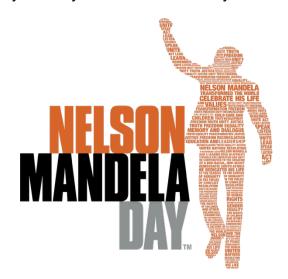


Why 67 Minutes Matter

Written by: Vicky Oettlé (2025) #MandelaDay #18July #67Minutes #Charity #HumanRights



Have you ever heard of MANDELA DAY? It's more than just a date on the calendar—it's a global invitation to act with purpose. Each year on JULY 18TH, people across the world are encouraged to dedicate 67 minutes of their time to making a positive impact. But why exactly 67 minutes? Because Nelson Mandela devoted 67 years of his life to public service, championing JUSTICE, EQUALITY, and HUMAN RIGHTS. Each minute symbolises a year of his unwavering commitment to building a fairer, more COMPASSIONATE society. Mandela Day is not about grand speeches or ceremonies—it's about honouring his legacy through meaningful, everyday actions that reflect the values he stood for.

What day are we talking about today? MANDELA DAY to act with purpose. GLOBAL INVITATION When is Mandela day? JULY 18 PEOPLE ARE ENCOURAGED TO DEDICATE 67 WHAT? MINUTES OF THEIR TIME If we convert 67 minutes into hours, how many hours and minutes would that be? 67 / 60 = 1 HOUR AND 7 MINUTES Name one thing Mandela dedicated 67 years of his life to. PUBLIC SERVICE / CHAMPIONING JUSTICE / EQUALITY / HUMAN RIGHTS OR Why is it 67 minutes? MANDELA DEVOTED 67 YEARS OF HIS LIFE TO PUBLIC SERVICE CHAMPIONING JUSTICE EQUALITY AND HUMAN RIGHTS Name one thing Mandela day is not about. GRAND SPEECHES / CEREMONIES Mandela day is about honouring his legacy through meaningful reflect the values he stood for. EVERYDAY ACTIONS Name another influential figure who also fought for human rights and equality for black people. MARTIN LUTHER KING JR / ROSA PARKS / MALCOLM X etc. VAKT: Watch this video on what Mandela means to South Africans when Mandela turned 97 years old. (03:24) ■ Mandela Day Video: What He Means to South Africans



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At birth, he was given the name ROLIHLAHLA (pronounced ro-lee-HLAH-hla), which in ISIXHOSA loosely means "pulling the branch of a tree" — a phrase often understood to mean TROUBLEMAKER. It was a name that would, in some ways, predict his future: someone who would challenge injustice and shake the system. The name NELSON was given to him by his teacher on his first day of school, following a common COLONIAL practice of assigning English names to African children.

What isiXhosa name was Mandela given at birth? ROLIHLAHLA What language is Rolihlala? ISIXHOSA

What does Rolihlala loosely translate to in English? PULLING THE BRANCH OF A TREE

The phrase "pulling the branch of a tree" is often understood to mean what? TROUBLEMAKER

How did this name in some ways predict Mandela's future? SOMEONE WHO WOULD CHALLENGE INJUSTICE AND SHAKE THE SYSTEM

What was the name given to Mandela at school? NELSON

Who gave Mandela the name Nelson? TEACHER

Assigning English names to African children was a common _____ practice. COLONIAL

Name another country that was under British colonial rule.

What is another Language spoken in South Africa? ZULU / ENGLISH / AFRIKAANS / SOTHO / VENDA / PEDI / TSONGA / TSWANA / NDEBELE / SWATI / SOUTH AFRICAN SIGN LANGUAGE

What name, if any, would you choose for yourself and why? What are your thoughts, if any, on the colonial practice of giving English names to African children, if you have any thoughts on this.

