

African HERITAGE

#33

AFRICAN HERITAGE MAGAZINE
(APR - JUN 2019)



**Diaspora African
LIVING LEGENDS
2018 - 2019**

Dr. Vivian
TIMOTHY

A SELF-TAUGHT MULTIPLE AWARD-WINNING
NIGERIAN GERMANY BASED VISUAL ARTIST

THE LIVING STORIES OF THE
2018-2019 LIVING LEGEND

Meet Award Recipients

Exclusive Interview with Magda:
A CERTIFIED AND TRAINED NUTRITIONIST

I was born and raised in Hamburg Germany,
but my origins go back to Eritrea

TONY TOKUNBO ETEKA FERNANDEZ

The UK Black History Month Man

Paulino José
MIGUEL

SPECIALIST PROMOTER FOR MIGRANT NETWORKING AND
EMPOWERMENT AND MEMBER ADVISORY BOARD FOR DEVELOP-
MENT COOPERATION OF THE REGION BADEN-WÜRTTEMBERG

MR. GLOBAL MEN:

DR. JOY A. ALEMAZUNG & HON. KENNETH GBANDI

GRUSSWORT / ECHO FROM THE INITIATOR OF AFRICAN LIVING LEGEND

**THE DIARY OF THE
NIGERIAN DIASPORA:
SPECIAL REPORT**



AFRICAN DIASPORA LIVING LEGEND



2015 - 2024

INTERNATIONAL DECADE FOR PEOPLE OF

AFRICAN DESCENT

Recognition Award

Ehrung

2019

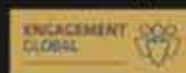
in

Ludwigsburg

African
HERITAGE AGIC



Supported by:



WELCOME

to the Living Legend Edition of this great magazine. This issue celebrates the awardees of the 2018 Night of the “Living Legend of the African Diaspora” awards, who are blazing the trail in their professions or in socio-political life. These outstanding Africans in Germany contribute actively in different aspects of the society. This issue also showcases the activities, experiences and businesses of other Africans in Germany.

In September 2018, the African Living Legend Recognition team identified outstanding Africans in Germany who are drivers of development, owners of businesses and excellent professionals as well as cities which have implemented policies that have contributed positively to the African migrant community and the African continent. These individuals and cities were awarded in celebration of the United Nations Decade for People of African Descent. The award recipients serve as role models and positive examples to inspire others to achieve greater heights and participate in the development of their local municipalities.

The purpose of the “Night of the Living Legend of the African Diaspora” was to recognize and promote the positive accomplishments of people of African descent in Germany, as well as to introduce actors, institutions and societies that have supported these people. It also provided greater visibility for people of African descent as active participants and shapers of our society. We present to you a ‘get-to-know-them’ section which gives a closer lens on each awardee regarding their migration trajectory, professional experience and development activities in Germany.

Two of the awardees feature as the cover of this issue. Dr. Vivian Timothy is a self-thought multiple award-winning Nigerian-German Artist based in Augsburg Germany. She has held several educational and sensitization projects through her Art Exhibitions and has received awards in Germany, UK and USA. In the interview, she speaks on the journey so far, the inspiration behind her art and her vision for visual arts focused on African roots. Paulino Miguel is an expert in migration, diaspora and development policy. He has worked in the field of re-integration of former child soldiers and counselling. He is a research assistant at DOMiD (Documentation Centre and Museum on Migration in Germany e.V.) in Cologne and at the Institute for Educational Science at the University of Heidelberg. He is currently project leader for migration, diaspora and development policy at the Forum der Kulturen Stuttgart e.V., the umbrella organization of migrant associations and the Stuttgart Intercultural Office. As a migration development expert, he shares his wealth

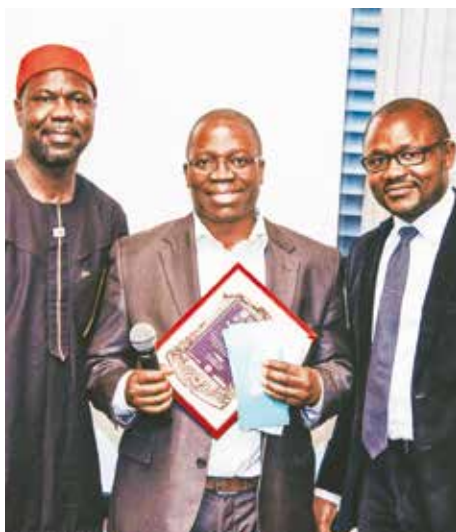


of professional experience and expertise while migrant networking and empowerment.

We also present you with our diaspora brain box section featuring the two initiators of the African Living Legend Award. Mr Kenneth Gbandi, is the editor-in-chief of this magazine and the Chairman of Nigerians in Diaspora Europe (NIDOE). Dr. Joy Alemazung is an initiator of the Living Legend award and the 2016 African Man of the year. He is the project manager for the federal states of Baden Württemberg and Bavaria at Engagement Global GmbH. They both mentor and motivate migrants to achieve their potential and share with us their various development and educational projects in the area of migration development as well as other aspects of their career and life in Germany.

