

SOCIAL STUDIES

FOR

STANDARD 6

BY ZIKOMO MASESE BANDA

0999246769

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COUNTRIES THAT SHARE BORDERS WITH MALAWI

- ♥ There are many countries in Africa.
- ♥ Malawi is one of them.
- ♥ It is surrounded by Mozambique, Tanzania and Zambia.
- ♥ This makes it a landlocked country.
- ♥ A landlocked country is a country surrounded by other countries.

**LOCATING MALAWI USING THE CARDINAL POINTS**

Malawi is located in the southern part of Africa.

Tanzania is to the north and north-east of Malawi.

Zambia lies to the west and Mozambique to the south-west, south and east of Malawi.

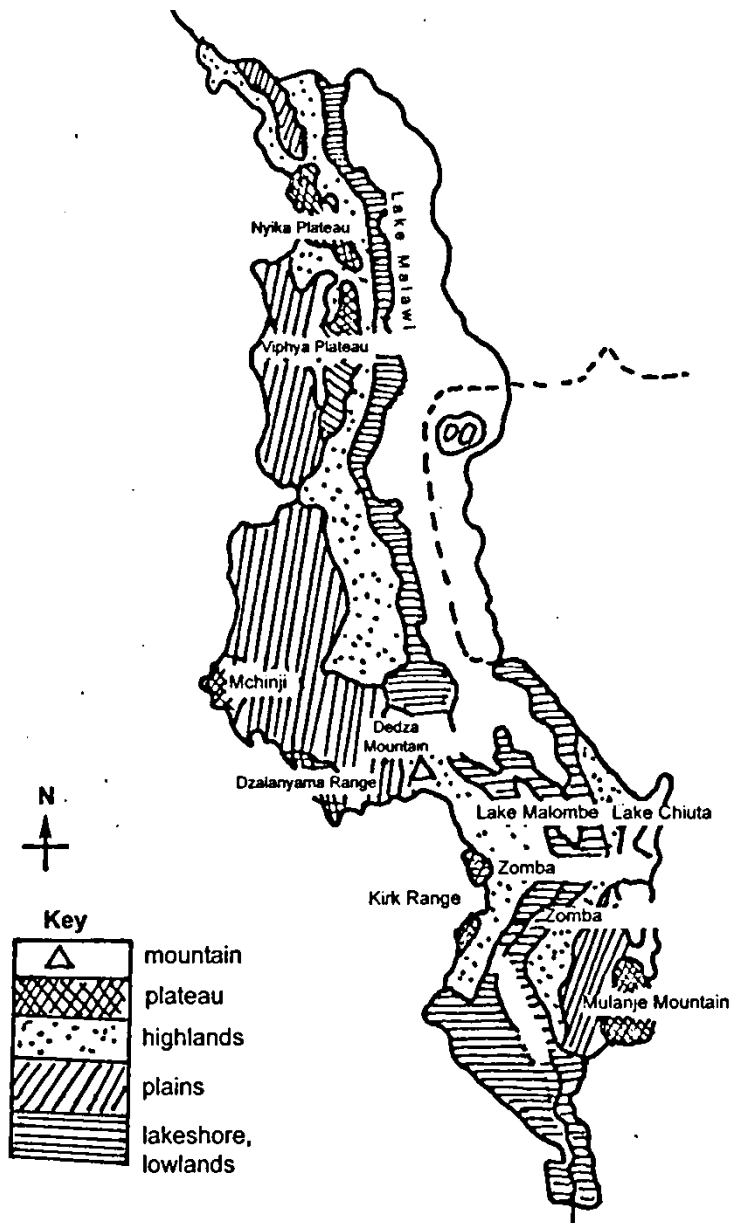
UNIT 2 THE MAJOR PHYSICAL FEATURES OF MALAWI

Physical features are natural features of the earth's surface such as hills, mountains, valleys, lowlands, lakes and rivers.

Or

Physical features are landforms and drainage.

A MAP OF MALAWI SHOWING MAJOR PHYSICAL FEATURES



THE MAJOR PHYSICAL FEATURES OF MALAWI

a. Highlands

The major highlands in Malawi include mountains, plateaus and ranges.

Major mountains of Malawi are Mulanje in the southern region and Dedza in the central region.

Major mountains ranges are Dzalanyama and Kirk Range in the central region.

Plateaus are Zomba and Mulanje in the southern region and Vipha and Nyika in the northern region.

b. Plains

The major plains in Malawi include Lilongwe, Mchinji and Kasungu Plains in the centre.

Phalombe Plains in the south.

Nkhamanga Plains in Rumphi and Mzimba in the north.

c. Lowlands

The major lowlands in Malawi include lakeshore areas and the Shire Valley in the south.

d. Lakes

The major lakes in Malawi are Lake Malawi, Lake Malombe, lake Chilwa and Lake Chiuta.

e. Rivers

The major rivers are the Shire, Ruo, Mkulumadzi, Phalombe and Mwanza in the south.

Bwanje, Linthipe, Lilongwe, Diamphwe, Bua and Dwangwa in the centre.

North Rukuru, South Rukuru and Kasitu in the north.

THE IMPORTANCE OF PHYSICAL FEATURES

Highlands

- Natural forests grow on them
- They provide a home for animals
- They are a source of rivers
- They beautify the country
- They encourage rainfall

Plains and lowlands

- They are good for farming activities
- People settle there

Lakes and rivers

- They are a home for fish and other water animals
- They provide water for domestic use
- They are a source of electricity
- They provide water for agricultural purposes such as irrigation

UNIT 3 THE POPULATION OF MALAWI

The term 'population' means the total number of people living in an area.

Population distribution is the spreading of people over a given area.

According to the 1998 population census, the total population of Malawi was 9, 838, 486

However, the population is not evenly distributed.

Some districts and regions have higher populations while others have less.

POPULATION FIGURES OF THE THREE REGIONS

According to statistics found in the 1998 population census, southern region has the highest number of people followed by the central region. The northern region has the least number of people.

UNIT 4 THE POPULATION DENSITY OF MALAWI

Population density is the number of people per unit area.

Or

Population density is the number of people living per square kilometre.

AREAS OF HIGH AND LOW POPULATION DENSITY IN MALAWI

A place in which many people occupy a small area has a dense population.

A place where a few people occupy a large area has a sparse population.

The areas of high population density are Blantyre, Thyolo, Mulanje, Chiradzulu, Phalombe, Zomba and Mangochi in the southern region.

Lilongwe, Dowa, Kasungu, Mchinji, Dedza and Salima in the central region.

Areas of low population density are most of the districts in the northern region.

POPULATION DISTRIBUTION

Population distribution refers to how people are spread over an area or a country.

There are two aspects of population distribution.

These are densely and sparsely populated areas.

Factors that influence densely population in southern region of Malawi

- Tea estates in Mulanje and Thyolo which attract many people who seek employment
- Fertile loam soils used for growing crops such as maize, beans, bananas and potatoes
- Reliable rainfall
- Trade and commerce and manufacturing industries found in Blantyre
- More towns and townships
- Educational facilities
- Fishing and water supply along the lake
- The sugar industry in Nchalo

Factors that influence dense population in central region of Malawi

- The capital city which has all government ministries and departments as well as some industries, trade and commerce
- Fertile loam soils favourable for the growth of tobacco, maize, groundnuts, potatoes and beans
- Many tobacco estates
- Fishing and water supply along the lake

Factors that influence sparse population in regions of Malawi

- Mountainous areas of Mulanje and Zomba, the Kirk Range and Dzalanyama Range, Vipha and Nyika plateaus
- National parks, game reserves and protected areas which include Nyika, Nkhotakota, Liwonde, Lengwe and Majete.
- Areas with poor soils and no or few industries.

