

the first thing we offer is respect



iNK

indigo news & knowledge



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COVER IMAGE: PEKKA NTT'S FIRST CHILDREN'S FESTIVAL
HELD IN JULY, INDONESIA

from us to you

In this edition, we introduce you to our newest partner, the Hako Women's Collective in Bougainville.

Our partnership with the Hako Women's Collective is starting small as we get to know each other and build trust. In this first year, we are supporting operating costs and some staffing for their Resource Centre and Safe House for women and children fleeing family and sexual violence. The Hako Women's Collective have worked hard to build the physical infrastructure and they certainly have community trust and strong programs but they are grappling with how to meet demand – to ensure there is electricity, that the grass is mowed, that volunteers are supported and the Centre is open. We are excited to step in to this space and provide core funding as a foundation for their work.

Turning from one strong women-led organisation to another, Emily Jackson shares an account of PEKKA NTT's inaugural Children's Festival in Eastern Indonesia. This Festival sits alongside a bigger joint commitment from indigo foundation and PEKKA NTT to improving food security – establishing a thriving network of gardens, providing agricultural training to women and building economic independence.

At indigo foundation, we have always valued research – to evaluate impact of programs, to support the priorities of our community partners and to learn lessons. A recent example was partnering with the Afghan Educated Women's Services Organisation and UTS Sydney to support research driven by Afghan scholars on the barriers to employment for women in Afghanistan. In this edition of indigo iNK, we share news that we will be a linkage partner on Australian Research Council grant application looking at the role of shame and pride in development, with a focus on Dalit and Adivasi communities in India.

Finally, next year we will proudly celebrate 20 years as an organisation. It will be a year to reflect on the journey, to honour community partners and to thank our volunteers and supporters in Australia. We'd love you to be a part of the celebrations!

Lyla and Jemma

Hako Women's Collective

introducing our newest partner in Bougainville



DORCAS GANO, PRESIDENT OF HAKO WOMEN'S COLLECTIVE

Building a safe and just environment for women in Bougainville

Christina Northey (Development Coordinator) and Leigh Cupitt (Board Member)

In August, indigo foundation marked an exciting milestone by kicking off our new partnership with the Hako Women's Collective in the Buka District of the Autonomous Region of Bougainville, Papua New Guinea.

The Hako Women's Collective began work in 2006 – a year after Bougainville gained autonomous status – when 650 women and 130 girls came together to seek collective solutions to the problems they faced. In the aftermath of the brutal civil conflict, communities in the Hako area faced high levels of family and sexual violence and struggled to sustain themselves through share cropping — many of these challenges persist today. Health, water and sanitation

services are extremely limited and there has been little investment in infrastructure such as roads. Women and their children remain most affected by these problems.

Today the Hako Women's Collective works hard to address violence towards women and children, improve education and health outcomes and advocate for the rights of women and children — all powered by committed and experienced volunteers.

The first component of indigo foundation's partnership is operating and staffing costs for their Safe House (*Meri Seif Haus*) where women and children fleeing family and sexual violence can seek sanctuary 24 hours a day, seven days a week. There, women receive advice and referrals for health and legal services, and support for building a safer environment for themselves and their children.

We are also providing operating and staffing costs for the Hako Resource Centre (Luman Hipakoko). This is the only place locally where women can learn to read and write in a safe and supportive environment, and where school children can access library books and other resources to supplement their studies. Meeting spaces at Luman Hipakoko are also used for training sessions on diverse subjects such as life skills, leadership and community advocacy.

Ultimately, the Resource Centre is the heart of Hako community, a place where all are welcome to meet, to exchange ideas and to help each other out.

By funding staffing support for the centre, our partnership will benefit the community by making volunteer roles more sustainable and injecting cash into its small economy. In the spirit of collective solutions, the Hako Women's Collective has determined that the one full time salaried role will be rotated amongst its volunteers to ensure the benefits are shared throughout the community.

indigo foundation is excited to embark on this partnership with the women of Hako, who have consistently volunteered their time and contributed their ideas and energy towards improving their community since 2006. We are starting small with a 12-month agreement to build trust and provide stability to work together on a sustainable model for the Resource Centre and Safe House. We look forward to accompanying the Hako Women's Collective along their journey.

the road to peace for Bougainville

The work of the Hako Women's Collective is set against the backdrop of decades of violence and conflict in Bougainville, and fits into a broader vision of a peaceful transition for the community.