Ever wondered how a ‘foodpreneur’ successfully uses her cooking skills to promote healthy living among children in Germany? Meet Magda Tedla, CEO, Magda’s Food Program. In addition, the issue provides a summary biography of the latest recipients of the 2019 Living Legend Awards which took place on 11 May in Ludwigsburg; reports of the latest developments in the Nigerian In Diaspora Organization Europe (NIDOE) as well as efforts in creating awareness against irregular migration by the Migration Enlightenment Project Nigeria (MEPN). These and many more interesting events covered in this issue will delight you.

Happy reading.
Faith Oloruntoba
Editor



Mr. Global Men P. 16



Celebrating Outstanding Africans
P. 26



Qatar open to Nigerian investors,
says NIDO President Ikoli P. 68

08 DR. VIVIAN TIMOTHY

A self-taught multiple award-winning Nigerian Germany based Visual Artist

12 PAULINO JOSÉ MIGUEL

Specialist promoter for migrant networking and empowerment

16 MR. GLOBAL MEN:

Dr. Joy A. Alemazung &
Hon. Kenneth Gbandi

20 BERICHT

Nacht der lebenden
afrikanischen Legenden
Night of Living African Legends

**26 CELEBRATING
OUTSTANDING AFRICANS**

At the Night of Living African
Legend Awards

40 NOMINATIONS / RECIPIENTS

African Living Legends
Awards 2019

**44 EXCLUSIVE INTERVIEW
WITH MAGDA**

A certified & trained nutritionist

46 2 YEARS DIASPORA ODYSSEY:

**47 NIDO HOUSING
INVESTMENT PORTUGAL**

**49 NIDO DIASPORA DAY
LONDON**

53 NIDO AGM AUSTRIA

**56 NIDOE CONFERENCE &
GALA NIGHT**
The Netherlands

**62 RECOGNITION NOW AND
BECONNECTED.
WILLKOMMENS- UND
ANERKENNUNGSLÖSEN**
Factsheet

64 TONY ETEKA FERNANDEZ
The UK Black History Month Man

**66 MIGRATION ENLIGHTENMENT
IN NIGERIA**

Femi Awoniyi and Kenneth
Gbandi continue the challenge
in 2018 and beyond

**70 QATAR OPEN TO NIGERIAN
INVESTORS**

Says NIDO President Ikoli

73 THE NIDCOM ACT

Getting it RIGHT from the START

**76 PASTOR SUNDAY AND
VERONIKA UTEH**

Host Fire Fall Conference &
Thanksgiving

**78 THE JOURNEY OF
ORGANIZING BLACK HISTORY**
At the UK house of parliament

**80 NIGERIAN GLOBAL DIASPORA
POLL/MOCK VOTE**

Reports / Statistics & Analysis

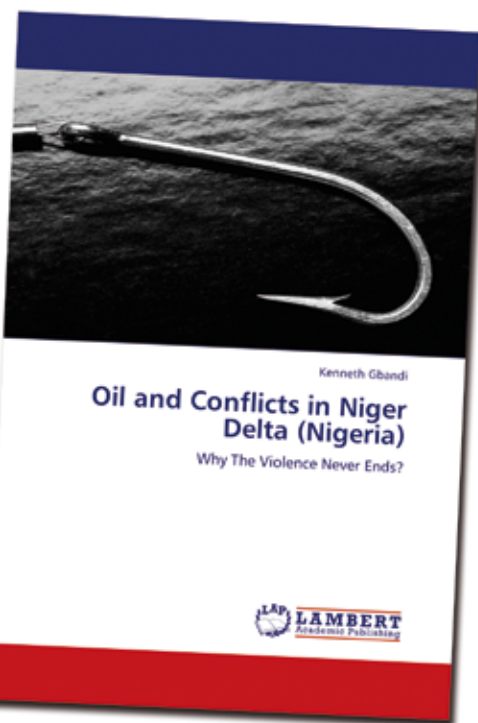


08

DIASPORA AFRICAN LIVING LEGENDS 2018 - 2019

Oil and Conflicts in Niger Delta (Nigeria)

Why The Violence Never Ends?



The Niger Delta region of Nigeria has been engulfed by oil-related conflicts for over two decades now, and concerns pertaining to Nigerian's national security, economic stability, and global energy security have been brought to the fore of global discourse. With the increasing focus by national and international media on the growing conflict in the region, the "paradox of plenty" has been revamped.

The conflict seems to be a conflict without end dating back to the 1966 revolt of Major Isaac Adaka Boro over the deprivation and neglect of Ijaw areas of Niger Delta. In order to fully understand the fundamental basis of the never-ending Niger delta conflict however, it is essential to analyze individual state conflicts. Building upon such an understanding, it is then possible to appreciate the manner in which this conflict evolves and manifests at the national and international levels. By this, the complexities inherent to a problem of this magnitude can be simplified in a straight forward way and the underlying crucial factors which drive the conflict unveiled.

www.amazon.com

African HERITAGE

Founder & Chairman Editorial Board Kenneth Gbandi

Ass. Publisher Kingsley Mordi
Obiora Nweke

Address African Heritage Magazine
c/o AGIC
Süderstr. 153, 20537 Hamburg
Tel: +49 (0) 40 - 35 96 49 40
Fax: +49 (0) 40 - 35 96 49 41
info@africanheritagemagazine.de
www.africanheritagemagazine.de

Editor-in-Chief Faith Oloruntoba (Acting)
Executive Editor Kingsley Mordi
Editor at large/Planning Musah Ibrahim Musa
Editor / Political desk Obiora Nweke
Editor Blessing Anya Kalu
Editor African Literature Review Inken Carstensen-Egwuom

Contributing Editor Prof. Brando Okolo
Laura Tinzoh

Arts / Visual Unit ZEROONE -Temi Akingunsade
www.zerooneonline.com

Photographers Kingsley Omoregbee &
Hike Ewemade, Heinz Rueding.

