

Spring 2019



Dear Polar Express readers.

Welcome to our summer newsletter 2019. The weather still needs to improve a bit, but that does not stop the flowers and the lawn from growing.

We have had another few busy months and we'll update you from everything that happened in this newsletter. Enjoy!



Pancake day

Tuesday the 5th March was pancake day and we also made some. Jessie and Alex were baking the pancakes with one member of staff that afternoon. We all sat down between 3 and 4 and enjoyed them with different toppings. We had a good day.



Easter hunt and BBQ (Tuesday).

On 16th and 18th of April we had an Easter Egg Hunt.

The Events Group had worked very hard finding clues between Redcastle and North Kessock taking us up to Munloch as well.

The clues were all done in rhymes and there were 20 clues to find!

There were 2 groups in 2 vans who went searching for clues. One of the groups set off to find the first clue which was at Redcastle while the other group waited until the first group went on further towards the North Kessock area.

All the clues were to do with Easter. There was a break inbetween and so the groups stopped at Harry Gow where a cake was arranged for break!

After morning break, the groups headed to Munloch area to continue looking for the last of the clues before heading back to Nansen. Most of the groups found the clues. Some of them were a bit difficult to find but they got help from the staff and a member of the Events Group who were with us. Everyone enjoyed the days.



Easter hunt and BBQ continued.

As we did the Easter Egg Hunt on Tuesday our group prepared the BBQ on Thursday. In the morning Sim, Anna, David, Ellie and staff setup the BBQ. Sim & Anna started with washing up and others volunteered to clean benches and tables.

Sim & Ellie started to prepare rolls for the bbq. There was a lot of food including burgers, sausages, and salads and others did the food art.

David helped with the BBQ too. We also had some cake because it was Tracy's birthday. After all the food, Fiona did questions and answers from the Easter hunt.

Later, Anna & John arrived to say goodbye to us all at Nansen before their move to Canada.



Interview with student Susie Castele.

Susie Castele was our Belgian student who was with us for 16 weeks she returned home on the 20th of June

1. What part of Belgium do you come from?

I come from part called West Flanders. I live in a wee village called Wulvergem. Only 250 people live in the village.

2. How did you find out and get involved with Nansen?

I was looking for an Internship abroad and heard about Nansen in Scotland. I contacted the previous student "Leen" and she said "go for it". Then I contacted Bart to have my English test and he said it was ok.

3. What was your first impression of Nansen?

My first impression was really good. I loved the place and the views. I also liked the building and the atmosphere.

4. What is it like to be a staff member at Nansen?

It's really great. The staff team are very friendly and helpful.

5. Are you active, do you have any hobbies?

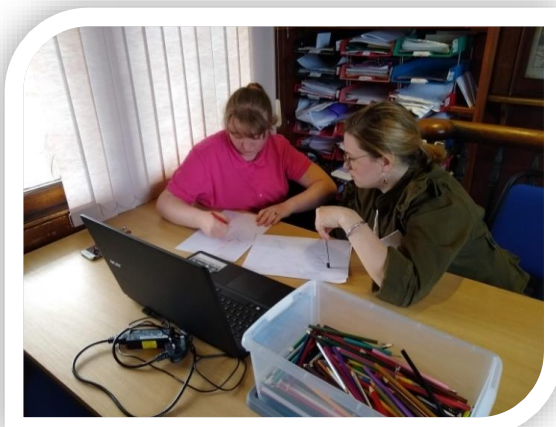
I am a really active person; I don't like to sit still. I like cooking, gardening, and doing exercise classes.

6. Have you been to Scotland before and do you like it?

I've never been to Scotland or the UK before and I love Scotland. Every weekend I long to see some more of the country and I am very impressed of the beauty and variety of Scotland.

7. You have been at Nansen for a few weeks now and have got to know us all, How has things changed from your first impression of us?

I know now how everything works. I have accustomed myself now how people work and live here. I also learned a lot about Scotland; Scottish food etc... I am looking forward to trying some whisky in the nearer future!



Interview with Liz.

Liz has worked at Nansen before at Fram house but is now working at Redcastle Station



1. What country do you come from?

I was born at home in Relay, Caithness, Scotland.

2. What hobbies do you have?

My hobbies are collecting things, sewing, crocheting and travelling.

3. What did you do before coming to Nansen?

I used to work as a housing support worker. This was with a company called Calman Trust.

4. Why did you choose Nansen?

I missed the happy smiles of the young adults as I had worked at Nansen before.

5. What do you think of Nansen?

Nansen has a relaxed and happy atmosphere.

6. What do you like most about Nansen?

I like the contrast between working at the Station and also getting out and about and I love the Christmas Parties and fun days out.

