

YOUTH EXPRESSIONS

Beyond COVID-19: Resilience and Hope



A collection of reflections and experiences from youth across the province

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Photo description: *"Despite our current circumstances, regarding Covid-19, I won't stop fighting for my daughters future!"*

Editor's note: This publication was made through contributions of youth who work in various programmes. We have done light editing for basic spelling and grammar but we have kept the contributions as close to the original as possible so as to ensure the authenticity of this publication.

June 2021

Foreword

Minister Marais



How do we support our youth in a tough economy?

As we commemorate Youth Month, we reflect on the challenges and opportunities facing young people in South Africa. It is no secret that the plight of South Africa's youth was dire before Covid-19, but the pandemic has further exacerbated the youth crisis plaguing many of the communities we serve. Despite the added challenges, the Western Cape Government remains resolute in our proactive efforts to explore and offer gainful opportunities to young people across the province.

Half of South Africa's population are under the age of 25 and almost a fifth of the population is between the ages of 18 and 25. Unemployment for this age category has risen, since Covid-19, to a staggering 63.3%. Employment is most difficult for those with low levels of education. The decline in economic opportunities could lead to increased appetite for risky behaviour and criminal activities, both of which already impact this specific group. It is the cohort who are most likely to die from unnatural causes and violence according to the 2019 Burden of Disease report, and it is the cohort who have been deeply affected by increased levels of hopelessness, depression and alienation. With millions of learners deprived of optimal access to education, the number of youth not in employment, education or training is likely to rise.

The combination of the youth bulge, the disproportionate impact of Covid-19 on our youth and weak employment prospects could prove to be an explosive mix. How this crisis plays out will be deeply influenced by how we as leaders and policy makers respond.

We believe that young people are resourceful, resilient, energetic and our future. Reading through the heartfelt and brave contributions of youth on various programmes run by the Department of Cultural Affairs and Sport I am sure you will agree.

The Western Cape Government is committed to creating a brighter future for our youth. We believe that every young person needs to be engaged in rebuilding community and social cohesion. This Youth Month we salute all the youth who work with us, particularly those who have submitted pieces for this publication.



DCAS Youth Programmes

Youth represent the largest demographic in our population and indeed in Africa. Young people are a major human resource for development, often acting as agents for social change, economic expansion and innovation. Their imagination, ideals, energy and vision are essential for the continuous development of society. Youth are consequently a significant constituency for the Department of Cultural Affairs and Sport.

This publication celebrates the resilience, grit, creativity and leadership of our youth. Submissions are from participants on a range of DCAS programmes that offer youth the opportunity to expand on their interests and skills, as well as to acquire basic job experience and skills to be able to enter the job market.

The Arts and Culture programme offers drama workshops, songwriting classes, dance programmes and more to encourage our young artists to hone and showcase their skills.

The Sport programme offers youth the support and opportunity to participate in sport recreationally and competitively at various levels. Youth can also gain valuable life skills through the Youth camps.

Our libraries and museums offer various programmes to the youth in their regions which aim to educate, inform and equip them with various skills and knowledge.

Our flagship programme, YearBeyond, provides youth under 25 with an opportunity to service their communities by working in libraires, clinics, government offices, schools and NGOs. They work as the 'big brothers and sisters' of children in these spaces, build a culture of reading and help improve the service orientation of public facing offices.

The youth on these programmes have all elected to be active citizens and change the trajectory of their lives by leveraging available opportunities. We salute you all, the youth of DCAS and the Western Cape!

SHANDRÉ HARRIS

Strong, Fierce, Courageous Women

I put a face on that I am happy and got everything together.

But deep down,

I'm stressed, tired and overworked.

Juggling between motherhood, studies and work.

What on the outside looks great

But on the inside screams for a break.

But no words are uttered about these things.

Because I am a woman.

Strong, Fierce, Courageous.

Standing back for nothing and facing every battle head-on.

Strength and courage given from my ancestors

Who conquered their own battles.

Women. Strong, Fierce, Courageous.

Their strength the fire in my blood

As it moves from generation to generation.

Teaching my daughter strength and courage.

Leaving a legacy that will live for more generations to come.

A legacy of women - Strong, Fierce, Courageous.

**STRENGTH
AND COURAGE
GIVEN FROM MY
ANCESTORS
WHO CONQUERED
THEIR OWN BATTLES.**

MANDLA PRINCE MKOSANA

Fight for your own

Fight for your own
Education is free, don't let go
Dreams should sleep no more
Think about the future and possess what
you know
Because the past is gone
Grow
Fight for your own.

They say time is money, I say time is a loan.
Don't waste your loan, the phone call visit
you alone.
And because you do not pay
They repossess your dreams
While you grow old.
Don't say you haven't been told
Fight for your own.

Behave
Black flower
Be bright
Don't get beaten
Bullied
By booze
Black beers
Brothers
Who don't fight with us
Fight for your own

Alive you are not late
Smile that face
You are in a race
Monitor your pace
Prepare that plate
More than one plate
Just in case
You get visitors
Hungry now with more behind
That you want, you cannot
Live without
Freedom fighters prepared for us

27 years was one man you are told
That is why in 1994 he was employed
Fight for your own



ASIPHE RACHEL SIMON

As a YeBo scout intern, I faced challenges dealing with one of the largest pandemics faced by the world. Having to run an exciting, fun programme with school learners and having to abide to Covid rules is a challenge as the number of learners is high and the excitement amongst them doesn't make following Covid protocols easy. However, law number 5 and 8 of the scout laws motivates me when things aren't easy "A scout is courteous" meaning I humble myself and find a solution through difficulties. "A scout smiles and whistles through all difficulties". If we all abide to the rules the hope to recover quickly from this pandemic will be received.

"A scout smiles and whistles through all difficulties"



ASANDISWA MADIKANE

“
What was positive,
people had hope
that this virus was
controllable.
”

Resilience and Hope

As a country, we're all under a lot of strain due to Covid-19. Things got worse when the President announced the National Lockdown. We are all aware that the pandemic has led to a dramatic loss of human life worldwide, it was a challenge to public health, food systems and the world of work. A lot of people had no plan or a strategy on how they will survive moving forward. Business owners had lost hope because they needed the people in order to receive money. Many companies could not cope under the restrictions and regulations of the Covid-19 so they had to retrench company members and staff. Life became unbearable. Each and every household had a challenge, stressing over finance and at that, there were family members lost as well. As a country, having a great leader, Mr President, hope was restored. We became resilient against the virus, we started shifting down levels. What was positive, people had hope that this virus was controllable.

We had adjusted our lives and accepted that we would have to wear a mask, carry a pocket sanitiser, wash our hands regularly and keep a safe distance. Things started to gleam, our daily lives were slowly being restored. We could comprehend a lot about the virus and knew what to do to keep safe.

Moving Forward, we as members of this country need to support our Leaders, that way, we will rise and conquer this pandemic. Let us keep on being resilient, encourage one another and be the hope that is needed to our younger ones.

The future of the world belongs to the youth of the world, and from the youth and not from the old, the fire of life will warm and enlighten the world. It is your privilege to breathe the breath of life into the dry bones of many around you.



KIMLYNN ADAMS

MALMESBURY

CHLOË BOSMAN

CALEDON

Ôs kap an

Hope is a difficult thing to have
and right now it is all we have

It is the thing we hold on to
as we hear the voices of worry
scattered amongst our
communities

It is the thing we keep as we
wipe the tears
after losing so many loved ones

hope is there when our hands are
cut off,

as we helplessly watch
the suffering continue due to
this invisible virus
this invisible illness
this monstrous thing
that we think we have conquered
only for reality to hit us
like a train on a track

And yet we carry on
with sweat on our backs
and uncertainty on our minds
with so much pressure
that makes it hard to
get up

Ôs kap an
because
Hope is a difficult
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Hope is a difficult
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UNAM GIFT DASTILE

PAARL, MBEKWENI

TOGETHER WE ARE STRONG

We have been resilient and hopeful
that everything will get back to
normal. We have always been
hopeful and resilient but now those
are our main strengths, and we
need them most during these times.
We are optimistic and know that
everything will be okay. We know
that we are strong and that there is
nothing that we cannot overcome.
We know that no border can keep
us away from our normal lives. We
stay altruistic because we know that
we are a team and together we are
strong. We have never felt the need
to change because we know that
we are elite, and we will stay that
way if we stay hopeful. If we are
optimistic nothing can tear us down.
We are prideful because we have
accomplished so much together,
and we are always together, you
are never alone. You are part of
something big we are all part of one
body, you may feel alone sometimes

but you are never alone,
you can not be alone.