Nigeria/West Africa Bureau Office Kenconsult Nig. Ltd
c/o SEINDEO LTD
Ivory Music House, IPM Avenue,
Alausa, Ikeja, Lagos.
Tel/Fax: 234 (0) 1 761 71 33,
1 271 95 83, 1 345 13 70
Info@africanheritagemagazine.com

Ghana Bureau Office Photo Club Imaging
Abebresem Street
P.O. Box 01697 Osu Accra - Ghana
Tel.: +233 21 77 3413
Fax: +233 21 774656

Publishing House
African Heritage Germany

Subscription
African Heritage Magazine is an independent Magazine exclusively managed and published by Heritage International Business Concept GmbH Germany. The Magazine is circulated throughout Germany in 150 cities including Main Train Stations, Airports and special Bookshops and Supermarkets. African Heritage is also circulated in Spain, Netherlands, Austria and parts of Africa and middle East. The Magazine is financed by Adverts and event coverage.
Subscription service available online
ISSN 1613-7795



Dr. Vivian Timothy

I am Dr. Vivian Timothy, a self-taught multiple award-winning Nigerian Germany based Visual Artist.

My paintings are deeply embedded in African roots and speaks with a very heavy African accent. My artworks centers on women, beauty, African culture and tradition and socio-economic anomalies in my country Nigeria and Africa as a whole.

1. Tell us about Dr. Vivian Timothy

Growing up in my native country Nigeria and coming from a family with strong academic background, I was not allowed to follow my true inclination towards creative arts. Finding myself outside the shores of my country offered me the opportunity to express my creative ability. I rediscovered my passion for painting a few years ago though. In the beginning it was for my own fun. I never imagined that the piece I created would ever be accepted outside the comfort of my

home. Only after a friend convinced me to showcase my work did I find the courage to share my artworks with the world. Yet, I was still very much afraid of not being able to measure with all the great artist out there I have always admired.

Of course, my age, environment and the society had always made me believe that it is over with me; that it is too late to start a career as an artist, but vehemently I refused to give in to their

discouragement. I did not allow that voice, that fear to control me. Rather I took control and made that voice say, YES YOU CAN!

I have my roots in Africa, but Europe gave me the freedom and opportunity to realize my dream. So, I always carry the pictures of my homeland like I would carry a backpack. I am using my art which is a universal language to create a mutual relationship and bridge the gap between my home country Nigeria and continent Africa and Germany Europe as a whole and open the hearts of the people in the western world to the problems that plague my beautiful country and continent, in the hope to start a dialogue with the people here and hopefully show them that my home is very much worth not just preserving but also supporting and developing. I believe that the history of Black people has always been written in artworks because art is the best form of implanting and expressing the deep values that are inherent in the African black culture and black People. According to Jawaharlal Nehru, "art of a people is the true mirror of their minds."

2. Tell us about your arts projects

I have held several educational and sensitization projects through my arts and presentations on the beauty of my cultural heritage, gender inequality and on the challenging socio-economic injustice and stereotypes in Nigeria and Africa as a whole here in Germany, UK, Holland and USA. To mention but few:

I had an art exhibition and presentation on EXPLOITATION OF NATURAL RESOURCES IN AFRICA; Our beautiful continent Africa has been and is still being exploited. Our land has been

What motivates me is my love for my home country Nigeria, my continent Africa, my family and most importantly my God, knowing that God's will for me is to be creative. What also motivates is the conflict to find a balance between tradition and modern, between my struggles and triumph and between my old home Nigeria and new home Germany. The artist in me drives me to reconnect to the past, to grasp the present and design the vision of my future.



raped. People are displaced from war-torn nations. Public money is stolen. Our youths are forced to plunge on a dangerous journey through land, air and sea, dying on their way to their so-called paradise in quest for a better tomorrow. They are roaming the streets of their so-called promised land in search for an identity. I believe strongly that the present socio-economic anomalies faced by the African continent is as a result of the balkanization of Africa by the Europeans in the 18th Century. And I think this is a time for reconciliation and restitution for Africa by a global community that has gained so much from her Balkanization.

I used another art exhibition and presentation on BACK TO THE ROOTS to remind Nigerians and Africans in the Diaspora that wearing African cultural symbols and traditional attire does not make one a patriotic African and surely does not decolonize the mindset. A true African is one whom, despite his/her external coverage, you can still see the unquenchable spirit of the African Warrior surging forward to defend, define and protect their cultural heritage. We are tired of hearing our stories from other continental historians. And the Nigerian story did not start with Mungo Park and David Livingstone. I want us to go back our roots, back to the values that has always formed and forged the bond of strength and unity among the African People. And to stop feeling like victims and become the architect and author of their destiny.

