



**Institute for Water
and Energy Sciences
(incl. Climate Change)**



African Graduate Mentorship and Coaching Program MEMORABILIA for 2024 Cohort

By

Thelma Ntow

MSc Water Engineering

**Pan African University, Institute for Water and Energy Sciences (Including Climate
Change)**

Algeria, Tlemcen

OUTLINE

- Introduction
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- Fellowship Experience and Output
- AGMCP'S Contributions to My Personal Growth
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INTRODUCTION

- Thelma Ntow is my name. I am a Ghanaian citizen and an MSc student at the Pan African University, Institute for Water and Energy Sciences (Including Climate Change) with a bachelors' degree in Agricultural Engineering from the University for Development Studies, Nyankpala, Ghana.
- My research interests are in water and climate change modeling, food and water security and food energy and Water nexus.
- My aspirations are to achieve prowess in relevant skills and ideas to help mitigate water and climate challenges faced by Ghana as well as the globe.

OVERVIEW OF AGMCP

- The Africa Graduate Mentorship and Coaching program (AGMCP) is a mentor-mentee network facilitated by the Interconnections for Making Africa Great Empowered and Sustainable (IMAGES) Initiative.
- It is designed for mentoring and coaching African graduate-level students (master's and PhD) who are between the ages of twenty and thirty years and post-doctoral candidates who are below 40, in the areas of research and professional development.
- The programme runs from January to December each year with a distinct theme of “Developing Capacity for Assessing Sustainable African Agri-Food Systems”.
- Each mentee from an African country is assigned to a mentor who share similar and unique academic and professional backgrounds.

FELLOWSHIP EXPERIENCE AND OUTPUT

- Joined as a fellow of the African Graduate Mentorship and Coaching Programme in January 2024.
- I was assigned to Dr. Geenwell Matcaya as my mentor, and our first linkup was via whatsApp.
- Dr. Geenwell Matcaya is a Senior Researcher, an expert in Economics, ReSAKSS Coordinator, Deputy Country Representative in South Africa with the International Water Management Institute (IWMI).
- His research interests are on micro and macro-economics of development, including, but not limited to; international agricultural trade, climate change, public expenditure, water/agriculture markets, etc.
- The usual channel of communication has been WhatsApp messages, mails and google meets.
- Doctor guided me during my search for research internship and boosted my passion in languages.

