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APRIL EDITION, 2025



CITE YOUTH
NETWORK

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CHAMPIONING MENTAL
HEALTH THROUGH
POETRY, JOURNALISM,
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LET'S TALK ABOUT
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Brot
für die Welt

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Editor's Note



Melinda Ncube
CITE Youth Network Coordinator

As we commemorate Africa Day on May 25th, we take a moment to reflect on the soul of our continent—its profound diversity, resilient spirit, and unparalleled cultural wealth. Africa is not just a place on the map; it is an identity, a rhythm, a story carried in our languages, traditions, art, and the unbreakable spirit of its people. In this special edition, we explore what it truly means to be African—beyond borders, beyond tribes, beyond limitations.

Our cover story features an inspiring conversation with the reigning Miss NUST, a young woman who exemplifies the essence of modern African youth—radiant in beauty, sharp in intellect, and unwavering in her purpose. Through her voice, we glimpse the dreams, hopes, and ambitions of a generation ready to shape the future.

We also turn our attention to an often-overlooked topic: mental health. In many African societies, discussions around mental well-being remain clouded in stigma and silence. Yet, true empowerment begins with the courage to care—for ourselves and for each other. This issue confronts these realities, offering insight, resources, and reflections to encourage a healthier, more open dialogue.

In our fashion section, we journey through the kaleidoscope of African creativity and innovation, celebrating designers and trends that boldly reclaim African identity through textiles, color, and craftsmanship. From vibrant Ankara prints to avant-garde streetwear, African fashion continues to captivate the world with its originality and authenticity.

As young Africans, we are not just the heirs of history—we are the architects of tomorrow. We are the thinkers, makers, and changers of our time. Let this issue serve as a tribute to your voice, your vision, and your value.

May you be inspired to embrace your roots, nurture your mind, and celebrate the richness of our collective identity.

Happy Africa Day

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Sisa Nkomo: Miss NUST 2025 championing mental health through poetry, journalism, and the runway



By
Ruth Nyathi

Sisa Nomqhele Nkomo is a 21-year-old spoken word artist, professional model, first-year student journalist, climate change activist, and designer with a passion for shaping narratives and being impactful through storytelling and creative expression in all spheres of influence, prioritising human experience in spaces she is in.

She is the reigning Miss NUST 2025 and a talented mentee under WeCre8te Afrika, where she showcased her skills in the Shades of Blue Spotlight in April. Sisa has also been recognised for her exceptional talent in poetry, receiving the Outstanding Poet award at the Pumula Royal Arts and Community Awards (Praca).

Q: You're a poet, journalist, and model. How do you

intersect all three?

A: Poetry, journalism, and modelling are what I love dearly. Sometimes it's hard to balance, but having a flow that balances all three works for me. I haven't quite mastered the formula, but it's interesting to navigate all three, especially as a first-year student.

Q: What inspires your poetry?

A: My poetry is mostly constructed from my emotions. How certain issues make me feel contributes to the final product. Although some pieces are truly personal and vulnerable, the artistic nature of my work masks that, so people never really know whether it happened to me or not.

Q: How does poetry influence your journalism and vice versa?

A: Poetry gives me creative expression and allows me to voice my opinion on societal

issues. It's never a "hit the nail in the head" situation, but it made me pursue journalism to openly discuss sensitive issues. I believe the two are important aspects of my life, interrelated and connected, so one fuels the other.

Q: Which issues do you want to address through poetry?

A: My poetry focuses on social issues affecting my community, particularly mental health and gender-based violence.

Q: Why do these specific issues resonate with you?

A: Mental health is close to my heart because I faced these challenges myself. I want to create awareness because my peers are massively affected. I wish to create safe spaces for them to be vulnerable and not gaslight their emotions and feelings.

Q: How does being Miss

NUST amplify your advocacy?

A: It provides me with a platform to not only share my advocacy but to express my art as well.

Q: What specific initiatives or programs do you plan to implement during your reign as Miss NUST to create a safe and supportive environment for students?

A: My goal is to create safe spaces for students where they can be free to express themselves.

Mental health is something very personal to me because I have struggled with it, and I want to ensure that no one is bullied for being vulnerable.

I plan to incorporate support groups or forums where I can advocate for human rights and awareness campaigns, and hopefully work with other organizations outside the school to make that a possibility.

Q: Where do you see yourself in the next three years?

A: I believe in the plans the universe has for me, and I'm excited for the journey. Perhaps I'll be privileged to grace the Miss Universe stage someday.

Q: What advice do you have for upcoming artists/models/journalists?

A: I'm still learning and navigating the industries myself, but I believe perseverance will eventually pay off. Just allow yourself to be guided, and everything will fall into place.

Honouring the brave: The International Day of United Nations Peacekeepers



By
Nicole Gugulethu Moyo

On May 29th, the world comes together to honour the brave men and women who serve as United Nations Peacekeepers.

The International Day of United Nations Peacekeepers, established in 2002, commemorates the 50th anniversary of the first UN peacekeeping mission. This significant day recognises the invaluable contributions and sacrifices of peacekeepers worldwide. The UN Peacekeepers have achieved significant successes in Africa and around the world.

In Africa, UN peacekeeping missions have brought stability and peace to countries like Liberia and Sierra Leone after years of civil war. The African Union Mission in Burundi (AMIB) stabilised the fragile situation, paving the way for subsequent UN operations. Additionally, the United Nations Organisation Stabilisation Mission in the Democratic Republic of Congo (MONUSCO) has protected civilians

and promoted stability, while the UN Mission in South Sudan (UNMISS) has protected civilians and facilitated humanitarian assistance.

In Liberia, the UN provided formal education to 20 000 disarmed former combatants as part of the Disarmament, Demobilisation, Rehabilitation, and Reintegration (DDRR) program. This initiative not only helped former combatants reintegrate into society but also contributed to the country's overall stability. Globally, the UN has seen successes in Cambodia, El Salvador, Mozambique, and Timor-Leste. In Cambodia, the UN Transitional Authority (UNTAC) helped implement the Paris Peace Accords, ending the Cambodian-Vietnamese War. The UN Observer Mission in El Salvador (ONUSAL) monitored the ceasefire and implementation of the Chapultepec Peace Accords.

In Mozambique, the UN Operation (ONUMOZ) helped implement the General Peace Agreement, leading to the country's transition to democracy. Furthermore, the UN Transitional Administration in East Timor (UNTAET)

established a stable government and facilitated the country's transition to independence.

