



NOREC EXCHANGE PROJECTS IN MALAWI

Updated August 2024

NOR^ÆC NORWEGIAN AGENCY FOR
EXCHANGE COOPERATION



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Photographs

All the images portrayed are real people working in a Norec project and their colleagues from all over the world. Consent has been granted to Norec to use these images to visualise our exchange projects and their effect.

For more information regarding specific photographs or any other content in this pamphlet, contact norec@norec.no

About Norec

The Norwegian Agency for Exchange Cooperation (Norec) is Norway's only competence centre for international exchange. As an executive body under the Norwegian Ministry of Foreign Affairs, we are a key part of Norway's integrated approach to achieving the UN's sustainable development goals.

Grant Management

Norec's uniqueness lies in supporting work exchanges that provide global learning opportunities for staff and organisations. With a grant for a Norec exchange project, workplaces send employees and volunteers on exchange to another country.

As of 2024, Norec also administers the grant Democracy Through Partnerships, which supports Norwegian political parties and their youth wings in their work to promote democracy globally.

The UN and World Bank

Norec coordinates recruitment of Norwegian citizens to positions funded by the Norwegian government at the UN and the World Bank. This includes positions as Junior Professional Officers and United Nations Volunteers, as well as other secondments. We are currently funding around 40 Norwegian citizens working for various UN agencies, the World Bank and the Asian Bank on all continents. Norec conducts pre-deployment trainings and follows up the secondees throughout their contracts, with an overall goal of increasing the number of Norwegian citizens in international organisations.

Training and Learning

Norec has an interdisciplinary team of trainers. They facilitate learning for staff and partnerships that work internationally. Yearly, Norec arranges between 35-40 courses with over a thousand participants. Norec's courses are interactive and inclusive in order to accommodate people from diverse and multicultural backgrounds.

Building Knowledge

In addition, Norec conducts action-based research to expand and build knowledge in the field of international work exchanges. Multi-method data collections are regularly carried out to inform and improve our trainings and programmes.

As a centre of competence, we strive to build and expand knowledge on how to conduct successful work exchanges – and how to build strong global partnerships.

