

TUMWINE'S JOURNEY

Growing the Power to Change Tomorrow

A COLORING BOOK ABOUT PERSONAL POWER, EDUCATION, CONSERVATION, AND HOPE



TROUBLE MONSTERS SAY ONE YOUNG PERSON CAN'T CHANGE ANYTHING!



DON'T HELP OTHERS, I WANT YOUR PERSONAL POWER!

TROUBLE MONSTERS LOVE PROBLEMS, BUT YOUR PERSONAL POWER CAN STOP THEM!

REAL STORY. REAL HOPE. REAL CHANGE. REAL PERSONAL POWER.

TUMWINE'S JOURNEY

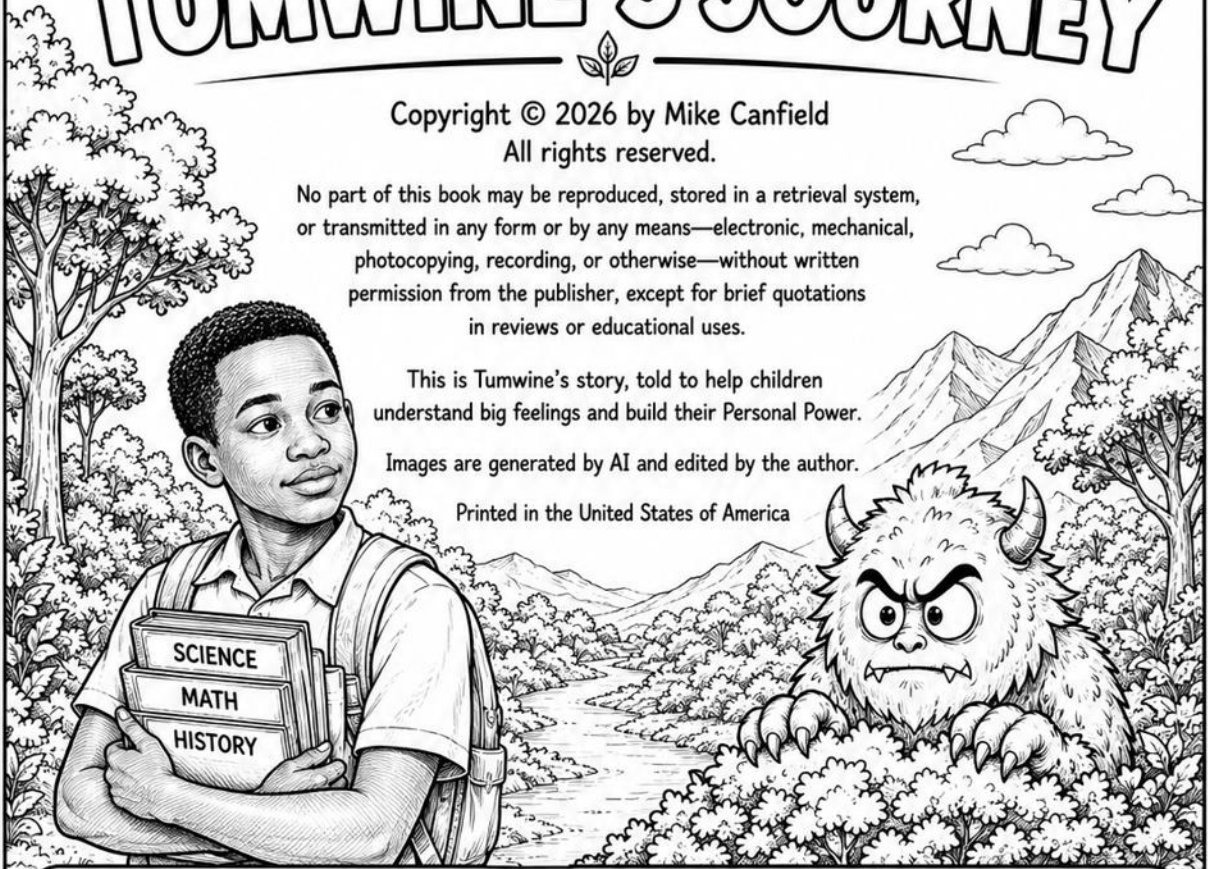
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This is Tumwine's story, told to help children understand big feelings and build their Personal Power.

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WHAT IS PERSONAL POWER?

Personal Power is the power that lives inside you.

**If you can think it, and physically do it,
you have the power to choose.**



Use your
brain to think
before you act.



Use your heart
to care about
yourself and others.



Use your body
to stay calm,
safe, and strong.



Use your choices
to build the future
you want.



Every day you
practice, your
Personal Power grows!



**You have the power to choose your thoughts, your actions,
and your future. That is Personal Power!**



WHY THIS BOOK?

Your Personal Power can change your life,
your community, and the world around you.

THIS BOOK WILL HELP YOU:



Understand the challenges
facing communities like
Tumwine's.



Discover that you have
Personal Power to make
a difference.



Learn how small actions
can grow into big
change.



Be inspired to work with
others to build a better
future.



See that young leaders
can create hope,
opportunity, and
lasting impact.

I may be just
one person, but I
can choose to do
something that
matters.



TROUBLE MONSTERS TRY TO STEAL OUR FUTURE...



They want us to feel
hopeless, forgotten,
and directionless.



They destroy our
environment and
take what we need.

BUT WE GET TO CHOOSE!



We can stand up, speak up, learn, lead,
and protect what is good.

YOUNG PEOPLE CAN...



Plant trees
and grow
food.



Learn and
share
knowledge.



Speak up for
what is right.



Work together
as a team.

EVERY ACTION COUNTS!



Today's small
decisions can
create a better
tomorrow for
yourself, your
community, and
generations to
come.

YOU ARE PART OF THE SOLUTION.

Use your Personal Power. Be the change.
The future is in your hands!



