



Untold Stories:

Why are they on our bank notes?

Untold stories



It has never been easier to adapt to new cultures (new stories) with the digital era we're living in; especially in a country like ours, where adapting to the modern culture has been made easier through the mass media. But if you can drive on the left side of the road in one country; the right in another, then neither is the wrong side. You can never be too far away from home.

The differences in culture across the world are intriguing and at the same time special. The mass media have united us through a fundamental appreciation of music, fashion, art, movies, food and all the good stuff we've all adapted to.

The question is, however, how well do we value the Malawian heritage? The Malawian culture? The history, the traditions and the practices that

we (are supposed to) inherit from our ancestors and that are (supposed to be) important to us?

The stories of those that are important to our culture are at a risk of dying down if they're not shared from one generation to the other. The third edition of the FYI Online Paper covers what is assumed to be an unpopular story among the youth – why we have Inkosi ya Makhosi M'mbelwa II, Inkosi ya Makhosi Philip Gomani II, James Frederick Sangala and Rose Chibambo on our bank notes (K20 to K200).

With that being said, thank you for taking your time to read another edition of FYI.

Editor,
Gary Samati

EDITORIAL TEAM

EDITOR |
Gary Samati

GRAPHIC DESIGNER |
Kelvin Sean Kamude

CONTRIBUTORS |
Andrew Nyirenda
Sam Banda Jnr
Sarah Kachingwe
Mphatso Mwale
Zindzitswa Mvula
Vanessa Faith Chitani
Sharon Chirwa
Precious Hemah

FYI TEAM |
Madalitso Musa
Gary Samati
Sharon Chirwa
Gift Mlaviwa
Kelvin Sean Kamude

FEEDBACK |
WhatsApp/Call:
+265 (0) 881 885 512

EMAIL |
garysamati@bnltimes.com

SOCIAL MEDIA |
f @FYIonline
t @FYIonline
i @FYIonline

WEBSITE |
www.fyi.mw



Page 5



Page 10



Page 16

Page 4 |
Diligence over fear

Page 6 |
Entertainment

Page 7 |
Is Denim still a thing?

Page 8 |
Invest... why not?

Page 9 |
Dating

Page 11 |
Urban Dictionary | Ask Sibweni

Page 12 |
Mental Health

Page 13 |
As Sharon sees it

Page 14 |
Politicians and the youth

Page 15 |
Let that mango...

Diligence over fear: the core of success

BY Andrew Nyirenda



In the quest to victory, a constructive mindset is the heart of the journey while absolute fear is nothing but a poisonous element purposed to hold someone back from attaining their desired goal.

According to psychology scholars, the fear that kindles self-doubt can push people into a stagnant state where success would only be an imagination in their mind.

Meet McDonald Nyirenda, a 31-year-old who has battled and triumphed against fear to realistically achieve what most people can only dream of.

Determination, persistence and absolute hard work are some of the key facets that have enabled him to become one of the strong forces for promoting the rights and welfare of people with disabilities in the country. He went to Ngelenge and Kaporo primary schools respectively in Karonga but against all odds, in 2005 he was the only student from his class to be selected into a government secondary school.

However, the chance to attain secondary education became an additive thorn in Nyirenda's life 'cause he had to do a lot of piece

works so as to supplement the little his parents had for school fees.

"While at Kaporo Community Day Secondary School (CDSS) I was doing some photography using the skill I cultured from my brother so as to help top up my school fees and living closer to the lake did not spare me from selling fish in neighboring villages," he says.

After a long spell of relentlessly exploring productive opportunities including being a barber, in 2016 he founded Focus on Ability Society (FOAS), a registered trustee and a solid voice for people with disabilities in the country.

He indicates that finding FOAS could have been impossible without the inspiration of external players in the field of activism.

Since 2017 he has managed to secure partnerships between Malawi and Australia through FOAS and NOVA Employment respectively to organize the focus on ability film festival in Malawi.

The Focus on Ability Short Film festival was created by the Australian NOVA Employment company to encourage filmmakers across the

globe to tell stories about the abilities and achievements of people with disabilities.

Through this initiative, Nyirenda has managed to promote the abilities and achievements of 32 people with disabilities and filmmaking skills of 27 young people in a space of three years.

