

Celebrity World

Botswana's Native Magazine

August 2026 **P13**



ZUS

A NEW SONIC UNIVERSE

FEATURE:
Stephanie
Johnson's

Botswana Tourism:
Beyond The Safari

Gardening:
Bloom in Every
Corner

Beauti Corner:
Never Goes Out of
Style





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A Mid-Year Moment of Stories That Matter

Welcome to our August edition, a month that sits right at the heart of the year, carrying both reflection and momentum as we move forward into new possibilities.

In this issue, we bring you a vibrant mix of entertainment, culture, and lifestyle stories designed to inform, inspire, and spark curiosity. From global icons marking their birthdays this month to the exciting lineup of films set to light up cinemas, July reminds us why storytelling continues to be such a powerful thread connecting us all.

It is a season of creativity and anticipation, where familiar faces return to the spotlight, new narratives take shape, and audiences everywhere find something to look forward to. Whether on screen, on stage, or behind the scenes, the world of entertainment continues to evolve in ways that keep us engaged and entertained.

As always, this magazine remains committed to sharing content that reflects the energy of our times while offering a space to pause, explore, and enjoy.

Thank you for reading and for being part of this journey with us. Here's to a month filled with inspiration, discovery, and memorable moments.

Happy reading.

Editor in Chief

Nasrin Alam

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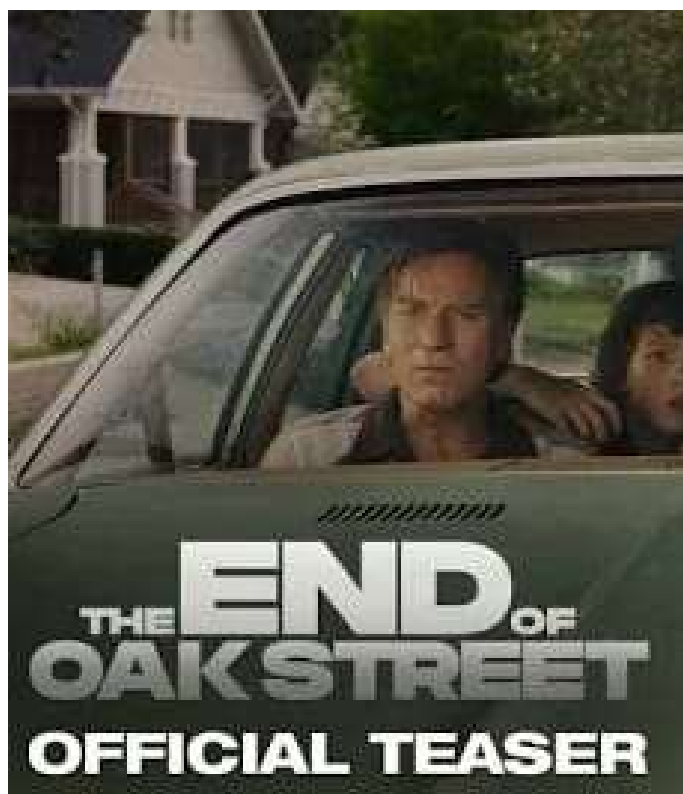
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Celebrity World *List*

FILM, TV, BOOKS & MUSIC

Stay inside or head outdoors, we've got plenty to keep you entertained



The End of Oak Street

A mysterious sci-fi thriller built around an intriguing survival concept. With Anne Hathaway and Ewan McGregor leading the cast, the film promises an atmospheric mix of family drama, mystery and suspense. A strong choice for sci-fi fans.



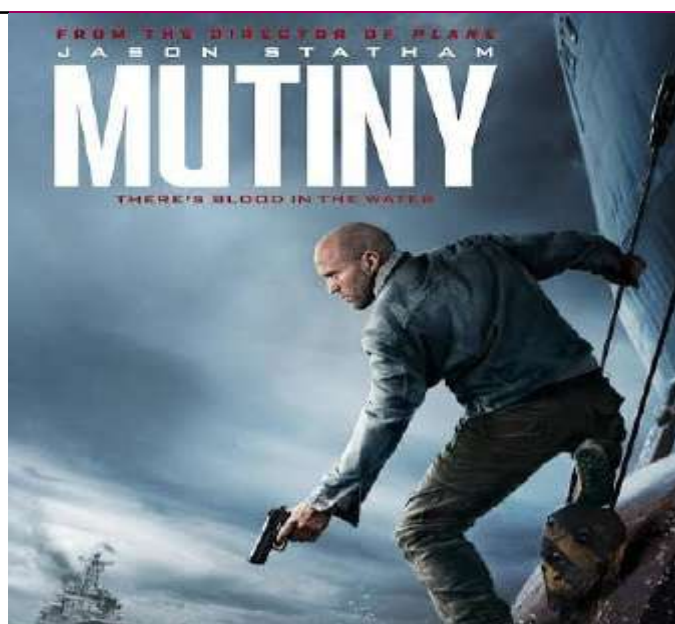
PAW Patrol: The Dino Movie

Dinosaurs, adventure and the beloved PAW Patrol pups come together for a colourful family adventure. With plenty of action and teamwork, it looks set to be a fun big-screen experience for younger audiences. Perfect for a family movie day.



Insidious: Out of the Further

The latest chapter in the Insidious universe takes audiences deeper into its terrifying supernatural world. With a new family facing a dangerous connection to The Further, the film promises plenty of suspense and scares. A must-watch for horror lovers.



Mutiny

Jason Statham returns with a fast-paced action thriller filled with conspiracy, danger and survival. While the story follows familiar action-movie territory, Statham's physical performance should deliver the excitement fans expect. Ideal for action enthusiasts.

RISING SOUL: STEPHANIE JOHNSON'S JOURNEY TO GLOBAL STARDOM



In the ever-evolving landscape of African music, a new voice is steadily carving out a space that is both authentic and emotionally resonant. Stephanie Johnson, a Botswana-based R&B and soul artist, is emerging as one of the region's compelling talents, an artist whose sound is as rich and layered as her heritage.

Born in Johannesburg and raised in Botswana, Stephanie embodies a vibrant blend of Tswana, South African, and Zambian roots. This cultural fusion subtly informs her artistry, adding depth and identity to a sound that is both contemporary and timeless. Music, for Stephanie, has never been a distant dream, it has been a lifelong calling. She began singing at the tender age of four, and by fifteen, she had already stepped into professional recording, marking the true beginning of her artistic journey.

Rooted in R&B and soul, Stephanie's music refuses to be boxed into a single genre. Her approach is fluid and intentional, driven by real life experiences and the emotional narratives—that connect people across different walks of life. "I'm inspired by life, people's stories, and the wide range of emotions we all experience," she shares through her work. This openness translates into music that feels deeply personal yet universally relatable.

Currently, Stephanie has four singles in radio rotation, steadily building her presence and connecting with listeners. At the same time, she is hard at work on her upcoming EP, a project that promises to further define her sound and artistic direction. The EP features production from notable collaborators Obie Trax and Maatla Thapalalo, creative forces who have helped shape some of her standout tracks, including *Serenity*, *I Got A Man*, and *Late Night*. These collaborations have played a crucial role in refining her musical identity and showcasing her growth as an artist.



Every note, every lyric, and every melody is guided by passion and intention. She is committed to creating music that not only entertains but also heals, empowers, and resonates deeply with her audience. Her work is a reflection of her belief that music should speak to the human experience, honest, raw, and meaningful.

Equally important to her artistry is her commitment to honoring her heritage. Stephanie sees her cultural background not just as a personal story, but as a powerful influence that shapes her identity and creative expression. It is this authenticity that allows her to stand out in a crowded industry.

Looking ahead, Stephanie Johnson has her sights set far beyond borders. With a clear vision and growing momentum, she aims to become one of Botswana's international music exports, an artist who proudly represents her country on the global stage. Yet, even as her ambitions expand, her mission remains grounded, to stay true to herself and create music that carries both meaning and impact.

With talent, determination, and the support of her listeners, Stephanie Johnson is not just rising, she is defining what it means to be an artist with purpose in today's music scene.

2US

A NEW SONIC UNIVERSE

SOUTHERN AFRICAN
ALTERNATIVE DUO



In a music landscape often defined by categories, charts, and algorithms, 2US refuses to be boxed in. They are not just a duo, they are a movement, a vision, and, as their own manifesto boldly states, "2US isn't music." Instead, they are architects of a new sonic universe, one rooted in Southern African sounds yet reaching far beyond it. the region can sound and feel like. Their work is described as the creation of "moments, memories and symphonies," infused with a texture unmistakably drawn from Botswana and Zimbabwean influence. Their sound is not just heard, it is a musical journey to be experienced.

A Fusion Without Borders

At the Emerging as a Southern African alternative duo, 2US is rewriting the rules of what music from heart of 2US lies a genre-defying approach that blends Afropop, tribal rhythms, dancehall, hip hop, kwaito, and soul into a seamless sonic tapestry. Drawing inspiration from amapiano, 3-step, kwasa kwasa, and traditional Southern African music, their artistry reflects both heritage and evolution.



But to call it a “fusion” almost feels limiting. According to the duo themselves, 2US doesn’t create genres, they create worlds. Their music exists in the space between tradition and tomorrow, a blend of past and future.

The Minds Behind the Movement.

The duo’s strength lies in the dynamic contrast between its two members.

Ndabezinhle, the production lead, is a multidisciplinary force, singer, songwriter, rapper, and percussionist. Having performed on some of Botswana’s biggest stages, he brings a deeply musical and performative energy to the group’s sound.

On the other side is Maxx Tokeyo, the lyrical backbone and aesthetic visionary. As a pioneer of the emerging Saalte sounds, he shapes not only the words but the identity of 2US, crafting narratives that feel both futuristic and grounded in Southern African reality. Together, they form a creative balance, rhythm and poetry, structure and imagination, sound and story.

A Universe, Not Just a Brand

What sets 2US apart is not just their music, it’s their fully realized artistic universe. Their brand identity is a collision of influences, African heritage, street culture, futuristic aesthetics, and cinematic storytelling. From “digital African masks” to “ancestors in chrome,” their visual language is bold and layered.

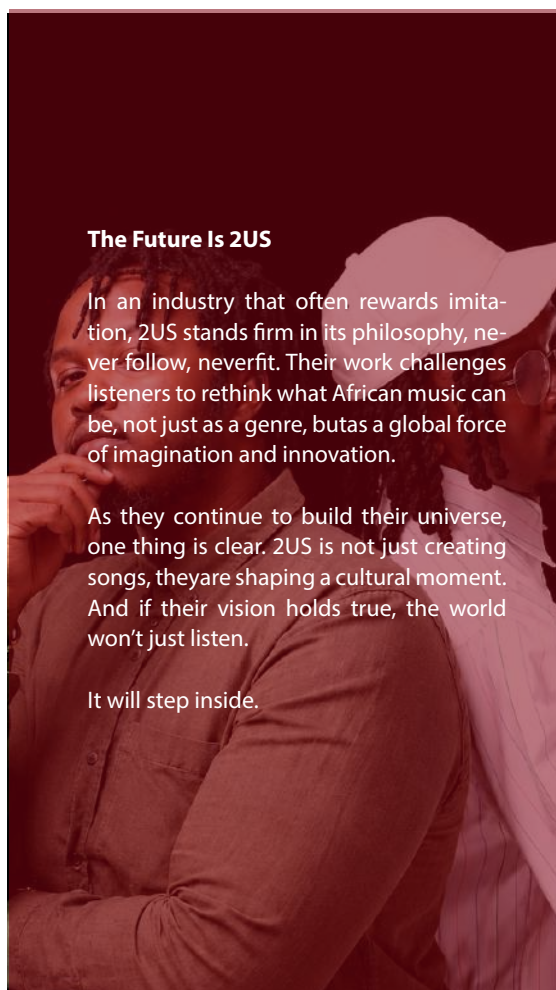
Their imagery blends township life with Afrofuturism, a bridge between dust roads and neon lights, village textures and interstellar ambition. The result is a visual and emotional experience that feels both deeply familiar and strikingly new.

The Future Is 2US

In an industry that often rewards imitation, 2US stands firm in its philosophy, never follow, never fit. Their work challenges listeners to rethink what African music can be, not just as a genre, but as a global force of imagination and innovation.

As they continue to build their universe, one thing is clear. 2US is not just creating songs, they are shaping a cultural moment. And if their vision holds true, the world won’t just listen.

It will step inside.



JOSH MORE BW

**Rising in Faith
and Sound**



In the ever-evolving landscape of gospel music, a new voice is steadily rising in Botswana, one rooted in faith, purpose, and a deep commitment to ministry. Known by his stage name JOSH MORE BW, Oagufi Joshua Molokoane is more than just a musician. He is a messenger, using melody as a vehicle to spread hope, healing, and the Word of God.