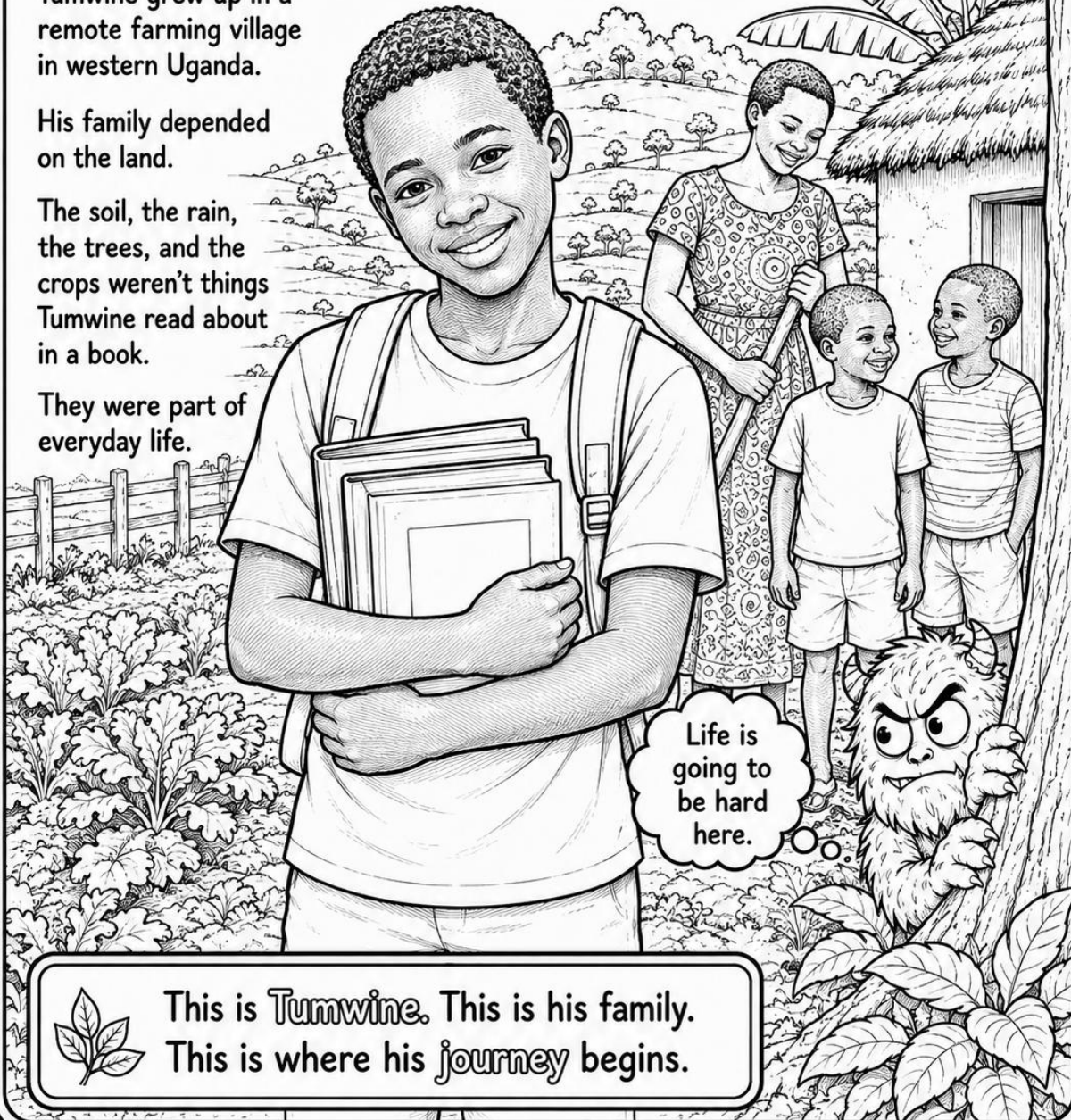
TUMWINE'S JOURNEY BEGINS

Tumwine grew up in a remote farming village in western Uganda.

His family depended on the land.

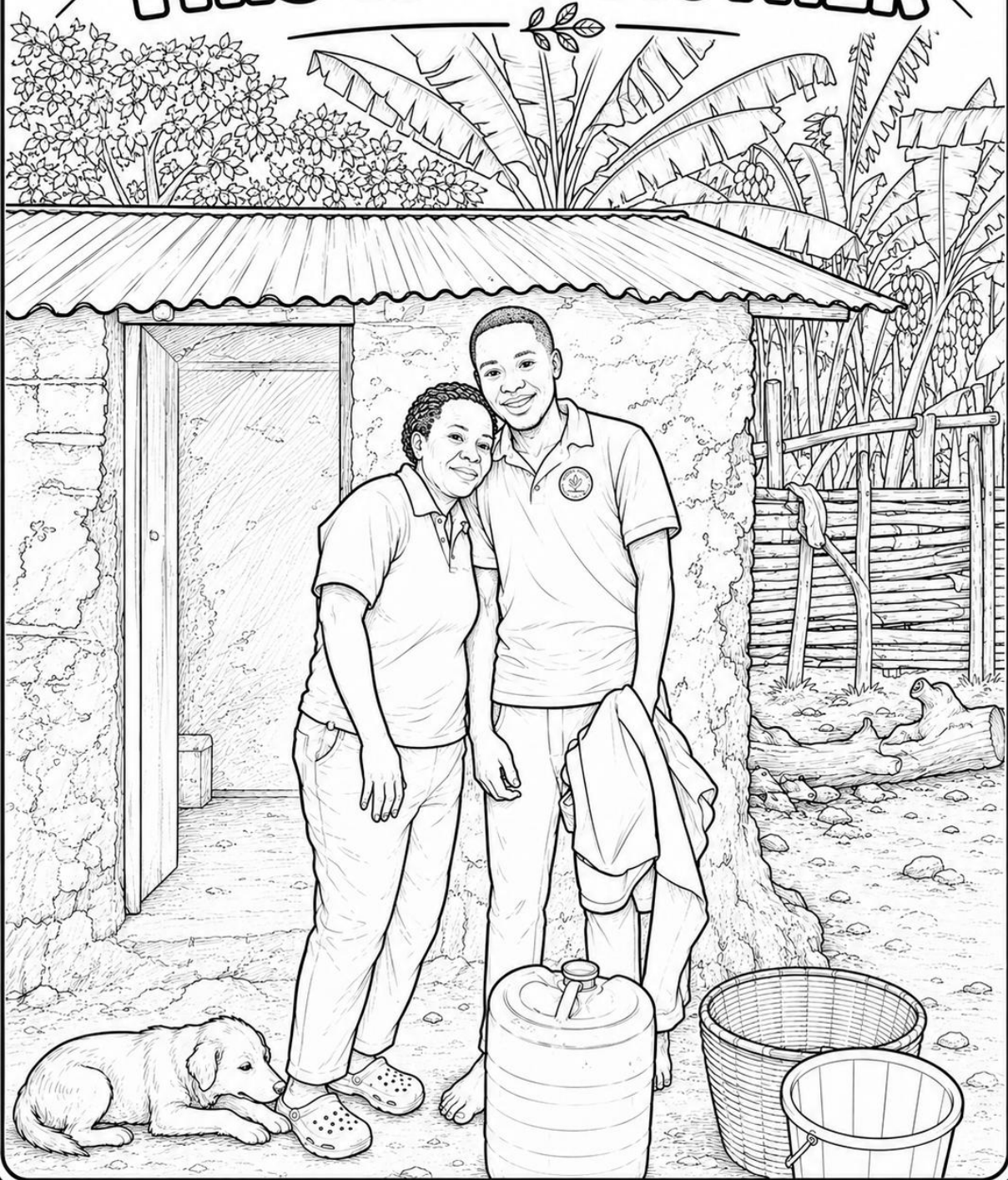
The soil, the rain, the trees, and the crops weren't things Tumwine read about in a book.

They were part of everyday life.



This is Tumwine. This is his family.
This is where his journey begins.

THIS IS MY MOTHER



HIS MOTHER KEPT THE FAMILY GOING

Tumwine's father died
because of tribal conflict.

His mother was left
to care for
her children.

Tumwine was
the oldest
of three boys.

As he grew older,
he began thinking:

*"I want to help
my mother."*

*"I want to help
my brothers."*

*"I want our future
to be different."*

This family
will never
get ahead.



He loved his family.
He wanted to help them.
He wanted their future to be better.

MY MOTHER WORKED SO HARD

After my father died, everything changed.

I watched my mother carry the crushing weight of grief and sudden poverty.

She worked day and night just to put food on our table.

She was tired, but she kept going.

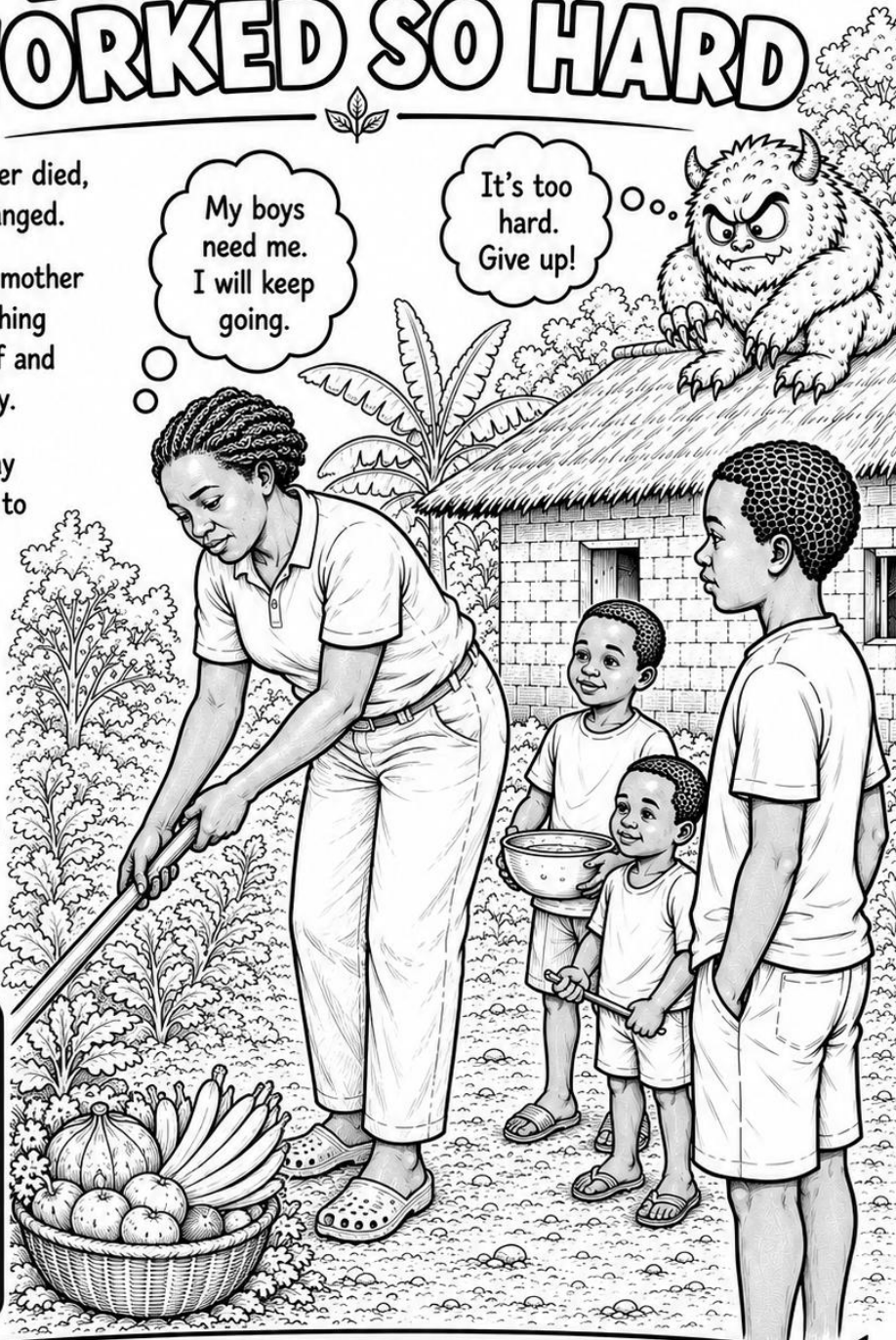
Watching my mother taught me something I would carry with me:

When life becomes difficult, we still have choices about what we do next.



My boys need me. I will keep going.

It's too hard. Give up!



Tumwine was learning about Personal Power before he even had a name for it.

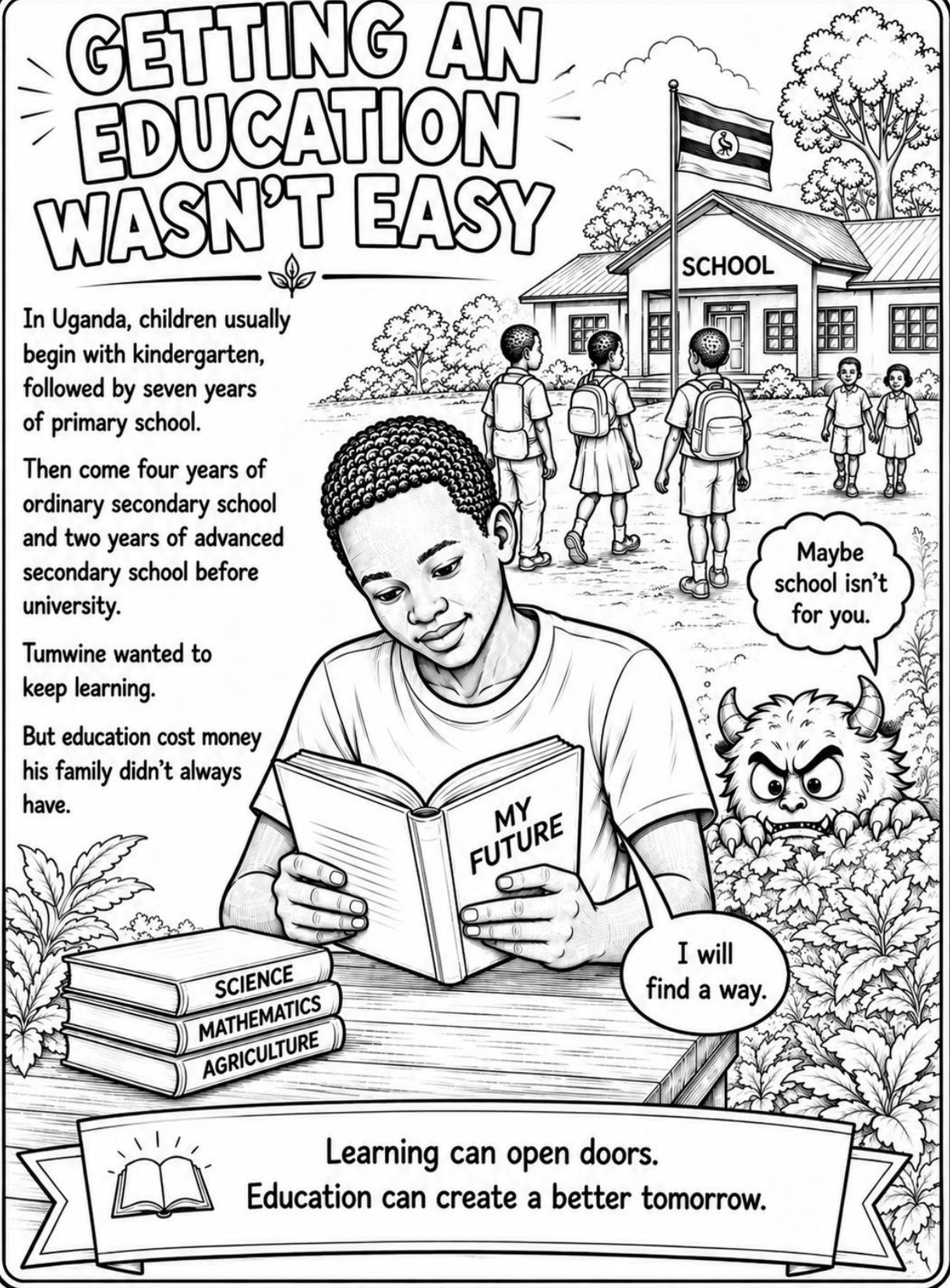
GETTING AN EDUCATION WASN'T EASY

In Uganda, children usually begin with kindergarten, followed by seven years of primary school.

Then come four years of ordinary secondary school and two years of advanced secondary school before university.

Tumwine wanted to keep learning.

But education cost money his family didn't always have.



WORKING TO STAY IN SCHOOL

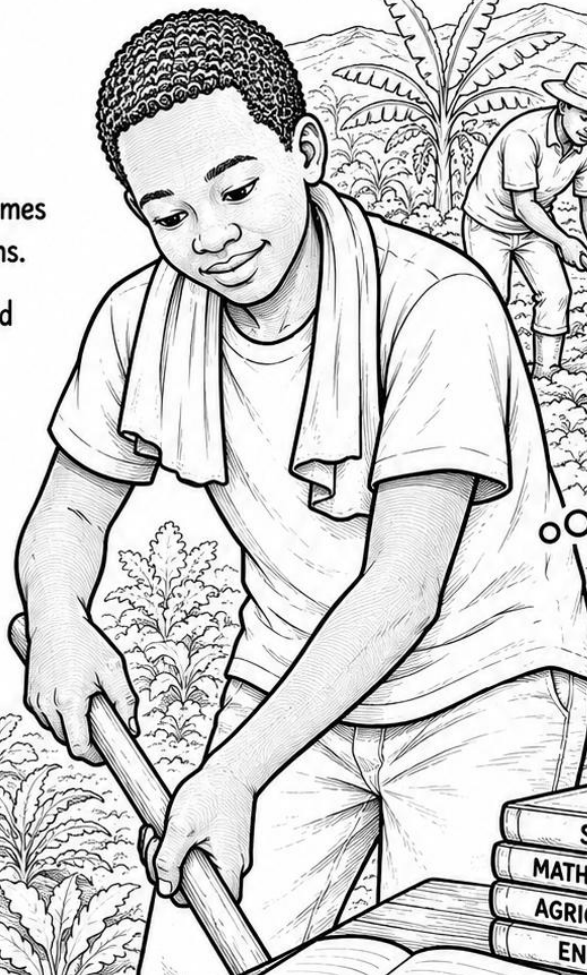
Tumwine attended Kamugasa Primary School.

To help pay for his education, he sometimes worked on plantations.

Imagine working hard in the fields to earn money for school— and then going back to class to keep learning.

Tumwine was beginning to discover something important:

Hard work was part of his *Personal Power*.



Maybe school isn't for you.



When you work hard today,
you build a better tomorrow.

A DREAM HITS A WALL

Tumwine worked hard at school.

In 2019, he earned a First Grade in his Primary Leaving Examinations.

He had done his part. He was ready for high school.

But there was a problem that hard work alone could not solve.

There was simply no money for high school.

For a young boy with big dreams, it felt like he had reached a wall.

I worked hard. I did my best.

Your dream ends here. Your family can't afford it!

There has to be a way.

