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South Sudan: Malnutrition

Changing One Refugee's Life

“Helping one person might not change the whole world, but it could change the world for one person”. There are many countries around the world who need economic and medical help. We know we can't help everyone around the world, but we can make someone suffer less and smile more. When you help someone, you feel good with yourself, and blessings will multiply for you. Some of the solutions to help South Sudan are medical brigades, volunteers for refugee, facilities building houses, promoting peace and empowering agriculture. All of these solutions mentioned before will make this country a better place to live in, because the refugees will have food, safety and health care. Big things start with small steps. We can all make a change in everyone's life if we all work together and it starts with looking at South Sudan.

South Sudan is a small country located in East-Central Africa. It has a population of 56.72 million people. This country is facing many problems like political, economic and social tensions. (Mercy Corps,2019) Their main problem is a civil war between forces of the government and opposition forces. According to (A major step toward ending south sudan's civil war, 2020) All this civil war started in 2013 because president Kiir accused people of attempting a coup d'état. A coup d'état is the forcible expulsion of power of an existing government by non-democratic means, typically this is illegal (Britannica, 2020) Mercy corps Says that over seven million people, about two thirds of the population are in need of aid, including around 6.9 million people experiencing hunger.(2019) South Sudan has the third largest refugee crisis after Syria and Afghanistan. (Aljazeera, 2019) This country was actually really rich in petroleum, but South Sudan accused Sudan of stealing part of their production of it. Since the civil war started this country has been facing these different problems; this population needs our help.

There are currently 4.3 million displaced people from South Sudan. They prefer to look for another place to live because of government problems, poverty, and medical help violence in their country, they search for a better life. UNHCR is an organization who helps people around the world. To build a refuge for facility for all these people we will need about 15,000 dollars. That is just the spence's just to build it; we will be spending more money to buy food, clothes, medicine etc. Gathering all of this money will be a challenge but is not impossible there are many people, congregations and associations that will love to donate. Building houses and providing jobs for these people will help them to have money and a better economic status. There are always groups of people from different countries who build houses for families that, needs the house.

Civil war has caused many problems. To be more specific civil war was the reason why everything in this country collapsed. A “revitalized” peace agreement signed by the government and opposition forces in September 2015 did not end the war between them. I would like to promote peace in this Country because this is actually the main reason why this conflict never ends. I know everyone in this place wants peace

and even if they are the ones involved in the conflict there is a reason why there are fighting. Having peace in the country will be so helpful “because people are running around out of control”. Peace is a state in which there is no more war and people live in tranquility. We can start promoting peace at schools and at refugees’ centers. According to the Global Campaign for Peace Education, some of the ways that we can promote peace at schools are the following; model kindness with empathy showing care for others, create a democratic space giving the opportunity to share their point of view, discuss controversial issues like the war and their effects. (2015) All these learning ways will change kids and adult’s way of thinking. I want to talk about this association named AEGIS (preventing crimes against humanities) They work all around the world promoting and giving solution for places or countries who are in need of peace. They not only promote peace but also teach people how to develop critical thinking, help people with fears etc. I think this place is just perfect since they are willing to help people around Africa suffering from these types of situations. Promoting peace, it’s neither impossible or easy. One of the solutions will be offering all these people their rights and basic needs. All of the population needs a house, food, jobs etc. They need the rights they deserve: equality, liberty and personal security. People having what they need and deserve will make them conscious of their actions and thoughts. We can also get help from some other organizations like American Friend’s service committee and the fellowship of Reconciliation they have many methods of how to solve these types of conflicts. Having peace will help people feel safe. More organizations will be willing to help with food and clothes, Refugees will continue having shelter and tranquility will help community to work together to make this a better a place.

One of the biggest problems this country has is people facing hunger 7.7 million people face a crisis level of hunger which means that more than half of the population faces hunger in this country. Two thirds of the population are in need of aid. (Aljazeera, 2019) As we can see South Sudan needs a lot of people who will be willing to help fight hunger and poverty. One of the possible solutions for this problem will be looking for donators and volunteers that will offer their time and money to help all these of people who are now malnourished in malnutrition. How can we look for donors? First of all, we have to be clear in what we want to propose to donators by showing them the ideas and projects and; We need to give them an idea of how everything will work. There needs to be honesty and a budget of how much money will be spent in each activity planned.

