteem  
Body health and bodily integrity

**41. What types of positive leadership change have happened to you.**

Initiatives taken  
Others follow, change their ways  
Policy influence and participation

**42. What types of positive empowerment change have happened to you.**

Standard of living improved  
Employment control of own labour  
Material assets owned  
Capacity to act and negotiate (added to GL)

**43. We would like to record what types of household level positive change have happened to you. Please tick which of these have increased or you have been involved in. Only select those most relevant to you. This should in some way correspond to your application above.**

Changes in family dynamics  
Negotiation, accommodation, habits

**44. We would like to record what types of community level positive change have happened to you. Please tick which of these have increased or you have been involved in. Only select those most relevant to you. This should in some way correspond to your application above.**

Participating in development: Involved in project or initiative not previously involved in  
Driver of change

Policy level: Helps to ensure Gender Policy framework to hold government to account

Decision-making: Helped ensure global and regional commitments to gender equality have been made at the Board or most senior level.

Decision-making: Promoting the 50/50 campaign

Decision-making: More women running for public office

Public participation : Women and men participate equally in public participation processes involving this organisation.

Employment: More women working within the institution in all areas and at all levels.

Employment: Women and men encouraged to take up non-traditional positions and supported in doing so.

Services: Needs of women and men equally addressed in service provision.

Voice: Women and men's voices equally heard, perspectives reflected through the work of the organisation.

**45. What types of positive driver of change things have happened to you.**

Becomes a trainer, builds capacity

Changes in the lives of children

Changes in the lives of people with HIV/AIDs

Leads GBV/ 16 Days campaign

## 5. (untitled)

**46. To post questions on the summit and get regular updates please sign up to our [Community of Practice](#) and go to the forums section.**

**Did you sign up?**

Yes

**47. Would you like to receive a PDF copy of your application?**

Yes

**48. Insert the email address it should be sent to.**

**PLEASE NOTE - if you do not receive it within a few minutes of submitting, please check your junk mail box as it may have been sent there.**

prof.k.muvangua@gmail.com

## 6. (untitled)

### Case Studies Combo

Script URL: "http://ids.sg53.net/Internaldataservice/gdataproxy?sid=3102246" Fields:

"sid=3102246&rid=&cd=QD9PCB8FD84Z4347O98T7H208IR2ZW&cmd=append&mappings=a%3A3%3A%7Bs%3A4%3A%22date%22%3Bs%3A10%3A%2206%2F29%2F2019%22%3Bs%3A7%3A%22country%22%3Bs%3A7%3A%22Namibia%22%3Bs%3A14%3A%22doccasestudies%22%3Bs%3A6%3A%22Prof+K%22%3B%7D&qid=233&cid=382553&spreadsheet=1LD5I\_PgdXYzsq2w-

1yxkmHagIISf9R67eNX272fRz0&worksheet=&sheetsv4=1 &qid=233&session=1562286009\_5d1e97b9bb5e60.23929485&sid=3102246" Timestamp Before Post: "1562336743" Method: "post" Timestamp After Post: "1562336743" Google Spreadsheet Push Queued: Array ( [customerID] => 382553 [spreadsheet] => 1LD5I\_PgdXYzsq2w-

1yxkmHagIISlf9R67eNX272fRz0 [worksheet] => [data] => Array ( [date] => 06/29/2019 [country] => Namibia [doccasestudies] => Prof K ) [sheetsv4] => 1 ) Success

---

**Send Application**

Jul 05, 2019 10:25:44 Success: Email Sent to: prof.k.muvangua@gmail.com

---

**Copy of Send Application**

Jul 05, 2019 10:25:44 Success: Email Sent to: mande@genderlinks.org.za

---

## 8. Thank You!

---

### Average Judges Driver of Change Score

---

**Judge 1 Score**

---

**Judge 2 Score**

---

**Judge 3 Score**

---

**Judge 4 Score**

---