

EWAKA ENDASI NEWSLETTER

DECEMBER 2023

ENDASI FOUNDATION



Germany Update



An lovely hello from the German board of the Ewaka Association.

Thank you for your interest in reading our latest updates. A big thank you also to the whole team who worked on the last newsletter of the year.

We are currently in the final run of the calendar year. We are preparing the next general meeting, which will take place online on 28.12.2023 at 6 pm and finalizing our finances for the cash audit. Besides this, everyday life in Uganda continues. We are pleased with the smooth running of the Endasi Foundation and welcome with joy the bright initiative of the new volunteers in Uganda. We are also working together as a team on new projects such as new designs for the website and Instagram. The successes and updates from Uganda give us a lot of strength to keep going and grow with you!

In addition to the important task of transferring donations to Endasi, we carried out two school-program-project-weeks this year. With the second tour of the year, we were on tour for a total of 6 weeks in September and October! Thank you to all the hard-working helpers and the Ugandan speaker team. We have now wor-

ked together this year in over 700 workshops, more than 1000 hours with children and young people throughout Germany for more diversity and against racism. At the same time, we have collected many more donations through the school program for Endasi.

We are looking forward to the coming time and to seeing many of you at the next general meeting and, of course, we are also looking forward to Christmas times.

Best wishes and all the best,
The: Ewaka Board Lucas Abel, Verena Ede,
Freddy Classen

Text: Freddy

Stick bread is always good!



Uganda Update



The past few months have been eventful as usual for the ENDASI family.

September was a very exciting month for the kids. At the beginning of the month, they went back home to their family for one week after a long time. The kids were really looking forward to seeing their families again. During this time ENDASI had a little break, which was used to conduct an important Child Protection Policy Training with the whole ENDASI team. Shortly after their return from, the third and thus last term of the school year began, concluding with the Final Exams at the end of November. Now they are even more excited about the upcoming Christmas vacations.

Furthermore, the ENDASI family got new members. While the former volunteers have returned to Germany for a few months now, the new class of 2023/24 arrived at the end of August. We, Anabel and Leon, are the two main ENDASI volunteers and are supported in the afternoon program by Luisa, Mats, Luca and Rico. As always, the afternoon program is varied with a mix of making fire bread, going swimming, playing sports games, singing karaoke, baking, theater and much more.

In October, we, the new volunteers, got to know the external kids for the first time, who have been visited regularly since then. During the visits, time is spent with the children and



the families to see how they are doing and if they need anything. In addition, a new project has been underway since the end of October. For ENDASI, raised beds are being built together with the children, where they can plant and take care of. In the raised beds, a lot of delicious vegetables and a few herbs are going to be planted.

Now all the children are looking forward to the upcoming Christmas season, the long vacations and the start of the new school year.

Text: Anabel

Storytime



The weekly visit to the Central Market

We drive the Bodas along the Main Street, turning right, then left and there it is. In front of us stretches a large yellow-orange colored building: The Central Market.

Even before we enter, we are surrounded by many voices and people hustling around. Then we go inside. To our left and right we find big piles of fresh passion fruits, mangos, pineapples and more. We find many fruits that we have never tasted before. If you turn left right at the entrance, that's where the vegetables are. There is so much to choose from that at the beginning we didn't know where to look at first. Once we decided what we wanted, more questions came up: Who do we want the bananas from? From the lady on the left, the gentleman on the right, or would we rather keep on looking? Today we decided on the bananas from the lady on the left-hand side. Now we negotiate the prices. Are the prices, right? Is it too expensive? With a new currency for us and little idea of the local prices, we had many question marks in our

mind. But now a few months later we know where to find the most delicious passion fruits.

When we go further to the back, new smells suddenly surround us. We have landed in the spice department. Bags filled with curry, paprika, ginger and anything else the heart desires are standing around. On days when we're even more energized and eager to explore, we sometimes take the walk up to floor two and three. There we find tailors, a huge clothing market, and really anything you can think of: Pots, stationeries, decorations, brooms, meat and much more.

