



PROGRAMMANUS

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PROJEKTLEDARE: RALF PERSSON
SÄNDNINGSDATUM: 2019-03-16

NEWSREEL WORLD Saturday 16 March 2019

Alanna Leslie (A.L.), narrator:

Today, we'll talk about the illegal treatment of women on their period in Nepal.

Pragya Lamsal:

Women suffer from pneumonia, diarrhoea, suffocation and respiratory tract infection.

A.L.:

We hear how Rwanda has become one of Africa's top tech hubs.

Denyse Umuhoza:

The use of cryptocurrency and employment of local workers in computer manufacturing are all happening here.

A.L.:

And we speak to a young Somali comedian hitting back at stereotypes with humour.

Nasra Yusuf:

All of us are criminalized and at times it's really affects us.

A.L.:

I'm Alanna Leslie here in London. This is Newsreel World.

Nepal: Struggle to stop old-fashioned traditions

A.L.:

First, let's start in Nepal. Maybe you've heard about this...

Unknown woman:

In far western Nepal, the practice, which has roots in Hinduism, requires women who are menstruating to stay in a *goth*, a space outside the family's dwelling.

A.L.:

In some parts of Nepal it's true. Just in January 2019, a mother and her two sons died after a fire destroyed a menstrual hut in Bajura, a far western district of Nepal. But what kind of outdated tradition is causing these mortalities? We needed to know, so we called Pragya Lamsal and asked.

Pragya Lamsal:

The tradition is called *chhaupadi*. Girls are sent to uncomfortably narrow and very poorly ventilated sheds or huts. The tradition is rooted in the belief that menstrual blood is impure. Many women are dying inside menstrual hut due to various reasons. For example, menstrual huts are very poorly ventilated and are not well-fenced to keep menstruating women warm. Women suffer from pneumonia, diarrhoea, suffocation and respiratory tract infection. Some women are also dying due to snake bite. So, chhaupadi was outlawed by



the Supreme Court of Nepal in 2005, but the practice could not come to an end even after the decision made by the Supreme Court. In August 2018, Nepal has passed a new law criminalizing the practice of banishing women to huts during the periods. Under the law, anyone enforcing the custom will face three-month jail sentence and a fine of 3,000 Nepali rupees. However, it is sad that several case of death in menstrual huts have been recorded even after the new law came into effect. Smashing deep-rooted stigma and taboos, it's not an easy task and law is not enough to change people's deeply rooted beliefs. Legal initiative, awareness campaigns, government intervention and engagement of local opinion leaders should go hand in hand to bring the tradition to an end.

Rwanda: A top tech hub

A.L.:

Now, Rwanda. Everyday life, right? In April, Rwanda will become the first country in Africa to manufacture smartphones. This is just one example of how Rwanda is one of Africa's most tech-savvy countries. We're heading to Kigali, Rwanda's capital, to hear more from Denyse Umuhoza.

Denyse Umuhoza:

Back in 2000, the Rwandan government began a hugely ambitious development programme to modernize the country's infrastructure and vastly improve education and healthcare by the 2020. So, 18 years on, what's happened so far? Well, one programme starting 2010 has provided over half a million laptops to Rwandan school children. Plus you may have heard about delivery companies wanting to use drones to transport busy goods - right? Well, here this is already happening with the words "First Kamasha Regular Drone Delivery Service" beginning way back in 2016. Because of this, the movement of medical supplies is now far quicker and in three years has nearly eliminated blood vestige. Technology is also changing the way Rwandans go about their lives. Increasingly cashless society, the use of cryptocurrency and employment of local workers in high-skilled computer manufacturing are all happening here. There's no doubt that the decades of consistent centralized planning under President Paul Kagame has seen Rwanda make huge strides in technological advancement.

Hong Kong: Protests against the fur industry

AL.:

Let's go to Hong Kong. Whilst a lot of the world is aiming to use less animal fur in clothing, Hong Kong is actively producing more of it. In fact, Hong Kong is one of the world's largest producers, exporting over 97 million pounds worth of fur a year, most of which goes to China and the EU. In February, this led to protests against it.

Richie Kul (activist speaking at a protest):

There's no human need to wear fur! We live in an era where cruelty-free options abound. It is time for Hong Kong to step into the future to uphold its mantle as a leading world city and prohibit and ban this fur trade once and for all.

