



TOLLING NEWS

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DISCLAIMER: Views expressed in the articles and stories in this journal are not necessarily those of NRFA, its Board of Directors or Management. The Editor welcomes contributions on the National Road Tolling Programme.

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MESSAGE FROM THE DIRECTOR/CEO



Richard Kinder, an American businessman once said: “If you operate a Toll Plaza, you don't care how many passengers are in each car or what kind of car it is. You just want as many cars to move down the road as possible, and you make damn certain they pay their tolls.”

But at the National Road Fund Agency (NRFA), we care about the drivers, and all the passengers that access our Toll Gates across the country. We want every citizen of this country, young and old, to know exactly what happens to the K20 Toll charge collected by our staff, once a motorist has driven off with a stamped NRFA receipt.

Driven by the first set of our Core Values of Transparency, Accountability and Integrity, we have opened up all our Toll facilities to various interest groups and the general populace, who upon request or invitation are taken on a

conducted tour of a selected Toll Gate to acquaint themselves with both front and back end toll operations.

During these tours, you will see that we are keenly focused on driving efficiency across every aspect of our road tolling business by investing in technologies, rethinking our operating models and repositioning ourselves for efficient payment platforms while focusing on excellence.

When it comes to driving efficiency, technology is key. Specifically, we pride ourselves in a wide array of systems and controls that secures Tolls Revenues with tangible audit trails. Through a partnership with Zamtel we are able to receive live feeds of all transactions across our interconnected Toll Gates right into the Head Office in Lusaka.

Further, we have employed a technology that uses optic character recognition on images to read vehicle registration plates and this automatic number plate recognition comes with the customer fare unit displays so that motorists are not in doubt as to how much the Toll Charge is.

Going forward, we shall perfect the road toll collection system by enhancing and rolling out the electronic card payment platform as a user friendly, efficient and risk free payment

method.

Institutions including the Parliamentary Public Accounts Committee, the Media, Bank of Zambia, Smart Zambia Institute, Zambia Chambers of Commerce and Industry, Engineering Institution of Zambia and the Economic Association of Zambia have been taken on conducted tours of Toll Gates to appreciate their operations.

On the international front, countries including Lesotho, Sierra Leone, Burundi, Kenya, Malawi, Namibia and Mozambique have conducted study tours to gather on the ground knowledge and experiences on our road tolling programme.

We now extend an invitation to you all, drivers, passengers, learning institutions and all other various interest groups to come forward and take a keen interest in road tolling operations.

We are here to serve you.

Eng. Wallece Mumba

ROAD TOLL OPERATIONS AT

By Rachel Namukolo

The Zambia Chamber of Commerce and Industry (ZACCI) recently led a business delegation to Shimabala Toll Plaza.

The chamber conducted this tour to understand the actual operations of the Road Tolling Programme and to appreciate some of the financial systems and controls which the National Road Fund Agency (NRFA) had put in place.

Mr. Daniel Mtonga, NRFA Director Road Tolling explained that the Agency was established for the purposes of mobilisation, administration and management of all financial

resources in the road sector. He further informed the delegation that tolls, fuel levy and other road user charges and tariffs formed part of the local sources of funds.

Mr Mtonga added that the Agency was collecting tolls from 21 inland toll stations (17 toll gates and 4 weighbridges) and 9 Ports of Entry across the country and that the target was to have 40 inland toll stations at the completion of the construction phase.

NRFA had from January, 2019 to September, 2019 collected K866 million from 21 inland toll stations and 9 ports of entry

across the country. It was further explained that the Agency had classified its toll stations as A, B and C according to commercial viability and traffic volume.

The Shimabala toll station has a volume of 6,000 vehicles per day and is the second busiest station, the first being Michael Chilufya Sata which has a volume of over 8,200 vehicles per day.

The delegation learnt that NRFA leveraged on the Toll revenues to secure a K2.1 million loan from National Pension Scheme Authority (NAPSA, which saw the



Mr. Alexander Lawrence addresses the media after the tour

SHIMABALA CHEER ZACCI

construction of some of the toll infrastructure.