EFFECTS OF HIGH AND LOW POPULATION DENSITY IN MALAWI

- Shortage of land for cultivation
- Depletion of natural resources such as forests, trees, fish and wildlife
- Severe soil erosion because of over cultivation and deforestation
- Shortage of social services such as schools, clinics and hospitals
- Overcrowding in schools
- Shortage of drugs
- Overcrowding in towns resulting into population
- Poverty, crime and prostitution in overcrowded areas and squatter areas
- Establishment of squatter or illegal settlements in urban areas

Areas with low population density may not experience the above effects on a large scale.

UNIT 5 POPULATION CHANGE IN MALAWI

Population change refers to the increase or decrease in population.

Population increase is also called population growth.

A population may increase because of the following reasons:

- * Belief in large families
- * Preferring male children to female children
- * Availability of health facilities
- * Improved medical services
- * Movement of people out of an area or movement of people into an area (migration)

Although Malawi has a high birth rate, the following are some of the factors that lead to population decrease:

- * A high infant mortality rate and child mortality rate because not many people take children to health clinics for treatment of diseases
- * Poor health facilities which have few or no doctors and drugs
- * Poor nutrition
- * Adoption of family planning methods by some families

EFFECTS OF POPULATION CHANGE

An increase in the population of an area may lead to:

- Shortage of land for settlements and cultivation
- Environmental damage
- Shortage of natural resources
- Shortage of social services
- Lowering of living standards of people

A decrease in population may lead to:

- Shortage of personnel needed to develop an area
- Availability of more land for settlements and farming in areas where people have moved out
- Availability of more space for social services
- Better standard of living

SOLUTIONS TO THE EFFECTS OF POPULATION CHANGE

- Adopt family planning methods
- Vaccinate or immunize children against diseases
- Improve nutrition
- Visit clinics and hospitals
- Attend health education campaigns

UNIT 6 LOCAL GOVERNMENT

Local government refers to the branch of government which has the decentralised function of the central government to local communities.

The local government supplements the services that are provided by the central government.

The local government is made up of a number of institutions that operate in the districts throughout the country.

These are referred to as assemblies.

These include:

- ✎ District assemblies
- ✎ City assemblies
- ✎ Municipal assembly
- ✎ Town assemblies

FUNCTIONS OF LOCAL ASSEMBLIES

- ☺ Promoting democratic culture and participation among citizens
- ☺ Planning for development of infrastructure in a district
- ☺ Planning for economic development in a district
- ☺ Making by-laws
- ☺ Collaborating with other assemblies on issues of development

Every assembly is headed by a chairperson and a vice chairperson and serves for a period of five years.

For cities and municipals, the heads are referred to as mayor and deputy mayor.

The assembly committee comprises voting members elected from each ward within the assembly area.

It is also composed of non-voting members such as traditional authorities, members of parliament and members of special interest groups, for example, non-governmental organisations (NGOs) and religious institutions.

In addition, each assembly employs a chief executive officer who is responsible for the day-to-day administrative matters of the assembly.

THE IMPORTANCE OF LOCAL GOVERNMENT SERVICES

- The provision of education
- Construction and maintenance of roads, bridges, footpaths, car parks and bus shelters
- Health services
- Promotion of public health
- Provision of emergency services
- Community development
- Provision of security

Most of the services are provided free but there are some which require people to pay.

The local government gets money to pay for the services by the following ways:

- ◆ Receiving money from the central government
- ◆ Collecting taxes on businesses
- ◆ Collecting taxes on land
- ◆ Service charges
- ◆ Obtaining loans

THE IMPORTANCE OF LOCAL GOVERNMENT INSTITUTIONS

- ❖ Provide services to all people
- ❖ Encourage more contact and participation by ordinary people in affairs that benefit them
- ❖ Facilitate speedy responses from government on development issues
- ❖ Promote transparency, accountability and good governance

UNIT 7 EARLY AFRICAN KINGDOMS

THE NGONI

The Ngoni were very powerful warriors who came from Zululand in South Africa.

They left South Africa in the 1930s.

They fled from Tshaka Zulu, a powerful and cruel king.

They were led by Zwangendaba who died in Maputo in Tanzania.

He was succeeded by his son Mbelwa who led the Ngoni to Malawi and settled in Mzimba.

Another group of the Ngoni settled in the central region.

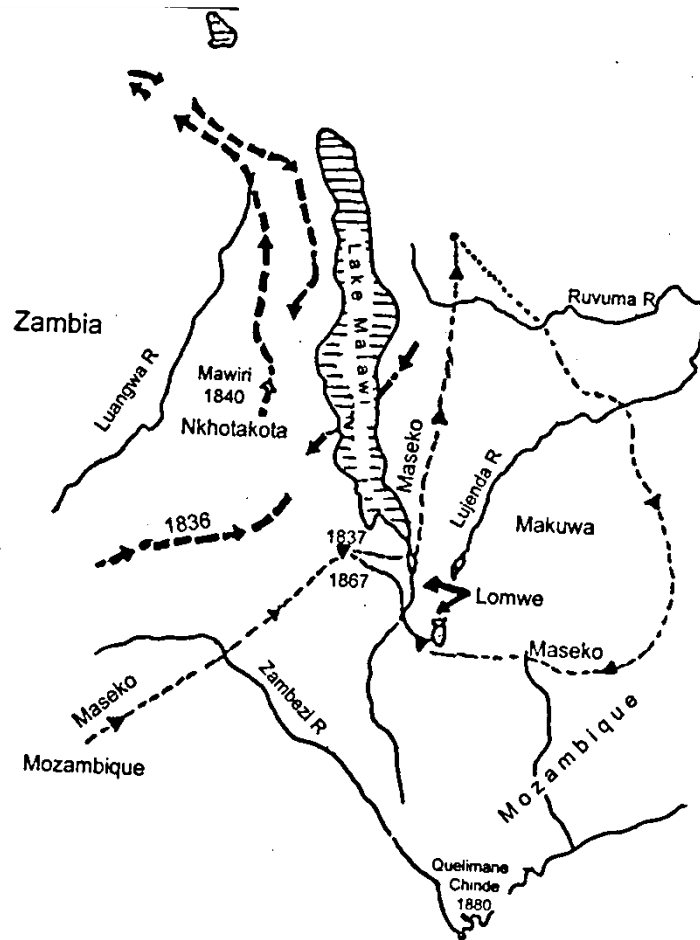
These were led by Ngwane Maseko and later split and settled in various places.

These include:

- The Ngoni of Dedza under Kachindamoto.
- The Ngoni of Lizulu in Ntcheu under Gomini Chikuse
- The Ngoni of Dowa under Chiwere
- The Ngoni of Mwanza
- The Ngoni of Bvumbwe in Thyolo

These people were looking for grazing land and water for their livestock.

