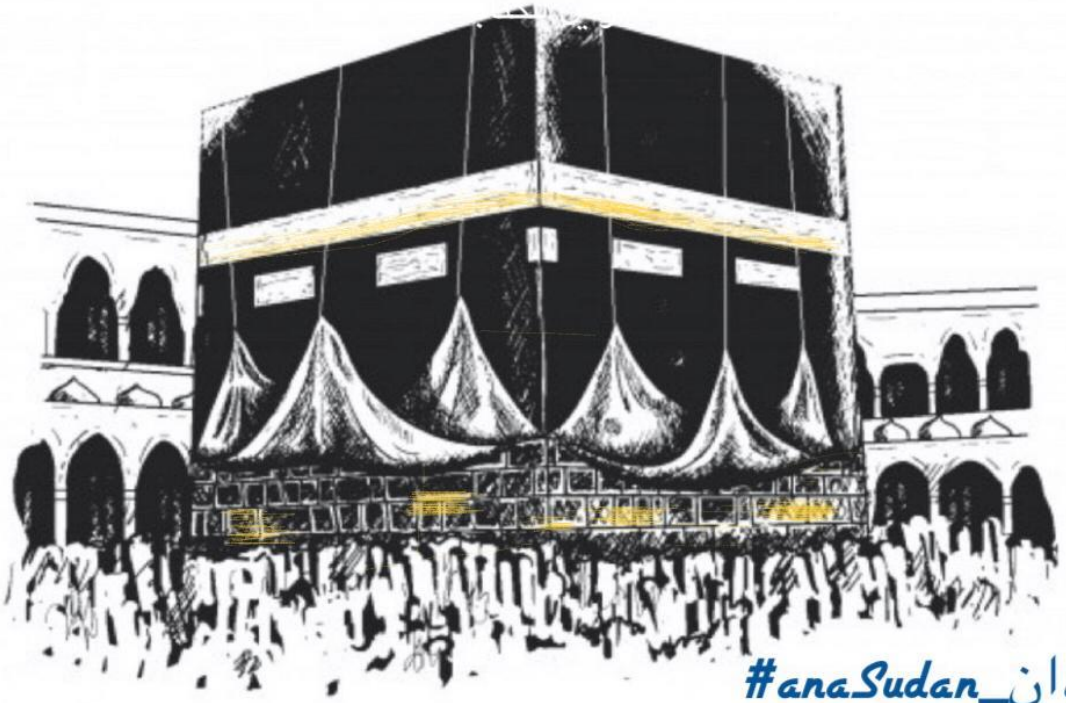


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anaSudani

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أناسودان_#anaSudan

Eid Mubarak



Photo source: www.princeclausfund.org

Arts & Culture

Kamala Ibrahim Ishag Visual Artist

Receives 2019 Prince Claus Principal Laureate

Kamala Ibrahim Ishag (Omdurman, Sudan, 1939) has been a pioneer in African visual art since the 1960s. Among the first women to graduate from the College of Fine and Applied Art in Khartoum, in 1960 she was a foundational figure in the modern art movement in Sudan. She was associated with the Khartoum School, which forged a modern artistic identity for the newly independent nation, drawing on both its 2 Arab and African traditions.

A decade later, Ishag's ideas had evolved. She rejected the Khartoum School's emphasis on heritage and its seemingly male-dominated world view. With a number of her students, she founded what came to be known as the Crystallist Group. Their manifesto (1976) characterised the world as infinite and unbounded, like a crystal with its transparencies, multiple angles and reflections. Her own work has focused on the intangible aspects of women's lives in Sudan, Africa and the Arab worlds.



Arts & Culture

Kamala Ibrahim Ishag Visual Artist

*“The Female Trailblazer of Sudanese Art” as
described by Sotheby’s in 2019*

Her interest in women’s lives led to field research and large-scale paintings of Zār, a traditional Sudanese women’s ceremony that entails spirit possession and trancelike performance. The works and writing of William Blake and Francis Bacon were a large influence in Ishag’s portraits of distorted figures. Ishag has remained active in organising exhibitions with younger generations of women artists. Hence her participation in current social movements where women play a central, visible role. She continues to be an intellectual catalyst and inspirational force among a younger generation of Sudanese artists.

The Prince Claus Awards honour visionary individuals and organisations for their excellent, ground breaking work in fields of culture and development. This year all the Prince Claus Laureates are women or women-run organisations. Although the Fund did not emphasise gender in its requests for nominations, the nominations received reflected a trend of exemplary women making strides in their fields.