“The Agency is continuously improving on its systems and we have introduced a cashless payment platform which we have rolled out. We have over 60 corporate clients who are using the cashless platform and over 7,000 cards are in circulation. The E-Toll payment system is being used to safeguard the collection process in terms of cash management. We therefore, appeal to the general public and all road users to come on board and acquire a card from the NRFA,” Mr Mtonga said.

Meanwhile, ZACCI Board Member, Mr. Alexander Lawrence expressed gratitude to the NRFA for the gesture and the opportunity to understand the tolling system and other innovations that were in place. “We are all parties in using the roads but we have never had a full understanding, we have just had misconceptions of what is going on as regards the tolling programme that the country has embarked on,” he said.

Adding: “What we have experienced today has been an eye opener and we understand the huge responsibility that is upon their shoulders because the money that is being raised from the road tolls is targeted towards maintenance of the roads but also going further afield, what I have noticed is



ZACCI delegation poses for a photograph



ZACCI delegation familiarise itself on back end operations of Road Tolling.

that the main concentration is on the economic roads and we need greater improvement on that.”

He urged Zambians to take ownership of the National Road Tolling Programme.

NRFA had from January, 2019 to September, 2019 collected K866 million from 21 inland toll stations and 9 ports of entry across the country.

ROAD TOLLING IN DOUBLE BOOST

By Rachel Namukolo



Eng. Mumba (L) showcases NRFA's Publications to the EAZ President

The Economics Association of Zambia (EAZ) and Engineering Institution of Zambia (EIZ) has commended the National Road Fund Agency for upholding excellence in the Road Tolling Programme operations and service delivery.

EAZ President Lubinda Habaazoka said the Association is happy with the synergies and models the agency had created in mobilizing resources beyond the traditional means such as the Napsa Loan Agreement that has facilitated the construction of various tollgates and roads that are critical to the country's economy.

Dr. Haabazoka said the Association is confident that the investment in the National Road Tolling Programme is justifiable as evidenced by the impact the programme has had on infrastructure development and

further commended the agency for employing smart ways of collecting revenues such as the Electronic Toll Collection System aimed at reducing cash transactions prone to manipulation.

He urged the NRFA to expedite the commissioning of toll stations across the country in order to facilitate road financing, to facilitate infrastructure development critical to the country's economy.

And EIZ President Eng. Sydney Matamwandi said it was commendable that the agency had put in place systems and controls to safeguard revenues collected at toll stations, such as the centralized monitoring of all toll operations across the country through the established Control Centre at NRFA Head Office connected through Wide Area Network provided by ZAMTEL.

The two institutions who were on a joint facility tour of the Shimabala Toll Plaza in Kafue, also undertook a tour of the Control Centre before heading out to tour the Shimabala Toll Plaza in Kafue.

And NRFA Director/CEO Eng. Wallece Mumba said the tour was essential to enhance the continued partnership that exists between the two institutions and the agency as it remains committed to effective Resource Mobilization through various innovative strategies, Fiduciary Management of Resources to ensure Accountability and Transparency and the promotion of Value for Money as the agency aspires to be "A Sustainable Road Fund."

The NRFA earlier this year opened up its toll stations to various stakeholders to enable them get a better understanding of the operations of the agency and the Road Tolling Programme in particular.

Aside from this, the agency is an ardent believer of strategic partnerships that fuel growth and expansion in its quest to proactively mobilise resources and effectively manage and administer the road fund in a transparent and sustainable way to ensure value for money and stimulate socio-economic development.

DBSA BRIDGES THE GAP

By Rachel Namukolo

In 2010 the National Road Fund Agency (NRFA) obtained \$262 million from the Development Bank of Southern Africa (DBSA) which was earmarked for the rehabilitation and upgrading of three existing roads across the country.

These include: Senanga – Sesheke, Kabompo – Chavuma and Kalulushi – Lufwanyama which form part of the Trans-African Highways programme stretching from Cape Town to the DRC's Katanga Province and onwards to Kinshasa.