Even if you want to,
we will not let you
because we are
interdependent on
each other. Through
resilience and hope we
will always come out at
the top.

ZIMKITHA NGALEKA



LEARN, GROW AND THRIVE

Resilience is accepting our new reality, even if it's less good than the one we had before. We can fight it, we can do nothing but scream about what we've lost or we can accept that and try to put together something that's good.

Throughout history, crises of different forms have challenged humanity. Some are political or economic crises, others are natural disasters or social crises. How we interpret, react and bounce back from the crises of today are what will define how we survive the crises of tomorrow.

In an increasingly interconnected world, crises throw up profound questions for us all as individuals, communities, organisations, societies, nations, and indeed, as the human race. From climate change to religious polarisation, from the refugee crisis to Covid-19, humanity is being challenged as never before.

We can be changed by what happens to us. But we should refuse to be reduced by it.

As the world continues to present new adversities and challenges; mastering resilience and possessing a resilient mindset will not only help us to cope and withstand stress and uncertainty, but it will allow us to learn, grow and thrive, and ultimately emerging stronger on the other side. Good luck and stay safe and healthy in this most difficult period.

“It’s your reaction to adversity, not adversity itself that determines how your life’s story will develop.”



YEBONEERS AT HEIDEDAL PRIMARY

GEORGE

The year 2020 was a year of trials but also one of resilience and hope. Beyond Covid, being hopeful means that you have a positive outlook on daily life. Hope ensures us greater happiness and positive thoughts. Hope is so important for us to get through tough times and help us reach our daily goals. It was indeed a hard year, some would say exhausting, but through resilience and hope we managed to go through it. We are not yet past it. No, but we got through the worst. Without hope where would one be if it were not for Christ. The world is unpredictable, so with hope and faith you must go through it and take every day as an opportunity to live your life, like it is your last.

Through this tough past year, ever since Covid-19 descended on us, we learned to embrace the beautifully broad spectrum of our human experiences. The outbreak of the coronavirus disease is a source of unexpected stress for many people. Resilience can help us get through and overcome hardships. Think of resilience as a balanced scale, where negative experiences tip the scale towards bad outcomes and positive experiences tip the scale towards good outcomes. Persistence and resilience only come from having been given the chance to work through difficult problems. It’s your reaction to adversity, not adversity itself that determines how your life’s story will develop.

The Covid-19 virus is not over. We are still living in uncertain times, with a knowing that Covid is real. But what are the things that keep our head above water? It is hope! Things will get better eventually.



JUNAID ADAMS

My name is Junaid Adams. I am 25 years old and I am from Sherwood Park/Manenberg, in Cape Town. I've been on the YearBeyond Data Administration Programme since the 16th of November 2020 at CapaCiTi Tech Digital Career in Woodstock. The programme I completed is a career accelerator programme for unemployed youth in South Africa offered by CapaCiTi Tech Digital Career in partnership with YearBeyond (Western Cape Government).

Joining this programme has been great this far. Learning many things in the field of data administration, learning about hardware and software and how to use Microsoft word, excel, power point, outlook, and publisher efficiently. I have also acquired Job Critical Skills which have assisted me with my professionalism and workplace behaviours, which has been a great source of help for me in the working environment.

I am doing my internship at the Western Cape Cultural Affairs and Sport, in the archives and record and services unit. I have been there 3 months and I have learnt a lot about the archives. I've never heard about the archives until the day I came to the building. I found it interesting and was anxious to learn more about what was happening at the archives. I'm working in the records management department, where we basically take control of records coming in and out and preserving and destroying records.

The YearBeyond programme has helped me immensely and gave me a head start in my career field and career choices. I found my passion, which is IT (information technology) and data administration.

To me this programme is growth because it helped me grow.

Editor's note: The Western Cape Government continued to roll out internship opportunities for youth during the Covid-19 pandemic, to alleviate the challenge with job opportunities and to also give hope to unemployed youth.

UNATHI JALI

PHILIPPI

Covid has impacted a lot of things and people. The way of doing things has changed and we basically had to adjust and adapt. This pandemic caused a drop in our economy, hospitals full of people affected but with the hope of getting out alive. Homes were out of food because the bread winners were retrenched from work. Children getting behind with school work because they only attend school twice a week. What can a child grasp in two days? Teachers working overtime so that they can teach the learners something. Many people lost their loved ones.

If we could all help each other by reminding one another about wearing our masks regularly, always sanitize, social distancing as often as possible, maybe we can beat this pandemic. There is hope that we can beat it if we all work together.

AMANDLA NGAWETHU!

GENIQUE DAVENTHIA OWIES

UNTIL ALL ARE SAFE, NO ONE IS SAFE

For many this has been a year of worries – about their own health, about family members and friends who were infected, about their economic situation and their future. For some, worries turned into pain over lives that were lost. Mental health issues are on the rise, with people struggling with anxiety, isolation and grief. This was a harsh challenge, where people, communities, and churches faced what they had not known before. They had to learn to ensure physical distancing, practice strict hygiene measures, wear masks and learn new ways of living during lockdown.

People are reaching out more, either by telephone, social media or video-calling, due to a need for support, connection, and hope during this difficult time.

This is a time to continue trusting in God's compassionate presence among humankind. This deep conviction of faith has been a guiding light through this year of resilience, learning, and hope for churches and people around the world. We shall continue standing together, nurturing the hope, serving people and communities, as we are called to do.

STILL I RISE - MAYA ANGELOU
YOU MAY WRITE ME DOWN IN HISTORY
WITH YOUR BITTER, TWISTED LIES,
YOU MAY TROD ME IN THE VERY DIRT
BUT STILL, LIKE DUST, I'LL RISE.



AYABULELA TSHICA

LANGA

Ever since Covid took over our lives last year, life has never been the same. Tragedy struck us all. We had to change how we do things; we had to be extra cautious and the thought of contracting the virus is a scary thought, for all of us.

The lockdown regulations helped us make wiser decisions. The lockdown regulations ensured that we stayed at home, and with that came a lot of boredom but that was cured by social media platforms like Tik Tok and Instagram. These platforms gave us the entertainment we needed during this time. This goes to show how brave and resilient we are as a people. With our country slowly going back to normal, the little interaction we had with other humans, beside our families, gave us hope and made us want to go back to normal.

YOU haven't seen YOUR best self yet...

Everyday people from all walks of life face health and personal challenges.

For me personally it's not about the setback but all about the comeback. Hopeful stories are windows into the wonderful possibilities life has to offer. Yet through these unforeseen circumstances namely the Covid pandemic, I've seen many losses and wins. We can be changed by what happens to us, but also refuse to be reduced by it. Resilience is important because it gives us the strength and beliefs to overcome any barriers coming our way.

Hope on the other hand is the optimistic attitude of mind to expect positive outcomes. This will help us through this journey called life.



MARINETTE ARENISE VALENTYN

NICOLE MNTUYEDWA

DEIDRE ADAMS

AMELIA LEIBRANDT

DEMI-JANE SEPTEMBER

“Is this our new lifestyle? Is this our new normal?”

The Covid-19 pandemic has demonstrated the interconnected nature of our world and that no one is safe until everyone is safe.

Freedom has been limited; this pandemic has led to dramatic loss of human life all over the world. It is hard to predict how things will develop. This leaves everyone feeling powerless because we no longer have control over our own lives and the question everyone has: “Is this our new lifestyle? Is this our new normal?” A lot of us were faced with job loss, financial setbacks, health problems, divorce, the death of a loved one and violence, just to name a few.

