

## THE KHULISA “MIB” MAKE IT BETTER PROGRAMME

*“Given the chance to empower my community was the beginning of a new life for me” said Bheki, “for the first time I could wake up in the morning with a sense of purpose, feeling life was worth living and knowing that I had the power within my own hands to make it better for others...” Bheki Tshabalala*

### Programme Description

The “Make It Better” (MIB) Programme is a year-long process that equips young adults to implement community-based projects based on the needs of the community. This initiative is designed for youth and their communities, in order to unlock potential and address unmet needs by:

- empowering youth and building their capacities
- fostering social responsiveness and the practice of Ubuntu
- activating social entrepreneurship, and helping youth establish and manage sustainable community development initiatives
- mobilising community support

### Course Content

Specific programme content depends on an area’s needs and on funding available there. A full MIB programme includes three blocks: Community Development, a second block that addresses an individual community’s needs (as determined through asset-based research that involves MIB participants) and a third block that allows the group to begin implementing their projects.

### Community Development

- Understanding Community Protocol
- Understanding Community and Community Development
- Profiling a Community Development Worker
- Mapping the Assets in My Community
- Conduct a Basic Needs Assessment
- Selection of Community Work Projects
- Me as a Community Development Worker
- Practical Placement in a Community Project
- Planning a Community Project
- Manage and Evaluate Progress of Project – more structured in Phase 111



## II. (Designed in response to specific community needs)

Possible topics include HIV/AIDS training, drug training, business skills, child and youth care, Ubuntu Clubs, Silence the Violence, Peer Mediation etc.

## III. Manage and Evaluate Progress of Project

Based on the Needs Assessment the group would have chosen a project – at this point the group starts the process of implementing the project under the supervision of Khulisa. It is intended that the knowledge and experience gained during this phase will help sustain the project.

MIB participants are also taken to a camp where personal and leadership skills can further develop outside their normal environments.

Additional training in communication skills and personal development is presented in conjunction with the programmes' main blocks.

### Learning Outcomes

- Increased self awareness
- Improved self management skills
- Improved self esteem and self image
- Better understanding of one's community
- Ability to develop sustainable community projects
- Individual learning outcomes as based on the selected programmes

### Target Audience

Young adults aged 18 – 30 years who are unemployed and have a passion for working within their communities

### Programme Delivery

The programme is delivered by experienced facilitators over a period of one year or less, depending on funding. Sessions are presented in three major blocks with practical assignments supplementing the training.

### Monitoring and Evaluation

- A personal assessment is conducted before the programme starts and is evaluated at the end of the programme for personal growth.
- Assessment is built into each programme to evaluate the knowledge gained by the participants.
- Projects are evaluated against the objective as set out by the groups.

### Case Study

Josephine Matsong grew up in the abject poverty of rural North West province and longed for a way to make something of her life as well as improve her community that was suffering with the challenges of teenage pregnancies, unemployment, substance abuse and the HIV epidemic. She had tried to initiate a few projects for its upliftment but by her early 30's felt hopelessly unskilled to meet its challenges. When she joined Khulisa's year long MIB programme, she learnt the art of being a Social Entrepreneur and was so glad to be given the skills needed to manage sustainable community development. Some of the friends she had made on the programme were easily employed after graduation and within a short space of time her community was showing signs of transformation.