These roads form part of the Western Corridor in Zambia connecting the new Western Copperbelt area with the DRC, Namibia, Angola and Botswana. We focus on the Senanga to Sesheke Road, a 219 km road that connects to the western corridor.

National Road Fund Agency Director/CEO Eng. Wallece Mumba says the partnership between NRFA and DBSA had helped improve economic activities in the western corridor.

“It has been a very good partnership with DBSA, having helped us improve the economic activities in that area and the country in general. If you do an assessment of that area in terms of what it was then and how it is now, the difference is phenomenal. We

were able to put up some toll gates on that corridor because the traffic has improved tremendously due to the good condition of the road,” He said.

The Loan facility opened up some of Zambia's key economic roads and facilitated regional integration, ease of transportation of goods and services and significant linkage with national and international corridors.

The Senanga – Sesheke road forms part of a strategically important regional link as a shorter route (Western Corridor) from the copper producing region of Zambia around Kitwe up to the DRC in the north, Botswana and Namibia to the south and Angola to the west.

In 2013 the RDA engaged China Henan International Corporation to construct the Sioma Bridge at K108.2 million, which gave birth to the Senanga - Sesheke road, land-linking Western Province to

Namibia, enabling traders from Nkeyema, Kaoma, Luampa and Mongu to easily travel to Namibia through Sesheke to buy goods.

The road has made a huge impact in the society, both foot and motor vehicle traffic flow from Sesheke to Mongu has increased tremendously, boosting the economic situation in that region and pulling traders to the main road for ease of doing business.

For the NRFA, this partnership has worked well to achieve key areas stated in its mission to stimulate socio-economic development by proactively mobilizing resources and effectively managing and administering the Road Fund in a transparent and sustainable way to ensure value for money.

Beyond this, the NRFA seeks to enhance this strategic partnership for continued cooperation on other developmental projects.



Sioma Bridge across the Zambezi River (Picture by Lebo Moroka)

KAZUNGULA BRIDGE RISE

By Rachel Namukolo



Works on the K2 billion Kazungula Bridge Project are progressing well with the Zambian Government being up to date with payments.

Recently, Finance Minister Dr. Bwalya Ng'andu took a tour of this iconic project and noted that the Kazungula Bridge would be a major economic booster not only to the Zambian and Botswana Governments, but the entire region and

beyond.

Dr. Ng'andu who was impressed with the works done on the bridge so far said he would ensure prompt payments of funds to be made on the project as and when invoices were received.

Government through the National Road Fund Agency (NRFA) had paid over \$58.611 million as at August 2019 on the project.

The Kazungula Bridge will enhance regional trade as it is a critical link on the North - South corridor.

This corridor is the busiest in the SADC region, linking landlocked countries to the port of Durban, the regional hub for export and import. It will benefit businesses engaged in the mining and agriculture sectors.

SES FROM THE WATERS

NRFA Director/CEO Eng. Wallece Mumba said the Agency supports the vision of opening up the country by funding projects such as the Kazungula Bridge and making it land linked to allow industries such as mining, agriculture, tourism and manufacturing to thrive.

Package one of the project which consists the actual construction of the bridge is at 85.5% progress rate and is expected to be completed by June 2020. Package two, which involves the construction of a One Stop Border Post (OSBP) on the Botswana side is at

99.60% progress rate and is expected to be completed in October, 2019.

Package three, which is the construction of the One Stop Border Post on the Zambian side is currently at 86.15% progress rate and is expected to be completed by February 2020.

.....AS TOLLS ARE COLLECTED FROM WEIGHBRIDGE

By Matipa Chisense

Kazungula Weigh Bridge Toll Station is in a small District of Kazungula in the Southern Province of Zambia, about 65km from Livingstone the tourist capital.

Kazungula boasts of being the gateway to Southern Africa because it is located at the border of Zambia and Botswana and receives traffic mainly from transporters entering or exiting the country.

Kazungula Toll station has a happy family of 5 members of staff, 1 Senior Toll Collector and 4 Toll Collectors. This team of officers believes in team work and always striving for excellence in the daily operations. Our Senior Toll Collector who is always encouraging and leading by example by making sure the Agency's Core Values are upheld by each and every one of us.

