



Projects Abroad



November 2013

Contents:

Letter from the Editor

Memories to last a life time| Global Gaps feedback on the building project

World Homeless Day| Reaching out to the community

Feeding scheme! Well done to an outstanding new outreach program from our human rights office!

With our heart in Cape Town | Beautiful Words from the Bruseth/Bråten family

A Taste of Ben Caesar (Sounds of the World artist)| Video Launch

Photo Spread | Teaching



Letter from the Editor

2013, are we ready to say goodbye? It is nearly the end of the year and everyone can feel it. There is something in the air that makes people a little more relaxed and more in a lazy-daze, but nonetheless the volunteers are still fresh and ready for action. This month is a month of giving and realization, with the great initiative of the human rights office and the great drive from the Bruseth/Bråten family. The human rights has really outdone themselves this month with their giving attitude, they have started a new trend which will hopefully pass on to others to start a new attitude.

Enjoy this month's issue!



Vash Singh
Information Manager/
Editor

Memories to last a life time - Global Gaps feedback on the building project

From the lens of my camera while taking photos on my usual routine visit at the building site I could see the enthusiasm of the Global Gap volunteers to make the best of their time at the site. Some were hard at work and the others either giving off as much love as they could to the children and the dogs. In between the work and the play I could also see the building manager chatting to some with smiles on the face. As usual it is said that volunteers are part of a family at the building site.

One could see that they were very happy to be there. It was a pity that some volunteers fell very sick, but even with that, the group was indeed a hardworking and spectacular bunch. Herewith their outstanding personal feedback for the building project!

'Dear Deen, I absolutely loved the building project, thank you so much for the opportunity. Two weeks went by so fast and was much too short. I will always remember you and all the little kids in the day care. Thank you for always making me smile and always being there when I need to talk. I will miss you! **Luv Stephanie'**

Deen!!! I had an amazing experience at the building! Even though I was sick in the hospital more than I was actually at the project! Thanks for everything!! God Bless you! **Helen'**

'I am really glad the fact that we were building for the kids in this township. It makes me feel great knowing that I'm helping everything for others who are less privileged than us! I also want to thank Dean for being so friendly and encouraging! I will sincerely miss him! **Ben'**

'Dear Deen, Thank you so much for giving us this amazing experience! I enjoy working for other people and making a difference. By building for the kids in the surrounding townships, I succeeded in making a difference and learned multiple skills that I can use later in life. Thank you again for this opportunity. **Simon'**

'Dear Deen, Thank you so much for letting us work on the building project- It's sad that it was only for 2 weeks! I enjoyed hearing you talk about life and it was/is amazing the enthusiasm you have for the whole project. I will definitely come visit you and still would like to do the yoga thing with the kids as well. I also really want to come visit your temple. Thank you so much for everything'. **Melinda, from the Global Gaps'**



'Dean, The building project was a great experience for me. It was interesting to see the day-care every day from our host family's house. I enjoyed playing with the kids and dogs. You are kind hearted and generous person and I hope to meet you again. **Cooper'**

'Deen, thank you for making my time at the building project a very rewarding experience. Your wise word's and easy-going attitude made me feel welcomed and comfortable. I learned a lot about construction work but also the people of this township. I hope we can keep in touch. Thank you for everything, you are doing great work here! – **Savannah Global Gap 2013'**

Deen! Firstly I want to say thank you for the past 2 weeks. It's truly been a blessing working here at the building project with you! I really wish we had a longer time here, but at the same time I'm really excited about the human rights project. I liked how you were a friend as well as an authority figure. Every morning I could wake up and look forward to seeing your friendly, joking, awesome self. Thanks for giving me plenty of work to do, although I still wish I could have done more. I wish the best for the kids, the dogs, the project and yourself and I can't wait to see how the project turns out! – Your friend, **Koger D'**

We are looking forward to more amazing feedback from them in the next few weeks!'