I gave another exhibition and presentation on GIVING BACK THE VOICE TO THE RURAL AFRICAN WOMEN at GAWW Conference at the House of Parliament London UK. I believe that rural women play an important role in the rural economy. They work as farmers, wage earners and entrepreneurs. Indigenous rural women have an important role as custodian of traditional knowledge, which is the key to their community livelihood,



resilience and culture. Yet women in rural areas face constraints/difficulties in engaging in economic activities. Rural women are less likely to be wage earners and when they are, they earn less than the men. Furthermore, they shoulder a disproportionate burden of unpaid care and household work, including food, provision, caring for children, the sick and the elderly.

And because of gender-based discrimination and social norms, most of their works remain unseen, unrecognized and undervalued. Women presence's in the rural workers' and employers' organizations remains low and there is a lack of voice and representation.

Rural women are at high risk of sexual harassment and other form of gender-based violence. And there is an urgent need to eliminate the persistent inequalities between men and women that perpetuates violence and harassment. I am here today to use some of my paintings to represent and speak for these forgotten, suppressed voices of the rural African women. I decided to speak with my paintings because silence will go on to suppress these women's voices. And I don't want to follow others to shut up and pretend that all is well. Give them back their lost voices and watch them excel. I also had exhibitions and presentations on MIGRATION (modern day Exodus), the strength and power of the African woman, sustainable energy and many others.

3. Tell about your awards

To God be the Glory. It is all by his Grace. I have received several awards and recognitions for my work. I won 2015 BAFFTA Awards on Best Spoken Words/Poets London UK, CREATIVE ICON Recognition CA Awards 2016 London, 2017 SONNE WOMEN OF EXCELLENCE ICON Recognition Munich Germany, Honorary Doctorates Award Creative/Global LEADERSHIP Award 2017 London UK, AWE AWARDS Best Artist 2017 Berlin Germany, DIVAS OF COLOR Creative of the Year 2018, Outstanding Woman of the Year 2018, WAW Hall OF FAME 2018 London and AFRICAN DIASPORA LIVING LEGEND Recognition Award 2018 Germany which was also a very emotional one. I dedicated these awards to all those powerful women out there blazing the trail for the future generation. I have personally given my awards and recognitions a name. It is called IT IS NEVER TOO LATE TO BECOME WHAT YOU ARE DESTINED TO BECOME AND DON'T GIVE UP ON YOUR DREAM. It is a call to do more. I promise to continue to use my talent as a visual artist to impact lives.

4. Being a successful award-winning artist across Germany and Europe, how are you able to maintain this level of excellence and how has your professional journey been so far?

It has been a personal journey of learning and

growth which has compelled me to artistically and beyond to connect to the dynamics of the society and create more, contribute more, support and serve in community I find myself in. I have always believed that my success lied in that unique gift given to me by God/Universe at the point of my incarnation. Each of us has that unique gift and I personally believe that in it lies our power to create and control our present and future. We can have wonderful talents and gifts, but for us to use these gifts effectively, we must move from striving to thriving. This is where we need knowledge to upgrade and position ourselves to maintain this level of excellence in our career. I attended conferences, seminars and workshops to teach me how to be highly effective in my career. We need knowledge to grow because knowledge is power.

5. We also know that you are a wife and mother, how have you been able combine these roles with your art career?

I will say that I am privileged to have a loving husband who has been my stronghold and support and a wonderful son. I believe that I can only function effectively outside if the home is also functioning effectively.

6. What is your motivation?

What motivates me is my love for my home country Nigeria, my continent Africa, my family and most importantly my God, knowing that God's will for me is to be creative. What also motivates is the conflict to find a balance between tradition and modern, between my struggles and triumph and between my old home Nigeria and new home Germany. The artist in me drives me to reconnect to the past, to grasp the present and design the vision of my future.

7. What challenges have you faced as an artist in Germany?

Naturally we all get scared doing something for the first time. Because I did not study art, I was very much afraid of not being able to measure up to all those great artists I myself have so much admired. To excel I wanted to go to an art school but first I started reading up on the famous artists. To my greatest surprise I found out that most of these famous and successful artists have never visited an art school. Knowing this made me realize that true art comes from within and it gave me confidence and opened

me new ways to express my feelings and thoughts. Visual art gave me not just a metaphorical voice, but it even made my voice stronger and helped me find my true purpose and identity.

8. Do you have other projects focused on people of African descent in Germany?

Yes, I have a baby project I am working on. It has not fully set off yet, but the name speaks for itself BREAKING BOUNDARIES THROUGH ART. I'll talk more on that when the project sets off.

9. What is your vision for your art project?

The vision for my art project is to use art which is a universal language to create programs, conferences, workshops/seminars and services to sensitize, educate and empower African women and children in the diaspora to achieve a holistic result in their diverse challenging issues that confronts us today in Europe. With my work I also hope to inspire people especially women to figure out, embrace and liberate their unique gifts thereby finding their true purpose and identity.