The Kazungula Weigh Bridge, only tolls vehicles above

“....we only toll vehicles above 3.5 tonnes...”

3.5tonnes and the increase /decrease in traffic is determined by the following factors:-

1. Tourists- We have more traffic when the water levels are high on the Zambezi River as tourists want to visit the Victoria Falls during that time and also go to Botswana.
2. Fishermen- During the times when there's no fish ban, most fishermen with light trucks of 3.5tonne pass through a lot more.
3. Truckers- Mostly we deal with Truckers than small

vehicles, truck traffic is determined by many factors. It can increase or decrease based on the operations of the pontoons linking Zambia and Botswana, as well as demand of certain commodities such as Sulphuric Acid in DRC, among other reasons.

Due to the way our station is set up, we tend to have time to educate our clients especially the ones with foreign number plates who have to pass through the weigh bridge whether empty or loaded as most of them have apathy towards having their Toll Receipts stamped.

Having worked at the station for 17 months and seeing the trends of traffic flow, I expect a massive traffic increase once the Kazungula Bridge is complete as most Truckers would rather exit or enter the country through Kazungula rather than Vic Falls or Chirundu enroute to South Africa.

REGIONAL INDABA ADDRESS

By Alphonsius Hamachila



Mr. Gondwe



Mr. Malata



Mr. Ipinge

The African Road Maintenance Funds Association Southern Africa Focal Group (ASAFG), a grouping of eight member states which form the 32 member continental wide Road Fund Association converged in Salima, Malawi, to share knowledge and experiences in the judicious application of the Road Fund, under the theme 'Ensuring Value for Money in Road Works.'

Zambia, through the National Road Fund Agency (NRFA) and its Director/Chief Executive Officer, Eng. Wallece Mumba, chairs the ASAFG.

The Malawi meeting came on the heels of the 18th ARMFA Annual General Assembly which was hosted by Namibia in March, and the ARMFA Exchange programme hosted by Zambia in April, this year, respectively.

Welcoming the delegates to Salima, Malawi, Mr. Stewart Malata, Chief Executive Officer of the Road Fund Administration stated that ASAFG meetings offered a unique platform for sharing knowledge and successes achieved by member states.

He invited the delegates to explore the beautiful fresh and warm water and sandy beaches of Lake Malawi and thanked Zambia for hosting the ARMFA Exchange Programme on its road tolling system for delegates from Sierra Leone, Burundi, Kenya, Malawi, Namibia and Mozambique where valuable information was shared.

And the ASAFG Chairman, Eng. Wallece Mumba said the theme "Ensuring Value for Money in Road Works" had come at the right time because roads had played a fundamental role in ensuring free movements of

people and goods within and across countries.

He urged the delegates to take into account key parameters such as quality, price, technical merit, running costs, cost effectiveness and delivery dates when financing road projects.

The Guest of Honour, Mr. Chancey Gondwe, Board Chairperson of the Malawi RFA, reminded the delegates that well developed roads were a key condition for accelerating economic development and social transformation.

He pointed out that Road Funds guaranteed the availability of funds for road maintenance and appreciated that funding for routine and periodic maintenance was increasing significantly in all countries. He appreciated the institutional separation of the Road Funds and Roads

ESSES VALUE FOR MONEY



Eng. Mumba addresses the gathering

Authorities which had enhanced transparency and accountability.

Mr. Gondwe further said road users were now demanding quality road works and value for money mostly through the media. He said that although Road Funds were not project implementers, the reputational risks of poor road works were, as expected, affecting the Road Funds.

And giving a vote of thanks, Mr.

Ali Ipinge, Chief Executive Officer of the Namibia Road Fund Administration expressed gratitude for the warm welcome and hospitality accorded to the delegates by Malawi stressing that the meeting was to discuss issues which would shape the association going forward.

He raised concern over the status of the road network on the continent which he said had shrunk. He agreed with other speakers on the need to consider adverse climate

change in the design of roads. The workshop was segmented into technical sessions, formal meeting and site visits.