These examples illustrate the profound impact of UN peacekeeping operations in fostering peace, stability, and development globally. However, peacekeeping comes at a cost. Over 3 500 peacekeepers have lost their lives since 1948, including 117 personnel from 43 countries in one year.

The UN honours their sacrifices and continues to work towards improving peacekeeper safety and security through modern

technology, enhanced intelligence gathering, and support for the families of fallen personnel.

The International Day of United Nations Peacekeepers is celebrated globally with various events. At the UN Headquarters, the day is marked with the presentation of the Dag Hammarskjöld Medal to honour fallen peacekeepers.

The President of the General Assembly and the Secretary-General deliver statements, and a press release is issued on the state of UN Peacekeeping missions. Memorial services and wreath-laying events are held to pay tribute to those who have lost their lives in peacekeeping missions. Additionally, photographic and multimedia exhibitions are launched to showcase the work of UN peacekeepers.

These events pay tribute to the fallen peacekeepers and demonstrate the international community's appreciation for their dedication and courage.

Voices unbound (World Press Freedom Day)

By Nicole Gugulethu Moyo

With pens that write and voices that rise,
Ink flows free, a river wide,
Journalists shine a light on truthful skies.
A free press stands tall, a beacon bright,
Seeking justice, and holding power tight.

On this day, we celebrate the brave,
Who speak the truth, and never waiver or wave.
Their words ignite, and spark change too,
A free press matters, for all to pursue.

With hearts that beat, and pens that write,
They seek the truth, and never retreat,
From the pursuit of justice, and the fight,
For human rights, and what's right.

Their words ignite, a spark of fire,
Fuelling freedom's desire,
Their stories told, a testament to might,
A free press matters, in the darkest night.

With courage bold, they face the test,
Of censorship, and repression's unrest,
Their voices raised, a clarion call,
For freedom's sake, they stand tall.

Let us honor, the journalists true,
Who risk their lives, to tell the story anew,
Their dedication, a shining light,
Guiding us forward, through the darkest night.

Some have paid, the ultimate price,
Their lives lost, in the pursuit of truth's vice,
Their memories live on, a legacy so grand,
Inspiring others, to take up the stand.

We honor those, who died in the line,
Their courage and conviction, forever divine,
Their legacy lives, in the words they wrote,
A beacon of hope, in the darkest quote.

Though some may fall, their voices silenced deep,
Their truth remains, in the hearts that keep,
The flame of freedom, still burns bright and bold,
Guiding us forward, to a story yet untold.

A free press stands, as democracy's might,
A pillar of truth, shining with equal light,
It amplifies voices, of the voiceless and weak,
A champion of justice, for all to seek.

You're not alone: let's talk about depression



By Hillary P. Mpofu
and Privilege Mathema

Mental health is something we all have, just like physical health. And just as our bodies can fall ill, so can our minds. One of the most common mental health conditions affecting young people today is depression.

Depression is more than just feeling sad. It's a serious condition that affects how a person thinks, feels, and manages daily life. Among young people, it often presents as persistent fatigue, loss of interest in things once enjoyed, and a deep sense of hopelessness.

Andile's Story: From Darkness to Healing

"In 2020, I left home searching for greener pastures. I got a job teaching at a crèche and, for a while, things were going well. Then one day, everything changed. My boss molested me.

He told me that if I wanted to keep my job, I had to act like nothing happened. But how could I, when the memory kept replaying in my mind? Every time I saw him, I would shake with fear.

Eventually, I quit the job I loved. I moved in with my cousin and her husband. At first, it seemed fine—they got a free nanny, and I didn't mind helping since I was unemployed.

But the peace didn't last. One day, my cousin's husband came home drunk and did exactly what my former boss had done. My world shattered again.

When I told my cousin, she blamed me. She said, 'What do you expect from a drunk person?'

It's not like he penetrated you.' Her response crushed me.

I couldn't bring myself to tell my father. I knew what it would do to him. So, I kept it all inside. I cried myself to

sleep every night. I even tried to end my life by overdosing on pills, but it wasn't my time. Death felt like the only way out.

Then I met someone. He was handsome and kind, and for a moment, I felt like myself again.

I thought that by giving him sex—something I believed all men wanted—I could avoid being hurt again. But I became addicted. When he began to feel used, the relationship broke down. I don't blame him.

I turned to alcohol, weed, even tried 'snow' (cocaine), but nothing helped me forget—not the way sex did. Eventually, the drugs stopped working too, so I quit them all.

I began talking to someone new—another guy, who was also going through a rough time.

We comforted each other. He was seeing a therapist and told her about me. She

advised him to stop talking to me, saying I was too broken. I don't blame her. All I could think about was dying.

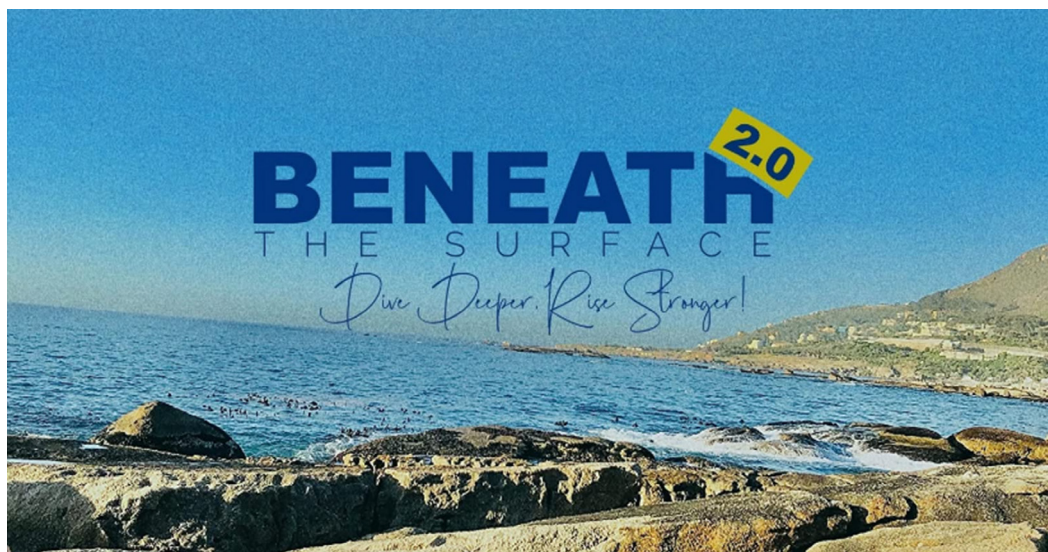
The nightmares were unbearable. But he didn't give up on me. Instead, he gave my number to his sister, who began talking to me. Slowly, I started to feel hopeful again. It took time, but I eventually opened up to her.