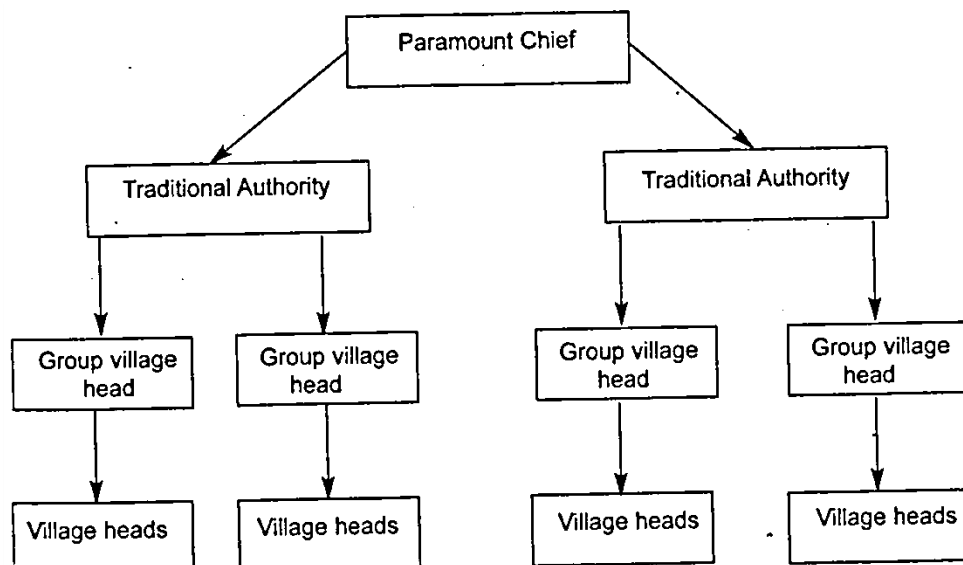
A MAP OF SOUTHERN AFRICA SHOWING THE MIGRATION ROUTES OF THE NGONI



FACTORS THAT LED TO THE GROWTH OF THE NGONI KINGDOM

- Political organisation
- Military organisation
- Cattle keeping

THE ADMINISTRATIVE STRUCTURE OF THE NGONI KINGDOM



FACTORS THAT LED TO THE DECLINE OF THE NGONI KINGDOM IN MALAWI

- Tribal wars
- competition for leadership
- Missionary intervention
- The death of a strong leader

THE CONTRIBUTIONS OF THE NGONI KINGDOM

- Traditional dances
- The lobola system of marriage
- Patrilineal system of marriage
- Dressing
- Language
- The spirit of solidarity

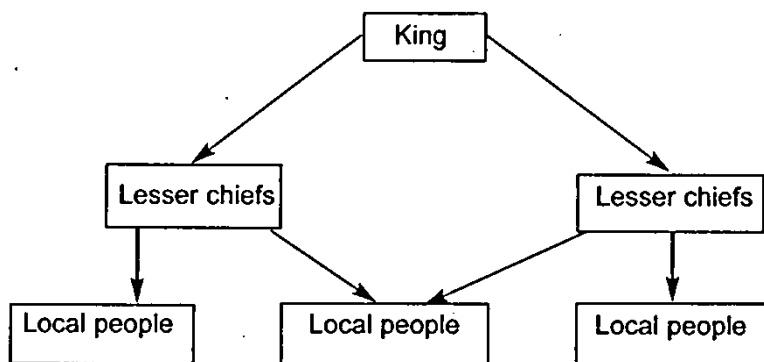
UNIT 8 EARLY AFRICAN KINGDOMS

MWENEMUTAPA KINGDOM

The Mwenemutapa kingdom was founded by Nyatsimba Mutota by 1450.

Mwenemutapa Kingdom had Great Zimbabwe as its capital.

The people of the Mwenemutapa Kingdom were the Karanga who spoke the Shona language.



the administrative structure of the Mwenemutapa Kindom

Their king was Mambo.

He was regarded as a living god and was represented by fire.

He had lesser kings who ruled in other lands on his behalf.

Mwari was the most powerful god in Mwenemutapa Kingdom.

THE FACTORS THAT LED TO THE GROWTH OF MWENEMUTAPA KINGDOM

- Military organisation
- Political organisation
- Trade in gold, silver and copper

THE FACTORS THAT LED TO THE DECLINE OF MWENEMUTAPA KINGDOM

- Lesser kings fought for their independence
- Interference of the Portuguese in the running of the kingdom
- Invasions from its enemies

THE CONTRIBUTIONS OF THE MWENEMUTAPA KINGDOM

- Stone buildings
- Use of iron tools
- Trade with other nations
- Belief in one god called Mwari

UNIT 9 HIV AND AIDS

HIV is the virus that causes AIDS.

HIV is an acronym.

H	stands for	Human
I	stands for	Immunodeficiency
V	stands for	Virus

AIDS is a medical term for a combination of illnesses that result from specific weakness of the body's immune system.

A	stands for	Acquired
I	stands for	Immuno
D	stands for	Deficiency
S	stands for	Syndrome

TRANSMISSION OF HIV AND AIDS

- Having unprotected sexual intercourse with an infected one
- Infected blood entering the body through blood transfusion, syringes, needles or other cutting objects
- Infected persons to unborn child (mother-to-child transmission)
- Breastfeeding

RISKY BEHAVIOURS ASSOCIATED WITH THE SPREAD OF HIV AND AIDS

- Prostitution
- Drug and substance abuse
- Promiscuity
- Cultural beliefs and practices
- Working away from home for a long time

MISCONCEPTIONS ABOUT HIV AND AIDS

- AIDS can be cured by having sexual intercourse with virgins
- Mosquitoes transmit HIV
- ARVs cure HIV and AIDS
- You cannot contract HIV if you have sex with a person with a disability
- Some herbs can cure HIV and AIDS
- You can get HIV by living with one infected with HIV
- You can get HIV by sharing food with one infected with HIV
- You can get HIV by shaking hands with one infected with HIV
- You can get HIV through sneezing or coughing

SIGNS AND SYMPTOMS OF AIDS

Minor signs

- Coughing for more than a month
- Itchy skin diseases
- Shingles (herpes zoster)
- Sores all over the body

- Thrush in the mouth and throat (oral candidiasis)
- Long lasting swollen glands
- Loss of hair texture
- Tuberculosis
- Night sweats

Major signs

- Weight loss greater than 10% of the body weight
- Fever for longer than one month
- Diarrhoea for longer than one month
- Persistent severe fatigue (tiredness)
- Loss of memory
- Repeated abscesses

However, these signs and symptoms can be an indication of another disease.

Only a blood test can prove whether a person is HIV-positive or HIV-negative

WAYS OF PREVENTING THE SPREAD OF HIV AND AIDS

- Abstinence
- Being faithful to one's sexual partner
- Condom use
- Avoiding exposure to blood
- Avoiding harmful cultural practices that promote the spread of HIV and AIDS
- Joining clubs to learn more about HIV and AIDS

THE IMPORTANCE OF VOLUNTARY COUNSELLING AND TESTING

- Knowing one's body status on HIV
- Choosing the expected behaviour depending on the results
- Continuing to avoid contracting the virus if tested HIV-negative
- Receiving advice on how to cope with it if tested HIV-positive

The whole process comprising counselling and testing is called HIV Testing and Counselling (HTC)

WAYS IN WHICH AN HIV-POSITIVE TESTED PERSON MAY COPE WITH THE STATUS

- Taking appropriate steps not to infect others
- Taking appropriate drugs to prevent transmission of the virus to the unborn baby if pregnant
- Eating food that has a balanced diet

UNIT 10 THE WEATHER OF MALAWI

WEATHER

Weather is the state of the atmosphere for a place for a short period of time.

The atmospheric condition of a particular day can be describe in different ways. A day can be described as hot, cold, dry, wet, cloudy, windy, and so forth.

THE ELEMENTS OF WEATHER

- temperature
- humidity
- air pressure
- rainfall
- wind direction
- wind speed
- cloud cover
- sunshine

AFFECTS OF THE ELEMENTS OF WEATHER

- flooding
- good harvest
- drought
- high rate of evaporation
- destruction of the environment
- discomfort

Flooding

Excessive rainfall can cause flooding, which in turn destroys crops, houses and leaves people homeless and without food.

