



# FROM STRESS TO STRENGTH

## BUILDING STRONGER COMMUNITIES THROUGH FINANCIAL EMPOWERMENT, SUSTAINABLE AGRICULTURE, AND MENTAL FORTITUDE



In partnership with  
**Africa Healing Foundation**

11 - 15 August 2025  
Kandara, Kenya



# SUMMARY

Professors Without Borders, in partnership with the Africa Healing Foundation, delivered its second programme in Kandara, Kenya, from 11 to 15 August 2025.

The week-long initiative, themed “Building Stronger Communities through Financial Empowerment, Sustainable Agriculture, and Mental Fortitude, equipped rural youth with practical tools in financial literacy, climate-smart farming, apiculture, and mental health.

Workshops included budgeting, investment, and risk management for agricultural entrepreneurship, alongside hands-on training in organic composting, fertility trench beds, agroecology, and sustainable beekeeping. Participants described the first day as inspiring, noting how exciting it was to learn about designing business plans and starting community beekeeping projects. Mental health sessions complemented these skills sessions by fostering resilience, stress management, and positive mindsets.

Facilitators included Witness Dlamini, a climate justice advocate and agribusiness entrepreneur, Sylvia Kamanda, a dynamic project manager, and Dr. Angelo Salasini, an economist and financial literacy specialist. Their guidance created a dynamic environment where participants were highly engaged and left feeling empowered to apply their new skills in building stronger, more resilient communities.



Witness Dlamini guiding the participants through practical sustainable farming techniques, helping them apply the training in a hands-on way.

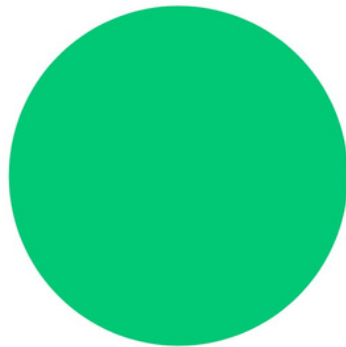


A group photo featuring (from left to right) Lilian Mbaria (AHF Volunteer), Daniel Njoroge (AHF Volunteer), Hilda Wanjiku (AHF Volunteer), Solomon Ngigi (AHF Volunteer), Dr. Angelo Salasini (PWB Volunteer Professor), Edwin Kiare (AHF Volunteer), and Sylvia Kamanda (AHF Project Manager). In the second row, from left to right, are Eve Mapanda (AHF Transformation & Mental Health Wellness Director), Josephine Njuguna (AHF Volunteer), Witness Dlamini (PWB Volunteer Professor), Rosebetty Wambui (AHF Volunteer), and Jacqueline Mbaria (AHF Volunteer).

# REFLECTIONS

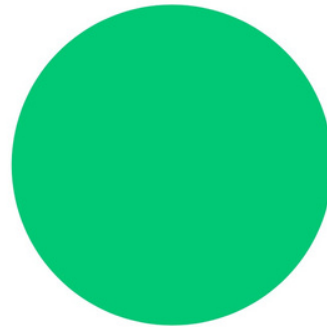
## Feedback received from programme participants

100% of the programme participants said they would recommend the programme.



● Yes: 100.0%

100% of the programme participants said the programme was relevant to their needs.



● Yes: 100.0%



"It taught me how to set my financial goals and new ways of farming" (**Junior Elvis**)

"This programme has equipped me with valuable knowledge, and I am now ready to start a poultry farming business. I am committed to working hard to improve my family's livelihood." (**Yvonne Wajinku Kimani**)

"Agricultural training in the present is often termed as 'ways of the past.' But once you learn how profitable it is, you realise its worth." (**Timothy Njoroge**)

"From the knowledge I gained, I can now handle different climate conditions and also how to generate and manage wealth." (**Ndungu Nelson Mburu**)





# REFLECTIONS

## Feedback received from our partners and volunteers

“Besides training them in climate change and financial literacy, there was also that aspect of confidence and presentation they were gaining, which really impressed me. Most of our sessions were practical - group work, writing and pitching project proposals, even having beehives inside the room. It wasn't something far-fetched; it was real and tangible. I really liked that the programme was more practical than theoretical.” **(Witness Dlamini - PWB Volunteer Professor)**

“A lot of participants said they had never thought about farming or beekeeping before, so they realised there's so much they can do with what they already have. It was a great experience, and the numbers were strong. Attendance was consistent; people came every day, and even after sessions ended, they wanted to keep learning. They weren't in a rush to just leave, which was wonderful to see. It was also lovely working with Witness and Dr. Angelo. I learned a lot from them, too, while I was teaching.” **(Sylvia Kamanda - AHF Project Manager)**

This year really showed growth. Everything we've been working to improve came through, and we've now built a reputation with the community. It didn't feel like we were going in for the first time. The young people were focused, and many participants said this is a programme they truly value. They also enjoyed being more involved, for example, with the certificates, we gave them the chance to present them to one another, which made it more meaningful. Overall, it was an amazing programme. The professors delivered well, as always, and I really appreciated how each session linked into the next.” **(Eve Mapanda)**

“I learned so much, for example, Witness showed us how to treat the soil, something I never knew before. We gained knowledge from each other, and it was such an amazing, interesting trip where we not only taught but also learned. The host family was excellent-warm, welcoming, and kind. I'm very grateful; it was my first time in Kenya, but I felt completely at home, as if I had been there before. What struck me most was the willingness of the young people to learn and their requests for more programmes like this. What I experienced in Kenya shows that we have a real future for Africa. It was an amazing experience and a story worth telling.” **(Dr. Angelo Salasini-PWB Volunteer Professor)**



# MEMORIES