Mandela was born on July 18, 1918, in the charming rural village of MVEZO, nestled in the lush Eastern Cape of South Africa. He hailed from the THEMBU royal family, a distinguished clan within the Xhosa-speaking community. His father, GADLA HENRY MPHAKANYISWA, was not only a respected chief but also a wise adviser to the local king. Tragically, when Mandela was only nine years old, his father passed away. In the wake of this loss, he found a new guardian in CHIEF JONGINTABA DALINDYEBO, a renowned leader who took him under his wing and raised him within the NOBLE surroundings of the Thembu royal court.

What year was Mandela born in? 1918

How many years ago was Mandela born? CURRENT YEAR - 1918 (E.g. 2025 - 1918 = 107 YEARS AGO)

What was the name of the village where Mandela was born? MVEZO

OR Where was Mandela born? MVEZO / EASTERN CAPE

How is Mvezo described? CHARMING RURAL VILLAGE

How would you describe the place where you were born?

Mandela hailed from the . THEMBU ROYAL FAMILY

What was Mandela's fathers name? GADLA HENRY MPHAKANYISWA

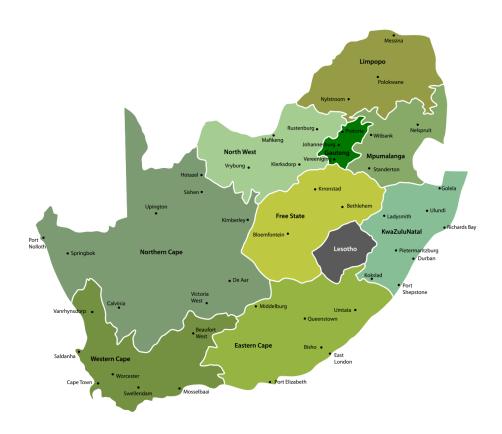
Name one role Mandela's father had. RESPECTED CHIEF / WISE ADVISER TO THE LOCAL KING

How old was Mandela when his father passed away. 9 YEARS OLD Who did mandela finda new guardian in? CHIEF JONGINTABA DALINDYEBO



Name one of the capitals of South Africa. PRETORIA / CAPE TOWN / BLOEMFONTEIN

VAKT: Find each capital on the map below, and trace the outline of it's province.



A Map showing the provinces in South Africa.

Growing up, Mandela was IMMERSED (involved or engrossed) in a world of leadership, politics, and TRIBAL CUSTOMS, with expectations that he would one day serve as an advisor to his community. But Mandela HARBOURED ambitions beyond these traditional roles. He was the first in his family to attend school, and he later enrolled at FORT HARE UNIVERSITY in the EASTERN CAPEI (a coastal province in South Africa) in 1939 at the age of 21. This was one of the few higher education institutions accessible to Black South Africans at this time of APARTHEID (this was the law in South Africa, which segregated people according to their race) in South Africa. It was also at Fort Hare University, where Mandela would meet one of his lifelong friends and struggle companions, OLIVER TAMBO.

What word is used to mean involved or engrossed in something? IMMERSED Name one thing Mandela was immersed in. LEADERSHIP / POLITICS / TRIBAL CUSTOMS

What was the expectation for Mandela? HE WOULD ONE DAY SERVE AS AN ADVISOR TO HIS COMMUNITY

Mandela _____ ambitions beyond thes traditional roles. HARBOURED Name the university Mandela attended. FORT HARE UNIVERSITY In which province would you find Fort Hare University? EASTERN CAPE KwaZulu-Natal is a _____ province in South Africa. COASTAL In which year was Mandela enrolled into the university? 1939



How old was Mandela in 1939? 21 YEARS OLD

Why, according to this paragraph, did Mandela attend Fort Hare University? IT WAS ONE OF THE FEW HIGHER EDUCATION INSTITUTES ACCESSIBLE TO BLACK SOUTH AFRICANS DURING APARTHEID

Who did Mandela meet at this university? OLIVER TAMBO

How is Oilver Tambo described in relation to Mandela? LIFE LONG FRIEND /

STRUGGLE COMPANION

Name a university in your town/city or one that is close to you.