She never asked for anything in return. Life is hard when you have no one to talk to. The depression, the stress, and the fear of being judged make it even harder. Therapy is expensive, and antidepressants left me numb—alive on the outside but empty on the inside.

I started going to church, and things began to improve. I got a new job at another crèche.

It's not permanent, but I'm happy. Now, I look forward to waking up. Life is beautiful. Bad things happen, but they don't have to define who you are."

Beneath the surface: where entrepreneurship meets inner growth



By Pearl Munjeri
and Elijah Matsitsiro

On 15 May 2025, the CITE Youth Network attended *Beneath the Surface 2.0*—a youth-led event that redefined what it means to build both a business and a balanced life.

The energy was electric, the conversations raw, and the ideas flowed freely. *Beneath the Surface* wasn't just another event, it was a movement. A movement led by a generation not just chasing success, but rewriting the rules. Gone were the tired clichés of “grind now, sleep later”.

Instead, young founders, creatives, and change-makers engaged in meaningful dialogue about ambition, wellness, and impact. The opening remarks set the tone for a day filled with promise. The MC's confident delivery and the theme of the event resonated with every young person in the room, this wasn't just a gathering, it was a platform to shape our futures.

The speed networking session

was an eye-opener. It reminded us of the power of engaging with those around us, you never know who you're sitting next to. It could be the next big player in business or the future CEO of a company you've always wanted to work with. Members of the CITE Youth Network connected with fellow attendees, including high school students from various institutions, creating meaningful relationships that could grow into future collaborations.

The Power Moves and Game Changers session was electrifying. It wasn't just about networking; it was about aligning visions for the future. Participants shared their 10- to 20-year goals, diving deep into conversations that mattered. It was a powerful reminder that genuine connections can lead to transformative opportunities.

One of the most inspiring moments came during the *From Hustle to Empire* session. Speakers emphasised the importance of financial literacy as a cornerstone of sustainable business.

Regardless of background,

every attendee was encouraged to leverage their creativity and knowledge to unlock new opportunities. “Financial success is not just a goal, it's a journey of constant learning,” one speaker said, leaving a lasting impression.

The Business Pitch Battle was another highlight. Teams presented bold, imaginative ideas, from a car wash combined with a beauty salon and food outlet, to a space for burnouts, drag races, and car modifications. Although none of the teams walked away with the top prize, the experience of brainstorming and pitching within five minutes was a valuable lesson in innovation and teamwork.

In the *Profit with Purpose* session, the focus shifted to the role of knowledge in balancing profit and impact. Zviko Mhuru, director of Be Inspired, shared how reading widely across subjects has shaped his entrepreneurial journey, still a work in progress, but filled with growth. The session underscored that success without knowledge is unsustainable.

A thought-provoking discussion on post-high school career

choices followed. A director encouraged students to consider taking a gap year, to pause, reflect, and observe before making life-changing decisions. This advice struck a chord with many young attendees, as reflected in their enthusiastic engagement.

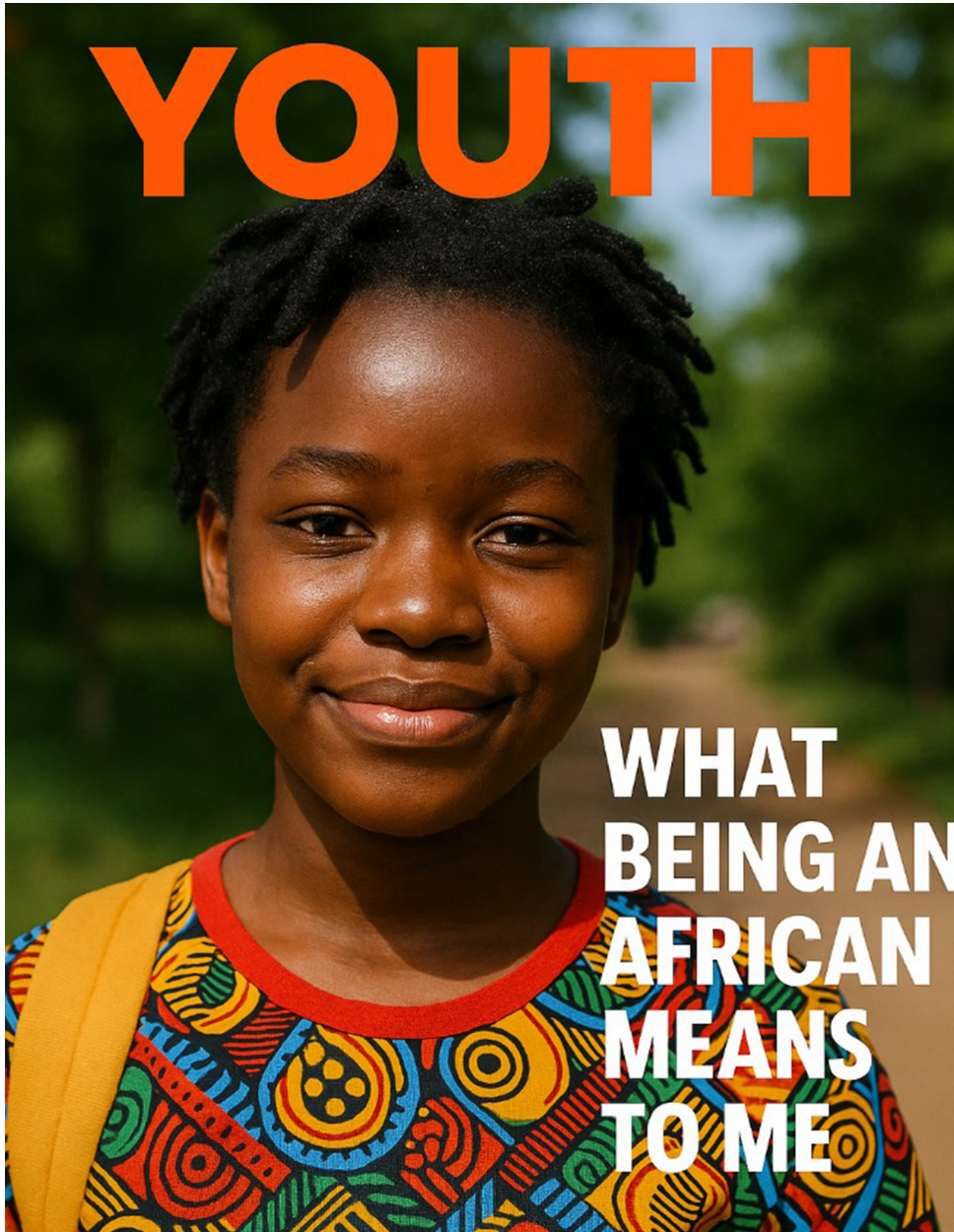
It was clear: the youth are hungry for guidance that goes beyond academics. What made *Beneath the Surface 2.0* truly special was its emphasis on authenticity and inclusion. Strangers became collaborators. Ideas and contact details were exchanged, and support systems were formed.