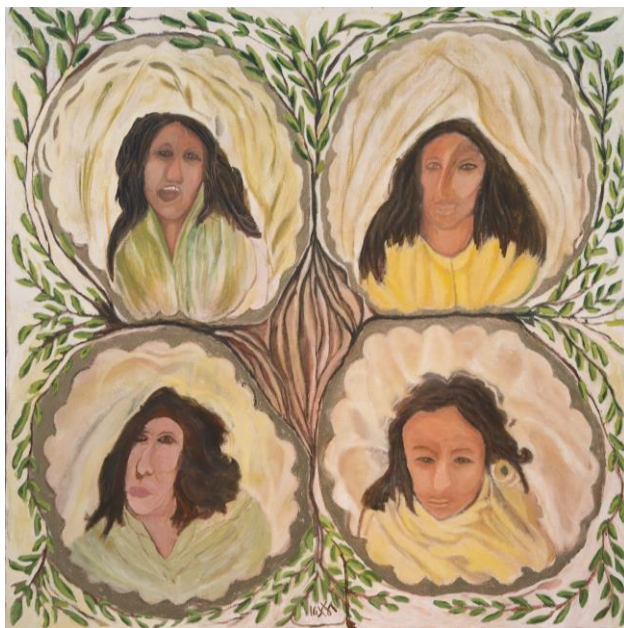
Kamala Ibrahim Ishag, Women in Cubes, 2015. Oil on canvas, 155 x 115 cm. From the collection of Samia Omer Osman.

Arts & Culture

Kamala Ibrahim Ishag

Visual Artist

‘The Laureates this year put exceptional women front and centre. The nominations received and the Awards Committee’s final selection of 2019 Laureates just reinforce the fact that women are increasingly at the forefront of innovation, ground-breaking thought and creative initiatives. These Awards are a recognition that their achievements are outstanding, and have an impact not only on the lives of women and girls but benefit their societies as a whole.’— Joumana El Zein Khoury, Director of the Prince Claus Fund



Kamala Ibrahim Ishag, Four Faces of Eve, 2016, 104.5 x 104.5, Oil on canvas



Tourism feature: Nertiti...

Written by Musab Abdalhadi (Sudan)

Region:

Nertiti is one of the largest local cities in the Gharb Al Jabal district in Central Darfur State, which is one of the five states of Darfur, located in western Sudan. The state is bordered to the north by North Darfur State, to the east by South Darfur State, and to the north-west by Western Darfur State.

The word Nertiti was originally Nirta Teo, but the dominant and most commonly used name amongst the population is Nirta Ti in the Fur language, meaning ‘the washed piece, the clean and pure’, describing the nature of the area and its cleanliness.

Location:

Nertiti is located east of Zalingei in central Darfur, about 60km away. It is crossed through by the national road linking Western, Central and Southern Darfur states to the rest of Sudan's cities and regions. The city enjoys a population of more than 120 thousand residents.

Among its most prominent neighbourhoods are the Al-Umdah, formerly Khor Jahanam, Al-Istiraha, Rujal Banu, Ga’ar Al-Jabal, Qarsila, Kambi Ghabat, Istarihna and Quoaz Baidah. The main market is Soug Nirtiti Al-Kabir, formally known as Jabrounah.



Nertiti Cont'd...