Some roads and bridges may also become impassable because of floods.

Good harvest

Sufficient rainfall will have a positive effect on people's lives since they will harvest enough crops.

Drought

Insfficient rainfall will make people, animals and crops suffer because of shortage of water.

This will lead to drought, and in turn, famine.

High rate of evaporation

Excessive sunshine will cause a high rate of evaporation in rivers and lakes and dry up. This affects the formation of rain and people suffer because of lack of water.

Water animals such as fish also suffer.

Destruction of the environment

Heavy winds cause great damage to buildings, crops and trees, and may even cause loss of lives

Discomfort

People feel uncomfortable because of high temperatures. Sometimes people develop diseases and animals eventually die. Low temperatures also affect people's lives in that if it is too cold, people feel uncomfortable and crops are also affected.

WAYS OF PREDICTING WEATHER CONDITIONS LOCALLY

- the springing of new leaves of trees
- sounds or songs some birds and insects
- the colour of the moon
- the surfacing of some small animals and plants
- atmospheric changes
- cloud types

THE IMPORTANCE OF PREDICTING WEATHER

- Farmers are able to decide on the agricultural activities they need to know, what to do, and the types of crops they can grow; when and where
- People will be able to plan for their daily activities, for example, when to do laundry, process flour, travel and not to travel
- People will decide on the type of clothes to wear.
- Pilots will be in a position to know how strong the wind is
- Teachers can plan their lessons according to the weather

INSTRUMENTS FOR MEASURING ELEMENTS OF WEATHER

The elements of weather can be measured using different instruments.

An instrument is a tool used to measure something.

Some of the main elements of weather that are often measured are:

- air
- temperature
- rainfall

- wind speed
- wind direction

Most of the instruments used to measure weather are best kept in a special box called Stevenson's screen.

Stevenson's screen is designed in such a way that it allows free air movement and prevents the instruments from direct sunshine which can affect the readings of the instruments.

SOME OF THE INSTRUMENTS FOR MEASURING ELEMENTS OF WEATHER

- the rain gauge
- the thermometer
- the anemometer
- the wind sock
- the wind vane
- the weather cock

The rain gauge

Rainfall is measured in millimetres (mm).

An instrument used to measure rainfall is called the rain gauge.

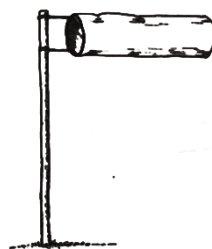


A rain gauge

The rain gauge should be placed in an open area away from the trees and buildings and should also be raised to avoid water from other sources.

The wind sock

This is an instrument used for measuring wind direction.

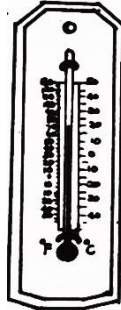


The wind sock

A simple wind sock can be made using a cloth made into something like a bag which is tied to a pole. The cloth will be pointing to the direction the wind is going

The thermometer

Temperature is measured in degrees celsius ($^{\circ}\text{C}$).



The thermometer

The instrument used for measuring temperature is called the thermometer.

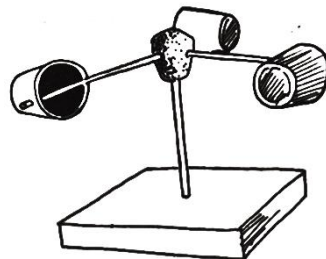
The thermometer will tell how hot or cold the place is.

In Malawi, the temperature in November is about 20°C while in June, it falls below 13°C .

The anemometer

Anemometer is measured by an Anemometer.

The Anemometer measures how much wind travels per hour.



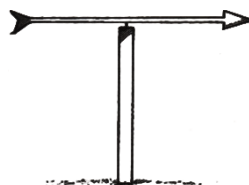
The anemometer

The wind vane

This is an instrument for measuring wind direction.

A simple wind vane can be made from a simple light metal or piece of timber or cardboard mounted on a pole.

The pointer of the vane points in the direction where wind is coming from.



The wind vane

UNIT 11 THE CLIMATE OF MALAWI

Climate is the average weather condition of an area observed over a long period of time.

Climate has the same elements as weather.

This is because to collect information about climate and to prepare maps and graphs, the elements of weather are observed and measured in weather stations.

The climate of Malawi is tropical climate or Savannah.

It is called tropical climate because Malawi is within the tropics.

THE CHARACTERISTICS OF SAVANNAH OR TROPICAL CLIMATE

- wet and dry seasons
- heavy rains fall in summer
- the annual rainfall is about 762mm
- the summer is hot (around 32°C)
- winters are cool

Temperature and rainfall are the most important features of climate.

Therefore, the climate of Malawi can be described according to how hot and dry the area is.

Malawi can then be divided into the following climatic zones:

- hot dry areas
- hot wet areas
- warm wet areas
- cool wet areas

Hot dry areas

This type is found along the Lower Shire Valley.

Crops grown include rice, sugar and sorghum.

Hot wet areas

This is found along the lakeshore around Nkhatabay and Nkhotakota districts.

Crops grown include tea and rubber.

Warm wet areas

The plains in the northern and central regions for example Mzimba, Kasungu and Lilongwe Plains.

Crops grown include tobacco, maize and groundnuts.

Cool wet areas

These areas include high areas as Nyika, Viphyia, Dedza and Mulanje.

Crops grown include tea and Irish potatoes.

MAJOR FACTORS THAT INFLUENCE THE CLIMATE OF MALAWI

- latitude
- altitude
- distance from the sea

Latitude

Malawi lies in the southern hemisphere within the tropics.

Therefore, it has a climate generally called savanna.

The movement of the sun north or south of the equator influences the climate.

In June, the country experiences the cool season because the sun is overhead in the northern hemisphere. In December, the sun is overhead in the southern hemisphere, and therefore, the country experiences the hot season.

Altitude

Altitude refers to the height above the sea level.

This also influences the climate of some areas in Malawi. Highlands in Malawi such as the Viphyia and Shire highlands are cooler than that lowlands like the Shire Valley.

This is because the higher one goes, the cooler it becomes.

For every 200 metres one climbs upwards, the average temperature falls by 1°C.

Distance from the sea

Malawi is not very close to the sea.

Most of the winds which bring rain to Malawi are influenced by the Indian Ocean and Congo air mass. As these pass over the oceans, they gather moisture and bring heavy rainfall in Malawi.

UNIT 12 THE SEASONS OF MALAWI

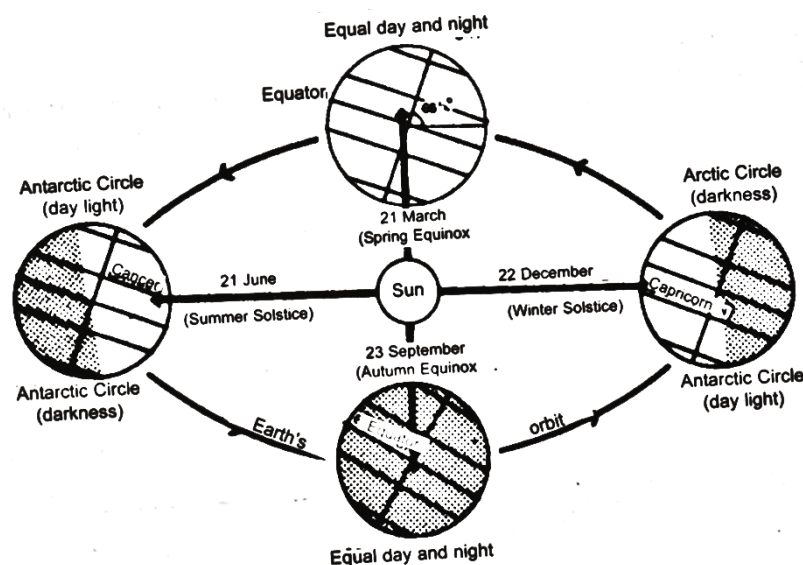
THE CHARACTERISTICS OF THE SEASONS OF MALAWI

Temperature change is affected by heat. Most of Malawi's heat comes from the sun. This makes the temperature to change from one month to another.