He also founded and registered a social training enterprise called computer literacy Training for Teachers, Women and Youths (CLT4TWY).

Nyirenda is pursuing a Bachelor of Arts in Journalism at The Polytechnic but he is also the Executive Director of FOAS. At the same time, Nyirenda is a certified African union trainer in prevention of violence extremism under Interfaith Dialogue on Violent Extremism (IDOVE), a youth movement between Africa and Europe.

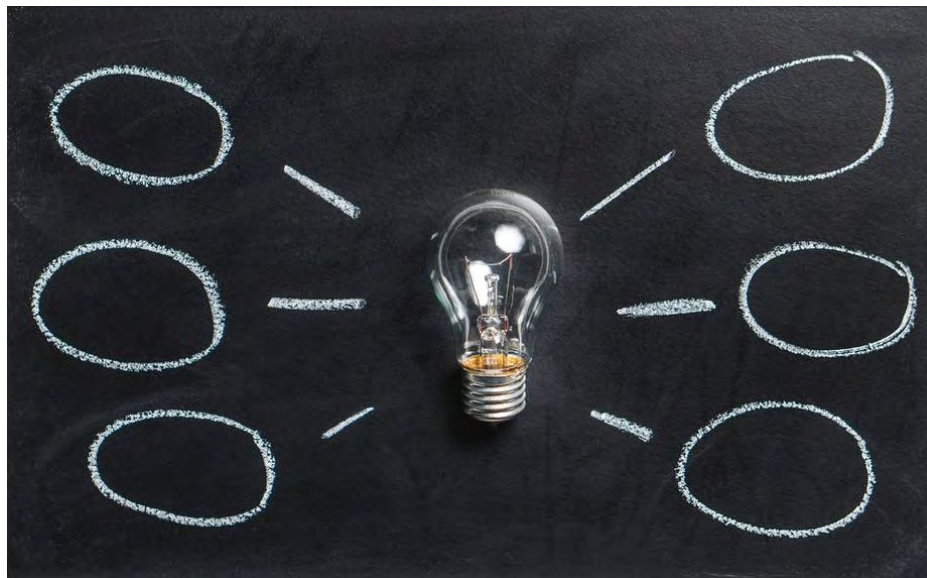
To this effect, some would think that luck has played a big role all the way but a flawless view of his life evidently pinpoints that absolute diligence is at the center of his accomplishments.

Did you know?

Fun quiz



In 1968, Malawi became the only country outside of Denmark to have a factory for brewing Carlsberg beer.



- 1). If you were born on 8th April, which star sign would you belong to?
- 2). What do the Roman numerals CX stand for?
- 3). What occurs once in a minute, twice in a week and once in a year?
- 4). What is the name of the planet that Superman comes from?
- 5). True or false: Easter has a fixed date?

Quiz Answers:

3 = The letter E

4 = Krypton

5 = False, it's determined by the Jewish calendar which is based on lunar circles and Easter should fall after the Passover full moon

2 = 110

1 = Aries

[Source: challengethebrain.com]

Brief Gossip

Gwamba features Emtee, half price?

What should have been exciting news turned to a negative story (on twitter rather) for Gwamba who announced that he was in the studio with South African rapper Emtee on 18 May 2020. However, 5 days later, the 'Roll Up' artist commented on a video of him and Gwamba saying "last day of the half price features..." and yeah, Twitter Malawi reacted as some



users said the rapper had disrespected Gwamba by revealing, indirectly whatsoever, that Gwamba paid half the original price for the feature.

In Gwamba's defense however (not saying he needs it), the rapper took advantage of the promotional features that Emtee was implementing and what's the harm? Regardless, we would feel disrespected if we were in

Gwamba's shoes!

The Malawian rapper has nonetheless embraced what some would call an L – but is definitely a win (coz at the end of the day, the Malawi industry is growing) – by calling it a discount hit, funny enough.

The song is titled Own Time, produced by DJ Meg & BFB. No release date has been set so far.

Piksy, Sangie acoustic collabo

BY Sam Banda JNR



Musicians Piksy and Sangie are set to collaborate in an acoustic set that will see them sharing three old songs each.

Piksy, who had a grand time on Friday 22 May 2020, performing at National Bank headquarters banking hall in Blantyre in an Unlock Your Potential Campaign, said the acoustic set was part of giving people the much needed entertainment at a time when the world is fighting the Covid-19 pandemic.

