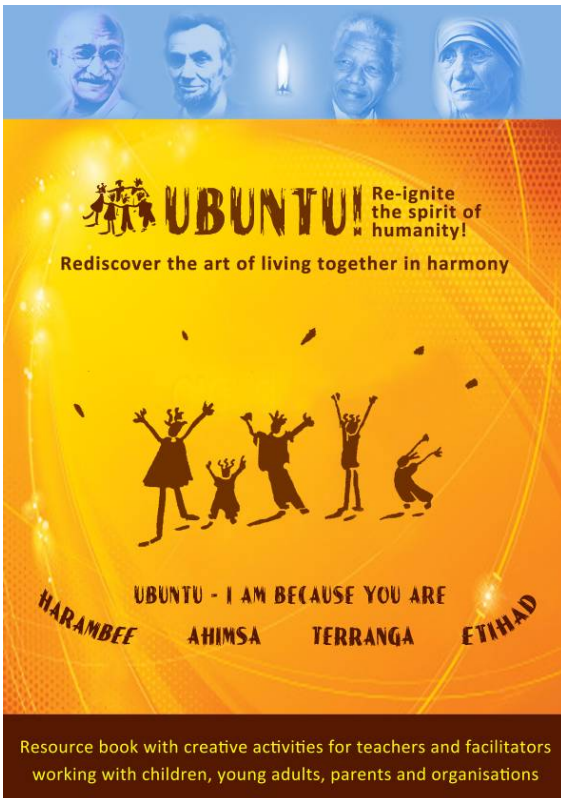


UBUNTU! Re-ignite the spirit of humanity!

Rediscover the art of living together in harmony

A resource book and workshop manual for teachers and facilitators working with children, young adults, parents and organisations



Cover design: Prashant Mohan

- Colourful, clear and easy to use, the book contains a wide variety of reflective, creative and interactive activities
- Developed with the collaboration of an international team of trainers in values-based education
- Ubuntu, an ancient African code of ethics, is used as a framework for exploring the universal values essential for living together in harmony and for building bridges across cultures and nations
- Quotations are included from people who come from places where Ubuntu is alive, and from well-known personalities of different backgrounds who talk about the need for 'Ubuntu values' in the areas of conflict resolution, reconciliation, community cohesion and education.

Reverend Desmond Tutu, former Archbishop of Cape Town, describes Ubuntu:

"Ubuntu ... It speaks to the very essence of being human. When we want to give high praise to someone we say, 'Yu, u nobuntu': he or she has Ubuntu. This means that they are generous, hospitable, friendly, caring and compassionate. They share what they have and are able to go the extra mile for the sake of others. I am human because I belong, I participate, I share. A person with Ubuntu is open and available to others, affirming of others, does not feel threatened that others are able and good; for he or she has a proper self-assurance that comes with knowing that he or she belongs in a greater whole. We believe that a person is a person through other persons, that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I inexorably dehumanize myself."





UBUNTU ... I AM BECAUSE YOU ARE

Under the heading 'Ubuntu: a Universal Truth', there is an article about the Royal Meet-the-People Tour, where His Majesty Sultan Qaboos of Oman connects with his people, often on a one-to-one basis, listening attentively to their views. This example of values-based leadership is closely related to leadership values found in Ubuntu societies.

The work of His Royal Highness Prince Charles' charity *The Prince's Trust* is also described, as an 'Ubuntu-style' approach to helping disadvantaged young adults, those who are unemployed, single parents, offenders, or formerly addicted to drugs, to integrate themselves into society with dignity, purpose and a sense of belonging.

The aim of this book, and the workshops in it, is to enable people to **experience** the beauty of Ubuntu in a variety of creative and imaginative ways that appeal not only to children but to teachers, parents, and company managers too - to feel the joy of sharing, to develop the courage to forgive others, to increase our compassion, to re-ignite the spirit of humanity, recognising that we are all part of one big human family.

The project includes an international programme of workshops and train-the-trainer courses.



Drawings: Marie Binder

Reviews and recommendations

"Simple, but effective ways in which values work ... activities that enable people to embrace each other ... nothing artificial"

"Great opportunity to be involved in a constructive self development process using Ubuntu as a medium"
Workshop participants, London. Facilitator: Ms Nina Buchanan, Youth & Family Mediator

"The modules include a wide range of activities based on multiple intelligences, such as kinesthetic, musical, spatial, intrapersonal and interpersonal. These activities make this book experiential and reflective. ... visualization is used effectively to enhance creative and reflective thinking."

Mrs Lata Venkateswar, Primary School teacher, United Arab Emirates

"This is a book that would appeal to those who are involved in the promotion of human values activities, such as facilitators of workshops on values-based education. Ubuntu practitioners like me and organisations and institutions that are involved in the development of Ubuntu would also love to have it."

John Bhengu, author, South Africa

Author: Helen Sayers, Director & trainer, Oasis Human Resource Development, Oman www.oasisoman.com

UBUNTU! Re-ignite the spirit of humanity! is currently available at bookshops in Oman or by contacting info@oasisoman.com.