“
**It might be stormy
now, but it can’t
rain forever.**”

Being on lockdown these last few months has enabled us to reflect on our priorities in life, what our purpose in life is and to a certain extent begin to recognise our own vulnerabilities as well as testing our mental agility to rethink and reshape how we all work. It has allowed us to reach out to each other and find some hope within the madness created by a pandemic spreading fiercely across the

globe. Affecting not only our health but the way we think about all that we took for granted and all that we once relied upon. However, it is important to point out that we are all in this together; we have to find our own lane in these unusual times.

I feel like failure and setbacks make you stronger and can sometimes push you to other opportunities, it can also fuel your passion even further, and test your resilience time and time again. Think of how many times you have fallen. What has picked you up, gotten you through the day, the week? We must all start looking within ourselves as we will need to find strength by not giving up on our dreams and to remain focused on our goals.

What quarantine/lockdown has really taught us is that humans need contact with other humans, isolation can be a killer and can create self-doubt and disbelief and can effectively derail you. Therefore, it is essential to have hope and resilience. The pandemic helped us to treasure relationships and to work on our faith. Faith that things will get better and also hope that even though Covid took so much from us, we are still gaining a lot.

No one doubts that Covid-19 is one of the most dire threats the world has ever faced. And yet, amidst the confusion and anxiety, there are ever stronger signs of a desire for togetherness. It is this spirit of global togetherness that gives us hope. In this time of crisis, we are all neighbours in the world, and success will only be achieved when all people, in all countries, are protected.

“Be strong now, because things will get better. It might be stormy now, but it can’t rain forever.”

LEIRAH JANTJIES

PACALTS DORP

Hope has no boundaries

The dread and devastation of a deadly disease lead to; let's face the harsh reality, the facts.

Fear, depression, anxiety, loss of loved ones, breakdown of relationships, loss of jobs, closure of businesses, suicides, financial hardships, starvation, inhaling of our own toxic carbon dioxide suffocating behind facemasks and the list extends.

NOW it's payback time... Enough damage done, it's time to stand tall, boxing gloves off, stomachs in chest out! Why stand back after this violent attack, let's pick up the pieces, re-adjust, re-focus, re-focus, talk big, plan huge, PRAY HARD and BELIEVE. Let's keep alive the testimonies of those that will never be forgotten, develop support groups, set aside a day each year as a Public Holiday in honour of the loved ones we lost to this deadly disease, let's Fly their Banners high: "Victims of COVID, we salute YOU! YOU fought the battle; WE have survived to WIN YOUR WAR. R.I.P"

Once bitten, twice shy will never hold true as we fight forward in HOPE! It's time to celebrate the very heroes that gave up their lives, re-directing the professionals to a cure to benefit those they have left behind, we appreciate you, and we thank you.

Closer we should all be, joined at the hip, we are survivors, overcomers.



The time is NOW to reach out to the broken hearted and crushed in spirit, we can master the art to rebuild what was, but was not completely broken. Reaching down to pick up one piece at a time. We will rebuild our futures; this can, must and will be done. The foundation to this building is LOVE, filling each crack with HOPE.

The clock never ticks anti-clockwise, a farmer never ploughs backwards... time will go on. A will to survive, a drive to support to support each other, make every single second count, feed health into our bodies, positivity into our minds.

Hope has no boundaries, the borders of fear are finally broken, negativity is cancelled, and we claim HOPE! We claim back our JOY! We choose to celebrate our futures each day!!

CHRISTI-ANN COLLISON

BISHOP LAVIS

Hope for the future

What does this mean to me? I've always looked around my community and thought that this is the way things should be. Sitting outside whole day and doing nothing, not knowing that there is absolutely everything and anything to do out there.

Now, being out there, taking on the YearBeyond programme has taught me that there is so much more for the future. There is hope for the future. My future. Our future. Being able to spend time with Grade 4 learners has been so refreshing and gives you a sense of belonging and hope for the future. You're not only helping them with schoolwork, reading and writing; you're helping to shape and mould them for the future. I take that as being resilient and hopeful. I am doing something, coming out and showing the people in my community that there is definitely so much more out there in the world. You can rise above your circumstances.

To be able to want to mean something to someone, you will do your absolute best to try and go out of your way to do so. And that is how I feel when I am spending time with those Grade 4 learners. They help me realise that you do in fact have an impact on their lives and that your purpose in life isn't in vain. You do mean something to the learner and that is why I am so grateful for the YearBeyond programme. Their thank you, their teacher's thank you gives me hope and makes me resilient for the future.

MY FUTURE

NOLITHA LUSITHI

PHILIPPI

Resilience and Hope

A dark cloud has fallen
upon human kind
A cloud as heavy as a giant's head
Destroying our nation, families,
The economy and leading
to massive deaths
Causing a huge increase
on poverty, crime and unemployment

Cries, day in day out
Partners slaughtering each other
Due to the pressure of
not being able to provide
for their families
The young and old are perishing in a blink of
an eye
All corners of the world
We ask ourselves, "how long?"

But lying on our wet pillows we will rise
We will rise because we were not born to go
down without a fight
We will identify our threat
Encourage each other with the words of
Robert Grosseteste
"United we stand, divided we fall"

We will rise with spirits filled with hope
Hope not for us, but for the next generation
We will rise with our heavy hearts, hoping
our knees won't fail us

With confidence we will keep moving
We will move forward fighting for a Covid
free world
We will wear our masks and sanitize like
people who lost their sanity
Becoming the change we want to see
tomorrow

We will move forward fighting
unemployment, poverty and crime by
improving our education levels and skills
We will be generational thinkers
Waking up with the thought that every
morning we are born again
And given a chance to better yesterday's
situation

We will rebuild our nation
with resilience and hope
And shout
Amandla!

AMANDLA!



The outbreak of Covid-19 began in Wuhan China. The virus has mostly spread through person-to-person contact. The symptoms of the virus is a fever, breathlessness, a cough, a sore throat, a headache, muscle pain, chills and loss of taste or smell.

The risk is higher for anyone in close contact with people who have Covid-19. The virus can also spread in certain areas such as highly populated cities. Older people are more at risk for the virus.

The best way to prevent the virus from spreading is by avoiding close contact with people with Covid-19 and washing your hands on a regular basis. People with Covid-19 should stay at home and avoid contact with other people to prevent the virus from spreading. Always cover your mouth and nose with a face mask.

The Covid-19 lockdown had a negative impact on our lives. Everything came to a complete shutdown. Some peoples lost their jobs and had no income. The first lockdown affected a lot of people's lives. We as humans must rethink the future of our lives.

To our brothers and sisters who have contracted and are suffering due to the coronavirus diseases, we pray that God's healing hand may rest upon you.

We pray that God may grant all bereaved families His consolation and strengthen their faith and hope in Jesus Christ, the Risen Lord.

HILTON SNYDERS

Have faith

There are days when you feel like you just wanna stay in bed and give up.

Like your life has no meaning, remember that God put us all here for a reason.

You go through all these difficulties for a reason.

Depression, insecurity, bullying and the biggest challenge we are facing at the moment - Covid-19. This isn't you being punished, but merely you being tested on your faith and trust in the Lord.

I know some days people just wanna throw themselves off a roof but there is no need.

You are not alone, there is always a shoulder for you to cry on or an ear to listen.

Self-acceptance plays a big role in you becoming the person you are meant to be.

Find a purpose and be mindful and aware of the people you surround yourself with and the places you go. We hope for a better future for our generation but remember - Only those who dare to fail greatly, can achieve greatly.

Life is not about complaining, it is about a thousand other reasons to be grateful and happy. Accept your new reality, even if it isn't as good as the one you had before.

When a flower doesn't bloom when you expect it to, wait until next season. Have faith.

As Dr. Steve Maraboli once said: Life doesn't get easier, we get stronger and more resilient.

So have hope and believe. Trust that God has a plan for us all.