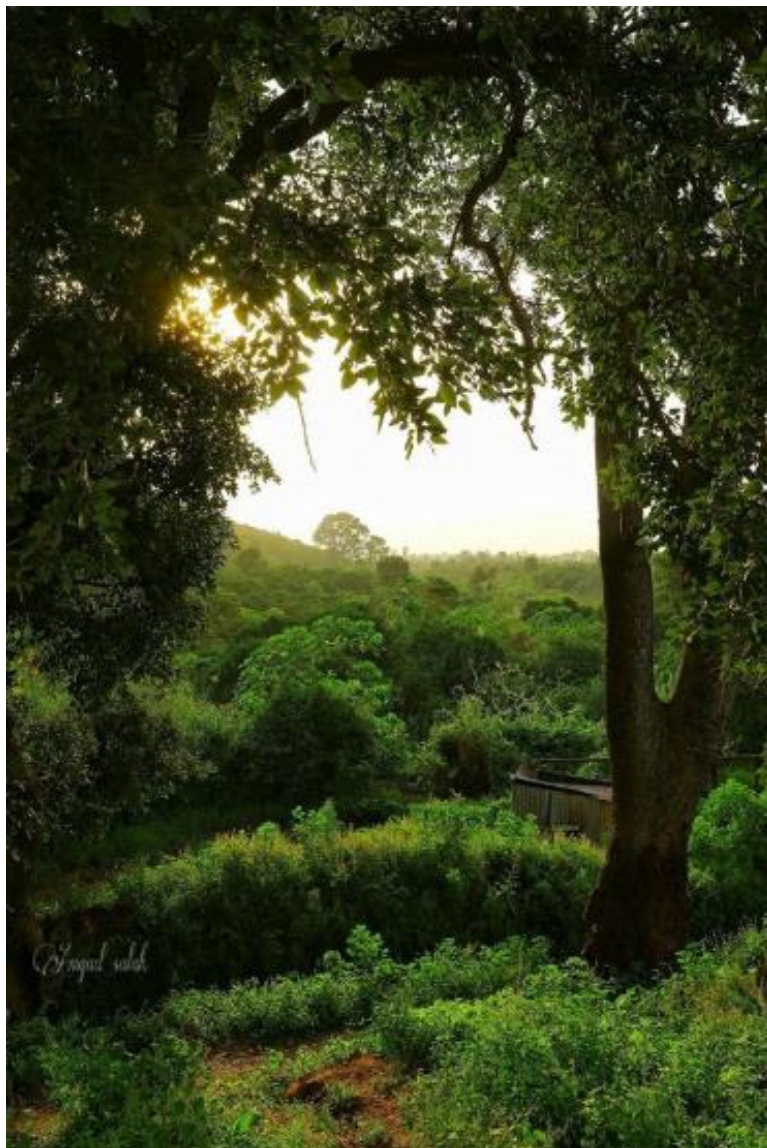
Available resources

Agriculture: considered the main source of income for the population and crucial to their micro-economy. Crops are grown on the banks of valleys and plains. As the region enjoys a good and diversified climate, this led to the diversification of agricultural produce allowing a wide variety of fruits and vegetables to grow. In fact Nertiti is known for the vast amounts of oranges, grapefruit, mango, and bananas grown there and more.

The Jebel Marra project for rural development stands through dense forests, despite its latest deterioration.

The region is also considered to be one of the logging areas for Moringa (Al-Ban) wood, Mahogany amongst others.

Grazing: There are large numbers of livestock including camels, cows, and sheep.





Nertiti Cont'd...

Tourism

In Nertiti there is the largest lounge for tourists who visit to hike and walk through the Qlouf Waterfalls.

The region is well-prepared and full of resources catering for tourists along with its abundant tourist attractions from the water slopes descending from the tops of Jebel Marra to the aforementioned impressive Qlouf Waterfalls. For bird lovers, there are unique types of migratory and resident birds that make for a breath-taking view that cannot be missed!

When traveling to Nertiti, one feels the fatigue of the journey, but is quickly forgotten once travellers pass through a village named “Toar” where they find varieties of delicious oranges and all kinds of fruits such as apples, mangoes and grapes, available almost free of charge.

Soon traveller find themselves within the area of Qlouf, famous for its waterfall. There is a tourist camp there and similar camps will be found spread around all mountains.

There are a few sprawling mountains interspersed with waterfalls, volcanic lakes, and fresh water streams.

You will encounter pine trees and other rare trees for Sudan, which are usually larger than their counterparts anywhere else, due to the high fertility complemented by voices of singing birds of different colours and shapes, bright butterflies and deer that roam around the mountains freely without fear.

One of the most fascinating experiences is climbing to the mountain peak and looking down only to find clouds and rain falling on the plains beneath your feet.



From the eyes of Sudan's youth.. Shaimaa Abdelrahman

*"Life is an opportunity that
should be utilised smartly"*

Shaimaa undertook her primary school education at Al-Imam Al-Tabari, she went on to complete her high school education at Ibn Zaydoun School, where she achieved 88.9% allowing her to commence her undergraduate studies in the Faculty of Dentistry at Kordofan University.

At the time, the university was a newly established institution and not adequately prepared. However, that did not hinder Shaimaa's outlook and ambition in gaining the appropriate experiences she aspired to attain in particular in terms of how organisation, institutions and associations operate.

In 2018, Shaimaa became responsible for the university's Health Education office and deputy head of the Sudanese Dental Student Association.

In the same year, Shaimaa attended a 'Train New Trainers' conference in Beirut, Lebanon, where she was successful in obtaining a certification at the end of the programme. This experience was a turning point for Shaimaa, as she became aware of the limitations she faced as a student at her university in Sudan, by contrast to her peers at universities abroad.