Born in Kanye, Botswana, Josh More's journey into music began at a young age. Like many great gospel artists, his foundation was laid in the church, where he sang alongside his parents and participated in school assemblies. These early experiences nurtured not only his vocal ability but also his spiritual sensitivity, two elements that now define his artistry.

But for Josh More, gospel music is not simply a genre, it is his personal calling. "My greatest inspiration is God and His Word," he told *Celebrity World*. "My desire is to create music that brings people closer to Christ, gives hope to the broken, and reminds listeners of God's love, faithfulness, and power." This conviction is evident in every note he sings and every lyric he writes.

A pivotal moment in his journey came when he joined Rapture of Saints Church, where he accepted Jesus Christ as his Lord and Savior. It was there that he discovered his true calling as a Praise and Worship minister. Under the spiritual mentorship of Rev.

Pastor Don and Prophetess Mama Don, Josh More has grown not only as an artist but as a vessel for ministry. He speaks with deep gratitude about their influence, describing their guidance as "the covering that is raising a star" within him.

JOSH MORE officially stepped into the music scene with the release of his debut album *Atokongwa* in 2024. Featuring ROSS Choir as backing vocalists, the album marked a powerful introduction to his sound, one that blends contemporary gospel with heartfelt worship. Building on this momentum, he released *Atokongwa Jesu*, further cementing his place in the gospel music space.

His musical journey continued with *Mama Bazuka*, a touching tribute dedicated to his spiritual mother, Prophetess Mama Don. The song resonates beyond personal appreciation, celebrating mothers worldwide and the spiritual roles they play. In 2026, he was featured on *Healing* by Rev. Pastor Don, a collaboration that reflects both his musical growth and spiritual alignment.

Another milestone came with *Kao Kile Wana Motho*, a collaboration with gospel legend Mpho Nakedi.

This powerful partnership bridged generations of gospel ministry, symbolizing both respect for legacy and the emergence of new voices in the genre.

Despite his growing catalog and recognition, Josh More remains grounded in his purpose. His music continues to center on one mission, leading people into the presence of God. Whether through uplifting praise or intimate worship, his sound carries a message that resonates deeply with believers and listeners alike.

Looking ahead, fans can anticipate even more from the rising star. JOSH MORE is currently working on a new album set for release in 2026. "I'm taking my time to ensure every song carries the message God has placed on my heart," he explains. "I believe it will be worth the wait."

In a world where music often chases trends, JOSH MORE BW stands firm in his calling, creating songs that uplift, inspire, and transform. With unwavering faith and a clear sense of purpose, he is not just making music, he is building a stage for worship, one song at a time.



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BEYOND THE SAFARI

**Why Botswana Sets the Gold Standard for Luxury
and Conservation**



When people imagine Africa, their minds often drift to endless savannahs, roaming wildlife, and crimson-sunsets. Yet, in an era where global travel frequently suffers from over-tourism, Botswana stands as a beacon of authenticity, pristine wilderness, and unmatched luxury. Rather than chasing volume, this Southern African nation built its reputation on a pioneering “high-value, low-impact” tourism model. The result is an extraordinary destination where the wild remains untouched, and every journey feels intensely personal.

Conservation Over Crowds: The Eco-Tourism Pioneer

Botswana's approach to hospitality is intentional and visionary. By capping visitor density and prioritizing high-end, sustainable lodges, the country shields its delicate ecosystems from the footprints of mass tourism.

For the discerning traveler, this policy delivers the ultimate modern luxury: solitude. In national parks where vehicles are strictly limited, you don't share sightings with dozens of tour buses. Instead, you experience wild Africa as it has existed for millennia—raw, peaceful, and profoundly humbling.

The Miracle of the Okavango Delta

At the heart of Botswana's appeal is the Okavango Delta, recognized as UNESCO's 1,000th World Heritage Site. Every year, floodwaters travel hundreds of kilometers from the Angolan highlands to spread across the dry Kalahari Desert, creating a vibrant, oasis-like labyrinth of lily-covered channels and palm-fringed islands.

Between May and September, when the water peaks, the finest way to explore this watery paradise is aboard a mokoro—a traditional dugout canoe pushed silently through the reeds by a skilled local poler. Gliding past basking hippos, drinking elephants, and rare bird species in absolute stillness offers a meditative escape unmatched anywhere else on Earth.

Big Cats, Salt Pans, and Giant Herds

Beyond the Delta, Botswana's diverse landscapes showcase nature on a grand scale:

Chobe National Park: Home to the highest concentration of elephants in Africa—an estimated 120,000-strong population. A sunset boat cruise along the Chobe River brings you face-to-face with breeding herds swimming across the water at dusk.



Chobe National Park

The Makgadikgadi Salt Pans: One of the largest salt flats in the world. Here, beneath an unfathomably vast night sky devoid of light pollution, guests can sleep under a blanket of stars or interact with habituated meerkat colonies at sunrise.

Ancient Rock Art and Deep-Rooted Culture

Botswana's true allure extends well beyond its wildlife. The country is rich with human history and vibrant traditions that give soul to every itinerary:



The Makgadikgadi Salt Pans

Tsodilo Hills: Often called the "Louvre of the Desert," this UNESCO World Heritage Site houses over 4,500 ancient San rock paintings dating back thousands of years.



Tsodilo Hills

Setswana Hospitality & Cuisine: A stay in Botswana is incomplete without tasting Seswaa—a traditional, slow-cooked shredded beef dish served alongside Bogobe (sorghum porridge). The warmth of the local hosts turns every interaction into a genuine cultural exchange.

Tourism That Empowers Communities

Botswana's success lies in its partnership between luxury hospitality and local communities. Community-based tourism initiatives ensure that revenue directly funds local schools, healthcare, and conservation anti-poaching units.

When you travel to Botswana, your venture is more than a holiday—it is a direct contribution to preserving one of the world's last great natural sanctuaries.

Planning Your Journey

Best Time for Water Safaris: May to September (High water season in the Delta).

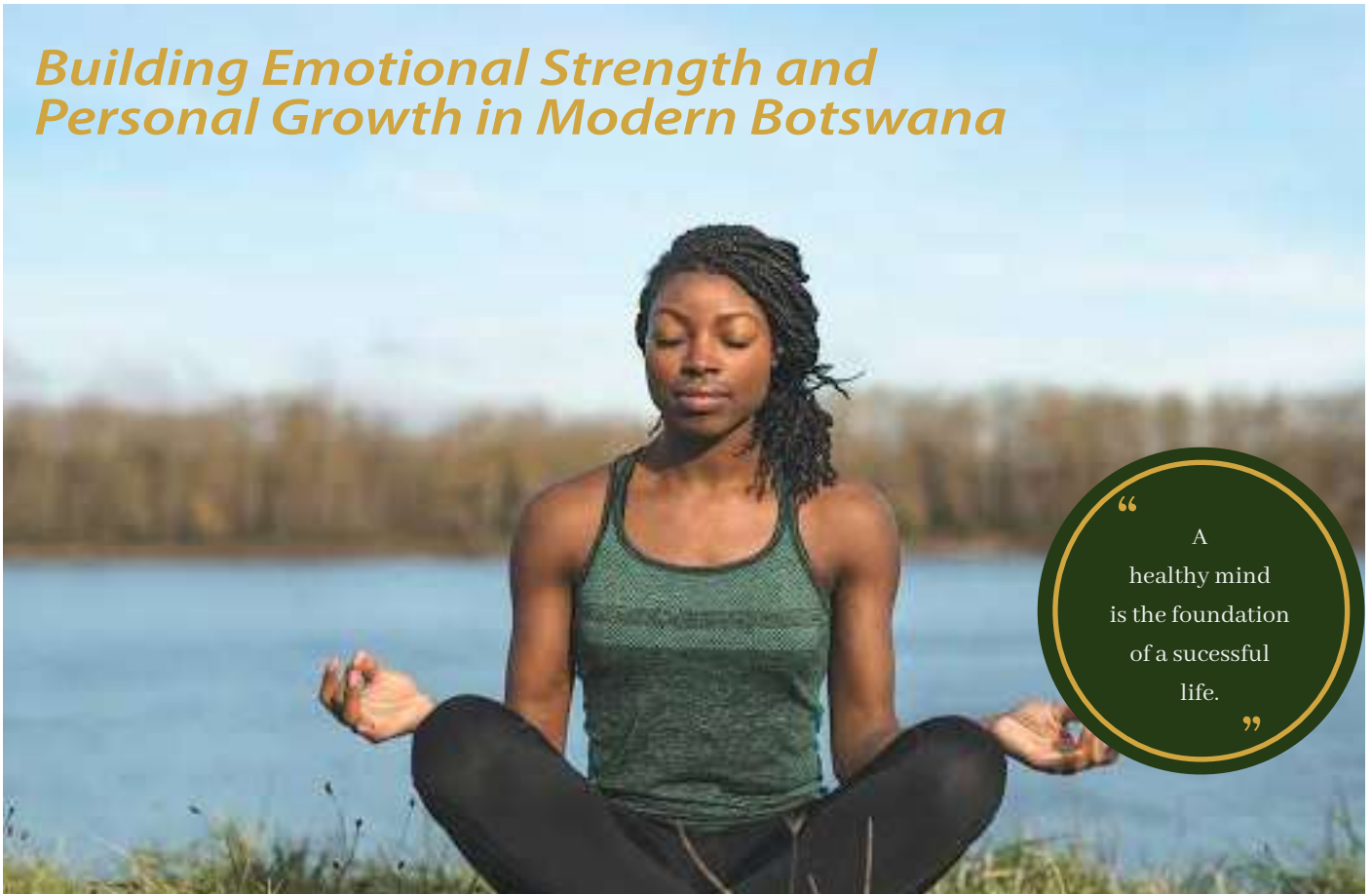
Best Time for Wildlife Viewing: July to October (Dry season, when animals congregate around permanent water sources).

Travel Style: Eco-luxury lodges, private fly-in mobile camps, and tailor-made conservation safaris.

In a rapidly changing world, Botswana reminds us that true luxury is not found in gilded halls, but in pristine spaces, genuine human connection, and memories that last a lifetime.

THE POWER OF A HEALTHY MIND

Building Emotional Strength and Personal Growth in Modern Botswana



“
A
healthy mind
is the foundation
of a successful
life.
”

In today's fast-changing world, success is not only measured by career achievements, financial stability, or social status. True success begins with something deeper — a healthy mind and a balanced life.

Across Botswana, people are embracing new opportunities in education, business, technology, and personal growth. However, with the demands of modern life, many individuals experience stress, pressure, uncertainty, and emotional challenges. Taking care of mental health has become just as important as taking care of physical health.

A healthy mind helps us make better decisions, build stronger relationships, and face challenges with confidence.

Understanding Mental Health: More Than Just Being Happy

Mental health is not simply about feeling happy all the time. It is about understanding our emotions, managing stress, developing resilience, and creating a positive relationship with ourselves.

Everyone experiences difficult moments. Students may feel pressure about exams and future careers. Professionals may experience workplace stress. Parents may struggle with balancing family responsibilities and personal goals.

Recognising these feelings is the first step towards creating a healthier and more balanced life.

The Importance of Self-Development in Personal Success

Self-development is a lifelong journey of -

becoming a better version of yourself. It involves improving your skills, mindset, confidence, communication, and emotional intelligence.

In Botswana's growing economy, personal development plays an important role. Whether someone wants to build a successful career, start a business, or achieve personal goals, having the right mindset can create new possibilities.

Small daily improvements can lead to meaningful long-term changes.

Reading more books, learning new skills, setting personal goals, and surrounding yourself with positive influences are simple steps that can transform your future.

Building Emotional Strength in Everyday Life

Emotional strength does not mean avoiding problems. It means learning how to handle challenges with patience and confidence.

Here are some simple ways to develop emotional strength:

1. Practice Self-Awareness

Take time to understand your thoughts and emotions. Ask yourself:

What makes me feel stressed?

What motivates me?

What areas of my life do I want to improve?

Understanding yourself helps you make better choices.

2. Create Healthy Daily Habits

A healthy lifestyle supports a healthy mind. Simple habits such as regular walking, exercising, eating nutritious food, getting enough sleep, and spending time outdoors can improve mental wellbeing.

Botswana's beautiful natural environment provides many opportunities to reconnect with nature, from peaceful walks to outdoor activities.

3. Learn to Manage Stress

Stress is a normal part of life, but managing it effectively is important.

Deep breathing, meditation, physical activity, listening to music, or spending quality time with family and friends can help reduce stress levels.

4. Never Be Afraid to Ask for Support

Talking about mental health is a sign of strength, not weakness.

