



## Rome January 16<sup>th</sup>, 2006

### Monday January 16<sup>th</sup>, 2006

Time for the education sessions to start at Casa San Bernardo, where we are staying for 5 days before taking the flight to Addis Abbaba in Ethiopia and then connect to another flight to Dar Es Salaam in Tanzania.

After the ordinary (and as usual at most hotels, boring) breakfast, we are being welcomed by Derry, Christel & Jane from the World Food Programme. All of us 12 volunteers was asked to express our expectation of the coming days and what to expect during the volunteering time in the destination country. Quite interesting to learn how different expectations can look like.

Ludo Ulrich, the Director of Move The World Organization within TNT held a session and talked about the partnership between TNT & WFP and the Objectives of the programme. Also what roles we have when acting as volunteers.

Several people are coming during the day and informs about present HIV/Aids situation in each country and what 's been done and to be done, also informing about the nutrition programme.

At last we receive the Laptop, camera, mosquito net and not to forget, the emergency medical kit which includes sterilized needles, bandages, etc. to be used if needed.

This evening we had the opportunity to visit a nice little restaurant, named Santa Benedetta, located in Frascati (well-known for it's wine) in the surroundings of Rome. We learned how make real Italian pasta without using machinery, just by using locally produced flower, wine and other ingredients needed. There we were, 14 happy volunteers being instructed by a genuine Italian "mama". She was walking around the table to check the results and when she came to me she tested the pasta and suddenly she slapped my face with her hands full of flower, smiling and saying, bravissimo... Imaging how I looked like...



The Pasta making was a great success and the pasta was taken to the kitchen to be cooked and after a while we all sat around the tables eating our pasta and drinking very good tasting wine to our meal. All of us really appreciated the "course in pasta making".

So, why buying readymade pasta when it is easy to it by yourself?