With an estimated population of 300,000 today, Bougainville has a mostly Melanesian population, but is also home to descendants of Micronesian and Polynesian origin (mostly from the outer atolls). The Haku community, like the majority of the population, lives in villages outside the three main urban centres. The Haku region is several hours from Buka, on the northernmost tip of Buka Island.

Like most of Bougainville, the Haku community are dealing with issues left over from the conflict between the PNG government, the army and the separatist Bougainville Revolutionary Army (BRA). Secessionist feelings had been simmering in Bougainville since the 1970s, and it was the first province to gain Autonomous Region status on 1 September 1975, ahead of PNG's independence on 16 September that year.

In the 1980s, tensions arose between Bougainville leaders and the company operating the large Panguna copper mine on the island, over social and environmental issues. These tensions boiled over in 1988 with the formation of the Bougainville Revolutionary Army (BRA). The BRA perpetuated acts of sabotage on the mine, and workers' concerns for safety led to the closure of the mine in 1989 — as a result, a civil conflict broke out between the BRA and the Papua New Guinea Defence Force (PNGDF).

PNGDF established a blockade of Bougainville in 1990 and conflict between factions of separatists, loyalists and the PNGDF continued throughout the following decade.

The war claimed an estimated 15,000 to 20,000 lives. In 1996, Prime Minister Sir Julius Chan requested the help of Sandline International, a private military company, to put down the rebellion. This botched intervention, the 'Sandline Affair' was a controversial incident, but it set into motion the process that eventually led to a maintained ceasefire and reintroduced negotiations for peace.

The Bougainville Peace Agreement (BPA) was signed by the PNG government and local leaders in Arawa on 30th August 2001. It was heralded as a world class peace document, providing a road map for all parties, based on three pillars: Autonomy, Weapons Disposal and a Referendum on Bougainville's political status.

Since the BPA was signed, Bougainville has maintained its peace and its autonomous governance. A Bougainville Constitution was produced in 2004, paving the way for the establishment of the Autonomous Region of Bougainville in 2005. Bougainville's autonomy was further enshrined on 1 October 2019, when Bougainville President John Momis issued Writs for the Referendum on the future autonomy of Bougainville, saying: "Today, we stand on a threshold for a new Bougainville, we stand at the door of a new dawn that we will create."

Voting on the referendum on independence for Bougainville starts on Saturday 23 November and will run for two weeks. The final outcome of this referendum must be agreed to by the two governments through negotiations, a sentiment shared by President Momis and PNG Prime Minister James Marape. This consensus, and the Prime Minister's commitment to achieving the Bougainville Peace Agreement, has brought considerable hope to the people of Bougainville that a peaceful transition can be achieved.

The partnership between indigo foundation and the Hako Women's Collective mirrors this hope, working to build pathways to lasting peace and prosperity for women, children and families affected by conflict.

a children's festival takes shape

Indonesia



PREPARING FOOD FOR THE FESTIVAL USING PRODUCE FROM THE WOMEN-RUN COOPERATIVE GARDEN'

Emily Jackson, Partnership Coordinator

By 6am on Adonara Island in East Flores, Indonesia, there is usually much activity. People rise with the sun and are up working in the garden, seeking out the freshest produce from the local market, or preparing for the day ahead. All of this is set to a chorus of roosters singing. But on 11 July 2019, at the island's PEKKA centre, something very different is happening as over 70 children of all ages from across Adonara and the adjacent district of Larantuka flood the grounds.

This is the day of the first-ever PEKKA NTT Children's Festival – an initiative designed to bring children and young people together to share and learn about each other's local cultures and traditions. The festival offers children multiple opportunities to showcase the unique culture of their respective villages, with their families and community members eagerly cheering them on. There is also the promise of prizes based on teamwork and performance,

adding an extra layer of excitement among the children. The festival is organised by PEKKA NTT and co-funded by indigo foundation. As the coordinator for indigo's partnership with PEKKA NTT, I was lucky enough to attend the festival.