**MENTEE:
Thelma Ntow**



**MENTOR:
Dr. Greenwell Matchaya**



FELLOWSHIP EXPERIENCE AND OUTPUT



CERTIFICATE OF PARTICIPATION

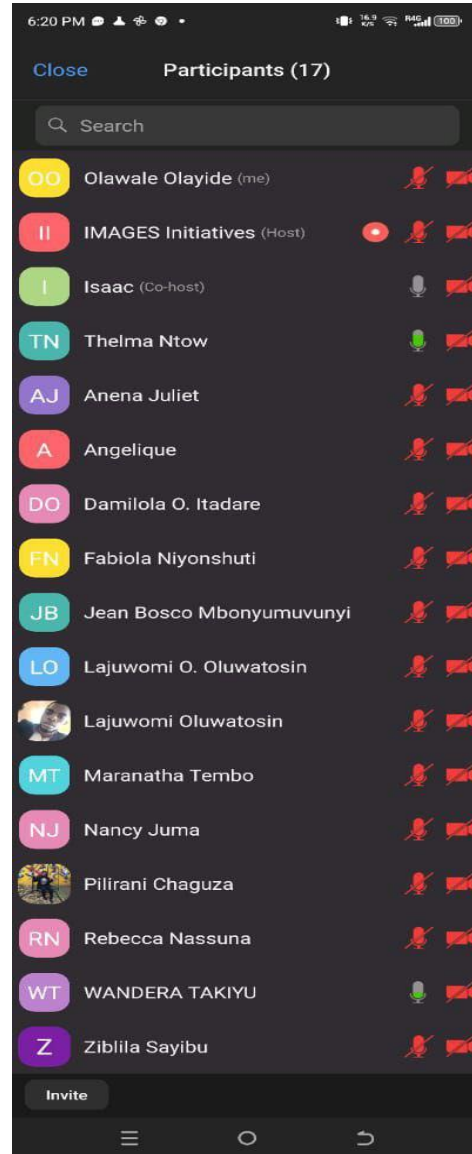
This certificate is awarded to

Thelma Ntow

as a participant in the Special Webinar
on Sustainable Food Supply Chain: From Nursery Bed to Dining Table
held on October 1st, 2024

organised by IMAGES Initiative in collaboration with Africa Green Innovation School
Programme and the Global Scholars and Leaders Support Network (GSLSN)

Dr. Saheed Adebisi Chef Hina Shoab Dr. Ebenezer Ajayi Dr. Olawale Olayide



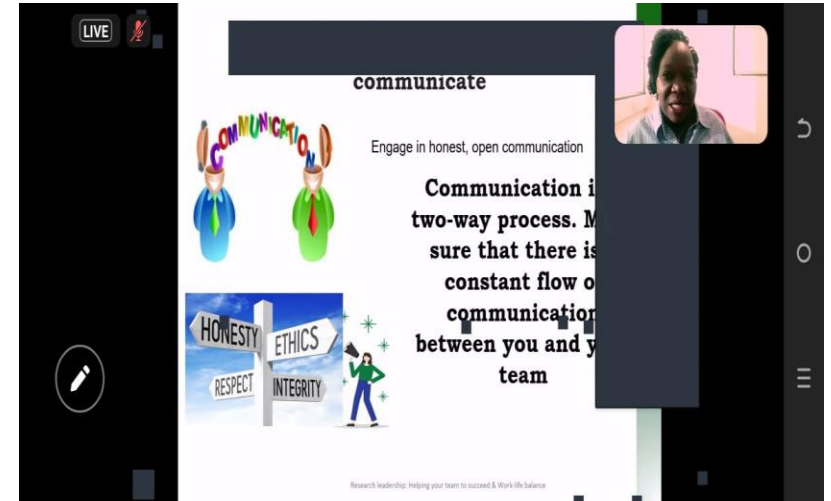
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Close Participants (17)

Search

- Olawale Olayide (me)
- IMAGES Initiatives (Host)
- Isaac (Co-host)
- Thelma Ntow
- Anena Juliet
- Angelique
- Damilola O. Itadare
- Fabiola Niyonshuti
- Jean Bosco Mbonyumuvunyi
- Lajuwomi O. Oluwatosin
- Lajuwomi Oluwatosin
- Maranatha Tembo
- Nancy Juma
- Pilirani Chaguzo
- Rebecca Nassuna
- WANDERA TAKIYU
- Zibllila Sayibu

Invite



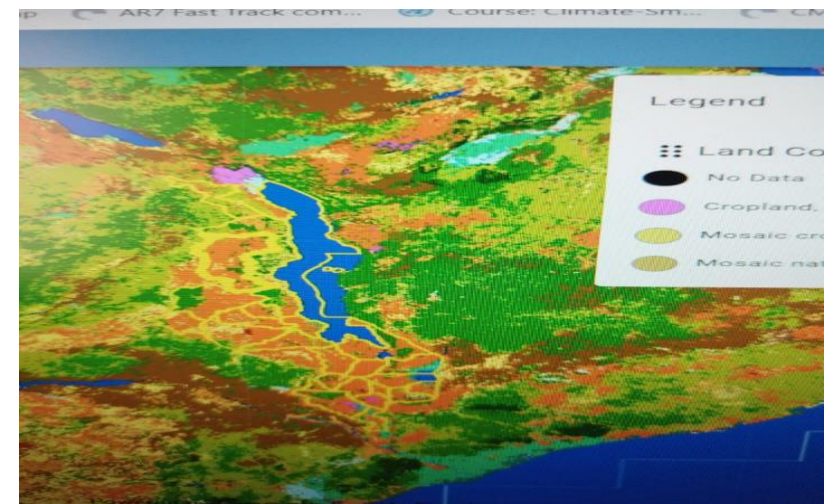
LIVE

communicate

Engage in honest, open communication

Communication is a two-way process. Make sure that there is a constant flow of communication between you and your team