10. What advice would you like it share for those who look up to you?

No matter your age, race and your position in the society, we all have the power and ability to be extraordinary. We all have been given a unique gift at the point of our incarnation by God/Universe and I believe strongly that in it lies our power to create and control our future. It was given to us to share with others and with the universe. So, holding it back is denying the universe what belongs to her. Be humble because humility is the key in becoming a great leader. Make good use of every opportunity that comes your way. Invest in knowledge because knowledge is power. Be grateful and respect people you meet on your way up because you might meet them on your way down. We have been given so much so make it your priority to always give back. Don't let fear hold you back. Don't wait until the right time comes, because it might never come. The right time is now. Start where you are, Use what you have, your gift! Do what you can, and the Universe will embrace you.

1. Tell us about Paulino José Miguel

I was born in Mozambique. I came to Germany as a Mozambican contract worker in the former GDR till early 1990s. After the reunification of Germany, I studied Education and Political Science at the Ruprecht-Karls-University Heidelberg and at the University of Aarhus (Denmark). I worked in the field of reintegration of former child soldiers, then as a research assistant at DOMiD (Documentation Center and Museum on Migration in Germany e.V.) in Cologne and at the Institute of Education of the University of Heidelberg. I was co-founder of the African Student's Association of the University of Heidelberg, known as VASUH and held the post of scientific and cultural representative.

Since 2007 I am working at Forum der Kulturen Stuttgart e.V. as Project Manager in the field of migration, diaspora and development policy under the umbrella organization of immigrant associations. I am expected to support and promote the cooperation between the migrant organizations and governmental, church and private organizations which are engaged in the development policy. The aim is to enable a social participation, encourage a peaceful togetherness, and sensitization for the "Eine-Welt-Arbeit" as well as changing of perspectives.

2. You are one of the most influential African in the field of development politics, how are you able to maintain this level of excellence and how has your professional journey been so far?

I am surprised and embarrassed for the fact that I am considered

as one of the most influential Africans in development policy. I do not see myself as such, because as a consultant, I usually try to work in the background. The Forum der Kulturen Stuttgart e.V. was the first civil society organization who launched the project Migration and Development Policy. I was hired as a migrant to advise other migrants with the aim of cooperation between established organizations of development policy with migrant Diaspora organization. The agency was financed by Evangelical Development Service EED, known today as Brot für die Welt. Today, we've been receiving support in our work through some key institutions such as the Service Agency Communities in One World (Servicestelle Kommunen in der Einen Welt, SKEW; Förderprogramm Entwicklungspolitische Bildung, (FEB)/Engagement Global, the City Stuttgart and through some foundations in the Region Baden-Württemberg.

3. Currently you are the project leader for migration, diaspora and development policy at the Forum der Kulturen Stuttgart e.V. what does the job and project involve?

I advise migrant organizations on the planning of development policy projects, support in the search for suitable sponsors and advise on public relations for development policy purposes. I also coordinate and organize the working group "Migration and Development Policy and Conferences". My job also includes the project conception and implementation as well as development of training measures and implementation and project proposals. In Baden-Württemberg, I am a specialist promoter for



Paulino José Miguel

*Cover Photo credit : Martin Magunia

migrant networking and empowerment. I am on the Advisory Board for Development Cooperation of the region Baden-Württemberg (Rat für Entwicklungszusammenarbeit, REZ). Furthermore, I am a member of the Advisory Board of the Service



I am always impressed by the commitment of immigrant associations to social projects in their home countries and their contribution to development education. This commitment is broad. There are associations that have been supporting school projects, kindergartens or street children projects in poor regions of their countries of origin for several years, to name just a few examples.

Agency Communities in One World (Servicestelle Kommunen in der Einen Welt, SKEW)/Engagement Global.

4. With your very busy schedule, how are you able to combine your profession with your family time?

The question is very sensitive but important. It is not easy to combine family life with this kind of work. Most workshops and conferences take place over the weekend. Consultations with migrant organizations usually take place during the week after 6 pm, that is, after the

dinner. My wife is also employed on a full time basis. Our calendars need therefore to be synchronized. We also make trips and play social games.

5. What is your motivation?

I am always impressed by the commitment of immigrant associations to social projects in their home countries and their contribution to development education. This commitment is broad. There are associations that have been supporting school projects, kindergartens or street children projects in poor re-

and Congo or sent beds for the maternity ward to Ghana. Many of the African Diaspora are good networkers in Germany and organize events and educational programs that are very important for social cohesion in Germany. Although the African community is often socially disadvantaged, its commitment to society is very large. They create meeting spaces for everyone and are role models in many areas. I learn a lot from the work of the consultations. To work with people every day who always believe in the good, who always make pro-



engaged migrants, are done with their regular work. Otherwise it is very difficult to reach the migrants. They have to earn their livelihood first. I need a good time management. I have had to organize and keep an annual calendar in which the dates are listed like school holidays, football Bundesliga games. The weekends, during which there are no work planned, I devote myself to spend quality time with the family. During the normal working week, I do my best either to have a breakfast with the children, or take them to school and or be there for

regions of their countries of origin for several years, to name just a few examples. Also, topics that deal with peace, education or gender are part of the commitment of the immigrant associations. Others are active in environmental matters and education. The general sensitivity or compassion for the world problems can also be observed among migrants. When the tsunami struck Sri Lanka in 2005, several migrant associations organized fund raisings. I also advised many from the African Diaspora who have successfully built schools in Uganda

jects with heart is a good feeling. That motivates me to continue. I love my job. In the course of time, not only does the African Diaspora trust me, but many other Diasporas and German institutions do as well.