7. What is your Favourite Sports for Exercise?

They are Swimming, Pilates and Yoga

8. What's your first memory of Nansen?

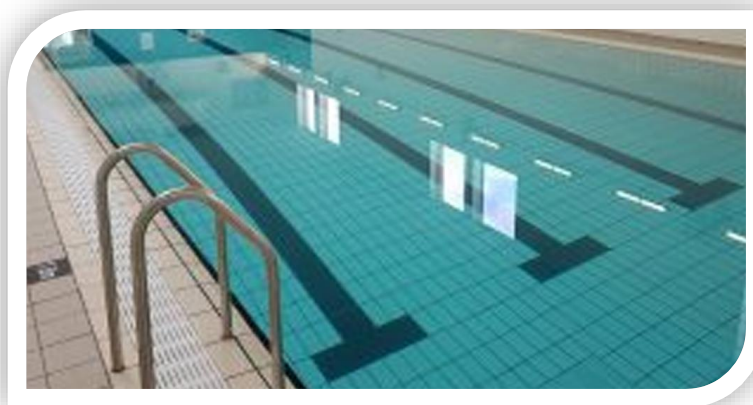
First time I went to Fram, I heard 'I hope Mrs Handie will be there'. I thought that Fram house had a house keeper! How wrong I was!

Swimming gala.

On Tuesday 23rd of April 2019 there was a swimming gala organised by Highland Disability sports which is held in Dingwall. It started from 10:00 in the morning and until 1:00 in the afternoon.

Ten Very Eager Young Adults were representing Nansen Highland at the swimming gala in Dingwall.

A variety of medals were won at the swimming gala in Dingwall and the various disciplines which included Butterfly, breaststroke and backstroke which the ten very eager young adults completed. The total number of medals won was around ten medals. Everyone was very proud of the ten Young adults who competed at the swimming gala in Dingwall.



By Beth and Mary

Shinty.

On Tuesday the 26th March, Nansen went to the sports centre for a Shinty "Come and Try Day". 12 of the Young Adults attended with other Groups and Schools. We got split into teams and got shown how to use a shinty stick and control the ball as well as passing to each other. After practicing hard, we played a game against each other bigger teams and at the end we were all very tired but we put a lot of hard work into it and everyone had a great time!

By Sim



Brodie Castle Visit

On the Thursday 4th of April 2019, we went to Brodie castle to look at different things and had a guide from a lady called Lucy. She told us lots of different stories, including the history of the Brodie family.

We went in the library and there were a lot of old books it had a table that turned into ladders and there was a secret staircase. We also learnt about the mischief the Brodie brothers got up to!

We then had lunch outside, and we had a walk around the gardens. In the garden we saw a house carved of the tree it was carved with a chainsaw.

I enjoyed the day I bought a fridge magnet in the shop.

By Mary



Baby News!

Kim Mackenzie is going to have a baby boy and she is so happy with the decision with her partner, hope it goes well for both of you.



Staff members leaving

Tanya White left on the 31st of March
Annelien Maclean left on the 18th of April
Callum Macadam left on the 31st of May

Upcoming events (report in next newsletter)

22 July – Aigas Day
22-23 August – Ullapool Camping trip
29-30 August – Dornoch Camping trip

Interview questions Annelien.

One of our Staff members from Nansen, called Annelien, has left the team. She and her husband John had to make a decision to move to Canada British Columbia, north of Vancouver because he has got a new job over there. Annelien started as a Student from Belgium and has been a staff member for 9 years.



We are very sad to hear you are leaving Nansen. What made you make the decision to go Canada?

John and I decided to see more of the world, and John got a Facebook message about a job in Canada. We went for an interview and he got a new job over there! We are so excited to be going even if it means everything has to be packed and finished in three weeks!

We know John is going but is Kara, your dog?

Kara is definitely going, I am not moving without my beautiful dog. She will be on the same plane but will be in where the luggage is. She will be guarding my suitcase.

What part of Canada are you going to?

I am going to British Columbia which is on the West Coast. I will be living in Chetwynd near Dawson Creek which is about 800 miles from Vancouver. There are lots of black and grizzly bears there. They are eating berries in the gardens. You can also see moose and other animals you don't see in Scotland.

Will the weather be similar to Scotland?

The weather will be super cold in the winter down to -40° but up to $+40^{\circ}$ in the summer. The coldness is a dry cold and not a wet cold like Scotland. The snow is different too; it is also dry and fantastic to ski on!

You have been working at Nansen for 9 years, two in Drumadrochit and 7 in the Station, What was the best and worst thing that's happened to you?

The worst thing first is I find it's so hard for young adults to be able to move on. This isn't Nansen's fault but is the outside world that is at fault.

The best thing was people and letting them work at their own pace. Events group, Newsletter and Workweek are all brilliant.

What has surprised you most about working with Nansen?

I came as a student and had a guided tour with Bart and everyone has welcomed me to Nansen. It was a very good placement for me and I loved Scotland, the location blew me away, so different to Belgium.

I loved working at Nansen, Young Adults have a choice and are given encouragement to learn. Nansen gives everyone a chance to work and no pressure is put on anyone; they can all work at their own pace.