This wasn't just about business, it was about building a community rooted in growth, grit, and grace. Organisers Jayden Sithole, Bradley T. Sibanda, Denzel Giyava, and Zviko Mhuru hope to expand the initiative. Their vision? A future where entrepreneurship is not only about profit but about people. And if this event was anything to go by, that future is in passionate, purpose-driven hands.

Beneath the Surface 2.0 wasn't just an event. It was a wake-up call to push boundaries, to keep learning, and to keep growing. The skills shared from sales techniques to financial literacy, are crucial to building a brighter, more empowered future.

This is only the beginning. The team is actively seeking collaborations with platforms and youth organisations like the CITE Youth Network to ensure the movement continues to grow.

What being African means to me



By
Lethokuhle Mpofu

Growing up in Bulawayo, I often wondered what truly makes me African. If I were to live on a different continent, would I still identify as one? Is it my language, my skin, my hair, or the stories,

norms, and rites our elders practice?

I've learned that being African is not a fixed thing; it's constantly evolving. It's shaped by our collective imagination, the circle of our livelihood, our shared history, and the many ways we live and express ourselves.

From “ukulahlwa kwenkaba”, ukutatshwa kwenkanda to “ukuthanyelwa kwentombi ephuhlayo and ukulaywa kukamalokazana”, our traditions and practices are a dynamic part of who we are.

The word “African” has a complicated past, shaped by colonialism and the struggle for liberation. Yet, it's

also a badge of pride and resilience, forged in the fires of resistance and hope. Legendary lives like those of the late R.G. Mugabe, Thomas Mapfumo, Selmor Mtukudzi, and Bekezela Moyo inspire us.

For me, being African means being part of a bigger picture, contributing to the vibrant culture of art, and following the teachings passed down through generations. It means embracing all that may seem unfamiliar to the Western world but is functional and meaningful to us.

Being African means wearing my hair with pride and being a storyteller in every step of the way. Despite our diversity, there's a sense of unity in our shared dreams and challenges that transcends borders.

We see it in the vibrant textiles that adorn our bodies, the rhythmic beats that move our souls, and the resilient spirits that guide our lives. We see it in the way we weave stories into art, infuse music with emotions, and cultivate community through shared traditions.

Africanism is diverse, yet one. It's what sets us apart but still connects us to the world, reminding us that our struggles and triumphs are part of the human story. Being African means embracing our roots, celebrating our diversity, and believing in a unified future for all of us.

How a dance crew became environmental trailblazers



By
Persistance Nkomo

A group of passionate young artists in Pumula has redefined what it means to be both creative and environmentally conscious. Driven by a desire to tackle the growing waste crisis in their community, the Pumula Junction Dance Crew has transformed into an innovative green enterprise, Dynamic Waste Management PBC, blending artistry with sustainability.

Founded in 2023 by environmentalist Gamelihle Thabo Thwala, the company brings together creative minds, Bhukumuzi Mathe, Brandon Mthimkhulu, Tatenda Sasha Dzingayi, Dorcas Moyo, Adrian Mthandazo Moyo, Thandiwe Nxumalo, and Macebo Nkanyiso Tembo.

Initially bonded by their passion for performance art, the group shifted focus to environmental activism,

determined to do something about the litter and plastic waste plaguing their neighbourhood.

Dynamic Waste Management PBC specialises in recycling plastic waste, crushing it into flakes that are sold to companies like Electro Polymer (Pvt) Ltd and Ndiya Polymers for reuse. But their impact doesn't stop there, they also upcycle plastic into handcrafted products such as earrings, bins, bracelets, and decorative wine bottles.

Their work proves that waste can be repurposed into items of beauty and utility, creating both environmental and economic value. Their journey received a major boost when they were selected for the Safe and Inclusive Cities program under Plan International, a six-month training initiative that sharpened their entrepreneurial and environmental skills.

Later, through the Market Aggregation Linking Markets Innovation Program, the group was equipped with a plastic crusher machine, marking a crucial milestone in scaling up operations. Despite these successes, the road has not been without challenges.

The group struggled with gaining community trust, securing a consistent workspace, managing rental costs, accessing water, and establishing market links. But their resilience prevailed.

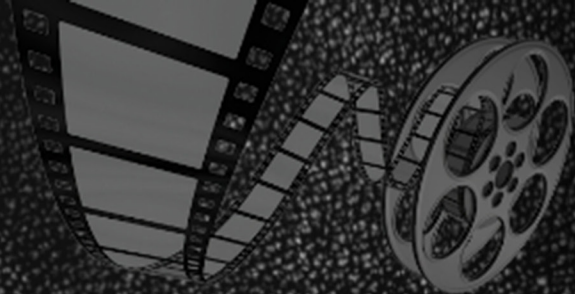
They launched awareness campaigns to educate the community on the value of recycling, negotiated reduced rent with the Men's Forum, and collaborated with Silwane Youth Centre to overcome water shortages. Valuable mentorship and support from the Business Value Training Academy (BVTA) helped them build market connections and stay on course.

"We've learned that unity is essential," said one team member. "Working together with a shared purpose has been key to everything we've achieved." Their guiding philosophy is simple but powerful: what others see as waste can become a resource. They believe ignorance is a barrier to progress, and that with the right mindset, any problem can be turned into an opportunity.

Today, their work not only reduces pollution but also promotes sustainable development, provides income, and sparks environmental consciousness within the community. Their efforts have not gone unnoticed. The group has been nominated by the BBA and recognised with the Best Green Job/Initiative Award from PRACA, a testament to their innovation and dedication.

To young entrepreneurs, change-makers, and environmentalists, their message is clear: "Don't lose hope. Keep pushing forward no matter the challenges. Work hard, stay focused, and remember the 7 Rs, Reduce, Reuse, Recycle, Repair, Regift, Recover, and Refuse waste."

