

Ubuntu Projects Abroad™



Volunteers help out at the Retreat Community Feed a Child Event, read more on pg. 7

New Staff

Meet our new staff members Theodore Kamwimbi and Leo McAuley

Page 2

Projects Abroad Human Rights Office

Read about our new Human Rights Office!

Page 3

Xenophobia Protest March

Read about the Xenophobia protest happening in downtown Cape Town

Page 4

Xenophobia Discussion Panel

Discussion at UCT our volunteers attended with some high profile South Africans!

Page 5

Youth Day

13th June is a sad day in South African history, though celebrated as a Public Holiday

Page 6

Retreat Community Day!

Volunteers help at a huge event in the Retreat Community, face painting, food, etc!

Page 7

Traditional South African Food

Learn about South African Potjies and how to make them!

Page 8

Journalism Projects

Read about our new Journalism Projects in Cape Town!

Page 9

Volunteer of the Month

Read about Nicole Heel's concert at Parkwood Primary

Page 10

Weekend Trips and Socials

Trip to Stellenbosch and Friday night at Cubanas

Page 11

Volunteer Stories

Volunteers tell stories about their experience in South Africa

Page 12-13

Volunteer List

See who is coming and going, accomodation and more!

Page 16

New Staff Update

Theodore Kamwimbi

Human Rights Office Program Manager



We are thoroughly honoured to have Theo as a part of the Projects Abroad team. He is in charge of organising our brand new Projects Abroad Human Rights Office and coordinating the Human Rights volunteers! We can't think of a better person fit for this position. Welcome to the team Theo!

Theodore Kamwimbi is a Congolese lawyer to the Court of Appeal and member of the Bar Association in Kinshasa (DRC), and holds a LLB and LLM from the University of Kinshasa (1996, 1999). He also pursued further studies at the University of Cape Town (UCT) in International Human Rights Law. He worked as a migrancy researcher with the Centre for Popular Memory at UCT from September 2003 to December 2004. Recently he acted as the co-ordinator of the Transitional Justice Fellowship Programme co-hosted by the International Centre for Transitional Justice (ICTJ) and the Institute for Justice and Reconciliation (IJR) in Cape Town, South Africa from June 2005 to December 2007. Kamwimbi has published essays and book chapters on transitional justice, reconciliation with particular focus on the African Great Lakes Region. In his free time Kamwimbi enjoys reading, playing soccer, watching movies and going out with his family.

Leo McAuley

Assistant Manager and Social Manager



We are excited to welcome Leo McAuley to the South Africa Projects Abroad Team. Leo is a former Law/Human Rights volunteer, he did some very impressive work at the Judicial Inspectorate. He is filling various roles in South Africa, including assisting with the development and operations of our new Human Rights Office, as well as planning social events and helping with volunteer travel/work inductions. Before joining Projects Abroad, Leo earned his LLB Law Degree at Queen's University Belfast. He then worked as a temp paralegal in Australia for eight months and travelled the country in his spare time. We look forward to having Leo working with us!



New Human Rights Office

Projects Abroad South Africa has opened a brand new Human Rights Office in Rondebosch. The volunteers who are joining this office will be investigating different human rights crimes in South Africa, particularly in the Western Cape.

Volunteers will focus on one of the following areas: children's rights, women's rights, worker's rights (particularly those infected with HIV/AIDS), refugee rights, transitional rights and homosexual rights. Volunteers will pick an area of focus and then investigate relevant cases, do interviews throughout Cape Town and visit Parliament. They will also get the chance to develop educational resources about basic human rights for communities who may not have any idea.

Volunteers who put in the effort to produce some really good research papers will also get the chance to be published. The Projects Abroad Human Rights Office hopes to get these research papers combined and to create a book of our findings! Keep up the good work volunteers!



Demonstration Rally Against Xenophobic Attacks in South Africa

Written By: Daniella Rideout, Volunteer at Projects Abroad Human Rights Office

On 27th May 2008 I, along with other Project Abroad volunteers, was given the opportunity to attend a demonstration rally, organized by TAC (Treatment Action Campaign) and Sonke Gender Justice, to protest the recent xenophobic attacks occurring in South Africa. The rally, which took place in St. George's Cathedral in Cape Town, was one of many recent attempts to stand up against the events materializing nationwide.

