

# EWAKA ENDASI NEWSLETTER

MARCH 2023



ENDASI FOUNDATION



# Germany Update



## General Meeting:

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We held our annual general meeting on Dec. 13. Thereby a new board was elected for the next three years. Eva Döhr, our 1st chairwoman since the foundation of the association in 2015, lives and works in Uganda since 2020. There she has moved her center of life and since May 2022 she is leading our partner organization in Uganda, the Endasi Foundation, which provides the home for the children. Since she is fully occupied as a director and founder in Uganda, she has decided after joint discussions to leave the German Board and not to run for election again. The new board, which will be in office from 01.01.2023, includes besides the 1st chairman Lucas Abel and the treasurer Frederic Claasen a new board member: Verena Ide. Verena will strengthen the two old faces on the board and will help shape the business of the association as 2nd chairperson. Bastian Kunz was re-elected as assessor of the board. Eva Döhr has been appointed honorary president by the new board, along with Henrik Weitemeier, and will be the permanent representative of the association in Uganda. We all thank you for your trust and look forward to the new tasks of our work in the coming years!

## Short introduction of all:

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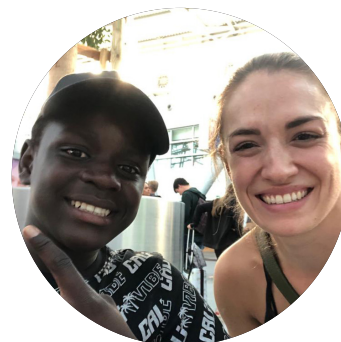


### 1. chairman:

Name: Lucas Abel  
Residence: Cologne  
Occupation: Doctoral student and freelance educational consultant

What inspires me? Sports outdoors in nature, dancing in the sun at carnival in the street, a good cozy café

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### 2. second chairman

Name: Verena Ide  
Residence: Kassel  
Occupation: Student and working student at Lebenshilfe

What inspires me? Travel and sports

# Germany Update



### 3. treasurer

Name: Fredric Claasen  
Residence: Göttingen  
Occupation: Student teacher for secondary school with the subjects mathematics and history, office worker in the office of the international volunteer services of the ASC Göttingen, freelance educational consultant  
What inspires me? soccer, volleyball, swimming and Doppelkopf

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### 4. assessor of the board

Name: Bastian Kunz  
Residence: Kassel  
Occupation: Teacher, trend sport consultant, experiential educator, beekeeper  
What inspires me? Inline skating, skiing, freediving, beekeeping, motorcycling, my garden.

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### School Program

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In March we are on the road again with the Uganda Project Weeks of the School Program. For four weeks we are represented with a team of 7 to 10 people all over Germany. We start at the Ahnatal School in Vellmar, a comprehensive school (week 10), and continue to an elementary school in Hildesheim (week 11). Afterwards we are allowed to cooperate with the evangelic school center Berlin Mitte (week 12). The final project will be an elementary school in Hürth near Cologne (week 13). You are all invited to come to the closing events at the schools. These will all take place on Friday of the respective week with the exception of the last week on Thursday. The exact times will be announced via mail. Generally, the event takes place in the afternoon or early evening.

School program what was that again?

The school program is an intercultural exchange between Germany and Uganda, with which stereotypes and prejudices about Uganda and the African continent should be reduced. It is organized jointly by the Endasi Foundation and EWAKA Deutschland e.V. In concrete terms, this means that lecturers from Germany and Uganda come to Germany for the school program. During the project week, various workshops are offered to the children.

These are in the areas of dance, upcycling, racism criticism, Uganda, music and sports.

We are always happy to see faces of the Endasi / Ewaka family members.

Thank you and here's to a good start in the new year!



# Uganda Update



## **A lot has happened at ENDASI in the past three months.**

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Since the beginning of November, a new member joined the ENDASI team. Lydia is now responsible for all finances, helps with purchases and supports the team with her friendly and helpful nature.

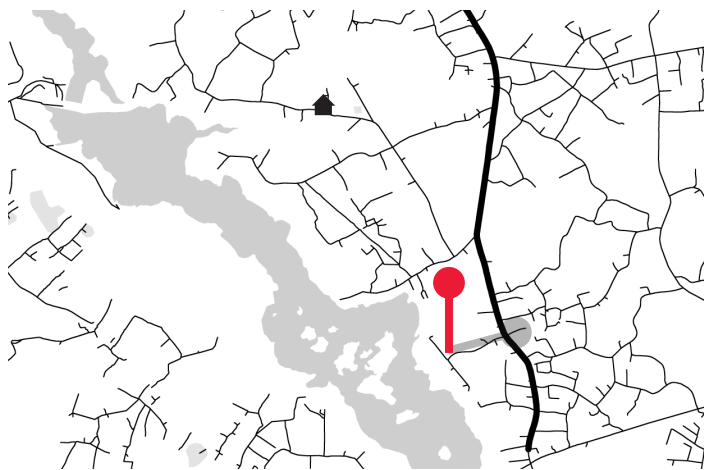
On 05th November, the volunteers organised the first ENDASI Sports Day. All external children were invited to ENDASI's premises, the whole day was spent together and different games were played. During the lunch break, there were workshops to learn how to wash hands and brush teeth properly. All the external children were given new toothbrushes and toothpaste to take home afterwards.