Enrolled to study law, Mandela also studied ANTHROPOLOGY, politics, English, NATIVE ADMINISTRATION (a course about how the White South African government controlled and managed the lives of Black South Africans), and Roman Dutch Law (which forms the foundation of the South African judicial system). In 1940, during his second year, Mandela led a peaceful student protest concerning the administration of the student representative council (SRC). Decisions were being made without involving the students, with the EXPECTATION that they should simply accept the choices without question. Additionally, the poor quality of food served in the hostels was a concern. He was EXPELLED for protesting against these unjust policies, showing that his passion for fighting injustice was already awakening within him and setting the stage for a lifelong struggle for FREEDOM.

What was Mandela enrolled to study? LAW

Name one of the other subjects he also studied. ANTHROPOLOGY / POLITICS / ENGLISH / NATIVE ADMINISTRATION / ROMAN DUTCH LAW What did Native Administration entail? THIS WAS A COURSE ABOUT HOW THE WHITE SOUTH AFRICAN GOVERNMENT CONTROLLED AND MANAGED THE LIVES OF BLACK SOUTH AFRICANS

How is the protest Mandela led in 1940 described? PEACEFUL

OR What happened in 1940? MANDELA LED A PEACEFUL STUDENT PROTEST CONCERNING THE ADMINISTRATION OF THE STUDENT REPRESENTATIVE COUNCIL

What was the protest about? DECISIONS WERE BEING MADE WITHOUT INVOLVING THE STUDENTS / THE POOR QUALITY OF THE FOOD SERVED IN HOSTELS

| IOSTELS |
|--|
| tudents were expected to simply accept the choices without |
| QUESTION |
| Vhat happened to Mandela for leading this protest? HE WAS EXPELLED |
| his showed that his for fighting injustice was already awakening. |
| ASSION |
| his also set the stage for what? LIFELONG STRUGGLE FOR FREEDOM |

What are some of the more recent student protests about? FEES MUST FALL / PROTESTS AGAINST ISRAEL / PRO PALESTINIAN PROTESTS / etc.

What is a subject, if any, you would like to study at university and why?



After his expulsion from Fort Hare University, Mandela moved to JOHANNESBURG in GAUTENG (an inland province in South Africa). This was also to avoid an arranged marriage. While in Jo'burg (a nickname for Johannesburg often used by locals), he worked as a law clerk and completed his law degree through the University of South Africa – UNISA. In 1944, Mandela joined the AFRICAN NATIONAL CONGRESS (ANC) and helped to start the ANC Youth League. It was this league that would INITIATE the push for stronger action against the apartheid regime.

Where did Mandela move to? JOHANNESBURG IN GAUTENG What is the reason, given in the paragraph, for this move? TO AVOID AN ARRANGED MARRIAGE

Name another culture or religion who practices arranged marriages. HINDUISM / BUDDHISM / ISLAM / JUDAISM etc.

What is the nickname for Johannesburg? JOBURG

Who uses the the nickname Jo'burg? LOCALS

What did Mandela do in Johannesburg? WORKED AS A LAW CLERK /

COMPLETED HIS LAW DEGREE

What was the acronym or nickname of the university where he completed his degree? UNISA

What does UNISA stand for? UNIVERSITY OF SOUTH AFRICA

When did Mandela join the ANC? 1944

ANC is an acronym for ______. AFRICAN NATIONAL

CONGRESS

He also helped to start the ANC ______. YOUTH LEAGUE What did this league initiate? STRONGER ACTION AGAINST THE APARTHEID REGIME

VAKT: Trace the outline of the UNISA Building in the picture below.



The UNISA Building in Pretoria, Gauteng.