The children had arrived the night before the festival, lodging at the dorms in the PEKKA centre. That evening, dressed in their traditional sarongs, each child introduced themselves to the group. They talked about their hobbies and what they want to be when they grow up, with many excited about becoming nurses and teachers. A great many of these children are recipients of bursaries and were visibly excited and moved by the opportunities their future may bring. The night ended with the children excitedly gathering into 8 teams based on their villages, with each team set to represent their village in a series of challenges the following day.

As dawn breaks and the festival begins, the teams start working together on their first task: cooking dishes traditional to their village, using

local ingredients and all without the assistance of their parents. They follow carefully written notes, working diligently to make something their village can be proud of. Some dishes are vegetable-based, others use fresh fish, and one involves a traditional coconut wine that takes us all by surprise. During this time, the lines between teams begin to blur as they mingle with each other, sometimes to check out their competition but often to make new friends. When the judges from the panel walk by and taste each of the meals the children stand proudly by them, doing all they can to appease the visiting judges.

Next, the children perform traditional dances that had been prepared and practised in the preceding weeks. Dressed in their local clothing, each group performs in a way that defines their village, with many routines defining a certain aspect of their daily life, such as weaving, preparing corn and, somewhat cheekily, a courting ritual featuring the boys visiting the girls as they weave in an effort to court them, leading to raucous laughter and much applause. One of the performances features girls singing a traditional song in beautiful harmonies, while the boys use carefully cut bamboo sticks to provide backing percussion, all the while performing in-step dance moves.

Finally, the judges begin their deliberations. The groups are judged not just on what they made or how they danced, but also on the teamwork they showed in doing so. There is a lot of pride on the line and the event is taken very seriously. Nonetheless, there is a strong emphasis on how amazingly all the children have performed, with everyone blown away by just how much thought and commitment they have put into the event.

As the festival wraps up and the children prepare to return to their villages, there is a feeling of change in the air. Strangers have become friends and the children seem proud of their local culture and traditions. The bonds between villages are set to linger long after the event is over. The festival was also attended by local government officials, who spoke at this first-of-its-kind event, validating and confirming it's

importance, and solidifying PEKKA NTT's strong place within the wider community.

In the closing remarks of the day, the head of PEKKA NTT Ina Dete Deram, captures the sentiment of the festivities by observing that we all become better versions of ourselves when we are open to learning from anyone, regardless of age, gender or ethnicity, concluding that in the end, the most valuable teacher for all of us is life itself.

PEKKA NTT (also referred to as PEKKA Lodan Doe) is a high impact women-led organisation based on Adonara Island in East Flores, Indonesia. PEKKA NTT supports and advocates for almost 3,000 women-headed households in the region, with a range of programs designed to educate and empower local girls and women. indigo foundation signed our first three-year agreement with PEKKA NTT in 2017, which includes a program of bursaries for girls and young women from female headed households from primary school to university, support for women to return to school to pass their high school exams, and the establishment of a network of women-run organic food gardens that provide food and increasingly act as an important source of income. indigo foundation has also funded training for PEKKA NTT representatives in organic food production, and recently committed funding for hydroponic systems, new garden machinery to ease the burden of labour on women and two annual children's festivals.

PEKKA NTT's focus on children and education has inspired the activities of another of indigo foundation's partners in Eastern Indonesia: the Nefo Ko'u Farmers' Cooperative. While starting out as a small farming cooperative in the remote village of Apren in West Timor, the activities of Nefo Ko'u have recently expanded to include a bursaries program for school and university-aged children and the creation of an open air reading room for children to socialise and learn to read together in a safe and supportive environment.

when i am dancing, when i am doing sports, i feel good about myself Rwanda



CLUB RAFIKI DANCERS DOING OUTREACH ON SEXUAL & REPRODUCTIVE HEALTH IN NZOVE

David Wheen and Mandy Wheen, outgoing Partnership Coordinators

Our partner in Rwanda, Club Rafiki, has attracted significant local media lately as their work with young people in Rwanda's capital of Kigali, gains more prominence. Below is an extract from an article in the Rwandan New Times newspaper by journalist, Donah Mbabazi, who interviewed several young people from Club Rafiki.

"They were once vulnerable kids in the suburbs of Nyamirambo, some of them from broken families, and others had been robbed of their destinies by the grip of poverty. But at Club Rafiki, these young boys and girls have found hope, they are resolute and are discovering their talents. Music and dance is the connection. For over eight years, it has been a platform through

which vulnerable children's lives have been transformed.