"We just want to be creative and do

things differently hence coming up with an acoustic set. We have selected three old songs each and we will perform them again in an acoustic set," Piksy said.

He said they will then put the acoustic set on YouTube and Facebook platforms for their fans to enjoy the performance. "This is also part of reaching out to the people this time; encourage them to smile, be creative, grow themselves, and have fun despite having the Covid-19 pandemic. This is the time people are missing live performances

and this is one way of reaching out to them," he said.

Sangie confirmed that the acoustic collaboration is set to take place. "We have always wanted to do that, give people something new and in these times of Covid-19 pandemic, music would help bring in hope. So people should just watch the space for the acoustic set," she said. Meanwhile, Sangie also disclosed that the pair are recording an Extended Playlist (EP) to be ready June 2020 month end.



Mumatha – 4 the Creatives

Name: Christina Kamwendo

Creative Field: Spoken Word

Brand Name: Dark Shadow

Inspiration: "I started as a song writer before transitioning to poetry because I felt it captured emotion better. I also got inspired when a lot of people came forth and told me how much they relate to my work."

Vision: "I want to grow my listeners and be able to interact more and give my fans what they want, and of course

to grow in my craft. I also want to be able to touch a lot of bases in the music industry through spoken word (music, theater and dance)."

Challenge: "There is a lack of a platform for most creatives in Malawi. I put my art on streaming sites, but the problem lies where most Malawians fail to access these sites. At some point, support was also a challenge but there has been a lot of support in the industry for me now."

Find her on IG or twitter
@_dark_shadow265

Is Denim still a thing?

BY Sarah Kachingwe

Denim – the fashion trend that seems to make a comeback before being forgotten, every now and then.

While fashion keeps changing, denim clothing seems to be the 5 Kwacha of modern times – in the fashion world. Most of us encountered the denim trend over a decade ago; the early 2000s when Kelly Rowland was professing her undying love to Nelly in their iconic hit single ‘Dilemma,’ when all the cool kids were belting out, “say my name, say my name,” by the queens of all queens – Destiny’s Child.

At the time, even denim dresses were a red carpet staple. However, jeans have been around since the 1800s; undergoing a lot of changes since. From the baggy jeans in the 90s to the skinny jeans in our time, the denim fashion has proven it’s a timeless trend.

Till date, despite being less common than usual, denim clothing will always be a staple in most people’s closets. You can’t walk more than ten minutes at kaunjika before coming across dozens of denim jeans. Indeed, the denim jeans are still a thing – but not a classic as they used to be – it’s simply the style of denim that changes year after year.



Invest... why not?

BY Mphatso Mwale



"Having one stream of income is only one step away from poverty"

I felt insulted when I heard this statement. My only aspiration was to get a well-paying job after my tertiary education. In my conjecture, my salary would be enough to cater to my expenses. The word 'investment' wasn't in my vocabulary. To be candid, I was clueless about investing – disregarding its importance. Well, here is everything you need to know.

There are two ways to make money in Malawi, like anywhere in the world. You can either earn an income (by working for somebody or being self-employed) or, what I feel is mostly ignored, you can grow your fortunes by investing your assets so they can grow in value overtime.

In the Malawian context, one can invest in stocks (shares), bonds, mutual funds, small businesses and real estate. The investor doesn't only enjoy the increase in value of the asset; s/he earns a series of regular or irregular returns from the assets. This can be in form of dividends, interest (coupon), rental income, and business profits among others.

Warren Buffet, an American investor, once said, "If you don't find a way to make money while you sleep, you

will die working". Adding to that, one other American businessman, Robert Kiyosaki, said, "A wealthy person is simply someone who has learned to make money when they are not working".

It all starts by investing your time in learning more about the asset you want to invest in. The great news is that we have abundant free resources on the internet and to be precise, the Reserve Bank of Malawi (RBM) website has all the resources for a beginner.

Start your investment journey today!

The younger you start investing, the better. This does not mean older people are not supposed to invest.

Since I ventured into my Financial Engineering career, I have noted that there is inadequate information about investing, especially in the rural masses. However, the levels of Financial Literacy are increasing in Malawi. Grab that opportunity and invest your time and knowledge in learning about the capital markets. It doesn't need a professional in Finance to understand, it's easy and straight forward.