The violence in the country has left over 62 dead and more than 20,000 displaced. The more aggressive attacks have been seen in and around Johannesburg; however, there have been potent harassment attacks in townships around the Cape flats area. Although these attacks are targeted at 'foreigners', twelve of those killed were actually of South African descent. This has left many black, non-South Africans so distressed that many have decided to return home in an attempt to escape the unruly violence, rather than stay in what they had made their homes.

Sonke Gender Justice, along with TAC, AIDS Law Project and ARASA, were instantly converted into relief centres providing help, support and counseling for the many people driven out of their homes at the time of the attacks. These organizations were suddenly faced with the responsibility of housing and feeding thousands of people who had left their communities, carrying with them nothing but fear for their lives.

After the initial attacks in Cape Town on May 23rd 2008, many people from the aforementioned organizations worked endlessly to get food, blankets and other donations delivered to their offices for the thousands displaced. Many others focused on answering the constantly ringing phones to record any new information on the setting up of new refugee centres in the area.

Many people at the rally were sporting Sonke produced t-shirts, printed with the word "Foreigner" on the front, a great indication that, despite the troubles encountered in the past few days, many still "stood together against xenophobia." They were so popular that by the time I tried to get one they had run out! The Cathedral walls were littered in anti-xenophobia posters and many tables were set up with countless posters for the public to take home. There were so many people present that all the seats had been taken up and people had resorted to standing around the edges and at the back of the Cathedral.

The rally crowd heard a variety of speeches from many people and organizations, including South African Springbok rugby player Tonderai Chavanga, Médecins Sans Frontières, and Rev. Peter John, from South African Churches, as well as statements from persecuted 'foreigners' against the attacks. All urged the government to get further involved and sending out one message: Xenophobia must stop. It was a very emotional environment to be in, listening to speakers address the audience as "brothers and sisters" and hearing in their voices confusion about these attacks carried out on fellow Africans. There was a sense of misunderstanding regarding what was happening and why it was happening, especially given that a short while ago many other African countries opened up their borders to accommodate those "escaping the apartheid regime."



In my opinion, the rally attempted to relieve some of the stress that had accumulated in Cape Town over the few days that saw the xenophobic attacks. It allowed for citizens, non-citizens, tourists and visitors to be re-united under one roof to stand for one common belief and to hear some of the victims speak out about their trauma and experiences. It was definitely an event that will not be forgotten and one that showed that 'The Rainbow Nation' is still striving to ensure that its promise of tolerance of all nationalities is adhered to.

Xenophobia- Why now, Where to next?

Panel Discussion at the University of Cape Town

June 2008



Written by: Janet Mcknight, Volunteer at Projects Abroad Human Rights Office

The recent xenophobic attacks on African immigrants in South Africa has given people in the country, the continent and the world an opportunity to decipher their thoughts about immigration and the true meaning of a “home” country. The levels of thought flows between individual and collective opinion. To gauge the thoughts of the Cape Town community and to help construct our individual views on the subject, the volunteers of the Projects Abroad Human Rights Office joined Theo to hear a panel discussion on xenophobia hosted by the Institute of Justice and Reconciliation at the University of Cape Town.

What makes a country go mad? “Fear combined with anger beyond reason”, says Bishop Paul Verryn of the Methodist Church of South Africa. Bishop Verryn spoke of the disparity between the rich and the poor contributing to xenophobia. I believe that xenophobia is brought to life not just through fear but by a lack of understanding, or more specifically, a lack of wanting to understand. Dr. Adekeye Adebajo of the Centre for Conflict Resolution mentioned the media’s role in fueling xenophobia with demonizing words like “invading” and “flocking.” Dr. Adebajo also mentioned that South Africa, with its historic role on the continent as the country with the most gained from independence, owes reparations to its neighbouring countries for their help in ending apartheid, as well as an apology for the recent atrocities.