At the Club, children are enrolled into dance classes but also have access to a health clinic that focuses on HIV testing, pregnancy testing, counselling and information about reproductive health and birth control. Information about sexual reproductive health is conveyed to them via music and dance, for the best way of getting attention from young people is through such platforms. The important thing is that the club tries to have young people be sexual educators of their peers and this is done through refresher courses availed alongside events organised in communities.

Zawadi Usanase is a teenage girl being raised by a single mother in the suburbs. At

the age of 15 she is exposed to lures and with any slip up, Usanase is prone to succumb to teenage pregnancy or worse, a sexually transmitted disease. She has however, been fortunate enough to access information on sexual reproductive health from the club, hence, well equipped to stick to the right path. As a dancer her time away from school is occupied with productivity left little space for possible adversities that haunt teenagers.

“When I am dancing, I am doing sports, I feel good about myself. I develop confidence because I can’t fail to stand in front of people and address them, for I am used to this and I have the exposure,” she says.

Jihad Niyonkuru is a member and dance trainer at the club. He joined the club when he was 14 years old. Niyonkuru is now 22 years old and his transformation from a frail young boy to a visionary man is nothing short of amazing.

He says he has grown in terms of skills and that so many other aspects of his life have changed ever since he joined the club eight

years ago. “It has been a journey; I grew up in a single parent house hold and things were not easy. Mother had to hassle to feed me and my other two siblings, but this has changed since I can manage to fend for my needs, and this has lessened mum’s burden,” Niyonkuru shares.

He had dropped out of school but now, the money he makes from his choreography and dancing skills has enabled him to go back. Niyonkuru has worked with a number of famous musicians in Rwanda, the likes of Meddy and Yvan Buravan. They have done a number of projects including videos and performing at concerts. He also takes pride in the fact that his dancing skills enabled him to take part in the ongoing East Africa’s Got Talent.

A number of young men and women at this centre have discovered a livelihood they would otherwise only have dreamt of.”

When indigo foundation first partnered with Club Rafik in 2012 to launch the Urban Dance School, we had no expectation that the classes would grow beyond being a healthy and positive activity

AT AN OUTREACH EVENT IN NZOVE, CUB RAFIKI DANCERS ATTRACT A CROWD AND LATER SHARE SEXUAL AND REPRODUCTIVE HEALTH MESSAGES



for disadvantaged young people to being a core plank of Club Rafiki's work – creating a supportive community for dancers, offering important life skills and integrated with Club Rafiki's sexual and reproductive health work.

The free dance classes are in high demand and continue to attract new people to Club Rafiki. Young dancers, such as Jihad and Usanase, have grown in confidence and skills to the point that they are now taking on leadership roles. They lead dance classes, they lead sexual health education programs, they lead fashion, design and modelling activities. Club Rafiki has assisted them to acquire technical, communication and interpersonal skills required to successfully perform these roles.

While helping some to become leaders, Club Rafiki has maintained its goal of offering free activities to all young people in its community who wish to participate – with girls and young women as a priority. The strength of Club Rafiki's programs – from sports, to sexual and reproductive health, to programs targeting women and girls and beyond – is a testament to the creativity and commitment of the team at Club Rafiki.

CLUB RAFIKI'S OUR GIRLS PROGRAM, FUNDED WITH THANKS TO THOSE WHO GAVE TO CROWD-FUNDING IN 2018, FOCUSES ON RAISING THE PARTICIPATION, SKILLS AND CONFIDENCE OF GIRLS AND YOUNG WOMEN THROUGH ACTIVITIES SUCH AS COMPUTER CLASSES AND A 'GIRLS SPACE' DISCUSSION GROUP ON SEXUAL AND REPRODUCTIVE HEALTH ISSUES. PICTURED BELOW, GIRLS TAKING PART IN THE 'YOU ARE ABLE' PEER MENTORING PROGRAM.



teacher training program grows to 135 teachers

South Sudan

Santino Yuot (Partnership Advisor) and Pat Duggan (Partnership Coordinator)

Despite the very difficult context in South Sudan, our partnership with the Wedweil Community Development Foundation has had a good year. This is a testament to the work of our Partnership Advisor Santino Yuot.

