

FILM SHOWING + DISCUSSION



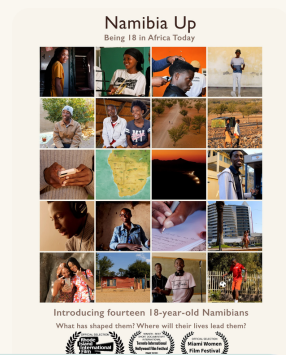
Namibia Up: Being 18 in Africa Today

Film showing & interactive discussion
at the SSEA Thematic Conference, Poland 2026

Meet fourteen 18-year-old Namibians as they imagine adulthood, navigate change and bring African voices into emerging adulthood theory.

A session built around story, culture and dialogue

The documentary follows young people from different parts of Namibia as they describe their upbringing, present lives and hopes for the future. The screening opens a space to ask how trajectories of emerging adulthood are shaped beyond Western settings.



1

Screening
A close look at lives, hopes and transition to adulthood in Namibia.

2

Expert reflections
Panelists connect the film themes with African cultural contexts.

3

Audience Q&A;
Compare youth experiences across regions, traditions and communities.

Official film website

namibiaup.format.com



Watch the trailer

vimeo.com/1092716995



Photos: Namibia Up official website

Emerging adulthood through culturally diverse voices

The symposium invites participants to consider how experiences of youth outside Western settings can enrich existing models of emerging adulthood. Grounded in the Namibian context, it creates space for careful cross-cultural dialogue with researchers and practitioners.



Stories, dreams and everyday contexts of young Namibians

Session flow

- 1 **Film screening**
A close look at fourteen young Namibians entering adult life.
- 2 **Expert reflections**
Brief reflections from Namibia, South Africa and Kenya.
- 3 **Audience Q&A;**
Discussion of similarities, differences and regional experiences.
- 4 **Shared takeaways**
A link between culturally diverse stories, theory and practice.

Panel members

Byron G. Adams
Moderator - University of Amsterdam; University of Johannesburg
Focus: identity, diversity, inclusion and well-being in non-Western contexts

Luzelle Naude
Professor of Psychology - University of the Free State, South Africa
Focus: identity development, student transitions and emerging adulthood in African contexts

Anne Wairimu Muchiri-Muchai, Psy.D.
Clinical Psychologist - Blossom Centre for Wellness, Nairobi, Kenya
Focus: culturally responsive mental health care and identity development

Selma N. Uugwanga
Namibian clinical psychologist and researcher
Focus: developmental transitions shaped by cultural and socioeconomic factors

Learn more: [Official film website](#) | [Trailer](#) | [Africa Long Life Study](#)

Photos: Namibia Up official website