Dynamic Waste Management PBC is living proof that with passion, creativity, and determination, young people can drive real change, economically, socially, and environmentally. Their story is one of transformation, innovation, and hope, a blueprint for empowering communities and building a greener future.



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Young hustler bridging digital divides: Kudzai Zhuwaki's journey from humble beginnings to AI leadership in Africa



By
Chiboniso Nyoni

Kudzai Zhuwaki, a dynamic young leader from Zimbabwe, embodies the spirit of resilience, innovation, and community empowerment. Hailing from a humble background, Kudzai often jokes about his early days in the city, realising with amusement that his idea of “fashionable” was far from the urban norm.

His self-awareness and adaptability, however, have become hallmarks of his success as he forges a powerful path in technology and leadership.

Now a Youth Envoy for ITU's Generation

Connect for Africa and the Young AI Leaders Community Hub Leader in Bulawayo under the International Telecommunication Union (ITU), Kudzai is at the forefront of advocating for youth inclusion in Africa's digital transformation. His work focuses on artificial intelligence (AI) and emerging technologies, ensuring that young people aren't just participants—but leaders—in shaping ethical AI, driving digital literacy, and fostering inclusive innovation.

In his role as Marketing Lead for Deep Learning IndabaX Zimbabwe, Kudzai is helping democratize AI education from the ground up. He's organised hackathons, workshops, and conferences that have equipped hundreds of young Zimbabweans with AI and machine learning

skills. These events have sparked home-grown solutions to real-world challenges in agriculture, healthcare, and climate resilience.

A final-year Computer Science student at the National University of Science and Technology (NUST), Kudzai has already garnered multiple awards for his technical expertise and community-driven innovation. His projects, ranging from AI applications in environmental sustainability to youth mentorship programs, highlight a unique ability to blend academic rigor with social impact.

Kudzai's passion lies in using technology as a bridge connecting people to education, economic opportunity, and climate-smart innovation. He envisions a future where AI empowers marginalised communities and fuels sustainable development. His journey from modest beginnings to influencing continental tech agendas reflects a deep belief that innovation must be grounded in humility and a commitment to service.

Despite his growing influence, Kudzai remains deeply connected to his roots. His self-deprecating stories about his early fashion missteps serve as a metaphor for his mission to close the gap between privilege and potential. For him, hustling isn't just about personal advancement, it's about lifting others and making sure no one is left behind in Africa's digital revolution.

Through grit, humour, and visionary leadership, Kudzai is redefining what it means to be a young African hustler, one algorithm, one empowered community, and one nostalgic laugh at a time.

Member of the month- Privilege Mathema aka 'Stufuza' the creative force shaking up our network!



By
Pearl Munjeri

Why Privilege Mathema? This month, we're spotlighting :Privilege Mathema who

is a 22 year old dynamo who went from workshop attendee to digital trailblazer in record time.

Whether it's crafting viral content, mentoring peers, or engaging in meaningful sessions Privilege Mathema embodies

what it means to create with purpose.

Privilege Mathema is our Workshop Breakout Star who played a pivotal role in acting as an AI presenter in that mind-blowing tik tok video AI in the newsroom which was posted on the CITE Youth Network tik tok page.

How family dynamics shape relationship expectations



By
L. N. Rigava

The relationships we witness, the way we are raised, and the lessons we learn in our formative years significantly shape how we view and experience love and relationships.

These early influences not only impact how we behave in relationships but also shape our expectations, sometimes in ways we don't consciously realise. Our earliest life experiences can cast long shadows over how we approach dating, romance, and even marriage.

Research shows that our interactions with primary caregivers during childhood lay the foundation for how we attach or detach emotionally.

These attachment styles often carry over into adulthood, influencing our romantic relationships. For example, someone raised in a nurturing, consistent environment is more likely to develop healthy attachment and trust.

In contrast, someone raised in a chaotic or emotionally distant environment may struggle with trust, intimacy, or vulnerability.

Family dynamics also play a critical role. We tend to model the relationships we observe what we see becomes what we believe is normal. In this context, it is fair to say: charity begins at home.

Witnessing healthy, respectful love can foster a positive outlook on relationships. Conversely, exposure to dysfunction such as gender-based violence, emotional neglect, or one-sided

love can lead to internalised patterns that negatively affect our future relationships.

While these early influences are powerful, they do not define us forever. There is always room for growth, healing, and change.

By acknowledging the impact of our upbringing, practicing self-care, and seeking support, we can begin to break harmful patterns and build healthier, more fulfilling relationships.

In conclusion, our childhood experiences are undeniably influential, but they don't have to dictate our future. Real transformation begins when we understand ourselves, accept our past, and consciously work toward becoming better, more self-aware partners.

Affordable wellness tips for Zimbabwean youth



By
Nomathemba Mpofu

Each week, we tackle tough questions, offer expert advice, and share real-life experiences to help you navigate life's challenges. From relationships and career dilemmas to personal growth and wellness, no topic is off-limits.

In a world full of deadlines, demands, and digital noise, self-care has become more than a trend—it's a necessity. But for many young people in Zimbabwe, where economic challenges are real, self-care can feel like an expensive luxury.

The truth? It doesn't have to be. Self-care is simply about taking intentional steps to look after your mind, body, and spirit. And yes—it can be done without breaking the bank. Here's your go-to guide to nurturing yourself, even on a tight budget.

1. The Outdoors Are Free Therapy

Who needs a spa when you have Woodlands, a local hill-top, or even your backyard? Zimbabwe is rich with nat-

ural spaces—get outside. A simple walk in the morning or sitting under a tree can calm anxiety, clear your mind, and lift your spirits. Tip: Use that time to listen to music, pray, or simply breathe.

2. DIY Spa Day – From Your Kitchen

Turn your home into a wellness retreat with everyday ingredients:

- Sugar + Cooking Oil = Body scrub
- Avocado or yogurt = Face mask
- Salt + Warm water = Foot soak

Light a candle or play soft music for extra relaxation. Who says you need to visit a salon to glow?

3. Prioritise Mental Health

Mental well-being is just as important as physical health. Keep a notebook to journal your thoughts or write gratitude lists. Need someone to talk to? Some local organizations offer free WhatsApp or call-in counseling for youth. (Saywhat Toll-free number - 577 for support) Apps to try (if you have data): Wysa, Finch, or free YouTube mindfulness meditations.

4. Move Your Body – Without Paying a Cent

Skip the gym. Your home is your workout space:

- Do squats, push-ups, or planks in your room
- Dance your stress away to your favourite tracks
- Jog or walk in your neighbourhood

Regular movement helps fight depression, boost energy, and improve sleep.

