

The definition of resilience, as discussed in Gaborone during the research road trip, is summarised as the ability to "stand against all odds." This captures the community's spirit of perseverance, consistency, and unwavering strength when facing adversity.

The concept of resilience varies across the regions of Gaborone, Livingstone, Lusaka, Gwembe Valley, Lilongwe, Mangochi, Zanzibar, Dar es Salaam, Arusha, Nairobi, Jinja, Sekiwunga, and Kigali, with similarities in core themes but also distinct differences due to cultural, social, and spiritual contexts. Here's a comparison of the similarities and differences:

Similarities

- 1. Faith and Trust in God:** Across all regions, resilience is strongly tied to faith in God. Whether in Gaborone, Lusaka, Lilongwe, or Zanzibar, faith and trust in divine promises serve as the foundation for resilience. For instance, in Kigali, resilience is a "spiritual journey" deeply rooted in trust and faith in God's plan. Similarly, in Jinja, it is about unwavering trust that God will guide individuals through difficulties.
- 2. Perseverance and Endurance:** Most regions emphasise the importance of enduring hardship and not giving up. Gaborone defines resilience as "standing against all odds," while Livingstone focusses on perseverance and faithfulness. This theme of perseverance is also present in Kigali, where individuals are encouraged to "rebuild with hope" after adversity.
- 3. Community Support:** The role of community and family support in resilience is highlighted in several regions. Livingstone, Gwembe Valley, and Nairobi emphasise that resilience is often a communal trait, supported by family networks and societal connections.
- 4. Calmness and Humility:** Maintaining calmness and humility during crises is a common aspect of resilience. Lusaka and Kigali both focus on the need for patience and humility as integral to resilience, with Kigali also emphasising self-awareness and compassion.

Differences

- 1. Individual vs. Community Focus:** In regions like Gaborone and Kigali, resilience is often framed in individual terms, focussing on personal faith and inner strength. In contrast, regions such as Livingstone and Gwembe Valley emphasise resilience as a collective trait, where communal and family support are crucial.
- 2. Spiritual Reflection vs. Practical Action:** Some regions, like Zanzibar and Dar es Salaam, focus on spiritual resilience, emphasising internal calmness, private reflection, and reliance on God's timing. Other regions, such as Lusaka and Nairobi, place a balanced emphasis on both spiritual trust and practical actions, like taking responsibility and addressing crises proactively.
- 3. Cultural and Spiritual Nuances:** Cultural factors shape the meaning of resilience in some areas. For instance, in Mangochi and Zanzibar, resilience includes navigating spiritual conflicts such as witchcraft, which are unique to these regions and not emphasised in other areas like Kigali or Nairobi.



4. **Focus on Leadership and Integrity:** In Jinja, resilience includes maintaining integrity as a leader, which contrasts with places like Zanzibar and Mangochi, where the focus is more on communal resilience and spiritual challenges. The importance of trustworthy leadership is highlighted in Jinja's definition of resilience.
5. **Economic and Systemic Challenges:** In Nairobi, the meaning of resilience incorporates facing systemic challenges such as corruption, poor governance, and infrastructure issues. This focus on societal structures contrasts with regions like Gwembe Valley and Livingstone, where resilience is more about enduring personal or communal adversity.

Conclusion

While the core aspects of resilience—faith, perseverance, and community—are universal, the balance between individual and communal approaches, as well as the influence of cultural and spiritual contexts, varies significantly across regions. Each community adapts the concept of resilience to its unique challenges and experiences.