Why should you invest?

1. Money loses value with time. To avoid this, grow the value of your money with time by investing.

2. If person A has K5, 000 today, next year he will not be able to purchase the same amount of goods he can buy with the same amount of money. The money is subjected to inflation.
3. You earn a series of returns.

Be a wise youth! Save for investment! Invest today! Invest in stocks, bonds, mutual funds, real estate! Make money! Prepare for your future! Develop a culture of investing! Be independent! Grow your kwachas.

“
A wealthy person is simply someone who has learned to make money when they are not working
”

Bread-crumbing

by Zindzitswa Mvula



Being ghosted by your significant other or your crush might be a hurtful thing but perhaps one of the most confusing among the ever-growing list of millennials named dating trends is bread crumbing.

According to the urban dictionary, bread crumbing is when your crush/mahope has no intentions of taking things further but they like the attention. Crazy, right? They flirt here and there, send DMs just to lead you on knowing very well nothing will happen between the two of you.

As someone who has experienced it before (yeah, we've all been somebody's clown), I wouldn't recommend. It sounds great but it's definitely a trap. In the bread crumbing process when you want to meet up with your crush, they give a

lot of excuses. You exchange a lot of flirty texts thinking she would enjoy your company but nah; you never get to meet up.

Your crush might bread-crumbs you because they're not ready for a relationship; trying to figure out about their career, personal life or development; they're narcissists or you simply just don't have a deep connection. The point of focus for you here is to figure out exactly what your crush is looking for. Do not hesitate to keep it moving if you realize they're not looking for the same things you are. It might be hard but you have to move on, energy is everything and you do not want to invest it in someone who is not interested in you.

The challenge however, is that in the dating pool there are people who

may not be ready for relationships and are scared to express themselves to their partners – leading to bread crumbing. This gets tricky, but if you're one to breadcrumb, save your partner the shame and tell them straight up, "hey, this is not working out for me." Simple, right? But no, most people want to ignore that clarity saves a lot of time in relationships. It also shows that you know your worth and what you're looking for because most of us want a relationship with a direction but breadcrumbs go nowhere.

The road to a committed relationship is not paved by breadcrumbs so do take a stand for yourself because you know what you want and what you truly deserve.

K20 to K200 bank notes – why the faces?

BY Gary Samati

John Chilembwe, Kamuzu Banda and Bakili Muluzi have been the usual faces on the Malawi Kwacha banknote since the currency was introduced in 1971. However, in 2012, the Reserve Bank of Malawi in consultation with the Executive Arm of Government and the History Department of Chancellor College came up with a list of people who are relevant to the history of the country; to grace our bank notes.

The stories of Kamuzu Banda and John Chilembwe have been passed on to us from the older generation; it was no surprise for young Malawians to see Chilembwe on the K500 and K2,000 bank notes and Banda on the K1,000 banknote. On the contrary, the stories of the ones on the K20 to K200 banknotes haven't been fully shared to the younger generation. Well, here are the details of why they deserve to be on the banknotes *[Information from the Reserve Bank of Malawi]*:



Inkosi Ya Makhosi M'mbelwa II – Lazalo Jere (K20 Banknote)

Lazaro Mkhuzo Jere (1902 – 1959) was the Paramount Chief of the Jere Ngoni in 1928. His thirty-one years on the throne saw him emerge as a development conscious leader, and he was to go down in history as the most powerful and fearless king the Jere Ngoni have had since they settled in the mid nineteenth century.

Among some of the significant things he did, M'mbelwa II led his people to oppose the imposition of the Federation of Rhodesia and Nyasaland in the early 1950s. He established auxiliary schools for the poor in 1957 based on the Ghana model and provided scholarships to the needy under the M'mbelwa Bursary Scheme. In the late 1950s, he mobilized the people of Mzimba district to rally behind the Nyasaland African Congress leader Dr. H. Kamuzu Banda.

He was also one of the five chiefs who went to protest against the imposition of the Federation and Rhodesia in 1953 at Lancaster House, United Kingdom in 1953.



Inkosi Ya Makhosi Gomani II – Philip Maseko (K50 Banknote)

Philip Zitonga Maseko (1894 – 1954) was the son of Gomani Chikuse who was brutally beheaded by the colonial government in 1896 for refusing the British rule.