**Zambia is
Chairperson
of ASAFG**

MICHAEL CHILUFYA SATA TOLL

By Francis Nsofwa and Pearl Kamangu



President Lungu during the Official Opening of the Michael Chilufya Sata Toll Gate

Michael Chilufya Sata (MCS) Toll station is the second Toll station to be opened on the Copperbelt after Kafulafuta.

However, it is the biggest Next Generation toll station situated in the heart of the Province, between Ndola the provincial capital city and Kitwe the hub of the province.

It has 4 lanes in and 4 lanes out making a total of 8 lanes and projected to have traffic count of between 7,500 vehicles to 8,200 vehicles per day.

Currently MCS is anticipated to be the busiest Toll Plaza in the country. MCS toll plaza has a

hardworking and dedicated team. The staff is more than willing to work as a team in achieving the goal of National Road Fund Agency.

The leading team is well placed and very competent to ensure the goal is met. The senior Toll Collector (STC) is very experienced, being a veteran in Tolling and experience acquired, we are very confident as a team that we have an experienced “driver on the seat” who will lead us all the way in achieving our goal.

We also have a motivated and hard working team of supervisors who will ensure we are working in accordance to

requirements and in good working environment. We have a total number of 45 staff which includes the STC, Supervisors, Toll Collectors, Drivers and office assistants.

Our Journey as a team started at the time of inductions. We took time as a team to know each other as a team.

The Toll Station was officially opened by His Excellency, the President of the Republic of Zambia, Mr Edgar Chagwa Lungu on Sunday, 4th November, 2018.

The president tolled the first vehicle. During the official opening, the President in his

GATE: HOW WE STARTED

speech encouraged NRFA and the general public to guard the infrastructure.

The Director and Chief Executive Officer of National Road Fund Agency Eng. Wallece Mumba explained to the public on the Local User Discount (LUD) and the Frequent User Discount (FUD).

In his Explanation he stated that, Motorists who reside within the radius of 10 Kilometers from the Toll Plaza will be required to register and upon a successful registration, they will pay 10% of K20 which is K2 per passing or K50 per Month for unlimited passage, while motorists who passes through the Toll Station 10 times, the 11th passage will allow them pay 15% of the total amount, for example, a vehicle

paying K20 will pay K5 up to Month end, then start all over again.

The Board Chairperson, Ms. Christabel Michel - Banda on behalf of National Road Fund Agency, Presented a token of appreciation to President Edgar Chagwa Lungu who was the Guest of Honor at the occasion, a Framed Picture of Michael Chilufya Sata Toll Station.

On Sunday 4th November, 2018, the President officially declared the Toll Plaza opened, the actual collections started on Monday 5th November, 2018. Just before 06:00 hours in the morning. The Team of Toll Collectors, Supervisors, the senior Toll Collector and officials from NRFA Head Office were on the ground and

ensured that everything was in order.

Traffic started at a lighter note but within minutes it built up causing panic by Toll Collectors as this was their first time tolling. This made the Director/CEO to join in controlling traffic and comforting some toll collectors to calm down. Within a few hours, almost all toll collectors settled in very well and contained the situation.

Since the opening of the station, the staff at Michael Chilufya Sata has made it a culture to always start every shift with a word of God and Prayer. We embrace team work and trust. Our core Value is, to manage tolling with Transparency, Excellency, Innovation, Team Work, Accountability and Integrity.



WORLD BANK GOES BACK TO THE LAND

By Rachel Namukolo



The line of credit to the tune of \$200 million which the bank has extended is currently the largest single credit facility from the bank to the Government of Zambia.”

And World Bank Zambia Representative Ina Ruthenberg said the IRCP was significant for Zambia because it will improve connectivity in rural areas where poverty is particularly high.

“Besides the project providing improved connectivity to schools, markets, health, facilities and jobs for the rural communities, it is transformational potential of positioning Zambia as the regional food basket, contributing towards economic diversity.”

According to the Rural Access Index, only 17 percent of rural population live within 2km of a good road in Zambia, leaving about 7.5 million rural residents unconnected to the road network in the country. The Improved Rural Connectivity Project will benefit 460,000 people in the targeted rural areas.