Sharing feelings with trusted friends, family members, or professional support services can help people overcome difficult situations and feel less alone.

A New Generation of Growth in Botswana

Botswana is a nation full of talented, creative, and ambitious people. As young entrepreneurs, students, and professionals continue to shape the future, mental wellbeing will remain an important foundation for success.

A strong future begins with strong minds.



By investing in self-development and emotional health, individuals can unlock their potential and create positive changes not only in their own lives but also in their communities.

Your mind is your most powerful tool. Taking care of it is an investment in your future.

Personal growth does not happen overnight. It is built through small actions, positive thinking, continuous learning, and self-belief.

A healthier mind creates a stronger individual — and stronger individuals create a stronger Botswana



Gardening:

Bloom in Every Corner

The Art of Creating a Beautiful Container Flower Garden

A blooming garden is more than a decorative feature—it is a reflection of care, creativity, and the simple joy of connecting with nature. Whether you have a spacious front yard or a compact apartment balcony, container gardening allows anyone to transform an ordinary space into a vibrant oasis filled with colour, fragrance, and life.

In today's fast-paced world, many people are searching for simple ways to create peaceful environments at home. One of the easiest and most rewarding solutions is growing flowering plants in containers. Across Botswana, where sunshine is abundant throughout much of the year, container flower gardening has become an increasingly popular way to beautify homes while adding a refreshing touch of nature.

Unlike traditional gardens that require large outdoor spaces, container gardens offer flexibility. Pots can be rearranged, moved to sunnier locations, or redesigned whenever inspiration strikes. Whether you are a beginner or an experienced gardener, creating a colourful display of flowers is easier than you might think.

Choosing the Perfect Containers

Every successful container garden begins with selecting the right pots. While style is important, functionality should always come first.

Choose containers with drainage holes to allow excess water to escape, preventing root rot. Terracotta pots provide excellent airflow and are perfect for many flowering plants, while ceramic and plastic pots retain moisture for longer, making them especially useful during Botswana's warmer months.

For an elegant appearance, combine pots of different heights, shapes, and textures. Grouping containers together creates a professionally designed landscape that instantly enhances your entrance, patio, or balcony.

Selecting Flowers That Love the Climate

Choosing the right plants is one of the secrets to a thriving garden. Select flowers that match your available sunlight and local weather conditions.

Excellent choices for Botswana gardens include colourful Petunias, cheerful -

Marigolds, elegant Geraniums, hardy Gazanias, fragrant Lavender, Begonias, and Impatiens. These flowers provide long-lasting colour while adapting well to warm conditions when cared for properly.

Instead of planting only one colour, experiment with combinations of purple, yellow, white, pink, and red flowers. Mixing colours creates visual harmony and gives your garden a lively, welcoming atmosphere.

Healthy Soil Makes Healthy Flowers

One mistake many beginners make is filling pots with ordinary garden soil. Container plants perform much better in quality potting mix because it provides better drainage, improved airflow, and balanced nutrition.

Adding compost enriches the soil naturally, while slow-release fertiliser ensures plants receive nutrients over several months. Healthy roots lead to stronger stems, greener leaves, and more abundant blooms.

Think of the soil as the foundation of your garden. The healthier the foundation, the more beautiful your flowers will become.

Watering the Smart Way

Water is essential, but too much can be just as harmful as too little.

The best time to water flowering plants is early in the morning or late in the afternoon when temperatures are cooler. Before watering, check whether the top layer of soil feels dry. Avoid watering simply because it is part of your routine.

Since container plants dry out faster than plants growing directly in the ground, they may require additional watering during Botswana's hotter seasons. However, allowing water to drain freely is equally important to protect delicate roots.

Feeding Your Garden

Just as people need balanced nutrition, flowering plants also require regular feeding.

Applying a balanced liquid fertiliser every two to four weeks encourages continuous blooming throughout the season. Removing faded flowers—a gardening practice known as deadheading—helps direct the plant's energy toward producing new blossoms instead of seeds.

Simple maintenance often produces remarkable results.

Designing a Garden That Turns Heads

Creating a beautiful flower display is about more than simply placing pots outside your home.

Professional gardeners often arrange plants using different heights and growth habits. Place taller flowering plants at the back, medium-sized flowers in the centre, and trailing varieties near the edges where they can gracefully spill over the containers.

Repeating similar colours throughout your arrangement creates visual balance, while decorative pots, natural stones, wooden planters, and solar garden lights add elegance and personality.

A thoughtfully designed entrance filled with blooming flowers creates an unforgettable first impression for every visitor.

Daily Care That Makes a Difference

Beautiful gardens are built through consistency rather than complicated techniques. Spend just a few minutes each day removing dry leaves, checking for insects, trimming damaged stems, and cleaning dusty foliage. Healthy plants not only look more attractive but also bloom longer and remain more resistant to disease.



Gardening soon becomes less of a chore and more of a relaxing daily ritual.

Container gardening offers benefits that extend far beyond appearance. Flowers help reduce stress, encourage relaxation, attract butterflies and bees, improve outdoor spaces, and inspire creativity. Even a small collection of colourful pots can transform an ordinary balcony into a peaceful retreat after a busy day.

In many ways, every flower tells a story of patience, hope, and growth. Watching a tiny plant develop into a vibrant display of blossoms reminds us that beautiful things often begin with small, consistent efforts.

You don't need a large garden or expensive landscaping to create something truly beautiful. A few carefully chosen pots, healthy soil, colourful flowers, and regular care are enough to transform even the smallest space into a place filled with warmth and life.



Whether displayed beside your front door, arranged along a sunny balcony, or placed around a peaceful patio, flowering plants bring colour to our homes and joy to our everyday lives. With creativity, patience, and a little love,



Art & Culture

Where Tradition Meets Tomorrow: How Botswana's Arts and Culture Are Inspiring a New Generation

In a rapidly changing world where technology connects people across continents in seconds, one question becomes increasingly important: How do we preserve our identity while embracing the future? In Botswana, the answer can be found in its rich and vibrant arts and culture.

Botswana is often celebrated for its breathtaking wildlife, peaceful democracy, and economic stability. Yet beyond its famous landscapes lies another treasure—its people, their creativity, and the traditions that have shaped generations. From colorful traditional attire and rhythmic music to handcrafted baskets and powerful storytelling, Botswana's cultural heritage continues to inspire pride at home and admiration around the world.

Living Heritage

Culture is not something that belongs only in museums. It lives in everyday life—in the languages people speak, the songs they sing, the food they prepare, and the celebrations they share with family and friends. Traditional dances such as Setapa, Borankana, and Phathisi are more than performances

They tell stories of community, resilience, celebration, and history. Every movement carries meaning, connecting young generations with the wisdom of their ancestors.

Likewise, traditional clothing reflects elegance and identity, reminding Botswana that culture is something to wear with pride, not only on special occasions but as part of their national identity.

The Beauty of Botswana's Craftsmanship

Across the country, talented artisans continue to create extraordinary handmade products that attract both local buyers and international visitors.

The beautifully woven baskets from the Okavango region are among Botswana's most recognized artistic treasures. Carefully crafted using natural materials and traditional techniques, these baskets represent patience, creativity, and exceptional skill. Each design tells a unique story, making every piece a work of art rather than simply a household item.

Pottery, beadwork, leather crafts, wood -

carving, and textile design also showcase the remarkable creativity of local communities. By supporting these artists, consumers are not simply purchasing products—they are preserving generations of knowledge and creating sustainable livelihoods.

Music That Connects Generations

Botswana's music industry continues to evolve while honoring its roots. Traditional instruments blend beautifully with modern Afro-pop, gospel, jazz, hip-hop, and contemporary African sounds. Today's musicians are proving that cultural heritage and innovation can exist side by side. Music has become a bridge between generations. Older audiences recognize familiar rhythms, while younger listeners enjoy modern production that carries the same cultural heartbeat.

Storytelling: The Original Social Media

Long before smartphones and streaming platforms, stories brought communities together.

Evenings spent listening to elders share folktales taught children about courage, -



honesty, respect, and responsibility. These stories entertained while passing valuable life lessons from one generation to the next. Today, filmmakers, writers, content creators, and digital artists are bringing these traditional stories into the modern era through books, documentaries, podcasts, animation, and social media content.

Young Creatives Are Redefining Culture

A new generation of Botswana artists is transforming the creative landscape.

Fashion designers are incorporating traditional patterns into contemporary clothing. Painters are expressing Botswana's identity through bold modern artwork. Photographers are capturing authentic local stories, while filmmakers and digital creators are reaching audiences far beyond Africa. Social media has become a powerful platform where local talent can showcase creativity to a global audience without leaving home.

Why Preserving Culture Matters

When cultural traditions disappear, communities lose more than customs—they lose identity, history, and shared values.

Preserving culture strengthens national-

pride, supports tourism, creates employment opportunities, and encourages creative entrepreneurship. It also teaches younger generations where they come from and inspires confidence in who they are.

Schools, families, cultural organizations, businesses, and government institutions all play important roles in protecting Botswana's artistic heritage.



How Everyone Can Support Botswana's Arts and Culture

Supporting culture does not require extraordinary effort. Small actions can make a meaningful difference:

Attend local cultural festivals and exhibitions.

Purchase handmade products from local artisans.

Support Botswana musicians, writers, and filmmakers.

Encourage children to learn traditional dances and local languages.



Share authentic Botswana culture through social media with pride.

Visit museums, heritage sites, and community cultural events whenever possible.

Every action helps preserve a story that deserves to be passed to future generations.

Future Is Creative

Botswana stands at an exciting moment where tradition and innovation walk together.

As technology transforms the world, the country's greatest strength remains its people—their creativity, resilience, and cultural pride. By celebrating both heritage and modern expression, Botswana is building a future where art is not only admired but also drives education, tourism, entrepreneurship, and national identity.

Culture is more than a memory of the past. It is the foundation of tomorrow.

And in Botswana, that future looks beautifully creative.



Michael Jackson - August 29

Born on August 29, 1958, Michael Jackson transformed popular music with his groundbreaking artistry, unforgettable performances, and legendary dance moves. From his early success with The Jackson 5 to iconic albums such as *Thriller*, *Bad*, and *Dangerous*, he redefined global entertainment. Known as the King of Pop, Jackson's influence on music, dance, and culture remains unmatched, making him one of the most celebrated artists of all time.



Megan Markle - August 4

Born on August 4, 1981, Meghan Markle is an American actress, humanitarian, and the Duchess of Sussex. After gaining recognition through the television series *Suits*, she dedicated much of her public life to charitable work and advocacy for women's empowerment, education, and mental well-being. Her commitment to social causes continues to inspire people around the world.



Whitney Houston - August 9

Born on August 9, 1963, Whitney Houston remains one of the greatest singers in music history. Her extraordinary vocal talent produced timeless classics including *I Will Always Love You*, *Greatest Love of All*, and *I Wanna Dance with Somebody*. With hundreds of millions of records sold worldwide, Houston's legacy continues to influence



Jason Momoa - August 1

Born on August 1, 1979, Jason Momoa has become one of Hollywood's most recognizable action stars. He rose to international fame as Khal Drogo in *Game of Thrones* before winning global audiences as Aquaman in the DC Universe. Admired for his charismatic screen presence and adventurous spirit, Momoa is also a passionate advocate for ocean conservation and environmental sustainability.



Aries

(March 21 - April 19)

General: You're feeling bold and energetic today. Take advantage of this momentum.

Love: Passion is in the air! A surprise encounter may spark something exciting.

Career: A leadership opportunity could arise—don't hesitate to step up.

Finance: Avoid impulse spending; focus on long-term investments.

Taurus

(April 20 - May 20)

General: Patience is key today. Things may move slowly, but progress is happening.

Love: A heart-to-heart conversation will bring clarity in your relationship.

Career: Your hard work is paying off; recognition is coming your way.

Finance: Stay cautious with spending—save before you splurge.

Gemini

(May 21 - June 20)

General: Expect a busy and social

day! Your charm will attract interesting people.

Love: If single, a flirtatious exchange could turn into something meaningful.

Career: Your creativity is at its peak—use it to solve a lingering issue.

Finance: Be mindful of unnecessary expenses; budgeting is key.

Cancer

(June 21 - July 22)

General: Emotions may be intense today—take time for self-care.

Love: A deep conversation with your partner will strengthen your bond.

Career: Trust your intuition when making important work decisions.

Finance: An unexpected expense might arise—be prepared.

Leo

(July 23 - August 22)

General: Your confidence is magnetic today! Take the lead in social situations.

Love: Sparks are flying—expect romantic gestures or new

admirers.

Career: Your hard work is finally being noticed; a reward may be coming.

Finance: Money matters improve, but don't overspend on luxuries.