But our hands are now fully packed with all the fruits and vegetables for the upcoming week. So, we leave the market. We pick up a Rolex for lunch, stop by the supermarket for some toothbrushes and then head home. Next week we go to the market again.

Text: Anabel





Not true at all!



No public transport? – Rubbish!

When it comes to Ugandan transport, as a German I felt like a chick that had been thrown out of the nest. Apart from direction signs, I hardly know any road signs. Instead, there were speed bumps and roundabouts that regulated the traffic a lot.

Inevitably, the question of public transport also arose. There are no large-scale passenger trains in Uganda (yet) and I didn't see any trams.

Instead, many new ways of travelling around Jinja, Uganda and East Africa opened to me.

I always took Boda Boda, motorbike taxis, for the shorter distances. There were usually several boda Boda drivers waiting for customers at well-known places. I always negotiated the price beforehand and off we went. Drivers are also required to wear helmets and high-visibility vests.

There are also the small white Toyota buses with a belt of small blue squares. On the door it usually says „This vehicle is licensed to transport up to 14 passengers“. These buses are popularly known as „Taxi“ or „Matatu“. I have seen them in almost every city, and they travel certain routes, which are known beforehand. Anyone travelling in the same direction and who agrees to the negotiated price can take a ride. The distance travelled by Matatu varies. Some people only ride for a few minutes, others, depending on the route, for several hours. In addition, I always

had to decide whether I wanted to get into a moving Matatu (which was usually already very full) or get into a new one at a taxi park. And for the long distances, I realised that there is a very good network of coaches in Uganda, which depart from many different bus companies several times a day heading to different cities within Uganda and to the whole of East Africa. I was able to book my tickets very quickly and at short notice at the bus company offices. If I wanted to get on at a different location than the starting point of the bus, I could also call the company, send the quoted price via „Mobile Money“ (similar to PayPal, only via the telephone number) and name the location where I wanted to get on. This almost always worked as I had imagined. Of course, you always had to allow for a certain amount of waiting time, as you could never tell exactly when the buses would arrive.



Not true at all!



Nevertheless, this is a flexibility of the bus companies that I didn't know from Germany. But now a little surprise at the end: I saw public buses a few times in Kampala. Unfortunately, I never travelled on them, but I found out that there are a few routes there that are used by buses all day. In Jinja, I saw an electric bus driving around from time to time. It wasn't a regular bus, but it looked like one in Germany. A friend explained to me that there is a company in Bugajali, a neighbourhood in the north of the city, that manufactures electric buses. Universities, schools, and sports teams can hire them for trips and events.

In my experience, there is hardly any public transport in Uganda like there is in Germany. Nevertheless, there is a system that enables

people to travel to Uganda and neighbouring countries very flexibly and at short notice. For me, this counts as a good public transport infrastructure.

Text: Weike



Knock, knock

Insight behind Endasi's doors



*Sophia shows us a day in
her life*



Knock, knock



Insight behind Endasi's doors

Follow me around:

A day at school from Sophia

Hey there, I'm Sophia, I'm 13 years old and today I'm taking you through my school day. It's Thursday morning. At 5am I was woken up by our caretaker Aminah, who is also our cook. It is still quite early, but since all of us girls must go to the bathroom one by one, we have to get ready now because classes start at 7am.

The way to school is not far because we are home schooled at Endasi. So I can basically drop directly from my room into the classroom. Today, the first class on the schedule is English with our teacher Sarah. At 9:30 am we continue with physical education which is led by the two volunteers Anabel and Leon. The change after sitting for so long feels good. After the sports class I am very hungry, and I am even happier that we have our one-hour breakfast break at 10am. During the break I have time to chat with my friends while eating toast and drinking tea, to rest a bit and ask Aminah if I can help her to prepare lunch. She has been cooking for us since early this morning. At 11am it is time for me to return to class. Until lunch break which starts at 1pm I still have math and science classes. The school day is now mostly done and before the last part of the school day begins there is an extensive lunch break. Today, like every Thursday, sweet potatoes with fish and a delicious sauce is

served for lunch. I really enjoy the break because now, so close to the big final exams, I have to focus even more in class. At 2pm we go back to class one last time for the day.