2019 PRIMARY LEAVING EXAMINATION RESULTS	
FIRST GRADE	
Mathematics	1
English	1
Science	1
Social Studies	1
Religious Education	1
Agriculture	1
Total	1

NO MONEY
NO HIGH SCHOOL

Sometimes Personal Power cannot change the problem in front of you.
But it can help you choose what you do next.

I NEVER GAVE UP HOPE

For two long, painful years, Tumwine was forced out of the classroom.

He worked grueling hours fetching heavy jerrycans of water for neighbors,

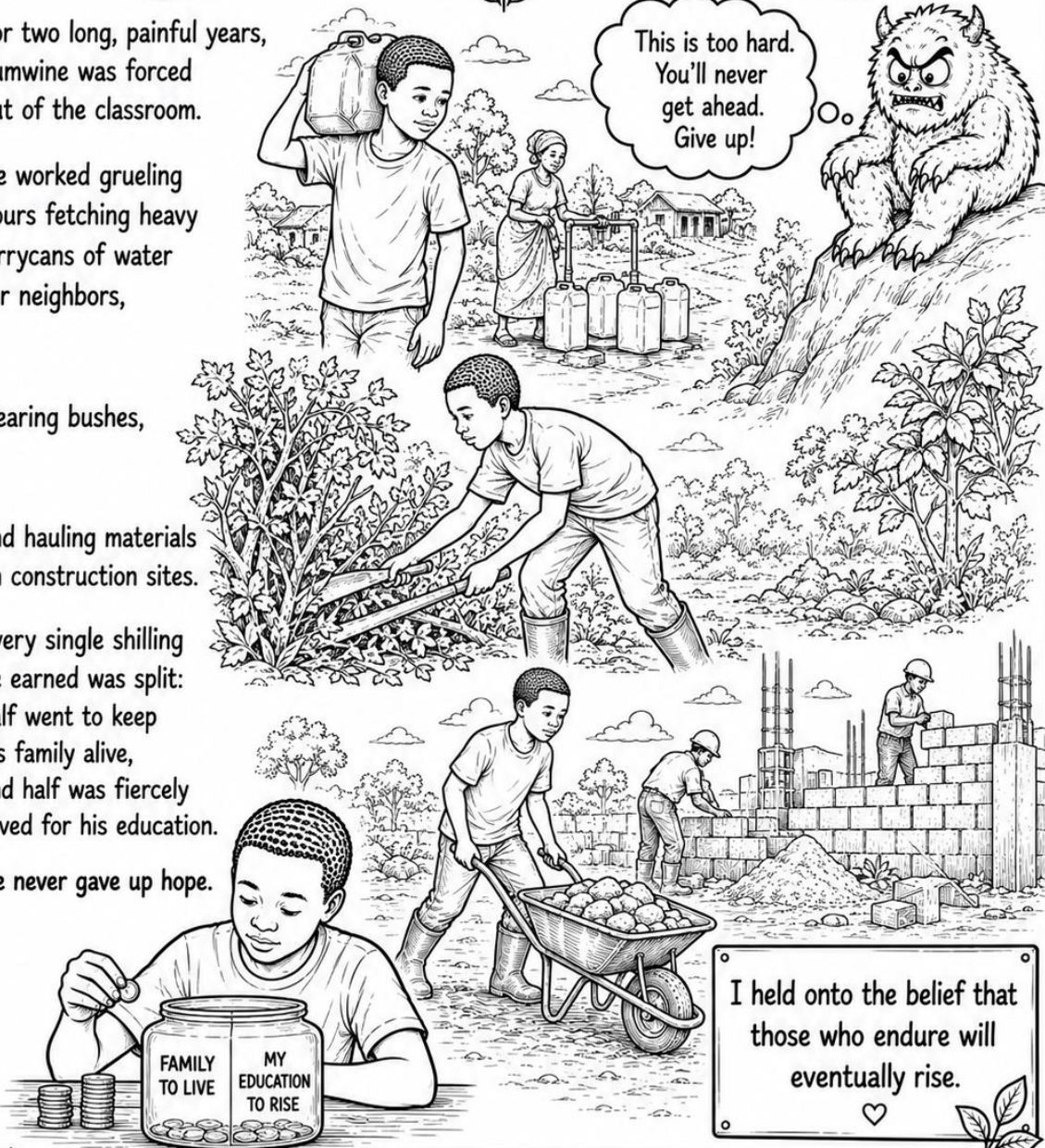
clearing bushes,

and hauling materials on construction sites.

Every single shilling he earned was split: half went to keep his family alive, and half was fiercely saved for his education.

He never gave up hope.

This is too hard.
You'll never
get ahead.
Give up!



I held onto the belief that
those who endure will
eventually rise.



My hard work today is building
the future I believe in tomorrow.

DREAMS ARE FREE, BUT THEY TAKE EFFORT

At night, after his work in the fields and helping at home, Tumwine would study by the light of a small lamp.

He was often tired, but he didn't give up.

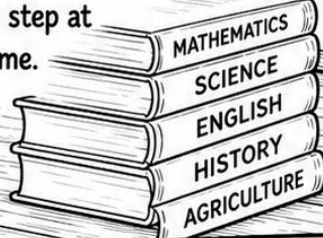
He knew that his education could change his life—and help his family too.

He began to believe in himself and in his dreams.

Tumwine was building his *Personal Power* one step at a time.

I will keep going.
My dreams are worth it.

You are tired, give up!



Never give up on your dreams.
Keep learning. Keep trying. Keep believing.

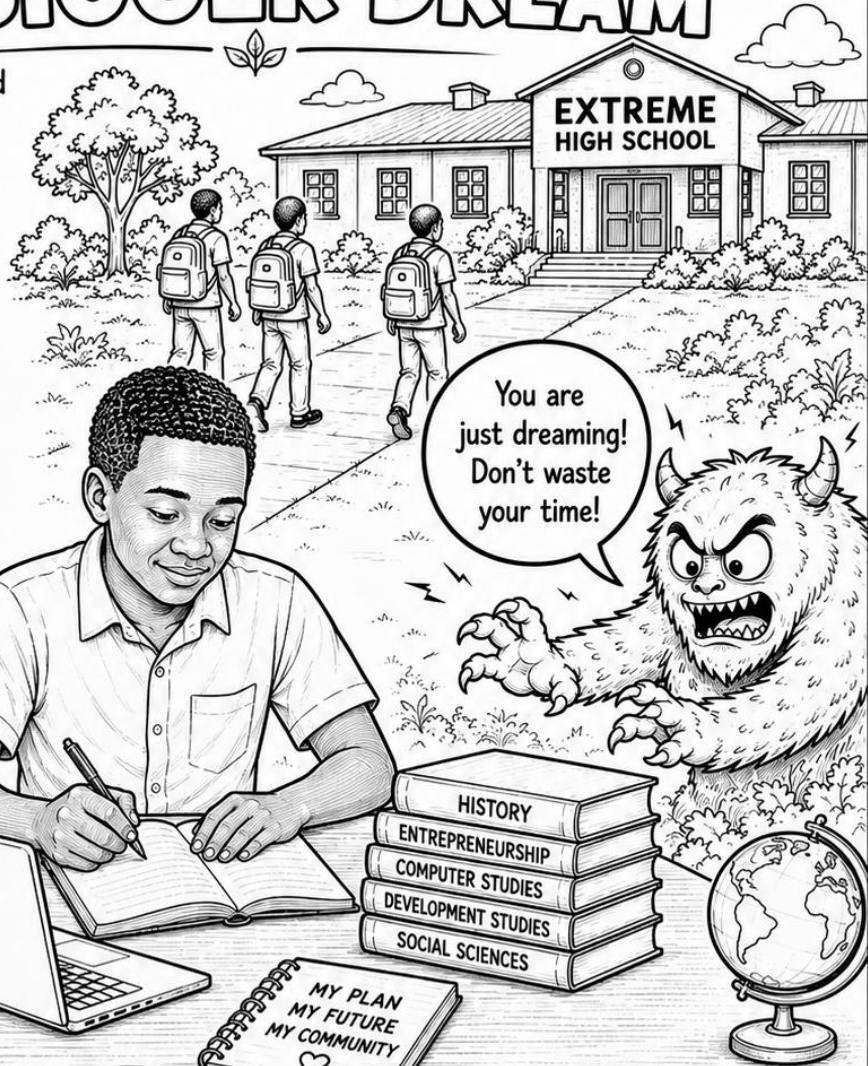
A SECOND CHANCE, A BIGGER DREAM

By 2022, my hard-earned savings allowed me to re-enter school at Extreme High School.