Virgo

(August 23 - September 22)

General: A productive day ahead—stay focused on your goals.

Love: A small misunderstanding may arise, but communication will resolve it.

Career: You're being watched by higher-ups—show your best work.

Finance: A practical investment could yield long-term benefits.

Libra

(September 23 - October 22)

General: Balance is key today—don't overextend yourself.

Love: Romance is in the air! A new connection could take an exciting turn.

Career: Collaborations and teamwork will bring success.

Finance: Be mindful of shared expenses; set boundaries where needed.

Scorpio

(October 23 - November 21)

General: Trust your instincts—they won't lead you astray.

Love: Intensity in love—whether good or bad, emotions run deep.

Career: Your determination will help you push past any obstacles.

Finance: A financial opportunity may present itself—analyze before acting.

Sagittarius

(November 22 - December 21)

General: Adventure calls! A spontaneous plan could lead to great experiences.

Love: Love is lighthearted today—enjoy the moment without overthinking.

Career: A new challenge is coming, but you're more than ready.

Finance: Watch out for impulsive spending—save for future travels.

Capricorn

(December 22 - January 19)

General: Discipline and hard work pay off—stay committed.

Love: Stability in love—focus on deepening your emotional connection.

Career: A promotion or recognition is on the horizon.

Finance: Practical decisions will lead to financial growth.

Aquarius

(January 20 - February 18)

General: Unconventional ideas will bring exciting opportunities.

Love: Be open to new experiences; someone unexpected may capture your heart.

Career: Innovation is your strength—use it to impress at work.

Finance: Keep track of your finances; a smart move now will pay off later.

Pisces

(February 19 - March 20)

General: Your intuition is strong today—trust it.

Love: Romance flows naturally; express your feelings without hesitation.

Career: Creative pursuits will bring satisfaction and success.

Finance: A small financial gain could surprise you.

THE COLORS OF US

by Tishon



a small, lively village called Rainbow Ridge, every child had something that made them special.

There was Lila, who loved to paint and saw colors in everything, even in the wind. There was Ben, who used a wheelchair and could build the most amazing inventions from scraps. There was Archie, who spoke three languages and loved telling stories from his grandmother. And then there was Sam, who was quiet and preferred reading books under the big mango tree.

Even though In they all lived in the same village, the children didn't always play together.

They stuck to what felt familiar. Lila painted alone, Ben built alone, Archie told stories to whoever would listen, and Sam read quietly by himself.

One sunny morning, their teacher, Mrs. Dube, gathered them together.

"This year," she announced, "we're going to have a Friendship Festival! Each of you will work together to create something special to show the whole village."

The children looked around at each other nervously.

"How can we work together?" Lila whispered. "We're all so different."

"Mrs. Dube smiled. "That's exactly why it will be wonderful."

At first, things didn't go smoothly.

Lila wanted to paint a giant mural.

Ben wanted to build a moving machine.

Archie wanted to tell a story.

Sam just wanted everyone to be quiet.

They argued and disagreed.

"This won't work!" Ben said.

"We're not the same!" Lila added.

Sam, who had been quiet the whole time, finally spoke. "Maybe... we don't need to be the same."

The others paused.

"What do you mean?" Archie asked.

Sam looked at each of them. "What if we combine everything we love? Lila can paint, Ben can build, Archie can tell a story, and I can help bring it all together."

The group thought about it.

Slowly, smiles began to appear.

They got to work.

Lila painted a bright, colorful backdrop filled with swirling skies and dancing trees.

Ben built a moving stage with wheels and lights that twinkled like stars.

Archie created a beautiful story about a village where everyone had a unique gift.

Sam organized everything, making sure each part fit perfectly.

On the day of the Friendship Festival, the whole village gathered.

As the show began, the stage moved, the mural glowed, and Archie's story came alive.

The audience watched in amazement as each part blended together into something magical.

When it ended, everyone cheered.

Mrs. Dube stepped forward. "What made this so special?"

Lila smiled. "We didn't try to be the same."

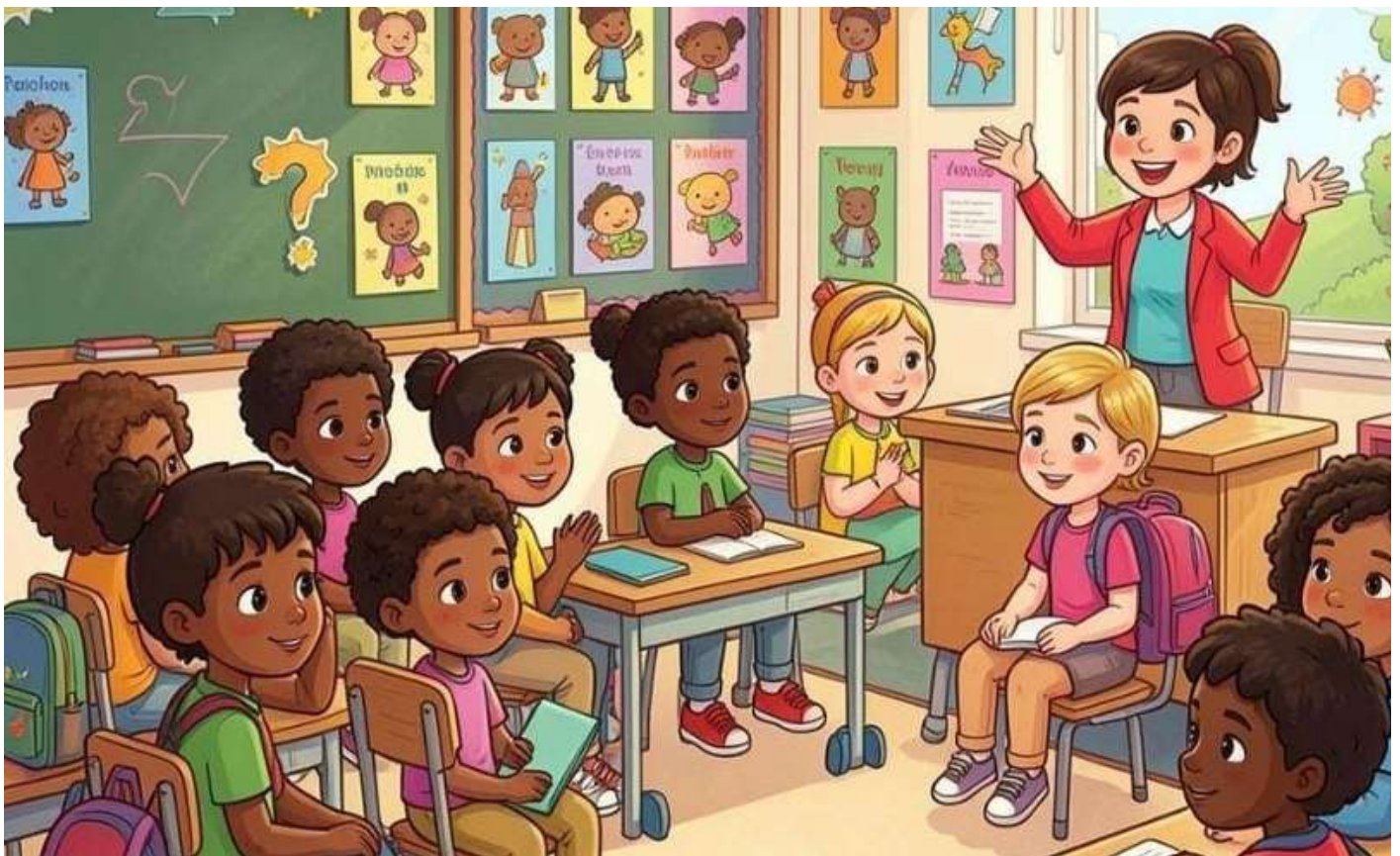
Ben added, "We used what made us different."

Archie said, "And we worked together."

Sam nodded. "That's what made it beautiful."

From that day on, the children of Rainbow Ridge didn't stay in separate corners. They played, created, and laughed together, celebrating what made each of them unique.

Because they had learned something important that day.
The world is brightest when all its colors shine together.





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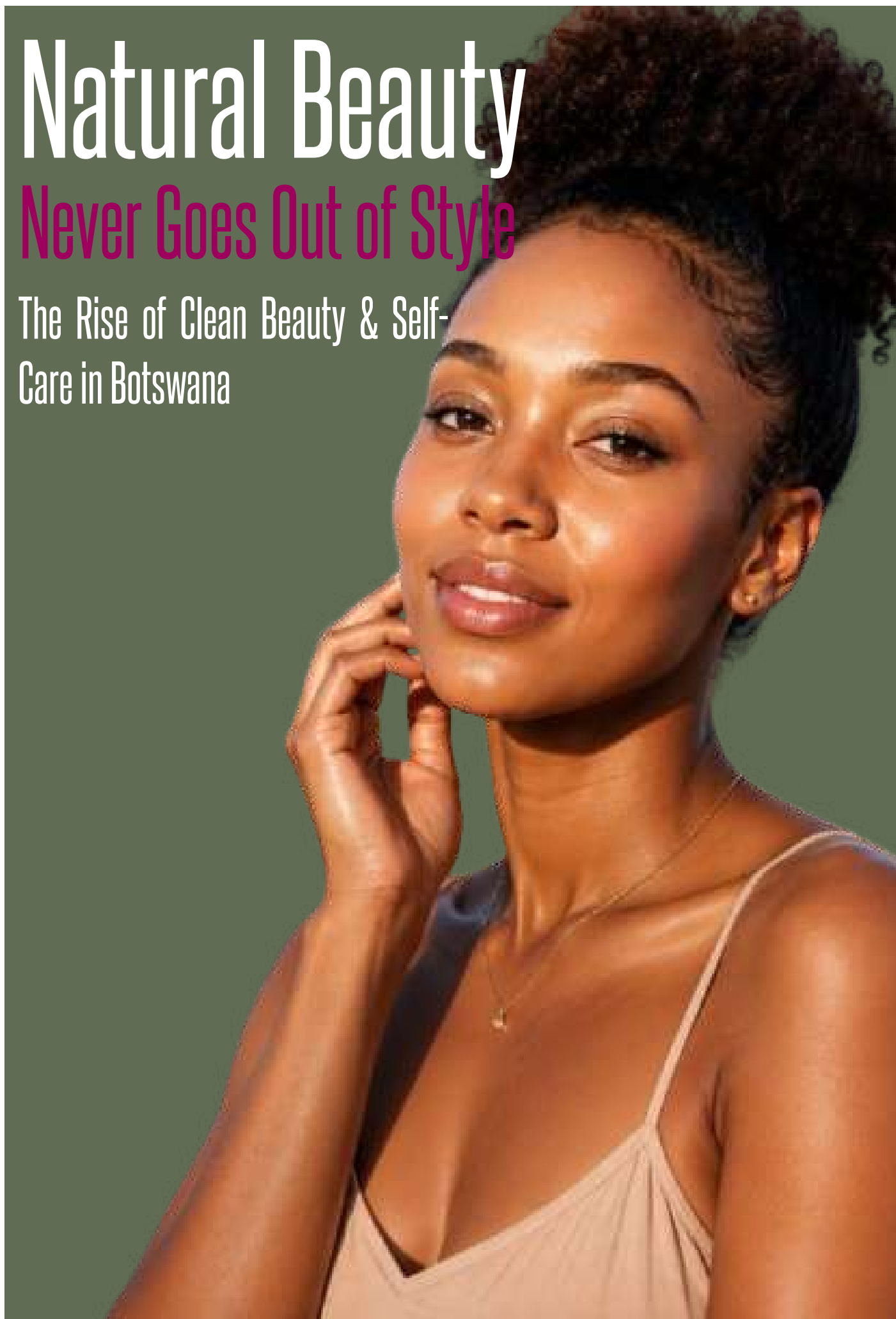


Plot 14447, Unit 03,
G/west Industrial,
Gaborone

Natural Beauty

Never Goes Out of Style

The Rise of Clean Beauty & Self-Care in Botswana





Around the world, the beauty industry is undergoing a quiet revolution. The era of heavy, full-coverage foundation and rigid, unrealistic filter-perfect standards is rapidly fading. In its place, a new philosophy has emerged—one centered on clean beauty, sustainability, and authentic self-care.

Today, beauty is no longer about altering who you are; it is about cultivating the healthiest, most radiant version of yourself.

The Shift Toward "Skinimalism" and Clean Ingredients

Modern skincare enthusiasts are moving away from complex 10-step routines and harsh chemical products. Instead, the global trend of "Skinimalism"—using fewer, higher-quality, and nutrient-dense products—is taking center stage.