The project supports the Governments development priorities as reflected in the National Development Plan and vision 2030.

The selection of Provinces was based on agriculture production, potential for agribusiness, rural accessibility and poverty head count.

The World Bank has approved \$200 million dollars for the project and \$14million has already been disbursed and has gone towards capacity building and the procurement of motor vehicles for the participating councils among other things.

President Edgar Lungu launched the US\$200 million Improved Rural Connectivity Project (IRCP) set to cover 3,375 km of roads in the country.

The project which is funded by The World Bank in collaboration with the Zambian Government will be implemented in 6 provinces over an 8 year period and is expected to have a major impact on rural communities across the country, with key outcomes of reduced travel time and transportation costs of goods and services, improved access to farming inputs, markets, health, education and other social services, enhanced institutional performance by road sector institutions and sustained maintenance of feeder roads among other benefits.

When he launched the IRCP in Mkushi District, President Lungu said the project was a milestone as it would significantly improve accessibility to many rural

communities and contribute to the living standards of people living in rural areas.

“I have been informed that the project is expected to generate about 25,000 direct job opportunities for our people, especially our young men and women. The local people need to be the direct beneficiaries of the development taking place in their communities,” he said.

He added that the project would improve accessibility to many rural communities and contribute to the living standards of the local people adding that the IRCP would significantly contribute to governments road maintenance strategy aimed at reducing the proportion of primary feeder roads in poor condition from the current 82 percent to below 30 percent over a ten year period.

“I would like to thank the World Bank for partnering with my government by providing both technical and financial support.

PHOTO FOCUS: NEW FINANCE MINISTER



Hon. Bwalya Ng'andu, MP, Finance Minister receives NRFA Board Chairperson Ms. Christabel Michel Banda at his office in Lusaka



Former Finance Minister Hon. Margaret Mwanakatwe, MP, poses for a photograph with her predecessor Hon. Bwalya Ng'andu MP



Finance Minister Hon. Bwalya Ng'andu MP arrives at Parliament Buildings to present the 2020 National Budget

LUSAKA: A CITY UNDER CONSTRUCTION

By Rachel Namukolo



Lusaka decongestion project underway

The city of Lusaka has become a literal description of the phrase a city under construction, as you drive or walk through areas such as Kalingalinga, Kabulonga, Zambezi road or Makeni every square inch seems to be covered by earth moving equipment and other road construction equipment. Diversions and detours are not uncommon, as a road you might have used just a day before could have been uprooted the next, paving way for a widened and smooth road network.

The capital and largest city had an estimated population of 1.7 million in 2010, as of 2018 the number had risen to a staggering 2.5 million residents living in the metropolitan area of Lusaka according to the World Fact book, with statistics indicating that about 60 percent of Zambia's estimated 780,000 cars are accounted for by the city.

With a fast growing population, traffic is a nightmare for motorists during peak hours. In order to manage and decongest the city various road

infrastructure development interventions have been put in place, some of which include the L400 focused on the expansion and upgrading of roads within the city to bituminous standards.

One of the biggest and ambitious interventions however, can be said to be the launch of the \$289 million Lusaka Decongestion Project in April of 2018 being spearheaded by the Ministry of Local Government. The project is to be jointly funded by the Exim Bank of India and the

DER CONSTRUCTION

Zambian Government with the objective of improving existing and widening of 65.64 Km of roads, creating bidirectional bus lanes for better traffic management facilities and enhancing some key junctions to avoid bottlenecks by constructing 25.68 km of Flyovers & Junction Improvement.

The benefits attached to this project cannot be over emphasized. Apart from the obvious decongestion of the city, reduced accidents, transit time, and reduced fuel consumption as a result of the reduced amount of time spent in traffic, a major benefit that stands is the creation of jobs along with the capacity building of local contractors working on the project.

It is government policy that a

minimum of 20 percent of all government funded road contracts awarded by the Road Development Agency, Local Road Authorities and other government institutions be executed by Zambian owned companies in line with the shareholding structure specified in the citizen economic empowerment Act No.9 of 2006.