Driven by my love for community development, I studied History, Entrepreneurship, and Computer Studies,

ultimately achieving a coveted First Grade in my O-Level exams.

My heart's desire is to earn a degree in Development Studies and Social Sciences to become the advocate my community so deeply needs.



SOMETHING IMPORTANT HAPPENED AT SCHOOL

At Extreme High School, Tumwiine joined the school's Environmental Conservation Club.

Suddenly, things he had seen his whole life began to look different.

- ♥ Trees.
- ♥ Soil.
- ♥ Water.
- ♥ Farms.
- ♥ Waste.
- ♥ Communities.

He realized that protecting the environment could also help protect families.



Why do you care so much about dirt and trees?

Because people need them.



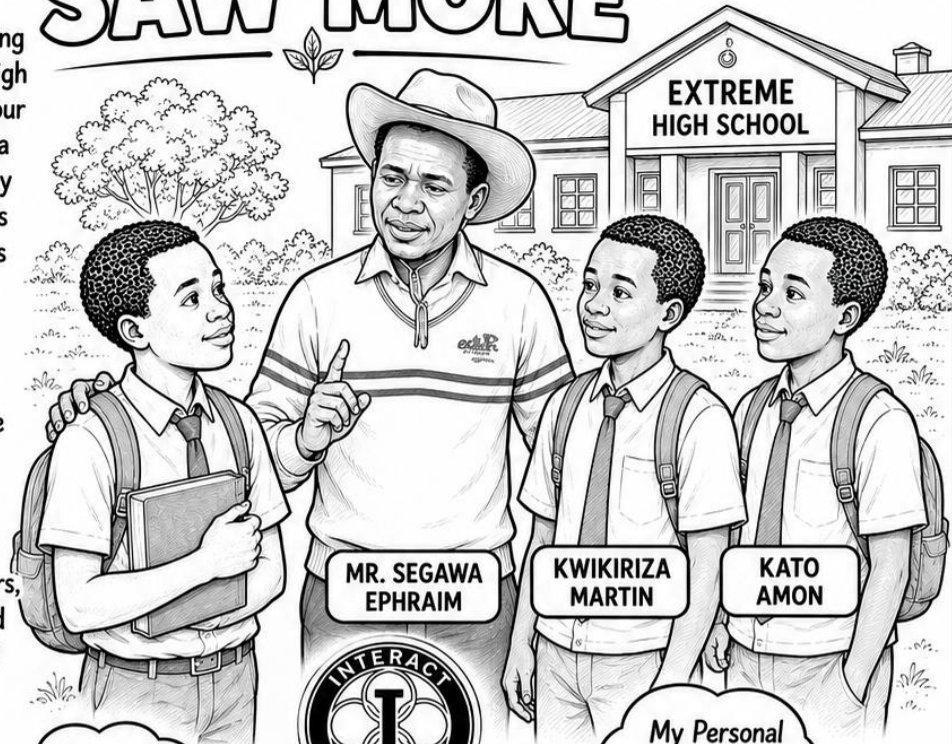
When we care for the environment,
we care for our future.

A LEADER WHO SAW MORE

My life took a turning point at Extreme High School when I met our director, Mr. Segawa Ephraim—a visionary leader who taught us to look beyond books and serve humanity.

He taught us that education was about more than books. We could use what we learned to serve humanity.

Together with my peers, Kwikiriza Martin and Kato Amon, I joined the Interact Club.



MR. SEGAWA EPHRAIM

KWIKIRIZA MARTIN

KATO AMON



Why help other people?
Keep your Personal Power for yourself!



My Personal Power grows when I use it to help others.



LEARN



SERVE



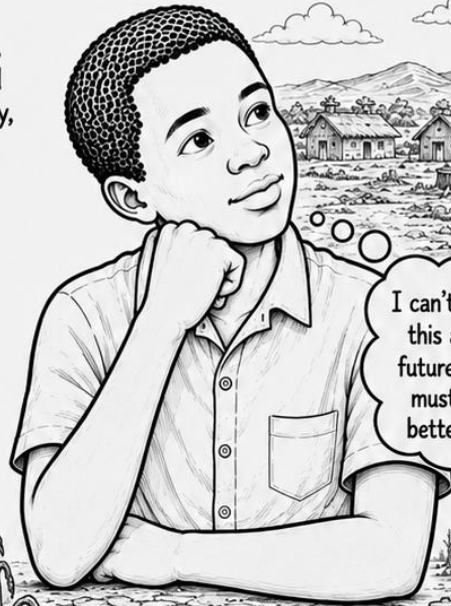
LEAD

Personal Power becomes stronger
when we choose to use it for something
bigger than ourselves.

THAT WAS MY MOMENT OF AWAKENING

Growing up in a poor farming village, I had seen firsthand how extreme poverty, crop failures, and environmental destruction trap families in a cycle of despair.

I realized the youth in my village were not lazy—they were simply hopeless, forgotten, and directionless.



I can't accept this as our future. There must be a better way.

EXTREME POVERTY



CROP FAILURES



ENVIRONMENTAL DESTRUCTION



Relax... you'll never amount to anything!

THE HOPELESS FORGOTTEN. DIRECTIONLESS



If we work together, we can change this.

I decided to use my Personal Power to bring hope, opportunity, and a better future to my village and beyond.

TRouble MONSTERS WANT YOUR PERSONAL POWER



TUMWINE BECOMES A LEADER

Tumwine didn't just join the Environmental Conservation Club.

He became its **chairperson**.

He began helping other young people understand that they could make a difference too.

Leadership didn't mean being the most important person.

It meant helping other people discover their own power.

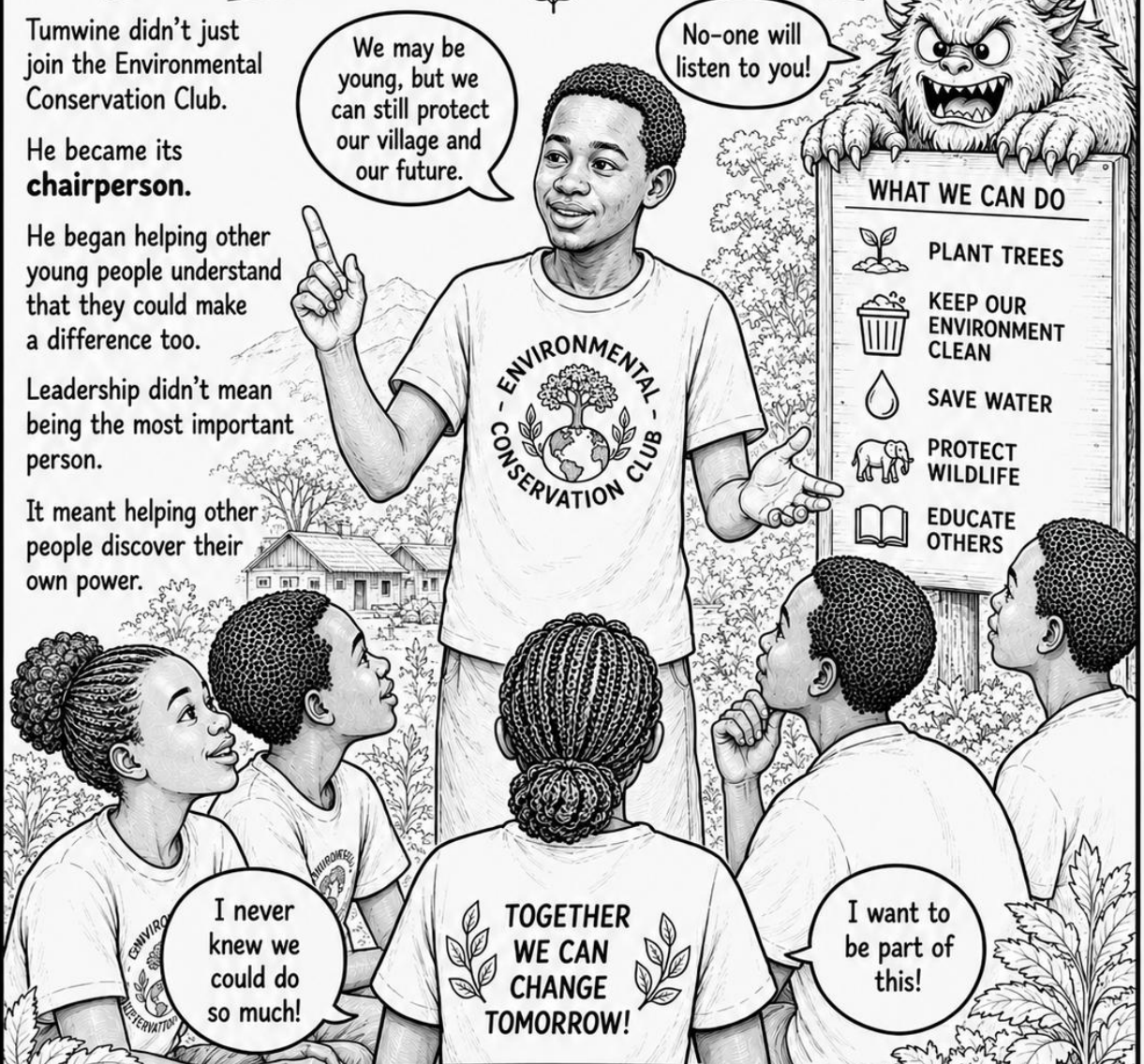
We may be young, but we can still protect our village and our future.