More consumers are scrutinizing ingredient labels, opting for gentle formulas rich in antioxidants, plant-based oils, and hydration-boosting botanical extracts. This conscious approach isn't just a passing fashion trend; it's a commitment to long-term skin health and environmental sustainability.

Protecting Your Skin in Botswana's Climate

Whether you are navigating the vibrant streets of Gaborone, working in Francistown, or welcoming visitors on the edge of the Okavango in Maun, caring for your skin requires an understanding of -

the local environment. Botswana's abundant sunshine and dry, semi-arid climate demand a daily routine tailored to protection and deep nourishment:

Sun Protection is Non-Negotiable Broad-spectrum SPF (30 or higher) is your skin's best defense against premature aging and sun damage—no matter the season.

Prioritize Deep Hydration: Lightweight serums packed with hyaluronic acid paired with rich moisturizers help lock in essential moisture against dry winds.

Embrace Indigenous Treasures: Incorporating natural oils long celebrated in Southern Africa—such as Marula oil or Shea butter—provides the skin with essential fatty acids and natural nourishment.

Radiant Skin Starts From Within

No serum or cream can replace the foundational habits of holistic wellness. True skin glow is a direct reflection of how you care for your body from the inside out:

Hydration Drinking adequate water throughout the day keeps skin cells plump and flushes out toxins.

Balanced Nutrition: A diet rich in fresh produce, healthy fats, and antioxidants fuels cellular repair.

Restorative Sleep Quality sleep gives your skin time to recover, rebuild collagen, and refresh.

Celebrating Your Authentic Self

Beauty is a lifelong journey, not a quick fix. Trends will come and go, but healthy habits, sun protection, balanced living, and unwavering confidence remain the timeless beauty secrets that never go out of style.

No matter where you are in Botswana, the most effective beauty routine is one that supports your physical health, protects your skin from the elements, and honors your unique texture and tone.

The most beautiful face isn't one hidden behind layers of perfection—it is one that reflects health, kindness, confidence, and genuine self-care every single day.



THE COLOR ON YOUR PLATE

Why Eating More Fruits and Vegetables Could Be the Best Investment in Your Health

By Nushrat Nitu



Walk through any market in Botswana—from the vibrant stalls of Gaborone to local community markets across the country—and you'll find an abundance of colourful fruits and vegetables. Tomatoes, spinach, cabbage, carrots-pumpkins, watermelon, oranges and seasonal produce are readily available. Yet despite their accessibility, many people still consume far less fresh produce than nutrition experts recommend.

In a world where convenience often dictates what we eat, one of the simplest ways to improve health may be as easy as adding more colour to the dinner plate.

More Than Just Vitamins

Fruits and vegetables are often praised for their vitamins and minerals, but their value extends far beyond basic nutrition. They are naturally rich in dietary fibre, antioxidants and plant compounds known as phytochemicals—substances that help protect the body's cells from damage caused by oxidative stress.

Scientific research has consistently shown that diets rich in fruits and

vegetables are associated with a lower risk of heart disease, stroke, type 2 diabetes and certain types of cancer. They also support healthy digestion, strengthen the immune system and contribute to maintaining a healthy body weight.

Simply put, every colourful serving offers benefits that go far beyond satisfying hunger.

Why Colour Matters

Nutrition experts often encourage people to "eat the rainbow," not because colourful meals look attractive, but because different colours represent different nutrients.

Green vegetables, such as spinach and morogo, provide folate, vitamin K and iron.

Orange and yellow produce, including pumpkins, carrots and sweet potatoes, are rich in beta-carotene, which the body converts into vitamin A for healthy vision and immune function.

Red fruits and vegetables, such as tomatoes and watermelon, contain lycopene, a powerful antioxidant linked to heart health.

Purple and blue foods, including beetroot and certain berries, contain compounds that support brain and cardiovascular health.



A colourful plate naturally provides a wider variety of nutrients than a meal dominated by refined carbohydrates alone.

A Healthy Diet Doesn't Have to Be Expensive

One of the biggest misconceptions about healthy eating is that it requires imported "superfoods" or costly ingredients.

In reality, many locally available foods found across Botswana are highly nutritious. Fresh leafy vegetables, beans, sorghum, maize, pumpkins and seasonal fruits can all contribute to a balanced diet when combined thoughtfully.

Good nutrition is not defined by luxury—it is built through consistency and wise food choices.

Small Habits, Lasting Results

Improving nutrition rarely requires dramatic lifestyle changes. Instead, experts recommend starting with small, sustainable habits: Add one extra serving of vegetables to your main meal. Choose fresh fruit instead of sugary snacks when possible. Fill half of your plate with vegetables at lunch or dinner. Drink water instead of sugar-sweetened beverages more often.

Include locally grown seasonal produce in your weekly shopping.

These simple adjustments may seem modest, but over months and years they can significantly reduce the risk of chronic disease while improving energy and overall wellbeing.

Food is more than fuel—it shapes families, communities and future generations. Healthy eating habits established today influence children's growth, adult productivity and quality of life later in life.



established today influence children's growth, adult productivity and quality of life later in life.

For Botswana, where agriculture remains an important part of the nation's identity and locally grown produce is widely available, choosing nutritious foods is not only a personal decision but also an opportunity to support local farmers and strengthen community wellbeing.

The journey to better health does not begin with complicated diets or expensive supplements. It begins with everyday choices—adding one more serving of vegetables, selecting fruit over processed snacks and appreciating the nutritional value of foods already growing close to home.

Sometimes, the most powerful medicine is not found in a pharmacy. It is found on your plate.



Education Beyond the Classroom

THE SKILLS THAT WILL
SHAPE **BOTSWANA'S FUTURE**

The world of education is changing faster than ever before. A university degree remains valuable, but employers are increasingly looking beyond -

certificates. They want people who can solve problems, communicate effectively, adapt to change, and continue learning throughout their careers.

For Botswana, this shift presents an exciting opportunity. As the country continues to diversify its economy beyond mining into technology, tourism, renewable energy, agriculture, healthcare, finance, and entrepreneurship, young people have more career paths available than any previous generation.

Education Is No Longer About Memorizing

Success in today's world is not measured by how much information you can remember. Information is available everywhere. The real advantage comes from knowing how to use knowledge creatively.

Students who ask questions, think critically, work well with others, and embrace innovation often stand out in both universities and workplaces. Schools and universities provide the foundation, but lifelong learning builds lasting success.

Botswana's Emerging Career Opportunities-

Botswana's economy is evolving, creating demand for professionals in many exciting industries.

Technology is opening doors for software developers, cybersecurity specialists, digital marketers, graphic designers, UI/UX designers, and data analysts. As businesses become increasingly digital, these skills are becoming essential.

The country's world-famous tourism industry continues to create opportunities for tour operators, hospitality managers, conservation experts, photographers, travel content creators, and environmental researchers.

Healthcare is another growing field, with increasing demand for nurses, medical technologists, pharmacists, laboratory professionals, mental health specialists, and healthcare administrators.

Renewable energy is gaining momentum as Botswana invests in sustainable development, creating careers in solar energy, engineering, environmental science, and project management.

Agriculture is also transforming through innovation. Modern farming now combines technology, business, and sustainability, offering opportunities for agricultural entrepreneurs and food production specialists.

The Skills Every Employer Wants

- Regardless of your profession, certain skills will always make you valuable.
- Strong communication helps professionals express ideas clearly and build relationships.
- Problem-solving allows individuals to overcome challenges with confidence and creativity.
- Digital literacy is no longer optional. Understanding technology is essential in nearly every industry.
- Teamwork enables people from different backgrounds to achieve shared goals.
- Leadership is not about having a title it's about taking responsibility, inspiring others, and making positive decisions.
- Adaptability has become one of the most valuable qualities in today's rapidly changing workplace.

"The Future belongs to those who never stop learning."

Career Success Begins Before Graduation

Many successful professionals begin preparing for their careers while they are still studying.



Internships provide practical experience and help students understand workplace expectations.



Volunteering develops confidence while expanding professional networks.



Online learning allows anyone to gain internationally recognized skills in areas such as business, technology, design, languages, finance, and project management.

Building a professional portfolio can often impress employers even more than a long list of qualifications.

Entrepreneurship: Creating Opportunities



Not every graduate needs to wait for a job opportunity. Many of Botswana's young entrepreneurs are creating businesses that solve real community problems.

Small ideas can grow into successful companies with dedication, innovation, and careful planning. Whether launching a digital agency, tourism service, fashion brand, agricultural business, or online store, entrepreneurship allows young people to create employment not only for themselves but for others as well.

Innovation often begins with identifying everyday challenges and finding practical solutions.

Learning Never Stops

One of the biggest misconceptions is that education ends after graduation.

The most successful professionals continue reading, attending workshops, earning certifications, improving digital skills, and staying informed about industry trends-

throughout their careers.

In a world where technology changes rapidly, continuous learning has become a competitive advantage.

The Future Belongs to Lifelong Learners

Botswana has a young, ambitious, and talented population. With quality education, practical skills, creativity, and determination, the next generation has the potential to build businesses, lead industries, drive innovation, and contribute to national development.

Degrees open doors, but character, curiosity, resilience, and continuous learning determine how far those doors will lead.

The future of work is not reserved for those who know the most—it belongs to those who never stop learning.

The New African Wardrobe

How Botswana Is Redefining modern Fashion

Where heritage, sustainability, and contemporary style come together to shape the future of African fashion.



Fashion has always been more than clothing. It is identity stitched into fabric, confidence expressed through colour, and culture carried from one generation to the next. Across Africa, fashion is experiencing a remarkable transformation, and Botswana is becoming part of this exciting movement. Rather than simply following international trends, a new generation of designers, entrepreneurs, and style-conscious consumers is proving that true fashion begins with authenticity.

Walk through the streets of Gaborone today and you will notice a fascinating contrast. Tailored business suits share the sidewalks with vibrant African prints. Minimalist streetwear blends naturally with handcrafted accessories. Young professionals confidently pair modern silhouettes with traditional-inspired patterns, creating a style that feels both global and proudly African.

This evolution reflects something much deeper than changing wardrobes. It represents a growing appreciation for cultural identity while embracing innovation.

One of the strongest influences on Botswana's fashion landscape is the renewed appreciation for local craftsmanship. Handmade textiles, woven baskets, leather accessories, and locally inspired patterns are no longer reserved for cultural ceremonies or tourist markets. They are becoming statement-

pieces worn in offices, creative spaces, social events, and international fashion showcases. Every handcrafted item carries a story—one of heritage, skill, and community.

At the same time, sustainability has become one of fashion's most important conversations. The fast-fashion industry has contributed significantly to global textile waste, encouraging many consumers to rethink how they shop. Around the world, people are choosing fewer, higher-quality garments that last longer. Botswana is well positioned to embrace this shift. Supporting local designers, purchasing durable clothing, repairing garments instead of discarding them, and investing in timeless pieces all contribute to a more sustainable fashion culture.

Style today is no longer measured by the number of outfits in a wardrobe. Instead, it is defined by thoughtful choices. A carefully selected blazer, a beautifully tailored dress, a quality leather bag, or a handcrafted accessory can elevate an entire look without excess.

Another defining feature of modern Botswana fashion is versatility. Today's professionals want wardrobes that transition effortlessly from the workplace to evening gatherings and weekend events. Neutral colours, clean tailoring, natural fabrics, -

and subtle African-inspired details are replacing overly complicated trends. This practical elegance reflects the lifestyle of modern professionals who value comfort without sacrificing sophistication.

Social media has also transformed the fashion industry. Platforms like Instagram, Facebook, and TikTok allow Botswana's creatives to reach audiences far beyond national borders. Independent designers can showcase collections directly to customers, while fashion influencers inspire thousands through styling tips, local brand recommendations, and creative storytelling. Digital visibility is opening new opportunities for emerging talent and helping Botswana gain recognition within the wider African fashion scene.

Accessories continue to play a powerful role in personal style. A handcrafted necklace, elegant earrings, a woven handbag, or premium leather shoes can instantly transform a simple outfit into something memorable. Increasingly, consumers are looking for pieces with meaning rather than mass-produced trends, making artisan craftsmanship more valuable than ever.

Fashion is also becoming more inclusive. Designers are recognising that beauty exists in every body type, age, and background. Confidence has replaced unrealistic perfection -



as the industry's most desirable quality. The most stylish individuals are often those who wear clothing that reflects their personality rather than simply copying seasonal trends.

Looking ahead, Botswana has every opportunity to strengthen its place within Africa's growing fashion economy. By encouraging local creativity, supporting small fashion businesses, embracing sustainable practices, and celebrating cultural identity, the country can build a fashion industry that is both economically valuable and culturally meaningful.

Ultimately, fashion is not about wearing the most expensive labels or following every trend. It is about telling your own story with confidence. In Botswana, that story is becoming increasingly powerful—a story where heritage meets innovation, sustainability meets elegance, and local creativity stands proudly on the global stage.