VUYANI LOTTERING

CAPE TOWN

Zip Zap to Zoom

In 2020 Covid came and nobody was aware or prepared for it, everything had to close, including our circus and the Dare To Dream vocational training programme that I am a part of. We had to train by ourselves at home to keep our bodies fit. The training was over Zoom calls and it wasn't easy, I had to improvise with limited training space at home, and also had to fit in house chores. The president spoke again and we were allowed to open, but no audiences were allowed, so we were just training. We had a lot of creation time preparing for the shows we hoped to put on when theatres opened again. Unfortunately, Covid-19 has continued to affect us, and so with our circus, we had to find different solutions to keep our doors open. We created an acrobatic film for ZipZap called Moya which was amazing to do and I was so grateful to be part of it, and we were able to learn from overseas circus artists over Zoom and in-person to teach us new skills and styles. I was also part of an acrobatic dance piece we did for Jacob Jonas The Company, a well known company based in Los Angeles and it was a great learning experience because it mixed our circus skills with dance, choreographed by Kiley Dolaway.

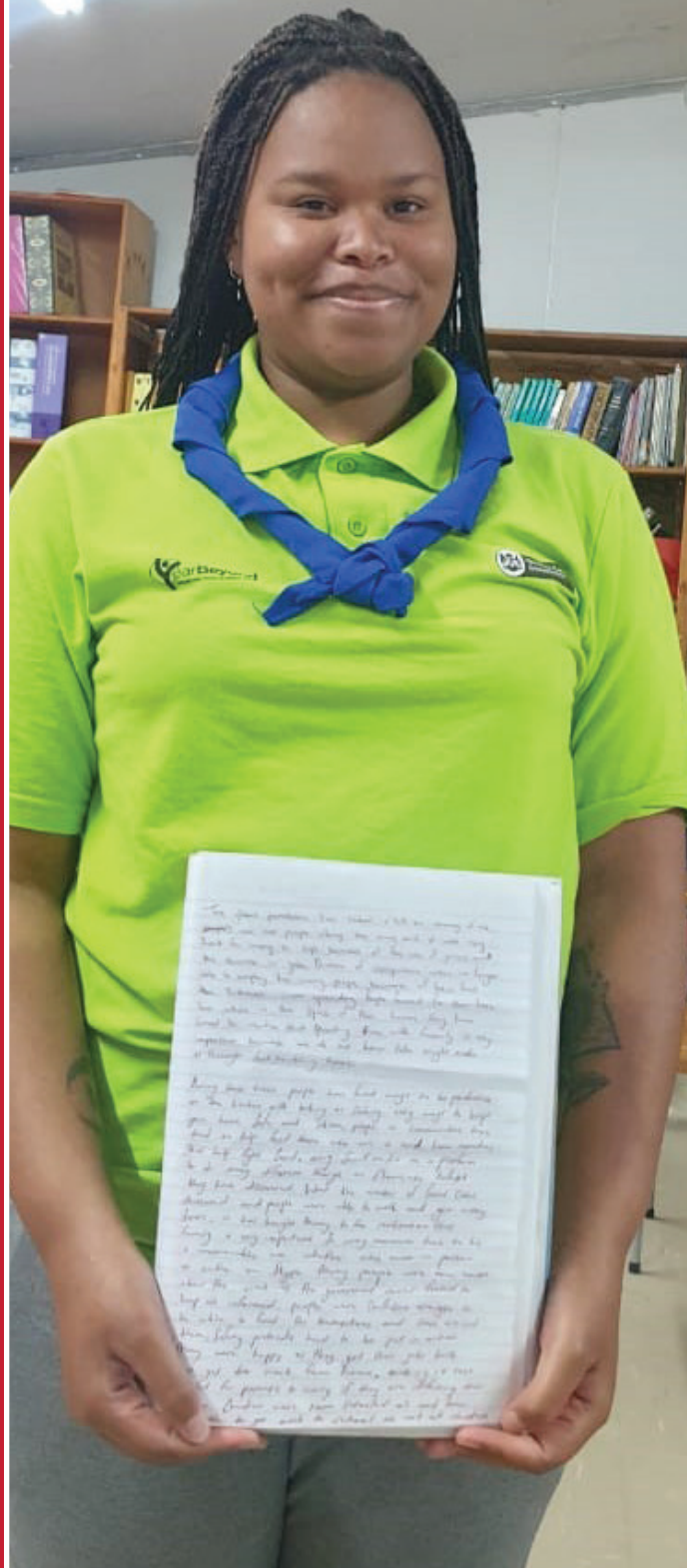
This gave me hope for the future of performance art, as well as taught me to be resilient and adaptable to new situations and environments. It showed me that there is opportunity around every corner, we just have to work hard and keep a positive mindset. I am proud to have grown and develop as a young circus artist during this challenging time, and I have emerged stronger, more determined than ever.

- Vuyani Lottering, Cape Town



NICOLE MAXINE JANSEN

RESILIENT WAYS TO KEEP POSITIVE DURING THESE TIMES



The global pandemic has taken a toll on many of us. We have lost many people along the way and it was hard for many to cope as we were not prepared for what came. Employers were no longer able to employ and were lost on how to go about making money for the business, or cutting people's wages due loss in employees. People feared for their lives, false information has been spread about the virus, in the space of their own homes this virus made people realise that family is important as well.

During these tough times people have found ways to be productive but at a distance, making use of their time at home. Many have started cooking channels, pottery classes at home, using drones for deliveries, making masks and handing it out to people that might need it, volunteering to feed the poor and it was all done at a safe distance. People discovered ways to make remedies to keep the virus at bay, eating healthy and exercising as well.

People were happy to find out that companies have found ways to keep their people employed and that is by working from home, doctors were able to give their patients prescriptions by drive through, people needing to go to therapy, their sessions are held online, the government has set up ways for people with disabilities to get access to healthcare. People are able to put apps to use by shopping online for groceries or essential items, for some students were able to work from home as well as the students with disabilities, making it easier for them to stay home rather than travelling a lot. There are so many more online activities happening and people have found so many resilient ways to keep positive during these times.

SCHINELLE BOONZAAIER

LUCRESHA FLORENCE

KELELETSO LEBEOANA

MARC PIERRE JOSEPH

Our Dream beyond Covid

Martin Luther King had a dream. We also have a dream. Right now, our dream is resilience beyond Covid.

Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good. Now that is why we get excited about life beyond Covid. We can't wait for things to go back to how it was or even better (well, that is the dream) because as we all know the whole world had a terrible knock because of Covid.

On Tuesday 15th of June 2021, our president Cyril Ramaphosa declared that we have to go back to level 3 because of wave 3 but I don't think that anyone must feel down because as we all know, our comeback is always greater than our set back.

Let's have a look at our economy. Yes, that is the part that makes us all suicidal but what if we all stand together and make our vision part of our mission. Let's create a ray of sunshine in everyone's life. It won't be easy but it will obviously be worth it.

Covid has made lots of people lose their jobs because there isn't a money cycle like there used to be. What if we take the advantage and support our neighbour, our local business man, our restaurant in town, the taxi services, the guy who sells fruit on the streets to feed his kids and the artist who had his last gig on 24th of March 2020? That small gesture alone will make sure that your mother has a job every day, your sister has a reason to wake up every morning and you yourself can continue with your studies without any worries. It all will fill a huge gap in the economy sector.

If I have still not given you enough reason to dream or have hope for life after Covid then maybe this will persuade you. During the past year all we heard was RIP or even we, ourselves lost family members, friends or acquaintances during this pandemic. We can't even greet our long lost siblings in a decent manner because all we think of is what if I get infected with this virus. Our new trademark is a mask which one can't even breathe in properly but without that, it might raise the risk of us getting the virus, but what if we just live according to all the rules and regulations? Few people will be infected and soon this pandemic will be something of the past. That is the day that we all are waiting for. Yes we are all tired of being treated like prisoners. But if we all play safe we will be able praise God the way we used to, kiss our loved ones, go out on dates, socialise with our friends, go to hospitals to visit our loved ones and to live like Covid has never existed.

