

Based on the discussion with the leaders in Zanzibar and considering the translation nuances from Swahili to English, a definition for 'resilience' in the context of Zanzibar could be:

"Resilience is maintaining faith and calmness, trusting that God is in control and ever-present, not giving up despite challenges, and finding strength through private time with God, forgiveness, and rejoicing in His presence."

"Ustahimilivu ni kudumisha imani na utulivu, kuamini kwamba Mungu yuko madarakani na yupo kila wakati, kutokata tamaa licha ya changamoto, na kupata nguvu kupitia muda wa faragha na Mungu, msamaha, na kufurahia uwepo Wake."

The definitions of "resilience" from Gaborone, Livingstone, Lusaka, Lilongwe, Mangochi, and now Zanzibar share common themes but also reflect unique aspects based on the local context and cultural nuances.

Similarities:

- 1. Faith and Trust in God:** Across all regions, a common thread is the emphasis on faith, trust, and belief in God. Whether it's in Gaborone, Livingstone, Lusaka, Lilongwe, Mangochi, or Zanzibar, the concept of resilience is closely tied to a deep reliance on God's presence, promises, and control over life's situations.
- 2. Calmness and Patience:** The need to maintain calmness, patience, and perseverance during difficult times is a recurrent theme. These qualities are seen as vital components of resilience, helping individuals to endure hardships without losing hope.
- 3. Forgiveness and Love:** The concepts of forgiveness and love as part of resilience are highlighted in multiple regions, reflecting the idea that these virtues contribute to the strength needed to overcome crises.
- 4. Endurance and Perseverance:** Whether it's in Gaborone's emphasis on never giving up or Livingstone's focus on courage and endurance, the ability to persist through adversity is a consistent element in the understanding of resilience.

Differences:

- 1. Cultural Emphasis:** In Zanzibar, the definition of resilience is influenced by cultural and religious context, with an emphasis on not blaspheming, rejoicing, and private time with God. This is somewhat unique compared to other regions where the focus might be more on collective endurance or societal aspects of resilience.
- 2. Practical Actions vs. Spiritual Reflection:** In regions like Lusaka and Lilongwe, there is a balance between practical actions (like understanding responsibilities or taking risks) and spiritual reflection. In contrast, Zanzibar's understanding leans more towards a spiritual and internalised approach, with a focus on personal faith, calmness, and being aware of God's presence.



- 3. Community vs. Individual Focus:** Some regions, like Mangochi and Livingstone, include a strong communal aspect in their definition of resilience (supportive, love, caring), while Zanzibar's definition seems more individually focused, with terms like private time with God and personal calmness being more prevalent.

Takeaways:

- **Faith as a Pillar of Resilience:** The central role of faith in resilience is universal across all regions, but the expression of that faith can vary significantly depending on local cultural and religious contexts.
- **Cultural Context Matters:** The local culture and religious practices deeply influence the interpretation of resilience, suggesting that any approach to strengthening resilience must be context-specific.
- **Balance of Practical and Spiritual:** Effective resilience strategies might need to balance both practical actions (like perseverance and understanding responsibilities) with spiritual reflection and practices.

These insights show that while the concept of resilience is universally valued, its expression is tailored to the cultural and spiritual contexts of each region. This has implications for how resilience-building strategies are developed and implemented in different areas.