By the early 1950s, Mandela was leading what was known as the DEFIANCE CAMPAIGN together with the South African Indian Congress (SAIC). He was appointed in 1952 as the National Volunteer-in-Chief for this campaign. The idea for the campaign was to PEACEFULLY disrupt apartheid laws, such as entering "whites only" areas or using public facilities that were reserved only for white people and refusing to carry the pass books that were COMPULSORY for all people of colour to carry when in public.

What was Mandela leading by the early 1950s? THE DEFIANCE CAMPAIGN Who was this campaign led with? THE SOUTH AFRICAN INDIAN CONGRESS What was Mandela appointed as for the campaign? NATIONAL VOLUNTEER IN CHIEF

When was he appointed national volunteer-in-chief? 1952
The idea for the campaign was to ______ disrupt apartheid laws. PEACEFULLY Name one of the ways mentioned that the campaign disrupted laws? ENTERING WHITES ONLY AREAS / USING PUBLIC FACILITIES RESERVED ONLY FOR WHITE PEOPLE / REFUSING TO CARRY PASS BOOKS
Pass books were _____ for all people of colour to carry when in public. COMPULSORY.

In the same year, 1952, Mandela & Tambo Attorneys was established in Johannesburg. This was the first BLACK-OWNED law firm in South Africa. AFFORDABLE legal services were offered to black South Africans who were being arrested under apartheid laws and who could not afford the costly legal fees charged by white-owned law firms. The offices frequently experienced long lines of individuals seeking legal help, and Mandela was quoted as saying that it became a place where they could "turn away no one, however poor or humble." The firm became a symbol of RESISTANCE, not only in court but also in the wider struggle for EQUALITY.

What was established in 1952? MANDELA AND TAMBO ATTORNEYS How many years ago was 1952? CURRENT YEAR - 1952 (E.g. 2025 - 1952 = 73 YEARS AGO) This was the first law firm in South Africa. BLACK OWNED What was offered to black South Africans. AFFORDABLE LEGAL SERVICES What did the offices frequently experience? LONG LINES OF INDIVIDUALS SEEKING LEGAL HELP What is the quote mentioned by Mandela? TURN AWAY NO ONE HOWEVER POOR OR HUMBLE Give a synonym for the word humble. RESPECTFUL / UNASSUMING / MODEST etc. The firm became a symbol of . RESISTANCE It was not just a symbol of resistance is court, but where else? THE WIDER STRUGGLE FOR EQUALITY Give another famous quote by Mandela.

VAKT: Strike a pose like Mandela in the photo below.



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Mandela and Tambo

In 1955, we saw the writing of the FREEDOM CHARTER, where Mandela played a key role. This was a bold vision for an equitable and free South Africa. Just a year later, he was arrested for TREASON (this is when someone tries to overthrow a national government). He was just one of 156 people who were arrested, though they were all eventually found not guilty. Soon after this, the South African government banned the ANC and forced the organisation to go UNDERGROUND (this meant that they had to meet secretly and keep their actions quiet). In 1961, the UMKHONTO WE SIZWE (shortened to MK), meaning "Spear of the Nation" in isiZulu, was born.

What did we see the writing of according to this paragraph? THE FREEDOM CHARTER

In which year did the writing of the Freedom Charter take place? 1955 Mandela was arrested for what just a year later. TREASON How many people were arrested? 156

What happened soon after this? THE SOUTH AFRICAN GOVERNMENT BANNED THE ANCE / FORCED THE ANC TO GO UNDERGROUND

What, according to this paragraph, does going underground mean? THEY HAD TO SECRETLY MEET / KEEP THEIR ACTIONS QUIET

In 1961, what was born? UMKHONTO WE SIZWE

How many years are there between the writing of the freedom charter and the birth of Umkhonto We Sizwe? 1961 - 1955 = 6 YEARS

What does Umkhonto We Sizwe mean? SPEAR OF THE NATION What language is Umkhonto We Sizwe? ISIZULU

If you had to start an organisation that was banned and had to go underground, what would you name the organisation?