AFCONS Limited who is the main contractor on the project is working with 35 subcontractors.

National Road Fund Agency Director/CEO Eng. Wallece Mumba said it is important that capacity was being built among local contractors through projects such as the decongestion project as it would see a reduction in prices in road construction projects.

“The 20 percent subcontracting policy has been implemented well with 35 subcontractors engaged to undertake various activities under the Lusaka Decongestion Project while 20 more are yet to be engaged. The reason is simple, we would like to build capacity for local contractors and for us as NRFA we would like to build capacity for local contractors so that we can see the reduction of the prices of some of these roads. Once the prices go down we will see many more roads being done,” he said.



Traffic congestion will be a thing of the past

ALL WORK AND NO EXERCISE....

By Joseph Lungu

There is a legendary quote that says “to enjoy the glow of good health, you must exercise”. This is a quote from one of the most revered late American Heavy Weight Professional Boxer, Gene Tunney, and today, in what could either be seen as a remarkable and inspired lifestyle or a national policy that promotes a healthy living, this holds true to Zambia.

Fitness programs are becoming more pronounced in many parts of our country today. Perhaps it's because the number one citizen himself, President Edgar Chagwa Lungu has demonstrated to Zambians that a healthy lifestyle can easily be sustained through exercise. He is no doubt one of the biggest motivators one can look up to and pick lessons from his routine workouts.

Fast forward to today, it is no longer surprising to hear that a number of institutions, be it Non-governmental organisations, church based and charitable organizations have resolved to embrace fitness programmes at their respective workstations so as to increase productivity and enjoy the economic benefits that comes along with wellness and a healthy lifestyle.

In order to create and sustain a healthy working environment at Micheal Chilufya Sata Toll

Plaza, Members of Staff at the station have embarked on a promotion of health activities which are designed to support healthy behaviour. The staff led by their Senior Toll Collector are vigorously encouraging one another to embrace wellness and a healthy life style to increase productivity at the station.

Recently, Michael Chilufya Sata Toll Plaza launched a monthly **AEROBIC FRENZY** with the aim of keeping fit, healthy, wave off stress and create a bond of friendship amongst colleagues. The extraordinary aerobic session was conducted from 06:00-07:30 hours on that cool day signaling summer, the team came clad in assorted and colourful sporting attire so as to ensure that the event succeed.

One of the excited staffers explained that there was plenty

of water to replenish lost energies and the first aid tool kits were right on hand in case of any emergency.

Speaking prior the event, the STC implored staff to make such programs as part of their lifestyle. He also told the staff that he was grateful for the ideas that were being brought forward to encourage fitness. Further adding that the sessions culminated into extraordinary bonds of friendship amongst colleagues that had proven to be exceptional and necessary for team work and high productivity.

There is no doubt that the first exercise was the beginning of many such sessions going by the sentiments echoed by various staff after the event. Ideally one would have expected staff to be panting



MCS Toll Gate Staff cooling off



MCS Toll Gate Staff in aerobics mania

from what seemed to be endless exhaustion inflicted by that lengthy work out. However, they showed enthusiasm to go on and on in that session and actually yearned for more.

According to the Michael Chilufya Sata staff, the event is perceived to be a unique one because it was the first of its kind ever since the toll plaza was officially opened in November last year.

This is in quest to reduce the potential non communicable diseases diabetes and hypertension. It is one thing to draw up a plan to exercise, and

it is another to adhere to it. However, there are already role models and many citizens in our country that have demonstrated that everyone could live an accomplished and healthy lifestyle only if they instil discipline in themselves.

In the recent past, most organizations have been making headlines in terms of organizing fitness programs, bringing with them government officials, public and private corporate figures into such programs.

It is a great development we are witnessing and it is worth

applauding especially that it is stemming from thorough research. Research has revealed that people that keep fit are healthier and are highly likely to be productive even in work places than people that do not work out.

With staff already yearning to exercise more after the first session, it gives us a clear indication that our workers have really understood the positive impact that the program has on them as individuals and consequently the organization.