Temperature changes are caused because of the differences in the position of the earth in relation to the sun.

In the months of August, September and October, the sun is overhead in the southern hemisphere. As a result, it gets hot in Malawi. The rains begin in November in some parts of the country. This makes temperatures to lower a little bit.

The wet season goes up to April. From May to July, the sun is overhead in the northern hemisphere. It is cool and dry in Malawi.



THE CHARACTERISTICS OF THE SEASONS OF MALAWI

- The cool and dry season
- Hot and dry season
- Hot and wet season

Malawi experiences three types of seasons during the year:

a) **The cool and dry season**

This is from May to July.

In these months, the sun is overhead in the northern hemisphere and it is usually dry with mild temperatures except in higher places, for example, Dedza, Mzuzu and Thyolo where it becomes very cold.

During this season, most harvest takes place and some plants lose their leaves.

b) **Hot and dry season**

This is from August to November.

Temperatures are high and there are no rains. During this season, farmers prepare their gardens in readiness for the rains. Towards the end of this season, most trees bear new leaves.

c) **Hot and wet season**

This is the longest season. It is from November to April.

Temperatures are high, the sky is generally cloudy, and in most cases, it rains.

Farmers plant most crops in this season.

UNIT 13 ENVIRONMENT

The term 'environment' refers to all the things around us.

COMPONENTS OF THE ENVIRONMENT

- Physical environment
- Social environment
- Cultural environment

EXAMPLES OF EACH OF THE COMPONENTS

Physical environment

- soil
- water
- rivers
- lakes
- mountains
- plants
- animals

Social environment

- roads
- buildings

- vehicles
- bridges
- dams

Cultural environment

- customs
- languages
- taboos
- traditions
- religion
- clothes

THE IMPORTANCE OF THE ENVIRONMENT

- environment is the home of humans, tamed animals as well as wild animals
- environment provides materials for construction
- environment provides land for construction of buildings, bridges and roads
- environment provides medicines
- environment is the source of minerals
- environment is a good source of teaching and learning materials

DESTRUCTIVE AGENTS OF THE ENVIRONMENT

- people
- bush fire
- animals
- running water
- wind

Different things damage the environment. These are called destructive agents. The destruction agents cause soil erosion, removal of vegetation and air pollution.

RIGHTS AND RESPONSIBILITIES OVER THE ENVIRONMENT

Rights

- Right to a clean and healthy environment
- Right to clean water
- Right to clean air
- Right to a safe environment

Responsibilities

- using the toilets and latrines correctly
- disposing refuse properly
- using and taking care of all things they are using
- taking care of water sources
- being mindful of everyone's rights

UNIT 14 FORESTRY

FOREST, FORESTRY AND FOREST RESERVES

There are a lot of forest reserves in Malawi.

These are either planted (exotic) or natural (indigenous).

A forest is a large area of land covered by trees either planted or naturally grown.

A forest reserve is an area which is created by the government for the conservation and management of trees, wildlife and watershed.

Forestry is the practice of planting, caring of trees and the production of timber.

Forestry in Malawi is practised in Chikangawa in Mzimba, Dedza and Zomba Districts.

The following are rest of the major forest reserves in Malawi:

- Dzalanyama
- Kaning'ina in Mzimba
- Thuma
- Phirilongwe
- Namizimu in Mangochi
- Ntchisi
- Chimaliro in Rumphi



A map of Malawi showing forest reserves

THE IMPORTANCE OF FORESTS

- forests provide shelter and food to animals
- forests regulate climatic conditions
- forests provide wood for pulp and paper
- forests provide firewood for domestic use
- forests provide firewood for curing tobacco
- forests assist in the conservation of water
- forests are sources of medicine
- forests assist in preventing soil erosion
- forests are a source of timber for furniture and the building industry
- forests are useful for recreation and tourism
- forests are sources of poles and rope for various activities
- forests are a sources of government revenue

WAYS OF DESTRUCTION OF FORESTS

- cutting down of trees for charcoal burning and firewood for domestic use and sale
- cutting down trees for burning bricks, making carvings and curing tobacco
- opening new gardens or estates
- uncontrolled bush fires
- opening up a new settlement

WAYS OF CONSERVING FORESTS AND FOREST RESERVES

- avoiding and controlled bush fires
- making firebreaks around forests

- afforestation and re-afforestation
- avoiding careless cutting down of trees
- creating a sense of ownership in the communities around the forest
- making the bricks which will not require firewood
- finding an alternative business for the charcoal burners and firewood sellers

UNIT 15 FARMING AND FISHING IN MALAWI

Farming is an activity in which crops are grown and animals reared.

Examples of crops grown are:

- maize
- groundnuts
- beans
- rice
- tobacco
- tea

Examples of animals reared are:

- cattle
- goats
- chickens
- rabbits

TYPES OF FARMING METHODS

- subsistence farming
- commercial farming

Subsistence farming

The crops grown or animals reared are for food for the family. They are not for sale.

Commercial farming

The crops grown and animals reared are for sale.

Examples of commercial farming are plantation farming in which tea, coffee, sugarcane and rubber are grown, and cattle ranching for meat, and dairy farming for milk, butter and cheese.

FACTORS THAT INFLUENCE FARMING

- relief and drainage
- soils
- rainfall
- temperature
- capital
- transport
- markets
- irrigation

PROBLEMS ASSOCIATED WITH FARMING

- Unreliable rains
- Soil erosion
- Lack of pastures
- Water supplies
- Diseases
- The rapid population growth
- Poverty
- Dependence on one major cash crop
- Inadequate markets
- Illiteracy

MAIN FISHING AREAS IN MALAWI

- lakes
- rivers

Lakes

Lake Malawi, Lake Chiuta, Lake Malombe and Lake Chilwa.

Lake Malawi provides the major fishing ground in Malawi

Rivers

Songwe River, North Rukuru River, South Rukuru River, Bua River, Linthipe River, Shire River

TYPES OF FISH

- chambo
- milamba
- ntchira
- usipa
- utaka
- matemba
- kampango
- kadyakoro

METHODS OF CATCHING FISH

- Fish traps (mono)
- Fishing net (khoka)
- Fishing line and hook
- Gill net
- Trawl net

PROBLEMS AFFECTING FISHING IN MALAWI

- Overfishing
- Fishing during breeding periods
- Water pollution
- Poor transportation systems to the markets
- Rapid population growth

WAYS OF CONSERVING FISH RESOURCES

- Enforcing laws about the size of the mesh for the nets so that young fish are not caught
- Enforcing laws about dumping of chemicals in rivers and lakes
- Controlling fishing during fish breeding time

IMPORTANCE OF FISH

- Fish provides food and protein to the people
- Source of money to individuals and the country
- Source of employment

UNIT 16 SOIL EROSION

Soil erosion is the removal of top soil.