Communicate Connect Cont

The MK group was the ARMED wing of the ANC and was COFOUNDED with Joe Slovo, Walter Sisulu, Govan Mbeki, Raymond Mhlaba, Ahmed Kathrada, and Elias Motsoaledi. The wing was created because up until this point, peaceful protests and civil DISOBEDIENCE against the apartheid government had been met with violent government SUPPRESSION, and the ANC had been banned. The members of the MK believed that nonviolent resistance was no longer enough, and so they carried out acts of sabotage against government buildings and INFRASTRUCTURE while avoiding harm to people. Mandela was the first commander-in-chief and would receive military training from other African countries such as ETHIOPIA and ALGERIA. This move would ultimately lead to Mandela's arrest.

| The MK group was the | of the ANC. ARMED WING |
|---|---|
| Name one of the cofounders. JOE SI | LOVO / WALTER SISULU / GOVAN MBEKI / |
| RAYMOND MHLABA / AHMED KATI | HRADA / ELIAS MOTSOALEDI |
| Govan Mbeki's son was the presiden | t of South Africa at one point, what was his |
| name? THABO MBEKI | |
| Why was the armed wing created? P | EACEFUL PROTESTS AND CIVIL |
| DISOBEDIENCE AGAINST THE APA | ARTHEID GOVERNMENT HAD BEEN MEET |
| WITH VIOLENT GOVERNMENT SU | PPRESSION / THE ANC HAD BEEN BANNED |
| The members of the MK believed wh | at? NONVIOLENT RESISTANCE WAS NO |
| LONGER ENOUGH | |
| What did the MK members carry acts | s of sabotage out against? GOVERNMENT |
| BUILDINGS / INSFRASTRUCTURE | |
| The MK members wanted to avoid w | hat? HARM TO PEOPLE |
| Name one of the countries where Ma | andela received military training from. ETHOPIA |
| / ALGERIA | |
| This military training led to Mandela's | S ARREST |
| | |

In 1962, Mandela was ARRESTED for leaving the country ILLEGALLY. He had planned a tour of both African and European countries where he would receive military training. This arrest led to what was known as the RIVONIA TRIAL, where he was sentenced to life imprisonment in 1964. His charges included: sabotage, attempting to violently overthrow the government, and conspiracy to commit GUERRILLA warfare and acts of terrorism. He spent 27 years behind bars, much of that time on ROBBEN ISLAND, off the coast of the Western Cape in South Africa, doing hard labour and enduring harsh conditions.

| Mandela was arrested for leaving the country | _ ILLEGALLY |
|---|---------------------------|
| OR Why was Mandela arrested? LEAVING THE COUNTRY | / ILLEGALLY |
| Mandela had planned a tour of both African and | countries. EUROPEAN |
| Name another one of the continents. ASIA / NORTH AMER | ICA / SOUTH AMERICA |
| / AUSTRALIA / ANTARCTICA | |
| What was Mandela planning on receiving in these countries | ? MILITARY TRAINING |
| This arrest led to what was known as the | RIVONIA TRIAL |
| Mandela was sentenced to LIFE IMPRISON | |
| If Mandela was arrested in 1962, how many years were the | re between the arrest and |
| the sentencing. 1964 - 1962 = 2 YEARS | |
| | |



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Name one of the charges against Mandela. SABOTAGE / ATTEMPTING TO OVERTHROW THE GOVERNMENT / CONSPIRACY TO COMMIT GUERRILLA WARFARE / ACTS OF TERRORISM

How many years was he in prison for? 27 YEARS Where did he go to prison? ROBBEN ISLAND

Name one thing he had to do while in prison. HARD LABOUR / ENDURE HARSH CONDITIONS

Which continent or country would you most like to visit?

VAKT: Watch a quick recap of Mandela's speech from the Rivonia trial.

■ "It Is An Ideal For Which I Am Prepared To Die" - Mandela Speech, Sabotage T... (1:17)



Mandela visiting his prison cell on Robben Island.