5. Take a Break from Social Media

Scrolling through filtered lives on Instagram or TikTok can drain you. Take digital detox breaks—even a few hours a day. Use that time to reflect, rest, or engage in hobbies that make you feel alive.

6. Eat Smart, Not Expensive

Food is fuel. And you don't need imported superfoods to be healthy. Focus on:

- Sadza + leafy greens (covo, tsunga)
 - Sweet potatoes, beans, pumpkins
 - Seasonal fruits from the market (umviyo, umnyii)
- Hydrate with clean water. It's basic but very powerful.

7. Rest Without Feeling Guilty

I know young people especially in Bulawayo are known

for their hustle. But rest is productive too. Your mind and body need time to recharge. Whether it's 8 hours of sleep or a 20-minute nap, allow yourself to pause.

8. Find Joy in Simple Things

Listen to your favourite podcast. Watch a comedy skit. Paint. Write poetry. Bake. Play mbira. Joy is not always in big vacations, it's in the everyday pleasures.

9. Build Your Support Circle

Self-care includes the people you allow into your space. Surround yourself with positive, respectful, and supportive friends. Join youth groups, clubs, or faith-based spaces where you feel heard and valued.

Final Word: Self-Care is for You, Not your boyfriend or girlfriend, not your followers, family or friends.

You don't need money to take care of your well-being— you need intention. Start small. Start today. In taking care of yourself, you become stronger for your dreams, your community, and your future. Remember: You are worth the time, even if you don't spend a cent.

Want to share your own self-care tips or stories? Send to **0781992929**

I sent him screenshots of everything. He denied everything and made it seem like it was nothing, saying they were just friends — but I know that's not true. Me being a "gone girl," I forgave him. But now I'm wondering — am I crazy for not trusting him the same way I used to?

NUST basketball ladies team breaks records at ZUSA games



By
Patricia Moyo

In a historic victory, the NUST Basketball Ladies Team claimed the gold medal at the Zimbabwe University Sports Association (ZUSA) games, dethroning the University of Zimbabwe, the defending champions for the past five years.

This remarkable win not only ended a long-standing dominance but also cemented NUST's place as a rising force in university basketball.

The NUST ladies displayed exceptional skill, teamwork, and determination throughout the tournament.

Their victory was a testament to the hard work and dedication of both the players and the coaching staff, led by coaches Theodore Weale and Emmanuel Gavi.

The team's strategic play and unwavering focus saw them overcome fierce competition, culminating in a well-deserved gold medal.

A standout performer of the tournament was Stabile

Ngandini, who was named the Most Valuable Player (MVP).

Her leadership on the court, combined with her scoring prowess and defensive tenacity, played a pivotal role in NUST's success.

Ngandini's performance inspired her teammates and left a lasting impression on spectators and opponents alike.

This victory marks a new chapter for NUST basketball, breaking the long-held record of the University of Zimbabwe.

The win has ignited a sense of

pride and motivation within the team and the entire NUST community.

With such a talented squad and visionary coaches, the future looks bright for the NUST Basketball Ladies Team.

Congratulations to the team, coaches, and everyone who contributed to this incredible achievement!

The Youth Network Magazine celebrates this milestone and looks forward to more triumphs in the seasons to come.

Vibing to the beat of Africa: The hottest playlist of May 2025



By
Hillary P Mpofu

Hey, young vibers(Ama 2k)! Get ready to groove to the most infectious beats from Africa! We've got the scoop on the best African music playlist of May 2025, featuring talented artists and trending genres that'll keep you dancing all night long!

The Rise of African Music

African music is on fire, and 2025 is shaping up to be an epic year! From Afrobeats to ZimDancehall, Afro-R&B to Amapiano, the continent's diverse musical styles are captivating audiences worldwide. Let's dive into the hottest tracks and challenges that's got everyone talking.

Top 5 trending Tracks:

1. Ayra Starr - "Last Heartbreak Song": This soulful voice and catchy melodies

will have you singing along in no time! Don't forget to try the #LastHeartbreak-SongChallenge on TikTok, where you're dancing and lip-syncing to the track.
2. Rema - "Calm Down": Rema's unique blend of Afrobeats and pop has taken over the airwaves! Can you master the #RemaDanceChallenge, where you're grooving to the beat and showing off your best moves?

3. Tyla - "Water": South African artist Tyla's debut single is making waves globally! Join the #TylaWaterChallenge, where you're dancing to the track and splashing water in the background.

4. "PaHarare": Zimbabwean artist Ishan's new track is a testament to the growing influence of Afro-Beats in the region! Try the #PaHarareDanceChallenge, where you're dancing to the beat and showing off your Harare

swag!

5. Uncle Epatan - "Pondo": Uncle Epatan's fresh track is a highlight of the ZimDancehall scene! Can you master the #PondoDanceChallenge, where you're dancing to the beat and flaunting your best moves?

Emerging Artists

1. Llona: Nigerian artist Llona is making waves with his debut album "Homeless"! Check out his music and join the #LlonaChallenge, where you're dancing to his beats and sharing your own story.

2. ZerryDL: Nigerian artist ZerryDL is gaining attention for his unique sound and style! Try the #ZerryDLChallenge, where you're dancing to his tracks and showing off your creativity!

3. FirstKlaz: Nigerian artist FirstKlaz is known for his

blend of Afropop with Fuji! Join the #FirstKlazChallenge.

So, what are you waiting for? Get ready to groove to the best African music playlist of May 2025! With its infectious beats, catchy melodies, and talented artists, this playlist is sure to get you moving and grooving. Whether you're a fan of Afrobeats, ZimDancehall, or Afro-R&B, there's something for everyone.

The best African music playlist of May 2025 is a testament to the diversity and talent of African artists. From established stars to emerging talents, this playlist showcases the best of African music and is sure to get you vibing to the beat of Africa. So, go ahead, hit play, and let the music take you on a journey across the continent.

Confessions

Send me anonymous
Confessions

I went swimming with my friend, she couldn't swim when she started drowning i let her be for a while before taking action cause I liked her man.

Send me anonymous
Confessions

I thought I'd be married and happier by now but omo 😂

Send me anonymous
Confessions

I dated my high school teacher just so he could sneak in my illegals every week

Send me anonymous
Confessions

I have a thig for girls with short hair, they are super bold!