This fuelled Shaimaa's determination to complete her education abroad, to ensure her chances of gaining the best possible chance at succeeding in her future career. In 2019, Shaimaa was accepted at Cairo University, where she had to restart her education, despite having completed 2 years at the University of Kordofan.

Shaimaa aspires for reforms in the Sudanese education system to ensure students have quality education available to them without the need to travel abroad and leave their families.



Philanthropy & Society:

Al-Jiraif Correctional Facility (Dar Tarbiyat Al-Ashbal)

Written by Musab Abdalhadi (Sudan)

Children under eighteen years of age are housed in Dar Tarbiyat Al-Ashbal under various articles of the Child Law 2011, which stipulates where a child is to be punished on certain grounds the child is guaranteed to live in peace and all their necessary needs provided for such as education.

However, we find that this law in Sudan is not applied in accordance with its dual purpose; finding equality between punishment and the psychological and social reform of the child. Here we find the punishment overshadows everything even the most basic rights of the child.

For the past three years, we have worked as a group of young volunteers, mainly supporting the educational, health and social wellbeing of these children.

Educational aspect:

Education is a right that must be guaranteed by the state for this segment of society, due to it being the first step in the process of reform and rehabilitation. However, sadly it seems this step is currently being missed.

The period of punishment here ranges between six months and five years.

Al-Jiraif Correctional Facility Cont'd...

We learnt that many of the children, prior to entering the correctional facility, were taken out of school and did not sit in any regular classes, usually due to various social, economic and other family circumstances. Others who may have been attending school regularly, we find their education is interrupted or discontinued once they entered the correctional facility.

Our first task is then to determine a suitable educational level for the child, on the basis of which they will be designated to a class to begin pursuing their schooling.

Over the course of the last two years, we were successful in putting students through their primary and secondary school examinations, as well as providing a whole host of other activities such as monthly and final exams, academic competitions, extra-curricular activities, which we hold at weekends.

Social aspect:

We believe mixing different age groups generates a healthy exchange of experiences and understanding and cooperation between all segments of society. As such, we place our focus on the social reform and rehabilitation aspect of these children's lives, by building their capabilities

and promoting team spirit, cooperation, peaceful coexistence and self-confidence.

Bearing in mind these children's shortfalls are the by-product of various events and situations they would have experienced prior to coming to this correctional facility, which have negatively impacted their personalities and behaviours.

It is therefore paramount that we correct the injustices that these children endure and that is made possible at Dar Tarbiyat Al-Ashbal, which provides us with just the right environment; a mix of knowledge and experience along with an eclectic range of cultures from across our beloved country, due to the children coming from different states in Sudan.

The environment provides children the opportunity to learn about the different cultures of Sudan, whilst promoting the concept of national unity where there is no difference between the north, south, west or east.

We began to learn from this inclusive environment that the social circumstances surrounding these children are the reason they are in this position in the first place.

Al-Jiraif Correctional Facility Cont'd...

We vividly see in these children's eyes the desires and aspirations to change and improve their conditions. And because we know that the periods spent at the facility, however long it may be, will still be insufficient to provide them with the support they require, we don't limit our role and responsibilities to their time at the correctional facility, but we follow up with the child after leaving and returning to their home and their families and provide them with resources and support that benefit them in their day to day lives and/or education.

Health aspect:

Starting from mental health and wellbeing, which is considered the most important in this process,

our group of volunteers in cooperation with civil labour organisations, regularly hold awareness sessions addressing the topics of mental and physical health and wellbeing and we facilitate the provision of health services where required.

We believe that this generation will be the one to build the Sudan that each one of us dreams of and as such, we must ensure every young person is provided a healthy and dignified life that is readily available for them at all stages of their existence, so that they are well-equipped to make the right choices and overcome challenges, whilst growing up in a positive environment that enables them to prosper and become useful members of society.

Business & Industry



Building & Delivering Successful Projects

“our leadership must advocate a healthy eco-system of projects within all organisations and sectors (public and private), with robust synergies that realise successful projects to keep our economy ticking and continuously galvanise our society to produce”

Need Validation

Often sits within a programme management function. It is one of the most important steps in project management as it ensures a project or suite of projects is appropriately developed to resolve a pre-existing problem or need.

Depending on the sector and organisation, this is usually the first stage in a project lifecycle where the client is in a position to determine their key priorities ahead and assign high level budgets accordingly.

Evaluate: Understand the problem, solutions, risks and opportunities.

Once a Project Manager is instructed on a project, there are some basic questions that must always be considered:

Problem: what’s the problem we’re trying to fix? ; how is it impacting you and/or others? ; what are the risks?