6. What challenges have you faced as expert in your field in Germany and how did you deal with them?

When I started in 2007 with the topic of migration and development policy, the topic was not quite present in Germany. I attended GTZ at some international conferences, today GIZ. It was even held in English.

The diaspora was almost absent there. I had to build both the trust of the diaspora and the established organizations. At the beginning of my work in 2007, there was a lot of skepticism. It was a new situation in Germany. As a migrant, I was now a consultant for development policy in Germany. Many could not handle it. My role as project leader was also difficult for many organizations and institutions to accept. Sometimes they asked me when the project manager was coming. That it was me many could not believe. But I was not angry. I knew

are those to be consulted. I aim to erase the impression from the African Community as well as others that we are just on a journey. Our future generations need this security to feel at home, here in this country.

My work as a consultant is not only restricted to the social activities of migrants, it goes sometimes unwillingly into the challenges they face in their personal daily lives. Yes, they face racism, discrimination, loneliness, unemployment etc. One needs to be sensitive to their emotional conditions and to

and write stories. I am usually the first listener. She is even more passionate about reading and playing theater. We are often away together. With my son, I share a passion: train riding. When all of us are free, we go for a walk or go to our garden

8. What advice would you like to share for those who look up to you?

Being a consultant in migration, diaspora and development policy is very exciting. There is no boredom. You have to bring along the following resources: you have to be very



that I had a key role. This was important for the acceptance of migrants and the diaspora as development policy experts.

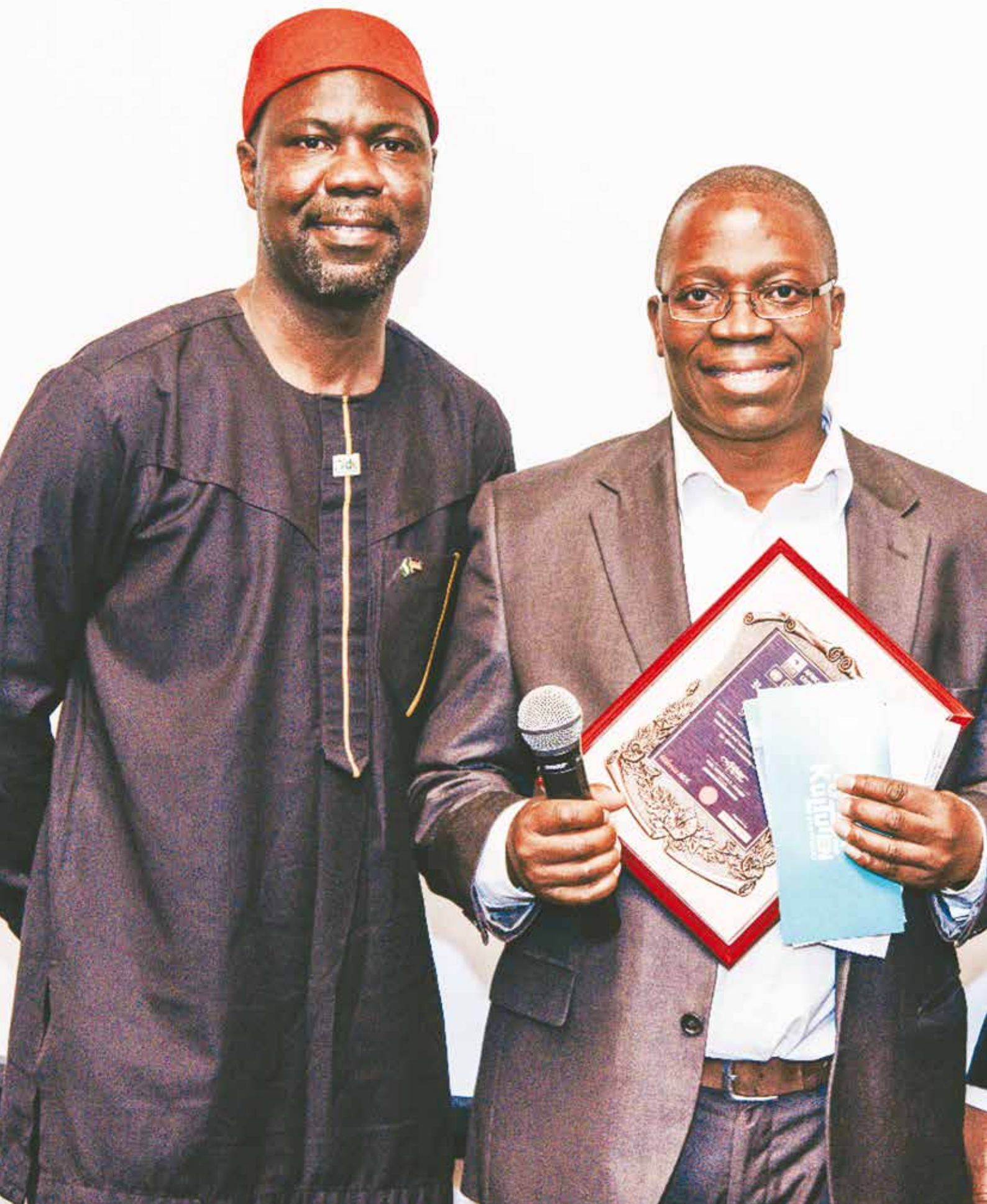
But the Forum of Cultures (Forum der Kulturen) has trusted and supported me from the beginning. As a consultant, the biggest resource is gaining people's trust. You have to be credible. After all, it's about projects and project ideas. Furthermore, you have to be a good active listener. The job of a consultant involves constant personal training. Furthermore, one should not underestimate that the best teachers