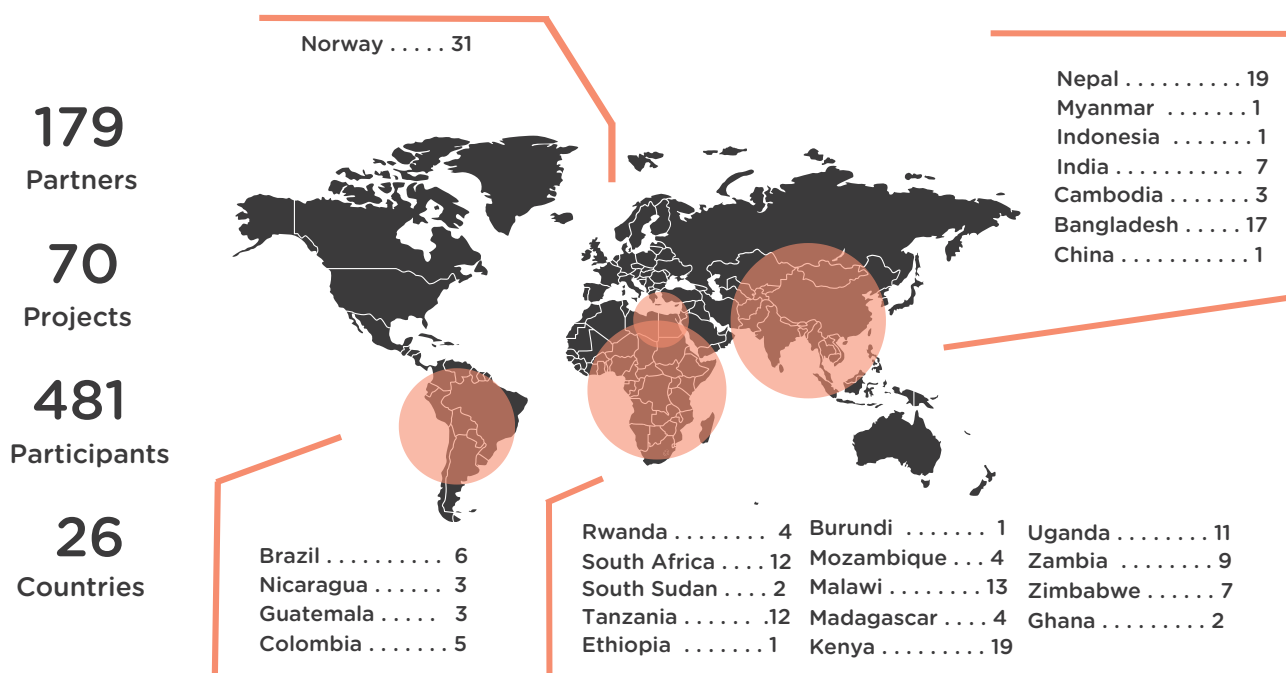
Norec exchange projects

Yearly, over 175 organisations send their staff to work abroad to learn from partners in other countries, creating new or stronger partnerships through practical experience in different contexts and specialisations.

Norec is founded on the principle that collaboration is essential for addressing global challenges. Whether the partnerships are formed with like-minded or different organisations, they strengthen international alliances and work to reach the UN's sustainable development goals.

The majority of the staff that travel abroad in Norec supported projects, gain valuable work experience. Learning and skill transfer gives exchanged project staff professional growth, which upon their return, contributes to their organisations' efficiency and innovation. Over time, the skills and learning are transferred between those that have been on an exchange, the new staff received on job-exchange and the institutions' staff as a whole. This process also promotes organisational and community advancement.

Norec emphasizes the importance of bridging power imbalances and fostering international relationships as essential strategies for solving global issues. It fosters a sense of unity and shared purpose among diverse groups, laying the groundwork for long-term cooperation and mutual benefits. Through a Norec exchange project, organisations gain the expertise needed to achieve their objectives and push for impactful changes, showcasing Norec's dedication to cross-cultural cooperation in global problem-solving.



Former Norec exchanged staff Jeromnie and her story

Jeromnie Akinyi Obwar grew up in an informal settlement in Kisumu, Kenya. She says this about her work exchange to Norway: “That is when I had my self-identity for the first time. I knew who I was. I knew the potentials that I had.”

Upon returning, she volunteered to inform young people about sexual health rights: “We realised that there was something going wrong in our community. The community members could not reach the higher people. We became the ladder for them to use.”

Jeromnie was selected into the Health Management Committee: “that to me is so big. I can meet with those people. I can now influence change directly.”



Partner Youth Alive! Kenya (YAK) and achievements

Staff from Youth Alive! Kenya learnt how to conduct action research while on exchange with Youth Empowerment Transformation Trust in Zimbabwe. YAK applied this method to map the situation for youth in Kenya. A report was compiled, which highlights the gaps in current policies as well as youths' views of what should to be done differently. YAK used the findings to draw attention to the need for change in the electoral process to bring young people out of voter apathy and into politics. The government used key findings from the report to inform governmental youth-focused outreach programmes.

A NOREC TRAINING IN KATHMANDU
NEPAL IN 2022.
CREDIT: MAIKEN SOLBAKKEN, NOREC



The Norec Network — a resource bank

Since we started in 1963, Norec has supported the exchange of more than 13 000 staff and volunteers between different organisations. These individuals are a resource we want to continue to support. Therefore, we launched the Norec Network in 2023.

We enable the members of Norec Network to share knowledge and expertise, expand their professional network and join physical and digital network activities, and this way, we help keep their engagement going even after their exchange period has ended.

This network works as a resource bank for Norec, where we can gather advice and input from the members. They have helped with facilitation, logistics and interpretation for trainings we have conducted in their home countries.