Inkosi Gomani II, who was installed in 1921, mounted vigorous campaigns in the 1930s and 1940s to improve the health and sanitation, education and agriculture of his people. He broke ranks with the Colonial Government when it imposed the Federation of Rhodesia and Nyasaland. He openly opposed of British taxation and exploitation of all the people of Nyasaland including those outside his jurisdiction. The government told him to renounce his passive resistance but he refused and inspired the people of Nyasaland to attain self-government.



James Fredrick Sangala (K100 Banknote)

James Sangala (1900 – 1974) was the founder of the African Nyasaland Congress (ANC) which sought to give a unified voice to local associations in Nyasaland and to press for more rights for Africans. Sangala bridged the leadership gap in the development of nationalism in Malawi between the John Chilembwe era (1900 – 1915) and the Kamuzu Banda era (1958 – 1994). He advocated civil disobedience before he stepped aside from the ANC due to health reasons. Regardless, he continued to press for democracy and the right of freedom of movement.



Rose Lomathinda Chibambo (K200 Banknote)

Rose Chibambo (1928 – 2016) was a prominent politician in the British Protectorate Nyasaland prior to gaining independence in 1964 and immediately thereafter. She became the first organizer and motivator in Nyasaland – a role she played at local, regional, and national levels. She attracted world-wide attention and sympathy when she was jailed, with her two weeks' old baby, during the Nyasaland State of Emergency of 1956/60, for her anti-colonial activities. She was released a year later.

Chibambo became the first chairperson of the MCP Women's League, the first chairperson of the MCP Women's League and the first woman to join the cabinet of independent Malawi as Deputy Minister for Hospitals, Prisons and Social Welfare in Dr. Hastings Kamuzu Banda's first cabinet.

MALAWIAN URBAN DICTIONARY

WORD OF THE WEEK

Kumpanje

Mpanje is a slang word for Malawi.

Kumpanje means “in Malawi,”

[Source: @IssaMarioBro on twitter]

“Kumpanje sungalemele opanda ma connection”

URBAN LANGUAGE MISTAKE

Assure vs Ensure vs Insure

Assure means “to tell someone that something will definitely happen.” Ensure means “to make sure of something.” Insure means “to buy an insurance policy.”

She **assured** me that the house would not flood

She took steps to **ensure** that the house did not flood

She is glad the house was **insured** against flood damage.

ASK SIBWENI



Think of Sibweni as the uncle you wish you could get advice from. Send us the uncomfortable questions you have through our social media inbox @FYIonline^{mw} or WhatsApp 0881 885 512.

Note:

Your question is published anonymously.

[f](#) [t](#) [@](#) @FYIonline^{mw}

Deep inside your Mental Health

BY Vanessa Faith Chitani



According to the World Health Organization (WHO), mental health is a state of well-being in which an individual realises their abilities can cope with the normal stresses of life, work productively and be able to make a contribution to his or her society.

Mental health is mainly about how people think, feel and behave as it refers to cognitive, behavioral and emotional well-being. Having a disturbed mental health can affect your daily life, relationships and physical health – different conditions like stress in a person's life contribute to these disturbances.

WHO emphasises that mental health is more than just the absence of mental disorders but wellness and happiness as these factors preserve a person's ability to enjoy their life.

Everyone has a risk of developing a mental health disorder regardless of sex, age and income. Although

that is the case, there are still some outstanding risk factors that contribute highly to mental health disturbances.

Mental health conditions such as stress and depression can also develop due to life experiences where different factors like experiencing the loss of a loved one affects how a person behaves, feels and thinks.

The common types of disorders are anxiety and mood disorders. People with anxiety disorders have severe fears and anxiety towards certain situations and try to avoid exposure to whatever triggers their fear or anxiety. Examples of anxiety disorders are Post-traumatic Stress Disorder (PTSD) and phobias. PTSDs are experienced when people witness a deeply stressful or traumatic event which would make them very depressed. Mood disorders are also related to depression because people with these conditions have major mood swings. People with bipolar disorder also experience unusual changes in

their mood and energy levels ranging from depressive low to manic high.