together find a way out. The human component is very important for a consultant. It is also important to maintain professionalism. I am currently receiving inquiries from all over Germany, both from the diaspora and from other organizations. Besides that, there are other migrant diaspora consultants, which make me very happy. But it could be more.

7. What do you do for leisure?

In my spare time I like to go to the soccer stadium with my daughter and son. My daughter likes to read

communicative. Do not give the impression that you are omniscient. Show interest to learn new and unlearn. Listen well, meet people appreciatively. Be always honest with the assessment; be stress resistant! This can be acquired: the expertise can be extended again and again, the competence, the safe handling of counseling advice, interculturalism. Know your own strengths and weaknesses. Assess whether the person to be consulted can manage the project and if he is serious. Most importantly, you have to always stay human.





**Celebrating
Outstanding
Africans at
the Night of
Living
African
Legend
Awards**



On the 24th September 2018, all roads led to Nuremberg, Germany to celebrate the second edition of The Night of African Diaspora Living Legend Awards, organized by The African Germany Information Center, a “One Stop Information Center” that provides African Migrants in and around Hamburg and Germany with important information about government, development policies, integration initiatives. The event was exclusively covered by African Heritage Magazine and financially supported by Engagement Global.

The award night celebrated outstanding personalities as well as actors and institutions (governmental and non-governmental) who are committed to the recognition, justice and development of people of African descent in Germany. This “Night of Living African Legends” is organized in reference to the UN Decade (2015 - 2024) for people of African descent

to both acknowledge and make visible the potentials and positive achievements of people of African descent in Germany, as well as to introduce actors, institutions and societies that have promoted these people. It also provided the opportunity for people of African descent better visible as active participants and shapers of our society and, on the other hand, to further promote the commitment.

The objectives of the evening in the context of in the context of the UN Decade of African Descent were:

- To work effectively with people of African descent to present a differentiated image of Africa.
- to create incentives for new programs and projects, in particular those aimed at combating racism and racial discrimination, to involve people of African descent, in particular diaspora organizations, and to promote them in the design and implementation of projects.

The award night was preceded by an empowerment workshop organized by Engagement Global

which was aimed at members of the migrant organisation in Bavaria Germany. As important actors in development education work and comrades-in-arms in municipal development policy, effective measures and initiatives are implemented by migrant organisations. In order to support them in their commitment, Engagement Global offered this empowerment workshop with a focus on communication, support programmes and relevant development policy issues in educational work.

These events provided an opportunity for leading state and non-governmental institutions to engage active citizens who are engaged in contemporary global challenges, or who are interested in communicating with people of African descent, to engage in important South-North policy and policy issues the Africa-Germany relationship. They raised awareness about the goals (recognition, justice and development) of the UN Decade and to discuss to achieve this goal as well as cities, states and citizens can what contribute. Local actors and institutions were encouraged to recognize the potential of these people and to support them. This is especially important in those areas where they are still disadvantaged because of their origins.

During the event, “The Living Legends” were called upon to continue to work for a differentiated image of Africa in Germany. They represent inspiration and motivation. They are role models and mentors for subsequent generations of people of African descent.

Institutions and society in Germany should become aware of the potential that lies in this continent. This justifies the active participation in the development of Germany and especially the African Diaspora. This should continue to be supported and promoted. Honoring people of African descent especially serves to present the winners as role models - for the younger generation of German-African women living in Germany, Europe and Africa. In the future they will imitate their ideals as dedicated and successful citizens!



TOGETHER TO
WEST AFRICA
FOR MORE THAN 25 YEARS



**YOUR SHIPMENT
IN OUR HANDS**



www.overseas-forwarding.de



OVERSEAS-FORWARDING

Internationale Schiffs- und
Speditionsgesellschaft mbH

Grimm 8 - 20457 Hamburg - Germany

Tel: +49 40 369758 - 0

Fax: +49 40 369758 - 58

E-Mail: service@overseas-forwarding.de

Web: www.overseas-forwarding.de

Our professional services from Europe to West Africa

- ✓ Cars ✓ Trucks ✓ Trailers ✓ Boats
- ✓ Vans ✓ Construction Machinery ✓ Containers

Why Overseas-Forwarding?