No-one will listen to you!



WHAT WE CAN DO

-  PLANT TREES
-  KEEP OUR ENVIRONMENT CLEAN
-  SAVE WATER
-  PROTECT WILDLIFE
-  EDUCATE OTHERS



I never knew we could do so much!

I want to be part of this!

**PERSONAL POWER GROWS
WHEN WE HELP OTHERS USE THEIRS.**

A PROMISE TO OUR FUTURE

In 2024, I brought together a group of passionate young people and founded the Foster Friends Environmental Conservation Club (FFECC) under Mr. Segawa's mentorship.

To me, the name is a solemn promise: that our community can feed itself without destroying the earth that sustains us.

It stands as living proof that when young people unite, hope is restored.



WHEN YOUNG PEOPLE UNITE,
HOPE IS RESTORED AND FUTURES ARE GROWN. ♥



BUILDING HOPE TOGETHER

Today, FFECC is a grassroots, youth-led movement of student volunteers and local farmers.

You may be strong now, but we will be around!

We actively support 9 vulnerable families and 3 primary schools through:

- fruit tree planting,
- organic farming workshops,
- hands-on garden installations, and
- environmental education.

Together, we are nurturing a greener, healthier, and more hopeful tomorrow.



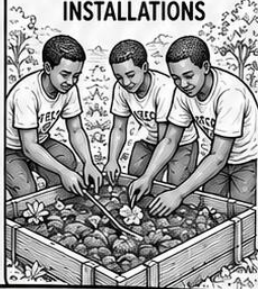
FRUIT TREE PLANTING



ORGANIC FARMING WORKSHOPS



HANDS-ON GARDEN INSTALLATIONS



ENVIRONMENTAL EDUCATION



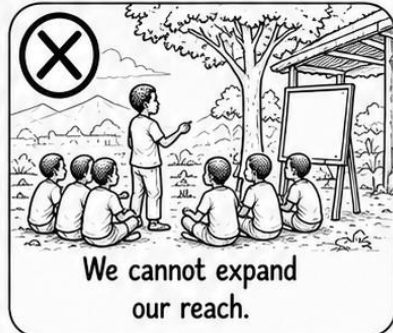
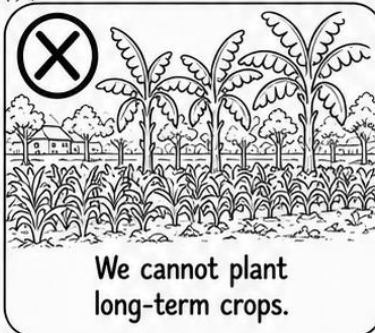
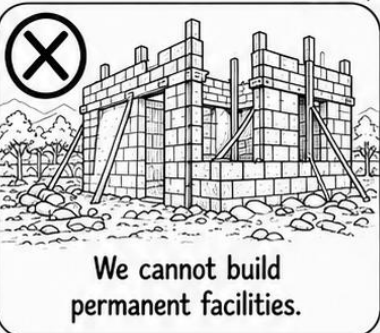
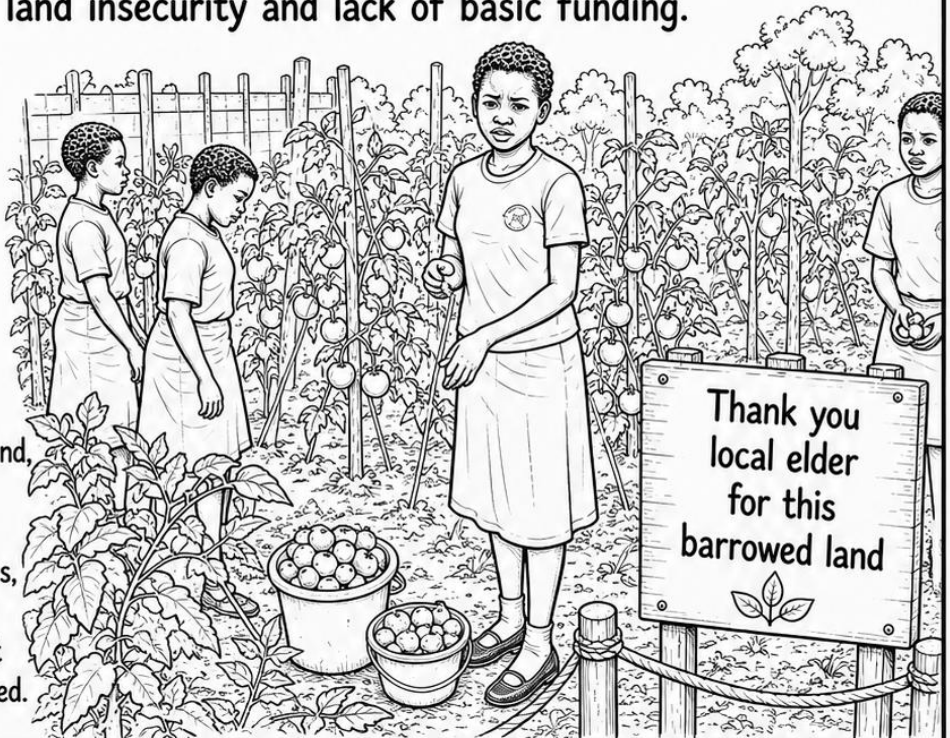
WHEN YOUNG PEOPLE UNITE,
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THE CHALLENGE WE FACE

Despite our early impact, we are fighting a critical challenge:
land insecurity and lack of basic funding.

FFECC currently operates on a tiny patch of borrowed land generously lent to us by a local elder.

However, this arrangement is temporary. Because we do not own the land, we cannot build permanent facilities, plant long-term crops, or expand our reach without the constant fear of being displaced.



With secure land and steady support,
we can grow, build, and help more children and families.