Early signs of having a mental health disorder include withdrawing from friends, family and activities one would normally enjoy; feeling hopeless; frequent use of mood altering substances like alcohol; experiencing severe mood swings and; having a low-energy feeling. Experiencing one or two of the signs can be a red flag and would be best to visit a doctor to get clarification. Mental illnesses have no cure but have a lot of effective treatments that enable the patients to recover and live long and healthy lives.

Treatment for mental illness includes change in lifestyle, medications, support groups, self-help and therapy.

Sources:

<https://screening.mhnational.org>

<https://www.mayoclinic.org>

<https://who.int>

You cannot control everything

BY Sharon Chirwa



As Sharon sees It

Do you ever question your actions? Has something ever happened to you that made you question why it happened?

I have a story to tell that has bugged me for months 'till recently when I realised – I have no control over what people say or think about me.

Firstly a disclaimer; THIS HAPPENED BEFORE THE SOCIAL GATHERING RESTRICTIONS – I am very serious about keeping to myself 'till The Rona has been dealt with.

So, here goes; I was out at one of my favourite spots in Blantyre, with my girls (we call ourselves the Petty Posse, but that's a story for another day), having a fabulous time as always, when a guy, let's call him E, approached me.

Now we had already exchanged 'pleasantries' so I was not sure why he was talking to me again.

I leaned in to hear him better, because the music was too loud for us to have a normal conversation (something I dearly miss about outings).

My ears didn't want to believe what he said. I heard clearly, but I was not sure if he was really asking such from me... me?

"Can you go order a drink for me? I will pay you," E said.

Now having mentioned my posse up there, you must understand that the petty in me would come out naturally, right? Wrong, I stood there 'shook' for several seconds before I said "No, I will not".

He went on to beg me several times before he eventually gave up.

For a while, I questioned what it was about me that made him comfortable enough to ask me that. I questioned the way I was dressed, my group of

friends and even if the way I greeted E earlier had possibly given him the idea that I would first of all willingly get a drink for him and secondly, get paid for that.

Now here's the thing that I realised recently: it was not me, not the way I dressed, not my group of friends nor the way I greeted E that made him feel entitled enough to ask such of me.

It. Was. All. Him. (The full stops acting as a clap each).

And that is the reality of life and humanity; you simply have no control over what people do. You may entice them, but whether they do anything about it or not is entirely up to them.

I am sure we all have incidents we question and sometimes, like myself, point a finger to ourselves for what happens.

It is often more difficult to find the best way to react to or deal with such occurrences too. But take your time and find a solution that is helpful and healthy for you.

There is no way self-harm (physical or emotional) will make it go away. Face your problems head first and deal with them in the healthiest way possible.

On that night, I thought of several. I could have thrown my drink at him; I could have said no and not let it bug me. I let it have a hold on me for so long and that was a waste of time.

Remember this quote, "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference".

“

There is no way self-harm (physical or emotional) will make it go away. Face your problems head first and deal with them in the healthiest way possible.

”

Youths: Used and dumped by politicians

BY Precious Hemah



Kajoloweka, Founder of Youth and Society (CYAS)

If history is anything to go by, you'd agree that young people are used by political parties during campaign periods and dumped once the leaders have been elected.

Dayton Moyo is a one of the youths who were dumped after being used in the 2019 Tripartite Elections. Seeing that Moyo owns a kabaza business in Ekwendeni, Mzuzu, political parties promised him the resources that would boost his business but turned a blind eye once the campaign period was over.

"At first I thought my life will change for the better because the ruling party promised me and my fellow youths business loans. I had hopes that I would change my business and gain more money per day than before, but 'till today we haven't received any of the promised loans," Moyo explained.

