



## **ENHANCING SUSTAINABLE FAMILY LIFE PRACTICES FOR VULNERABLE MONTANE POPULATIONS WITHIN SOUTH AFRICA**

Without adequate developmentally-appropriate interventions, some vulnerable people living in mountains may face a bleak future. Mountain people may be affected by environmental instability. It is vital to find alternative means by which the people can lead a more or less normalized family life. This study will examine how montane family life practices could be improved. Lifelines for vulnerable mountain people, is often altered by many variables to include land reform policy, mining, hunting, etc. This research shall seek the input of various stakeholders in endeavouring to establish means of improving livelihoods and fostering resilience for mountain populations. The research is tethered on an African Traditional Systems (ATS) theory and Bronfenbrenner's ecological systems. Many advocates for human rights have already established that people suffer due to various injustices and invasions into their phenomenal fields. Montane people have not been spared. Due to increased levels of poverty, politics, civil wars and the weakening of traditional methods of family life, vulnerable mountain families and households seem to remain marginalised. In this project, we ponder the question: *How can the livelihoods of montane people be enhanced sustainably?*