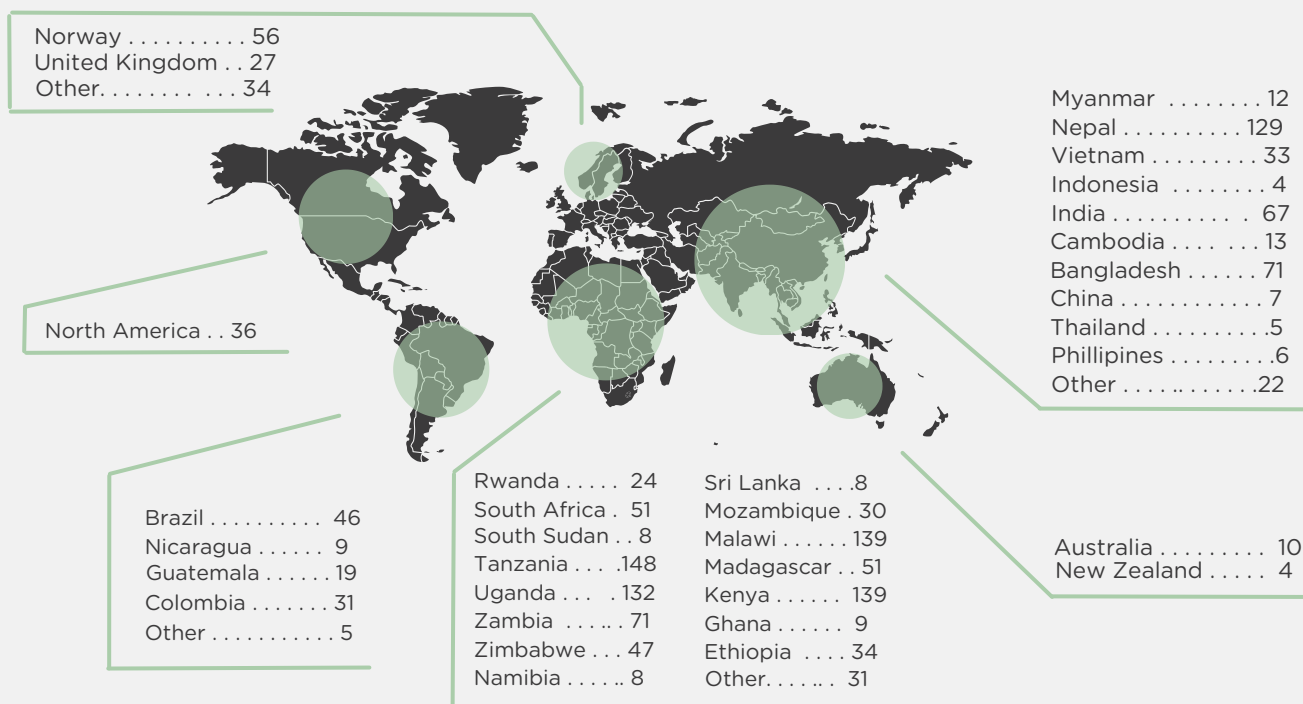
The Norec Network is available for the Norwegian Ministry of Foreign Affairs and associated embassies to utilise as a resource.

If you wish to get further information on how you can utilise this resource, or have any questions related to the network, please contact training@norec.no.

Norec Network members as of april 2024

1,638

Home countries of members of Norec Network as of 2024



LABOREMUS.

FOTO: KRISTINE FOLLAND; NOREC



Overview

Norec exchange projects in Malawi

The numbers

Total grants to organisations in Norec supported projects

The 15 projects with Norec support in Malawi, received funds totaling 1,72 million USD in 2023.

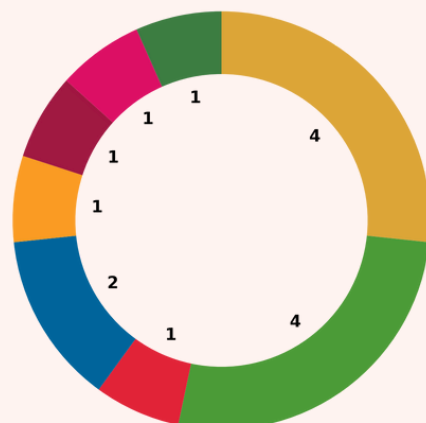
Out of the 15 projects in Malawi, 9 are with civil society organisations (CSOs) and 6 are within the public sector.