World Homeless Day- Reaching out to the community

I was requested to document a world homeless day initiative organised by the Projects Abroad Human Rights staff to make sandwiches for the homeless people and distribution, I was honoured and excited to do this. The day started off with lots of shopping, I am personally not a fan of shopping but it was a great experience. That was the first time I have ever seen so many loaves of bread in my life, we also got sweets, juice, and other ingredients to put on the sandwiches. The shopping was short and sweet because the volunteers were too excited to start the preparation; we zoomed out of the shop and straight to the Human Rights kitchen. The volunteers got into groups and started to create a chain effect to make the sandwiches faster. While the preparation process was carried out, the volunteers started singing and dancing to make the preparation loads of fun. After the preparation we started to pack the sandwiches and prepare the juice.

When we arrived at the train station we found many kids and adults lined up waiting eagerly for some food. The volunteers jumped out of the minibus and started to get to work. Some of them handled the food and drinks whilst the others distributed it. Seeing the smiles on the little children's faces was my highlight of the day. I found the homeless day a great success and it sparked off something in the volunteers to do another food day.



Feeding scheme! Well done to an outstanding new outreach program from our human rights office!



Once again I was told about another initiative that the Projects Abroad human rights office has thought of and planned to do. They wanted to do a food distribution to the homeless people! I was surprised but also overjoyed by this news and excitedly accepted the invitation to join and document this memorable day.

As soon as I walked into the kitchen of the human rights office I was taken back and moved by the way the volunteers and staff members worked as a team (like a well-oiled engine) and they had become pro's at preparing the delicious food. It was like a conveyor belt; the one group of volunteers buttered the rolls, passed it to the other group who then put a sausage in the roll and then passed to another group that packed the rolls into a box. Hotdogs was on the menu with a side of freshly cut fruit, a candy and a large cup of juice. That sight made me hungry but I had to keep my temptation hidden as these were prepared for the homeless people.

When we arrived at the distribution center there were more people than before, and this time we were really prepared! The volunteers were well prepared with a good supply of hotdogs and other treats that were ready to be distributed. With lots of smiles the supply dropped within minutes, the volunteers worked as true professionals and handed the food with speed and efficiency. Whilst handing the food and treats out the volunteers took time to speak to some of the people asking about their life.

Once again, when I left that place I felt proud to be part of this outreach program organized by PAHRO. The sense of joy and smiles and the opportunity for me to be a part of what happened and to see the positive outcome of what have been done today is the stepping stone for many more!

With our heart in Cape Town - Beautiful Words from the Bruseth/Bråten family



The family Bruseth/Bråten from Grøa spent the summer helping children in distress on the other side of the world, namely Cape Town in South Africa.

“We wanted to do something more than just give money,” explained mother Oddrun .

At the beginning of July; Ingrid (22), Hanne (19), parents John Bråten and Oddrun Bruseth left home to come to South Africa. They came to Cape Town after travelling for about 28 hours. Their journey to South Africa started a number of years ago.

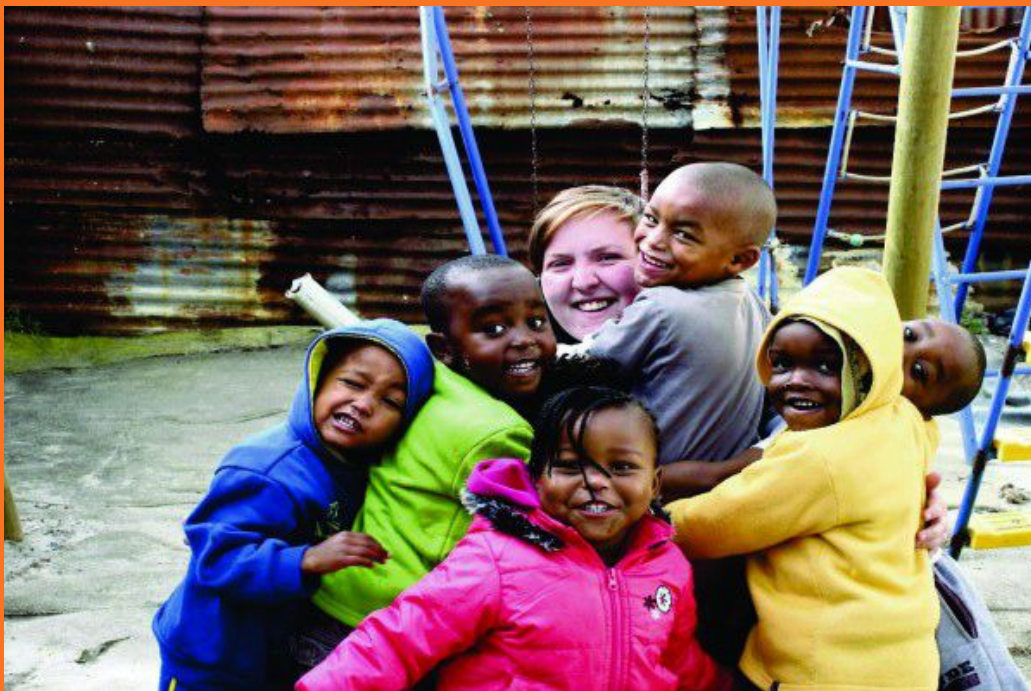
“I had thought about it for a number of years, which I would try to make a difference to someone. I wanted to do something more. We've talked a lot about it in the family and has researched many opportunities on the internet,” explained Oddrun. “The Organization Project Abroad had an information meeting held in Trondheim in February. We went to the meeting and following some correspondence it became clear that we were going to South Africa and we were mildly excited.”