The whole ENDASI family enjoyed the pre-Christmas season very much. There was an Advent calendar for all the children and staff. Every day, someone else was allowed to open a bag in which a small surprise was hidden. And on St. Nicholas Day, everyone whose shoes were clean got some sweets and oranges.

Something special was thought up for Christmas this year. On 23rd December, the volunteers organised a trip to StaKids World, an outdoor play paradise in Jinja, together with all the external children, as they were supposed to spend 25th December with their families. In the evening, all of them received a gift basket with various local ingredients, which was a

Christmas present for the whole family. On 25th December, all the internal children also went to the Kids World and the whole day was spent there. They jumped on the trampoline, swam and had lunch together. In the meantime, the six oldest children went to the Nile and tried their hand at white water rafting. In the evening, we had a big feast at ENDASI with various local specialities. Afterwards, a Christmas movie was watched before the gift was announced: A joint holiday for all ENDASI children and staff.

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*White Nile Rafting and the volunteers house in Kyabirwa, Jinja*

# Uganda Update



In mid-January, it was time to say goodbye to Becky. She is now on maternity leave for three months and gave birth to her son on 27th January. Both are doing very well, and all the children are looking forward to meeting him soon. For her farewell there was cake and EN-DASI presented her with a book in which all the children and staff wrote or drew something.

After the long school holidays, during which the six ENDASI volunteers organised a varied programme, school started again on 30th January. Now twelve of the younger children are being taught by Simon and Sarah, the two EN-DASI teachers, as in the previous school year. While the three youngest children are taught at Good Shepherd Primary School & Nursery, a school and pre-school in the immediate vicinity, the five oldest children all attend St. Noa Secondary School together.

*Wildwater Rafting on the Nile - the surprising christmas present*



# Storytime



## **Dada Joyce**

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As a volunteer, there are several personal challenges. There is the length, the newness, and many unanswered questions. One of those challenges is arriving - Arriving in a new country, in a new city, in a new neighborhood. Where do we go shopping? Who do we have to say hello to? Hopefully we won't disturb anyone here, will we? These are just a few of the many questions you all ask yourself. You are uncertain and unfamiliar, but at the same time excited.

So it's the best if there are people who got your back. In our case (the volunteers of the class of 2021/22), there were many people. Among others also Dada Joyce - a guardian of two community kids. This much can be said first: there is no happier person than this great woman. Hugs at the first greeting and then screams of joy whenever we saw each other - from her as well as from us. We were very fortunate that her

house was right on our way to work and that every morning at 7:55 o'clock we could count on her energy to turn our tiredness into motivation. Their hospitality led to in an invitation to awesome dinner.

The city remained a great excitement, The country a diverse and always surprising place, but our neighborhood became a home. For we were welcomed with laughter and open arms. The self-evident hospitality was clearly seen by Dada Joyce and her family. A true power grandma with a big heart. This short story is a song of thanks to them and our warm, lovely and beautiful neighborhood. A place we always enjoyed coming back to after trips, travels and long days at work.

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Thank you Kyabirwa, Jinja





# Not true at all!



Prejudices and stereotypes about the African continent exist in many respects. They also exist about the culinary diversity of the countries. It is often assumed that apart from „local food“ there are hardly any alternatives. As a former ‚weltwärts‘ volunteer in Uganda, I can speak from my own experience: More than once I was asked by friends, relatives, or acquaintances what I eat in Uganda at all and how I would manage to go so long without „awesome food“ like pizza, pasta, or burgers. That you do not have to do without international cuisine in Uganda and can even eat very diverse, we would like to illustrate in the following with some examples:

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## 1. Café Javas [CJ's]

Café Javas is a restaurant chain that offers not only cakes, but also very tasty pizzas, burgers, salads, or finger food. Depending on the time of day, there is a breakfast or lunch menu, where probably everyone will find something.

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## 2. Pizza Connection – Pinsa Romana



The Pizza Connection is probably THE pizzeria in Kampala. As the name promises, there is of course pizza and pasta, but also quesadillas, salads and delicious tiramisu.

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## 3. Moti Mahal

Moti Mahal is one of many Indian restaurants in Uganda. Here you can find very versatile Indian food and the best Mango Lassi!

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# Not true at all!



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## 4. The Delis



In Jinja you can find the Delis directly in the center of town. Here you can get delicious coffees and cakes, as well as burgers, wraps, sandwiches, and vegan bowls from morning to night. In addition, the Delis offers quite a few milkshakes and fresh smoothies!

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## 5. Asian Fusion



Asian cuisine can also be found in Uganda. Asian Fusion is a restaurant in the center of the capital that offers spring rolls, Thai soups, and versatile Asian noodle dishes.

In addition to these five restaurants listed as examples, there are many others. However, Ugandan cuisine is also incredibly versatile and therefore highly recommended. Recipe tips can be found in the category „Delicious, Delicious“.

