



Kenya Newsletter February 2013



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My Kenyan Experience - Ingvild Hartmann



My month in Kenya was an amazing experience. The time went by so fast, I can't believe I've already been here one month and I am ready to head to Tanzania. The people I got to meet and the experiences I got to make were incredible. It has been an indescribable experience to work so close to all the animals I got to see on the different safaris I went on. I loved waking up and being able to see animals right outside of my bedroom window. Everything about Kenya and Kigio has been very nice and I have learned so much. Coming to Kigio was a good choice. While being here, I've realized that this is exactly what I needed. Even though Kigio was very isolated from the rest of the volunteers, I enjoyed it. It made it that much more fun to travel to different places during the weekends and meet the other volunteers. I was

the only girl my age for the last two weeks here. There was an elderly, nice Norwegian woman here, too, but considering all of the others were more my age, the generation gap was very huge. It was very nice to be able to talk Norwegian once in a while and have another woman to talk to, but I mostly hung out with the boys. Can't really say I minded the situation, but it could be a bit lonely not having a girl my age to talk to. It will be a bit sad to leave the place, but at the same time I know I'm ready to make some new experiences other places.

I've learned a lot about the culture, the people and their way of living during my time in Kenya.

The food and water



The food and water is very different than what I'm used to at home. At Kigio we've had an amazing chef, who makes very good food. We got hot food served twice a day, once for lunch and once for dinner. The food was always very good. Most of the dishes contained lots of vegetables, sometimes with meat. There was either rice, pasta, ugali or chapati served together with the vegetables. About once a week we had a BBQ. I would say that the food at Kigio almost all the time tasted much better than the food I tried other places when we spent the night somewhere. At times I missed "normal" food, but I can't complain at all.

The water on the other hand was not always very tasty. The water at Kigio comes from Malewa River and is pumped to the house. There it is filtered so that we can drink it. I really miss the Norwegian water. In the heat of the sun we were advised to drink 3 liters of water every day to avoid dehydration. Another common drink in Kenya is called *Chai*, which is a spice tea with lots of sugar and milk. This we got served every day for breakfast and at 5 in the afternoon after we got back from work.

The bathrooms



At Kigio, the bathrooms were pretty normal. We had a normal toilet and running water. There was only hot water, for showers, from five to seven in the afternoon, which was heated though burning wood in a stove at the back of the house. I've been lucky with the bathroom though. Other places, such as at hotels, there was no hot water. Toilets, at most places other than hotels and restaurants, were just holes in the ground. That was a shock the first time I saw it.

Oppdatering fra siste dagene - Siri, Ingrid and Tonje



Aller først må vi fortelle om “kenya-kontoen” vår. Vi har fått inn mye mer enn vi noen gang hadde trodd, og vi har handlet inn for HALVPARTEN nå.

For disse pengene har vi fått kjøpt mange store fargede ark, kritt og penner til lærerne, 600 skrivebøker 100 skolebøker (dette var dessverre ikke alle som vi sa tidligere, for det var noe feil med den første listen vi fikk utdelt). Men 7 klasse fikk 10

nye bøker i hvert fag slik at de ikke lenger trenger å sitte sammen 19 stykker på 1(!) bok + diverse andre bøker til 5 og 6.

I dag har vi vært på ny handlekur. Denne gangen var det våre ønsker til skolen og barnehjemmet som var i fokus. Vi kjøpte inn en eske til hver klasse. For å fylle disse kjøpte vi:

- 250 penner
- 300 blyanter
- 300 viskelær
- 60 blyanspissere
- 40 linjaler
- 20 sakser

På denne måten får hver elev skrivesaker og diverse som har vært stor mangel på før. Vi handlet også inn mer kritt og penner til lærerne.

I tillegg handlet vi inn en del sportsutstyr; 2 fotballer, 2 volleyballer+nett, tennisballer til å spille slåball, badminton og hoppetau. Vi fikk også kjøpt kortstokker og spill til Sure 24, samt stilbøker til de barna som går i 4-7 klasse fra Sure 24.

Medical Outreach

This month has been quite fruitful with our medical volunteers helping in the medical outreaches by dressing wounds, treating simple ailments and treating ringworm; a fungal infection that forms round white patches on the head and is common with children. We have seen these infections greatly reduce 😊 we also had a major community medical outreach which was made possible through the collaboration with Bondeni Clinic members of staff. In this outreach we go beyond wounds and ringworms, here the volunteers meet all the nasty tropical diseases, I am very proud to say that, through the dedication of the volunteers and the Bondeni clinic fraternity, poor citizens living in the Bondeni slums were able to access medical treatment and drugs to cure their ailments, this might seem simple and normal to you and I, but this is the closest these people will come to any medical treatment, reason being poverty and unfortunately ignorance.