TYPES OF SOIL EROSION

- splash erosion
- sheet erosion
- rill erosion
- gully erosion
- wind erosion

PRACTICES WHICH ENCOURAGE SOIL EROSION

- cutting down trees carelessly, which destroys vegetation
- setting harmful bushfires which leave the ground bare
- overgrazing and overstocking which make soil hard and unfertile
- cultivating along river banks which encourages flooding
- poor farming practices along the slopes which promote erosion

WAYS OF CONTROLLING SOIL EROSION

- planting trees and grass to cover bare grounds
- avoiding bushfires to prevent the environment from being damaged
- following good land husbandry practices to maintain soil
- controlling overpopulation of animal which causes erosion
- establishing forests to conserve the environment

UNIT 17 DRUG AND SUBSTANCE ABUSE

A drug is any substance used for medical purposes.

A substance is any state of matter that has an intended use by the manufacturer.

To abuse is to put a drug or substance to wrong use.

Examples of drugs and substances commonly abused are chamba (hemp), glue, petrol, valium, tobacco, alcohol, mandrax and cocaine.

CAUSES OF DRUG AND SUBSTANCE ABUSE

- Peer pressure
- Curiosity
- Emotional problems
- Relaxation
- Idleness
- Ignorance
- Drive to independence
- Lack of parental care and support
- Means of suppressing frustration

EFFECTS OF DRUG AND SUBSTANCE ABUSE

- Dropping out of school
- Mental confusion
- Poor or impaired sense of judgement
- Involvement in crime
- Diseases
- Death
- Overdosing
- Low productivity
- Infertility
- Pressure on medical resources
- Prosecution by a court of law
- Dependence on drugs

PREVENTIVE MEASURES AGAINST DRUG AND SUBSTANCE ABUSE

- putting restrictions on drug and substance abuse
- increasing or raising awareness of the effects of drug and substance abuse
- planning and involving young people in recreational and vocational activities to keep them busy and distract them from getting involved in drugs
- putting proper warning labels on drugs and substances
- encouraging young people to exercise self control and value their bodies
- avoiding self medication
- avoiding taking expired drugs
- keeping drugs and substances away from children
- avoiding bad company
- avoiding use of drugs and substances to ease tension, frustration and stress
- getting prescriptions from qualified personnel only

UNIT 18 CITIZENSHIP

WAYS OF ACQUIRING CITIZENSHIP IN MALAWI

- by birth
- by descent
- by registration
- by naturalisation
- by marriage

A person can acquire citizen ship in Malawi in the following ways:

By birth

Every person born in Malawi with both or one of the parents is a citizen of Malawi.

By descent

Every person born outside Malawi with both or one parent is a citizen of Malawi.

By registration

A person can be a citizen of Malawi if he or she applies for citizenship, for example, a stateless person.

By naturalisation

A foreigner can also apply to become a citizen of Malawi if he or she:

- has resided in Malawi for 7 years
- is of good character
- follows the laws of Malawi

By marriage

If a woman is the wife of a Malawian citizen, she can become a citizen of Malawi.

CHARACTERISTICS OF A GOOD CITIZEN

- helps others with food
- helps others with clothes
- helps others with shelter
- helps others with books
- helps others with pencils
- helps others with pens
- tells the truth always
- attends classes
- educates others

- cooperates with others
- reports crime to police
- brings justice and peace
- participates in self-help projects

Those people with good character and do good things are called good citizens.

CHARACTERISTICS OF A GOOD CITIZEN

- dishonesty
- bullying others
- stealing other people's property
- beating others
- being impolite to others
- not respecting elders and teachers
- running away from classes
- not doing work given

Those people with unbecoming character are bad citizens.

QUALITIES OF A GOOD CITIZEN

- tolerance
- unselfishness
- cooperation
- honesty (or truthful)
- responsible
- self discipline
- loyalty
- activeness
- forgiveness

THE DUTIES OF A GOOD CITIZEN

- respecting other people
- protecting of the state
- paying rates and taxes
- obeying the law
- educating others
- being independent
- behaving correctly
- assisting the police
- assisting the courts

THE RIGHTS AND RESPONSIBILITIES OF A CITIZEN

A citizen is entitled to rights and is responsible for many things.

All the things that a community or state must do for a citizen are referred to as the 'rights of a citizen'.

What a citizen does to safeguard the rights are the responsibilities of a citizen.

Some of the rights and responsibilities are summarised in the table below

Right	Responsibility
Right to access social services and facilities	<ul style="list-style-type: none">• taking care of the social services• government providing social services
Right to education	<ul style="list-style-type: none">• learners attending lessons• learners respecting teachers• learners studying• learners obeying school rules and regulations• teachers teaching and assisting the learners• parents sending children to school• government constructing classroom and providing teaching and learning materials
Right to protection	<ul style="list-style-type: none">• protecting other people and their property• government protecting its people and property• the police and the courts defending the country and enforcing law and order
Right to own property	<ul style="list-style-type: none">• government ensuring that its citizens have a home, land and property• taking care and protecting the people
Right to economic welfare (employment)	<ul style="list-style-type: none">• working hard and obeying employment rulers and regulations• government creating jobs and job opportunities for its citizens
Right to vote	<ul style="list-style-type: none">• registering, casting votes and accepting results• government facilitating free, fair and regular elections and educating the citizens about the elections
Right to participate in civic affairs	<ul style="list-style-type: none">• taking part in the running of government• government providing citizens with the opportunity to participate

A CITIZEN IN DIFFERENT COMMUNITIES

A person is a social animal. This makes him or her live with other people in a community.

A community is a group of people who live in the same area and have common interests.

THE COMMUNITIES TO WHICH A CITIZEN MAY BELONG

- family
- school
- village or town
- workplace
- state
- church
- club
- peers
- union
- mosque

PATRIOTISM

Patriotism is the positive and supportive attitude or love of one's country shown by an individual or a group of people.

SYMBOLIC ACTS ASSOCIATED WITH PATRIOTISM

- defending one's nation when attacked
- talking good of one's country
- loving and being proud of one's culture
- loving and being proud of one's environment,
- being proud of one's country's achievements
- associating oneself with other citizens of one's own country
- respecting the national flag and the national anthem by standing at attention when raising the national flag and singing the national anthem

THE IMPORTANCE OF BEING PATRIOTIC

- ✓ patriotism shows unity
- ✓ patriotism shows loyalty
- ✓ patriotism shows cooperation
- ✓ patriotism shows love

UNIT 19 CHILDREN'S RIGHTS

Human rights are a basic entitlement all people must have because they are people.

CHILDREN'S RIGHTS AND FREEDOMS

- Rights to a name and a family name
- Right to equality
- Right to life
- Right to dignity
- Right to be with or raised by their family or those who will care for them best
- Rights of physically and mentally challenged people
- Right to play
- Right to enough food and clean water
- Right to good health
- Right to education
- Right to liberty
- Right to information
- Right to be protected from all forms of exploitation, torture, cruel treatment or punishment and unlawful arrest
- Freedom of expression or speech
- Freedom of association

CHILDREN'S RIGHTS AND RESPONSIBILITIES

Children's rights	Children 's responsibilities
Right to education	<ul style="list-style-type: none">• attending school• studying hard• doing homework• obeying teachers• taking care of school property• obeying school rules and teachers• obeying elderly people
Right to parental care or guidance	<ul style="list-style-type: none">• assisting with household tasks
Right to protection against child abuse	<ul style="list-style-type: none">• avoiding risky situations that promote child abuse• reporting to appropriate authorities anybody involved in child abuse
Right to privacy	<ul style="list-style-type: none">• behaving responsibly while parents are away• respecting the privacy of others• conducting themselves in a disciplined manner
Right to enough food	<ul style="list-style-type: none">• eating the food provided• avoiding wasting food
Right to good health	<ul style="list-style-type: none">• practicing good hygiene• reporting about one's health• seeking medical treatment when sick
Freedom of association with others	<ul style="list-style-type: none">• behaving properly when in company of other children• being tolerant• listening and learning from others

Right to be treated fairly before the law	<ul style="list-style-type: none"> • obeying the law • obeying the community's acceptable behaviours
Right to life	<ul style="list-style-type: none"> • avoiding risky situations which can do harm to them • respecting the right to life of everyone else
Freedom of expression or speech	<ul style="list-style-type: none"> • listening to others • learning from others

VIOLATION AND ABUSE OF CHILDREN'S RIGHTS

To violate means to act against or break children's rights.