All in all, there is in Uganda, contrary to the general expectation, everything that the culinary heart desires!

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# Yummy yummy



Chapati is one of Uganda's national dishes and is a Ugandan kind of pancake. You can buy chapati as street food for either 500 or 1000 Ugandan shillings, the price depending on the size. Converted, that would be either about 13 or 26 cents.

On the one hand, chapati is often eaten plain, but it is also often used as the base for the well-known „rolex“. Rolex is short for „rolled eggs“ and means that an omelette is placed inside the Chapati, and the vendor then rolls it up.

Chapati is also used for the dish Kikomando (pronounced: tchikomando). This is a street food where red bean sauce is served with chapati as a side dish. The dough, rolled into small balls, often lies ready at the stalls to be rolled out and fried when an order is placed. However, a conventional pan is not used, but an iron plate that rests on a small, raised fire.

So that you can bring this part of Ugandan cuisine to your home, we would like to give you the personal recipe of ENDASI staff member Amisi (which is supposedly one of the best):

Benötigte Zutaten: Salz, Weizenmehl, Wasser, Zwiebeln, neutrales Öl, optional: Karotten

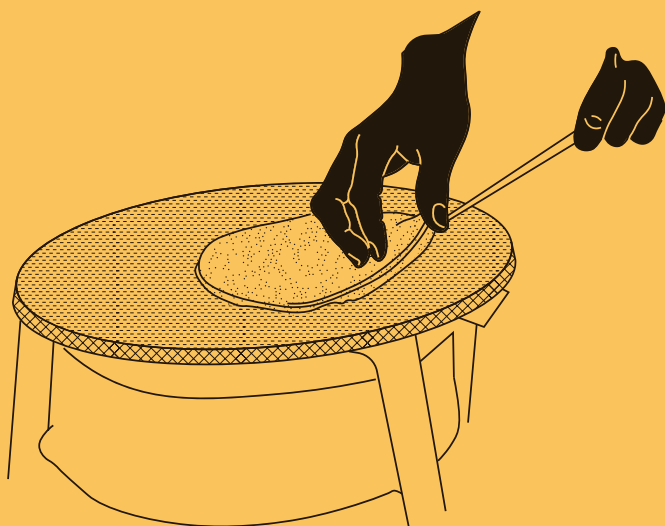
## Chapati

1. *Mix some salt and water so that the salt is completely dissolved.*
2. *Grate the carrots and dice the onions into small pieces. Put any amount of flour in a bowl and add the onions and carrots.*
3. *Add salted water to the bowl and knead the mixture. The dough has the right consistency when it no longer sticks to the hands. ((Consistency can be adjusted by adding more salted water/flour).*
4. *Add oil and knead until the dough becomes smooth.*
5. *Shape the dough into balls about the size of a tangerine. Then: roll out on a floured surface to a thickness of about half a centimetre. (A chopping board is best suited as a base).*
6. *Finally, fry the patties in a pan with enough oil and turn them until they are golden brown on both sides.*

Because this is a recipe without measurements you need to taste the dough in between to see, if it's too or not enough salty. Just trust in your senses.

You can enjoy Chapati well as a side dish with a sauce or mix yourself a filling and use it as wraps. You can also try the Rolex variant, where you prepare a thin omelette of 1-2 eggs, salt, tomatoes, and onions, then put it on the chapati and roll it up.

Enjoy your meal!



# Have you met?



*Name*

**Ayerango Irine**

*Age*

39 Years (July 22nd 1983)

*Hobbies*

Reading, watching movies, spending time with the children



*This time we introduce you to one of our two Caretakers.*

Irine is part of our ENDASI family since 2022 and lives as a full-time caretaker on the ENDASI property in the girls' house. Her task is to control the girls' rooms and to keep them tidy. She also accompanies the children to the hospital in case of illness and takes care of their general well-being.


Part of the caretaker job is to be present and available around the clock. The fact that Irine fills this position with love makes her an indispensable and valuable member for a functioning daily life at ENDASI.

Irine grew up in Nebbi District as one of seven children. Since the local language "Anur" is spoken in her hometown, she communicates with all the children at ENDASI exclusively in English, from which they benefit greatly. Befo-

re joining ENDASI, Irine worked in a factory. As a single mother, Irine can provide for her own four children through her important work at ENDASI. Her kids live together with their grandmother in the Nebbi district.

When asked what she enjoys most about her work, Irine replied that she loves caring for the children and spending time with them. With her constant cheerful nature, she is not only an asset to the children's lives, but to the entire ENDASI family.

Irine cares a lot about the development of the children and is happy to accompany them on their way.

Thank you, Irine, for your dedication and kindness. 



## Final Words

We really hope you enjoyed the Update. Feel free to comment, suggest, ask and give feedback. For doing so, please contact us via mail, Instagram or Facebook.

A big thanks to all our hard-working and engaged supporters in Uganda and Germany. Thanks, you are incredibly supportive!

We are excited for the year 2023 and wish a good start to all of you and your families!

Kindest regards,  
your ENDASI-Newsletter-group  
and the ENDASI Board

[www.endasi-foundation.com](http://www.endasi-foundation.com)   
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