The political and security context in South Sudan continues to be challenging. After 20 years of civil war, there is very little education infrastructure – many schools have been damaged, teachers and school supplies are in short supply and many teachers lack qualifications. Food insecurity and malnutrition continue to loom in the war-ravaged and largely-neglected north-west corner of the country (previously the region of Bahr-El-Gazal) where our partner works. Following Santino's visit to South Sudan earlier this year, he reported that families in Wedweil, the small village where our partner is based, faced damaging rains just before harvest and continued high prices for staples such as sorghum, making this year another very challenging for families.

This year was the second year that we supported a month long in-service teacher training intensive course in Aweil, the capital of Aweil Centre State. This initiative grew out of a smaller teacher training course held in 2016 which attracted ten teachers from Wedweil School and 15 teachers from surrounding schools in South Sudan. In 2018, we scaled our ambition and started working with the Aweil state government's Ministry of Education to support a larger training program.

The first one-month intensive training in 2018 attracted 60 teachers from across Aweil and Lol States. The second training, held this year, attracted 135 teachers – a two fold increase on the previous year. The trainers this year included: a science teacher, a head teacher from a local primary school in Aweil and a primary teacher from a school some distance from Aweil – all of whom were graduates from the 2018 training course. The trainers and the State Ministry of Education selected participants using simple criteria: already

"THE TEACHERS WERE VERY EXCITED TO HAVE THEIR SKILL BEING UPGRADED AND WHEN THEY GO BACK TO THEIR VILLAGES THEY WILL TEACH WITH CONFIDENCE. THE TRAINING BROUGHT TOGETHER PEOPLE WHO DID NOT KNOW EACH OTHER SO THEY HAD A CHANCE TO BUILD RELATIONSHIPS AND BUILD TRUST AROUND THE ONE GOAL SO IN THE FUTURE THEY CAN KEEP WORKING TOGETHER TO MAKE EDUCATION BETTER IN SOUTH SUDAN."

Santino is a former refugee, a leader of the South Sudanese community in Western Sydney and indigo foundation's Partnership Advisor

teaching at public schools; performance in a pre-course test; and performance at a brief interview. The World Food Program assisted with some food for teachers attending the course. The course graduation ceremony was attended by the State Ministers for Education and Finance, the Mayor of Aweil and a representative of the Governor.

We are really pleased with the outcomes this year but also remain aware of the challenges. It has been difficult to do effective follow up with the 60 teachers that attended the January 2018 course. We hope to put better systems in place in 2020 to follow up with the participating teachers.

Importantly, we continue to focus on building the participation of female teachers in the training course. In January 2018 there were two female teachers who graduated from the training. This year 11 female teachers graduated. indigo foundation, working with the State Ministry of Education, funded women-only accommodation and transport for women to return home after the training. We are pleased that there has been growth in the number of female teachers attending but will again work to grow the number of female participants in 2020.

Santino is preparing to return to South Sudan in December with the next teacher training and works at Wedweil school scheduled for early 2020. We are particularly excited to see the progress on the women-run cooperative garden. After fixing the community water pump in 2018 and supporting some basic agricultural training this year, the 30-strong group have now established the garden and are off to a flying start. In 2020, from little things big things grow.

With thanks to the Rotary Club of Ryde for their committed support for this partnership over the past three years and thanks to the supporters who attended our 2019 Canberra and Sydney dinners and pledged funding to support the teacher training program.

our people



LIBBY VISITING OUR PARTNER MAHALIR SAKTHI IN INDIA IN 2018

We have a small and stable staff team at indigo foundation – three part-time positions that equate to a little over one full-time equivalent. In August, our longstanding Development Coordinator Libby House retired and we welcomed **Christina Northey** in the role.

Libby House has been with indigo foundation in various roles for over 15 years, initially joining as Indonesia Partnership Coordinator in 2004. Libby lives and breathes our guiding principles. We have benefited enormously from Libby's guidance of our development program, her mentoring and support to our team of Partnership Coordinators and from her unwavering commitment to building respectful relationships both within our organisation and with our community partners. Libby, thank you for your hard work and commitment – we look forward to you remaining involved for years to come!

Enormous thanks also go to **Mandy Wheen** and **David Wheen** who have stepped down after seven years as Partnership Coordinators working with Club Rafiki in Rwanda. David and Mandy helped shape this partnership from its earliest days and supported Club Rafiki as they grew in capacity and impact, initially from supporting Kigali's first hip hop dance school to a partnership that now spans urban dance to sexual and reproductive health to English language programs.