Abuse is the cruel or violent treatment of children.

Both violation and abuse of children's rights occur at home, school and in the community.

They are committed by parents, individuals, teachers and children themselves.

Child abuse affects all children but the most disadvantaged are orphans, abandoned children, street children, domestic workers, child labourers and children with special needs.

EXAMPLES OF CASES OF CHILD ABUSE

- subjecting children to beating, kicking, threats, criticism and shame in public
- sexual abuse such as defilement, rape, molestation, inappropriate touching or fondling of sexual and other sensitive organs, forced marriages
- child neglect, like, deliberate refusal to take care of a child
- child trafficking in which children are forcefully, or with consent of parents or guardians, taken to go elsewhere as domestic or commercial sex workers or estate workers
- child labour, like, forcing children to work under situations not suitable for their age
- withholding support to children
- economic violation in which parents may force children to seek employment, indulge in prostitution, early marriage, theft, drug trafficking and vending in order to earn a living for the family
- denying children education
- forcing children to look after the young ones during school time
- disallowing children to go out and play
- denying children access to hospital or health care centres because of religious or traditional beliefs
- government's inability to provide educational materials and health facilities
- forcing children to undergo initiation in the name of cultural or traditional beliefs
- giving children heavy punishments

INSTITUTIONS THAT PROTECT CHILDREN'S RIGHTS

- the family
- the community
- the school

- the police
- the district welfare offices
- non-governmental organisation (NGOs) dealing with human rights issues

WAYS ASSISTING A CHILD WHO HAD BEEN ABUSED OR SUSPECTED OF BEING ABUSED

- taking the child to a quiet place where she or he can talk freely
- encouraging her or him to give enough information to evaluate whether abuse has occurred
- remaining calm as the child narrates his or her story so as not to upset the child
- reassuring the child that you believe him or her if she or he reveals the abuse
- assuring the child that you are going to talk to persons who can help
- reporting the abuse to the proper local authorities immediately

UNIT 20 SOCIAL SERVICES IN MALAWI

Social services are services that are provided to the people in their communities for them to survive and live a dignified life.

TYPES OF SOCIAL SERVICES

- Education services
- Health services
- Transport services
- Defence force services
- Banking services
- Communication services

THE IMPORTANCE OF SOCIAL SERVICES PROVIDED IN MALAWI

- Education provides services such as knowledge, skills, literacy and numeracy
- Health provides services such as medicines, health education and sanitation
- Transport provides services such as road transport, water transport and air transport
- Defence force provides services such as security, law and order and enforcing laws
- Banking provides services such as loans and safety of people's money
- Communication provides services such as internet, telephone, postage stamps, and fax.

UNIT 21 ROAD SAFETY

ROAD SIGNS AND SIGNALS

Road signs and signals assist in preventing road accidents.

ROAD SIGNS

Road signs are illustrations which are put on or along the road. They are either written or drawn.

There are three types of road signs:

1. danger warning signs
2. regulatory signs
3. informative signs

Danger warning signs

All danger warning signs consist of a red triangle accompanied by a word or phrase describing the approaching danger.

Regulatory signs

All regulatory signs have a red circle on top of an inscription,

Informative signs

These are signs that give information.

ROAD SIGNALS

Road signals are messages which are conveyed to road users, for example, a horn, arm movement, indicator lights, traffic lights (robots).

THE IMPORTANCE OF ROAD SIGNS AND SIGNALS

- they give general information to road users concerning important features along the road, distances covered or to be covered
- they help to reduce accidents on the road
- they help to control speed
- they help to warn road users of possible danger
- they control the flow of traffic

ORGANISATION WHICH DEALS WITH ROAD SAFETY IN MALAWI

- Road Traffic Commission
- National Road Safety Council of Malawi
- Police Road Traffic Department
- National Roads Authority

FUNCTIONS OF THE ORGANISATIONS WHICH DEAL WITH ROAD SAFETY IN MALAWI

The Road Traffic Commission

- testing for and issuing driving licences
- conducting vehicle inspection for its road worthiness
- administering acts of parliament
- controlling matters as motor vehicle registration and licence

The National Road Safety Council

- giving guidance to all road users
- cooperating with organisations and authorities concerned with road safety in order to assist the Ministry of Transport in decreasing the accidents
- promoting and giving financial support for research in the field of road safety independently or with other institutions

The Police Road Traffic Department

- ensuring basic road laws are observed
- assisting in case of accidents
- prosecuting traffic offenders
- data collection, maintenance of accidents records and statistical analysis

The National Roads Authority

- checking road accident-prone areas and maintaining them
- putting up road signs

UNIT 22 MINING AND MANUFACTURING

MINING

Mining is the removal or extraction of minerals from the ground.

In Malawi, mining is done on a small scale. At present, the largest mining activity is coal.

Coal mining activity is done at mchenga in Rumphi.

Other mining activities are limestone mining in Kasungu and Balaka.

Quarrying and sand mining are also done at a small scale.

Mining contributes to the social economic development of the country.

Coal is used as fuel in industries while lime, sand, stones, and cement are used in construction activities.

MANUFACTURING

Manufacturing contributes to the social-economic development of Malawi.

It involves the making or the production of goods or things on a large scale.

The production is done mostly by machines.

Some of the industries in Malawi are:

- sugar manufacturing industries
- tea manufacturing industries
- cloth manufacturing industries
- soap manufacturing industries
- fertilizer manufacturing industries
- shoe manufacturing industries
- candle manufacturing industries

Sometimes manufacturing is done by hand. But if there is need to produce more, machines are used.

Things that are manufactured include clothes, carpets, simple machine, exercise books, chairs, bread, canned food, sugar, drinks and many others.

FACTORS FOR THE GROWTH OF MANUFACTURING

- Raw materials
- Human resources
- Markets
- Energy sources
- Transport

- Water

THE IMPORTANCE OF THE MANUFACTURING INDUSTRIES

- providing job opportunities
- Transport and communication facilities are developed and improved
- Some manufacturing industries produce raw materials for others
- assisting countries to earn and save money when some of the products are exported and also when raw materials are produced locally
- people get their requirements from within and nearby places

UNIT 23 TOURISM

THE LOCATION OF TOURIST CENTRES IN MALAWI

Malawi has many beautiful places which attract tourists.

The places of interest include beautiful mountains, plateaus, valleys, waterfalls, lakes, wildlife, historical sites, cultural sites, ancient buildings, national parks and game reserves.

