

# HAKUNA MATATA

Kenya Newsletter April 2013



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## Editor's Note

The heavy rainy season has just started, despite the heavy rains every afternoon we are still blessed with the beautiful sun in the mornings. This month I would like to welcome all our new volunteers in the various placements In our Newsletter this month we feature a story of Fredrik Scharling, a conservation volunteer who has been with us for the last 3 months. We also look at our first sports Volunteer Øyvind Wingan. Lastly we feature Medical Volunteer Millie Andersen article of her experience on her Kenyan weekend visits, Enjoy☺

## **Nærum Gymnasium graduate gains experience for his future veterinary career whilst volunteering at the Conservation Project in Kenya**



19-year-old Frederik Scharling, from Holte in Denmark, decided to travel to Kenya with Projects Abroad to do something worthwhile after completing his high school studies. With a keen interest in exploring the world and from reading the testimonials of friends and former volunteers, Frederik chose to enrol in the Conservation Project offered by Projects Abroad. "Kenya was the first country that completely attracted me," says Frederik.

Situated in the Kenyan Rift Valley, between Nairobi and Nakuru, Kigio Wildlife Conservancy is a preservation centre for many endangered species; amongst which is the elusive Rothschild's Giraffe. "Working at the conservancy broadened my perspective and I learnt a great deal about conservation in Africa."

Packed with intense and adventurous activities, Frederik's schedule involved road construction, giraffe surveying, mapping, fence patrols and maintenance, invasive plant removal, weekly bird population observations, poaching prevention, monthly mammal population surveys with the help of camera traps as well as growing and maintaining a tree nursery. Armed with ambition and his new experience, Frederik was in the process of nearly realizing his dream: "I want to become a veterinary doctor specializing in exotic animals; this experience has proven to be beneficial; I was able to interact and learn from the well-established veterinary organizations that frequent the conservancy on a regular basis. I also have a huge interest in nature which has made this experience more rewarding."

Living with the local people has also been interesting for Frederik, compared to his Danish culture; everything is very different in Kenya, from the food, transport system, the climate to the friendly people. “You quickly learn the differences from your home country once you arrive, but the Kenyan people are so accommodative and hospitable it soon becomes part of your life. I am learning the local language, the local traditions and Kenyan history which have been an enriching experience. ”



With the breath-taking scenery, the unbelievable view of wild animals passing by from his bedroom window to the numerous visits he made around the country on weekends, Frederik has thoroughly enjoyed his 3 month stay in Kenya. Once back in Denmark, he plans to start his veterinarian studies, travel more and may be volunteer again in the future. “This is a once-in-a-life-time experience, and my advice to future volunteers is to enjoy it and to get the best out of it!”

## Oplevelser –Millie Andersen



Kenya har en masse oplevelser at byde på :)

Jeg har indtil videre besøgt Lake Nakuru, som er en national park der folder sig ud i flotte omgivelser med den store sø, som er hjemmet for de mange flamingoer. Her kan man se alt fra løver og næsehorn til almindelig ænder. Det var en fantastisk tur , og vores egne private guide George gjorde meget ud af, at vi fik lov til at se næsten alle dyrene inden vi tog hjem. Han kendte også små skjulte steder med vandfald og lignende :) (Dog ikke det vandfald der ses på billedet)

Jeg er så heldig at en værtsfamilie til to andre frivillige, gerne vil tage mig med på deres ture, når de tager afsted, som en familie. Værtsfamiliens forældre hedder George og Lea (George som jeg omtalte før), og de er den værtsfamilie alle drømmer om at få. De er utrolig søde, og er mere end villige til at gøre, hvad der skal til for at man får den bedste tur til de forskellige aktrationer.

Sidst jeg var afsted med dem, tog vi til Thomson's Fall, som kan ses på billedet. Det er det mest berømte vandfald i Kenya, og det strækker sig på et fald på 75 m. Det var utrolig smukt, og vi gik selvfølgelig den lange vej ned, for at komme til bunden af vandfaldet. George sendte en guide efter os, da han ikke var vild med at lade at gå



alene derned, da man skal kravle over en masse sten det sidste stykke. Men det var en fantastisk oplevelse, selvom jeg havde det rimelig hårdt med at kravle rundt i min gulvlange nederdel hen over stene, og derefter kravle op af de høje trapper, som tydeligvis var en smule for meget for min kondition! Men en dejlig tur var det! Og George tog os med hen til det hus som han voksede op i, da han voksede op lige bag Thomson's Fall. Dette var også en spændende oplevelse, da det er rart at se hvordan andre i Afrika bor, og ikke bare den lidt rigere side af befolkningen som vi er bosat hos.

Men ellers har jeg også haft en uges ferie på Zanzibar sammen med nogle af de andre frivillige. Der oplevede vi desværre ikke så meget, da vi havde alt for travlt med at være dovne i smukke strandomgivelser og havde små fester i den nærliggende villa som vi havde lejet. Men vi havde det sjovt, og er utrolig glad for at jeg tog afsted alligevel, for selvom jeg ikke så så meget, så var alt det jeg virkelig smukt!

Men denne weekend skal jeg rejse lidt rundt med en gruppe af frivillige :) Her skal jeg se regnskoven, sejle i kano på Victoria søen og meget andet hvilket jeg glæder mig meget til!

### **Placement update: Sports**



The Nakuru Youth Football Association received the first Project Abroad sports volunteer this month. Coach Dickson Gitari, a seasoned coach with years of experience on the Kenyan football league could not hide his joy as he met and started working with Volunteer Øyvind Wingan. The 19 year old Norwegian is our very first sports volunteer and we look forward to having many more in the future. On his first day, he was happy to have this opportunity to coach young kids from a

poor background because he has always wanted to help out disadvantaged people, having previously been involved in sports in his former school and also training children in sports two to three days in a week he also chose soccer because of its unifying power and he can contribute to the children physical, discipline growth., besides teaching Wingan also looks forward to learn more about the Kenyan culture and its beautiful people.