I was impressed by the frankness of the discussion and the freedom by which the intellectuals in the room disagreed with each other on issues of refugees and deportation. Mr. Patrick Chauke, Chairperson of the Portfolio Committee on Home Affairs, received deep criticism of the police response to the violence. Some suggestions for improvement of the situation included increased public education of conflict resolution and the creation of a stronger refugee process. Comparison to other African immigration processes could be helpful in building more effective South African policies and implementation, but I believe this comparative process could too easily lead to a competitive blame game of which countries have behaved most atrociously in their past treatment of immigrants. Despite the breathing room for ideas and disagreement in the community, it seems that the people of South Africa need to reach a consensus on where the country stands after fourteen years of dust has settled since independence from apartheid and which direction it wishes to move to continue building a post-apartheid South Africa. Does South Africa want to be a nation of immigrants? How do South Africans want to be known for treating the most vulnerable of their people? If leaders and academics cannot agree on the current stance of the country—and whether all reparations have been made to conclude the past—then it will be nearly impossible to agree on future policies.

The moderator commenced the evening by stating that trauma leads to the need to talk. But with all the voices in the room I hope everyone is also still listening to each other. I know South Africa wants to understand what is happening to itself right now. But only when South Africa comes to a collective vision of where it stands—acknowledging the lingering effects of apartheid but able to see the future through a blameless lens—can it begin to understand individual opinions and find a way to effectively disintegrate xenophobia and embrace all Africans into this country.

National Youth Day

16th June- Public Holiday



The 16th of June 1976 marks a sad day in South Africa's history under apartheid rule, but is now recognized as a Public Holiday, in celebration for young people's future in the new South Africa.

On the 16th of June 1976, thousands of students in Soweto walked from their schools to the Orlando Stadium to protest against laws enforced requiring students to learn through the medium of Afrikaans in school. Most of these students were Zulu speaking and therefore education in Afrikaans was oppressive and confusing, This led to the protest.

What was meant to be a peaceful march turned very bad as police barricaded their path to the rally: they open fired on the crowd as they become increasingly fearful of the thousands of students encroaching on them. Chaos broke out as more shots were unloaded into the peaceful marchers. The famous photo shown above is symbolic of the apartheid government's police brutality.

June 16th is now remembered as the day the youth rose up to challenge their oppressive government and is in respect of those 200-600 (numbers vary) lives that were lost.

RETREAT COMMUNITY DAY



When asked to help out at the Retreat Community Day, our volunteers immediately said “Yes!” We were invited by a community member to help with the feeding of 700+ children from the community, help out with face-painting, sumo-wrestling, biking, music and much more!

We enjoyed the sunny day assisting with all the activities, speaking with children and community members, watching the Potjie Competition (see the next page on what a Potjie is!!), helping to clean up, painting faces, hands and sometimes even chests!

The day was filled with fun and excitement and a good way for volunteers to see another side of Cape Town. Thank you!

Traditional Food of South Africa

Potjies



Chicken Curry Potjie

Ingredients

- * 1 kg chicken thighs
- * 30 ml cooking oil (or olive oil)
- * 3 medium onions, chopped
- * 1 tsp crushed garlic
- * 1 tsp crushed ginger
- * 1 cup water
- * 500 g whole new (baby) potatoes
- * 3 tsp curry powder
- * 2 tsp turmeric
- * salt
- * pepper

Method

- * Heat the oil in the pot
- * Season meat with salt and pepper
- * Brown the meat a few pieces at the time
- * Remove from pot and set aside
- * Fry onions, ginger and garlic until tender
- * Add the browned meat
- * Add potatoes, curry powder, turmeric and water
- * Add salt and pepper to taste
- * Cover and simmer for approximately 90 minutes
- * Serve with rice, banana slices (soaked in milk to prevent discolouring) and coconut

A **Potjie** means “pot” in Afrikaans known also as a *Dutch Oven* and **Potjiekos** means “pot food”. Potjies date back to the 1500’s and have been used for centuries to cook famous stew-type dishes. This cast iron pot replaced the clay pots that were traditionally used for cooking in many different African tribal groups, as they were sturdier and more practical for cooking over an open flame.

Potjie stews are normally made with lamb, beef, fish or poultry and is always combined with a wide range of vegetables. Many herbs and spices are used in order to give it lots of flavour! You never stir the stew while you cook; it is only stirred prior to serving to blend all the food and flavors together- after about 2 hours!! The most important part of the Potjie experience is to have good friends and family together to share stories and memories! Enjoy!