Some of the tourist centres in Malawi are as follows:

- Anglican Cathedral on Likoma Island (St Peters)
- Mulanje Mountain
- Old mission site at Cape Maclear in Mangochi
- St Michael's and all angels Church in Blantyre
- Lake Malawi
- Mwalawamphini near Cape Maclear in Mangochi
- Rock paintings in Kasungu National Park, Dedza and Ntcheu
- National parks and game reserves
- Ku Chawe and Chingwe's hole on Zomba Mountain
- The stone house at Livingstonia in Rumphi
- The Providence Industrial Mission (PIM) in Chiradzulu
- Chilema Lay Training Centre in Malosa, Zomba
- Mua cultural museum in Dedza

THE IMPORTANCE OF TOURISM TO MALAWI

- source of foreign exchange
- creating job opportunities in the country
- preserving cultural heritage for future generations
- improving social services
- promoting education by studying historical places and living things in national parks
- promoting contact among people from different areas
- promoting the desire to travel more
- encouraging the government to create more areas of interest

THE PROBLEMS THAT AFFECT TOURISM IN MALAWI

- Poor transport and communication systems
- Long distances to major tourist centres
- Inadequate accommodation
- Unfavourable weather conditions
- Lack of information among tourist centres
- Degradation of the environment leading to the loss of important features and animals

POSSIBLE SOLUTIONS TO THE TOURISM PROBLEMS

- improving hotel facilities
- constructing new roads and maintaining old roads
- improving social services
- improving travel agency services
- training tourist guides
- maintaining national parks, game reserves and lodges

UNIT 24 TRANSPORT AND COMMUNICATION IN MALAWI

MAJOR TYPES OF TRANSPORT AND COMMUNICATION METHODS IN MALAWI

People move from place to place by using different modes of transport.

People also use different types of transport to move goods.

The types of transport methods include:

- motor vehicles
- ships
- aeroplanes
- trains
- bicycles
- motor cycles

Just like people and goods, thoughts, ideas, knowledge and information move from one place to another. This is called communication.

The means of communication include:

- letters
- telephones
- faxes
- electronic mail (e-mail)
- radio
- television

THE ROAD TRANSPORT SYSTEM IN MALAWI

Malawi has a network of roads.

The roads connect rural areas with district headquarters. District headquarters are also connected with major towns and cities.

Some of the roads are tarred while the majority are made of gravel.

Malawi is also connected with the countries by major roads.

These include:

- Mzuzu – Karonga to Mbeya – Dar-es-Salaam road in Tanzania, commonly referred to as the Northern Corridor
- Lilongwe – Mchinji to Chipata – Lusaka route
- Blantyre – Mwanza to Harare in Zimbabwe
- Blantyre – Mulanje - Muloza to Quilimane in Mozambique

Different types of vehicles are used on the roads.

These include small cars, lorries, buses, trucks and oil tankers which carry petrol, diesel and paraffin. Bicycle are also used on the roads.

THE RAILWAY TRANSPORT SYSTEM IN MALAWI

Malawi has the following railways line:

- The Beira railway line starts from the port of Beira on the Indian Ocean in Mozambique, through Nsanje, Limbe and Blantyre. From there, the line extends northwards through Balaka, Chipoka, Salima, Lilongwe and then Mchinji.
- The Nacala railway line also starts from the Indian Ocean port of Nacala in Mozambique. It enters Malawi through the border of town of Nayuchi to Liwonde on River Shire and then joins the Blantyre – Balaka railway at Nkaya.

Malawi, therefore, does not have a port of its own at the ocean because it is surrounded by Mozambique, Tanzania and Zambia.

Its exports and imports have to pass through Mozambique and Tanzania.

In so doing, Malawi pays customs duty and transportation.

THE WATER TRANSPORT SYSTEM

Lake Malawi provides a natural waterway running in a north-south direction.

Water transport is the cheapest means of transport as compared to road, rail and air transport systems.

The major lake transport route runs from Monkey-bay (where steamers are assembled) in the south through Chipoka, Nkhotakota, Likoma, Chizumulu, Nkhatabay, Usisya and Chilumba.

These are major ports.

The following are the passenger and cargo steamers that sail on Lake Malawi:

- Passenger steamers are the Chancy Maples, Illala and Mtendere
- Cargo steamers are Karonga Nkhwazi, Ufulu and Mpasa

Likoma and Chizumulu Islands depend upon lake transport for transportation of all their requirements.

THE AIR TRANSPORT SYSTEM

Air transport is the fastest means of travelling.

However, it is very expensive.

Malawi has two types of air transport services: domestic and international.

Domestic air services are provided within Malawi.

The major airports are Chileka (Blantyre), Kamuzu International Airport (Lilongwe), Mzuzu and Karonga.

International air services are provided at Chileka International Airport and Kamuzu International Airport, with connections to Nairobi (Kenya), Dar-es-Salaam (Tanzania), Lusaka (Zambia), Harare (Zimbabwe), Johannesburg (South Africa) and onward to Europe and America.

The other major international airways include the British Airways, South African Airways, Kenya Airways and Ethiopian Airways.

Airplanes carry passengers, goods and mail. Some planes also carry fuel and foodstuffs.

THE COMMUNICATION SYSTEM IN MALAWI

Communication is mostly used for passing information from one point to another.

Some of the communication systems are as follows:

- letters
- telegrams
- telephone
- cell phones
- radio
- television
- electronic mail (e-mail)
- newspapers
- magazines

THE IMPORTANCE OF TRANSPORT AND COMMUNICATION IN MALAWI

Road and railway transport

- It makes travelling easier from one part of the country to another for business or visiting friends
- It connects villages with market centres
- Transportation of goods from where they are produced to where they are needed is done easily
- Roads connect Malawi with neighbouring countries as well as distant countries
- Agricultural produce are transported to overseas markets. The products sold to outside markets are called exports.
- Manufactured goods are transported to Malawi by railway lines. Such products obtained from outside the countries are called imports.

- People living along railway lines use trains as passengers and for businesses

Water transport

- Agricultural products are transported by lake services
- Some people living along Lake Malawi use the water transport to move to various places in the country
- Manufactured goods are transported by water.

Air transport

- It is used to carry passengers within and outside the country
- Mail and some goods are transported by air
- It makes travelling faster

Communication

- It enables easy exchange of ideas, information and knowledge
- It makes transmission of messages fast

THE PROBLEMS OF TRANSPORT AND COMMUNICATION IN MALAWI

Road transport

- Most roads are untarred making travel difficult especially during the rainy season
- Blantyre and Lilongwe experience traffic congestion during some peak hours of the day
- Air pollution from cars is becoming a problem
- Some people vandalise road signs
- Some bridges are below standard

Rail transport

- Railway lines are confined to specific routes
- It is very expensive to construct a railway line
- Railway line routes to the ports of Beira and Nacala are long. It is therefore expensive to transport goods to and from the ports.

Water transport

- It is too slow
- It requires deep waters for steamers to anchor at the port
- Use of vessels which are too old

Air transport

- It is very expensive. Therefore, very few people in Malawi travel by air
- Fuel and spare parts for aircrafts are expensive. Therefore air transport has very high running costs

Communication

- Many people are too poor to buy or use modern communication equipment
- There is a lot of competition between post offices which use letters and telegram and telecommunication companies that use cellphones, faxes, and e-mails for efficient communication
- Vandalism and theft of communication equipment is common in some areas

GLOSSARY

Abscesses – boils

Abstinence – refraining from doing something for example, sex

Assembly – an administrative structure or institution which is responsible for providing services to the local communities

Birth rate – the number of live births per 1000 people

By-laws – a law made at an assembly level for its function

Central government – the main body of government which has the authority and power to make, implement and manage a country's resources, disputes and so forth

Death rate – the number of deaths per 1000 people

Kingdom – a territory or country ruled by a king

Local government – a branch of government which has the decentralised functions of the central government to local communities

Migration – the movement of people from one area to settle in other area

Mortality – the incidence of deaths in a given population

Mountain range – a chain of mountains

Plateau – a highland or mountain with a wide flat top

Population change – an increase or decrease in a given population

Transmit – pass from one person to another

Voluntary – doing without being forced

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