As the future of African fashion unfolds, Botswana is not simply keeping pace. It is helping shape what modern African style truly means.

Love beyond words: Building Stronger Re- lationship in a Fast - Changing World



In a world where life moves faster than ever, relationships often face challenges that previous generations rarely experienced. Busy work schedules, social media, digital distractions, and daily responsibilities can slowly create distance between people who genuinely care about one another. Yet despite these modern challenges, one truth remains unchanged: healthy relationships are built on trust, respect, communication, and consistent effort.

Love is often celebrated through grand romantic gestures, but lasting relationships are rarely sustained by extraordinary moments alone. Instead, they grow through the ordinary moments of everyday life—sharing a meal after a long day, listening without judgment, offering encouragement during difficult times, and showing appreciation even for the smallest acts of kindness. These seemingly simple habits create emotional security and strengthen the bond between two people over time.

One of the most important foundations of any successful relationship is communication. Communication is far more than exchanging words; it is about understanding emotions, expressing thoughts honestly, and creating a safe space where both people feel heard and valued. In healthy relationships, partners listen to understand rather than simply waiting for their turn to speak. Honest conversations, even when they are difficult, help prevent misunderstandings from growing into larger conflicts.

Trust is another essential pillar that cannot be built overnight. It develops slowly through honesty, reliability, and consistency. Every promise kept, every moment of support, and every act of integrity strengthens trust. On the other hand, dishonesty, secrecy, and broken promises can damage a relationship deeply. While trust can sometimes be rebuilt, it requires patience, accountability, and genuine commitment from both individuals.

Respect is equally important. Every person deserves to be appreciated for who they are, with their own dreams, opinions, and personal goals. A healthy relationship does not demand perfection or control. Instead, it celebrates individuality while encouraging mutual growth. Supporting one another's ambitions, respecting personal boundaries, and allowing space for independence create a balanced partnership where both individuals continue to grow without losing their identity.

No relationship is free from disagreements. Conflict is a natural part of human connection because every individual has different experiences, expectations, and perspectives. The strength of a relationship is not measured by the absence of conflict but by the way conflicts are resolved. Couples who approach disagreements with patience, empathy, and a willingness to compromise often emerge stronger than before. Choosing calm conversations instead of hurtful words

helps preserve respect even during difficult moments.

Gratitude is another powerful ingredient that is often overlooked. As relationships become comfortable, people sometimes forget to express appreciation for everyday efforts. A sincere "thank you," a thoughtful compliment, or an unexpected act of kindness can make someone feel deeply valued. These small expressions of gratitude reinforce emotional connection and remind both partners that they are not taken for granted.



In today's digital age, maintaining balance between online and offline life has become increasingly important. Technology allows us to stay connected, but it can also become a source of distraction. Spending meaningful, uninterrupted time together—without constantly checking phones or social media—helps strengthen emotional intimacy. Genuine eye contact, shared experiences, and heartfelt conversations create memories that no digital interaction can replace.

Strong relationships also require forgiveness. Everyone makes mistakes, and holding onto resentment only creates emotional distance.

Forgiveness does not mean ignoring harmful behaviour; rather, it means choosing healing over bitterness when both people are committed to learning and growing. The ability to apologise sincerely and forgive wholeheartedly often becomes one of the greatest strengths in a lasting relationship.

As August marks a season of new beginnings and fresh perspectives, it offers the perfect opportunity to reflect on the relationships that matter most. Whether you are nurturing a romantic partnership, strengthening family bonds, or rebuilding a meaningful friendship, remember that every relationship grows through consistent care rather than occasional perfection. Love is not something that simply happens



it is something that is nurtured every day through patience, respect, honesty, and compassion.

At the end of the day, the most meaningful relationships are not defined by expensive gifts or picture-perfect moments. They are defined by the people who choose to stay, support, encourage, and grow together through every season of life. When love is rooted in trust, respect, and kindness, it becomes a source of strength that can withstand life's greatest challenges.

BEYOND THE GYM

Building a Stronger, Healthier You
Through Smart Fitness



FITNESS
IS NOT A 30 DAY
CHALLENGE.
IT'S LIFELONG
COMMITMENT.

Fitness is no longer just about chasing the perfect physique or spending countless hours lifting weights in a gym. Today, it represents something far more meaningful—a commitment to building a body that is strong, resilient, energetic, and capable of supporting a healthy, active lifestyle. Whether you are a student, a busy professional,

an entrepreneur, or a retiree, investing in your physical fitness is one of the most valuable decisions you can make.

Across Botswana, more people are becoming aware of the importance of living healthier lives. As urban lifestyles become increasingly sedentary, with long working -

hours, extended screen time, and reduced physical activity, maintaining fitness has become essential rather than optional. Fortunately, achieving good fitness does not require expensive equipment or elite athletic ability. It begins with consistency, discipline, and the right approach.

EASY WORKOUTS YOU CAN DO ANYWHERE



SQUATS



LUNGES



PLANK



STRETCH

**STRONG BODY.
STRONG MIND. STRONG LIFE.**

healthy body weight.

Health experts recommend at least 150 minutes of moderate-intensity cardio exercise each week. Rather than viewing cardio as a punishment, find an activity you genuinely enjoy. Fitness becomes sustainable when movement is enjoyable.

Strength Training: Build More Than Muscle

Strength training is one of the most effective forms of exercise for improving overall health. While many people associate weight training with bodybuilders, its benefits extend far beyond muscle growth.

Regular strength training increases lean muscle mass, strengthens bones, improves posture, boosts metabolism, and reduces the risk of injuries. It also makes everyday activities—such as carrying groceries, climbing stairs, or lifting children—much easier.

You don't necessarily need a fully equipped gym. Resistance bands, dumbbells, kettlebells, or even bodyweight exercises like squats, push-ups, lunges, and planks can produce excellent results when performed consistently. Beginners should focus on proper technique before increasing intensity.



The Power of Yoga and Mobility Training

Many people overlook flexibility until they begin experiencing stiffness or pain. Yoga combines flexibility, balance, breathing, and mindfulness into one powerful practice.

Just 15–20 minutes of yoga several times a week can improve posture, increase mobility, reduce muscle tension, relieve stress, and support faster recovery after workouts. It also helps improve focus and mental clarity, making it an excellent complement to strength and cardio training.

Mobility exercises are equally important. Healthy joints allow the body to move efficiently and reduce the likelihood of injuries, especially as we age.

Recovery Is Part of Training

One of the biggest mistakes people make is believing that more exercise always leads to better results. In reality, the body grows stronger during recovery—not during the workout itself.

Aim for seven to nine hours of quality sleep every night. Drink enough water throughout the day, stretch after exercise, and schedule at least one or two recovery days each week.

These habits help muscles repair, reduce fatigue, and improve long-term performance. Fuel Your Body for Success

Exercise alone cannot deliver lasting fitness without proper nutrition. A balanced diet rich in lean protein, whole grains, fresh fruits, vegetables, healthy fats, and plenty of water provides the fuel your body needs to perform and recover.

Avoid relying heavily on sugary drinks, highly processed foods, and excessive fast food. Instead, focus on nourishing your body with foods that support energy, muscle growth, and overall health.

Consistency Beats Perfection

Perhaps the most important lesson in fitness is that consistency matters more than perfection. You do not need to train every day or complete extreme workouts to see meaningful results.

Start with realistic goals. Exercise three to five times each week, gradually increase the intensity, celebrate small improvements, and remain patient. Real transformation happens through months of consistent effort—not overnight.

Fitness Is a Lifestyle

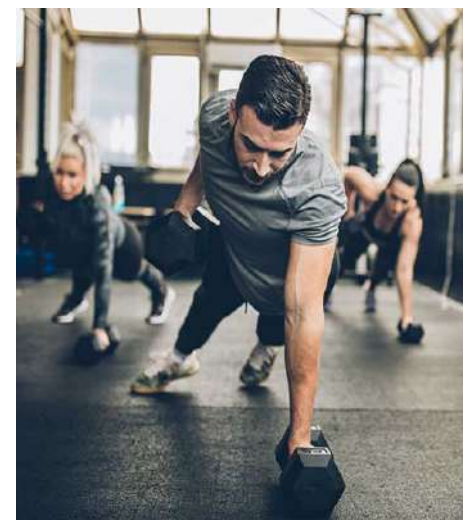
Fitness is not a temporary challenge or a seasonal trend. It is a lifelong investment in your physical health, mental well-being, confidence, and quality of life.

Whether you choose strength training, yoga, running, cycling, or a combination of different activities, the most effective workout is the one you can maintain consistently. Every workout, every healthy meal, and every positive choice moves you one step closer to becoming the strongest version of yourself. Remember, the goal isn't simply to look fit—it's to live stronger, move better, and enjoy a healthier future.



Cardio: Strengthening the Heart

Cardiovascular exercise remains one of the foundations of a healthy fitness routine. Activities such as brisk walking, jogging, cycling, swimming, dancing, or skipping rope improve heart health, enhance lung capacity, increase endurance, and help maintain a



CYBER SAFETY IN 2026

Protecting Your Digital Life in an Always-Connected World

2026, our lives are more connected than ever before. We shop online, transfer money with a tap, attend virtual meetings, store personal photos in the cloud, and communicate instantly through social media. Technology has made life faster and more convenient—but it has also created new opportunities for cybercriminals.

Cybersecurity is no longer a concern only for governments or large corporations. Every smartphone user, every online shopper, every student, every entrepreneur, and every family connected to the internet has become a potential target. In Botswana, where smartphone ownership, mobile money services, online banking, and digital entrepreneurship continue to grow, understanding cyber safety has become an essential life skill.

The New Face of Cybercrime

Cybercriminals no longer rely on sophisticated hacking alone. Today, many attacks succeed simply by manipulating human trust.

Phishing emails pretending to come from banks, fake investment opportunities shared on social media, fraudulent online shopping websites, and WhatsApp messages requesting urgent payments have become increasingly common worldwide. Instead of breaking into computers, criminals often persuade people to reveal passwords, banking details, or one-time verification codes. This type of social engineering has become one of the most effective forms of -

cybercrime because it targets human behaviour rather than technology itself.

Why Botswana Should Pay Attention

Botswana's digital economy continues to expand. Businesses are embracing e-commerce, students rely on online learning platforms, and mobile financial services have become part of everyday life. This digital growth creates exciting opportunities—but also increases the importance of digital security.

Whether paying school fees online, operating a small business through Facebook or Instagram, or managing finances using mobile banking applications, protecting personal information is now just as important as protecting physical property.

Cyber safety is no longer optional; it is part of responsible digital citizenship.

The Most Common Online Threats

Phishing Scams

Cybercriminals often send messages that appear to come from trusted organisations, asking users to click suspicious links or verify personal information. These messages frequently create a sense of urgency, encouraging victims to act without thinking.

Password Theft

Weak or reused passwords remain one of the

biggest security risks. If one online account is compromised, criminals often attempt to access other accounts using the same password.

Fake Shopping Websites

Online shopping continues to grow, but fraudulent websites can trick customers into paying for products that never arrive. Before making purchases, always verify that the retailer is legitimate and uses secure payment systems.

Social Media Fraud

Fake profiles, impersonation, giveaway scams, and investment fraud continue to spread across popular social media platforms. Always verify identities before sending money or sharing sensitive information.

Five Habits That Can Protect You

1. Create Strong, Unique Passwords





Every important account should have its own password. A combination of letters, numbers, and symbols makes passwords significantly harder to guess. Password managers can help generate and securely store complex passwords.

2. Enable Two-Factor Authentication (2FA)

Two-factor authentication provides an additional layer of protection by requiring a second verification step after entering your password. Even if a password is stolen, criminals cannot easily access the account without the second authentication factor.

3. Keep Software Updated

Software updates are not only about new features—they often contain critical security patches that fix newly discovered vulnerabilities. Keeping devices updated is one of the simplest and most effective ways to improve security.

4. Think Before You Click

Unexpected links, attachments, or QR codes should always be treated with caution. Taking a few extra seconds to verify the source can prevent significant financial and personal loss.

5. Back Up Important Data

Photos, business documents, and personal files should be backed up regularly using trusted cloud services or external storage devices. Backups provide protection against ransomware, hardware failure, and accidental deletion.

Cyber Safety for Small Businesses

Small businesses often believe cybercriminals only target large organisations.

In reality, smaller businesses are frequently targeted because they may have fewer security measures in place.

Business owners should regularly train employees to recognise scams, secure customer information, update business software, and implement secure payment systems. Cybersecurity is increasingly becoming a competitive advantage, building trust with customers and protecting a company's reputation.