Send me anonymous
Confessions

I was hiding the fact that I wasn't straight, my mom caught me and my cousin sister kissing 😂
Now things are super awkward

Send me anonymous
Confessions

I just wish shamwari yangu would stop dating older men cause the current one is sick with all types of STIs

Send me anonymous
Confessions

Ive been dating my friend's dad for a while, we even go for weekend aways and road trips; his wife thinks im their other daughter

Send me anonymous
Confessions

Let's give true love and genuine intentions a chance, dont let the past define your future

Send me anonymous
Confessions

I can't swim, but I always go swimming... I just sit by the pool and drink juice(not even a cocktail)
Imao 😂👀

Send me anonymous
Confessions

Kindness takes you a step closer to your heart, it doesn't hurt to be kind to the next person.

Send me anonymous
Confessions

I eat my period blood, it's nice



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Celebrating African identity through modern fashion



By
Shelton Sibanda

We sat down with Noliwe Mhlophe, a

talented fashion designer dedicated to showcasing the complexity and diversity of African identities through modern African fashion. We asked them two questions that got

to the heart of their creative vision and inspiration.

What does Africa Day mean to you?

"Africa Day ignites my creative spark, celebrating

the continent's rich heritage and diversity that fuels my designs", Noliwe shares. This spark is evident in their designs, which seamlessly blend traditional African motifs with modern silhouettes.

How does Africa Day influence your creative vision and the stories you tell through modern African fashion?

"I infuse traditional African motifs into modern silhouettes, crafting garments that narrate stories of resilience, strength, and beauty", [Designer's Name] explains. "These designs transcend mere clothing; they embody the history, struggles, and triumphs of African cultures". Their goal is to challenge stereotypes and showcase the complexity of African identities, creating designs that resonate globally while staying rooted in local contexts.

Through their work, [Designer's Name] aims to bridge cultural divides, fostering appreciation for Africa's beauty and diversity. "My designs are a testament to the power of fashion to unite, inspire, and empower", they say. By sharing these stories, they hope to inspire a deeper understanding and appreciation for the richness and diversity of African cultures.

As we conclude our conversation, it's clear that Noliwe Mhlophe is not just a fashion designer – they're a storyteller, a cultural ambassador, and a creative force to be reckoned with.

Empowering youth through the CITE Youth Network

The CITE Youth Network is dedicated to empowering young people both in rural and urban communities and amplifying their voices through media, digital storytelling, and community engagement.

The network focuses on equipping youth with digital skills and fostering a

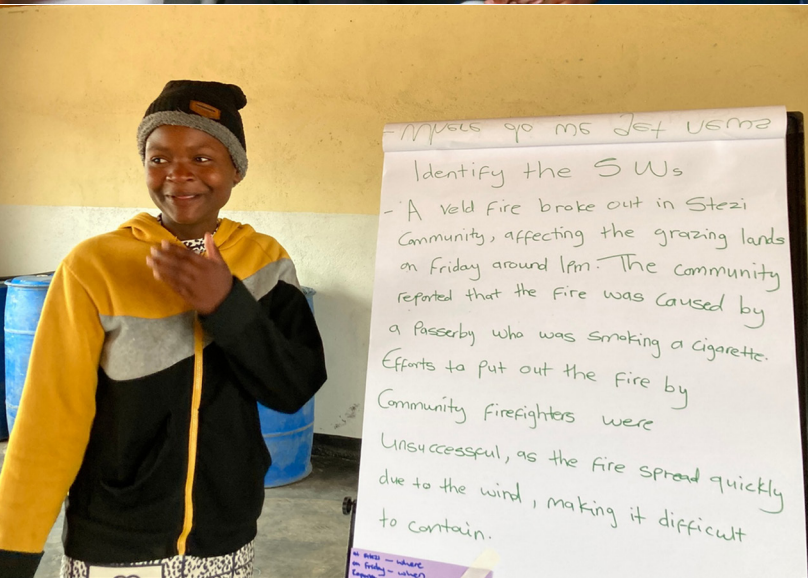
sense of community among them.

One of the network's notable initiatives includes a six-month training and mentoring program on digital skills, aimed at building capacity among young individuals.

Additionally, the CITE Youth Network

produces media content such as "The Screenshot" show and the "#Tag" magazine, providing platforms for youth to share their stories and perspectives.

To join the network get in touch with Melinda Ncube on +263 77 413 6186



The Screenshot Podcast: The unfiltered voice of a digital generation



THE SCREENSHOT

Asakhe Online

WEDNESDAY
@ 10:00C.A.T



with **Melinda Ncube**

By
Melinda Ncube

The Screenshot Podcast, produced by the Centre for Innovation and Technology (CITEZW) and hosted by Melinda Ncube, is a powerful platform where young Zimbabweans take centre stage.

The podcast dives into the issues that matter most to the youth from everyday struggles to cultural identity, drug use, digital trends, and social change.

More than just conversations, The Screenshot Podcast is a space where the voices of young people are not only heard but celebrated.

It's raw, real, and rooted in the lived experiences of Zimbabwe's youth both in the country and across the diaspora.

Tune in every Wednesday at 10 am on YouTube: CITEZW, Facebook: @CITEZW and Instagram: @CITEZW. You can also follow the host Melinda Ncube on X @joey_melly.



Modern African fashion in Zimbabwe: A celebration of identity and innovation



By
Shelton Sibanda

As Africa Day shines a spotlight on the continent's heritage and identity, Bulawayo – Zimbabwe's creative heartbeat – is experiencing a fashion revolution that speaks volumes beyond the runway. Modern African fashion here is more than aesthetics; it's a medium of cultural storytelling, resistance, and renewal. Designers such as Brandroom Designs, PenelopeCreationz, and Nolie B Designs are leading a new wave of creators who are redefining African style with bold statements that reflect sustainability, gender expression, and youth culture. Through vibrant textiles, ethical

production, and inclusive designs, they are not only celebrating African identity but reshaping its future – one stitch at a time.

Modern African fashion in Zimbabwe is a dynamic and evolving expression of culture, creativity, and identity. It beautifully fuses traditional aesthetics with contemporary trends, creating a unique style that resonates both locally and globally. At the heart of this fashion movement are vibrant Ankara prints, bold silhouettes, and the thoughtful use of local materials—all of which pay homage to Zimbabwe's rich cultural heritage while embracing the innovation of today's fashion world.

One of the most striking

features is the use of Ankara fabric—a colorful, patterned cotton textile that has become a staple in modern African design. From flowing dresses and tailored skirts to stylish tops and headwraps, Ankara brings vibrancy and energy to everyday wear and special occasions alike.