This is only my dream, the dream that there is hope beyond Covid. Now please make it part of yours too because persistence and resilience only comes from the given chance to work through difficult problems. And that is why Nelson Mandela once said "the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

ALICIA PHILANDER

WORCESTER

THE NEW NORMAL

Wow just wow!
We are still here
You, me still here alive and well
Despite the pandemic
the loneliness
the darkness
the confusion
the constant worry if things
will ever go back to normal
or No, is this the New Normal?

We are still here
Despite it all
the confusion
the lockdown
the greeting with no smile
the Corona virus that still roam out streets
the constant fear of the words 'positive'
and 'vaccine'
Yes 'vaccine'

If not for Hope and Resilience we would
have never made it this far
Wait let me, let me make myself a little bit
more clear
With hope we fostered determination
the ability to bounce back to reality

with hope we remained tough
despite the failures
despite the setbacks
despite the challenges
we still roamed these streets with hope
in the palm of our hand because
hope was the very thing that, carried us
through these tough times

Resilience and hope goes together
like
soap and water or peanut butter
and jam

Resilience gave us the strength to
cope
with stress and hardship
It gave us the ability to overcome
the challenges
the setbacks
and the failures

Resilience strengthened our self
awareness
mindfulness, selfcare, relationships
and purpose

And yet we still fear this so called
Covid-19.

But you are not alone no,
we got this, for the people in the
back
I said we got this
We will get through this if we take it
day by day
with resilience in our back pocket
and hope in the palm of our hand

"We still roamed
these streets with
hope in the palm of
our hand."

BERNALEE BASSON

TESSELAARSDAL

Covid is real

Covid-19 started on the 26 March 2020. The day everyone's lives changed in a blink of an eye.

Covid is real and it had a huge impact on people's lives. There was a huge amount of people who lost their jobs and some couldn't even pay rent and there were many who lost hope and committed suicide because of the influence this pandemic had on their life.

On 24 March 2021 I had a Covid-19 test because I started to feel sick and on the 25 March the results came back and I was Covid -19 positive and immediately I got scared and thought that I was going to die because a lot of people already lost their lives due to Covid-19. I began to pray because prayer is the best weapon against all trials in life.

God requires of us in the midst of Covid-19 to take time to understand the signs of the time. Let us become bearers of hope, adapt to the "new normal" from home to church and learn to speak out words of total dependence on our all-knowing God.

(Hab 3:17-19)

Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.

The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.

Don't put your FEAR in Covid-19 rather put your HOPE in God.



**DON'T
PUT
YOUR
FEAR IN
COVID-19
RATHER
PUT
YOUR
HOPE IN
GOD.**

As much as we might have won the battle against the pandemic, I feel like it will be difficult to trust that it will ever be safe to practice the things that we had to restrict to limit the spread of the virus as safe and normal practice.

Hugs will only be shared by those who share bloodline and trust. I feel like anyone will try to shake a hand as a sign of greeting will come across as careless, we will be cautioned because we are in fear of what might attack next

As for the kiss on the hands it is for sure eliminated because hands are seen as the carrier of whatever it is seen as infectious. Sanitisers will be part of our new norm. The pandemic will go but the norm of its restrictions, such as sanitizing, no hugs, keeping distance will take time to get over. In our culture we believe when you climb a mountain, there is a higher one to climb.

Let's normalize talking about the impact of Covid on the individual's mental health. People may heal physically, but the emotional scars of Covid will have a lasting impact.

There is light at the end of the coronavirus tunnel. The Covid-19 saga will come to an end without a doubt. We will get back to our lives and visit the great outdoors. But that life will be significantly different. Moreover, reaching that point will depend on our current actions. We must respect social distancing measures and reduce the spread of the disease. And, have no doubts to be able to return to our lives well, at least as close to it as possible. Only then will we experience the post-pandemic world.

Life After Covid-19

“Our fingers are all crossed

As we all hope for a cure

A cure to end the pandemic of Covid-19

Which has killed many like Ebola did in 2015

Friends have journeyed to the land of the dead

Enemies have journeyed as well

We are now united by sympathies but still divided by entities

Our compassions can not travel beyond the walls of our rooms

We are now left to succumb to the limitations set by W.H.O

As that better me and you

Our fingers are still crossed

As we hope for cure

A cure to make things get back to how it used to be like before”

SAMINE TITUS

TESSLAARSDAL



COVID-19 BATTLE

Covid-19 started on 26 March 2020 and that is when everything changed.

Reminder that we all are equal before our CREATOR GOD. We all cry with the same tears, our hearts are broken in the same way and our worries and fears are as palpable as those near and far.

As the world faced over 90 million Covid-19 infections and the greatest economic recession, the world continues to grapple with traumatic disruptions, increasing Covid-19 deaths, tweets of health workers holding hands of dying patients as they pass on far away from family and friends. Parents struggling to balance work and homeschooling while under the stress and fear of losing their jobs, millions feeling the isolation of the lockdown and the anxiety that there is no cure or vaccine in view as yet.

How long? We wondered.

Covid-19 is not the only crisis. Many countries are spiraling downwards economically not only due to the pandemic but also from corrupt leadership and self-centered political conniving leaving many wondering.

What gives me hope at the end of the day is the word of God.

The word of God is a treasure that God has given us. It gives knowledge of the Holy Spirit to feed our minds and it produces wisdom that guides our actions. In times of trouble Jesus promises to be strong for us and one of the ways He does that is by speaking truth to us through scripture.

Let's prepare our minds with the word of God to fight the Covid-19 battle.

(2 Cor 2:11) While circumstance might afflict us the real battle is in the mind.

HOW LONG? WE WONDERED.

CHESLIN DE VRIES

BELIEVE – POWERFUL BEYOND MEASURE

From the day we were born to as far as we can remember, we all have faced different trials and tribulations we had to go through. But amongst all the difficult times, all the struggles, we had the strength and ability to get through it all. I always love quoting the words of Les Brown, where he said, “Don’t judge your circumstances and the possibilities for your future based on what you have now and because of what’s going on now because that’s not the real reality. If you’re going through some hard times, it has not come to stay, it has come to pass.”

The Covid-19 pandemic may have had a big negative impact on us all. Whether it was physically, mentally, financially, whatever ways Covid affected us, we are still here, and as long as we are still living and breathing, we have the ability to get through it. We may have been knocked down by Covid, but we weren’t knocked out. And there’s a saying I love, which goes, “If life knocks you down, try and land on your back because if you can look up, you can get up.” Embrace the faith, hold on to it. And if you don’t feel strong enough, just a little hope is enough. And also, if it’s within your ability, help one another. I don’t believe there is such a thing as “the self-made man”. We all need help and we all can help. We may not be able to help everybody, but we can help somebody.

Believe in yourself, believe that you are powerful beyond measure because you are. And believe that you have the ability to conquer everything that comes on your road, because you are able to, Covid is no different.

“If life knocks you down, try and land on your back because if you can look up, you can get up.”

GABRIELLA CHANTAL SAULS

Hope for the future enables effective coping with developmental challenges. One of those difficult challenges which we faced was the *Covid-19 Pandemic*

Through those difficult times we as youth were faced with poverty, unemployment, setbacks, loss and grief. We have learned to survive, loss and grief. We have learned to survive mentally, emotionally and physically. To be resilient and hopeful for the future.