Parents and Children's Digital Safety

Children are growing up in an increasingly connected world. Parents play an important role in teaching safe internet habits, encouraging respectful online behaviour, monitoring age-appropriate content, and discussing the risks of sharing personal information with strangers.

Open communication remains one of the strongest forms of digital protection.



Artificial Intelligence: Both Opportunity and Risk

Artificial Intelligence is transforming cybersecurity by helping detect suspicious activity, identify malware, and respond to

cyber threats more quickly than ever before.

At the same time, cybercriminals are also using AI to create more convincing phishing emails, fake voices, manipulated images, and realistic online scams. This makes digital awareness more valuable than ever.

The future of cybersecurity will depend not only on smarter technology but also on smarter users.

Looking Ahead

Cybersecurity is no longer simply an IT issue—it is a personal responsibility. Every click, every password, and every online decision contributes to our digital safety.



As Botswana continues its journey toward a more connected digital economy, individuals, businesses, schools, and communities all have a role to play in creating a safer online environment.

Technology will continue to evolve, and so will cyber threats. The strongest defence will always be knowledge, awareness, and responsible digital behaviour.

The internet has opened extraordinary opportunities for education, entrepreneurship, communication, and economic growth. Protecting those opportunities requires more than antivirus software—it requires informed digital citizens.

In 2026, cyber safety is not about living in fear. It is about using technology with confidence, responsibility, and wisdom. Those who develop good digital habits today will be better prepared for the connected world of tomorrow.

ELON MUSK

THE VISIONARY WHO
REFUSESTO ACCEPT
LIMITS



Some people build successful companies. Others change the way the world works. Elon Musk belongs to the second category. From electric vehicles and reusable rockets to artificial intelligence and satellite internet, Musk has consistently challenged industries that many believed could never be transformed. His journey is not simply a story of wealth—it's a story of bold ideas, resilience, and an unwavering belief that humanity's future can be better than its present.

Early Life

Elon Musk was born on June 28, 1971, in Pretoria, South Africa. Growing up, he developed a fascination with science, engineering, and computers at an early age. While many children spent their free time playing outdoors, Musk immersed himself in books, often reading for hours every day.

His passion for technology became evident when, at just 12 years old, he taught himself computer programming and created -

created a video game called Blaster. He sold the game's source code to a computer magazine for approximately US\$500—his first entrepreneurial success.

At the age of 17, Musk moved to Canada to pursue higher education and greater opportunities. He later transferred to the University of Pennsylvania in the United States, earning bachelor's degrees in Physics and Economics.

The Entrepreneurial Journey

After graduating, Musk briefly enrolled in a Ph.D. program at Stanford University but left after only two days to pursue business opportunities during the internet boom.

His first company, Zip2, provided online business directories and mapping software for newspapers. In 1999, the company was sold, giving Musk the capital to pursue even bigger ambitions.

He then co-founded X.com, an online -

financial services company that later merged to become PayPal. When PayPal was acquired by eBay in 2002, Musk used much of his earnings to invest in ideas that many considered impossible.

Reaching for the Stars & Connecting the Globe

In 2002, Musk founded SpaceX with a bold mission—to make space travel more affordable and ultimately enable humans to live on Mars.

The road was far from easy. The company's first three rocket launches failed, pushing SpaceX to the edge of bankruptcy. Instead of giving up, Musk invested his remaining resources into one final launch. It succeeded.

Today, SpaceX has revolutionized the aerospace industry through reusable rockets (Falcon 9, Starship) and regular astronaut missions. Furthermore, through Starlink, SpaceX is deploying a global constellation -

of satellites to bring high-speed internet to the most remote corners of the Earth.

Transforming Transportation

Musk became the leading investor and CEO of Tesla, helping transform electric vehicles from a niche product into a global movement.

Under his leadership, Tesla demonstrated that electric cars could be powerful, innovative, and desirable. By pioneering battery technology and autonomous driving software, Tesla has played a major role in accelerating the world's transition toward sustainable energy.

Innovation Beyond Earth: AI, Brain Chips, and Social Media

Elon Musk's ambitions extend far beyond cars and rockets.

Neuralink: Developing brain-computer interface technology designed to help people with neurological conditions and merge human intelligence with AI.

The Boring Company: Exploring underground tunnel infrastructure to alleviate urban traffic congestion.

xAI: Founded to advance artificial intelligence research, developing frontier AI models like Grok to understand the true nature of the universe.

X (formerly Twitter): In 2022, Musk acquired the global social media platform Twitter, transforming it into X with a vision to build an "everything app."

Challenges and Criticism

Musk's career has not been without controversy. His high-pressure management style, uninhibited public statements, ambitious timelines, and regulatory battles have often sparked intense public debate.

Yet even critics acknowledge his extraordinary ability to inspire engineers, attract investment, and push stagnant legacy industries toward rapid technological progress.

A Legacy Still Being Written

Unlike many legendary figures whose achievements are viewed through the lens of history, Elon Musk's story continues to unfold in real-time.

Whether through electric mobility, multi-planetary exploration, renewable energy, neural interfaces, or artificial intelligence, his work continues to actively shape the future of human civilization. His journey reminds us that meaningful innovation requires courage, persistence, and an unwavering -

willingness to challenge conventional thinking.

"When something is important enough, you do it even if the odds are not in your favor."
— **Elon Musk**



The Art of Modern Parenting

Raising Confident, Kind and Resilient Children

The goal of parenting is not to raise perfect children, but to raise strong, kind and confident human beings.

Parenting is one of the most meaningful journeys in life. It is not only about providing a good education, food, and shelter—it is about shaping a child's character, confidence, emotional strength, and values that will guide them throughout their life.

In today's rapidly changing world, parents face new challenges. Technology, social media, academic pressure, and changing lifestyles have transformed the way children learn, communicate, and understand the world. For families in Botswana, where community, respect, and family connections remain important, modern parenting is about balancing traditional values with the needs of today's generation.

2. Nurturing Individual Strengths Over Perfection

Modern parenting is moving away from only focusing on discipline and achievement. Today, successful parenting is about understanding children as individuals. Every child has different talents, interests, and personalities.

Instead of comparing children with others, parents can help them discover their own strengths and encourage them to believe in themselves.

Key Takeaway

"The goal is not to raise children who never face difficulties, but to raise children who have the confidence, values, and resilience to overcome them."

3. Instilling Responsibility and Independence

Teaching responsibility from an early age plays an important role in building independence. Small activities such as helping at home, caring for personal belongings, respecting others, and making simple decisions teach children valuable life skills.

These early experiences prepare them to become responsible and self-reliant adults.

4. Finding Balance in the Digital Age

In the digital age, technology has become a part of everyday life. While digital tools provide excellent learning opportunities, children also need balance.

Encouraging outdoor activities, reading, creativity, sports, and family conversations helps children develop healthier habits and stronger social skills away from screens.

5. Cultivating Emotional Intelligence

Emotional intelligence is another essential skill for the next generation. Children should learn that all emotions are normal and that expressing feelings is a sign of strength, not weakness.

Parents who create a safe space for honest conversations help children become more confident, empathetic, and emotionally mature.

6. The Power of Community and Culture

Botswana's strong sense of community offers a beautiful environment for children to grow with values such as kindness, respect, and responsibility.

Family traditions, cultural stories, spending time with relatives, and community involvement can help children develop a strong sense of identity and belonging.

Preparing Children for Tomorrow

There is no perfect parent, and there is no perfect child. Parenting is a continuous journey of learning, patience, and growth. The greatest achievement of parenting is not creating a perfect life for children—it is preparing them with the strength, kindness, and courage to create their own successful future.

Tips For Busy Parents

- Spend quality time everyday
- Listen more, talk less
- Praise effort, not just result
- Be consistent with rules and boundaries
- Encourage curiosity and creativity
- Pray and support Their dreams
- Take care of yourself too

“

Parenting is a journey of learning, patience and growth. You din't have to be perfect, just present.

”

Strong families build a strong nation.

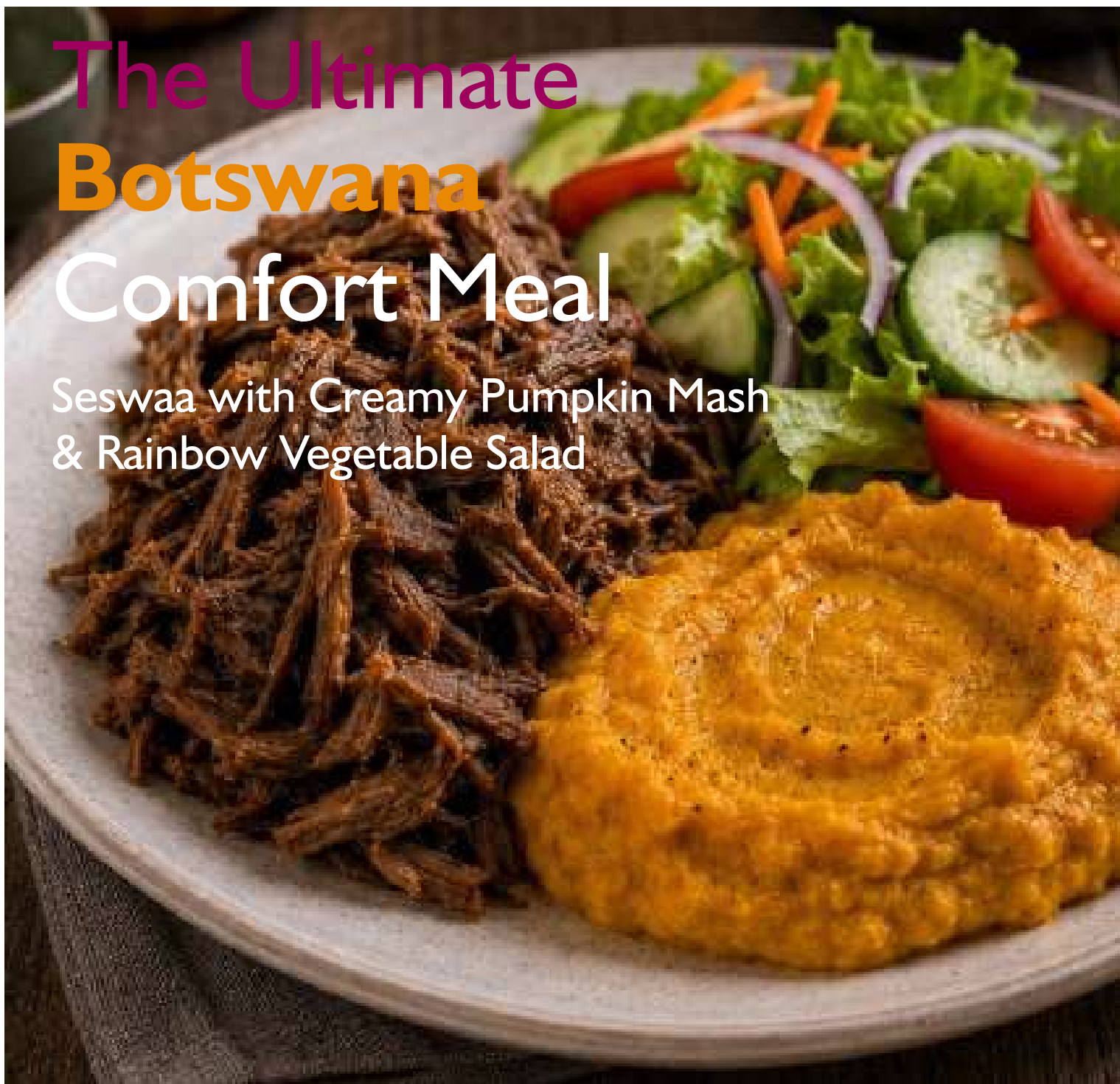


Tech with love , guide with patience.



The Ultimate Botswana Comfort Meal

Seswaa with Creamy Pumpkin Mash & Rainbow Vegetable Salad



Food is more than nourishment—it is culture, family, and tradition. In Botswana, few dishes represent these values better than Seswaa, the country's beloved national dish. Slow-cooked until perfectly tender, this flavorful shredded beef has been served at family gatherings, weddings, and celebrations for generations.

For today's modern lifestyle, we've given this timeless classic a fresh and nutritious twist by pairing it with creamy pumpkin mash and a colorful vegetable salad. The result is a meal that celebrates Botswana's heritage while supporting healthy living.

Rich in protein for lasting energy.

Uses affordable ingredients commonly available across Botswana.

Perfect for family lunches, Sunday dinners, or special occasions.

Naturally gluten-free and highly nutritious.