Solution: how do you see the problem being solved? ; what’s the value in solving the problem? ; would the solution satisfy all stakeholders? ; what are the opportunities?

Stakeholders: who’s your customer/stakeholder? ; what are their profiles/personas? ; who will be your advocate, sponsor, challenger etc.?

Business & Industry



Building & Delivering Successful Projects

Team: The project manager must select the right team with the required level of skills and/or expertise to support the development of the project to the next phase.

Initiate: Identify final solution and convince stakeholders it will fix all their problems.

Plan: what are you going to do and when?

In this phase the scope must be carefully defined, essentially creating a list of all tasks to be undertaken to throughout the lifespan of the project.

All interdependencies must be identified e.g. external tasks, works, resources etc.

Breaking the plan into small packages, estimating timescales, and defining milestones will result in creating a roadmap for the project, after which the programme should be regularly reviewed and updated to capture any risks and implement mitigation measures.

Build Business Case: Once the scope has been fully defined along with the resources and plan to deliver the scheme, a robust budget can be developed and funding secured from the client.

Business & Industry



Building & Delivering Successful Projects

Execute: It's time to put your plan into action; efficiently and effectively.

During the execution phase, communication becomes key and we would even go as far as saying it becomes the lifeline for the project.

Here are some tools to help you stay on top of your communication, which complement a *clearly defined end-to-end process*.

Kick-off meeting: include all key team members to ensure full alignment.

Communications Plan: describe how and when you are going to update all stakeholders on progress.

Regular Meetings with Actions Log: update core team and track open actions whilst capturing and mitigating risks.

Project reviews and reporting: communicate risks, issues and good new stories to senior management and client.

Early Warnings/Risk & Opportunities Register: capture and manage all risks and opportunities.

Lookahead Schedules: review programme progress week by week to capture and mitigate any delays.

Change Control Log: Ensure all change is captured with sign off on all cost.

Lessons Learnt: capture, share and implement all relevant learning.

Web & Social Media: utilise to communicate with end-user in accordance with your organisation's corporate communication strategy. ¹⁴

Business & Industry



Building & Delivering Successful Projects: Utopia

What we describe as project Utopia is a scenario where a number of internal and external factors are coexisting in a manner that is ensuring the project is moving forward and is delivered to quality, programme, budget.

Some success indicators can include:

There are *measurable outcomes* that ensure the team is clear as to what is required and can readily measure and communicate success. These outcomes are also fully *aligned with corporate/business strategy*;

All levels of management are able to *track and audit progress* and the project and team have achieved *stakeholder buy-in* where *issues are readily escalated and resolved*;

We have a team culture and environment that promotes *collaborative working* and a culture of *openness and transparency*. This includes *rewarding exceptional performance*.

And finally, *leaving a legacy behind* in terms of end-use experience, where unsolicited *commendations* are received.



Keep up with our activities

anaSudan Forum

In our anaSudan family, we are focusing all our energies in building a healthy Sudanese society mentally, physically and emotionally, along with a thriving economy.

We believe this can be done through robust collaborations and inclusivity, regardless of affiliations or beliefs.

So join us in tackling a range of relevant topics at our open forum discussions. This ensures the continuation of healthy engagement, building an open-minded and thought provoking yet problem-solving community, who can collectively drive positive change on the ground in Sudan.

Our discussion forum brings people from around the world together to explore current challenges, innovation and all other topics of interest, which yield positive outcomes towards social and economic developmental progress towards a new Sudan.

Join our network to find out how you may participate in our online dialogue.

Our LinkedIn group page: <https://lnkd.in/ge-krY5>

YouTube: <https://lnkd.in/gYmq3J9>

Keep up with our activities

Getting our nation moving:
live better, be active, be healthy



Our Coach

Mo El Gadawy: Sports, fitness and wellbeing expert,
former Pro fighter in Olympics boxing, mixed
martial arts, Muay Thai, jujitsu.

OUR MONTHLY CHALLENGE

<https://youtu.be/68jjz99K070>

#anasudan_اناسودان

Tag your photo while you complete our monthly
challenge. Otherwise tag us to let us know how you
got on - Good-luck!



Get in touch with us, we'd love to hear from you..

Our homepage:

www.anasudan.net

Our email:

hello@anasudan.net

LinkedIn:

<https://www.linkedin.com/groups/13768484>

Facebook:

<https://www.facebook.com/groups/506978136756405>

YouTube:

https://www.youtube.com/channel/UCpu8o_fbpq6RlADlUHVTuKA/videos

Twitter: @anaSudan_net