\$1,72M

Supported projects are working towards the following Sustainable Development Goals (SDGs)

All Norec projects promote sustainability goal 17, both by strengthening the tools and methods used to achieve results, and by supporting new global partnerships for sustainable development.

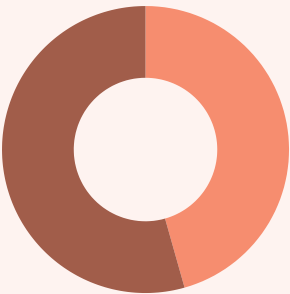
In Malawi, the most prevalent sustainable development goal is goal number 2, Zero Hunger and goal number 3, Good Health and Well-being.



- 2 Zero Hunger
- 3 Good Health and Well-Being
- 5 Gender Equality
- 16 Peace, Justice and Strong Institutions
- 11 Sustainable Cities and Communities
- 8 Decent Work and Economic Growth
- 10 Reduced Inequalities
- 13 Climate Action

Norec staff and volunteers from and in Malawi

There are 57 staff members from or in Malawi, receiving Norec support. 31 of them are Malawians working abroad in a Norec exchange project, while 26 are Norec staff from other countries working in Malawi in 2024.



Organisations have partners in the following countries

In a partnership supported by Norec, organisations, public institutions and private business from over 25 countries cooperate to promote the Sustainable Development Goals.

For the projects with Malawian partners, the collaborating organisations are spread over the countries listed to the right.

- | | |
|------------|------------|
| Uganda | |
| Rwanda | |
| Brazil | |
| Bangladesh | |
| Burundi | |
| Malawi | |
| Tanzania | |
| Norway | |
| | Nepal |
| | Madagascar |
| | Zambia |
| | Zimbabwe |
| | Ghana |

Norec partners in Malawi

Organisation	City	Contact person	E-mail	Start	End
Centre for Community Organisation and Development (CCODE)	Lilongwe	Zilire Luka	malawiccode@gmail.com	2023	2026
Centre for Youth Empowerment and Civic Education (CYECE)	Lilongwe	Lucky Mbewe	Crown76.lucky@gmail.com	2022	2025
Chance for Change	Lilongwe	Grace Tionge Waluza	andy@chanceforchange.org.uk	2022	2025
Kamuzu Central Hospital	Lilongwe	Sifo Nyasulu	tkmhango@yahoo.com	2022	2025
Life Concern Organization	Rumphi	Peter Gondwe	lifeconcernorg@gmail.com	2022	2025
Malawi Girl Guides Association (MAGA)	Lilongwe	Alinafe Mahimanya	girlguidesmalawi@gmail.com	2021	2026
Malawi National Council of Sports (MNCS)	Blantyre	H Mereka	rtulombolombo@yahoo.com	2022	2025
Music Crossroads Malawi	Lilongwe	Gayighayi Mathews Mfuné	mcmalawi@music-crossroads.net	2022	2025
Network for Youth Development (NfYD)	Lilongwe	Gift Numeri	gnumeri@nfydmw.org	2022	2025
Queen Elizabeth Central Hospital (QECH)	Blantyre	Patrick Kamalo	kamalopd@gmail.com	2023	2028
Small Producers Development and Transporters Association (SPRODETA)	Mzuzu	Allen Kumwenda	sprodeta@gmail.com	2022	2025
YouthCode/Nkhotakota Youth Organization (NYO)	Nkhotakota	Robert Mbaya	r.mbaya@yahoo.com	2023	2026
Associação Cultural Mono	Maputo	Victor Filip Sala	acmonoac48@gmail.com	2021	2025
Music Crossroads Mozambique	Maputo	Tapiwa Chimbiro	tapiwa.chimbiro@music-crossroads.net	2022	2025



BREASTFEEDING MOTHERS AT A MNAZI
MMOJA HOSPITAL IN ZANZIBAR
TANZANIA. CREDIT: MAIKEN SOLBAKKEN

Exchange projects in Malawi

Pride Community Health Organization (PRICHO)