The distance from Grøa to Cape Town does not only measure in distance but also in the culture difference: “There is a huge difference in how people live here and there. We worked in a so-called township where the unemployment is very high and the crime rate is even higher. People don't have the things that we take for granted such as: health care, school or simply food,” explained Oddrun. “Ingrid and I wanted to work with children, so we worked in a day-care. Hanne wanted to work with animals, so she got a job at the SPCA (an organization that takes care of injured animals and wild animals). John kept leisure activities with children and John`s job were mainly water sports.”

“In July and August it was winter in Cape Town, and it could be very cold, down to ten degrees with icy winds and high humidity. Because of the cold water in the ocean, they did other activities like playing football on the beach. We lived with a wonderful family that we still have much contact with. The host family and the children in the day-care has nearly become like a family to us,” explained Oddrun. “After a month in South Africa the family was home in early August.

Back home in Grøa the Bruseth/Bråten family have had time to reflect on what they have experienced in Cape Town. Hanne and Ingrid has now moved out to study, Hanne's school is in Melhus, while Ingrid has moved to Lillehammer, where she goes to college. A month in South Africa is something the family is going to remember and talk about for a long time. “It has been a lifetime experience and journey and has enriched our lives tremendously,” explained Oddrun.

The Bruseth/Bråten family is not finished with South Africa: “We are guaranteed to go back again sometime. We also have close contact with our host family and they help us with our project, which we will call: Project South Africa. We will collect money, for food, toys and educational materials for the day-care that we worked in. We also have a dedicated Facebook group where you can see pictures from the day-care, and where the money goes to. We hope as many as possible want to help,” explained Oddrun. “The account number to Project South Africa is 42 025 044 422. But for those who want to do something more I will certainly recommend contacting an organization like Projects Abroad, it is easier to help than you think!”



A Taste of Ben Caesar (Sounds of the World artist) - Video Launch

On the evening of Wednesday 6 November 2013 Sounds of the World local artist Ben Caesar flared up the Rockwell Hotel in Cape Town Central with a live performance of his new release Yummy Yummy.

The evening was introduced with a relaxed meet and greet scenario in which Ben had the pleasure of spending quality time from his busy schedule with all the people that made him what he is today. The dress code was a spontaneous bow tie and sneakers theme and was well complimented with Bens 'Master Chefs' attire, giving the crowd a warm feeling of being hosted and treated by Ben.

The room was lit with a warm energetic buzz and enhanced with a vocal performance by Samantha Adams a local new found talent soon to be hitting the music industry with a new feel.

After an introduction by his manager and good friend Diego, Ben's new Music video was presented to the audience of close friends and family. A video not to be missed! It was then complimented by a live performance of his new release as well as the remix versions of his previous songs.

While the new song demonstrates the love for food, more specifically Ben's love for good food, the evening was well met with champagne and gourmet food catered from Shesha a catering and Events Company, making the evening a great success.

As usual Ben loves the paparazzi and didn't hesitate to take pictures with every single person hosted at the event. Ben is not only a great musical artist but does take the time to thank all those who have helped him along the way!

Be sure not to miss out on any of his future performances. Sounds of the World will keep you updated!



Photo Spread I Teaching