As I understand, we all have our ways of being resilient. For me it is to:

Make connections

Avoid seeing problems as unsolvable

Accept change, it is part of living

Take decisive actions

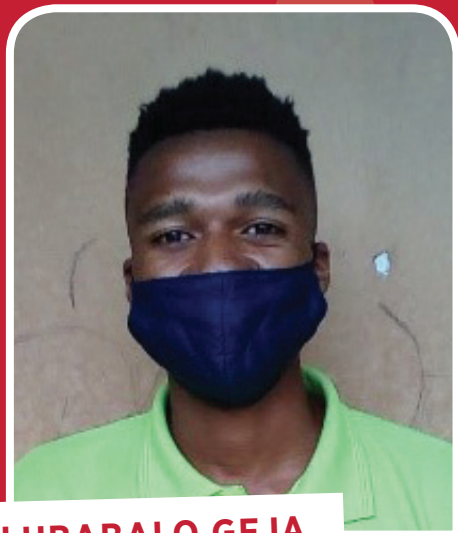
Be in search of opportunities for self-discovery

Be gentle on yourself, keep a positive mindset

Keep things in perspective

Maintain a hopeful outlook

Remember, Take care of Yourself. This is your life, make a success of it



LUBABALO GEJA

CAPE TOWN

“
An inspiration
to you, let’s stay
home in order to
heal our nation.
”

Ubhle Belizwe Ngabemi Balo

Fellow South Africans this way I salute you, by this I’m coming to you bringing hope and light. It has been a long struggle fighting against the pandemic of Covid-19, as South Africans we lost hope, some lost their jobs, some their families but here I come to you trying to restore faith and togetherness through the word Resilience. It has been discovered that people even lost their identities because the world once more stopped but through that, the government of SA tried by all means to contain our culture and values.

I stand before the world emphasising that there’s future beyond this and we shall pass and never look back. South Africa has been through a lot including apartheid and this pandemic (Covid-19), so my advice to you my fellow South Africans is to unite and fight this war together, by doing exactly what our President told us to do. We must have faith. There’s life, a promising and long life that’s coming on our way. The world needs us because we’re the face of South Africa as they say in Xhosa “Ubhle Belizwe Ngabemi Balo” so that is the pressure we have as the youth of this nation, by being resilient in this matter we can all defeat the tribulations against us. The rainbow nation is way more powerful because it’s bright and attractive, that way we are so advantaged to change the world that we live in.

As it is the Youth Month, we as the youth are supposed to be in charge of the world’s movement and change. On the 16th of June we remembered the heroes of South Africa that fought for the freedom that we are failing to protect. We had a Netball Tournament and discussed about how the world feels about this obstacle, it seemed as the pandemic taught them respect and resilience if only the government could supply at least more activities to keep them healthy and active. As the happy South Africa let’s remain happy by doing what the Law thinks is right for our future. An inspiration to you, let’s stay home in order to heal our nation.

THABO MAMPINTSHA



Thabo Mampintsha

WEAR YOUR
MASK WITH
A SMILE

DJAHMYNE SNELL

TEARS WILL STOP

You are not what you've experienced. You are what you choose to become.

Things have changed, people are evolving, even the system has transformed because of a deadly disease called the Corona virus. Many have lost their loved ones during this time but it gave others a chance to find closure with people they had beef with. We all know it is much easier to deal with death in peace and always remember family is everything.

The nations went into lockdown which in turn made businesses go bankrupt and people lost their jobs. This led to people not being capable to care for their families.

Companies that survived the lockdown and still seemed to be financially stable as well as NGO's and other ministries saw the need in the rural areas and made use of the opportunity to distribute resources. I experienced the gratitude in our community first-hand, families were very grateful for the blessings they received.

Church schedules also changed during this time. Most people started praising the Lord from home and included those in the worship that would previously have made excuses not to attend church. Thanks to lockdown, as some of the youth are always looking for an out when it comes to praising the Lord.

Then we have the masks, where no one is allowed outside without one. Some used this as a shield as it provided a sense of security and protection. For the fashionistas it was something fashionable and it made them feel good to match their masks with their outfits.

"You may not always have a comfortable life and you will not always be able to solve all of the world's problems at once, but don't ever underestimate the importance you can have. Because history has shown us that courage can be contagious and hope can take on a life of its own." – Michelle Obama

Corona will end.

Tears will stop.

Doors will open.

**CORONA WILL END
TEARS WILL STOP
DOORS WILL OPEN**

ANTONIQUE BEUKMAN

TESSELAARSDAL



DREAM BIGGER DREAMS

I believe I have the confidence, skills and ability to be an asset to the Youngsters. This will also help me to learn more about the functions and the youth of today.

People have always believed in my potential and abilities but as I was a very shy person I never fully believed I could achieve any goals in life.

I want to correct that as I believe a lot of the youngsters realise there is a future beyond only farm work.

This few weeks was exciting to see a lot of children want to be part of this programme and want to learn a lot and want to make a difference. Some children's circumstances are very hard, and all they want to do is feel safe and loved at all times, but most of all they want to make sacrifices to be a better person in the future. Therefore I feel I want the children to dream bigger dreams for their futures - we have learned a lot from the children and they have learned a lot from us.

Confidence can get us far in life. We must build it in children's lives early, so that it can give them the best possible start.

I would like to grow in this position and use it as a platform to build my career and to work with a lot of children. Once I have looked at the various divisions and found one in which I can grow further in life. I will do that so that I can make a difference in the lives of children.

From the very first time I have admired the confidence Jonelda Williams has for the community of Tesselaarsdal and how she inspires the Youth of today. She studies and works as a full time librarian and has a family to take care of.

I believe if another woman can achieve goals, many of us can too!

CONFIDENCE

A Future Beyond Covid-19!

There is no doubt that Covid-19 has impacted all of us, from the loss of loved ones; income and unemployment; to loss of social interaction and connection with others. It is a difficult time living in a pandemic and the impact can be seen in schools.

In the Grade 4 class that I'm in as a YeBoneer, there is a learner who excessively sanitizes their hands; is visibly conscious of coughing and sneezing as they have a paranoid expression on their face. Kids are growing up in a time where social interaction is so limited. Kids naturally want to hug each other; play and be free. It is a difficult time to be growing up.

Nevertheless, the learners never cease to amaze me. Somehow they have still found a way to embrace the times and enjoy the school day. They play games, for example, around the fact that they have designated red dots on the ground that indicate 1.5m apart.

During the afterschool programme, it has been a joy to teach the learners songs that encourage following Covid-19 regulations. A favourite is the one where I say (while clapping): "COVID IS REAL" and the learners repeat - "what must we do? SANITIZE! What must we do? WEAR OUR MASKS! What must we do? SOCIAL DISTANCE!" The learners would dance around and clap to their hearts content.

Resilience is all about bouncing back and recovering from difficulties. Covid-19 has been a difficult time to say the least, regardless of age. With that said, our youth is an inspiration to me. They motivate me to be better and go that extra mile to make learning as fun as possible, because they deserve it and they power through despite the difficulties they face! I have hope for a generation that embodies resilience and I see a future beyond Covid-19!

**WHAT MUST WE DO?
SANITIZE!
WHAT MUST WE DO?
WEAR OUR MASKS!
WHAT MUST WE DO?
SOCIAL DISTANCE!**

BUSISWA A BEJA

UNITED WE STAND, DIVIDED WE FALL!!!!

When the deadly coronavirus spread like lighting across the globe earlier last year, unfortunately most people were driven back, deterred and had lost hope and faith in achieving their goals.

That has been made worse by the fact that they had lost their jobs and were dependent on government's grants.

It is still unclear whether or not we will ever see the end of this pandemic as it attacks when we least expect it and that has left many people with doubt and uncertainty.

This piece serves to rekindle and ignite resilience and hope to people that have lost them, I for one have not succumbed to the adversities and

challenges that have come with this pandemic for I have goals that I want to

achieve. Moreover, I would love to see my fellow brothers and sisters

overcoming this pandemic. I would like to see them being resilient, strong,

hopeful, and positive as this will also pass and be history just like any other

viruses that we have come across. I advise my fellow brothers and sisters to

always wear their face masks, sanitize, and maintain social distancing; this

essentially means that they should observe all the Covid-19 regulations.

UNITED WE STAND, DIVIDED WE FALL!!!!!!