A PERMANENT HOME FOR A BRIGHTER TOMORROW

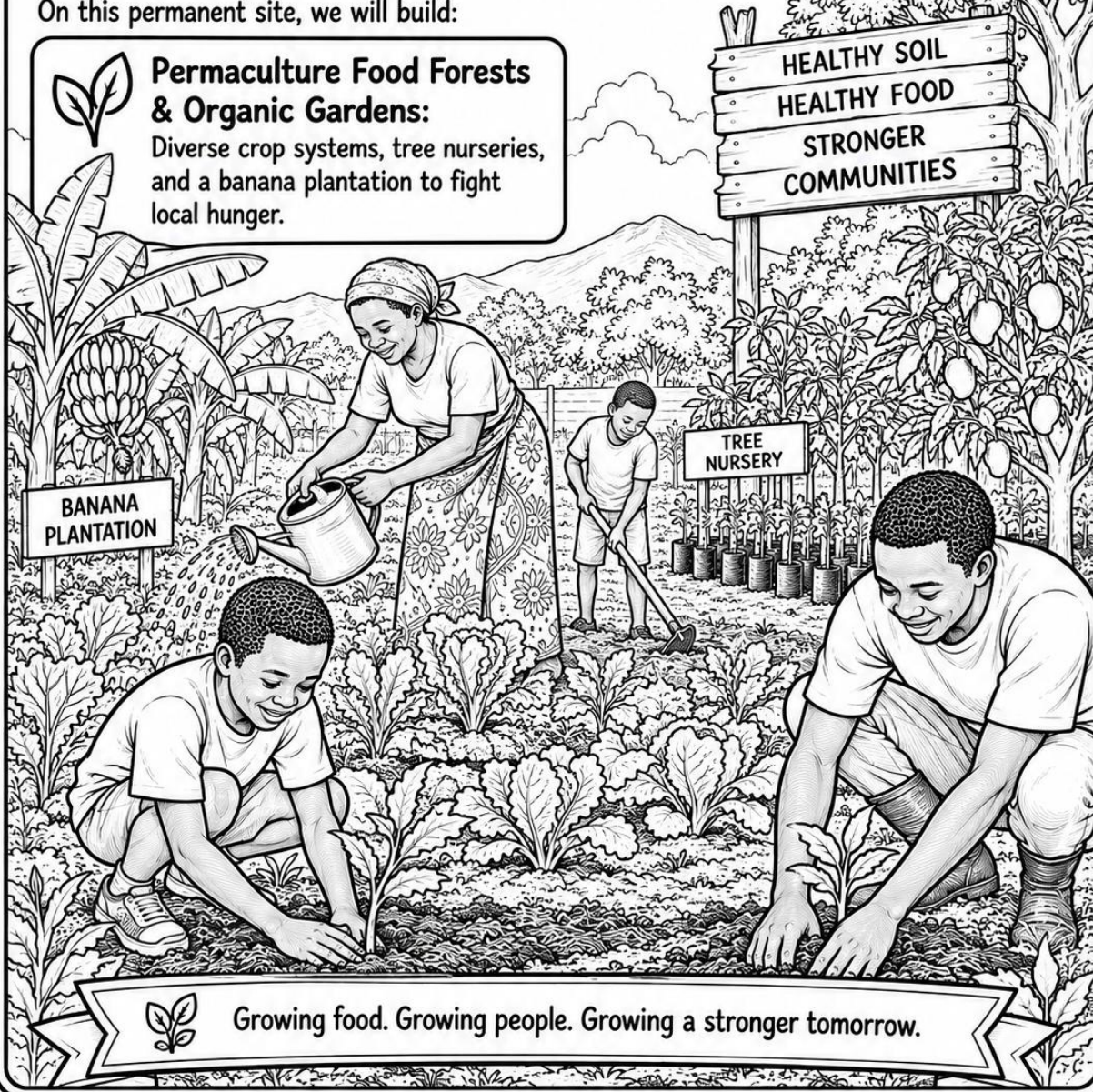
To move from a temporary project to a permanent, self-sustaining sanctuary, our goal is to acquire 2 acres of fertile, permanent land to serve as a living, open-air classroom for our community.

On this permanent site, we will build:



Permaculture Food Forests & Organic Gardens:

Diverse crop systems, tree nurseries, and a banana plantation to fight local hunger.



Growing food. Growing people. Growing a stronger tomorrow.

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Integrated Animal Husbandry:

Safe shelters for poultry and goats to provide protein and natural organic fertilizer.



Growing food. Caring for animals. Growing stronger communities.



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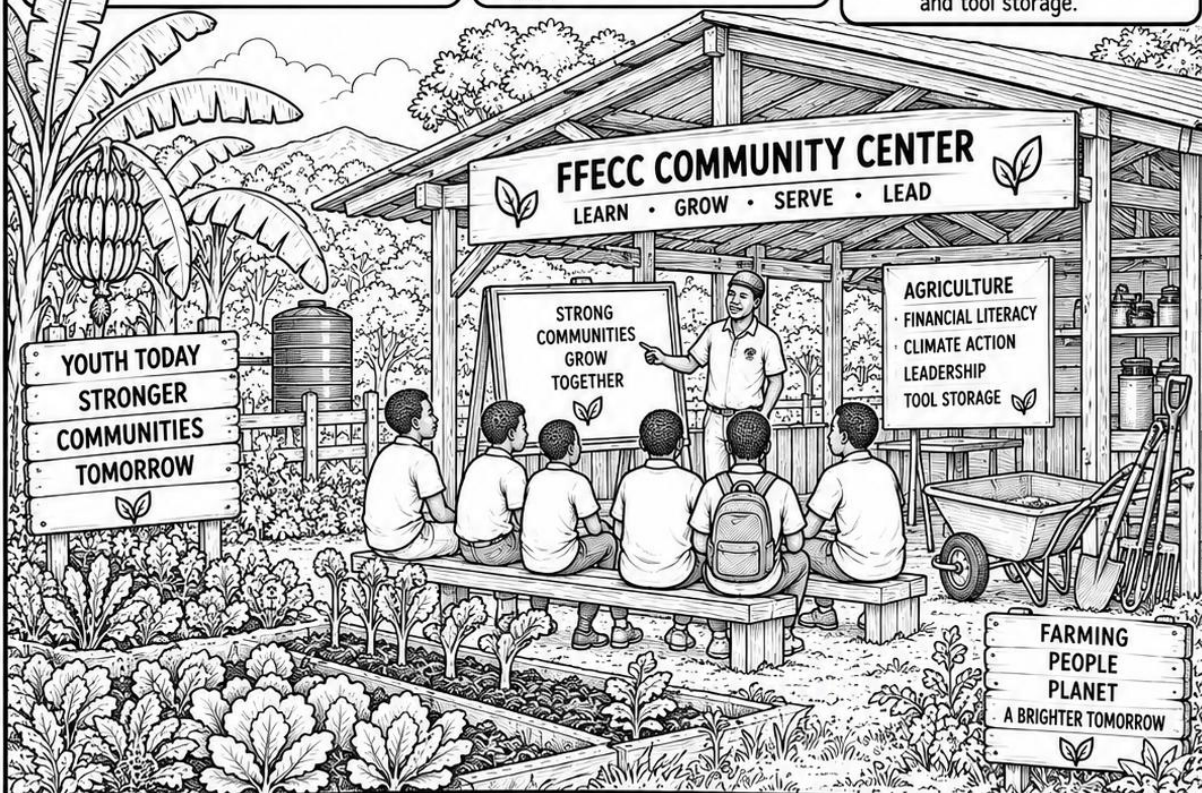
Integrated Animal Husbandry:

Safe shelters for poultry and goats to provide protein and natural organic fertilizer.



FFEC Community Center:

A simple multi-purpose shelter for youth agricultural training, financial literacy classes, climate workshops, and tool storage.



Education. Healthy Food. Caring for Creation. Stronger Communities.