DAC Sub Sector

11230 Basic life skills for youth and adults

Sustainable Development Goal

3. Good Health and Well-Being

By giving girls and young mothers knowledge and skills in entrepreneurship, as well as by providing quality sexual and reproductive health services for adolescents, the partners seek to prevent teen-pregnancies and affect the future of girls and women in their countries. The partners will also improve their organisations, and share knowledge on how to best reach their goals.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$52684,6	8	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Life Concern Organization
- Pride Community Health Organization

COUNTRIES

- Malawi
- Zambia

A 3 year' tripartite collaboration in traumatology/emergency medicine and rehabilitation

DAC Sub Sector

12191 Medical services

Sustainable Development Goal

3. Good Health and Well-Being

The aim of the project is to improve patient services within rehabilitation. The project involves the medical fields of physiotherapy, occupational therapy and nursing, and the exchange participants work with trauma patients, establishing standard procedures and checklists, and developing patient brochures. The project also aims to establish multidisciplinary teamwork as the standard for rehabilitation of patients with spinal chord injuries.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$576576,3	18	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Kamuzu Central Hospital
- Helse Bergen HF

COUNTRIES

- Malawi
- Norway

Solidarity Exchange for the Environment and Development

DAC Sub Sector

15150
Democratic
participation
and civil
society

Sustainable Development Goal

13. Climate
Action

The Solidarity Exchange for the Environment and Development (SEED) is a partnership between Norway and Malawi. Young people exchange to improve their knowledge about climate justice in practice, to learn how to influence policymakers, and to communicate their knowledge to youth in Norway and Malawi.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$43062,9	4	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Network for Youth Development (NfYD)
- Spire - Utviklingsfondets Ungdom

COUNTRIES

- Malawi
- Norway

112922N Oslo Universitetssykehus Blantyre Oslo Surgical and Critical Care Exchange 2023 - 2025

DAC Sub Sector

12181 Medical
education/train
ing

Sustainable Development Goal

3. Good Health
and Well-Being

Through the exchange of health personell, the partners will work on improvement of leadership, ensure better use of medical technical equipment, improve the capacity of anaesthesia and neurosurgery, improve intensive care and neurosurgical care services, and improved care of paediatric surgical patients at the partner hospitals.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$3722500,5	80	2023	2028

PROJECT ORGANISATIONS AND INSTITUTIONS

- Queen Elizabeth Central Hospital (QECH)
- Oslo universitetssykehus HF

COUNTRIES

- Malawi
- Norway

The YESS Girls Movement

The project aims to aim to create an empowering environment for young women, where young women will be leading, raising their voices and making a difference on issues important to them at local, national, regional and global levels. The project exchanges both professional staff and volunteers.

DAC Sub Sector

15170 Women's
equality
organizations
and institutions

Sustainable
Development
Goal

5. Gender
Equality

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$550360,6	240	2021	2026

PROJECT ORGANISATIONS AND INSTITUTIONS

- Bangladesh Girl Guide Association
- Burundi Girl Guides Association (BGGA)
- Ghana Girl Guides Association
- Kenya Girl Guides Association (KGGA)
- Fanilon'i Madagasikara
- Mpanazava Eto Madagasikara
- Malawi Girl Guides Association (MAGA)
- Nepal Scouts
- Rwanda Girl Guides Association
- Tanzania Girl Guides Association
- Uganda Girl Guides Association (UGGA)
- The World Association of Girls Guides and Girls Scouts (WAGGGS)
- Zambia Girl Guides Association
- Zimbabwe Girl Guides Association

COUNTRIES

- Bangladesh
- Burundi
- Ghana
- Kenya
- Madagascar
- Malawi
- Nepal
- Rwanda
- Tanzania
- Uganda
- Uganda
- Zambia
- Zimbabwe



SDI Youth Leadership Development & Exchange Programme

DAC Sub Sector

**16010
Social/
welfare
services**

**Sustainable
Development
Goal**

**11.
Sustainable
Cities and
Communities**

This project, part of the Slum Dwellers International (SDI) Network, helps people living in slums worldwide improve their homes and increase their influence. It shares knowledge on getting better housing, mapping communities, upgrading slums, boosting livelihoods, and adapting to the climate. Activities include group savings, raising awareness, backing climate action, and creating solutions based on community services. The aim is to give slum residents better access to safe homes and necessary services, and prepare them for climate challenges.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$22000	16	2023	2026