Research leadership: Helping your team to succeed & Work-life balance



FELLOWSHIP EXPERIENCE AND OUTPUT

Recipient details

Name Thelma Ntow

Issuer details

Issuer name Food and Agriculture Organization of the United Nations eLearning Academy

Contact elearning-enquiries@fao.org

Badge details

Name Understanding RIMA – An introduction to the Resilience Index Measurement and Analysis

Language English

Competencies Explain how the Resilience Index Measurement and Analysis (RIMA) methodology can support programme and policy development to reinforce households' resilience to food insecurity.

Course Understanding RIMA – An introduction to the Resilience Index Measurement and Analysis

Criteria

- The following activity has to be completed:
 - "Quiz - Understanding RIMA – An introduction to the Resilience Index Measurement and Analysis - Quiz (Pass grade: 75%)"

Badge validity

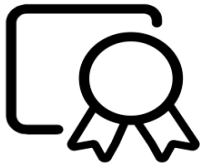
Date issued Sunday, 5 May 2024, 8:34 PM

Evidence This badge was issued for completing:

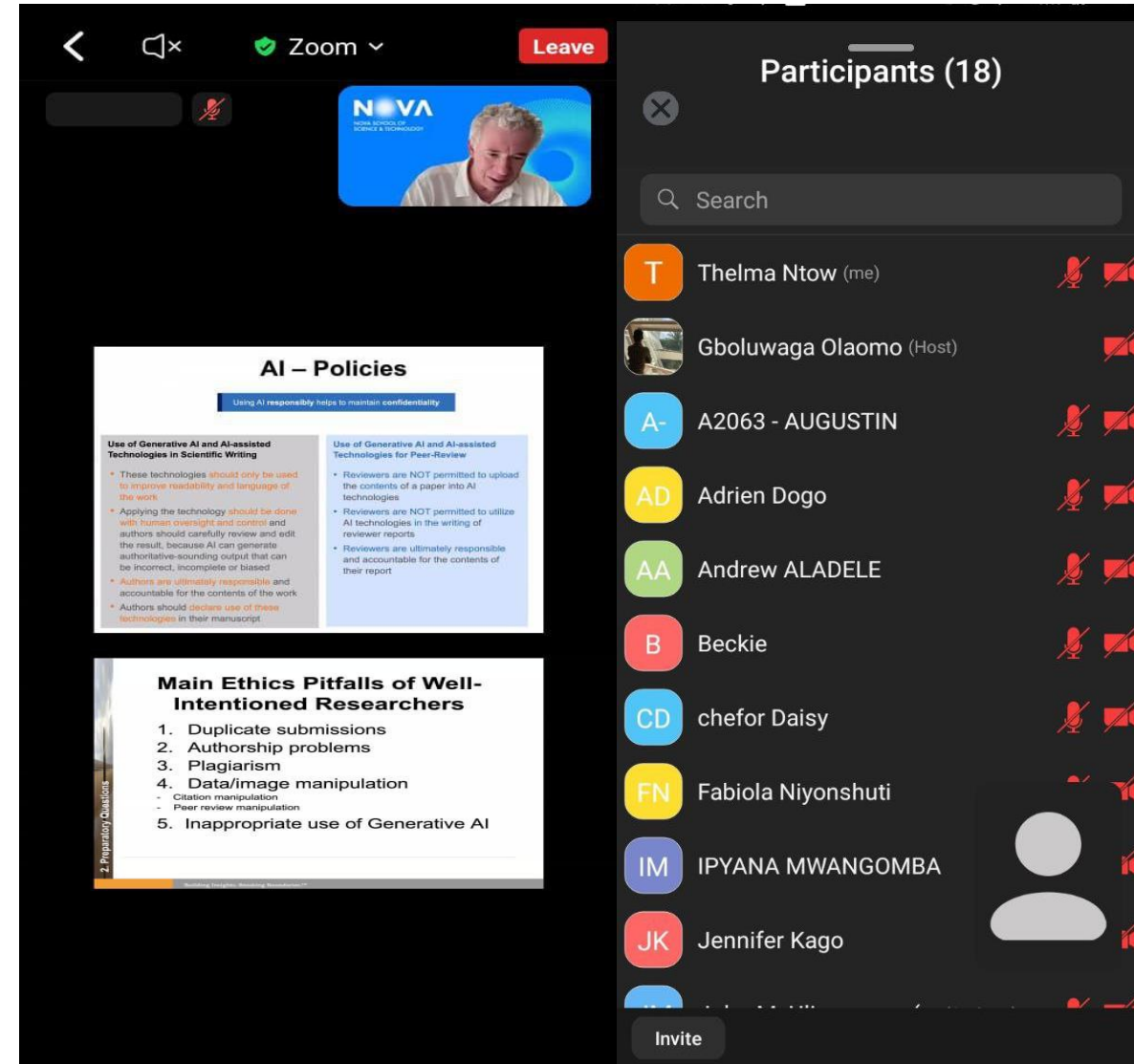
- The following activity has to be completed:
 - "Quiz - Understanding RIMA – An introduction to the Resilience Index Measurement and Analysis - Quiz (Pass grade: 75%)"