- ✓ Storage and Container Packing Station in Hamburg
- ✓ Agents in Lagos and Cotonou
- ✓ Own Port Office in Hamburg (Terminal 48 Unikai)
- ✓ Satisfied customers for more than 25 years
- ✓ Highly competitive rates
- ✓ Payment possible with credit card  
- ✓ Weekly departures from Europe to West Africa
- ✓ Export clearing / Tax Refund
- ✓ Online Booking incl. tracking your shipments

ABIDJAN • BANJUL • BATA • CASABLANCA • COTONOU • CONAKRY •
DAKAR • DOUALA • FREETOWN • LAGOS • LIBREVILLE •
LOME • LUANDA • MALABO • MATADI •
MONROVIA • ONNE • POINTE NOIRE • PRAIA • TAKORADI • TEMA

OTHER DESTINATIONS UPON REQUEST

WE ARE PROUD TO BE PARTNERS OF:



Find us on 

www.overseas-forwarding.de



Exclusive Interview with Magda

1. Tell us about yourself

My name is Magda and I'm a certified and trained nutritionist. I was born and raised in Hamburg Germany, but my origins go back to Eritrea. As I'm the oldest of 8 children I grew literally up as the one with the main responsibility such as taking care of the younger ones. That is why I like to educate and help others.

2. Tell us about Magda's Food Programme and some of its activities. Who are your target market?

As a trained nutritionist I have developed a nutrition education program which focuses mainly on children and young adults. This course entitled "Healthy Cooking and Nutrition", runs weekly. I train and encourage the attendees, leaving them well-grounded in the area of proper cooking methods and healthy food selection. Besides the children and young adults, I focus on establish a better understanding of the cultural difference of African countries as well as food histories. Also, I work with people with

specific needs, such as business people, pregnant women, parents and many more. I organise cooking shows at fairs and other events to reach as many people as I can. Since 2018 I have started catering healthy dishes from African countries for different kind of events.

3. What inspired you to establish the business?

I like to educate people. Depending on where we live on this planet, we have either a food oversupply or shortage. Yet all areas have one thing in common: food deficiency symptoms in people caused by the processed food or low availability of important resources.

When you, for example, check the latest studies about the child obesity within the last 10 years you will find easily that the number is rising each year, no matter where they live.

Gregg Segal made once series called daily bread. It is mainly about the daily intake of kids all over the globe. What I find very interesting is that a girl called Sira from Dakar had the healthiest and the most diversified diet than many other kids represented from different countries. We may think children in more industrialised countries would have better eating habit, as they have a better access to different kind of resources. But research in the food industry shows that the kids have unfortunately a better access to junk and processed food which in the long term will cause harm to their health.

That is why I want to change the knowledge of my attendees and thus their eating behaviour. Because I do believe that knowledge is the key to better health and action.. Only knowing that veggies and fruits are healthy may not change their

habit for a lifetime.

Mahatma Ghandi once said: **“Be the change that you wish to see in the world.”** That is what I do with my company, I change the world with knowledge and education.

4. How have you been able to sustain the business?*

My belief in my mission and the satisfied and happy attendees help me sustain my business. I love to give something back to the world and as this is included in my business model. I think it's a mixture of passion, wanting something and having a vision.

Denzel Washington once said:

“Say thank you in advance for what is already yours....True desire in the

without training. This is tough when parents try to influence my teaching classes which their children attend. To deal with these issues, I try to be diplomatic with people. I am also open to people sharing their ideas with me.

Another challenge is being an entrepreneur as a black person of color. This combination is tough. I find that people underestimate me before seeing my skills. Some do not take me seriously or ignore me because I am black. This is a huge struggle. They only get impressed after they see my recipes and realise that I know the business.

7. What advice would you like to share for potential Entrepreneurs?

As an Entrepreneur, you have to love your business idea and invest the most of your time in it. Believe in your idea and concept, don't let others change your path just because they think they know it better than you. Network with likeminded people. For example, come and join the A.D.A.N Network (Afro German Academic Network). Try to learn from role models and understand their way of thinking to reach your goals within the next few years.

8. Anything else you would like to share?

Do you feel like you want to change your lifestyle, loose weight, learn a



heart for anything good is God's proof to you sent beforehand that it's already yours.. When you get it, reach back, pull someone else up. Each one, teach one. Don't just aspire to make a living, aspire to make a difference.”

5. What challenges have you encountered as a food entrepreneur in Germany and how have you been able to deal with them?

A challenge is that some people do not believe in me because they think I am not educated enough. Some question my abilities and knowledge. This happens often in the food industry when people assume they are nutritionists by themselves

6. What is your vision for Magda's food programme?

My vision is to establish Magda's food programme in all big German cities. I want to expand and have more employees. I also want to offer the programme in different African countries. I want to give more nutritional classes focused on African and Afro-Latino food because I want to show people in Germany that food from Africa can be very healthy, versatile and diverse. I want people to know that there are other things about the African culture than what they see on TV. I want to be the go-to person for healthy nutrition in Germany.

bit about the preparation of healthy meals or just learn something about your health? Please check my website.

If you want to work with me as an Kooperationspartner (Organisation, Company or Investor) contact me, I will create a workshop specialized on your needs.

www.magdasfoodprogramme.com

Instagram: magdasfoodprogramme

Facebook: MagdasFoodProgramme