Stepping in to the Rwanda Partnership Coordinator role is **Alice Roughley**. Alice was previously the Coordinator for our partnership with the Nyrippi Community and Walpiri Youth Development Aboriginal Corporation in the NT and she is a core part of our Canberra community of supporters. Alice brings to us extensive experience in program management, evaluation and research, including many years working with Indigenous communities in Australia. Welcome Alice, we know you'll do a fantastic job.

Finally, I want to welcome **Jodie Lea Matire**. Jodie has joined us in a volunteer role as Coordinator for our *20 stories in 20 years* publication, which will be released next year to celebrate our 20th anniversary. Jodie is an editor, communications specialist and poet and has significant experience working with communities in Mexico and Colombia.

In August, indigo foundation welcomed Christina Northey as our new Development Coordinator.

Christina brings almost three decades of experience in international development in Asia, the Middle East, Africa and South America – most recently as the Country Director of CARE International in Turkey and previous to that, four years as Country Director of CARE International in Afghanistan. Here's a little more about Christina in her own words – a longer interview is on our website.

1) What led you to this role with indigo foundation?

I returned to Canberra in February this year, most recently after working on humanitarian programs in response to the Syria crisis. During my assignment I spent a lot of time working with nascent Syrian community organisations, so indigo foundation's commitment to community-led development immediately interested me. indigo's guiding principles – community ownership, sustainability, transparency and equity resonated strongly with me, as did the organisation's focus on listening to local voices. I was also excited at the diversity of indigo foundation's partnerships across the world.

I was also impressed by the partnerships indigo foundation holds with diaspora communities in



CHRISTINA (MIDDLE BACK ROW) WITH OUR PARTNERSHIP COORDINATORS

Australia. This support and engagement is a crucial resource for indigo foundation's partnerships, but more importantly, it is a valuable source of solidarity and empathy for communities caught up in conflict in countries such as Afghanistan and South Sudan.

2) Your work has taken you to many countries across several continents. What is the most valuable lesson you have learned?

I am repeatedly struck by how refugees make such significant contributions to their new communities. In my work in places like Turkey, it would have been impossible to get our programs with refugee communities off the ground without volunteer teachers, nurses, doctors and engineers from the community who were often the first to step forward to serve.

I feel this lesson acutely having returned to Australia after almost a decade away. I struggle to recognise the country I left, which once welcomed refugees. Amidst a deeply problematic narrative around the issue right now, I think of how badly all the refugee communities I worked with over the years long to go back home. The loss of home and family are universally devastating, and leaving home for a life of exile is always the last option. And even as these people flee war, torture and persecution, they contribute so much to the societies which welcome them.

3) In your experience what is the biggest challenge facing the global development sector today?

Firstly, it sometimes feels like the not-for-profit sector runs like a service provider for government

programs, which may not always be aligned with community priorities. The sector also sometimes passes on this problematic manner of operating to local community groups, at the expense of equality and transparency. This is holding back efforts to solve poverty and social injustice.

Second, the decline and privatisation of foreign aid budgets is leading to shorter implementation periods, while simultaneously demanding demonstration of return on investment. This can lead to only addressing the symptoms and not the root causes of poverty and social injustice.

Third, we are also seeing a narrowing of civil society space for national and international organisations to operate due to increasingly autocratic governments around the world.

Fourth, the increasing injuries and deaths of aid workers, most of whom are nationals of the countries where they work, should give us pause for thought. We see this particularly in conflict areas where there is an erosion of respect for humanitarian space and impartial aid delivery. Increasingly, our colleagues can become collateral damage or targeted by the parties to a conflict. The consequences of an aid worker death on the family, colleagues and an organisation are profoundly devastating.

Finally, I would highlight our accountability and willingness to receive complaints and feedback as being an area for all of us to work on. Whilst we are making progress here, we need to open up our work to greater scrutiny and engage all of our stakeholders with on where we have made mistakes and how we can do better, not only capturing what is working well.

4) Can you share an event that stands out as particularly formative?