But even in prison, he became a symbol of RESISTANCE, hope, and dignity. When he was finally released in 1990, he didn't return angry or bitter. Instead, he called for peace and RECONCILIATION. Just four years later, in 1994, Mandela made history by becoming South Africa's first Black president in the country's first DEMOCRATIC election. It is this UNWAVERING commitment to service, forgiveness, and human rights that continues to inspire us all. He famously said, "What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others." These powerful words remind us of the impact one person can have. In honour of Mandela's EXTRAORDINARY years of public service, the UNITED NATIONS declared July 18th as Nelson Mandela International Day in 2009, encouraging everyone worldwide to dedicate time to helping others and carry forward his LEGACY of compassion and change.



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Even in prison, he became a symbol of _______hope and dignity. RESISTANCE OR Name one thing he became a symbol of. RESISTANCE / HOPE / DIGNITY When was Mandela released? 1990
How many years ago was 1990? CURRENT YEAR - 1990 (E.g. 2025 - 1990 = 35 YEARS AGO)
Name an emotion Mandela could have had when he was released according to the paragraph. BITTER / ANGRY
What did Mandela call for instead? PEACE AND RECONCILIATION
When was Mandela elected president of South Africa? 1994
How did Mandela make history? BY BECOMING THE FIRST BLACK PRESIDENT He was elected president in the first ______ elections. DEMOCRATIC In your own words, what does democracy mean?

Give one word to describe how you feel when reading the quote mentioned in the paragraph about making a difference.

Who declared the 18th July as Mandela Day? THE UNITED NATIONS When did the UN declare Mandela Day? 2009

What does Mandela day encourage? EVERYONE TO DEDICATE TIME TO HELPING OTHERS AND CARRY FORWARD HIS LEGACY OF COMPASSION AND CHANGE

Today Mandela Day is COMMEMORATED around the world as a day for people to give back to communities or those in need. In remembrance of Mandela's 67 years of fighting apartheid and public service dedicated to social justice, people are encouraged to give back 67 minutes to those in need. The day isn't about CEREMONIES or monuments. It's about ACTION—real, simple, everyday action. Whether it's helping someone in need, standing up for fairness, cleaning up your environment, or showing KINDNESS, anyone can be part of this movement. Mandela believed that the work of building a better world doesn't belong to a few—it belongs to all of us. He once said, "It is in your hands to make a better world for all who live in it." What will you be doing for Mandela Day?

Where is Mandela day commemorated? AROUND THE WORLD

How can people commemorate the day? GIVE BACK TO COMMUNITIES OR
THOSE IN NEED

What is the day not about? CEREMONIES / MONUMENTS
The day is about ______. ACTION

Give one of the examples from the paragraph of action one can take on Mandela
day. HELPING SOMEONE IN NEED / STANDING UP FOR FAIRNESS / CLEANING
UP THE ENVIRONMENT / SHOWING KINDNESS

Who can be a part of this movement? ANYONE
What would you like to do for Mandela day?

Creative writing:

Imagine you are able to write a letter to Nelson Mandela day about Mandela today. In the letter you can write from any perspective, and explain how Mandela day has made an impact on communities or people.



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You wake up one morning as Nelson Mandela. It is the start of his first term as president of a democratic South Africa. Describe how your day goes, what you experience, who you meet and the choices you have to make.

VAKTivity: A Mandela Day Activity - think about how you can give back to society, and plan a way to do it. Below are two ideas.

Create a Jar of hope

You will need:

1x empty and clean coffee jar

1 cup of lentils

1 cup of dried soup mix

1 packet of cup a soup (soup powder in a packet)

1 cup of rice

1 wrapped stock cube

Place all your ingredients into the coffe jar, and put the stock cube on top. Print out the instructions below and stick them onto the jar.

Hand our your jars to an organisation or to people who you know might need help. One jar can feed four people.



Make a sandwich and hand out to beggars at the robots



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