This piece serves to rekindle and ignite resilience

**YEBONEERS AT BONNIEVALE
PRIMARY SCHOOL**

Daai 2021 YeBoneers

Ons is liefde, hoop en geluk

Ons staan saam, as een span saam

Ons gee ons ondersteuning aan
die wat dit nodig het

Moenie bang wees om te vra ons
is hier om te help

Daai 2021 YeBoneers

Ons is B.P.S

En hier doen ons ons dinge reg

Ons gee net ons se hele bes

Ons reik al hoër van oos na wes

Daai 2021 YeBoneers

Kan jy vir my sê wat ons 2+2

Kan jy nie sien nie dit is 4warm

Hier by die Bonnivale se

YeBoneers, daai 2021 YeBoneers

Ons doen ons werk soos 3+3

Want ons is suk6vol

Daai 2021 YeBoneers!

There is no barrier that I cannot overcome

I discovered my talent and passion for circus arts when I was 10 years old and so in 2015 I joined the Zip Zap Circus. After finishing matric I signed up to Zip Zap's 4 year Dare to Dream Programme. In March 2020, Covid-19 unfolded in our country and everything changed. Our circus gymnasium got shut down and I had to move back home. The national lockdown made me anxious about my dreams and future that was about to get shattered. As a young circus artist, working from home, alone, was one of the hardest things for me to adjust to. But, two of the most important values Zip Zap Circus has taught me is 'Hope' and 'Resilience'. Zip Zap provided me with virtual training sessions during lockdown, which truly developed my creative thinking skills in an amazing way. I was able to workout, do handstands and just move around in the comfort of my own home. I got used to working in that space, my mind became more imaginative and I could improvise easily. In February 2021, I was delighted to go back to the circus. Stepping on the training floor felt so unreal. I was in disbelief because at one point I thought my career was over. I came back and now I'm pushing myself harder than before, I am always eager to try out new skills and I no longer doubt myself nor do I take my health for granted. I am so proud of how I have grown as an artist, I now specialize in floor acrobatics, triple trapeze, double & single lyra. I have found even more motivation after Covid, and I realise that with the help of my circus family, my determination and hard-work, there is no barrier that I cannot overcome.



INATHI ZUNGULA

CAPE TOWN

SMELL THE COFFEE

Ever since the first Covid-19 outbreak, people's lives all over the world will never be the same. From having to wear a mask for almost the entire day, to making sure that you always sanitise and maintain social distance as per safety measures. For some people this new way of living is believed to be more helpful for society as it helps people become aware and more self-conscious of their well-being and how they treat their bodies.

I believe Covid-19 is here to serve as a wake-up call to all humanity. It is time for all people to do the right thing and live good and healthy lives. Majority of people should really take this opportunity and use it to do some introspection. People need to focus on everything they do on a daily basis. Sometimes you need to ask yourself, Am I doing the right thing? Am I happy where I am? Is this the life my creator had envisioned for me?

“
I believe Covid-19 is here to serve as a wake-up call to all humanity.

From my own observations, I've noticed that the majority of people are starting to actually appreciate their lives a little more than they used to because no one really knows what tomorrow holds. We've lost a lot of people that we never thought we would lose and that taught us to embrace each and every moment with our family and friends.

”
 and how it's seen as being helpful. In my case it taught me how to enjoy my own company and learn how to make myself happy. It has also given me the chance to actually see how people see other people and how they see the world. Social media has also played a big role in bringing a lot of people from different parts of the world together.

I took this opportunity to reinvent myself as it is also the turn of the decade.

The skills and life lessons I've acquired during this pandemic are definitely my armour for the future and the years to come. This has brought me closer to my roots because I've never felt this interested and driven towards my well-being and well being of the society.

It took a deadly virus to wake me up and make me smell the coffee.

ASHURA SPEELMAN

Hoe YearBeyond my lewe verander het

Ek het 2020 begin met niks hoop en planne vir die toekoms nie. Die pandemie het my emosioneel vernietig want dit het beteken dat daar nie werk is vir jong mense soos ek nie ek is net uit matriek uit.

Ek was 'n jaar lank by die huis. Ek was bekommerd oor wat ek volgende gaan doen want werke is skaars.

Ek hoor toe by 'n vriend van die YearBeyond Program wat jong mense 'n kans gee om 'n verandering te maak. Die jaar 2021 se registrasie was oop. Ek het toe my geregistreer met die min hoop wat ek oor gehad het dat ek miskien 'n kans het om 'n verandering te maak.

Ek is nou deel van die YearBeyond Program en dit het my lewe verander. Ons as die YearBeyond Program maak 'n verandering in kinders se lewe wat in graad 3 & 4 in om leer interessant te maak deur speletjies te speel in Afrikaans en wiskunde.

Die program het my baie gehelp met my selfvertroue. Dit het my baie dinge geleer wat ek nie geweet het bestaan nie. Ek wens toe ek daardie grade was dat die YearBeyond bestaan het. Dit help elke leerder wat uniek is op hul eie manier.

“YearBeyond is beyond us as YeBoneers and that is the beauty of it”

AMBER MAY

Like a mighty storm

“Like a mighty storm, Covid-19 has left the world reeling and rocking with the very foundations of ‘normal’ shaken. We shall never be the same again as we learn that pandemics are no respecter of persons—the royal or lowly, rich or poor, the aged or babes. We have been equalized—white, black, and colored, Asian, European, and African. We have seen the underbelly of powerful nations and been reminded that we all are equal before our Creator God.”

Even though we still have hope that things will get better, Covid-19 just keeps on hitting us with yet another wave.

Parents struggle to balance jobs but also have the fear of losing their jobs.

All of us have hope for a better tomorrow. How long still Covid-19, how long? A year ago there was no vaccine or cure for covid-19, even though they found a vaccine the vaccination is still your choice. Covid-19 wasn't only bad.

It has had his good impacts too. Even though it's not the only crises we are facing.

Many countries are spiraling downwards economically not only due to the pandemic. Lockdown and quarantine have limited freedom to socialize and curtailed social supportive networks, including church life.

Corona came and ceased lives

Corona came and ceased lives. Corona, also, came and birthed RESILIENCE AND HOPE.

Trials and tribulations emerged from the onset of this deadly virus and along with it died careers and cars, homes and harmony. Standards of living declined for the most yet elevated for the least. It is in the latter that I realized that we need to step up to challenges and remember that it is the doing that changes things. Life is not linear, we constantly have to change and adapt. Who knew a year ago that they would still be alive today? Who knew two years ago how mortal we actually are?

Covid-19 heightened my sense of purpose. The immense inspiration from young people going back to the basics; sewing, selling and growing. Young people are making a living out of anything and everything. This has instilled a high sense of hope in me that everything I need to become the best version of myself is already within. There is a seed of greatness in me and no matter how the seasons of life changes, I have the potential to grow it into its greatest.

Beyond Covid-19 I choose to spring back into shape no matter how hard life ever bends me. This virus shall serve as reminder that the world, my world, is not over until it actually is. For as long as I breathe, my possibilities are unmasked and totally up to me bring them to light and hopefully also light the candles of all those around me.

Beyond Covid-19 we shall continue to come home to ourselves and rise again in the morning.

**CORONA CAME
AND CEASED LIVES.
CORONA, ALSO,
CAME AND BIRTHED
RESILIENCE AND
HOPE.**

AFIKA WENZI

At the end of the tunnel there is light

The outbreak of Covid-19 really came as a surprise to me and most of us. It came at a time when I had high hopes for the year 2020 to be a “twenty-plenty” year full and filled with plenty of opportunities. The sudden changes to our normal life came as a challenge during these times of the pandemic. The year did not meet our expectations as was anticipated as now we had to work differently with having to find our faces covered behind the masks. With that, understanding that during the very same times, there were happy faces and happy souls behind these masks that are full of hope and faith looking at the unknown future.

Despite all these changes of the covid-19, having to wear our masks, physical distance ourselves from friends and families and to also sanitize ourselves regularly, I had the faith and belief that nothing was cancelled. Resilience had to show and that the spirit of kindness and hope was not cancelled.

This Covid-19 has given me hope to be resilient and continue to be optimistic and to be open to future growth and possibilities. This pandemic should be a wake up call to us all. Lives have been lost. May we all continue to love each other in these uncertain times and come together in spirit and solidarity. May we continue to form loving relationships and show tenderness. To always bring a smile to the other person and to inspire greatness. For at the end of the tunnel there is light.