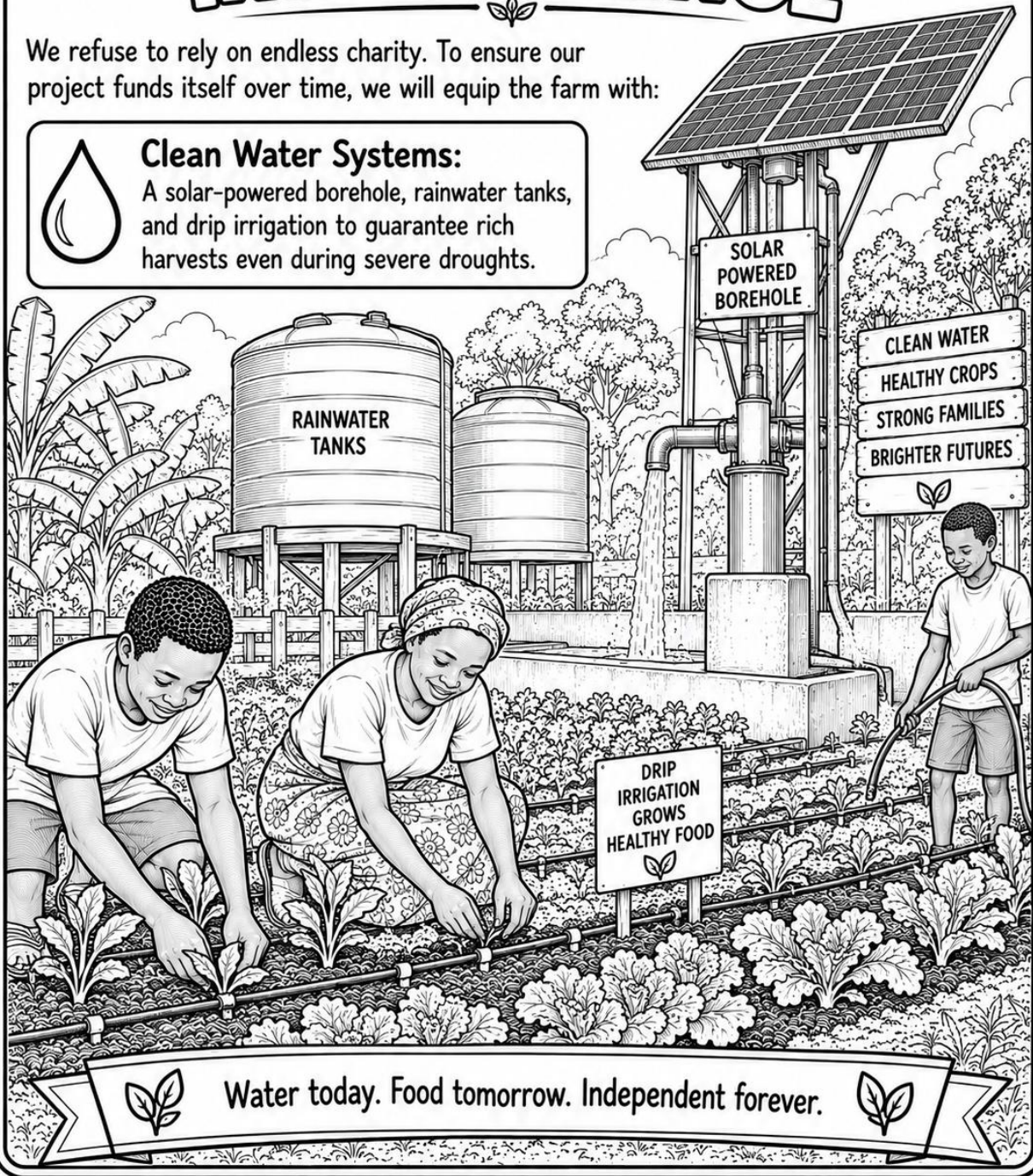
BUILDING SUSTAINABLE INDEPENDENCE

We refuse to rely on endless charity. To ensure our project funds itself over time, we will equip the farm with:



Clean Water Systems:

A solar-powered borehole, rainwater tanks, and drip irrigation to guarantee rich harvests even during severe droughts.



ADDING VALUE CREATES OPPORTUNITY

We will use appropriate equipment to add value to our crops, so we can preserve food, reduce waste, and create income for a healthier, more independent future.



Value-Addition Equipment:

Solar dryers and basic processing tools to preserve crops, eliminate post-harvest waste, and sell premium organic goods to local markets.



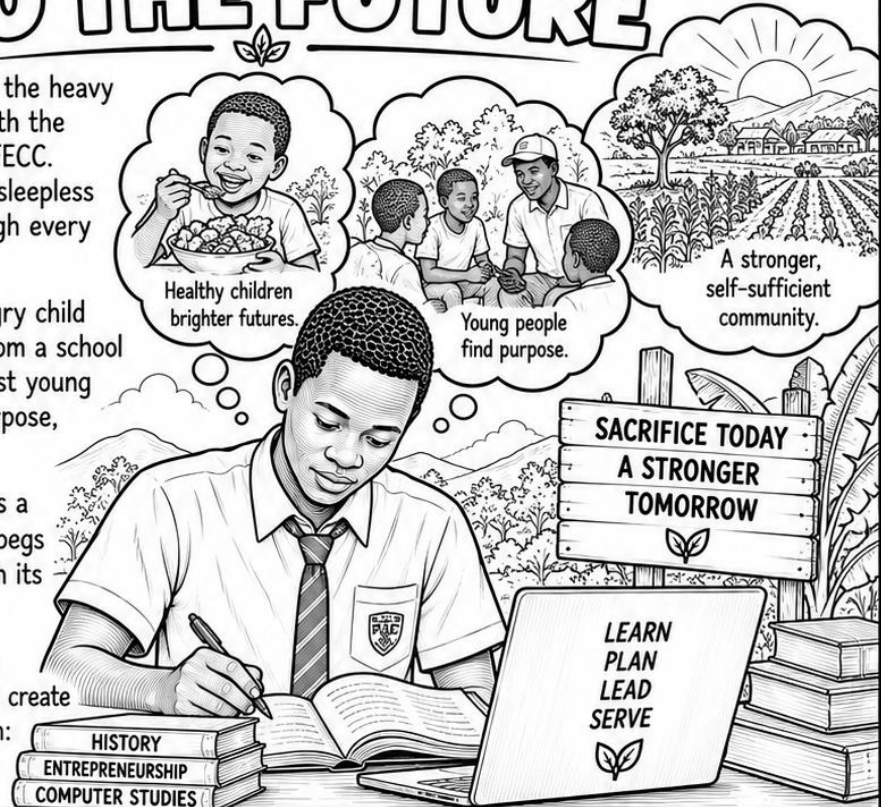
A PROMISE TO THE FUTURE

Every single day, I balance the heavy demands of high school with the responsibility of leading FFECC. It takes endless sacrifice, sleepless nights, and working through every weekend and holiday.

But whenever I see a hungry child eating fresh vegetables from a school garden we planted, or a lost young person find a sense of purpose, my soul is renewed.

In 10 years, success means a community that no longer begs for aid, but thrives through its own hands and fertile soil.

With the support of donors and sponsors, this farm will create a three-fold transformation:



1. HEALTHIER PEOPLE



More nutritious food, stronger families, and healthier communities.



2. EMPOWERED YOUTH



Practical skills, real opportunities, and confident leaders.



3. A STRONGER ENVIRONMENT



Greener land, cleaner water, and a healthier tomorrow for generations to come.



People • Plants • Purpose • A Brighter Tomorrow



THREE-FOLD TRANSFORMATION

With the support of donors and sponsors, this farm will create lasting change for our community and beyond.



1. GREEN ENTREPRENEURSHIP

Hundreds of unemployed, at-risk youth will graduate with certified skills in agribusiness, turning job-seekers into self-employed leaders.



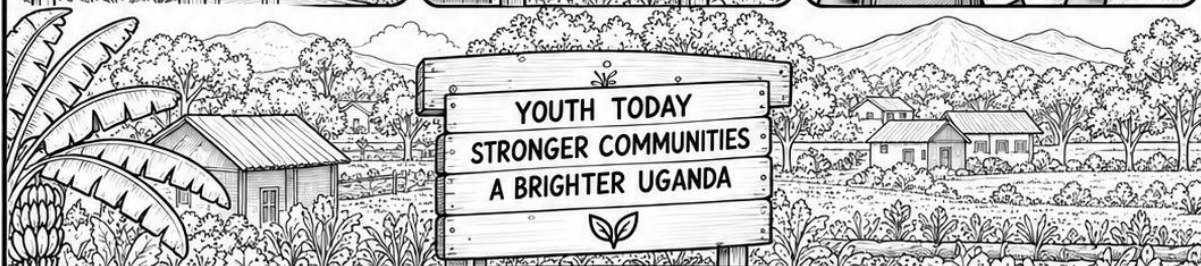
2. ENDING HUNGER

Child-headed households and struggling families will gain reliable, permanent access to nutritious, fresh food.



3. A MODEL FOR THE NATION

This 2-acre farm will be a model that our trained youth can replicate in their own villages across Uganda.



Local Solutions. Lasting Change. A Brighter Tomorrow.



WHO WE ARE

Grassroots by design, national in reach.

FFECC is a grassroots, youth-led movement uniting passionate change-makers across Uganda to protect our natural world and build resilient ecosystems.

We believe lasting environmental transformation begins at the local level, with practical, scalable solutions.

By mobilizing young leaders, restoring degraded landscapes, and educating communities, we bridge hands-on grassroots action with nationwide impact — securing a sustainable future for generations to come.

Uh-oh...
look how much
Personal Power
they have when
they work
together!



YOUNG PEOPLE • LOCAL ACTION • A STRONGER UGANDA

FOSTER FRIENDS ENVIRONMENTAL CONSERVATION CLUB (FFECC)

TOGETHER WE CAN MAKE A DIFFERENCE

When you stand with Foster Friends Environmental Conservation Club, you are not just funding a farm—you are investing in a generation of resilient young leaders ready to heal the land and lift their people out of poverty forever.

Warm regards,

Tumwine Desan

Chairperson:
Foster Friends Environmental
Conservation Club (FFECC)

FOSTER FRIENDS
ENVIRONMENTAL
CONSERVATION CLUB
(FFECC)

YOUTH TODAY
A GREENER TOMORROW

PEOPLE
PLANTS
PURPOSE
PROGRESS

HEALTHY LAND
STRONG PEOPLE
BRIGHTER FUTURES

PLANT
GROW
SERVE
LEAD

UGANDA

Invest in Youth. Restore the Land. Change Lives Forever.

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