PROJECT ORGANISATIONS AND INSTITUTIONS

- Shack Dwellers International Kenya (SDI Kenya)
- Centre for Community Organisation and Development (CCODE)
- Slum Dwellers International (SDI)
- ACTogether Uganda

COUNTRIES

- Kenya
- Malawi
- South Africa
- Uganda

138602A Youth Code 2023-2026

DAC Sub Sector

**11330
Vocational
training**

**Sustainable
Development
Goal**

**8. Decent Work
and Economic
Growth**

The project aims to strengthen the organisations as regional development partner through vocational skills training, entrepreneurship, internationalisation, and quality service delivery. The Malawian will empower young people with vocational and entrepreneurial skills training, while the Norwegian partner focus on improvement of intercultural competence and general knowledge on issues such as sustainability, globalisation and cultural awareness.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$900000	24	2023	2026

PROJECT ORGANISATIONS AND INSTITUTIONS

- YouthCode/Nkhotakota Youth Organization (NYO)
- Flora vidaregåande skule
- Uganda Youth Skill Training Organisation (UYSTO)

COUNTRIES

- Malawi
- Norway
- Uganda



Meaningful Youth Participation in socio-economic and political decision-making processes

DAC Sub Sector

Democratic participation and civil society

Sustainable Development Goal

16. Peace, Justice and Strong Institutions

The project is designed to create awareness and strengthen systems related to critical issues impacting young people. The partners use peer-to-peer networking, training sessions and local engagement to create opportunities for youth leaders. They work simultaneously through their mother organisations and nation-wide member organisations and youth clubs in Kenya, Zimbabwe and Malawi.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$111000	42	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Youth Alive! Kenya
- Centre for Youth Empowerment and Civic Education (CYECE)
- Youth Empowerment and Transformation Trust (YETT)

COUNTRIES

- Kenya
- Malawi
- Zimbabwe

MOVE

DAC Sub Sector

15150 Democratic participation and civil society

Sustainable Development Goal

10. Reduced Inequalities

MOVE is an exchange program for young musicians and organisers - between Norway, Malawi, Mozambique and Brazil. The programme exchanges youth with competence in music and organisation, and seeks to empower them with new tools and intercultural understanding as young leaders within the cultural field. Simultaneously, the project aims to enrich the organisations, the local communities and society.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$1650000	24	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Sustenidos
- Music Crossroads Malawi
- Music Crossroads Mozambique
- Trøndertun Folkehøgskole
- JM Norway

COUNTRIES

- Brazil
- Malawi
- Mozambique
- Norway

Umunthu

DAC Sub Sector

11330
Vocational
training

Sustainable Development Goal

16. Peace,
Justice and
Strong
Institutions

In Malawi, it is illegal to employ a former convict the first seven years after serving time in prison. In Uganda, inmates are vulnerable as their offences often are related to experiences of hardship, marginalisation and violence. This project seek to equip offenders with education and skills that will enable them to be self-reliant members of society, while also building institutional capacity of the organisations in the exchange.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$22130,4	12	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Chance for Change
- Advance Afrika

COUNTRIES

- Malawi
- Uganda

Youth Sport Exchange Program

DAC Sub Sector

12261 Health
education

Sustainable Development Goal

3. Good Health
and Well-Being

Five partners in Norway, Zambia and Zimbabwe cooperate to improve access to sports for all — regardless of gender and age. In order to create safe, inclusive and sustainable sport environments in the partner countries, they engage children and youth, increase competence for young coaches, and strengthen the organisations and institutions around them.

PROJECT KEY FACTS

Estimated total grant	Total staff and volunteers	Project start	Project end
\$1200000	70	2022	2025

PROJECT ORGANISATIONS AND INSTITUTIONS

- Malawi National Council of Sports (MNCS)
- Norges idrettsforbund og olympiske komité (NIF)
- Response Network
- National Organisation for Women in Sport Physical Activity and Recreation (NOWSPAR)
- Sport in Action
- EduSport
- Zimbabwe Volleyball Association

COUNTRIES

- Norway
- Zimbabwe
- Zambia
- Malawi



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