At 3.30pm school is done for today. Sometimes I have to wash my clothes after class, but since we girls already did that together on Tuesday, we can begin with the afternoon program right away. As afternoon program there are always different activities. Today we go to the swimming pool, one of my favorite activities. We pack our things and walk together with the volunteers to the nearby pool. With the heat it feels good to jump into the cool water. Otherwise, I like to dance, bake, or a movie is always a good option as well. After a few hours of cooling off at the pool, we head back to Endasi. The rest of the evening is relaxed. We have some free time until dinner at 7pm before I go to bed at 9pm. After the long day I am exhausted, talk with the other girls in the room before we all close our eyes to start tomorrow fit again in the day.

Translated: Anabel

Yummy, yummy



Eggplant Sauce with Matooke

1. Cut the eggplants, green peppers and tomatoes into cubes, grate the carrots and chop the onions, garlic and parsley.
2. Next, sauté the onions, garlic and parsley in a deep pan. After frying, add the tomatoes. Also sauté them and then season to taste with cardamom, curry, salt and some vegetable broth.
3. Now add the eggplants, mix in some water and cook until everything has softened.
4. At the very end, add the Gnut sauce (see recipe in the September newsletter) and continue to add water until you have a liquid sauce. Important: Lower the temperature, as the Gnut Sauce burns quickly. Keep stirring constantly!

For those who want to try the dish with matooke: Peel the plantains, put them in a saucepan, add a little water, steam and finally, once the plantains are soft, mash them into a pulp. Traditionally, the plantains are covered with banana leaves and cooked in them.

Enjoy your meal!



Good to know: This dish is prepared at Endasi once a week by our cook Aminah and is one of the children's favorite meals.

It is served with matooke, the cooked green plantains, which are peeled the day before so that they only need to be cooked the next day. Alternatively, the eggplant sauce is also very tasty with rice or couscous as a base.

This sauce or a variation of it can be found everywhere in Uganda, as the Gnut Sauce is an integral part of the Ugandan national cuisine.

Recipe: Anabel

Have you met?



Name

Aaron Kirya

Age

31 years

Hobbies

dancing, playing football

Leon: *What is your profession at Endasi?*

Aaron: I am a financial operations manager. That's literally what I am doing. And any other assignments that come along.

Leon: *What do you like the most about your job?*

Aaron: What I like the most about this job is that it brings me to sense of having life. Impacting others and not only self-seeking motives. Also, that you see the impact which you have as a person to another person. That's literally what I like most about this job that Endasi is a place for me where I can impact other people's lives.

Leon: *Why did you choose to come to Endasi?*

Aaron: Literally, I was driven by the website. The pictures and videos I saw on the website. When I saw the kids, enjoying the rollercoaster in Kampala. I saw the smiles and the happiness. So that drove and inspired me to push it here and be here.

Leon: *What is your wish for Endasi, for the future?*

Aaron: Wow, that's a good one. You know I like seeing things in the future rather than focusing on the present. Well, what I wish for and believe, is that Endasi grows to conquer the whole world. That's my dream and that's where I want to see it.

Leon: *So to you personally, what is there that you really want to do in your life?*

Aaron: What I feel like is to impact the world, to impact lives. That I have really enriched someone in a substantial way. That's my urge to impact others.

Leon: *Finally, you have something you want to say?*

Aaron: First of all, thank you for the interview. What I wanted to say is that I really desire to see Endasi growing. Whatever life pushes me but that's my wish. I really desire to see Endasi shining bright. That's my wish.



Final Words

As always there is one last thing to say:
THANK YOU!

To all the donors, the employees and you! Without you there would be no Newsletter containing all these amazing stories, news and pictures. Together we can offer a fairer life to the children every day.

We are always happy to receive suggestions and other news from you. Or maybe even a guest contribution to the next newsletter?

Feel free to contact us through all channels.
All the best and see you in three Months,

your Endasi team and board.