New Journalism Projects



Our Journalism Programme is growing and growing! We now have volunteer projects at Gust, Cape Town's Child and Chimurenga Magazines as well as the Newspaper conglomerate including the Daily Voice, Cape Argus and Cape Times. Gust Magazine is a water sports magazine, focusing on adventure sports such as kite surfing and wind surfing. Cape Town's Child focuses on Capetonian parents and what the city has to offer for raising children here! Chimurenga is a South African publication on writing, politics and art, and much more!

Volunteers will get a chance to learn what its like to be a journalist, whether it be helping with interviews, editing, writing and sometimes (if you are lucky and working hard enough) get published! The Journalism placements in Cape Town are a great way to try out a career in Journalism, see what it is like and what your strengths are!

Journalism in general has changed rapidly over the fourteen years since the end of apartheid with the freedom of speech and the press is now being enjoyed by all, instead of a select few.

Volunteer of the Month

Nicole Heel- Parkwood Primary Concert



Parkwood Primary participated in its first school wide musical concert in four years. This is all thanks to hard working Nicole Heel, who was responsible for organizing the entire production! Parkwood students, parents, community members, staff and fellow volunteers came on Sunday the 8th June to watch this monumental event!

Performances from grades 4, 5 and 6 included Beatles songs such as “Let it Be” and “Octopus’s Garden”, “Any Dream Will Do” from a Broadway Musical, and modern pop songs such as “No One”, “Apologize” and “All My Life”. The students absolutely loved being on stage; for many this was the biggest event of their year-even their life! It was so enjoyable to watch, and we are so proud that our dedicated Nicole was able to put this together. She also provided snacks and drinks for the students and staff following the performance.

Thank you Nicole for making a real difference in the Parkwood Community!



Weekend Trips and Weekly Socials

*Hard Working Volunteers deserve nights and weekends to take a load off and relax!
Read about our monthly trip and social for the month of June!*

Stellenbosch Weekend Wine Tasting



The June weekend trip was to Stellenbosch, one of the Western Cape's most popular wine producing regions. Volunteers were given the opportunity to spend the weekend in this quaint, traditionally Afrikaans town and explore different wineries surrounding.

Wine Tours consisted of visiting the three most popular vineyard regions of Stellenbosch, Franschhoek and Paarl. The day included both white and red wine tasting, cheese tasting and lunch! The volunteers learned a lot about the proper way to taste wine, how it is made and how to tell a Pinotage from a Cabernet. What a fun weekend!

Friday Night Cubanas Social!!



This June, we enjoyed a Social Friday night at the local Cubana's Restaurant and Bar. We enjoyed food and drinks, where volunteers could socialize and relax after a long week of work, talk about their projects and happenings in Cape Town. We had a lovely night, great appetizers and lively music!

Volunteer Stories

Volunteer Stories are a way for our volunteers to write about their experiences in South Africa, whether it be a funny happening, cultural misunderstanding, travel and leisure-anything! Living in a new place, far from home, there is bound to be comical encounters and interesting insights gained from learning about new cultures and ways of thinking. Also, upcoming volunteers are encouraged to introduce themselves and tell us a little bit about what they expect out of their time here in South Africa!

Written By: Samuel Bond, Conservation Volunteer



Coming to Legodimo as a Conservation Volunteer has been one of the most rewarding and enjoyable things I have ever done. The camp is gorgeous and right on the Limpopo River, so you stand a good chance of watching crocs while you eat breakfast. Work, whether clearing roads or taking part in surveys of the fauna, never seems like work. Everybody pitches in and has fun and the occasional unexpected animal leaping from the undergrowth and looking at us rather startled always breaks up the day.

Of course every paradise has some problems! On occasion you can be woken in the middle of the night by loud grunting and scratching sounds. If you are brave enough to inspect you'll probably be greeted by "Brian" trying to drag away a 10kg bag of maize meal from the kitchen. I should probably explain that Brian is a porcupine who regularly visits camp to eat the leftovers we put out for him. However, he is occasionally dissatisfied by our offering and goes on a rampage destroying cool boxes, opening cupboards and bins in the search for food.

As well as Brian, elephants occasionally pass within a few metres of camp and will even drink from our pool.

In short, if you're looking for a truly wild experience then Legodimo is for you! If you have half as much fun as I've had, you'll still have had the best time of your life!