Ingredients (Serves 4–6)

For the Seswaa

1 kg beef (brisket, chuck, or stewing beef)

1 onion, roughly chopped

2 bay leaves (optional)

Salt to taste

Freshly ground black pepper

For the Creamy Pumpkin Mash

600 g pumpkin, peeled and cubed

1 tablespoon butter

2 tablespoons fresh milk

Pinch of salt

Pinch of black pepper

For the Rainbow Salad

1 cucumber, sliced
 2 tomatoes, chopped
 1 carrot, grated
 Lettuce leaves
 Half a red onion, thinly sliced

Dressing

2 tablespoons olive oil
 Juice of one lemon
 Salt and pepper to taste

Method

Step 1 – Cook the Seswaa

Place the beef, onion, bay leaves, salt, and enough water into a large pot.

Simmer gently for approximately 2½–3 hours until the meat becomes extremely tender.

Remove the meat, discard excess liquid, and pound or shred it using a wooden spoon or fork until soft and fluffy. Season lightly with black pepper and adjust salt if needed.



Step 2 – Prepare the Pumpkin Mash

Boil the pumpkin until fork-tender.

Drain well before mashing with butter and milk until smooth and creamy. Season with salt and pepper.



Step 3 – Make the Salad

Combine cucumber, tomatoes, carrots, lettuce, and onion.

Whisk together olive oil, lemon juice, salt, and pepper.

Drizzle the dressing over the vegetables just before serving.



Serving suggestion

Arrange a generous portion of Seswaa beside the creamy pumpkin mash, then finish the plate with the fresh rainbow salad.

Serve while hot with a glass of chilled home-made ginger lemonade or fresh fruit juice.

Chef's Tips

Cook the beef slowly for maximum tenderness.

Don't over-season the Seswaa—the natural beef flavour is what makes this traditional dish so special.

Add avocado slices to the salad for extra healthy fats.

Leftover Seswaa makes an excellent sandwich filling or wrap for lunch the next day.

Nutritional Benefits

This balanced meal provides:

High-quality protein for muscle health.

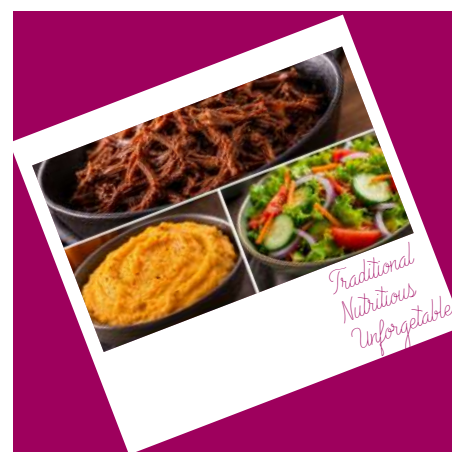
Vitamin A from pumpkin for healthy vision and immunity.

Fibre from fresh vegetables to support digestion.

Iron and zinc from beef to help maintain energy levels.

Simple, comforting, and deeply rooted in Botswana's culinary tradition, this modern Seswaa plate proves that traditional recipes never go out of style. With wholesome ingredients and vibrant flavours, it is the perfect meal to bring family and friends together around the table.

Whether you're cooking for a weekend gathering or simply celebrating Botswana's rich food culture, this recipe is guaranteed to impress.





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CREATING A BEAUTIFULL HOME

Modern Interior
Design Trends for
Comfortable Living
in Botswana

A home is more than just a place where we live; it is a reflection of our personality, lifestyle, culture, and dreams. In today's world, interior design is not only about expensive furniture or luxury decoration—it is about creating a space that feels comfortable, functional, and emotionally connected to the people who live there.

As modern lifestyles continue to change, homeowners in Botswana are also becoming more interested in creating beautiful and practical living spaces that combine contemporary design with African warmth and character.

Understanding Modern Interior Design

Professional interior design focuses on balancing beauty and functionality. A well-designed home should not only look attractive but should also make everyday life easier. A successful interior design considers:

- How people use their space
- Natural lighting and ventilation
- Furniture arrangement
- Colour psychology
- Storage solutions
- Personal style and cultural identity

The goal is to create a home where every corner has a purpose.

Bringing Botswana's Natural Beauty Indoors

One of the most inspiring trends in modern home design is connecting indoor spaces with nature. Botswana's beautiful landscapes, wildlife, and natural colours provide endless inspiration for interior design. Earthy tones such as:

- Warm beige
- Sand colours
- Soft brown
- Natural green
- Terracotta shades

can create a calm and welcoming atmosphere.

Using natural materials like wood, stone, handmade crafts, and woven textures can bring an authentic African touch while maintaining a modern look.

The Rise of Minimalist Living

Modern homeowners are moving towards minimalism—a design approach that focuses on simplicity, organisation, and quality over quantity.

A minimalist home does not mean an empty home. It means choosing meaningful-

furniture and decorations that create harmony.

Professional designers often recommend:

- Avoiding unnecessary clutter
- Using smart storage solutions
- Choosing multifunctional furniture
- Keeping a clean and balanced layout

This approach is especially useful for smaller homes and apartments.

Creating Comfortable Spaces Through Colours

Colours have a powerful effect on our emotions. The right colour choices can make a room feel larger, brighter, calmer, or more energetic.

For bedrooms, soft and relaxing colours can encourage better rest. Living rooms can use warm and welcoming tones to create a comfortable environment for family and guests. A professional approach is to choose a colour palette that matches the homeowner's personality and lifestyle.

Affordable Home Décor Ideas

Beautiful interiors do not always require a large budget. Creativity and thoughtful choices can transform any space.

Some affordable ideas include:

- Adding indoor plants
- Changing cushions and curtains
- Creating a feature wall
- Using artistic wall decorations
- Improving lighting
- Rearranging existing furniture

Small changes can create a completely new feeling.

Sustainable Interior Design: The Future of Homes

Sustainability is becoming an important part of global interior design. People are choosing environmentally friendly materials and designs that reduce waste.

Sustainable home ideas include:

- Using energy-efficient lighting
- Choosing durable furniture
- Supporting local artisans
- Recycling and reusing decorative items
- Bringing more natural elements into homes

A sustainable home is not only beautiful—it is responsible.

Designing a Home That Tells Your Story

The most beautiful homes are not necessarily the most expensive ones. They are spaces that tell a story.

Your home should represent who you are, your memories, your culture, and your dreams. Whether you prefer a modern luxury style, African-inspired design, or a simple comfortable atmosphere, the most important element is creating a space where you feel truly at home.

Interior design is not just about decorating a room—it is about designing a lifestyle.



SPAIN RULES THE WORLD AGAIN INSIDE THE 2026 FIFA WORLD CUP TRIUMPH



There is a certain kind of silence that falls over a stadium right before history is made. On the night of July 19, 2026, that silence hit the New York New Jersey Stadium, packed with over 80,000 fans, before Ferran Torres broke it with a strike that sent an entire nation into celebration. Spain had done it again. Sixteen years after their first World Cup crown in 2010, La Roja were world champions once more, beating three time winners Argentina 1-0 after extra time in one of the most tightly fought finals in recent memory. For a magazine that loves telling stories of triumph, this one has everything. Grit, glamour, heartbreak for a legend, and a fresh face who will be talked about for years.

A Final Worth Remembering

The 2026 tournament was the biggest World Cup ever staged, expanded to 48 teams and spread across the United States, Canada, and Mexico. That meant 104 matches instead of the usual 64, six weeks of football instead of four, and a longer road for every team hoping to lift the trophy.

Spain and Argentina had met only once before at a World Cup, back in 1966, when Argentina won 2-1. Sixty years later, the two sides met again on the grandest stage, and this time Spain came out on top. The match itself was cagey and tense, with Argentina reduced to ten men in extra time after Enzo Fernandez picked up a second yellow card. Substitute Ferran Torres, brought on to change the game, did exactly that in the 106th minute, guiding in the only goal of the match.

For Lionel Messi, who is widely expected to have played his final World Cup, it was a bittersweet ending. He collected his runner up medal in tears, closing out one of the greatest international careers in the sport's history without the second star he chased for so long.

The Team That Barely Conceded

What made Spain's run so remarkable was not flair alone, it was discipline. Across eight matches, Spain conceded just a single goal in the entire tournament, an almost unheard of defensive record at this level. That kind of consistency does not happen by accident. It comes from a settled system, players who trust each other blindly, and a midfield that dictates the tempo of every match it plays.

Head coach Luis de la Fuente built a side around control. Spain's passing game, patient build up, and pressing when the ball is lost gave opponents very few clean looks at goal. It was old school Spanish football, the tiki taka spirit that once conquered the world in 2010, updated with more physicality and directness for the modern game.

Spain by the Numbers

Numbers rarely capture the full picture of a World Cup campaign, but Spain's 2026 run comes close to telling the whole story on its own.

Across the tournament, Spain played eight matches, scored 14 goals, and conceded just one. That single goal conceded is a new benchmark for a champion side, backed up by seven clean sheets along the way. Spain also managed 120 attempts at goal across the competition, among the highest of any team in the field, and converted 17 penalties across the tournament, a new World Cup record.

Rodri's numbers alone are worth framing. He completed more passes than any player in a single World Cup since detailed records began, closing out the tournament with 790 accurate passes at a completion rate above 90 percent. He also covered more ground than any other player across the competition, a sign of just how much territory he policed for his team.

The final itself was a statement in miniature of everything Spain had built across six weeks. Spain attempted 896 passes and completed 774 of them, a completion rate of 86.4 percent, a new World Cup final record. Spain held 60 percent of possession in the final, won the ball back 28 times inside Argentina's own half, and restricted Argentina to just two shots across the entire match, including zero inside normal time. The expected goals count for the match, a measure of the quality of chances created, read 1.56 for Spain against just 0.13 for Argentina, as clear a picture of dominance as the scoreline itself.

"Spain by the Numbers" at a glance:

- Overall tournament tally: 8 matches, 14 goals scored, just 1 conceded, 7 clean sheets
- 120 shot attempts and a record 17 penalties converted across the competition
- Rodri's record breaking passing numbers (790 completed passes, most ever at a single World Cup)
- Final match specifics: 86.4% pass completion, 60% possession, only 2 shots allowed from Argentina, and the expected goals gap (1.56 to 0.13)

The Faces Behind the Trophy

Every World Cup produces its own set of heroes, and this one was no different.

Rodri, Spain's captain, was the heartbeat of the entire campaign. Playing as the anchor in midfield, he led the tournament for passes

completed and was widely seen as the most complete player on the pitch match after match. His reward was the Golden Ball, awarded to the tournament's best overall player, a fitting honour for a man who has now added a World Cup to a trophy cabinet that already includes a Champions League title, a Ballon d'Or, and a European Championship.

Unai Simon, the goalkeeper, was just as vital. He kept seven clean sheets in eight matches and conceded only once in the entire tournament, a save percentage above 90 percent. That earned him the Golden Glove as the best goalkeeper of the competition.

Pau Cubarsi, only 19 years old, marshalled Spain's defence with a composure well beyond his years and picked up the Best Young Player award, joining a list of past winners that includes Kylian Mbappe and Enzo Fernandez.

Ferran Torres, the man who scored the winning goal, instantly became a household name across Spain, his strike now etched into the folklore of Spanish football.

Lamine Yamal, still only 19, became the youngest player in the modern era to win both a European Championship and a World Cup, cementing his status as the future face of Spanish football.

Marc Cucurella was one of only three Spain players to feature in every single minute of the tournament, anchoring the left side of a defence that barely let anyone through.

France's **Kylian Mbappe** finished as the tournament's top scorer with ten goals, claiming the Golden Boot for the second World Cup running, a feat no other men's player has managed. Messi finished second on eight goals, taking home the Silver Boot, while England's Jude Bellingham rounded out the podium with seven.

Why This Matters in Botswana

Football does not need a passport to travel, and nowhere is that more obvious than in Botswana, where the sport commands the same passion found in Madrid or Buenos Aires. Viewing parties filled shebeens, sports bars, and living rooms across Gaborone, Francistown, and beyond during the tournament, with fans wrapped in Spanish, Argentine, and French colours despite none of those nations sharing a border with southern Africa.

Botswana's own football story continued to grow in 2026 as well. The national team, the Zebras, competed in the Four Nations Tournament hosted right here at home in Francistown in March, finishing third in...



a competitive regional field. It is a reminder that while the World Cup captures the world's attention every four years, football's roots in Botswana run deep all year round, through school pitches, local leagues, and a fan base that watches the world's biggest stars with the same devotion as any European capital.

Spain's triumph also carries a lesson that resonates far beyond Europe, that patient team building, trust in a system, and investment in young talent can turn a golden generation into champions. For young players in Botswana dreaming of the game, Rodri's rise from a composed midfielder to World Cup winning captain, and Cubarsi's leap from teenager to tournament star, are proof that talent nurtured properly can reach the very top of the sport.





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