ZIZIPHO RASMENI

The Scouting programme has made me understand that if given any chance grab it with both hands because it may be the chance you have been wishing to get for so long. With Covid-19 being here, a lot of people are losing hope and jobs. Through YearBeyond Scouting in Schools I have hope that everything will work out for the better and this will lead to more opportunities coming my way. Joining Scouting in Schools has equipped me with leadership skills and management skills because I get to deal with children all day. In the past I did not know what my purpose was but through scouts I managed to find it is which now I know is to become a teacher which I intend on pursuing after this opportunity. I have hope that we will breakthrough this Covid and come out stronger. On Future Fit Fridays we also get equipped with ways to deal with different situations like conflict management and stress management which I think will be of great help going forward.

My message to others is if given this opportunity to join this programme go for it because there is a lot to learn and be grateful of when this opportunity ends.

A scout smiles and whistles under all difficulties.

INDIPHILE MNGCONGELA

PAARL, MBEKWENI

Even though the country is facing a big challenge since the beginning of Covid-19 we have to stick and adapt to protocols set by the government about this pandemic. A lot has changed but we have to put hope in everything we do. The effect and impact of Covid-19 led to entering premises where you have to follow rules like screening, sanitizing and wearing of mask. By doing that, we are not doing that for the sake of ourselves but we have to think about other people too. It requires flexibility, by being adaptable to new challenges and accepting the situation that we face. Everything changes in each industry. As a YeBoneer intern I have learned that is not about me benefiting, it is also about giving back to our communities. Covid-19 has forced us to develop humanity in our societies which we call Ubuntu. It has made me aware of the current situation and behaviours I must develop in order to understand the challenges with a sense of hope.

I hope as we follow the rules and regulations that are set by government we will see a decrease in the number of infections in the Western Cape. I hope we can understand that life is full of challenges and we can not avoid the situation but we can cope by working together. Opportunities are awaiting beyond Covid-19 all we need is to remain optimistic and as young people we must be able to adapt new challenges by encouraging one another and following the measures that are being set to fight against Covid-19.

“ _____
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SUNRISE

The Covid-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in any age, like it doesn't matter whether you are an adult or children. There are these public health actions such as social distance which make us feel lonely, isolated and it can increase stress and anxiety.

Sometimes learning to cope with stress in a healthy way will make me and the ones I care about become more resilient. This can make it feel difficulty to concentrate and making decisions. There is also change in appetite, energy, desires and interest. I tend to have body pains, headache, stomach problems and skin rashes.

This is the time of extreme stress and sometimes I have thoughts of suicide and there is that thought of I am a burden to my family. Sometimes I come across with the thought that one or many of the people I love and care about can get affected and not make it. The worst part is that I get to the point of not having money, no work and nothing so I can't go anywhere.

This pandemic has come to show us that money and material things are not as important as we thought before. It shows us how much greatness can come from working together and what it can do for a community just by giving a helping hand where it is needed and wanted.

As we all know that a lot of us are stressing about school and how this affected our academic year but I think the best we could do right now is pray and be thankful that we are still able to wake up and see sunrise and appreciate what is around us which is mother nature and its beauty.

This has left us with lives that are in distraught and has tipped our axis, it has come as a surprise to some of us and has changed the way we live and the things we did on a daily basis.

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BIANCA PIETERSE

2020: A year of trials but also one of resilience and hope

Everyone has probably heard this countless times already - 2020 was a year like no other.

The largest pandemic in 100 years swept across the globe, upending lives and economies, and reshaping life as we know it.

So, if 2020 is a year you are eager to leave in the rear-view mirror, you are not alone.

This has brought much pain to everyone, people lost their jobs because of the pandemic. Many lost their home because of losing their jobs but deep down in their souls they know that God is with them and that there is still hope for them.

This is a unique time in which we can slow down, reflect, listen, and show gratitude towards one another. Although it is not an ideal situation, we have been given a chance to re-assess our priorities and be present for another. During this time, being present and fostering healthy relationships is key. A chance to get closer, connect, and see the good happening in these difficult times, and despite the uncertainty, know that there is hope and resilience in the world.

This is a time to continue trusting in God's compassionate presence among humankind God knows what he's doing just have to trust him and know that this will be over soon as God is in control.

There's always light at the end of the tunnel.

NADINE MINNAAR

Die YearBeyond Program was soos die lig in my lewe

Ek het in 2019 skool klaar gemaak by Bishop Lavis hoër skool. Ek was onseker oor my toekoms, maar wil in die mode ontwerp bedryf gaan studeer het.

In 2020 het helfte van my drome agter uit gegaan, want ek moes wagtend wees op die kollege en toe kom die Covid-19 pandemie in. Ek moes toe by die huis bly en het niks gehad om te doen met my lewe nie. Basies het ek my hoop wat ek in myself gehad het stadig maar verseker laat verdwyn as gevolg van die pandemie.

In 2020 het ek aansoek gedoen vir die YearBeyond Program en hulle het my in 2021 laat weet dat ek vir 'n onderhoud moet kom. Dit het als daar begin. Ek het moed bymekaar geskraap en myself gesê dat "hier maak die here 'n deur vir jou oop". Hulle hulle het my toe laat weet ek het die onderhoud gemaak en ek was weer positief oor my toekoms.

Die YearBeyond Program was soos die lig in my lewe, want in 2020 het ek 'n rowwe jaar gehad en hier het ek 'n geleentheid gekry om myself en ons gemeenskap te verbeter. Die program help my vir my toekoms en die leerder wat ons met werk. Die program het my bewys dat ek instaat is om nie op te gee nie "wat jy in sit sal jy uit kry".

Die leerders wat ons met werk is baie uniek. Soos my huidige onderwyser wat ek toegeken is aan altyd se "you never know a person until you walk a mile in their shoes".

Als te danke aan die YearBeyond Program vir die lig in my lewe.



ATHULE SONGELWA

I was born and raised in Worcester, where there are not many opportunities. I've also known I wanted to work with children but had that mindset people have about school children being mischievous. When I applied for the YearBeyond Programme I never thought they will indeed help me have confidence in myself and be able to work towards the dreams I wanted to achieve.

One of the YearBeyond Programme Streams which is Scouting in Schools did not just give me a chance to work with children but it gave me an experience or sneak peak towards the career I want to follow which is teaching.

Things are not looking good for our country since we are facing a pandemic. Things will not happen how they use to happen and lot of things have changed since the pandemic occurred in our country. Opportunities for young people especially with no work experience are scarce, so I'm grateful with the chance I've got to be part of the Scouting in Schools network.

Things might not look promising or good because of the pandemic but I have hope that things will get better if we do what is expected of us to reduce the spread of Covid-19. Growing up in a place where opportunities are limited I know how it feels to lose hope because of a situation you cannot control but this one we are facing as a country we can work together as South Africans to reduce the spread of Covid-19 so that the next young person can have the chance.

KHANYISA NTSHIKILANA

A GREAT JOURNEY

Ever since I've been part of the YeBo Scouts it's been a great journey, even though I've faced many difficulties when I started the programme but now I'm learning each and every day and it's been quite amazing to be part of this programme.

I started the programme during the Pandemic, and I've read and understood the protocols by letting myself first follow the rules of Covid-19 and abide by them. Secondly the kids I deal with every week. I have to follow the procedures by letting them wear masks during the programme, sanitize and always have social distance, in that way it won't be easy to contract the disease. We learn day by day and we try to recover. In our programme we've covered Covid-19 with the learners and we try our utmost best to let them do what is right. It's an amazing journey, there's a lot of expressions I would point out, because I've grown so much.

My hope will be that Covid-19 will not get worse but now we are on the 3rd wave and my hope is that they don't close our programme that we do after school. My desire is that we finish this programme without having any issues on our programme due to Covid-19.

"Ever since I've been part of the Yebo Scouts it's been a great journey"

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