Badge Download



Certificate Download



FELLOWSHIP EXPERIENCE AND OUTPUT

- During the fellowship year, I gained a lot of knowledge in the monthly as well as some publications on the WhatsApp page. They included but not limited to;
- Farming systems in Africa-African food systems & CAADP.
- Short course on science-policy communication.
- Grant proposal writing & research management.
- Data visualization, leadership and work-life balance.
- Circularity Africa Conference.

AGCM'S CONTRIBUTIONS TO MY PERSONAL GROWTH

- My participation in the successive monthly webinars throughout the year has honed my skills in research, data analysis, ArcGIS, and effective communication.
- Through this program, I have been able to establish connections with like minded colleagues of diverse academic and cultural background.
- I also achieved a certificate in “sustainable food supply chain from nursery bed to dining table” which was held on October 4th 2024.

CHALLENGES

- The major challenge I faced being a Fellow with AGMCP was that of monthly seminars.
- I was not able to attend all seminars because they usually used to clash with my classes and field data collections.
- I had network challenges on the occasions I was opportune to joined.

CONCLUSION AND RECOMMENDATIONS

- I achieved my aim for applying for AGMCP as I was able to connect and learn from others.
- All the seminars organized were in time for my personal, academic and professional growth.
- I recommend the fellowship to add a one-time internship program during or after the fellowship in different countries. This will help students to practice the skills acquired during the program.
- At least a one-time physical mentor-mentee meet up and a physical meeting with all mentees can help establish lasting bonds and connections.

ACKNOWLEDGEMENT

- A hearty gratitude to the Almighty God for His grace and favor towards me to be a part of this outstanding fellowship.
- Thank you to IMAGES most especially Dr. Olawale Olayide, for this opportunity to equip the youth to be an added relevant tool unto the society.
- Many thanks to Dr. Greenwell Matchaya for accepting to mentor me throughout the fellowship year.
- Grateful to all my AGMCP fellows who are already my connect and to those that we are yet to meet.

CONTACT DETAIL

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- Research gate: <https://www.researchgate.net/profile/Thelma-Ntow>
- Google Scholar:
<https://scholar.google.com/citations?hl=en&user=P6ezfGkAAAAJ>