I vividly recall a father in a remote and contested part of Afghanistan telling me how much he wanted his daughter to attend school; how he had supported her throughout her primary and secondary schooling in the face of opposition from other family members and the community, and how he was so proud she had been accepted to teacher training college. A few years later, after I had left Afghanistan, hearing that she had graduated and returned to her village to teach. This experience reiterated to me the life-changing power of educating girls, and is one of the areas of indigo foundation's work I am most excited to delve into.

shame and pride in development

a research project for indigo foundation



OUR PARTNER IN INDONESIA, LUA LEMBA, HOLDS AN ANNUAL CULTURAL FESTIVAL TO CELEBRATE ROTINESE CULTURE

indigo foundation has recently agreed to submit an application to the Australian Research Council as a linkage partner with long-time indigo foundation volunteer Dr Susan Engel for a project on shame and pride in development. If successful, we would contribute a small amount of funding (\$2,500 per annum) towards a substantial research project focused in Tamil Nadu where our community partners SASY and Mahalir Sakthi are based. You may be thinking why the interest in emotions? Below Susan explores why shame is so harmful in marginalised communities and how pride might be a useful way to think about empowerment.

Dr Susan Engel, Senior Lecturer in Politics and International studies, University of Wollongong

Shame is a powerful emotion. It is part of a group of emotions that includes guilt, embarrassment, and humiliation. As a self-conscious emotion needing self-awareness and representation, it emerges later in childhood than other so-called basic emotions. Early social scientists thought that shame likely played a key role in creating societies by sanctioning behaviours that do not promote group cohesion. Contemporary shame theory has concluded that shame is not a

positive emotion because it involves “a negative assessment of the core self, made with reference to one’s own aspirations and the perceived expectations of others, that manifests itself in a sense of powerlessness and inadequacy...” (Walker, 2014, p. 33).

Shame tends to arise out of people’s existing circumstances, which they can’t easily change, in other words, people effectively have little control over their shame. This contrasts to guilt, which relates to specific behaviours that can be changed. To put it simply, guilt is feeling bad about something you’ve done while shame is feeling bad about who you are. So shame is enmeshed in negativity and all too often produces undesirable outcomes: “low self-esteem, depression, anxiety, eating disorder symptoms, post-traumatic stress disorder, and suicidal ideation have all been associated with shame across diverse age groups, populations and cultures” (Walker, 2014, p. 40).

There is very little research on shame in development though there has been a bit on the related issues of stigma. Public health research on diseases like HIV/AIDS showed that a key reason people do not seek treatment for it and



MAHALIR SAKTHI IN INDIA CELEBRATING INTERNATIONAL WOMEN'S DAY THROUGH TRADITIONAL DALIT DANCING, 2018

a range of other diseases is because of stigma. Development interventions seem to have ignored this research and we are seeing more and more deliberately or unconsciously deploying shame because they believe it is effective. Examples include sanitation, microfinance and conditional welfare programs.

For example, the Community-led Total Sanitation (CLTS) program, which aims to end open defecation, actively shames people to get them to dig their own pit latrines. Now, while you may be rightly concerned about the health impacts of open defecation, the fact is that CLTS has led to a range of human rights abuses including people being taunted, whistled at, fined, locked out of their houses and having faeces thrown in their houses. Just weeks after it was announced that Indian President Modi would be awarded the 2019 Goalkeepers award from the Bill and Melinda Gates foundation for the Indian equivalent of CLTS, two Dalit children were beaten to death for open defecation!

There is growing evidence that shaming the poor is not effective, it creates a backlash that undermines programs and that it transgresses human rights. Further, shame under conditions of poverty is particularly harmful as the poor are already subject to a range of stresses and humiliations, and poverty leaves fewer mental and physical resources to use in coping with

shame. As the wonderful Indian economist Amartya Sen (1983, p. 161) once said, an absolute requirements for 'escape from poverty' is avoidance of shame, '[n]ot so much having equal shame as others, but just not being ashamed, absolutely.'

The proposed research project will examine sources of shame focusing on our partner communities in India empowering the Dalit and Adivasi communities. It will identify sources of shame and how they might be both excluded from development programming and combatted by the community.