A.L.:

That was activist Richie Kul speaking at the protest. Activists highlighted the one billion animals killed or mutilated each year to make fur, as well as its negative effect on the environment and Hong Kong's reputation worldwide.



Australia: Doing something for the climate

A.L.:

Now, Australia. In Australia, women are more likely to care about climate change than men. According to a survey, one in three women under 30 - involved in environmental groups - are re-considering having kids due to climate change.

Felicity Lochhead:

I'm Felicity Lochhead. I am 28. I feel like, for me, it's rational to consider it. Because if I don't take that into account for that big decision, yet I'm taking it into account for these little decisions in my life, then it doesn't make sense.

A.L.:

Felicity was speaking to Australian radio station Hack. The Australian Psychology Society says there's plenty of research which has looked into climate change being a trigger for mental health issues like anxiety and depression. If you're feeling anxious about the state of the environment, here's a list of some tips psychologists recommend to help ease your anxiety about climate change:

- Do something! Whether that's recycling, cutting down how much plastic you use, or encouraging the use of renewable energy such as solar panels at home, taking action will make you feel so much better.
- Only focus on a few issues, don't try and tackle everything.
- Spend time with people who actually make you happy. It sounds obvious, but think about people in your life who might be dragging you down as opposed to building you up.

Africa: A new pan-African basketball league

A.L.:

Now, basketball. A brand new pan-African basketball league will tip off in January next year. Supported by the United States' National Basketball Association, better known as the NBA. 12 teams from 9 countries - including Angola, Egypt, Nigeria, Senegal and South Africa - are set to make up the league. Existing teams will try and increase their fan base and develop world-class players in the new league.

Kenya: Hitting back at stereotypes with humour

A.L.:

Next, Somali comedy - in Kenya.

Nasra Yusuf:

My name is Nasra Yusuf Ahmed and I'm a stand-up comedian. Actually, I'm the first female Somali comedian in Kenya.

Presenter (shouting):

Show your love for the one and only NASRA!

A.L.:

25-year old Somali comic, Nasra Yusuf, is using her skills at making people laugh to counter the negative stereotypes that surround her people. She's a star on the Churchill



Show, one of the biggest TV shows in Kenya, where Nasra lives. Hey, Nasra!

Nasra Yusuf:

How are you, Alanna?

A.L.:

So, what sorts of discrimination do Somali people suffer from?

Nasra Yusuf:

First of all, we are all suspects, whether we have done something wrong or not. A terrorist attack has happened somewhere, immediately Somalis are trending. All of us are criminalized, and at times it's really affects us, because we are afraid of police in Kenya. Whenever they see us, they'll start harassing us and stuff.

A.L.:

And you've obviously used a lot of your experiences to fuel your comedy - and - what do you hope people will get out of your comedy?

Nasra Yusuf:

I really hope people get the positive side of Somalis. They stop having this stereotypes of us. I'll really appreciate it if my community will one day be, like... you know, this girl she made people laugh but at the same time she presented something different. She represented us as an good people just the way we are.

A.L.:

Do you have like a favourite joke? Or a favourite scenario that you like to tell in your comedy sketches?

Nasra Yusuf:

Yeah, I have a favourite joke. Eer... It's a... You know, Kenyans. If something happens right here today, let's say a bomb explodes, every single one of us will run away. Most of Kenyans will run away because of their safety, because they're scared. But I, as a Somali, I'll be running so I don't become the prime suspect.

A.L. (laughing):

Aah, that's brilliant, Nasra!

Nasra Yusuf:

Thank you. Thank you.

A.L.:

Ok...and how are young girls in your community, in your Somali community, responding to you?

Nasra Yusuf:

Oh, my God! I never expected to get that huge following from them and the support that I really get from the Somalis. Most of them want to imitate me, and, you know, now I have become the Somali hero. And, you know, I'm just inspiring them.

A.L.:

I think for me that's a good note to end it on. It's been such an inspiration to meet you. Bye, bye!

Nasra Yusuf:

Ok, bye, bye!

A.L.:

That's it for this episode.Thanks for listening, everyone. This is Newsreel World. I'm Alanna Leslie - let's catch up soon.