Perhaps you have considered volunteering. This is your opportunity to help and make a change in someone’s life. UN Volunteers is an association in which you can choose where to volunteer around the world or in your own country (UN volunteers, 2020) this is a great place to look for volunteers and giving them the opportunity to help in South Sudan. There can be different people every week in the refugee’s facilities cooking and serving people living there. Having a nutritious and balanced diet for them will be healthy. I know people and kids from this country live in extremely poverty and most of the time they eat unhealthy food. With a nutritious and balanced diet, they will have a better body structure and a healthier life. Since there is a lot of violence in this place and kids suffer a lot, volunteers will help to make fun and educational games so kids will have recreation time. With the help of volunteers and donations refugees will work better. Not only people from refugees will learn and have a great time but also volunteers will learn from it.

Another way to put a stop to hunger is empowering people, both men and women to do agriculture, Agriculture will boost incomes for the population. (Al- Attili, 2005) Agriculture is one of the most important methods of economic growth, because agriculture provides employment opportunities and

changes lives. This is the reason why agriculture will make a big impact in South Sudan. We can help every family to start producing their own crops. All around the world there are many people who start a business like this, and it helps them improve their economy. We can have one acre of land destined for one or two families where they will be starting their own crops production. There is an organization in Nigeria named FAO (food and agriculture organization of the United Nations). Nigeria is Africa's most populated country and it is the country with the highest economy. The FAO organization is willing to help to fight Poverty and hunger. The main purpose of this organization according to Investopedia is to defeat hunger and improve local economies by helping members of the country to improve in Agriculture. They are also interested in helping with a building education quality education. Since this organization has been helping many countries by empowering people in agriculture business, they will absolutely be willing to help all these people to improve their economy and education.

Having people teaching this country about the importance of managing money and their production's success will be helpful. It is important to know how to manage your money because you have to make sure you have enough money for things you need and always have a budget plan for your production. This also keeps people away from having a debt. They also have to learn how to take care of their production properly. Crops need a lot of care like knowing what fertilizers to use to have healthy production. This knowledge will help quickly selling all the production and have more people wanting your production will increase their income.

As I mentioned before South Sudan is rich in oil/ petroleum; (Middle East Eye , 2019) This resource was one of the reasons why this country had independence from Sudan ,but then economic decline happened. They had some problems with Sudan because they accused this country of stealing part of their oil and profits. This caused a stop in their production and problems with Sudan like war. I want this country to continue with their petroleum and oil production. This country is rich in many resources not only oil, for example: ore, cooper zinc, and silver. All of these resources can make a positive difference in their country's economy if they start taking advantage of it and exporting. They also have the Nile river which is another important resource for them. The river – is rich in soil, good from plant crops and a good method for transportation. This country is extremely poor, but their situation can change if they start doing something with the resources they have; There are people and countries who can help them by making their production and exportation stronger. Making connections with other countries or important companies will increase in their economy.

Exportation is the process of selling goods to another country. This country can increase their exportation by creation of duty drawback schemes which means creating a survey of entrepreneurs asking for their opinion to make it more effective. They can also have communication with other countries or governments asking them for their policies making sure they are meeting their expectations. Exportation will also help refugees, because it will would provide money for food, clothes and the necessities of the refugees. This could also help building facilities for refugees later on. Exportation in a great weapon of producing money.

There are also many medical brigades who travel to different countries. We can make those medical brigades go to the refugees where all these people are. They will provide medical attendance and medicine. Most of these people are malnourished, which means that they suffer from lac of nutrition. This

is a big problem for them because this causes many deaths and diseases. Medical brigades can provide medicine and vitamins that will make all of these people stronger and healthier.

To conclude South Sudan is a small country located in East-Central Africa with problems that contribute to inadequate access for medical care, extreme violence, poverty, malnutrition, and displaced refugees. As we see there are so many things that we can do for this country with the help of volunteers and donors. We can make a different reality for this country. I know there are a lot of children and adults suffering many difficulties. As I said before, big changes start with small steps. If we start by helping one person, I know there will be more people that will love to help in this cause. There are so many things that we can do for this country and there are also many people who will love to help in different ways. Any kind of help or donations will be accepted. Always remember that together we can make a change. "Helping is helping even when it feels like a drop in the ocean".

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