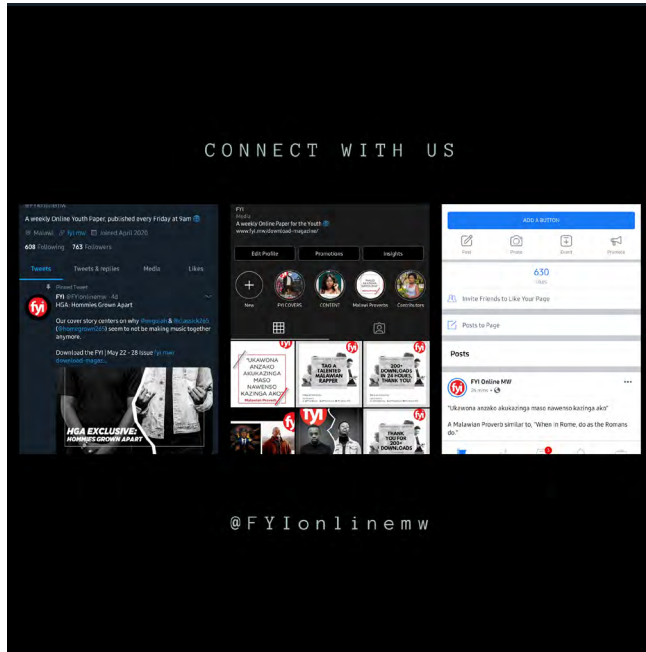
However, human activist and the founder and executive of youth and society (YAS), Charles Kajoloweka, says

that lack of employment and economic opportunities have made political parties to take advantage of young voters because most of them have nothing to do. He further said political parties don't have youth programs within their policies.

"If political parties want to transform the lives of the youths in years to come they should use the Nation Youth Manifesto because it's a tool that the youth can use to demand accountability from the elected officials"

Kajoloweka encourages young people to read the National Youth Manifesto and understand the policies to which they should hold elected officials accountable. He further said that they have reached out to political parties with the Nation Youth Manifesto so that they may embrace young people as partners in development.

"At first I thought my life will change for the better because the ruling party promised me and my fellow youths business loans. I had hopes that I would change my business and gain more money per day than before, but 'till today we haven't received any of the promised loans"



DON'T MISS OUT ON GREAT CONTENT!

Follow us on our social media pages

[@FYIOnlineMW](#)
[@FYIOnlineMW](#)
[@FYIOnlineMW](#)



Like

Comment

Share



Let that 'MANGO'

When creativity and jokes meet one mind... you'll agree if you get it!




Like

Comment

Share

Malawian Olympian, Ammara Pinto – Untold Stories

BY Gary Samati

A close-up photograph of Ammara Pinto, a Malawian Olympian, in a swimming pool. She is wearing a white swim cap with the Malawian flag and the letters 'M' and 'W' on it. She has yellow and black goggles on her forehead. Her face is wet with water droplets, and she is looking off to the side with a focused expression. The background shows the blue water of the pool and a blurred crowd of spectators.

A 10-year-old Ammara Pinto met the famous football superstar Ronaldinho. An avid fan of the man, she recalls crying for his attention at the 2008 Olympic Games in Beijing, China, where her older sister was participating as a swimmer. The Brazilian football legend, as soon as he noticed Ammara's tears, scooped her up and carried her in his laps. For Ammara, it was a glorious moment of happiness.

Upon her return to Malawi, she gushed about meeting her hero, Ronaldinho, and announced, with the earnest hope of any big-dreaming 10-year old, that she was going to follow in her big sister's footsteps in Brazil, the home of her beloved El Brujo de Porto Alegre (long name, let's stick to Ronaldinho).

The young dreamer's father tried to convince her to go for the London Olympics which would precede the games in Brazil but she had her mind set – she was going to compete for the Olympics in the land of her hero!

Rewind four years before meeting her favourite footballer, a six-year-old Ammara had started swimming as a hobby but one day she told her mother, "That will be me," as she watched a professional swimmer on live television. Fast forward 13 years, a 19-year-old Ammara became the fish of the Pinto family, as she finally made it to the 2016 Olympic Games in Rio, Brazil.

"I didn't believe I made it to the Olympics," Ammara said of the long awaited experience. "I had finally made my family proud, especially my dad who had just passed away. I just felt accomplished."

However, after a lifelong dream come true, Ammara did not make it to the Olympic finals.

"It's difficult to get to the finals with the facilities we have in Malawi," she said, "We limit our swimming time since we enter as preliminary athletes, it's hard for us to get to the semis or to the finals." Regardless, Ammara considers participating in the Olympics as the peak of her career.

To other dreamers, Ammara encouraged determination and focus. "You'll bump into people who try to discourage you," she said. "In simple terms I'd say 'haters' are always going to hate. If it's what you want, do it. Don't let anyone stop you. You won't see the end of the tunnel in a very long time but that doesn't mean you need to turn back and stop," the 2016 Olympian from Malawi concluded.