Zimbabwean designers also draw heavily from traditional elements, particularly those inspired by the Ndebele culture. Beadwork, geometric patterns, and bright colors are often incorporated into garments, celebrating indigenous artistry while giving it a contemporary twist. These elements not only add cultural depth but also highlight the diversity within Zimbabwe's fashion identity.

While traditional garments like the kanga, futa, and wrapper remain significant, they are increasingly being reimagined with modern silhouettes—think cinched waistlines, asymmetrical cuts, and tailored fits. This blend allows for self-expression that is both rooted in tradition and forward-looking.

Another signature of modern Zimbabwean fashion is the emphasis on local materials and craftsmanship. Designers are turning to indigenous textiles, artisans, and sustainable practices, contributing to a growing eco-conscious fashion scene that supports local communities and promotes authenticity.

Moreover, fashion influencers, musicians, and creatives are playing a powerful role in amplifying Zimbabwean style. Through music, visual storytelling, and digital platforms, they are redefining African fashion and showcasing its beauty and versatility across borders.

Global trends also weave their way into Zimbabwean fashion, with influences seen in midi skirts, maxi dresses, jumpsuits, and tailored suits. These elements, when combined with traditional designs, reflect a refined spirit that is proudly Zimbabwean yet globally relevant.

As we celebrate African identity and innovation through fashion, Zimbabwe stands out as a hub of creativity—where tradition meets trend, and where the past and future are woven together in every stitch.

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Spotlight on Designers: Nolie B Designs, PenelopeCreationz & Brandroom Designs

As the rhythm of Africa Day pulses through the streets of Bulawayo, it's clear that fashion is more than just what we wear—it's how we tell our story. Designers like Nolie B Designs, PenelopeCreationz, and Brandroom Designs are proving that African fashion isn't stuck in the past—it's boldly stepping into the future. With every garment, stitch, and runway, they're reminding us that African identity is rich, evolving, and worth celebrating every day.

This new generation of designers isn't waiting for permission to shine—they're creating their own spotlight. And as their work spreads across Zimbabwe and beyond, one thing is certain: African fashion is not just having a moment—it's building a movement.

Nolie B Designs: Heritage in Motion

Noliwe Mhlope, founder of Nolie B Designs, is a creative force shaping Bulawayo's fashion scene. With training in fashion design, marketing, and fine art — from institutions like Bulawayo Polytechnic and Namibia's NUST — she fuses African tradition with contemporary flair.

Her work has appeared at regional showcases including ESwatini's Biggest Braai, AWDW Mozambique, and Intwasa Fashion, and she was a Top 8 finalist at the Edgars Fashion Extravaganza 2024. Mhlope is also the co-founder of Icansi Fashion Fest, a platform celebrating African culture through fashion, art, food, and music.

This year, Mhlope marked Africa Day with a dedicated collection that celebrates identity, unity, and heritage through bold prints and striking silhouettes. "Africa Day is more than a date — it's a reminder of who we are," she says. "Through fashion, I want to honour our roots and show the world that African stories can be worn with pride."

Her designs have dressed cultural ambassadors like Future Nyoni (Mr Africa International 2024) and Royce Gavi (Mr Tourism Africa), cementing her reputation as one of Bulawayo's rising design voices on the continental

stage.

Deeply rooted in African inspiration, Nolie B Designs sees Africa Day as a meaningful opportunity to celebrate the vibrant cultures and traditions that shape their creative journey.

The brand places a special focus on the younger generation, believing that "little hands hold the future of African fashion." With playful, chic designs, Nolie B Designs introduces African heritage to children in ways that spark creativity and cultural pride—nurturing both identity and imagination through fashion.

PenelopeCreationz: Fashion with Purpose and Pride

creative expression. Every piece tells a story of identity, strength, and modern African beauty.

The founder of PenelopeCreationz puts it best:

"As the founder of PenelopeCreationz, I realized something powerful—African culture, especially in Bulawayo, wasn't getting the celebration it truly deserved. So, we decided to change that. Teaming up with incredible brands like Nolie B, we created ICANSI FASHION FEST—an annual explosion of African pride! This isn't just a fashion show; it's a vibrant movement where culture, food, music, and style collide."



PenelopeCreationz isn't just about looking good—it's about feeling African. Known for its bold prints and elegant cuts, this Bulawayo-based brand is rooted in cultural pride and

Through fashion, PenelopeCreationz is building more than a brand—it's creating a platform for African voices and visions to be seen, heard, and celebrated.

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Brandroom Designs: Streetwear with a Cultural Pulse

While PenelopeCreationz brings bold beauty to the runway, another brand is turning heads on the streets—Brandroom Designs. With a fresh, youthful energy, this label is pushing the boundaries of what African fashion can

look like in everyday life.

Founded in Bulawayo, Brandroom Designs is more than a clothing label—it's a movement of cultural expression, innovation, and youth empowerment. Known for their Afro-fusion streetwear, the brand blends traditional African textiles, symbols, and motifs with bold, modern silhouettes. Their style is unapologetically African, rooted in identity, and designed

for the global stage.

"At Brandroom, we don't just make clothes—we create conversation. Our designs are about identity, pride, and being bold enough to wear your culture in a modern world," says the Creative Director of Brandroom Designs.

From statement t-shirts with powerful messages to custom looks inspired by Ndebele art, Brandroom is redefining youth fashion in Zimbabwe. They're challenging the idea that African fashion belongs only on special occasions—it belongs everywhere.

"Africa is not a trend. It's the source."

National Fashion Recognition: A Cultural Revival

During Culture Month, Hon. Minister Lt. Gen. (Rtd) Amb. A. N. Sanyatwe and the Ministry staff are championing traditional fashion by proudly wearing national fabric and African prints, inspiring the nation to embrace its cultural heritage. This initiative highlights the artistry, history, and symbolism of traditional attire while fostering unity and pride in Zimbabwe's diverse identity.

The Minister emphasizes that fashion reflects our values and history, urging citizens, schools, and organizations to participate by showcasing their cultural styles. Beyond aesthetics, the celebration supports local artisans and cultural preservation, ensuring these traditions endure for future generations.

Conclusion: Stitching Together a New Narrative

African fashion is not a monologue—it's a chorus of voices, each design a verse in the ongoing song of identity and pride. From the bold visions of Bulawayo's designers to the community movements that celebrate tradition, Zimbabwe is showing the world that African fashion is vibrant, evolving, and essential.

This Africa Day, as fabrics flow and colors burst across the streets of Bulawayo, remember that every stitch tells a story. It's a story of resilience, creativity, and love for a continent whose beauty knows no bounds. Let us continue to wear our culture with pride and walk boldly into the future, one design at a time.





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