The project will also look at pride, which is not strictly the opposite of shame, but it is a contrasting emotion and works with shame as key force behind self-esteem. Tracy and Robins (2007, p. 507) developed the authentic/hubristic model of pride which separates the "prosocial achievement-oriented form of the emotion from the self-aggrandizing, hubristic form". In other words, authentic pride is based on mastery and competence of activity and is associated with amicability, sustaining interpersonal relations, altruism and psychosocial wellbeing. Expressing pride in others can to promote stronger acknowledgments of community. The important role community pride can play in social movements is clearly demonstrated by LGBTQI+ activism.

Like most NGOs working in development, indigo foundation envisions empowerment as promoting power, critical thinking and agency in our partner communities. But think about the political scenery almost anywhere in the world at the moment and it's only too clear that emotions play an important role too. Thinking about how to promote positive, inclusive emotions like community pride could provide a useful addition to indigo foundation's work.

Sen, A. (1983). Poor, Relatively Speaking. *Oxford Economic Papers*, 35(2), 153-169.

Tracy, J. L., & Robins, R. W. (2007). The Psychological Structure of Pride: A Tale of Two Facets. *Journal of Personality and Social Psychology*, 93(3), 506-525.

Walker, R. (2014). *The Shame of Poverty*. Oxford: Oxford University Press.

indigo foundation in the community



SUSAN ENGEL WITH CAITLIN CRAFT, BEING AWARDED THE INDIGO FOUNDATION PRIZE AT WOLLONGONG UNIVERSITY

international studies prize

In June, our Advisor (Research) Susan Engel presented the annual indigo foundation prize for outstanding achievement in the Global Sustainable Development major at the University of Wollongong. The 2019 recipient was student Caitlin Craft. Congratulations Caitlin!

side-by-side with Qantas

A huge thank you goes out to long-time indigo foundation supporter, Moshka Watts, for championing us in her workplace and securing a side-by-side grant worth \$10,000 from Qantas. This grant will go towards our Indonesian partnerships with the Nefo Ko'u Farmers Cooperative and Lua Lemba, including establishing a new reading room, a network of bursaries and training for early childhood teachers across 13 kindergartens. Many thanks Qantas!

a winter feast in Melbourne

On a cool winter's night in August, a lively group of indigo foundation supporters, old and new, came together for a special Ethiopian feast at The Abyssinian restaurant in Kensington. Guests shared delicious Ethiopian and Eritrean cuisine, met our Board members and Partnership Coordinators and we shared stories from our community partners in Indonesia, Rwanda and Bougainville. Not to mention, fantastic music by three-piece jazz ensemble, Superfluous Velvet. Thanks to Jonathon at The Abyssinian supporting the event and to everyone who came along and helped make it such a fun and successful night.

many thanks to Rotary Club of Ryde

Over the past three years, the Rotary Club of Ryde have been important supporters of our partnership in South Sudan. In June, Santino Yuot and Pat Duggan spoke to Club about the impact their support has had. Santino shared stories from his home region and from the recent teacher training course. At the meeting, Rotary donated a further \$11,400 to the South Sudan partnership and we heartily thank Rotary members for their ongoing support.

thanks to our University of Wollongong interns

This year we have hosted six whip-smart interns from the University of Wollongong. Many thanks to Kate Elliot-Rudder, Tahlya Smith and Hayley Hocking for their hard work in the first half of the year and to Terresa Masima, Veronica Bakouris and Caitlin Craft.



WINTER FEAST AT THE ABYSSINIAN IN MELBOURNE

we turn 20 in 2020!

Next year, we will celebrate 20 years since indigo foundation was founded by a group of smart and passionate women who believed that powerful and positive change is best achieved through community control over decision-making, honest and respectful relationships and building the power of local community organisations. We are excited to celebrate the journey that has been, to honour the work of our community partners and to acknowledge and thank our loyal and committed supporters who have kept us alive and thriving over 20 years.

We're kicking off the celebrations in March. Please save the date for our 20th anniversary Canberra dinner on Friday 27 March at the National Museum. And in Sydney, keep your eyes out for a special jazz event. Watch this space for more events as they unfold – we'd love you to be a part of it.

support our work

We only exist as a result of the generosity of a huge range of supporters.

Whether it is by making a small donation every month, volunteering your time or expertise, or by helping us raise funds and awareness about our projects, it is all critical to our objective of improving the lives of those in marginalised communities and building the power of small grassroots organisations.

No matter how big or small your contribution might be, every little bit counts.

On behalf of everyone we work with, thank you for your ongoing support.



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www.indigofoundation.org



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